



Breast Cancer Battle Plan



What is Breast Cancer?

The breast is actually a gland that contains milk ducts, fatty tissue, and a network of blood vessels. There are several different types of breast cancer that affect different parts of the breast:

Paget's disease, a form of breast cancer where cancer cells migrate to the nipple, cannot be detected by normal examination. The symptoms for Paget's disease include itching, redness and soreness. Paget's disease always indicates the presence of ductal carcinoma elsewhere in the breast tissue.

Eighty percent of all breast cancer is *infiltrating ductal carcinoma*. Ductal carcinomas invade the surrounding breast tissue. They are discovered when a lump is found, or after a mammogram is performed.

Inflammatory carcinoma is another type where ducts become plugged with a tumor. When this occurs, the breast becomes very tender and appears infected. This type of breast cancer spreads very quickly due to its constant supply of nutrients in the blood stream.

Intraductal carcinoma is the growth of cancer within the ducts. This type of cancer may or may not invade the surrounding tissues.

Other, rarer forms of breast cancer include: *Lobular carcinoma*, *tubular carcinoma*, *malignant cystosarcoma phylliodes*, *medullary carcinoma*, *adenoid cystic carcinoma*, and several others that are less common. These forms are typically less aggressive and are diagnosed and treated in a way that is similar to the more common forms of breast cancer.

Causes of Breast Cancer:

- Recognized risk factors for breast cancer include: early start of menstruation, late menopause, giving birth late in life, a family history of breast cancer, obesity after menopause, and a high fat diet.
- Breast cancer may be linked to use of oral contraceptives. Studies have shown that women using oral contraceptives were more than three times as likely to develop breast cancer.
- The silicon used in some forms of breast implants is known to cause cancer in test animals. The American Society of Plastic Surgery reported over 250,000 breast implants were performed in 2005.
- Alcoholism is a recognized risk factor for breast cancer. The American Cancer Society reported in 2006 that consuming two or more drinks per day increases your risk 1 ½ times over women who consume no alcohol for development of breast cancer.

Facts you should know:

- 1). Cancer of the breast is the leading cause of death from malignant tumors for woman in the United States.
- 2). Most breast cancers are present for eight to ten years before they can be detected as a lump or on a mammogram.
- 3). 75 percent of patients survive breast cancer.

Breast Self-Examination:

Women need to reduce their risk of death from breast cancer by performing regular self-examinations and regular mammograms. Early detection is currently the primary strategy for successful treatment. Women over forty should receive mammograms every two years. Women need to perform self-examinations monthly as well. It is important to examine your breasts each month at the same time. Do not examine them during the menstrual cycle when natural changes in the breast occur. Familiarize

yourself with the normal feel of your breasts so that you can detect any changes or the enlargement of a lump. Any changes should be reported to your doctor immediately and your physician should recheck you if you have any doubt concerning your examination. All lumps need to be checked by your doctor, although the majority will not be cancerous. Most lumps are a symptom of fibrocystic breast disease, a benign component of PMS where multiple non-cancerous lumps appear accompanied by breast pain and tenderness. Cancerous lumps are firm, permanent, and usually pain free.

1. While standing in front of the mirror, raise your hands over your head and press them together. Notice the shape of your breasts. Place your hands on your hips, apply pressure, and look for any dimpling of the skin, nipples that seem to be out of position, one breast different from the other, or red scaling or thickening of the skin and nipples.
2. Raise just one arm above your head. With the other hand, firmly explore your breast beginning at the outer edge. Using a circular motion, gradually work toward the nipple and the armpit, and feel the armpit as well. You have lymph nodes in the armpit; they move freely and feel soft, and are not painful to the touch. Look for lumps that are hard and not mobile. Cancers are often attached to underlying muscle or the skin. Repeat on both sides.
3. Repeat step 2 while lying on your back. In this position some lumps are more easily detected. Squeeze each nipple gently to check for blood or a watery yellow or pink discharge.

Men can also get breast cancer and should follow the above procedure as well.

Treatment and Prevention:

1). Diet and Exercise

- Being physically fit appears to help protect against breast cancer.
- Drink carrot juice and all dark colored juices including grape, black cherry, beet, and black currant juices. Carrot juice contains beta-carotene, a powerful antioxidant that destroys free radicals.
- Drink only spring or steam-distilled water.
- A good anti-cancer diet should emphasize whole grains, nuts, seeds, and brown unpolished rice. Consume wheat, oat, and bran. Eat plenty of cruciferous vegetables such as broccoli, Brussels sprouts, cabbage, and cauliflower. Also consume yellow and deep orange vegetables such as cantaloupe, carrots, pumpkin, squash, and yams. Fresh cabbage and carrot juice are used in clinics around the world. Apples, berries, Brazil nuts, cherries, grapes, legumes (including chickpeas, lentils, and red beans), and plums all help fight cancer.
- Avoid consuming the following: junk foods, processed and refined foods, saturated fats, salt, sugar, and white flour. Use a kelp substitute instead of salt. Use a small amount of molasses or agave as a natural substitute for refined sugar. Use whole wheat or rye instead of white flour.
- Eliminate alcohol, coffee, and all teas except herbal teas from the diet.

