

Women's Health: Breast Cancer Awareness

Each year, 180,000 women will be diagnosed with breast cancer and 44,000 will die of the disease. The U.S. has one of the highest breast cancer rates in the world. Fifty years ago, the incidence for a woman's life time risk was one in twenty. Now it has skyrocketed to one in eight. Contributing factors to this disease include radiation exposure, PCB's, estrogen laden foods, DDT and other chemicals, and keeping your cell phone tucked into your bra (note: more teenage girls are being diagnosed with Breast Cancer due to this), not to mention iodine deficiency and increased exposure to halogens.

To optimize breast health, consider taking the following:

Iodine deficiency is a major risk for breast cancer and fibrocystic breast disease. The U.S. Recommended Daily Allowance for iodine is 150 mcg per day. Americans seem to be getting 2.4 mg in their diet. The average intake in Japan is 13.8 mg per day, and they have much lower incidence of all types of cancers (despite the fact they smoke like chimneys).

- [Liquid Iodine Forte](#) has 150 mcg/drop and can be taken at (30) drops per day. For those able to monitor blood results,.

The rate of breast cancer appears to decrease by approximately 30% when vitamin D levels in the blood are greater than 40 ng/mL (100 nmol/L) compared to lower levels of 20 ng/mL (50 nmol/L).

- [Bio-D-Mulsion Forte](#) is a liquid, emulsified vitamin D-3 at 2,000 IU/drop. Take (2-4) drops per day.

Fish Oil Reduces Breast Cancer: Exciting evidence provides a potential mechanism for how fish oil exerts its protective influence. "The researchers evaluated the hypothesis that omega-3 fats protect against breast cancer. They examined the fat composition from nearly 250 patients with invasive, non-metastatic breast carcinoma and from 88 patients with benign breast disease in central France. Their research was quite striking and showed unequivocal relationship between the omega 6:3 ratio." - Dr. Joseph Mercola

- [BioMega-3](#) is Omega-3 fatty acids (EPA and DHA) from natural marine lipid concentrate. Take (3) capsules per day.

In a study, published in *Alternative Therapies* in March of 2009, thirteen women with increased breast cancer risk, as noted by low ratio of 2/16 hydroxyestrogen, were given 3.6 grams of Brussels sprouts and kale extract for 90 days. After 90 days, the average change in the 2/16 ratio was 168%! The range of the percent change in 2/16 ratio was 20% - 843%! 11 out of the 13 study subjects, or 85%, showed positive increases in their 2/16 ratios.

- [NitroGreens](#) has more than 3.0 grams of cruciferous vegetable sprout concentrates per serving. Take (1) scoop per day.

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