Daily Supplement Protocol

All Around daily for Adults and Children

6 Catalyn

3 Multi- Mins

3 Linum B6 or 3 Tuna Oil

1 Boswellia Complex

4 Catalyn

AOTM-B12

2 Tuna Oil or Linum B6

½ Boswellia

Chiropractic and Alternative Health Services Web Page

http://drkrygier.com

Member Service Coming Soon.

Web Page info:

- **Newsletter**
- **Research**
- **Lecture topic**
- **New changes @ Office**
- **New Patient forms**

Monsanto's Corn

- With regard to GMO safety, a large, two year-long French study conducted by Seralini and colleagues published in the journal Food and Chemical Toxicology (Volume 50, Issue 11, November 2012, Pages 4221–4231) showed that rats fed Monsanto's Roundup Ready GMO corn suffered high rates of fatal cancers.
- Approximately 50 percent of male rats and 70 percent of female rats died in the study. Prior to the publication of the study, the only published results of animal studies concerning GMO's were based on experiments run for no longer than 90 days. The researchers in the French study saw exponential increases in animal cancers after the 90-day period.
- In all food safety reviews, rat feeding studies have been considered by officials to determine whether or not foods and food ingredients should be allowed in the food chain. Without question, the Food and Chemical Toxicology study casts a harsher light on DNA-engineered foods, and proves a need for science conducted by independent researchers, rather than by the GMO makers themselves.

Tomatoes, potatoes, squash, corn, and soybeans

BREAST CANCER: DOWNPLAYING THE ENVIRONMENTAL RISKS

This week, the *New York Times* ran an article under the headline 'Reducing Your Risk For Breast Cancer,' encouraging readers to lose weight, exercise more, shun alcohol and avoid hormone therapy in order to lower their risk of developing breast cancer (Rabin, NYT).

Of course it makes good sense for women to take what practical steps they can in order to lessen their risk of breast cancer. The *Times* article makes many valid points and gives some sound suggestions. But in general terms, the article is yet another example of the media's tendency to over-simplify what is in fact an extremely complex disease. **Ultimately it does women no service to focus so single-mindedly on the role of personal responsibility as the primary preventive strategy while omitting to mention the much larger influence of environmental risk factors such as pollution and radiation**. Apart from giving a free pass to those who are silently contributing to the burden of breast and other cancers, the media's tendency to dwell on personal responsibility while largely ignoring known environmental contributions to the disease feeds the notion that breast cancer is at least in part a consequence of poor personal choices. This may have the unfortunate effect of fostering a 'blame the victim' mentality.

Settlement in breast cancer claim over exposure to chemical DES

Between 1940 and 1971, many pregnant women were treated with a synthetic estrogen, diethylstilbestrol -- commonly known as DES -- to prevent miscarriage and other complications. The drug didn't work for that purpose, but it did have biological effects on the women who took it, as well as their children.

On Wednesday, four sisters who'd been exposed to DES in the womb reached a settlement with one of the drug's principal makers, Eli Lilly & Co., during a federal trial in Boston, the Associated Press reported. The women said that the drug had caused their breast cancers and that the company didn't test the drug adequately. There are many similar pending claims around the country, the AP article says.

Here are facts about DES from a website of the National Cancer Institute. Although it would be impossible to prove that these specific breast cancers were caused by exposure to the drug, studies do show that the risk of breast cancer is raised in women who were exposed during pregnancy and there's evidence for raised risk in their daughters too.

Interestingly, even though studies in the 1950s had shown that DES did not help prevent miscarriages, doctors continued to prescribe it for that purpose. My mother was prescribed DES, even though she recalls the doctor saying to others at the time that it wasn't effective. Maybe he thought: What harm? It was only in 1971 that scientists reported that people exposed to DES prenatally were at **40 times higher risk for a rare type of cancer of cells of the cervix and vaginal walls, known as clear cell adenocarcinoma, according to the National Cancer Institute website.** (Even in DES daughters, this is still a very rare cancer.)

from Los Angeles Times By Rosie Mestel January 10, 2013, 6:00 a.m.

A possible breast cancer risk emerged later, as DES daughters grew older. The risk is a lot smaller than for the clear cell adenocarcinoma: Breast cancer rates are about twice as high in exposed daughters older than 40 compared with unexposed women of the same age, according to research, though they might climb higher as DES daughters age.

DES daughters are also more likely to have abnormalities of the cervix that aren't themselves cancerous, and may also have fertility and pregnancy issues.

For all these reasons, women who were exposed to DES are urged to tell their doctors about the exposure so that more frequent and more thorough Pap tests and pelvic exams can be performed.

DES sons may also have some medical issues, such as an increased rate of noncancerous cysts in ducts of the testes as well as undescended testicles.

DES grandchildren are under study too because studies in animals show that exposure to DES can cause chemical changes in the DNA that can be passed on to offspring down the generations.

"This is a victory for DES daughters," Fran Howell, executive director of DES Action USA, said in an email in response to news of the settlement. "Sadly, Eli Lilly did not have to admit fault, but in our society a settlement is as much an admission of guilt as anything else."

For more information on DES, you can check these Q-and-As at the website of the American Cancer Society.

from Los Angeles Times By Rosie Mestel January 10, 2013, 6:00 a.m.

