



October Wellness Newsletter

October is Breast Cancer Prevention month, and we would like to share some basic facts that most people do not know about preventing breast cancer. The billions of dollars spent on a "cure" and "treatment" could help a lot of women actually *prevent* breast cancer with proper education.

We have some of the best emergency medicine in the world and are grateful for the numerous medical treatments that help to save lives every day. But the truth is those medical treatments lead to some other health issues, and *in terms of health, the United States is in a scary place. We rank 37 in terms of health*, but in the top 5 for emergency medicine. There are actually 3rd world countries higher on the health list than the US.



So Here are some Breast Cancer Prevention Facts:

- **Synthetic Hormones** increase your breast cancer risk. This includes premarin, primero and all birth control. Synthetic hormones can cause estrogen positive cancer.
- **Vitamin D** deficiency has been linked to an increase cancer risk. This vitamin has over 2,000 cellular functions in the body and is the only nutrient shown to decrease cancer risk.
- **Exercise regularly.** Not only does exercise reduce the risk of heart disease, but it also reduces your risk for developing cancers associated with an elevated fat mass, like breast cancer. We know excess estrogen is stored in fat cells, and breast tissue is primarily made up of fat cells. The official journal for the American Cancer Association states that women

who maintain a normal weight and exercise between 10-19 hours per week. Exercise can be anything from walking, gardening, swimming, biking, yoga to group classes.

- **Eat a plant-based diet.** The problem with eating a diet rich in starches is that excess starch gets converted to sugar, and sugar gets converted to fat, not only increasing your fat mass, but also increasing your cancer risk. When you fill up on filler foods like bread, pasta, desserts, crackers, and cereals, you don't have enough space left for the really nutritious stuff like vegetables, fruits and raw nuts and seeds. Make a plant-based diet rich in essential fatty acids like raw oils and avocados your foundation and add natural lean proteins and complex starches as your condiment.
- **Limit high sugar foods and drinks.** Desserts, sodas and high sugar drinks and foods not only increase fat mass, but also increase inflammation, which we know feeds cancer cells. Cancer cells love sugar and inflammation and high amounts of these foods feed the cells and help them to multiply. Keep in mind, alcohol is a sugar.
- **Breastfeeding:** Breastfeeding exclusively for 6 months significantly reduces the risk of breast cancer. Pregnancy alone helps secret anti-cancer hormones.
- **Detoxify:** I personally use an alkalizing detox once a year and recommend it to most of my patients to help decrease inflammation and fat. Remove artificial sweeteners, colors, and man-made fats like hydrogenated oils from your diet. Use plant-based cleaning products and skin care whenever possible. Eating locally grown or organic fruits and vegetables and free range, wild-caught and organic meats whenever possible.

Recent studies show that even if you have a "gene" for cancer, 70-80% of that gene becoming active is diet and lifestyle. Emotional stress is a huge component to the function of the immune system, and relaxation techniques like meditation and visualization are used in "holistic" cancer treatment centers all over the world, combined with conventional cancer therapies.

Are You Taking the Correct Supplements?

- 1) Whole food, Certified Organic Multivitamin
- 2) Ultra-purified Omega 3 fish oil
- 3) Vitamin D3

4) Probiotics

These nutrients are not an option.

They are ESSENTIAL for living a prevention, wellness lifestyle!

What's SO Important about Fish oil?

FACT: Dietary sufficiency of EPA/ DHA Omega 3 fatty acids is essential for the proper function of every cell, tissue, organ, and gland in the brain and body. For these reasons, scientists refer to them as ESSENTIAL fatty acids. **They are absolutely essential for proper cell function and for health and MUST be consumed in the diet.**

FACT: EPA/DHA Omega 3 fatty acids are so important because they are the **main component of brain neurons and all cell membranes.** (This is why DHA is the main component of healthy human breast milk.)

FACT: The Western diet is dangerously deficient in EPA/ DHA Omega 3 fatty acids. It is an indisputable scientific fact that the foods we eat today do not contain anything close to sufficient amounts of EPA and DHA.

FACT: EPA and DHA are NOT found in any cows, pigs, lambs, chickens, turkeys. Farmed fish do NOT contain sufficient amounts either. Vegetable sources cannot be converted to EPA and DHA in sufficient amounts & we are not genetically designed to consume them from vegetable sources.

FACT: It is absolutely necessary to consume a pure, pristine, and toxin-free source for health, vitality, and quality of life!



Innate Choice OMEGA SUFFICIENCY is the world's premier EPA and DHA Omega 3 fish oil.

Sourced exclusively from wild anchovy, herring and sardine from pristine cold waters, it is triple molecularly distilled and ultra-purified to pharmaceutical grade and immediately infused with natural antioxidants to ensure maximum purity and freshness.

Make the choice today to become the healthiest version of yourself. Remember, healthy by choice, not chance!

Attitude of Gratitude

The greatest word in the English language is gratitude.
Are you grateful in your heart that you woke up this morning? Are you grateful for loving family and friends? Are you grateful that you live in this free country?



Here are some great affirmations to affirm your gratefulness:

I am so grateful that my body is creating perfect health and harmony.

Thank you for the abundance that is coming to me every single day.

I am so deeply grateful that I am the master of my mind.

I am deeply thankful that peace is appearing in my home, in my heart, and in all of my affairs.

I am truly grateful for the people, circumstances, and events that are bringing joy into my life.

Thank you for my ability to love which knows no limits.

Today I am letting go of all negative feelings about myself. Blame- be gone.

Unworthiness- be gone. Doubt- be gone. Guilt-be gone.

Thank you for the fun, laughter and joyous surprises that will flood into my life today.

I give thanks as I let go of the old and allow the new to pour into my life.

Thank you for the love of the Universe that will surround me in everything I do today.

Today I am feeling love and immense gratitude for those people who are challenging me in my life. And I know my love and gratitude will dissolve all negativity.

I give thanks that my mind is renewed in every moment.

I am grateful that simply by living my life, I am expanding and growing every day.

I am thankful that God has granted me the ability to live a healthy, happy, and prosperous life.