

HolisticHealth Bay Area

7 Ways to Prevent Breast Cancer

Do more than simply regard this month as National Breast Cancer Awareness Month.

Follow these 7 practical ways for preventing breast cancer:

1 Eat more of the Brassica vegetables, such as **broccoli, kale, collard greens, Brussels sprouts, cabbage, cauliflower, bok choy, and mustard greens.**

Brassica vegetables contain some powerful anti-cancer phytochemicals, including indole-3-carbinol, diindolylmethane, sulforaphane glucosinolate, and glucarate.

Indole-3-carbinol (I3C) inhibits:

- the growth of estrogen receptor-positive and estrogen receptor-negative breast cancer cells
- estrogenic activity by competing with estrogen for estrogen receptor binding sites on the cell
- the ability of human breast cancer cells to metastasize

Furthermore, it increases the "beneficial" estrogen metabolites and decreases the "harmful" estrogen metabolites.

Diindolylmethane (DIM) increases the "beneficial" estrogen metabolites and decreases the "harmful" estrogen metabolites. It also provides all of the benefits of I3C, though at lower dosages. Many research studies show it does this more safely and effectively at a lower dose than I3C.

Sulforaphane glucosinolate (SGS) provides all the benefits of I3C and DIM, in an even more effective and beneficial way. **SGS induces programmed cell death in cancer cells. SGS greatly increases the removal of toxins from the body far more effectively than either I3C or DIM.** SGS is also an antioxidant.



Glucarate, aka D-glucarate, D-glucuric acid or calcium-D-glucarate, has detoxifying and anti-carcinogenic properties. This is due to its abilities to rid the body of cancer causing toxins. Animal studies have shown calcium-D-glucarate alone, and in combination with retinoids inhibits breast cancer cell formation by up to 70 percent.

2 Eat more fruits and vegetables that are high in antioxidants. Vegetables with high antioxidants are Brassica vegetables and

tomatoes, and fruits with high antioxidants are oranges, apples, grapefruit, grapes, berries, and tomatoes.

Fruits and vegetables that are high in antioxidants contain the following phytonutrients with cancer prevention properties:

Glucarate - This is found in significant levels in oranges, apples and grapefruit. Glucarate has the ability to **help detoxify estrogens.**

Resveratrol - This is a powerful antioxidant found in grapes and other deep, brightly colored fruits. Resveratrol inhibits the activity of COX-2 inflammatory enzymes in human breast and oral tissue cells. Resveratrol also inhibits an enzyme which is critical in the conversion of androgens to estrogens. By doing so, it helps prevent growth of estrogen sensitive cancers.

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diet & nutrition for

Smooth Menopause Transition

The peri-menopausal time in a woman's life *can be* an uncomfortable or bothersome time not only for her, but also for those around her. But it doesn't *have to be*. Here are the diet and nutrition guidelines for a smooth transition to menopause.

1. Eat to Exercise, not Exercise to Eat. To exercise you need energy. But if you don't have energy, it's hard to exercise. To get energy, it depends on *what* and *when* you eat. Each of your meal or snack should contain some concentrated protein and some plant-based food. The amount per meal or snack should be enough where you feel satisfied but not stuffed. You should eat about every 3 hours. This keeps your energy levels up by keeping your blood sugar levels more stable.

For tips to keep your blood sugar and energy levels stable, read [Tips for Stable Blood Sugar and Energy Levels](#) in my blog. <http://goo.gl/1BEbV>

2. Take Nutritional Supplements:

- a. **Multivitamin/multi-mineral** - This ensures you have the essential nutrients when you are not able to consistently eat healthy. In addition, digestion and nutrient absorption from foods is often impaired as we age. Multivitamins/ multi-minerals supply some of the nutrients lost in decreased absorption.
- b. **Supplemental hydrochloric acid and digestive enzymes** are also helpful. Furthermore, *some of the menopausal symptoms of mood swings, fatigue and emotional fragility are associated with digestion and absorption problems in the gut.*
- c. **Probiotics** - If you are having gut function issues and menopause symptoms, the intestinal flora

may be imbalanced due to the stress of going through menopause, use of anti-depressants and subsequent sleep disturbances. Probiotics of various combinations of strains can be helpful, since 95% of the serotonin produced in the body is made from the enterochromaffin cells in the gut. *The importance of healthy digestion, absorption and intestinal flora in relation to menopausal symptoms is often overlooked.*

d. **Omega-3 fatty acids** - Since all hormones are dependent on sufficient amounts of essential fatty acids, the omega-3 fatty acids from fish oil or krill oil help to ease hot flashes somewhat. Borage oil and evening primrose oil can also be helpful for decreasing hot flashes.



e. **Herbal extracts** - Various herbal extracts may be helpful for some menopausal symptoms.

I have compiled a list of the most helpful herbal extracts in the article [Menopause Symptoms Herbal Helpers](#). <http://goo.gl/F7kDT>

f. **Sulforaphane Glucosinolate (SGS) or DIM** - Many perimenopausal and menopausal women could also benefit from some supplement concentrates containing sulforaphane glucosinolate, or DIM for the reasons mentioned in the 7 Ways to Prevent Breast Cancer article. The estrogen detoxification benefits from these help promote an easier transition through menopause.

If you have begun having menopause symptoms, a healthy diet and nutrition are vital to decreasing or eliminating those symptoms because *all hormones are nutrient dependent*. Use the above as guidelines. Consult a Clinical Nutritionist and/or Functional Medicine doctor for a nutrition plan that is tailored to your current health status. 🌱

A woman's health is her capital.

