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HEALTHY BREAST SOLUTIONS

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It's Time for Real Breast-Cancer Prevention

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Now that the myth that “mammographic screening prevents breast cancer deaths” has been debunked, it's time to focus on real prevention.

The results of the Canadian National Breast Cancer Screening Study were published in the British Medical Journal on Feb 10, 2014. This important study of almost 90,000 women aged 40-59 from across Canada revealed that the number of women who died from breast cancer was the same whether women received screening mammograms annually for 5 years or had annual physical breast exams only. During the five-year screening period, 666 invasive breast cancers were diagnosed in the women who were screened using mammography, while 524 were found in those receiving physical breast exams. Both groups received the usual medical treatment for breast cancer. Out of all of these women, 180 in the screening mammogram group and 171 of the women in the physical exam group died of breast cancer during the 25 year follow-up period. Surprisingly, early detection through mammography did not reduce deaths due to breast cancer.^[i]

The World Health Organization reports that breast cancer is by far the most frequent cancer among women, with an estimated 1.67 million cases diagnosed worldwide in 2012, comprising 25% of all female cancers.^[ii] Approximately 23,420 of those women were from Canada. In 2012, about 522,000 women worldwide died from the disease, almost 5,000 of them from Canada.^[iii] These numbers are staggering and the collective toll on women and their families is devastating.

If early detection does not reduce breast cancer deaths, then where might we focus our attention and health care dollars to decrease the psychological, familial, social, financial and global burden of breast cancer?

It's time for real breast cancer prevention.

Although breast cancer is a disease that could happen to any of us, there is much we can do to help prevent it. Being personally, politically and globally proactive with prevention is the way forward.

We know a lot about many of the causes of breast cancer. Knowing the causes guides us towards solutions.

Here are 11 things women can do to prevent breast cancer.

1. Exercise at least 40 minutes each day or 4 hours a week, outside of your normal activities (walk, jog, swim, dance, cycle, rebound, use an elliptical machine etc.)[\[iv\]](#)
2. Reduce or limit alcohol to no more than 2 alcoholic beverages per week.[\[v\]](#)
3. Adopt a primarily vegetarian diet. Minimize or avoid meat and animal fat, using instead organic tofu, legumes (lentils, chick peas, split peas, mung beans etc.), nuts and seeds. Reduce or avoid sugar, other than in fresh fruit. Choose organic food whenever possible.[\[vi\]](#)
4. Sleep in a dark room, with no light from the street coming into your bedroom. Use a night light in the washroom. To keep melatonin levels high and your biological rhythms intact, avoid turning on a bright light at night.[\[vii\]](#)
5. Spend 15 minutes outside exposing your arms and legs to sunlight daily when the weather allows it. Monitor vitamin D levels in blood annually, and if it is low, take 1000-5000 IU of vitamin D3 daily, especially during the winter months[\[viii\]](#).
6. Avoid use of the birth control pill[\[ix\]](#) and/or Hormone Replacement Therapy.[\[x\]](#)
7. Avoid cosmetics, nail polish, toothpaste, shampoo etc. containing parabens (methyl, propyl, butyl, and ethyl paraben) or phthalates. Read labels and choose brands that are paraben and phthalate-free. Both of these chemicals act like the hormone estrogen, and may stimulate breast cancer cell growth. See www.cosmeticsdatabase.com for safe cosmetics.[\[xi\]](#)
8. Drink water and keep any leftover food stored in the fridge in glass, ceramic or stainless steel rather than plastic. Many plastics leach bisphenol A or phthalates, which both mimic estrogen.[\[xii\]](#)
9. Add 2 tbsp. of freshly ground flaxseeds to your cereal, juice, fruit smoothie, salad or bean dishes. (Use an electric coffee grinder to grind them. Eat them within 15 minutes after grinding). Also use 2 tbsp of cold-pressed flaxseed oil daily in salad dressing or over rice, pasta, baked potatoes etc. Never heat it, buy it in glass and keep it refrigerated when not in use. [\[xiii\]](#) [\[xiv\]](#)
10. Eat 2 tsp. of turmeric daily added to your food or take 1000 mg of curcumin in capsule form daily.[\[xv\]](#)
11. Use the following herbal teas regularly to help prevent breast cancer: rosemary[\[xvi\]](#), red clover[\[xvii\]](#), taheebo[\[xviii\]](#), holy basil[\[xix\]](#), chai and green tea[\[xx\]](#).

Along with the above tips, incorporate the following breast-friendly foods into your diet on a regular basis.

freshly ground flaxseeds
organic tofu and soy milk
turmeric
broccoli sprouts
red clover sprouts

garlic
onions
rosemary
shitake mushrooms
seaweeds
brassica family (broccoli, cauliflower, cabbage, Brussel sprouts, kale etc)
tomatoes
legumes
extra virgin olive oil
pomegranate
watercress
Brazil nuts

Here are a few recipes to get you started.

Sat Dharam's Green Smoothie

This green drink has become a staple for me as well as my patients. It decreases sugar cravings, alkalizes the body, supplies easily digested protein and helps cleanse the liver and kidneys. It makes a great morning meal, and can be sipped throughout the day.

