



THE
WELLNESS
MINUTE

IT'S TIME TO FEEL GOOD AGAIN

THIS WEEK'S TOPIC

Breast Cancer

“People are consuming about 2000 tiny pieces of plastic every week, that’s about the size of a credit card”

We don't just wake up one day and find out we have breast cancer. Cancer growth is a process of that takes years to develop before aberrant, rebellious cells can accumulate to a point where we can feel or detect a lump. Research has shown that there are many things we can do to empower our immune system.

Vitamin D is important in preventing all kinds of cancer so we can check vitamin D levels. Excess iron has been identified as a variable so keeping an eye on iron is another strategy. Making sure we have sufficient Zinc is important as well. It is a natural antagonist to iron and reduces viruses in 4 ways.

But the big gorilla in the room is estrogen and Xeno-estrogens. Years ago it was found that estrogen added to cancer cells caused them to grow like wild fire. Later researchers accidentally found that cancers proliferated without estrogen at the same rate if the test tube or petri dish containers were plastic. The phthalates leeching out of



the plastic containers were such potent estrogen mimics that they turned on the growth of cancer cells.

Estrogen mimics or Xeno-estrogens are used in plastic bottles that hold pop, bottled water, plastic wraps that wrap supermarket meats and vegetables, etc. Many of the pesticides, herbicides have estrogen like activity. Commercial meats by products are also increasing our base line levels of estrogen. Animals are fed estrogen to increase their water weight before slaughter.

One study demonstrating the effects of xeno-estrogens in

our waterways found male fish with eggs in their testes. These fish were harvested from a river that provides drinking water for millions of people. Add all these factors together, and you can see why one researcher is quoted as saying we are all “swimming in a sea of estrogens. “

Just how much plastic are we ingesting? It's difficult to say for sure but [Dr. Thava Palanisami](#) from the University of Newcastle in Australia combined data from 50 studies on the ingestion of microplastic by people. The analysis called “*No Plastic in Nature: Assessing Plastic Ingestion from Nature to*

This is a transcript from a “video magazine” we send out each week called the Wellness Minute, if you're not getting our Wellness Minute videos each week, sign up at the front desk

People” suggests people are consuming about 2000 tiny pieces of plastic every week, that’s about the size of a credit card. But it’s also approximately 21 grams a month which is just over 250 grams a year. That’s over a ½ pound a year. And plastics don’t move out of our system very easily.

They found the single largest source of plastic ingestion is through water, both bottled and tap, all over the world. Interestingly, twice as much plastic found in the US or India than in European or Indonesian water. So paying attention to plastics is huge. But let’s come back to food and what we can do on a daily basis to prevent cancer of all kinds.

Find ways to increase cruciferous in your diet. The goal is a minimum of two ½ cup servings of the Brassica or cruciferous family of vegetables because they naturally detoxify your body. In fact, 2 servings will increase your body’s ability to detoxify harmful liver agents like Tylenol by 20%.

Cruciferous veggies are high in [vitamin C](#) and [soluble fiber](#) and contain multiple nutrients with potent anti-cancer properties: diindolylmethane, sulforaphane and selenium. Researchers at the University of California at Berkeley have recently discovered that [3,3'-Diindolylmethane](#) in Brassica vegetables is a potent modulator of the innate immune response system with potent anti-viral, anti-bacterial and anti-cancer activity. **3,3'-Diindolylmethane** or **DIM** is derived from the [digestion](#) of [indole-3-carbinol](#), found in [Brassica](#) vegetables.

For the men listening, cruciferous vegetables consumption is inversely related to the incidence of prostate cancer and reduced homocysteine levels. For those crazy times in life where you can’t find time to make your veggies consider NitroGreens. NitroGreens contains sprouted cruciferous veggies which have even greater

biologic benefit. Use one scoop in water or almond milk add berries or ½ banana for more flavor.

NitroGreens will also balance pH and enhance Nitric Oxide production as well. Certain months have been designated as awareness months. For example, October has been designated as breast cancer awareness month. Let’s use these opportunities to open up conversations about breast cancer and encourage each other to take our health to the next level, the optimal level. Because the longer I live, the more I realize health is your greatest asset.