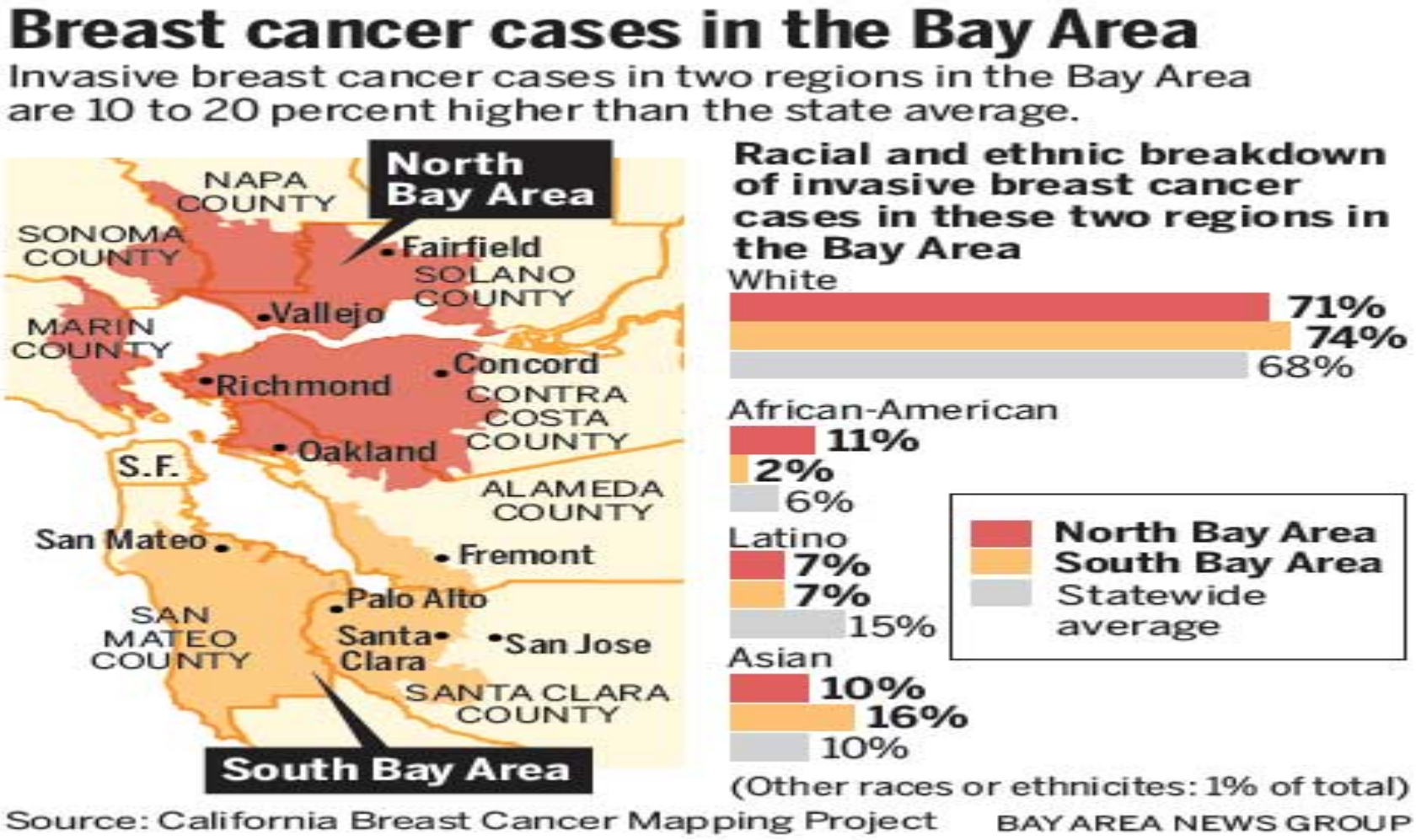
Star of the Lecture

Donato F. Romagnolo, MSc, PhD
Professor, Department of Nutritional Sciences and Department of Cancer Biology Graduate Studies in the Life Sciences at The University of Arizona

Breast cancer: Studies under way to determine why Bay Area communities have high rates

By Sandy Kleffman

Contra Costa Times Posted: 01/05/2013 04:00:00 PM PST
Updated: 01/05/2013 04:39:54 PM PST



Nutrients may be why some smokers avoid cancer

- (Reuters) - Smokers who have higher levels of vitamin B6 and certain essential proteins in their blood have a lower risk of getting lung cancer than those deficient in these nutrients, according to study by cancer specialists.
- The IARC study, which looked at around 900 people with lung cancer, found a link to low levels of vitamin B6 and an amino acid called methionine, found in protein like meat, fish and nuts. B6 is also found in meat, nuts, vegetables and bananas.
- Brennan said his findings appeared to reinforce previous research which suggested deficiencies in B vitamins may increase the probability of DNA damage and subsequent gene mutations.

- Reuters by Peter Graff 6/15/10

Detoxification

- About 50% of Caucasians lack a detoxifying enzyme that increases the risk of cancer.

In:

- 40% of Caucasians
- 35% of Blacks
- 14% of Asians

deactivate carcinogens more slowly than others do. If these “slow acetylators” smoke there risk of breast cancer and other cancers increases.

NAT2 slow acetylator genotype as an important modifier of breast cancer risk.

Abstract

N-acetyltransferase 2 (NAT2) is a polymorphic enzyme participating in the metabolism of numerous pharmaceutical drugs and carcinogens found in tobacco smoke and diet. The NAT2 gene is highly polymorphic and several different allelic variants exist that determine the acetylator phenotype. In the course of our case-control study, we developed a new method based on fluorogenic allele-specific probes for analyzing the C282T and T341C polymorphisms of the NAT2 gene in 483 Finnish breast cancer patients and 482 healthy population controls. The slow NAT2 acetylation capacity-associated genotypes posed a somewhat increased overall breast cancer risk (odds ratio [OR], 1.32; 95% confidence interval [CI], 1.01-1.73). This association was found to be confined to the advanced (stage III or IV) breast cancer (OR, 2.60; 95% CI, 1.29-5.24). When stratified by smoking habits, women who had smoked <5 pack-years and carried a NAT2 slow acetylator genotype were at a 2.6-fold (OR, 2.55; 95% CI, 1.01-6.48) risk of breast cancer. Moreover, women with the NAT2 slow acetylator genotype and low body mass index (BMI) (<25.4 kg/m2) were at somewhat increased risk of this malignancy (OR, 1.60; 95% CI, 1.07-2.39). Our results therefore suggest that NAT2 slow acetylator genotype may be an important modifier of environmentally induced breast cancer risk in Finnish women.

Int J Cancer. 2005 Apr 20;114(4):579-84.

Source: Finnish Institute of Occupational Health, Helsinki, Finland.

According to the US National Cancer Institute, the statistical chances of developing breast cancer, according to ages:

- At age 20: 1 in 2500
- At age 30: 1 in 233
- At age 40: 1 in 63
- At age 50: 1 in 41
- At age 60: 1 in 28
- At age 70: 1 in 24
- At age 80: 1 in 16
- At age 95: 1 in 8

Lifetime Risk is 1 in 8 if you live to 95 years of age.

Gene's of Cancer

- 10-15% Inherited
- 85% Acquired

- About 85% of breast cancer occur in women with no family history of breast cancer. These occur due to genetic mutations that happen as a result of the aging process and life in general, rather than inherited mutations.

Types of Breast Cancer

- Hormone Receptor Positive:
  - 75% of Breast Cancer are ER+
  - 65% of ER+ are also PR+
- Her2 positive cancer
  - 25% of breast cancers are HER2+. Aggressive and fast growing.
- Triple negative-
  - 10-12 % are Triple- ER-, PR-, HER2-
  - is most aggressive form of breast cancer.

50 yrs old and above.

- If you are destined to get breast cancer in your lifetime, then the chances are four out of five that you will develop the disease after the age of 50. However, because only one in eight women will ever be diagnosed, if you have been cancer-free up to your 50th birthday the odds are still very much in your favor.