Ingredients:

1 medium avocado
2 cups fresh spinach or kale
3/4 cup cucumber (1/2 cucumber)
few sprigs parsley
1 Tbsp fresh ginger root
2 cloves garlic
2 Tbsp hemp seed powder
2 tsp ground flaxseed
2 tsp ground chia seed
juice of 3 limes
1/4 tsp cayenne
pinch sea salt
2 cups water

Put all ingredients in food processor or blender and blend. This quantity should equal approximately one liter plus one cup. Drink one cup and pour the rest into a 1L size mason jar and drink throughout the day at meal times, making more if needed. Refrigerate between meals.

Breast Cleansing Tea

This herbal blend cleanses the lymphatic system, kidneys and liver while supporting your immune system and assisting in preventing cancer. Use equal parts of following.

burdock root, red clover tops, dandelion root and leaves, cloves, peppermint, licorice root, fennel seed, juniper berries, milk thistle seed, pau d'arco, cinnamon and ginger.

Mix the herbs together and use 1 tsp of the blend per cup of hot water. Steep for 15 minutes. Drink 1-2 cups daily for a month or longer.

Love Your Liver Juice

This yummy blend of vegetables will have your liver smiling in no time – a great way to welcome spring!

Juice 1 pound of organic carrots, 6 stalks organic celery, 1 small beet, ½ cucumber and a 15 leaves of either kale or Swiss chard, along with a thumb size piece of fresh ginger root, and 2 cloves of garlic. Drink this throughout each day. Aim for a liter a day. It's easiest to fill a mason jar and sip between meals.

Baked Tofu Jazz

A great choice for lunch or dinner, with salad and steamed greens, this tofu recipe packs a lot of flavour.

Ingredients:

2 cakes firm organic tofu, cut into ¼" slices
3 lemons (juice)
2 tbsp finely grated ginger
5 cloves garlic, minced
2 medium sized yams, baked or steamed
1/3 cup tomato sauce
Braggs liquid aminos to taste

Layer the tofu to cover the bottom of a baking dish. Marinate in lemon juice for at least one hour. Sprinkle the minced ginger and garlic evenly over the tofu. Mix together in a food processor the cooked yam (without the skin) and the tomato sauce. Add a squirt of Braggs Liquid Aminos to taste. Spoon it over the tofu, spreading it evenly on top. Bake at 350 F for 25 minutes.

Golden Spicy Split Pea and Pear Soup

This delicious soup has become a celebrity at my house, taking it's place at the table with guests, and loved by everyone.

Yields 6 servings

Ingredients:

3 cups chopped onions
1 Tbsp olive oil
½ tsp ground cumin
2 tsp turmeric
1 tsp ground coriander
1 Tbsp grated fresh ginger root
1 cup dried yellow split peas
7 cups water
2 cups peeled and cubed sweet potato
1 cup peeled, cored and cubed pear
3-inch cinnamon stick
2 tsp chili powder
½ cup chopped tomatoes
2 Tbsp fresh lime juice
1 Tbsp Bragg liquid aminos
minced cilantro

In a large pot, sauté the onions in oil for about 8 minutes, until golden, stirring frequently. Add the cumin, turmeric, coriander, and ginger and cook for another minute. Add the split peas, water, sweet potatoes, pear, cinnamon and chili powder, cover, and bring to a boil. Lower the heat and simmer for 40 minutes, or until the split peas are tender.

In a bowl, combine the tomatoes, lime juice and Bragg liquid aminos. When the split peas are tender, add the tomato mixture. Purée the soup in a blender or food processor, working in batches and adding more water if needed. Return the soup to the pot and gently reheat. Garnish with minced cilantro before serving.

Super Golden Milk

Try this delicious drink in the evening. It will help to prevent cancer by decreasing inflammation and infection, while providing beneficial anti-oxidants
First make a paste you can store in the fridge by mixing the following ingredients.

1 cup water
1/2 cup turmeric

1/2 cup ginger juice (10 inches whole ginger)
60 cardamom pods (1 Tbsp), roll under rolling pin and take use seeds, discard pods
4 tbsp raw honey
2 tsp cinnamon
1 tsp cloves ground
1 tsp black peppercorns ground
use 1 1/2 tsp for each cup of almond milk or soy milk, warmed

Blend the green cardamom seeds, cloves, and black peppercorns in a coffee grinder or food processor to make a powder. Add them to the turmeric powder in a bowl. Add the water to turmeric and spices and stir to make a paste. Juice the ginger root and add the ginger juice to the paste. Add the honey to the paste. Stir until well blended. Cook the mixed ingredients over medium heat for about 20 minutes, until well blended, the consistency of toothpaste. Cool, and keep refrigerated in a covered glass jar. This will keep refrigerated for at least a month.

To serve: Add 1 ½ tsp of paste to one cup of organic soy or almond milk in a small pot and heat on the stove until warmed.

To learn more about real breast cancer prevention, join Sat Dharam Kaur ND and Dr. Gabor Maté May 26-31, 2014 at the University of Toronto for a 6 day workshop in the **Healthy Breast Program and Mind-Body Approaches to Cancer and Health**. www.mammalive.net

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