



PROMOTING BREAST HEALTH ON A DAILY BASIS

CLASS OUTLINE

- ❖ Terminology
 - Estrogen
 - Progesterone
 - Xenoestrogens
 - Phytoestrogens

- ❖ Toxicity
 - In your health and beauty products
 - In your home and car
 - In your food
 - Unrelenting stress

- ❖ Night and Day
 - Sleep health
 - Sunlight and Vitamin D requirement

- ❖ Let It Flow, Let It Flow, Let It Flow
 - Emotions
 - Set the girls free
 - Exercise
 - Phluffing, breast massage, qigong, acupuncture, dry skin brushing

- ❖ Those Mammograms!
 - Screening vs. diagnostic mammograms
 - Screening alternative: DITI (Digital Infrared Thermal Imaging)

- ❖ Synthetic Hormone Replacement Therapy (HRT) vs. Bioidentical

- ❖ Nourishment

YOUR FIRST WEALTH IS HEALTH

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TERMINOLOGY

- ❖ Estrogen, a class of hormones; 20 different estrogens with three main estrogens
 - Estradiol Created in the ovaries
 - Estriol Created in the placenta during pregnancy
 - Estrone Created in fat cells
- ❖ Progesterone is the actual name of the hormone
 - “To protect and promote gestation” led to its name
 - Body quits producing progesterone after ovulation ceases or anovulatory cycles
 - Effectively prevents the binding of xenoestrogens in our cells
- ❖ Xenoestrogens
 - Hormone mimicking organochlorines/hormone disruptors
 - Organochlorines are a diverse group of synthetic chemicals commonly found in pesticides or industrial products
 - Xenoestrogens are fat-soluble and non-biodegradable; they never breakdown
- ❖ Phytoestrogens
 - Plant hormones (parsnips, sweet potatoes, burdock roots, red clover, hops, ginseng, wild yam)
 - Stop breast cells from absorbing estradiol

TOXICITY

- ❖ In your health and beauty products (see page 4 for Top 10 Untouchables)
- ❖ In your home, office and car
 - Cleaning products
 - Off gassing of carpets, furniture and paints
 - “New car smell” is very toxic – formed from the off-gassing of dashboard and upholstery.
 - Incense, artificially-scented candles, cigarette smoke
 - Temporary protection: Yarrow Environmental Solution (Y.E.S.)
- ❖ In your food and beverages
 - Avoid plastics where food and beverages are concerned
 - Consume foods grown without herbicides, pesticides and artificial fertilizers
 - Coffee, alcohol
 - Avoid non-stick pans and microwaved foods
- ❖ Unrelenting stress
 - Seek outlets for stress, learn to delegate, implement self-care

PHYSIOLOGIC EFFECTS OF ESTROGEN AND PROGESTERONE

ESTROGEN EFFECTS

Creates proliferative endometrium
Causes breast cell stimulation (fibrocystic breasts)*
*Increases body fat and weight gain**
*Causes salt and fluid retention**
*Causes depression, anxiety, and headaches**
*Causes cyclical migraines**
*Causes poor sleep patterns**
*Interferes with thyroid hormone function**
*Impairs blood sugar control**
*Increases risk of blood clots**
*Has little or no libido effect**
*Causes loss of zinc and retention of copper**
*Reduces oxygen levels in cells**
*Causes endometrial cancer**
*Increases risk of breast cancer**
*Increases risk of prostate cancer**
Restrains bone loss
Reduces vascular tone (dilates blood vessels)
*Triggers autoimmune disease**
Creates progesterone receptors
Relieves hot flashes
Prevents vaginal dryness and mucosal atrophy
*Increases risk of gallbladder disease**
Improves memory
Improves sleep disorders
Improves health of urinary tract
Relieves night sweats