2). Nutritional Supplements and Herbal Therapy

- Cereal Grasses like **Organic Kamut Blend** or **Organic Barley Green Juice** contain green juice antioxidants as well as alkalizing and detoxifying nutrients to help maintain proper pH balance and help keep tissue free from toxic buildup. Cereal grasses should be used as the foundation of any wellness regimen. Take 1 tablespoon 3 times daily.
- **Apothe-Cherry** is made from Montmorency tart cherries, which are rich in antioxidants and melatonin. Studies have indicated that a disruption in melatonin levels possibly due to working at night may increase the risk of breast cancer. Take 2 tablespoons an hour before bed each night.

- **40X Aloe Vera Concentrate** has been shown to stimulate the immune system and block replication in cancer cells. Take 1 teaspoon in water or mixed with Apothe Cherry daily.
- **Chlorella** assists normal cell division and function. Take 15 – 30 tablets or 3 – 6 grams of powder daily.
- **Flax Advantage** is rich in *lignans*, which are special compounds that help protect against breast cancer. Studies show where a high-fat diet was substituted with one rich in flaxseed flour reduced early markers for mammary cancer in rats by more than 55 percent. Take ½ cup of freshly ground flaxseeds daily.
- **Women’s Defense** is a powerful combination of natural herb and plant extracts that help protect against breast cancer. Take 2 capsules daily with food.
- **C From Nature** contains naturally occurring vitamin C and bioflavonoid which are powerful anti-cancer agents. Take 3-9 capsules daily.
- **Rice Bran Solubles** contain tocotrienol, a natural vitamin E type nutrient – studies show these fat-soluble antioxidants to be more potent than vitamin E in maintaining the body’s healthy absorption of nutrients. Take 1 tablespoon twice daily.
- **Carrot Juice Plus** contains naturally occurring vitamin A which is vital to proper immune function. Vitamin A deficiency has been linked to breast cancer. Take 1 serving daily.
- **Spirulina** contains naturally occurring B vitamins, which are essential for normal cell division and function. Recent studies show spirulina’s ability to increase immune system activity. Take 6 capsules or 1 rounded teaspoon of powder daily.
- **Stress X Formula # 16** contains flower remedies to help control anxiety and fear. Take 3 soft gels daily or as needed.

4). Surgical Treatments

When a lump in the breast is found to be cancerous, there are different surgical treatment options to choose from:

- Lumpectomy – just the tumor and a small amount of the tissue surrounding the tumor is removed.
- Quadrantectomy (partial mastectomy) – just the quadrant of the breast in which the tumor is found is removed.
- Simple mastectomy – removal of the entire breast but only a sample of the underarm lymph nodes.
- Modified radical mastectomy – removal of the entire breast and all underarm lymph nodes.
- Radical mastectomy – removal of the entire breast, lymph nodes, and chest muscle (less than 5 percent of patients receive this treatment).

Post-operative treatment may include radiation, chemotherapy, or hormonal therapy. Radiation is almost always required after a lumpectomy or quadrantectomy to ensure that no more cancerous cells remain. If the tumor is determined to be estrogen dependant, an alternative to conventional chemotherapy may be the drug tamoxifen (Nolvadex) which blocks estrogen from binding with receptors on breast cancer cells starving them to death.

Recommendations:

- 1) Family support is essential for the breast cancer patient. Depression, anxiety, and fear are not uncommon after surgery.
- 2) Joining a support group may help you through the experience of fighting cancer. Support groups exist specifically for women with breast cancer.

Protocol for PHP Supplements

Mix 1 tablespoon of your choice of **Organic Kamut Blend** or **Organic Barley Green Juice** with 1 tablespoon of **Rice Bran Solubles** on an empty stomach twice daily. Best taken 30 minutes prior to meals. Can be mixed with water, apple juice, pineapple juice or rice milk.

Mix 1 tablespoon of your choice of **Organic Kamut Blend** or **Organic Barley Green Juice** with 1 scoop of **Carrot Juice Plus** for your third serving of cereal grass. Take on an empty stomach. Can be mixed with water, apple juice, pineapple juice or rice milk.

Grind ½ cup of **Flax Advantage** blonde flaxseeds in a coffee grinder and mix in a smoothie, sprinkle over hot or cold cereal, add to salads once daily.

Take 15 (200 mg) **chlorella** tablets or 1 rounded teaspoon (3 grams) of powder daily. Can be taken with or without food. Powder can be mixed in a smoothie.

Take 6 (600mg) capsules of **spirulina** or 1 rounded teaspoon (3.6 grams) of powder daily. Can be taken with or without food. Powder can be mixed in a smoothie.

Take 2 **Women's Defense** daily with food.

Take 3 **C From Nature** capsules 3 times a day with meals or with green drinks.

Mix 2 tablespoons of **Apothe-Cherry** with 1 teaspoon of **Aloe Vera 40 X** in 8 ounces of water 1 hour prior to bedtime.

Take 3 **Stress X Formula # 16** soft gels under the tongue daily if feeling fears or stress. Stress X can be taken daily or on an as needed basis.

NOTE: If undergoing radiation, stop all PHP supplementation 2 days prior through 2 days after the treatment as these potent antioxidants may interfere with the radiation treatment. Resume the supplement protocol during rest periods between rounds of radiation and after treatment completion.

Works Cited

Balch, James F., and Phyllis A. Balch. Prescription for Nutritional Healing. Garden City Park: Avery Group Inc., 1990. 109-111.

The Burton Goldberg Group, comp. Alternative Medicine. Puyallup: Future Medicine, Inc., 1993. 673.

These statements have not been evaluated by the Food and Drug Administration and are not intended to diagnose, treat, cure or prevent and disease.