

## **How to Prevent Breast Cancer in Future Generations**

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In order to prevent breast cancer in future generations, the following shifts in environmental policy, lifestyle practices, dietary practices, hormonal strategies, and widespread supplementation are required:

### **Environmental Policy:**

- 1) reduction in pesticide use; government programs encourage and subsidize widespread organic food production. Global education about the benefits of organic food and risks of pesticide use.
- 2) elimination of plastics and replacement with glass, or compostable organic alternatives. Store food in glass, using glass or stainless steel water bottles, avoid plastic products in the home – use natural materials. Avoid and educate about PVC (polyvinyl chloride), present in shower curtains, furniture, window frames, children’s toys, house siding, water pipes, raincoats etc.
- 3) global elimination of phthalates, bisphenol A, brominated fire retardants, nonylphenol ethoxylates, organochlorines, dioxin. Testing of chemicals before they are released for safety, carcinogenicity and hormone disruption. Adherence to the Precautionary Principle. Educate the public about substances that contain these chemicals and encourage avoidance. For a thorough list of hormone disrupting chemicals, see [www.silentspring.org](http://www.silentspring.org)
- 4) alert people to sources of toxic metal exposure and test annually for toxic metals with urine toxic metal test using DMPS challenge (Doctor’s Data), followed by detoxification. Find local industries that may be generating contaminants using the website [www.pollutionwatch.org](http://www.pollutionwatch.org) and encourage environmental activism to reduce contaminants. Advise avoidance fish because of toxic burden.
- 5) develop safe dental materials that do not contain mercury or bisphenol A. Investigate use of bile acids for dental fillings.
- 6) educate women about cosmetic use and to avoid phthalates and parabens in cosmetics. Ban the use of hormone-disrupting chemicals in cosmetics.
- 7) public education to increase awareness of the dangers of EMF exposure, including from cell phones and towers. Monitor and regulate EMF output and create safeguards to protect the public. Regulate the industries that produce electronic devices (computers, fax machines, electronic equipment) to diminish exposure to “dirty power”.
- 8) discontinue the use of depleted uranium in weapons. Develop solar, wind and geothermal energy and phase out nuclear reactors. Decrease the population exposure to radiation, particular in early childhood and before puberty.
- 9) subsidize and encourage the construction of homes and communities that are ecologically sound, using natural materials

### **Lifestyle Practices:**

- 1) encourage and educate women about the need for intensive sauna detoxification (150 hours) before conception to protect the fetus and to decontaminate breast milk
- 2) mandate exercise programs in the schools based on the recognition that all females require at least 4 hours of aerobic exercise a week throughout their life cycles. Encourage daily exercise in girls to discourage early puberty and to develop a lifelong habit.
- 3) sleep in a dark room, away from EMFs, to encourage increased melatonin production. Regulate the type of lighting devices that can be used at night to increase a dark night sky.



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- 4) development of societal recognition of benefits of relaxation and meditation as ways to decrease stress-related illness and promotion of yoga/meditation/relaxation skills in schools
- 5) while pregnant, take Royal Jelly (from bees) every day to decrease the effects of Bisphenol A on fetal breast development
- 6) ensure 15-30 minutes of daily sun exposure to optimize vitamin D levels. Test serum 25(OH)D levels annually in people of every age, and achieve a minimum year round serum 25(OH)D level of 40 to 60 ng/mL or 100-150 nmol/L. This alone would prevent 58,000 new cases of breast cancer annually in Canada and the US and three quarters of deaths from breast cancer. This may entail that individuals supplement with 3000 – 5000 IU of vitamin D3 daily.
- 7) limited use or avoidance of alcohol throughout ones life – less than 3 drinks per week.
- 8) decreased use of the birth control pill, hormone replacement therapy
- 9) discontinuation of amalgam fillings and substitution with porcelain. Avoidance of composite dental fillings which contain Bisphenol A, an estrogenic chemical. Investigation of new non-toxic dental materials, such as one that replaces bisphenol A with bile acids.

#### **Dietary Practices:**

- 1) promotion of a primarily vegetarian, organic, low glycemic, alkaline diet. Monitor pH and use diet to keep saliva and urinary pH in the range of 6.8 – 7.2.
- 2) encourage use of soy in infancy, during pre-puberty to prevent breast cancer later in life. Continue soy during adulthood.
- 3) monitor fiber intake (45 grams daily) and bowel movements (2-3 daily) to help with the elimination of estrogen
- 4) encourage regular use of turmeric, garlic, onions, ground flaxseed, raw brassicas, sea weeds (especially Mekabu and Kelp), soy, green tea, 8 servings of fruits and vegetables, flaxseed oil, fish oil. Stay on track with diet.
- 5) encourage intake of mineral rich foods to prevent deficiencies of selenium, vanadium and zinc and other trace minerals. Encourage intake of alkaline minerals in foods – calcium, magnesium, potassium, sodium.
- 6) keep fat content to less than 15% of calories (excluding flaxseed oil, fish oil and olive oil). Avoid or minimize saturated fats (meat, cheese), trans fats and hydrogenated fats (margarine, crackers, cookies). This will also discourage early puberty.
- 7) minimize or avoid sugar and all sweeteners other than stevia, fruit, licorice root, chicory root
- 8) avoid caffeine
- 9) limit or avoid dairy – only use organic low-fat dairy occasionally or not at all

#### **Hormonal Strategies:**

- 1) be aware of signs of estrogen dominance, particularly at younger ages in women. This may manifest as PMS, breast tenderness and cysts, ovarian cysts, early puberty, fibroids. Use saliva testing to verify estrogen dominance or progesterone deficiency and correct these imbalances. (Use the PostMenopause 1 saliva kit from NeuroScience/Pharmasan [www.neurorelief.com](http://www.neurorelief.com) )
- 2) be aware of signs of subclinical hypothyroidism; test routinely for iodine deficiency using the skin iodine patch test. Monitor basal body temperature (normal is 97.8 to 98.2 F or 36.6 to 36.8 C). Correct thyroid imbalances
- 3) be aware of early signs of blood sugar imbalances and correct, regulating insulin. Avoid sugar and high glycemic carbohydrates. Ensure adequate dietary chromium.
- 4) test for adrenal insufficiency regularly using the Koenigsburg test and salivary cortisol if needed. Adopt stress management skills (relaxation, meditation) and identify and



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- decrease stressors. Support the adrenal glands with vitamins, minerals, herbs and/or bovine adrenal extracts.
- 5) meditate or pray before bed and sleep in a dark room to maximize melatonin levels
  - 6) avoid the use of substances that may increase growth hormone or IGF-1 (colostrum products, dairy products with added bovine growth hormone)
  - 7) be aware of the connection between iron overload and cancer and recognize signs of hemochromatosis.

**Supplementation:**

- 1) supplement with vitamin D3 in areas of decreased exposure to the sun or in individuals who spend less time outside. Monitor vitamin D levels in blood annually
- 2) ensure adequate selenium, calcium, magnesium, molybdenum, zinc, iodine, chromium
- 3) ensure adequate amounts of B vitamins, particularly B3, B6, B12, folic acid to optimize liver function and the metabolism of estrogen
- 4) supplement when possible with curcumin, NAC, coenzyme Q10 and alpha lipoic acid