PROGESTERONE EFFECTS

Maintains secretory endometrium
Protects against breast fibrocysts

Helps use fat for energy
Acts as natural diuretic
Acts as natural antidepressant and calms anxiety
Prevents cyclical migraines
Promotes normal sleep patterns
Facilitates thyroid hormone function
Helps normalize blood sugar levels
Normalizes blood clotting
Helps restore normal libido
Normalizes zinc and copper levels
Restores proper cell oxygen levels
Prevents endometrial cancer
Helps prevent breast cancer
Decreases risk of prostate cancer
Stimulates new bone formation
Improves vascular tone
Prevents autoimmune diseases
Increases sensitivity of estrogen receptors
Necessary for survival of embryo
Precursor of corticosteroid biosynthesis
Prevents coronary artery spasm and atherosclerotic plaque
*Causes sleepiness, depression***
*Causes digestive problems***

* *Indicates that these effects are caused by estrogen dominance, or an imbalance of estrogen caused by too much estrogen and/or too little progesterone.*

** *Indicates that these effects are caused by an excess of progesterone.*

HEALTH AND BEAUTY PRODUCTS

TOP 10 UNTOUCHABLES

by Mary Sculy 651-748-8842

❖ **Isopropyl Alcohol:** As a solvent and denaturant (poisonous substance that changes another substance's natural qualities), this ingredient is found in hair color rinses, body rubs, hand lotions, after-shave lotions, fragrances and many other cosmetics. It is a petroleum-derived substance that is also used in antifreeze and as a solvent in shellac and diluted essential oils. According to *A Consumer's Dictionary of Cosmetic Ingredients*, ingestion or inhalation of the vapor may cause headaches, flushing, dizziness, mental depression, nausea, vomiting, narcosis, anesthesia, and coma. The fatal ingested dose is about one ounce.

❖ **Mineral Oil:** Baby oil is 100% mineral oil. As a commonly used petroleum ingredient, mineral oil coats the skin like a plastic wrap. The skin's natural immune barrier is disrupted as this plastic coating inhibits its ability to breathe and absorb the Natural Moisture Factor (moisture and nutrition). As the largest organ of elimination, the skin's ability to release toxins is impeded by this "plastic wrap", which can promote acne and other disorders. This process slows down skin function and normal cell development causing the skin to age prematurely.

❖ **PEG:** This is an abbreviation for polyethylene glycol that is used in making cleansers to dissolve oil and grease as well as thicken products. A number next to "PEG" refers to its molecular weight, which influences its characteristics. Because of their effectiveness, PEG's are often used in caustic spray-on oven cleaners and yet are found in many personal care products. PEG's contribute to stripping the Natural Moisture Factor, leaving the immune system vulnerable. They are also potentially carcinogenic.

❖ **Propylene Glycol (PG):** As a "surfactant" or wetting agent and solvent, this ingredient is actually the active component in antifreeze. There is not a difference between what is used in industry and what is used in personal care products. It is used in industry to breakdown protein and cellular structure (what the skin is made of), yet is found in most forms of make-up, hair products, lotions, after-shave, deodorants, mouthwashes, toothpaste, and is even used in food processing. Because of its ability to quickly penetrate the skin, the EPA requires workers to wear protective gloves, clothing and goggles when working with this toxic substance. The Material Safety Data Sheets warn against skin contact, as PG has systemic consequences such as brain, liver, and kidney abnormalities. Consumers are not protected nor is there a warning label on products such as stick deodorants, where the concentration is greater than that in most industrial applications.

❖ **Imidazolidinyl Urea & DMDM Hydantoin:** These are just two of the many preservatives that release formaldehyde (formaldehyde-donors). According to the Mayo Clinic, formaldehyde can irritate the respiratory system, cause skin reactions and trigger heart palpitations. Exposure to formaldehyde may cause joint pain, allergies, depression, headaches, chest pains, ear infections, chronic fatigue, dizziness and loss of sleep. It can also aggravate coughs and colds and trigger asthma. Serious side effects include weakening of the immune system and cancer. Formaldehyde releasing ingredients are very common in nearly all store brands of skin, body and hair care, antiperspirants and nail polish. A more complete list of products that contain formaldehyde can be found in *Is This Your Child's World?* By Doris J. Rapp, M.D.

