

## Preventing Breast Cancer...Naturally

Cancer is a scary word that, sadly, we are all too familiar with in our society these days and breast cancer is no exception. One in eight women will hear the sad news that they have breast cancer. We have all heard of the traditional treatments options such as chemo-therapy, radiation, and mastectomies; but wouldn't it be nice to take action before having a diagnosis of breast cancer? You can! Lifestyle makes a huge difference and small positive choices in your daily life can help reduce your chances of acquiring breast cancer. Remember, early detection is not prevention.

Everyone has cancer cells in their body but whether or not they grow depends on the nutrition they receive. Current research shows that cancer cells feed and grow off of sugar. By avoiding, or limiting sugar consumption one can decrease the nutrition of the cancer cells and limit in their growth. In this *60 Minute* special, doctors explain the addictive properties of sugar and how cancer cells grow and thrive with sugar consumption. One solution to preventing and fighting cancer is modifying your diet and eliminate sugar. <http://www.youtube.com/watch?v=sJGS3jdjJGE>

Cancer cells also grow and thrive in an acid-base environment, which is created in our bodies when we eat inflammatory foods such as sugars, dairy, white breads, alcohol, and trans fats. Eating foods that are anti-inflammatory help make the body's system more alkaline. Foods that are anti-inflammatory are fruits, vegetables, whole grains, healthy fats such as omega-3 fatty acids, legumes, seafood and protein. Juicing is also a powerful and affective way to receive all of the health benefits, minerals, antioxidants, and good phyto-estrogens from your food to help your body maintain a good alkaline pH environment. Also, eating lots of cruciferous vegetables is a very powerful cancer-preventing tool. Cruciferous foods (such as broccoli, kale, and cabbage) are naturally high in compounds that have been shown to promote liver function and inhibit cancer development<sup>1</sup>.

What you eat is extremely important because it is the fuel on which our bodies function. It is also important to make sure that our bodies physical structure is taken care of as well. Exercise is important to keep our bodies strength and endurance healthy. A recent report from the World Health Organization states that there is a **20-40% decrease** in the risk of developing breast cancer for women who are physically active. This applies to everyone regardless of menopausal status, type of activity, or duration of the exercise activity<sup>1</sup>. The more you keep moving and keep active the better the benefit for your health.

Just as it is important to keep your body moving, it is equally as important to keep your spine moving. The spine houses and protects your nerves that control every cell, tissue, and muscle in your body. When your spine is stuck, or subluxated, it puts pressure on the nerves, which can cause dysfunction. Chiropractic adjustments help restore movement to the spine and allow your body to function properly. This is the reason why when people are regularly adjusted their immune system is increased. When the body's immune system is increased the body gets sick less often and can fight off invaders with more force and vigor.

Research has shown that Vitamin D has been key in playing a role in decreasing inflammation in the breast tissue and having a direct affect on preventing breast cancer. Studies have shown that women with higher vitamin D levels were less prone to develop breast cancer and have a lower risk of recurrence, regardless of their menopausal status<sup>1</sup>.

Our bodies repair themselves from the inside out so taking care of them with proper nutrition, exercise, and chiropractic care is important. By providing your body with positive healthy choices it gives it the optimal environment to remain healthy and properly functioning. Remember, early detection is not prevention. Prevention begins now with everyday healthy decisions, with food being one of the most powerful forms of medicine.

1. Mills, Dixie MD. New Hope for Breast Cancer Prevention. 9/10/2012.