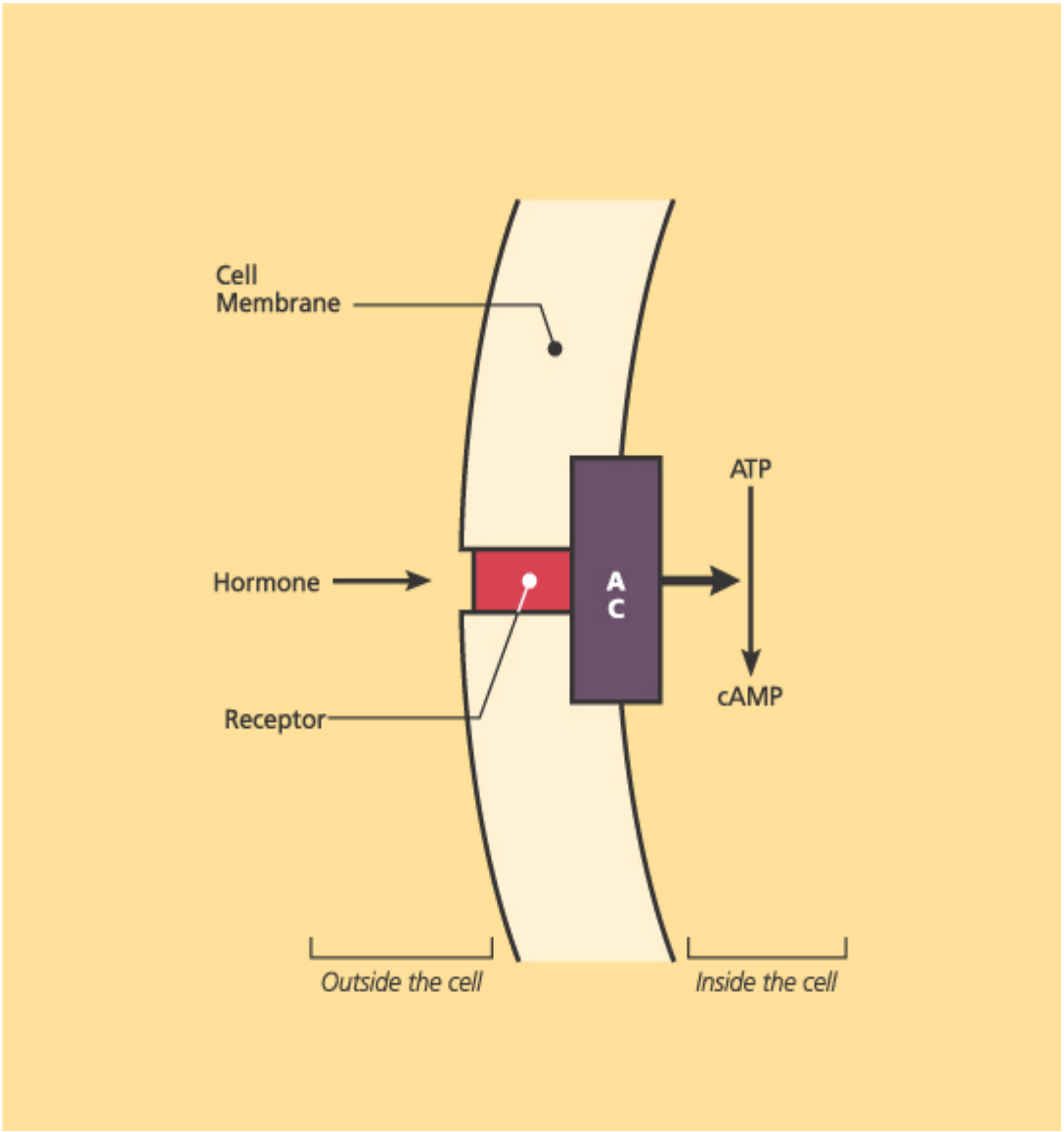
Hormones as Messengers

- Biochemical messengers that exert profound and specific metabolic influences thought the body.
- The endocrine system produces a multitude of hormones that work together as a synergistic whole.
- When hormones become imbalanced, the biochemical symphony plays out of tune.
- The endocrine system is probably the first system impacted by nutritional imbalances and deficiencies. Nutrients are needed to make and replace hormones, and the metabolic functions performed by hormones are nutrient based and mediated. For example, for a hormone to direct a cell, to make an enzyme, nutrients are required to make the hormone for the hormone to enter the cell, to stimulate the function and then nutrients are required to make the enzyme and release the enzyme to act.

Hormones are Metabolic Keys
Hormone Jam
(Non - Identical hormone)

- *Incorrect R end is not an exact fit and alters the action initiated.*
- *Incorrect E end can't be transformed, metabolized or excreted.*

These are known as side effects.


Cell
Membrane
ATP
Hormone
A
C
cAMP
Receptor
Outside the cell
Inside the cell

Estrogen Dominance is the main focus of Breast, Ovary, Uterine Health.

- Our exposure to estrogen is far higher than you would ever believe. This exposure to due to pseudo estrogens that act the same as estrogen in the body. These pseudo estrogens in medicine are called xenoestrogens which are man made chemicals with the same chemical structure as estrogen that accumulate in fatty tissues of the body.

Estrogen is the general term used for several types of estrogen: estrone (E1), estradiol (E2) and estriol (E3).

Known functions of estrogen:

Confers female secondary sex characteristics.

Promotes cell growth in the uterus and breast tissue mostly.

Estrogen signals the sequence that stimulates the maturation of the egg-containing follicle in the ovary.

Slows bone loss.

Stimulates brain function.

Plays a role in cognition, memory, emotions, mood, stamina, ambition, pain perception and sleep.

Increases body fat especially in the hips, abdomen and thighs.

Creates progesterone receptors.

Estrogen at puberty stops the growth of long bones in both female and males.

Increases production of type 3 collagen which helps healing and pliability and promotes hydration of body tissue.

Increases HDL's, Lowers LDL's and total cholesterol, Helps move cholseterol so deposition doesn't occur.

Helps maintain the endothelial lining of blood vessels.

Increases vasodilation.

Inhibits vascular intimal and muscle proliferation.

Known Functions of Progesterone

- Balances the effects of estrogen.
- Prevents estrogen from overproducing uterine lining buildup.
- Maintain the secretory endometrium, that is it “ripens” the uterine lining for possible pregnancy.
- Maintains and protects developing fetus.
- Stimulates new bone growth.
- Helps burn fat for energy.
- Is a natural diuretic.
- Is a natural antidepressant.
- Can increase libido.
- Is a natural muscle relaxer.
- Facilitates thyroid hormone function.
- Preventative against breast, uterine and all forms of cancer
- Increases sensitivity to estrogen receptors.
- Mat help protect against autoimmune disease.
- Functions as a precursor for other steroid hormones.

Estrogen Dominance Symptoms

The symptoms listed below, as well as many others, often arise when estrogen over stimulates both the brain and body. All of these symptoms are exacerbated by stress of all kinds..

- Low Libido
- Irregular or otherwise abnormal menstrual periods
- Bloating (water retention)
- Breast swelling and tenderness
- Fibrocystic breasts
- Headaches (especially premenstrually)
- Mood swings (most often irritability and depression)
- Weight and/or fat gain (particularly around the abdomen and hips)
- Cold hands and feet (a symptom of thyroid dysfunction)
- Breast Cancer
- Thyroid dysfunction
- Sluggish metabolism
- Foggy thinking, memory loss
- Fatigue
- Trouble sleeping/insomnia
- PMS
- Autoimmune
- Fibromyalgia
- Thickened Uterine Lining
- Hair loss
- Uterine Fibroid Tumors
- PCOS
- Menstrual Cramps
- Increased Blood Clotting

Free Iron Can Be Very Dangerous

- Over 90% of iron absorbed from your diet is normally bound to these protective proteins. Recent studies have shown that some things we do can cause too much of the iron to be released into surrounding tissues, and if this iron exists as free iron, it can trigger intense inflammation, free radical generation and lipid peroxidation.
- Bound iron is relatively harmless.
- So, what can cause these protective proteins to release their iron?
- One factor is an excessive alcohol intake. Studies by Lee et al have shown that women who drink greater than 20 grams of alcohol a day significantly increase the free iron in their breast tissue and have a higher incidence of invasive breast cancer—the most deadly form.9
- It has also been shown that excessive estrogen can displace iron from its protective proteins, thus increasing free iron levels and associated breast cancer risk. This helps explain the link between high estrogen levels and breast cancer.
- Of more importance than the total intake of iron is where the iron ends up that is absorbed from your food.
- As stated, most of it is bound to protective proteins, such as transferrin in the blood and ferritin within cells. If you have a lot of extra space within these proteins for binding iron, then a high dietary iron intake would be less harmful.
- Previously it was thought that a spillover of free iron occurred only when the protective proteins (tranferrin and ferritin) were fully saturated, as we see with the condition hemochromatosis.