❖ **Parabens (methyl-, poly-, or propylparabens):** Parabens belong to the benzene family; benzenes are serious allergens. Benzene was at one time outlawed, but the chemical industry pushed for allowing its use again. Parabens are used as preservatives, and are usually the last two ingredients on the ingredient list. They adversely affect hormones and possibly the DNA of cells. Note: some companies are using Grapefruit Seed Extract instead of parabens. GSE is **not** a good alternative. See: herbcraft.org/gse.html by Jim McDonald for a good explanation of the drawbacks of GSE.

❖ **Sodium Lauryl Sulfate (SLS) & Sodium Laureth Sulfate (SLES):** Used as detergents and surfactants, these closely related compounds are found in car wash soaps, garage floor cleaners and engine degreasers, yet are even more widely used as major ingredients in cosmetics, toothpaste, hair conditioner, and about 90% of all shampoos and products that foam. Mark Fearer in an article, “Dangerous Beauty”, shares that “in tests, animals that were exposed to SLS experienced eye damage, along with depression, labored breathing, diarrhea, severe skin irritation, and death. . . According to the American College of Toxicology. The report is also bad news for children’s eyes. “Studies indicate SLS kept young eyes from developing properly by possibly denaturing (dissolving) the proteins and not allowing for proper structural formation. This damage was permanent.” Still other research has indicated SLS may be damaging to the immune system, especially within the skin. Skin layers may separate and inflame due to its protein denaturing properties. Perhaps the most dangerous of all ingredients in personal care products, research has shown that, “SLS when combined with other chemicals can be transformed into nitrosamines, a potent class of carcinogens, which causes the body to absorb nitrates at higher levels than eating nitrate-contaminated food.” According to the American College of Toxicology report, “SLS stays in the body for up to five days . . . Other studies have indicated that SLS easily penetrates through the skin and enters and maintains residual levels in the heart, liver, lungs, and the brain. This poses questions of it being a serious potential health threat through the use of shampoos, cleansers and toothpaste.”

❖ **DEA** (diethanolamine), **MEA** (monoethanolamine), **TEA** (triethanolamine): DEA & MEA are usually listed on the ingredients label in conjunction with the compound being neutralized; thus look for names like Cocamide DEA or MEA, Lauramide DEA, etc. These are hormone-disrupting chemicals and are known to form cancer causing nitrates and nitrosamines. These are commonly found in most personal care products that foam, including bubble baths, body washes, shampoos, soaps, and facial cleansers. On the show CBS This Morning, Roberta Baskin revealed that a recent government report shows these are readily absorbed into the skin. Dr. Samuel Epstein, Professor of Environmental Health at the University of Illinois said, “repeated skin applications. . .of DEA-based detergents resulted in a major increase in the incidence of two cancers – liver cancer and kidney cancer.” John Bailey, who oversees the cosmetic division for the FDA, said that the new study is especially important since “the risk equation changes significantly for children.” Tests at the University of Bologna in Italy, found TEA to be the most frequent sensitizer used in cosmetics, gels, shampoos, creams, and lotion, etc.

❖ **FD&C Color Pigments:** “. . .many cause skin sensitivity and irritation. . .absorption (of certain colors) can cause depletion of oxygen in the body and death, *A Consumer’s Dictionary of Cosmetic Ingredients*’ Debra Lynn Dadd says in *Home Safe Home*, “colors that can be used in foods, drugs, and cosmetics. . .are made from coal tar. There is a great deal of controversy about their use, because animal studies have shown almost all of them to be carcinogenic.”

❖ **Fragrance:** Most deodorants, shampoos, sunscreens, skin care, body care and baby products contain fragrance. Many of the compounds in fragrance are carcinogenic or otherwise toxic. “Fragrance on a label can indicate the presence of up to four thousand separate ingredients – most or all of them are synthetic.

Plus. . .

❖ **Chlorine:** According to Doris J. Rapp, M.D., author of *Is This Your Child’s World?*, exposure to chlorine in tap water, showers, pools, laundry products, cleaning agents, food processing (fish, flour, meat, fruit, vegetables), sewage systems and many others, can effect health by contributing to asthma, hay fever, anemia, bronchitis, circulatory collapse, confusion, delirium, diabetes, dizziness, irritation of the eyes, nose, throat, lung, skin, and stomach, heart disease, high blood pressure, and nausea. It is also a possible cause of cancer.

