

**THE NATUROPATHIC
PERSPECTIVE**
BY SHELBY WORTS, BSc, ND

Healthy Breasts

Every 12 seconds a woman dies of breast cancer (S.D. Kaur)... let's work together to keep this statistic from touching your life.

What you can do to support your breast health:

- develop assertiveness and release anger & deep resentment
- consume a diet rich in dark green leafy and other colourful vegetables, fibre, legumes, and whole grains
- limit your intake of dairy and red meat
- avoid simple sugars, alcohol and caffeine
- choose organically-grown products
- consume protein sources from fish, seafood, nuts and legumes (incl. soy-products) in moderation
- take time each day to address your needs
- reduce your exposure to estrogens; ie. birth-control pill, hormone-replacement therapy, excess fat (in foods and as body tissue) and soft plastics
- choose glass storage containers over plastic and **never** microwave plastics; containers nor wrap
- only wear a bra when you absolutely have to... and use underwire even less often.
- perform a regular breast self-examination; begin at home after an exam by your doctor when you know your breasts are healthy... explore the breast tissue with your fingers (as instructed by your doctor) and simply become familiar with how healthy tissues feel. Following this approach you will soon be comfortable with the regular investigation (weekly; monthly at the least) and able to detect any abnormality, should it arise. The shower is a great place to perform your exam as the water provides a low-friction surface for your fingers to slide over your skin.
- regular, pleasurable exercise; make time for play

Imaging techniques for detecting breast masses:

- Mammograms work best for soft post-menopausal breast tissue, and for slow-growing tumours. Mammograms are looking for masses; disease states.
- Magnetic Resonance Imaging (MRI) is not a screening method but a follow-up diagnostic tool useful for monitoring breast implants.
- Ultrasound is a follow-up diagnostic tool to explore the shape and edges of a breast

mass which suggest whether the mass is benign or malignant

- Medical Thermography provides the earliest evidence of breast tissue abnormality. A thermography scan shows the heat difference between normal breast tissue and problem areas. The sensitivity rate is 90%. This means in 90% of the cases the scan accurately indicates presence or absence of dysfunction. For more information: www.medthermonline.com

Gignac&Worts host a Breast Thermography day at their clinic each May & October.
Please call to schedule your appointment.

A Naturopathic Doctor can help by:

- assessing & modifying your diet & lifestyle
- supporting your detoxification processes; diet, exercise, botanical & nutritional supplementation, physical therapies, etc.
- performing an annual breast exam and showing you how to check your own breasts regularly
- performing relevant lab tests; ie. hormones, cancer markers

If you know someone living with breast cancer:

- encourage them to contact a local breast cancer survivors group. This is a highly invaluable step as many women who are now part of a group wish they had joined earlier... as early as their initial diagnose.
- be available to listen

Local breast cancer survivors group:

'Wings'

Contact: Diane Walker 519.599.3169

If you suspect that you may have breast cancer be sure to contact your medical or naturopathic doctor as soon as possible.

Did you know?! Elevated insulin (a hormone secreted in response to dietary sugars) is a greater risk factor for breast cancer than elevated estrogens. Eating a diet low in simple sugars and rich in complex carbohydrates (vegetables, whole grains, fibre) can help stabilize your blood sugar and decrease the demand for insulin.

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