Progesterone Insufficiency

- Menstrual cycle shorter than 28 days
- Heavy menstrual bleeding
- Fluid retention during menses
- Premenstrual tension, nervousness, headaches, nausea and fluid retention.
- Menstrual bleeding longer than three days duration
- Menstrual cramps
- Uterine fibroids
- Breast lumps
- Breast swelling with increased subcutanious fluid
- Decreased systolic blood pressure and pulse pressure
- Pulse decreased
- Temperature decreased
- Poor retention of sodium and chloride
- Vomiting and toxicity of pregnancy
- Uterine contractions during early pregnancy
- Habitual abortion

Testosterone Deficiency

- Hot Flashes
- Night Sweats
- Vaginal Dryness
- Incontinence
- Foggy Thinking
- Memory Lapses
- Tearful
- Depressed
- Heart Palpitations
- Bone Loss
- Aches and Pains
- Fibromyalgia
- Morning Fatigue
- Evening Fatigue
- Sensitivity to Chemicals
- Elevated Triglycerides
- Decreased Libido

Regulate the aromatase enzyme.

Causes of Estrogen Dominance

Usually a combination of things.

- **Hormone Imbalance-** (Thyroid, Adrenal, Ovaries, Liver/Gallbladder)
- **Hormone Therapy (HRT)**
- **Xenoestrogens from Environment**
- **Stressful Lifestyle**
- **Diet / Obesity**
- **Endocrine Imbalance**

Xenoestrogens

Xenoestrogens found in certain pesticides, plastics, fuels and drugs are usually synthetic and difficult for the body to break down, and can mimic the effects of estrogen in the body. These substances can increase the estrogen load in the body over time, and are difficult to detoxify through the liver. Exposure to xenoestrogens is a concern for everyone. Those with an estrogen dominance condition should take particular caution to avoid xenoestrogens.

- Commercially raised meat
- Canned foods
- Plastics, plastic food wraps
- Styrofoam cups
- Industrial wastes
- Personal care products
- Pesticides, herbicides, fungicides
- Car exhaust and indoor toxins
- All American grown, non organic livestock.
- Paints, lacquers and solvents
- Cosmetics
- Birth control pills and spermicide
- Detergents
- All artificial scents
- Air fresheners, perfumes
- Fingernail polish, polish remover, cleaning supplies.
- Emulsifiers found in soaps and cosmetics.
- Flower Industry

According to Hormone Res. 2003: 60 (Supp 3): 50, Most women with Breast Cancer have high traces of parabens in their breasts.

Oral Contraceptives and Estrogens

- Folic Acid- Birth Defects, cervical dysplasia, anemia, cardiovascular disease
- Vitamin B6- Depression, sleep disturbances, increased cardiovascular disease
- Vitamin B2- Problems with skin, eyes, mucous membranes, nerves
- Vitamin B12- Anemia, tiredness, weakness, increased cardiovascular risk
- Vitamin C- Lowered immune system easy bruising, poor wound healing
- Magnesium- Cardiovascular problems, asthma, osteoporosis, cramps and PMS
- Zinc- Slow wound healing, loss of sense of smell and taste, lower immunity- not discussed Deep Limbic System

Long-Term Use of Estrogen Hormone Therapy Linked to Higher Risk for Breast Cancer

Apr. 1, 2012 — In a landmark study, researchers have linked the long-term use of estrogen plus progesterone and estrogen-only hormone therapy with a higher risk for developing breast cancer.

"It's already been confirmed that patients shouldn't be undergoing estrogen plus progesterone hormone therapy (HT) for the long term," said Wendy Y. Chen, M.D., M.P.H., associate physician at Brigham and Women's Hospital and assistant professor in medicine at the Breast Cancer Oncology Center at the Dana-Farber Cancer Institute in Boston, Mass. "What we found is that people should also be careful about longer-term use of estrogen-alone HT.

The Birth Control Pill and Cervical Cancer.

The study by the World Health Organization suggests:

- ✓ Less than 5 years was 10%
- ✓ Taking the pill 5 to 9 years increases your risk of cervical cancer by 60%.
- ✓ 10 years or more double the risk.

This is London From the Evening Standard, April 4, 2003

OC Companion

- **For females taking Birth control need to take OC Companion to avoid side effects.**
- **Take 1 tablet 2x/day.**

Sample: From Members Service

Birth Control Support

Description: Birth control is any method used to prevent pregnancy. There are many different methods of birth control including condoms, IUDs, birth control pills, the rhythm method, surgical sterilization, and tubal ligation. Birth control pills pose one of the major risks to women's health which includes cancer, thyroid problems, gallbladder dysfunction, clots and strokes. Always use nutritional supplements to cover a wide variety of nutritional deficiencies that are caused by birth control pills.

Protocol/Dosage: OC Companion- 2 Tablets 3x /day for as long as Birth control pills are taken.

Folic Acid 800- 2 Tablets 2x /day for as long as birth control pills are taken..

AF-Betafood- 3 Tablets 2x /day for last 2 weeks before normal menstruation time (Day 14-28).

I-3-C- 1 Tablet 2x day to help the liver metabolize bad estrogen.

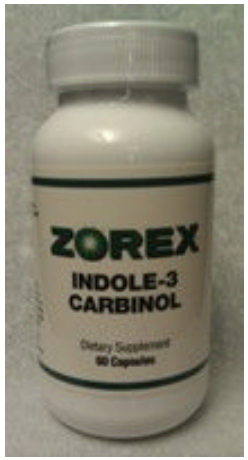
Dietary Recommendations: Eat 5-6 servings of vegetables especially from the cruciferous family: kale, brussel sprouts, cauliflower and broccoli.

Recommendations: Check Blood Work for Estrogen conversion test to prevent estrogen positive breast cancers. If this test is positive another form of birth control should be sought out. The Billings Ovulation Method is a non drug approach to birth control with a 97-99% success rate which is higher than the pill. The site is: http://www.boma-usa.org


ORAL CONTRACEPTIVE SUPPORT*
OC COMPANION™
Dietary Supplement
VITANICA
60 Vegetarian Capsules


