

Dr. Bethune's Top10 Naturopathic Breast Health Tips

- 1. KNOWLEDGE** is key! Know your girls. Be familiar with your breasts. Note any changes in the lumps, bumps, and texture of your breasts. One week after your menstrual cycle is the best time for a breast exam.
 - **Digital Infrared Thermography:** non-invasive and no exposure to radiation. This is a way to look at the *physiology* of your breasts as it detects early changes in blood flow. Cancers make their own blood supply; which shows up as heat. Mammography looks at the anatomy of the breast.
 - **Estronex test:** Urine test which looks at the ratio of 2-OH vs 16-OH estrogen. This is determined by your biochemical individuality. 2-OH estrogen tends to suppress tumors while 16-OH tends to promote tumor growth. It also is a measure of how well you are detoxifying and eliminating estrogen. Ratios of less than 2 indicate long term risk for estrogen sensitive cancers.
- 2. Go with the flow:** Dry skin brushing and lymph massage are beneficial for the health of your skin and your lymphatic vessels. These vessels run alongside our veins and "pick up the garbage" to be excreted. Concentrate on the areas about the breasts and under the arms to promote free flow and relieve congestion.
- 3. Daily grind Flax: 1-2 TBS freshly ground flax seeds a day.** This can be added to cereal, oatmeal, yogurt, smoothies, or salads. Ground flax seeds will assist your liver and colon in eliminating excess estrogen and toxins. It also improves the flora of your gut and may help decrease tumor size.
- 4. Work up a sweat:** Exercise until you sweat for maximum benefit. Regular sweating or treatment with infrared sauna improves vitality, cardiovascular health, and detoxification by helping you to excrete accumulated compounds which create disease.
- 5. Crunch on cruciferous: cruciferous/brassicac:** (Broccoli, cabbage, kale, bok choy, cauliflower, brussel sprouts) contain indole-3-carbinol and, to a higher extent, diindolymethane, which are known to inhibit cancer growth as well as stimulate cancer cell death. Naturally occurring enzymes in the plants release these compounds as we chew. Therefore, it is best to eat these foods raw or lightly steamed to reap the benefits.
- 6. A rainbow a day:** Everyday, eat at least one fruit or vegetable from each color family (Green, Orange/yellow, and Red/purple) to ensure that you are getting an array of vitamins and minerals. All fruits and vegetables contain antioxidants. Antioxidants are more effective when consumed as plants (fruits, vegetables, and green tea) than as supplements.
- 7. Spicy mama: Tumeric/curcumin** (the spice that turns curries orange) has been shown to decrease inflammation and tumor size. Other good spices to use are ginger, garlic, and onions. Each has their own health benefits and wonderful flavor.
- 8. The choice is clear:** Use glass for food and drinks instead of plastic. Heat releases toxins (hormone disruptors) from the plastic into our food. Identify daily exposures to these toxins through household products by visiting: www.ewg.org
- 9. Love your liver:** Your liver transforms and eliminates estrogen from your body. The liver is kept in good condition by regular cleansing and detoxification. Any cleanse should be done under the supervision of any experienced physician. Herbs that can assist in this process are: Milk thistle, Dandelion, Yellow dock, Jerusalem artichoke. You can also care for your liver by applying castor oils packs.
- 10. Fabulous fats Healthy oils:** Omega 3 fatty acids from plant and fish sources (fish oils, walnuts, flax seeds, pumpkin seed oil, and hemp oil) are consider **anti-inflammatory**. When these oils come from meat sources, they are often **pro-inflammatory**. Ideally you should have a 4:1 ratio of Omega 6 to 3. S

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