NIGHT AND DAY

- ❖ Essential to sleep in total darkness, use black-out shades, block the illumination from your alarm clock (blue LED lights are the worst melatonin disruptors)
 - Melatonin primarily secreted at night, lowers nocturnal levels of estrogen
 - Powerful anti-oxidant, especially for the brain
- ❖ Sunlight and Vitamin D supplementation
 - Daily bright sunlight exposure needed to complement sleeping in total darkness
 - Expose face, palms or upper back (without any lotions or sunscreen on) to the sun daily
 - Dosage for Vitamin D supplementation: 35 iu per pound of body weight if you're not deficient, double that amount if you are deficient
 - Optimum blood level is 60-80 ng/ml
 - Blood test for Vitamin D levels: 25(OH)D aka 25-hydroxy vitamin D test

LET IT FLOW, LET IT FLOW, LET IT FLOW

- ❖ Emotions
 - Need healthy expression of emotions: no bottling up of resentment, anger, etc.
- ❖ Free the girls
 - Avoid under wires, reduce time wearing a bra, bra shouldn't cause indentations in your skin, cotton fabric the best
- ❖ Exercise
 - Daily moderate exercise keeps the lymph flowing, the mind clear and waist trim
- ❖ Phluffing the Girls and Breast/Lymphatic Massage
 - Give your breasts a little lymph love every day
 - Enhance the massage with a breast balm
- ❖ Dry skin brushing
- ❖ Qigong
 - Bring your arms in front of you and bend at the elbow with your palms facing each other. Relax your shoulders and arms completely. Inhaling, make fists with your hands as you draw your arms apart, keeping the elbows bent and down, until you feel a good stretch across the chest. Exhale, then inhale again. Exhaling again, draw your arms back together in front of your chest as you open the fingers and point them up. Let the shoulders, arms, and hands completely relax and sink down as you do this. Do this exercise as many times in a row as feels good and repeat two to three times per day. (Source: Lisa B. O'Shea)
- ❖ Acupressure
 - Press and hold any tender spots on the nipple line from clavicle to the top of breast
- ❖ Yarrow for injured breasts (past or present injury)

BREAST BALMS/OILS

- ❖ Breast Balm by Dina Falconi from *Earthly Bodies and Heavenly Hair*

Fill a clean quart jar with one part violet blossoms, two parts each red clover blossoms and calendula petals, and four parts dandelion flowers (yellow parts only). Cover with olive oil, all the way to the rim of the jar, and set on a sunny windowsill for at least three days. Strain the spent botanicals. Gently heat 2 1/2 cups of the herbal olive oil with 4 oz. beeswax. Once the beeswax melts, remove from the stove and add 1 tbsp liquid vitamin E and 1/2 tsp each tangerine and sandalwood essential oils. Pour into a wide-mouthed container, let cool and cover.

- ❖ Breast Balm by Margi Flint from *The Practicing Herbalist*

Mix together and heat two ounces total oils:

Mostly Shea butter, 1 Tbsp Beeswax, 1 Tbsp Coconut oil, the rest Jojoba oil
Into a blender pour:

2 oz. Aloe Vera juice and 1 Tbsp of either flower water or hydrosol or Chaga reduction. Add 15 drops of Tangerine essential oils and 5 drops Blue Yarrow.
Chaga Reduction

Place 1 oz of Chaga into 2 cups water; boil down slowly to one half cup.

When cooled add 2/3 part vodka to preserve.

When oils are cloudy, turn the blender to highest setting, pour the oils into the vortex very slowly. Pour into a wide mouth jar and cap. Massage breasts daily.

- ❖ A Slippery Assortment of Herbal Oils by Susun Weed from *Breast Cancer? Breast Health!* “Breast skin is thin and absorbent, and breast tissue contains a great deal of fat, which readily absorbs infused herbal oils.”

Burdock Seed Oil – strengthens cells, relieves bruises, resolves rashes

Calendula Blossom Oil – lymphatic for where the sun doesn’t shine, prevents scarring, infuse slightly dried calendula blossoms in lard (organic if possible). The animal fat is taken deeper into the tissues than vegetable oils and rapidly dissolves lumps.