BIOTICS RESEARCH CORPORATION
Folic Acid 800™
Dietary Supplement
180 TABLETS


Standard Process
A-F BETAFOOD®

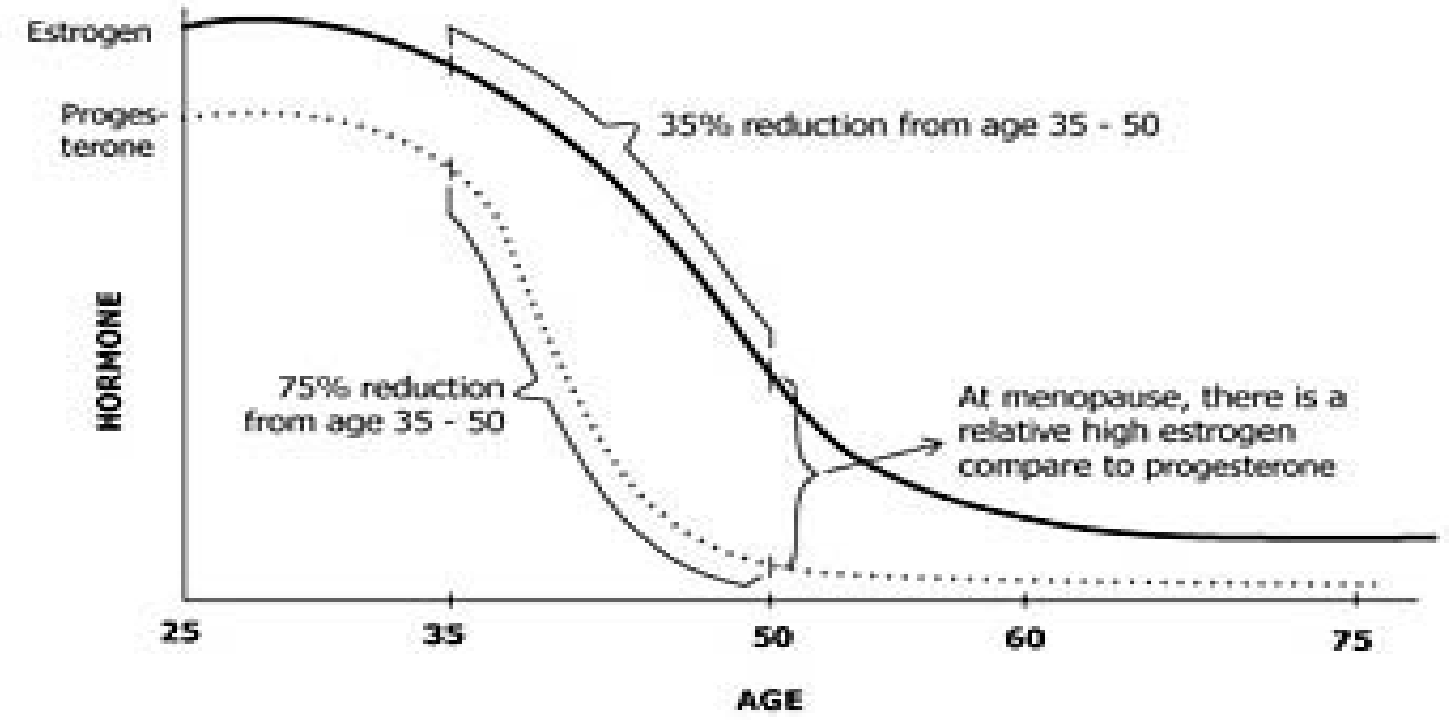

ZOREX
INDOLE-3 CARBINOL
Dietary Supplement
60 Capsules

Stressful Lifestyle

- Excessive stress can cause fatigue to the adrenal glands causing reduced progesterone output. This tilts the estrogen to progesterone ratios in favor of estrogen. Excessive estrogen in turn causes insomnia and anxiety, which further taxes the adrenal glands. This leads to a further reduction in progesterone output and even more estrogen dominance.
- After a few years in this type of vicious cycle, the adrenal glands become exhausted. This dysfunction leads to blood sugar imbalance, hormonal imbalances, and chronic fatigue.
- A large part of hormonal balance is controlled by the three major glands: the adrenal glands, the thyroid gland, and the ovaries (in women), and testes (in men). Maintaining a proper balance among these three glands is of critical importance in any estrogen dominance recovery program. Excessive estrogen affects both thyroid and adrenal function, and in turn, dysfunctional thyroid and adrenal fatigue makes estrogen dominance worse. Many conventional medical practitioners will often treat the symptoms of estrogen dominance without addressing the root cause. The common answer prescriptions from sleeping pills to anti-depressants are commonly dispensed due to an imbalance in hormones. Unfortunately, such symptom-based protocols will often make things worse, not better. Instead, practitioners need to address the *root cause* of the problem, which includes addressing the functioning of the three major glands in the body.

• Hormonal Imbalance

Women experience premenopause(10-15yrs), or perimenopause (within 5yrs), which is when their levels of progesterone and estrogen begin to decline.



Obesity / Diet

- Fast Food Diet.
- Margarine Increases Cancer Risk by 5 fold
- Dairy Products
- Excess body fat (greater than 28%)
- A low-fiber diet & intestinal dysbiosis.

Maintain a healthy weight. Obesity increases your risk of postmenopausal breast cancer by 50 to 100 per cent (Am J Clin Nutrition, 1987; 45: 289). It also increases your risk of dying from the disease (Am J Clin Nutr, 1987; 45: 271-60.

•Stick to a low fat, high fiber diet and cut down on animal fat, which accumulates pesticides and other contaminants. Avoid dairy products, particularly non organic foods, as much as possible. Nuclear power plants release carcinogenic byproducts such as strontium 90, a deadly radioactive isotope, into the atmosphere, which contaminate the grass and water on which dairy cows feed and make their way into products like milk and cheese. Studies of New York's Nassau and Suffolk counties, which each house a major nuclear reactor, show that the risk of dying from breast cancer there has increased sharply as strontium 90 levels have risen (Int J Health Serv, 1993; 23: 783-804).

Dairy “Holy Cow”

The highest rates of the disease are in Northern Europe (Finland, Sweden and Holland), the UK, the US and Canada all countries where cow's milk is a major food. Frequent consumption of whole milk has been found to be a risk factor in cancers of the lung, bladder, breast and cervix (Nutrition Cancer, 1990; 13: 89-99).

Scientists Outwater, Nicolson and Barnard of Princeton University theorize that the problem with dairy products is their content of both hormones and growth factors. In particular, they are concerned about **IGF-1 estrogen** and **bGH (bovine growth hormone**). These may be implicated in the growth of breast cancer cells (Med Hypotheses, 1997; 48: 453-61).

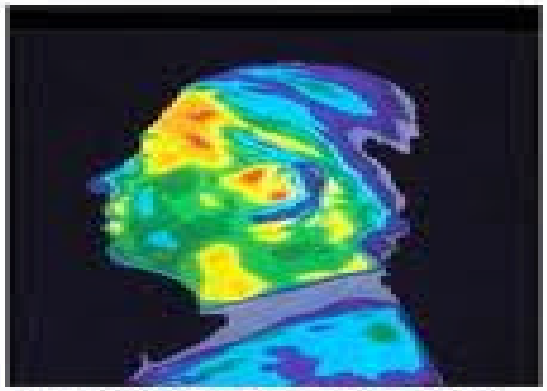
In a Norwegian study of more than 25,000 women, those who consumed three glasses of milk daily had almost **three times the risk of developing breast cancer as those who drank a half cup or less** (Int J Cancer, 1995; 63: 13-7).

Interestingly, a Japanese study on rats found, contrary to the expectations of the researchers, **that milk and yoghurt enhanced the development of breast tumors, as did margarine** (Cancer Detect Prev, 1994; 18: 415-20).

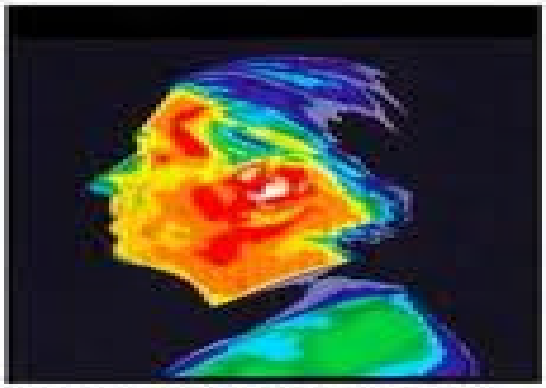
Iodine Saturation is important in the 21st century for Radiation Exposure amongst other things.

