



# Holistic Health Bay Area

"Secrets For Healthy and Vibrant Mind and Body"

## National Breast Cancer Awareness

The best defense is a good offense. To empower women, here are **the top three things one can do to prevent breast cancer (BC)**.

*Psst, statistics do show that men can also acquire this dreaded BC. So, a healthy lifestyle does not only contribute to positive living but also to avoid BC and other types of the big C.*

- 1 Live a **lean mean(ingful)** life. Evade obesity at all costs.
- 2 Maintain **proper physical conditioning**. Exercise!
- 3 A good **eat is an admirable feat**. Focus on a very good **nutrition program daily!**

### How?

To make your life easier, I have prepared a Must Read in a nutshell for you in the pages below. Easy stress-free steps for you to do daily in order to achieve the top 3 to avoid the dreaded BC.

### Beat Cancer

The Natural Way

**Change Food for Thought:** Food is a great source of healing with its chockfull natural medicines. It is phytonutrient rich, armed with better healing properties than chemical drugs with side effects.

**Yearn to Learn** the power of natural nutrients. Read *"Beating Cancer with Nutrition"* by Patrick Quillin.

**Eat to heal:** Pack your meals with nutrient-dense foods. *"Let food be thy medicine and medicine be thy food."* – Hippocrates.

**Go Green:** Increase your intake of dark green leafy and bright colored veggies to at least 9 servings a day. At least 4 of the servings are raw. Read *"Raw Food Made Easy"* by Jennifer Cornbleet and *"Raw Food/Real World: 100 Recipes to Get the Glow"* by Matthew Kenney and Sarma Melngallies, and *"Ani's Raw Food Essentials"* by Ani Phyto.

**Protein Power:** Balance with sufficient (some animal) proteins.

**VITaRich:** Enrich with bioavailable vitamins and nutrients as diet supplements.

**Consult** an experienced certified nutritionist professional.

## Stat Facts

2<sup>nd</sup>

Cancer has this rank as the most common cause of death in U.S. ; Breast Cancer also ranks this high among deaths in women

22.5

The death rate (for every 100,000 women), through 2008, for women's breast cancer in California

226,870

The 2012 estimated number of deaths from breast cancer in U.S women

27.6

The death rate (for every 100,000 women), through 2008, for women's breast cancer in Washington DC, the region with the highest death rate

# Pros and Cons on Breast Cancer Detection Methods



## Self Breast Exams

**+** If you have been shown how to do it by your health professional and do so once a month, you will be able to **notice any change** in the feel of your breasts and can **consult with your doctor about changes noticed**.

Research shows that breast self exams play a small role in the detection of breast cancer.

## Clinical Breast Exams

**+** It can be beneficial to have a doctor or nurse perform a breast exam during a yearly physical.



## Mammograms

**+** This can be useful to detect a breast cancer tumor once it becomes about **7.5 mm in size**.

**-** Mammograms are a **source of ionizing radiation directly to the breasts**, and **yearly mammograms are cumulative doses of ionizing radiation**. In 2009 the *Journal of the American Medical Association* published an article by Dr. Laura Esserman, oncologist at the University of California San Francisco Comprehensive Cancer Center, which stated **mammograms for early screening haven't worked to decrease advanced cases of breast cancer**. Read more with the References posted below.

### References:

<http://www.lifemath.net/quantmed/pdf/Michaelson%20Sizes%20at%20Which%20Mammo%20Detects.pdf>  
<http://www.holistichealthbayarea.com/blog/mammograms-are-not-the-best-for-early-breast-cancer-detection/>  
<http://www.holistichealthbayarea.com/blog/early-breast-cancer-detection/>

## Breast Thermography

**+** Thermography uses the fact that cancer cells emit a greater amount of heat due to their metabolism being almost completely anaerobic. Thus, the thermal signature of cancer cells is seen as much "hotter" on thermal imaging than non-cancerous cells. **You can potentially pick up a smaller size of a possible tumor compared to mammography. There is no ionizing radiation to the breasts.**

There are a number of good studies supporting the diagnostic efficacy.

**-** There are many doctors skeptical of the diagnostic efficacy of breast thermography. There are some studies that suggest it is not diagnostically effective. The FDA does not approve thermography as an alternative to breast mammograms.

## Urine 2,4,16, Hydroxy-estrone Tests

**+** Estrogens can be metabolized via the healthy 2-hydroxyestrone (2OH-E1) pathway or the unhealthy 16- $\alpha$ -Hydroxyestrone (16- $\alpha$ -OH-E1) pathway. The ratio by which estrogens are metabolized via these pathways can indicate the long-term risk of developing breast cancer. For more information on this test, see the Reference below.

**-** This test does not definitively and specifically diagnose breast cancer.

## Did you know that...

*Avoiding cigarette smoking and minimal or no alcohol intake can prevent breast cancer?*

See Insert  
This Issue:

**FREE**  
**Breast Cancer**  
**Propensity Detection**

Based on the CDC Research, the following discoveries were revealed:

A high and varied carbohydrate intake, resulting in high GL (Glycemic Load), significantly affects the development of breast cancer.

To learn more on how to control and determine the glycemic potential of your diet, read more for our upcoming November 2012 Issue.

