

Breast cancer is the most frequent cancerous condition in women. Every tenth woman in Western Europe will be faced with this diagnosis during the course of her life, and the trend is rising ... and there isn't any other type of cancer that fans so much fear and emotion. Women now undergo preventive screenings, treatments and surgeries that harbour many dangers and cause physical as well as emotional suffering. Unfortunately, in today's symptom-oriented science and medicine, a lot of the true backgrounds and correlations of breast cancer remain largely undetected.

SENSE AND NONSENSE OF MAMMOGRAPHY

As the issue of breast cancer is given a tremendous media response, the focus is steered away from the actual identification of its cause and directed towards so-called preventive screenings using mammography. Despite the recommendation for women over 50 to have a screening every three years, the number of fatalities due to breast cancer is not in decline. Experts even call it careless for women under 50, whose breast tissue is virtually "nontransparent", to have their physicians prescribe mammography purely for the reason of prevention, because usually this does more harm than good. Misdiagnoses that cannot only cause fear but also bring about the wrong methods of treatment with substantial consequences exist in great numbers. In addition to that, the ionising x-rays used for mammography have been proven to facilitate cancer development.

HAZARDS OF MICROWAVE RADIATION

Because of its anatomical structure and because it is made up predominantly of fatty and connective tissue, the female breast is not only very sensitive to artificial substances and toxins but to a high degree also to technological radiation. Due to its exposed position and because of the delicate and branched thoracic ducts, the breast acts as a sensitive antenna, even for technological radiation. As we are permanently surrounded by technologically created microwaves emanating from mobile phones, mobile phone towers, cordless telephones, Wi-Fi stations, hotspots, and microwave ovens there is a massive increase of the breast cancer risk.

BRASSIERES ARE A RISK FACTOR

Metal holders, which are sown-in in most bras, act as additional antennae for technological radiation. The World President of The World Foundation for Natural Science, Dr Peter W. Leach-Lewis, SF, referred to this fact many years ago. The metal holders resonate with microwave

radiation, thereby creating an electromagnetic field. As a consequence of this, a disruption of the energy flow as well as cellular and organic dysfunction occurs. This is why we emphatically suggest that only brassieres without metal holders should be worn.

Wear Time and Materials: Based on a study with 4700 women the breast cancer risk also depends on the daily wear time of the bra: there is a higher risk of getting breast cancer the longer the bra is worn. One of the reasons is that constricting brassieres apply pressure to the lymph nodes and therefore obstruct the vital removal of toxins. Additionally, through the use of synthetic fibres such as polyamide or polyester the breast cancer risk is increased even more. These materials block the natural energy flow in the nervous system and create an electromagnetic field, therefore interfering with the cell metabolism. This is why only non-constricting brassieres made of pure organic cotton should be worn!

THE OESTROGEN FACTOR

If the body's level of progesterone is too small as compared to the level of oestrogen, there is a so called "oestrogen dominance," which is now regarded as one of the main breast cancer risk factors.

How Does the Development of Oestrogen Dominance Work?

The growth of the female breast begins during puberty and is triggered by the hormone called **oestrogen**. The endometrium is built up every month by cellular growth caused by oestrogen so that a fertilised egg can lodge itself in it.

Progesterone, a hormone created in the corpus luteum after ovulation, inhibits the effect of oestrogen to stimulate cellular growth. Moreover, it maintains an existing pregnancy, has a mood-elevating effect, provides for healthy skin and has a positive effect on the heart, the blood vessels, the connective tissue, and the bones. The female body reduces the production of progesterone even ahead of the climacteric period, although the level of oestrogen remains constant, which may cause oestrogen dominance and which may give rise to problems such as premenstrual syndrome, breast soreness, weight increase, endometriosis, ovarian cysts, uterine fibroids, mood changes, et cetera. During the course of the climacteric period, further conditions such as osteoporosis, night sweats and vaginal dryness may be added because of the declining level of oestrogen. This can be treated successfully using herbal medicines. Some women, however, decide – often after receiving medical advice – to undergo a **hormone replacement therapy**

(HRT), where synthetic oestrogen and gestagen may often be used over the course of many years. However, all synthetic hormone-like substances occupy, similar to the lock-and-key model, the cell receptors which are actually meant for the absorption of the body's own hormones, and artificial oestrogen stimulates cellular growth (just as the body's original oestrogen does). The breast cancer risk increases as the body is no longer able to balance the increasing oestrogen dominance because of the minimal production of progesterone.