- **Take 50 mgs. (4 tablets) for 3 months.**
- **Maintenance 12.5 mgs /day for life.**

- ***According to John Gofman, professor of molecular and cell biology at the University of California, probably 90% of all cases of breast cancer reported in the US every year are due to medical x-rays.***



Thermographic image of the head with no exposure to harmful cell phone radiation.



Thermographic image of the head after a 15-minute phone call. Yellow and red areas indicate thermal (heating) effects that can cause negative health effects.

Uses For Iodine:

- Sebaceous Cyst
- Fibrocystic Breast
- Eliminate Bowel Gas due to Legumes.
- Lower Cholesterol
- Vaginal and Intestinal Yeast Overgrowth.
- To Thin Mucous (COPD, Emphysema, Chronic Bronchitis)
- Stiff Neck
- Tonsillitis
- Viral Infections
- Sinusitis
- Acne
- Premature Wrinkling
- Nasal Polyps
- Sty
- Thyroid Hypofunction
- BPH
- Manic Depression
- Mosquito Bites, Poison Ivy, Poison Oak
- Exposure to Radiation
- Local Anti-Septic
- Rheumatoid Arthritis
- Toenail Fungus

Iodine has been shown to:

Prevent Breast Cancer

Iodine deficient diets in animals induces breast cancer and goiter.

- **The Shrivastava group** in India reported molecular iodine induces apoptosis (programmed cell death) in human breast cancer cell cultures. "Iodine showed cytotoxic effects in the cultured human breast cancer cells".
- **The Carmen Aceves Velasco Group reported** Iodine to be safe, with no harmful effects on thyroid function, and an anti-proliferative effect on human breast cancer cell cultures. Their 2009 paper reported the mechanism by which Iodine works as an anti-cancer agent. Iodine binds to membrane lipids called lactones forming iodo-lactones which regulate apoptosis (programmed cell death). Iodine causes apoptosis which makes cancer cells undergo programmed cell death.
- **Dr. Aceves concluded** that continuous molecular iodine treatment has a "potent anti-neoplastic effect" on the progression of mammary cancer.

- **From Japan, Dr Funahashi reported** a common seaweed food containing high iodine content is more beneficial than chemotherapy on breast cancer . "He found that administration of Lugol's iodine or iodine-rich Wakame seaweed to rats treated with the carcinogen dimethyl benzanthracene suppressed the development of mammary tumors. The same group demonstrated that seaweed induced apoptosis in human breast cancer cells with greater potency than that of fluorouracil, a chemotherapeutic agent used to treat breast cancer."
- **A 2008 paper by Bernard A. Eskin MD showed** that Iodine actually altered gene expression in breast cancer cells, inducing programmed cell death.
- **A 2003 study by Ling Zhang showed** that molecular Iodine caused lung cancer cells to undergo programmed cell death (apoptosis). These lung cancer cells had been genetically modified to increase iodine uptake.
- http://jeffreydach.com/2009/11/13/iodine-against-breast-cancer-the-overwhelming-evidence-by-jeffrey-dach-md.aspx

Dr. Brownstein's Book, Iodine

A 73 year old patient, named: Delores, was diagnosed with breast cancer in 2003. She turned down conventional treatment with radiation and chemotherapy. Dolores took 50 mg of Iodoral daily. A follow up ultrasound of the breast 18 months later showed," It appears that these malignancies have diminished in size since the last examination. Interval improvement is definitely seen," Two years later a follow up mammogram and ultrasound failed to show any abnormality and were read by the radiologist as normal.

Dr. David Brownstein Reports Spontaneous Regression of Breast Cancer After Iodine

David Brownstein MD reports three cases of spontaneous regression of breast cancer after iodine supplementation in his book titled, Iodine on page 63.
One patient example is Joan a 63 year old English teacher, was diagnosed with breast cancer in 1989, declined conventional treatment, and took 50 mg per day of Iodoral, (Iodine). Six weeks later, a PET scan showed, "all of the existing tumors were disintegrating".

Are Mammograms Safe?

Radiation

- It's one of the most potent risks factors for breast cancer, and its effect are **cumulative.**
- This means that the damage done to the breast tissue doesn't disappear with time: Each dose of radiation to the breast adds to the last one.

How much radiation from a mammogram?

- **One week at a high altitude (Denver, CO) = less than 1 millirad**
- **Jet flight of 6 hours = 5 millirads**
- **Chest x-ray = 16 millirads.**
- **Smallest possible dose from a screening mammogram done with the best possible equipment = 340 millirads.**

Generally: Mammogram is equal to 21.25 Chest X-Rays.

Mammograms lead to breast cancer "overdiagnosis" in 1 million women, study finds.

- A big U.S. study published in the Nov. 22, 2012 New England Journal of Medicine shows that mammograms have done surprisingly little to catch deadly cancers before they spread and have led more than a million women to be treated for growths that never would have threatened their lives.
- The study suggests that up to one-third of breast cancers -- or 50,000 to 70,000 cases a year -- don't need treatment.
- "Our study raises serious questions about the value of screening mammography," wrote the researchers, led by Dr. H. Gilbert Welch of Dartmouth Medical School and Dr. Archie Bleyer of St. Charles Health System and Oregon Health & Science University. "And although no one can say with certainty which women have cancers that are overdiagnosed, there is certainty about what happens to them: they undergo surgery, radiation therapy, hormonal therapy for 5 years or more, chemotherapy, or (usually) a combination of these treatments for abnormalities that otherwise would not have caused illness."

- *We found that there were only around 0.1 million fewer women with a diagnosis of late-stage breast cancer. This discrepancy means there was a lot of overdiagnosis: more than a million women who were told they had early stage cancer -- most of whom underwent surgery, chemotherapy or radiation -- for a "cancer" that was never going to make them sick. Although it's impossible to know which women these are, that's some pretty serious harm.*

- if you do the math and calculate 0.1 million fewer women with advanced-stage cancer out of 1.5 million who were diagnosed, **93% of the "early detection" cancer cases studied were false positives**, meaning that they would never have gone on to cause advanced-stage cancer anyway.

American cancer society still recommends mammograms every year after the age of 40 years old.

That's 1.3 million women who were told by their lying oncologists: "If you don't agree to treatment, you'll be dead in six months" (or two years, or whatever fraudulent scare schedule they use).

A recent Komen foundation campaign typifies the approach: In short, tell everyone they have cancer, and survival will [statistically] skyrocket.

Komen for the Cure, of course, has been caught blatantly lying about the supposed "benefits" of mammography. Their statistical deception fools most women, sadly, convincing them to undergo toxic chemotherapy for a "breast cancer" they never really had.

BRCA1 Gene

- BRCA1 (breast cancer 1, early onset) is a human gene that belongs to a class of genes known as tumor suppressor genes.
- Like many other tumor suppressor genes, BRCA1 regulates the cycle of cell division by keeping cells from growing and dividing too rapidly or in an uncontrolled way.
- In particular, it inhibits the growth of cells that line the milk ducts in the breast. The protein made by the BRCA1 gene is directly involved in the repair of damaged DNA.
- In the nucleus of many types of normal cells, the BRCA1 protein interacts with the protein produced by the RAD51 gene to mend breaks in DNA.

Resveratrol prevents epigenetic silencing of BRCA-1 by the aromatic hydrocarbon receptor in human breast cancer cells.

