

# Natural Health News

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EVERGREEN SPA & WELLNESS  
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## THE SCARY TRUTH ABOUT MAMMOGRAMS



Mammograms are being heavily promoted by the established medical industry for early breast cancer detection. The choice as to whether or not get a mammogram is an individual one. In order to make an informed decision, it is important to know the cold, hard facts. One study showed a 52 percent increase in breast cancer in women under 50 who were given annual mammograms. In women under 40, the increase in breast cancer has gone up 3,000 percent since widespread mammography began. It is also estimated that the painful compression of breast tissue during mammograms can increase the possibility of metastasis by as much as 80 percent. The recommended force to be used in order to compress the breast tissue enough for a proper mammogram is 300 newtons. That's the equivalent of stacking 50 one-pound bags of sugar on the breast. Since mammography was introduced in 1983, the incidence of ductal carcinoma, which now represents 12 percent of all breast cancer cases, has increased by 328 percent for women of all ages and 200 percent of this increase is due to mammograms. Mammograms expose very sensitive tissue to low-level radiation which accumulates in the body with each visit. In addition, the extreme manipulation of the breast tissue that typically happens during a mammogram may in fact cause tumors to spread. For women under 40, ductal carcinoma has gone up over 3,000 percent. Radiation-induced breast cancers normally occur at least 10 years after exposure. The routine practice of annual mammograms results in approximately 1 rad (radiation absorbed dose) exposure, which is 1,000 times greater than what you would get from a chest X-ray. As a result, it is now estimated that annual mammograms increase the risk of breast cancer by one to two percent a year. So over a 10-year period, the cumulative risk of getting cancer from early screenings will have increased by 10 to 20 percent. Furthermore, approximately 20 percent of all initial breast cancer diagnoses wind up being "false positives," which often lead to unnecessary biopsies and even rounds of chemo and radiation—not to mention a lot of unnecessary emotional stress. On the other side of the coin, we have false negatives, that is, mammograms failing to detect cancer. Reading a mammogram is extremely difficult and very few radiologists are able to read them correctly. In women aged 40 to 49, the rate of missed tumors is a whopping 40 percent, according to the National Cancer Institute. In women over 50, the false negative rate is 10 percent. Perhaps the most startling fact about mammograms is that in reality they do not detect breast cancer any more than a regular self-exam can. There is little practical difference in size between a tumor that can be detected by a mammogram and one that can be detected by self-examination. For self detection, a tumor has to be around 1 centimeter in diameter (around half an inch), whereas a mammogram can detect a tumor at half this size. This is only one "doubling" of the tumor and not a great difference that would affect the overall outcome of the disease in any significant way. Even the National Cancer Institute agrees that mammograms are likely to cause more cancers than could possibly be detected.

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Tuesday – Saturday  
9:30 am-5:30 pm