Comfrey Root Oil – sore breasts, strengthens tissues, pre- and post-surgical ally

Dandelion Flower Oil – promotes deep relaxation of breast tissues, facilitating the release of held emotions.

- ❖ Mindy Green recommends using a base of pomegranate oil with the following essential oils for a breast massage oil (10-15 drops of EOs in 1 oz. of carrier oil): Orange, lavender (both have research in cancer use), angelica, sandalwood, frankincense, geranium, atlas cedar or rose.

THOSE MAMMOGRAMS!

- ❖ Screening mammograms vs. diagnostic mammograms
 - Diagnostic: suspicious symptom has been detected and needs further investigation
 - Screening: a presumably healthy woman has her breasts mechanically compressed between two plates and then exposed to radiation that is 1000x greater than that of a chest x-ray. This is done 4x for each breast!
 - Mammograms use ionizing radiation (a known cancer-causing agent) that has a cumulative effect on the body
 - Pre-menopausal breasts are much more sensitive to radiation
- ❖ Screening alternative: DITI (Digital Infrared Thermal Imaging/Thermography)
 - A pain-free, radiation-free, non-invasive alternative to screening mammograms that can detect the beginning of cancer many years before any other screening method
 - You get a baseline thermography, then a follow-up in three months because active cancerous masses typically double in size and heat at 100 day intervals
 - A healthy body is thermally symmetrical
- ❖ Mammograms are an anatomical study while thermography is a physiologic study of the body

HORMONE REPLACEMENT THERAPY (HRT) VS. BIOIDENTICAL HORMONE REPLACEMENT THERAPY

- ❖ Synthetic hormones (i.e. Premarin, Prempro) increase risk of breast cancer, heart attack, blood clots and stroke
 - Women's Health Initiative (WHI) – a 10 year study of 16,000 healthy post-menopausal women. ½ took Prempro, ½ took a placebo. The study was aborted after 5 years because of the increased risk of breast cancer and cardiovascular disease
- ❖ Bioidentical hormone replacement therapy reduces the risk of breast cancer
 - Transdermal administration
- ❖ Hormone levels determined via saliva tests
 - Close to 95% of all hormones found in the human body are protein-bound and are not found to be clinically relevant due to the fact these hormones are not bio-available for tissue absorption. When blood is filtered through the salivary glands, the protein-bound hormones are too big to pass through the cell membranes. Only the unbound hormones pass through and into the saliva. What is measured in the saliva is the bio-available hormone which will be delivered to the receptors in the tissues of the body.

NOURISHMENT

- ❖ Very important to eat organic, sustainably grown, wild and local foods
- ❖ Daily breast health food includes:
 - **Ground flax seed.** Grind one tablespoon of seeds in a coffee grinder (yields two tablespoons ground flax meal), and stir into diluted juice, slightly warm water or sprinkle on food. Be sure to wipe out your grinder thoroughly between uses.
 - **One cup of cruciferous vegetables**
- ❖ Cruciferous vegetables include:
 - Kale, collards, Chinese broccoli, cabbage, brussels sprouts, kohlrabi, broccoli, broccoflower, broccoli romanesco, cauliflower, bok choy, mizuna, broccoli rabe, flowering cabbage, Chinese cabbage, napa cabbage, turnip root and greens, rutabaga, Siberian kale, mustard greens and seeds, tatsoi, radish, daikon, horseradish, wasabi, arugala, watercress, cress
- ❖ Seaweed/iodine supplementation
- ❖ Include plenty of garlic, ginger, celery, turmeric, legumes, mushrooms, berries
- ❖ Fresh violet leaves from your yard/garden – they're great in a salad
- ❖ Avoid unfermented soy (i.e. soy milk). See attached Soy Alert!
- ❖ Avoid sugar

SIPPABLE NOURISHMENT

- ❖ Violet tea from dried leaves (*Viola odorata*)
- ❖ Edible calcium montmorillonite clay
- ❖ Chaga tea, dandelion drink: drink separately or combine for a deep rich drink
- ❖ Herbal brews the Wise Woman Way by Susun Weed
 - Place ¼ to ½ cup of herbs in a quart jar. Pour 1 quart of boiling water over herbs then cover and let steep 5-12 hours, strain – pressing out all of the liquid – and enjoy throughout the day. The long steeping time extracts the mineral content of the herb.
 - Rotate through these tonic herbs:

Nettles (1/4 cup), a super food, contains anti-inflammatory and anti-histamine substances to quell allergies, rich in anti-oxidants, contains boron for joint and bone health.

