



# NATUROPATHIC PERSPECTIVES

## *Redefining Your Health*

### In this issue:

#### Breast Health:

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Clinic News: Website updated, check it out!

Recipe: Mediterranean roasted Broccoli and Tomato

## Breast Health

**In this issue we will discuss breast health as it concerns both men and women, and simple tips and tricks to keep your breasts healthy. Keep reading if you would like to know how what you wear affects the health of your breasts!**

Although metastatic breast cancer is the most common concern when discussing breast health, there are many other common breast conditions that both men and women face.

These include: premenstrual tenderness, cysts, fibrocystic breast changes, fibroadenomas, intraductal papillomas, blocked milk ducts and unwarranted milk production. However, since breast cancer is the most life-threatening condition out of this list, it will be the main focus of this newsletter.

As the name states, breast cancer is cancer of the breast and often forms in the milk ducts, lobules, or glands of the breast. This form of cancer primarily affects women, although roughly 1% of cases are actually found in men.

In Canada, roughly 23,800 women and 200 men are diagnosed with breast cancer each year, but with early detection the 5 year survival rate for women is 88% and 80% for men.

## Breast Screening

1. Regular Breast Exams: perform on day 8 of your menstrual cycle, or once a month for men and non-cycling women. If you are unsure how to perform a breast exam or haven't had a thorough exam in a while, ask your Naturopathic Doctor for help.

[http://www.breastcancer.org/symptoms/testin g/types/self\\_exam/bse\\_steps](http://www.breastcancer.org/symptoms/testin g/types/self_exam/bse_steps)

2. Breast Thermography: detects infrared radiation (heat) that is emitted from the body. Pre-cancerous and cancerous cells require blood vessels to grow, which will increase the heat emitted, thus cancer cells.

<http://www.thermographyclinic.com/about-thermography>

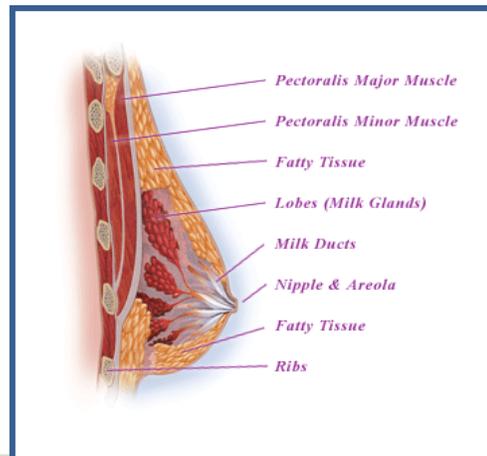
## Herbs that Promote Breast Health

**Humulus lupulus (Hops)** – best consumed in tincture form, this herb's phytoestrogens help with hormone-sensitive conditions like breast cancer

**Cimicifuga (Black Cohosh)** - best consumed in **tincture or standardized extract form**, this herb helps with not only breast cancer, but menstruation and menopause issues as well

**Vitex agnus-castus (Chasteberry)** – best consumed in tincture form, this herb helps with a whole host of conditions, such as PMS, cyclical breast pain, menopause, and fertility

**Diindolylmethane (DIM/I3C)** – best consumed in supplement form, this chemical has been shown to have anti-cancer properties, especially in breast cancer cells



## Clinic Events

We have **UPDATED OUR WEBSITE!** Check it out & tell us what you think:  
[www.naturopathicperspectives.ca](http://www.naturopathicperspectives.ca)

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Keep a lookout in the coming months for talks with Drs Caralei and Jiselle

## Mediterranean Roasted Broccoli & Tomatoes



### Ingredients

- 12 ounces broccoli, trimmed and cut into bite-size pieces (about 4 cups)
- 1 cup grape tomatoes
- 1 tablespoon extra-virgin olive oil
- 2 cloves garlic, minced
- 1/4 teaspoon salt
- 1/2 teaspoon freshly grated lemon zest
- 1 tablespoon lemon juice
- 10 pitted black olives, sliced
- 1 teaspoon dried oregano
- 2 teaspoons capers, rinsed (optional)

### Preparation

1. Preheat oven to 450°F.
2. Toss broccoli, tomatoes, oil, garlic and salt in a large bowl until evenly coated. Spread in an even layer on a baking sheet. Bake until the broccoli begins to brown, 10 to 13 minutes.
3. Meanwhile, combine lemon zest and juice, olives, oregano and capers (if using) in a large bowl. Add the roasted vegetables; stir to combine. Serve warm.

Found at:

[http://www.eatingwell.com/recipes/mediterranean\\_roasted\\_broccoli\\_tomatoes.html](http://www.eatingwell.com/recipes/mediterranean_roasted_broccoli_tomatoes.html)

### Screening cont'd:

3. Breast Ultrasound: is a useful tool to determine if a mass is a fluid filled cyst or a hard tumour. It is non-invasive and safe first step.
4. Mammogram: conventional screening that takes an x-ray of the breast, detecting tumours or micro-calcifications in the breast.

### Breast Savvy Foods and Vitamins

#### Specific Foods:

Soy, Flax  
Brassica vegetables: broccoli, cauliflower, Brussels sprouts, cabbage

#### Vitamins and Minerals:

**Vitamin A:** Found in supplements and in sweet red peppers, carrots, sweet potato, cayenne pepper and paprika

**Vitamin C:** Found in supplements and in sweet red and green peppers, hot peppers, citrus fruits, and berries

**Vitamin D:** Found in supplements and salmon, herring, mackerel, sardines and mushrooms

**Calcium:** Found in supplements and tofu, sesame seeds, chia seeds, chives and radishes

**Magnesium:** Found in supplements and rice bran, pumpkin seeds, cocoa, soy flour, and peanut butter

### Breast Cancer Risk Factors:

Being a woman: approx. 99% of breast cancers occur in women

Age: risk increases as you get older

Personal breast cancer history

Close relative(s) with breast cancer

Early menstruation (before age 12)

Late menopause (after age 55)

Hormone replacement therapy

Delayed childbirth: having a first baby after the age of 30 or never having had a baby

Being overweight after menopause: based on your BMI (body mass index)

Type II diabetes

Working night shifts consistently

Diet high in fat, red meat, dairy, refined sugar, salt and caffeinated products

Cigarettes and alcohol

### Activities Beneficial for Breasts:

Exercising regularly: to detoxify and manage weight

Wearing bras without underwires: preferably no bra when possible

Breastfeeding: the longer the better, in fact 24 months of breast feeding between 1 or more children is protective for mom

Saunas: the more often the better helps detoxify the lymphatic tissue

### Naturopathic Perspectives

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