**CLOSED SUNDAYS  
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By Appointment



Even self-examination of the breast as a cancer preventative is considered worthless by many experts and builds a false sense of security. Breasts are naturally lumpy, it's called glandular tissue and it's what the breast is all about. Even the experts in this field can't pick up early cancer by palpating the breast. The safest and non-invasive diagnostic tool as an alternative to mammograms is getting a *thermography screening*. Thermography, also known as Digital Infrared Thermographic Imaging (DITI), detects areas of heat in the body which can point to areas where inflammation may be occurring. Because of this, thermography may be able to detect breast cancers even when they are just the size of a pinhead. In fact, a 2008 study published in *The American Journal of Surgery* found that breast thermography in particular has a 97 percent "sensitive rating" for discovering malignancies, sometimes ten years before a visible tumor has been formed. Thermography can be especially effective for women who have been diagnosed as having "*Dense Breast Syndrome*," where mammary tissue is denser and more fibrous than normal. While thermography is covered by health insurance in many countries outside the U.S., it is not covered by most American providers. Most doctors have not been educated about this safe alternative besides having no knowledge in nutrition. If awareness about the importance of such a basic thing as food is lacking in most doctors today, you can be sure that most are completely ignorant when it comes to targeted and peripheral testing aimed at cancer healing and prevention. Iodine is absolutely vital for breast health because iodine acts as "food" for many functions connected to the reproductive and endocrine system, including the all-important thyroid. Most Americans are deficient in vitamin D. There is a direct and research-verified connection between vitamin D deficiency and breast cancer. A test for your vitamin levels can usually be easily administered by your doctor (request a 25 Hydroxy D test). Getting your overall hormone levels checked is also a good choice (especially during your perimenopausal and menopausal years). A saliva test that takes a look at your "*Estrogen Quotient*" can check the balance of the three estrogens that affect breast health: estriol, estrone, and especially estradiol. Other hormone-related tests can check progesterone, testosterone, DHEA, cortisol, and other stress-related hormones that play a part in overall breast health. Another important test is one that will check for *estrogen methylation*, which is basically the way that the body metabolizes estrogen. Slow or non-existent methylation of hormones can be a sign of cancer risk since cancer cells tend to have improper methylation overall. Finally, if you suspect that you may be at high risk of cancer, then the ONCOblot test will be the best choice. This test will check for the universal cancer cell marker ENOX2 and can also identify the specific origin of cancer cells in the bloodstream. It is said to have a 99 percent accuracy rate for discovering tumors. Be aware that safe and extremely effective alternative testing methods do exist and take advantage of them.

If you have ever had a spinal or chest X-ray performed, the radiation that you were exposed to was 1,000 times *less* than the radiation that is required to complete one series of mammograms to two breasts. The National Cancer Institute has stated that for every 15 cases of breast cancer mammography identifies, it may actually cause 75 breast cancer diagnoses. For this reason younger women are especially at risk for the dangers involving mammograms. In fact, studies have shown that young women tested annually have up to 52% increase in breast cancer related deaths. I firmly believe that an ounce of prevention is worth a pound of cure. Somehow our society has missed the fact that we should strive every day to live an anti-cancer lifestyle. Thermography scans the body, measuring surface temperature and presenting this information as a digital image. This digital map illustrates heat patterns in the body and is highly accurate. Patterns can detect infection and abnormal tissue conditions. Thermography can identify cancer growth 10 years before a mammogram shows a tumor. Thermography emits zero ionizing radiation and instead uses safe infrared technology. For more information about thermography screenings closest to our area visit: [www.picturemyhealth.com](http://www.picturemyhealth.com) or call 952-926-2511 to request an appointment.

## **NUTRITION FOR BREAST HEALTH**

Eliminate processed and refined foods including sugar, alcohol, coffee and trans-fats. Eat more fresh fruits and vegetables. Only consume organic meats and cultured dairy. Top cancer-fighting foods include wild-caught fish, nuts and seeds, mushrooms, green tea, and cultured dairy products like kefir and yogurt. A study found that the lignans in flaxseed are associated with decreased cancer growth and are effective for reducing the risk of breast cancer. Grind organic flaxseeds into a fine powder and add to your smoothie, sprinkle on oatmeal, or add to a salad. A study from Germany found that a diet high in beta-carotene foods showed a positive effect on breast health. Add more beta-carotene to your diet by consuming carrots, pumpkins, sweet potatoes, winter squash, apricots and mangos—basically any fruit or vegetable that has a rich orange or yellow hue. The polyphenolic compound *catechin* in green tea has been shown to improve breast health, density and estrogen levels due to its antioxidant activities. Enjoy three to four cups of green tea per day for best results. A study found that cruciferous vegetables, turmeric and pomegranate seeds fight cancer growth, particularly in estrogen-dependent cancers like breast cancer. Walnuts, the nut that looks like a brain is rich with healthy omega-3s and has been shown to slow the growth of breast cancer. Lion's Mane mushrooms exhibit anticancer activity for the breast and colon and improve brain function.

Organic Roots  Bistro

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**TUESDAY— SATURDAY 9:30 AM—5:30 PM**  
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