Red Clover (1/2 cup), a blood cleanser, cancer prevention

Oat Straw (1/2 cup), food for the adrenals, high silica content to benefit the bones, skin, hair

- The oat straw and red clover can be consumed on a daily basis. The nettle should be consumed 2x/week. Add crushed whole spices, i.e. cardamom pods, clove, peppercorn or anise stars to vary the flavor of the brews.

RESOURCES/REFERENCES

Vitamin D info resources: Vitamin D Council vitamindcouncil.org, Dr. Mercola has numerous articles on Vitamin D plus a one-hour video on Vitamin D at mercola.com

Edible montmorillonite clay (Red Desert Clay) is available from I-amperfectlyhealthy.com. Mix one teaspoon in ½ cup of water before bedtime then drink first thing in the morning. Avoid using metal utensils or vessels as they will adversely affect the clay's ionic charge.

Soy Alert Brochure westonaprice.org/images/pdfs/trifold-soyalert2010.pdf

The Hidden Hazards of Microwave Cooking by Anthony Wayne and Lawrence Newll (article renamed *Why did the Russians Ban an Appliance Found in 90% of American Homes?*) articles.mercola.com/sites/articles/archive/2010/05/18/microwave-hazards.aspx

The Safe Breast Cancer Screening Test Your Doctor Isn't Telling You About Report by Dr. Mercola is downloadable at: mercola.com/Downloads/bonus/thermography/report.aspx

Thermography: **Diane Rother** at North Star Wisdom 952 944 6006 northstarwisdom.com
Valerie Zumbusch at Picture My Health 952 926 2511 picturemyhealth.com

Breast Cancer Action bcaction.org A great source for educational webinars.

Pink Ribbons, Inc. An expose in the purest, most pissed-off sense, director Lea Pool digs into the bizarre triangle of philanthropy, corporate sponsorship, and sanitized pseudo-activism that comprises the breast-cancer awareness industry. Documentary – available through Netflix.

Woodland Essence is a great source for **Chaga tea**, and they have a lovely **breast balm**.

Lorna Vanderhaeghe, a Canadian practitioner, has a great site for **women's health in general**. healthyimmunity.com

Dr. Kent Holtorf has written many **informative articles** available at holtorfmed.com/handouts under the subheading “**Natural Hormone Replacement**”:

Estrogen Metabolism and the Diet-Cancer Connection: Rationale for Assessing the Ratio of Urinary Hydroxylated Estrogen Metabolites by Richard S. Lord, PhD, Bradley Bongiovanni, ND, and J. Alesander Bralley, PhD, CCN from *Alternative Medicine Review*, Volume 7, Number 2, 2002

Thyroid Function and Dysfunction by **Ryan Drum**. A great article that explains the role of iodine and our health. ryandrum.com/thyroid1.html Order kelp primo pieces here

Phluffing brochure by Cheryl Chapman: cherylchapman.com/pdf/phluff.pdf

Lymphatic Breast Massage <http://breasthealthproject.com/lymphatic-breast-massage.html>

BOOKS

1. *Greens Glorious Greens* by Johnna Albi and Catherine Walthers
2. *What Your Doctor May Not Tell You About Breast Cancer; How Hormone Balance Can Help Save Your Life* by John R. Lee, M.D. with David Zava, Ph.D. and Virginia Hopkins
3. *Breast Cancer? Breast Health!* by Susun S. Weed
4. *Breasts – A Natural and Unnatural History* by Florence Williams
5. *Dressed To Kill – The Link Between Breast Cancer and Bras* by Sydney Ross Singer and Soma Grismaijer