- The BRCA-1 protein is a tumor suppressor involved in repair of DNA damage. Epigenetic mechanisms contribute to its reduced expression in sporadic breast tumors. Through diet, humans are exposed to a complex mixture of xenobiotics and natural ligands of the aromatic hydrocarbon receptor (AhR), which contributes to the etiology of various types of cancers. The AhR binds xenobiotics, endogenous ligands, and many natural dietary bioactive compounds, including the phytoalexin resveratrol (Res). In estrogen receptor- alpha (ER alpha)-positive and BRCA-1 wild-type MCF-7 breast cancer cells, we investigated the influence of AhR activation with the agonist 2,3,7,8 tetrachlorobenzo(p)dioxin (TCDD) on epigenetic regulation of the BRCA-1 gene and the preventative effects of Res. We report that activation and recruitment of the AhR to the BRCA-1 promoter hampers 17 beta -estradiol (E2)-dependent stimulation of BRCA-1 transcription and protein levels. These inhibitory effects are paralleled by reduced occupancy of ER alpha , acetylated histone (AcH)-4, and AcH3K9. Conversely, the treatment with TCDD increases the association of mono-methylated-H3K9, DNA-methyltransferase-1 (DNMT1), and methyl-binding domain protein-2 with the BRCA-1 promoter and stimulates the accumulation of DNA strand breaks. The AhR-dependent repression of BRCA-1 expression is reversed by small interference for the AhR and DNMT1 or pretreatment with Res, which reduces TCDD-induced DNA strand breaks. **These results support the hypothesis that epigenetic silencing of the BRCA-1 gene by the AhR is preventable with Res and provide the molecular basis for the development of dietary strategies based on natural AhR antagonists.**

J Nutr. 2010 Sep;140(9):1607-14. doi: 10.3945/jn.110.123422. Epub 2010 Jul 14.
Papoutsis AJ, Lamore SD, Wondrak GT, Selmin OI, Romagnolo DF.
•Department of Nutritional Sciences, The University of Arizona, Tucson, AZ 85721, USA.

Daily- HerbaVital

Helps regulate Genetic disparities (mutations) that may put you at risk for Cancer.

Take: 1 Tablet 2x day for life.
Uses: Overall Longevity Support.
Supports the Brca1 gene.
Supports the detoxification genes.
Supports Hormone Balance.

BRCA2 Gene

- BRCA2 is a human gene that is involved in the repair of chromosomal damage and belongs to a class of genes known as tumor suppressor genes.

Urinary Tract Infection and Estriol

- Estriol at 0.5 mg given vaginally twice weekly, after loading dose of 14 days has been shown to reduce recurrent urinary tract infections especially in those 60 years of age or older. Estrogen stimulates the proliferation of lactobacillus in the vaginal epithelium, reduces PH and avoids the colonization of Enterobacteriaceae, which is the main pathogen of the urinary tract. Estrogens also help maintain the muscle and ligament structures of the female pelvic floor and genitalia.

  Role of Estriol Therapy for Women With Recurrent Urinary Tract Infections: Advantages and Disadvantages," Raz. Raul, *Infect Dis Clin Pract*, 1999;8(2):64-66 (Address: Prof. Raul Raz, Infectious Diseases Unit, Haemek Med Center, Afula,18101, Israel 972 6 6595689 (fax) 32504

Michigan Institute of Thermography

Testing at my office:

24360 Novi Rd. Suite-B1

Novi, MI 48375

Call- (866) MIT-SCAN

to set up appointment for February 28th

Test Date: February 28th Thursday 9:00 – 4:00

Thermography
International Guidelines For Use:

AGE	Assuming Low Risk Results
20-29	Every 3 years
30+	Once per year.

Before a tumor grows it has to establish its feeding system.

- Functional changes that are needed to establish feeding system…..
- Inflammation, Increases Circulation and New Blood Vessel Growth.
- These functional changes **Always** occur **Before** structure can change.
- These Functional changes create Abnormal Hotspots & Heat Patterns.
- These Abnormal Hotspots & Heat Patterns can be seen up to **5+ Years Before** structure can change.

Thermal Breast Imaging is Perfect for:

- Any women 20 years and older.
- Had problems with mammograms.
- Mastectomy / Lumpectomy
- Fibrocystic Breast
- Dense Breast Tissue
- Implants
- Reductions
- Smaller / Larger Breasted
- Breast Feeding / Pregnant
- Post Cancer Treatment
- High Risk
- Wellness Minded

- Thermal Breast Imaging is the only way to see these abnormal hotspots & heat Patterns.
- Mammograms, Ultrasounds and MRI's cannot see function (HotSpots)… Only Structure.
- TBI does not replace Structural Tests.
- TBI Does not screen, Detect or Diagnose Cancer.
- TBI is used to see the feeder system being established.

TBI is the Only way to measure risk of future breast disease.

- Thermal Breast Imaging is your Early Warning System…it lets you know if the road ahead has clear skies or tornadoes.

Each Breast is scored 1-5

1= Lowest Risk and 5= Highest Risk

International Guidelines for usage:

Age 20-29 Every 3 Years

Age 30+ Once a year.

- High Bio-Thermal Risk is 8 Times More Significant Than A Direct Family History for future disease.
- Remember 85% of NEWLY diagnosed cases have Zero Family History.

Once you know your risk…YOU CAN TAKE MEASURES TO CHANGE IT!!

You should ONLY us a center with BOTH FDA cleared Camera AND Software.

- Infrared Camera INC.

  ICI is a Michigan company that produces ONLY FDA cleared camera and software combo that delivers a resolution of 480 x 640 pixels.

  Maximum Resolution: 480 x 640 pixels= 307,200 total pixels.

  That is FOUR TIMES (400%) more resolution than ANY of the others. That means you have 400% more vital thermal info.

  307,200 <u>is definitely better</u> than 76,800.

  Competitors- Maximum Resolution: 240 x 320 pixels= 76,800 total pixels.

Indicators of Excess Estrogen

- History
- Symptoms of Excess Estrogen
- Thermography
- Blood Work- Hormone Panel
- 2/16 ratios (urine)

Urinary estrogen metabolites in women at high risk for breast cancer.