## Eat is a Feat : Life Diet

- ◆ Eat 5 servings of dark green leafy vegetables daily.
- ◆ Color your diet with carrots, pumpkin and sweet potatoes,.
- ◆ Have concentrated protein in every meal.
- ◆ Have 2 servings of cherries or berries daily. Fresh is the best, but frozen is acceptable.
- ◆ Use sugar of any kind - table sugar, honey, maple syrup and agave syrup - sparingly.
- ◆ Stay adequately hydrated. Drink half an ounce of water per pound of body weight.
- ◆ As much as possible, eat organic foods to lower your exposure to pesticides.
- ◆ Minimize use of hidden low level radiation near your head or body. For example, don't use an electric blanket or don't have your cell phone attached to your clothing all day or near your head at night.
- ◆ Take SGS, DIM, I3C, active forms of B vitamins, antioxidants selenium, and vitamin A, C and E supplements.
- ◆ Avoid eating or drinking from plastic containers.



Exercise

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**W**hy Exercise? Studies show exercise is necessary for women to lower their breast cancer risk.

Regular exercise helps balance estrogens, progesterone, neurotransmitters and stress response, and detoxify estrogen derivatives that can lead to breast and uterine cancer.

**What exercises?** Perform regular resistance and aerobic exercises for a minimum of 1 hour per day, 4 to 6 days per week. For example, 20 minutes aerobic exercise and 40 minutes resistance training.

### Resistance Exercises:

- Use your own body weight, such as squats, lunges, push ups and pulls ups.
- Use dumb bells, bar bells and other gym equipment .

### Aerobic Exercises:

- Walk at alternating speeds for a minimum of 20 minutes. Alternate walking at slightly faster than your normal pace for 3 minutes and brisk walking (where you are breathing a little bit harder but not to the point of struggling) for 1 minute, for a total of 5 times, which equals 20 minutes.
- Do what you enjoy that gets your heart rate up, such as bicycling, tennis, swimming or even Wii Fit.

### Combination Resistance and Aerobic Exercises:

- Follow Kettlebell exercises – when done correctly can be a very efficient and effective way for getting both resistance and aerobic exercises.
- Follow The Firm video exercises.
- Follow the P90X video exercises (generally more intense than the two above.

### A Patient's Story

I am so very grateful to have found Dr. Husbands' posts on the Sigona's website when I did. I was so fed-up, frustrated & angry about the information I wasn't getting from my "regular" doctor about elevated blood calcium & trying to lose menopausal weight after almost 2 years of regular exercise & trying to "eat right". **Dr. Husbands explained that I had been trying to do all the right things, just based on the wrong information!** He helped me understand the underlying causes of my inability to lose weight - thyroid hormone imbalance, adrenal fatigue, leaky gut, too many carbs - and gave me a nutrition supplement program to help my body heal those conditions. I am happy to say that I have lost 11.5 pounds so far from my starting weight, but it takes time & you have to "stick" with the program to get results.

**Dr. Husbands' website has so much valuable information about how to prevent & heal illnesses with nutrition & supplements & without a "pill or a procedure"** which is all you get from "mainstream" medicine - preventing breast cancer, preventing/healing the flu with fish liver oil, heart disease, metabolic syndrome, gluten sensitivity, the truth about cholesterol, etc. There is so much seemingly-conflicting data in the media that sometimes you don't know what to believe - what industry paid for the study that "proves" the results they want us to think are true about their products so that we will buy them? I have complete confidence that the information from Dr. Husbands is accurate & unbiased. I'm 58 years old & want to avoid the need for medications as long as I can - I'm choosing the "wellness path".

- Janet, Napa, CA

“  
*A better means than prevention is to live positively. It is a good fight to live right.*  
 ”



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Dr. Doug uses proven natural methods to resolve health conditions, not just manage symptoms, so you can feel good, have more energy and enjoy life. He helps people with various chronic conditions, including hormonal imbalances, thyroid problems, adrenal/chronic fatigue, PMS, menopause-related issues, digestive issues, and heart-related issues, such as hypertension, diabetes, and metabolic syndrome.

He is a Functional Medicine Doctor, Clinical Nutritionist and Doctor of Chiropractic.

**thank you • merci • danke • gracias**

Thanks to YOU the word is spreading! Thanks to all of my wonderful patients and friends who graciously referred me to their friends and neighbors recently! My business runs on the positive comments and referrals from people just like you! I couldn't do it without you! A special thanks to all these fine folks who referred me...

**Julie Shumaker, Desiree Ngo, Dr. Steven Roh,  
 Institute For Functional Medicine**

**Outstanding  
 Client Of the Month!**

*A 48 year-old woman suffering from significant indigestion caused by peptic ulcer disease from Helicobacter pylori was told she would have to take antibiotic therapy to kill the bacteria and heal the ulcer. She recently sought my help for natural options.*

*I prescribed herbal and nutraceutical combinations for resolving the H. pylori, and provided therapeutic dietary and lifestyle recommendations. Within a few days she reported greatly decreased indigestion. She continues to follow the herbal and nutraceutical program and therapeutic dietary and lifestyle recommendations and is doing very well. She is very happy being able to resolve this using non-pharmaceutical methods.*

*Every month I choose a very special **Patient of the Month**. It's my way of acknowledging patients who are taking charge of their health and to inspire others. For privacy reasons, we are not including the patient name.*

**HolisticHealth**<sub>Bay Area</sub>  
 "Secrets For A Healthy, Vibrant and Enjoyable Life"

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