Lifestyle for

Smooth Menopause Transition

Here are the lifestyle guidelines for smooth transition to menopause. Use this along with the diet and nutrition guidelines on page 2.

Don't Over Commit. Too many commitments can over-stress your system. Stress causes your adrenal glands to release a hormone called cortisol. Cortisol released over a short time to deal with a stressful situation helps your body manage the stress appropriately. But when cortisol is released constantly at high levels over a long period of time, your system can become “stuck in overdrive”. Your body starts to use up its own lean body tissues (muscles, bone tissue and connective tissue) and deposit more fat, particularly around the waist. I commonly see chronically high cortisol levels in lab test results of peri-menopausal women. **Though you may have been able to handle more commitments when you were in your twenties and thirties, you may need to reduce your commitments during this time.** But one of the most important tips is not to slow-down too much but to...

Stay Active! Women who have never regularly exercised commonly have a much harder time going through menopause than women who have, or women who begin exercising regularly. **Starting or maintaining a regular, effective, efficient exercise program is one of the most important self-care activities for women in this period of life. Exercise has multiple effects on our system, from balancing our hormones to increasing our energy and uplifting our attitudes.**

If you have begun having menopause symptoms, managing stress and adequate exercise, along with healthy diet and nutrition are your keys to decreasing or eliminating those symptoms. 🌱

Health is the state about which medicine has nothing to say.

W.H. Auden

Want to make a healthy Halloween treat?



May I suggest this delicious recipe from Chef Lauren Smith from Natural Partners. Your kids and guests will never know they are actually getting something fairly healthy for them!

This recipe got two thumbs up from Dr. Doug. Read why he thinks this is good for you here: <http://goo.gl/zeWo7>

Protein-Packed Almond Fudge Recipe

4 scoops Thorne VegaLite Chocolate Protein powder
 ½ cup coconut milk cream
 ¼ cup coconut butter
 1 cup xylitol crystals
 ¼ cup roasted almonds, chopped (if they are not salted add a pinch of sea salt to the fudge mix)
 6 ounces 70% or better dark chocolate chunks

In a double boiler (a bowl on top of a pot of water) on medium heat, add in the dark chocolate and use a spatula to stir as the chocolate melts. Add in the coconut butter and cream and whisk until silky smooth like a ganache.

Whisk in the Thorne VegaLite powder until well combined. Fold in the xylitol, and allow it to melt into the mixture, about 2 minutes. Last fold in the almonds evenly and remove the bowl from the heat.

Transfer the fudge mix into a baking pan lined with parchment paper or plastic wrap. (You can also pour the fudge into molds at this point) Chill for at least 2 hours to allow it to set.

Once set, remove the brick of fudge and slice it with a hot knife to your desired shape. Bon Appetit!

“I wanted to drop a line or two and express my gratitude to Dr. Husbands for his graciousness and speed in helping me balance my severe menopausal reactions. After one visit, Dr. Husbands was able to prescribe natural and plant-based supplements which alleviated and substantially reduced the symptoms ailing me. Being in the public eye, I was a concerned with hot flashes, lack of sleep and severe hair loss. All these hormonal imbalances are now in order and this girl is very pleased and very comfortable. Thank you.”

Mary, Half Moon Bay, CA

Lycopene - Tomatoes are a rich source of lycopene. Studies have shown that people who eat large amounts of lycopene-containing foods have a reduced risk of certain cancers. Animal studies have shown that lycopene protects against the damaging effects of radioactivity exposure.

concentrated sugar, any foods with added sugar or any foods consisting of primarily sugar (such as candy), any artificial sweeteners or any foods containing artificial sweeteners.

3 Take nutritional supplements:

- **Diindolylmethane (DIM)** or **Sulforaphane glucosinolate (SGS)** - If both are available to you, go with SGS.
- **Calcium-D-glucarate**
- **Resveratrol**
- **Fish oil or Krill oil**
- **Multi-vitamin/mineral**

4 Decrease your sugar

consumption. Cancer cells use sugar to grow and divide. Avoid any

5 Eat the right stuff. As much as possible eat cage-free chicken, cage-free chicken eggs, free range and grass-fed beef, and wild fish (not farm raised). Free range poultry and grass-fed beef have about 7 times the amount of anti-inflammatory omega-3 fatty acids as conventionally raised meat.

6 Exercise regularly. This provides multiple benefits for decreasing the risk of cancer development.

7 Manage stress and your emotions. This helps stabilize blood glucose levels. More stable blood sugar is associated with decreased cancer cell development.



Message from Dr. Doug:

See pink ribbons everywhere – the ribbon promoting breast cancer awareness? I honor the women all over the world as we celebrate Breast Cancer Awareness this month. In this issue, I present practical ways for breast cancer prevention and positive lifestyle methods for dealing with menopause symptoms.

Do you need a healthy alternative to Halloween treats? Look for the fudge recipe for a healthy and very delicious treat.

Do apples really help keep the doctor away? Get my answer in the Sigona's Farmers Market blog: <http://goo.gl/IIzON>

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About Dr. Doug

Dr. Douglas Husbands is a Functional Medicine Doctor, Clinical Nutritionist, Anti-Aging Health Practitioner, and Doctor of Chiropractic. As a health advocate and coach, he is dedicated to achieving optimal health through resolving the underlying disease processes through diet, nutrition and lifestyle modification. To contact Dr. Doug, call 650-394-7470 or visit www.HolisticHealthBayArea.com

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