PILL AND HORMONE SPIRAL – DRUGS WITH HORMONAL EFFECTS

The pill and the so-called hormone spiral both consist of synthetic, hormone-like substances suppressing the actual oestrogen and/or progesterone production of the body, invariably leading to an imbalance – in every woman! **Even if suggested by advertising, the pill is not a lifestyle product at all, but a drug with side-effects such as stroke, thrombosis, depression, weight increase, and even breast cancer.** Therefore it is particularly questionable to prescribe the pill to very young women for purely cosmetic reasons.

"Today, the pill is the most used medical drug worldwide — 100 million women take the pill on a daily basis."
Arte TV documentary: "Fifty Years of The Pill"

ENDOCRINE DISRUPTORS

Endocrine disruptors such as xenoestrogen are substances with an oestrogenic effect disrupting the sensitive hormone system. More than five hundred such substances are known today, and most of them are liposoluble. Women by nature have more fatty tissue than men, and therefore they have more storage capacity for toxic chemicals. What is more, the fatty tissue in the breasts increases during the climacteric period, making them even more receptive to toxic chemicals such as xenoestrogen or heavy metals. In addition, fat cells produce their own oestrogen, thus increasing an existing oestrogen dominance with its associated breast cancer risk, particularly in people suffering from obesity.

Examples of Endocrine Disruptors

- **Bisphenol A (BPA)** and **phthalates** are substances that are used in large quantities as hardeners or plasticisers in plastic products (see also: "Plastic – Problematic

Matrinal", The World Foundation for Natural Science brochure, 2012).

- **Parabenes** are preservatives occurring in most cosmetics products, as well as hair and body care products.
- **Stilbene derivatives** are substances occurring for instance as optical brighteners in detergents. The remaining residuals on clothes are in constant contact with the skin.

INTERNAL AND EXTERNAL STRESS

There are studies confirming that negative emotions such as fear, guilt feelings, or hidden anger suppress our immune system. Permanent stress is just as problematic, as it can affect the hormone production in the adrenal glands, which also facilitates oestrogen dominance. In order to remain healthy, many women have to learn to find a balance between giving and receiving, and they must learn to not constantly suppress their own needs. There is an important potential for breast cancer prevention in the proper handling of stress situations and the processing of burdening emotions.

NUTRIENT DEFICIENCY

In comparison to our actual nutrient requirement to maintain our bodies in a healthy state, there is a severe undersupply of vitamins, minerals and trace elements. The thousands of environmental toxins interfering with the body's nutrient uptake and utilisation are an essential reason for this. Fresh, fully nutritious food from natural agriculture and grown on healthy soil would be a basic requirement for a healthy body. Because of the current environmental conditions such food cannot be produced any longer, not even through organic agriculture, and this is why supplementation with suitable, non-synthetic food supplements has unfortunately become inevitable.

In all of this, **glyconutrients** take up a particular position. These essential basic modules are involved in every biochemical and electromagnetic process in our bodies, and they occur in all cells, tissues, organs and body fluids. They substantially regulate cellular communication, immune defence, inflammatory events as well as any biochemical processes in order to prevent system malfunction such as uncontrolled cellular growth. The additional intake of high-grade glyconutrient blends is therefore one of the basic requirements in the prevention and healing of cancer.

WHAT YOU CAN DO FOR PREVENTION

- Don't use any microwave ovens, cordless telephones and Wi-Fi devices, and minimise the use of mobile telephones.
- Avoid x-rays.
- Wear non-constricting bras without metal holders made of organic cotton.
- Avoid hormone-active drugs.
- If necessary use bioidentical hormones.
- Use detergents complying with environmental standards.
- Use less plastic.
- Use pure natural cosmetic products.
- Eat organic, fully nutritious food.
- Take glyconutrients and other high-grade food supplements.
- Get enough sleep, breathe deeply, make sure you often exercise in the fresh air, and catch the sun on a regular basis....and take some time for yourself now and then.
- Treat your body with love, gratitude, appreciation, and respect.

If we have the power to cause disease, we also have the power to heal our bodies ... and it is the power of love that can create, connect, heal, and make all things new again.

The issue of breast cancer is very complex and multifaceted. Our experts in our Practice for Natural Medicine are gladly on hand for any of your questions. Healing lies in prevention.



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Breast Cancer

TRUE PREVENTION IS POSSIBLE



"Breast cancer has become too widespread to wait for the medical establishment or the government to take action. Women must reduce their risks NOW."

Christiane Northrup MD, bestseller author and co-founder of "Women to Women"