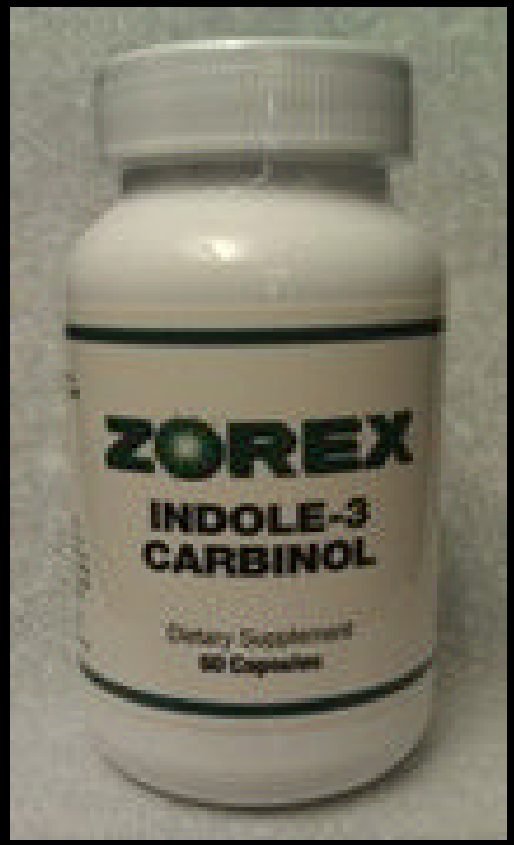
Abstract

Objective: This study explored whether average urinary estrogen metabolites in breast cancer high-risk women can be used to identify a subgroup of women at particularly high risk to develop breast cancer, to which prevention strategies should be addressed. *Methods:* The population consisted of 77 high-risk women, 30 breast cancer patients and 41 controls. All subjects answered a standardized questionnaire; height and weight and spot urine samples were also obtained. Urine hydroxyestrogen metabolites were measured in triplicate by enzyme immunoassay, and the estrogen metabolite ratios for each individual were calculated. *Results:* The 2:16 OHE ratio (2-hydroxyestrone/16-alpha-hydroxyestrone) in women at high risk for breast cancer was similar to that observed in the breast cancer group (1.76 ± 2.33 versus 1.29 ± 0.80) and lower than in controls (2.47 ± 1.14; $P = 0.00$). At the multivariate linear regression model, the 2:16 OHE ratio was significantly associated with diagnosis ($P = 0.000$ for both the high risk and breast cancer group versus the controls) and body mass index ($P = 0.005$), but not with age ($P = 0.604$), or smoking history ($P = 0.478$). *Conclusions:* This study suggests that lower urinary 2:16 OHE ratios are predictors of breast cancer risk. Profiling estrogen metabolites may identify women who are more probably to develop breast cancer within a population of women with known risk factors and may help to further elucidate the clinical relevance of urinary 2:16 OHE ratios as clinical markers and prognostic indicators in this population.

Carcinogenesis. 2009 September; 30(9): 1532–1535.
Published online 2009 June 5.doi: 10.1093/carcin/bgp139

Annie Im, Victor G. Vogel, Gretchen Ahrendt, Stacy Lloyd,1 Camille Ragin,2 Seymour Garte,1 and Emanuela Taioli2,*

Indole – 3 Carbinol



Take 400 mgs. / day for 8 weeks and recheck test to tract the difference.

Use: Estrogen + Breast Health
Triple – Breast Health
Cervical- HPV
Prostate
Ovarian
Laryngeal

Improves the 2:16 ratio which is critical.

High Protein Diet, exercise, sulfur supplements, flax, soy.

Benefits of Phytoestrogens

- Prevent Proliferation estrogen driven cancer cells
- Downregulate receptors
- Increase BMD
- Lower Chol & Triglycerides
- Increase HDL
- Inhibit growth of cancer cells both estrogen + and -
- Control aromatase enzyme
- Interfere with VEGF allows cancer to spread

Phytoestrogens

Phytoestrogens are a diverse group of plant-derived substances, which have estrogenic activity. The structures of these compounds are similar to estrogens, but their actions are less powerful (about 1/1000 as potent). Consequently, when estrogen levels are high, phytoestrogens compete for estrogen receptors, reducing the effects of excess estrogen. The excess estrogens, in this case, are safely metabolized by the liver. When estrogen levels are low as in peri-menopause and post menopause phytoestrogens act as an estrogen supplement. Thus phytoestrogens balance both excess and insufficient estrogen by acting as an anti-estrogen as well as a weak estrogen.

Sublingual Natural Progesterone For Autoimmune diseases, PMS, Fertility, Brain function.

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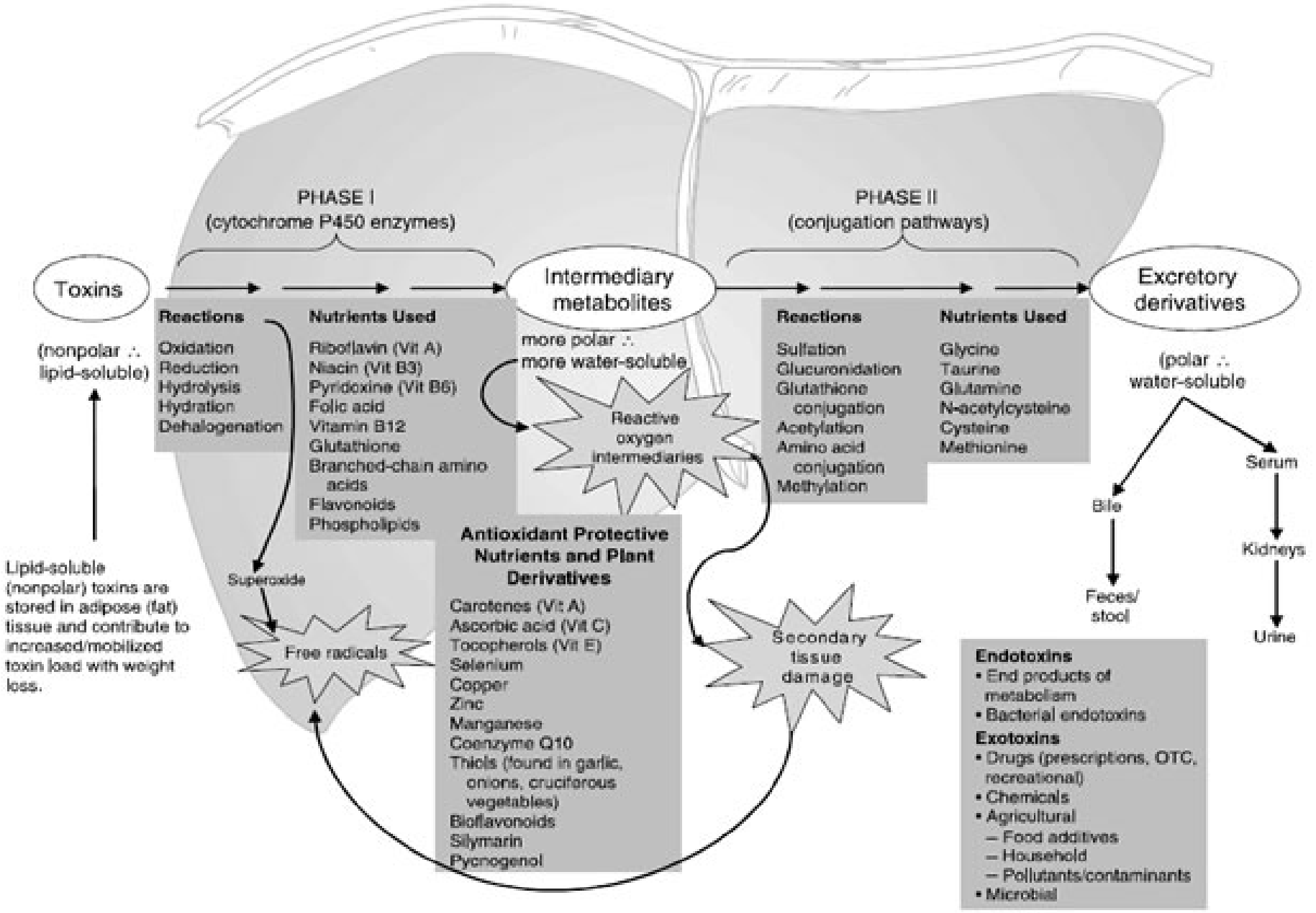
Sublingual Natural Estrogen for HRT, Autoimmune disease, Osteoporosis, Support in cancers and hot flashes.

Dosage: 4/2x a day



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- Liver / Biliary Cleanse
- Weight Loss
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