

## Breast Cancer Discussion:

### How common is it, What is it, What causes it, What to do about it.

Dr. Brandi Perry Johnson, DC.

---

#### HOW COMMON IS IT:

Currently it is 1 in 3 people will get diagnoses with cancer at some point in their lives. That number is quickly changing to 1 in 2.

Cancer is the leading cause of death in those under 15, and is still one of the top 3 causes of death worldwide.

For Breast Cancer, 1 in 8 women will develop it. This is low compared to the 40% of women who believe they will contract it... we will come back to that.

When Nixon declared war on cancer in 1971 the stats were 1 in 21. We have put in \$500 billion into cancer research, but the return is abysmal- only a 2.3% increase in survivability with the current traditional treatments.

-This is why supporting the "Pink Ribbon" is making fools of us all. If we are in a "war" against cancer, we are fighting ourselves, and we are losing.

I read recently that:

-"Breast Cancer awareness is not prevention; awareness is preparing for the worst diagnosis of your life."

1 in 8 women will develop breast cancer, but 40% believe that they will (according to [cancer.gov](http://cancer.gov)) Could this fear initiate responses in our bodies that puts us into a chronic state of paranoia and stress? I think yes.

Could this fear initiate self-proclaiming prophecies? I think yes.

### **WHAT IS BREAST CANCER:**

In short, ***Cancer is a natural consequence of repeated exposure to stresses.***

I would argue there is no such thing as cancer as a *disease*. What is diagnosed as “cancer” is a collection of our OWN cells that divide constantly out of control and mutate to adapt to a hostile environment.

When your immune system is EDUCATED it will send signals to natural killer cells to destroy the rogue cells. When your immune system isn't strong and educated to fight back, those cells can do whatever they want since there's not enough difference between them and “self.” Eventually these cells grow into tumors which send out hormonal signals to create its own blood supply to increase tumor size and allow it to spread (metastasis/secondary cancer.) When this happens in the breast, we call it Breast Cancer.

Further emphasis that this “war on cancer” is a war against ourselves. Our own cells, our own bodies. The idea shouldn't be to maim and kill the cancer, but to love and support the body.

### **WHAT CAUSES THESE CELLULAR MUTATIONS:**

Let's start with what we know it is not: genes.

Doctors are giving patients a victim mentality, that everyone is just at the mercy of their genes and there's nothing they can do to improve, or decrease their chances of developing various cancers and diseases.

Genes play a major role in only about 5% of cancer cases. Very rare. Even if you do have a rare specific genetic mutation that makes you more susceptible to growing a tumor, you have a small chance of that taking place. Of course we can also get into the fact that just because you do develop this cancer, it is certainly not a death sentence.

It's not just about the genes you get from your parents. Lifestyle factors are the leading causes of whether or not these genes get turned on or not. We also know that genes will mutate BECAUSE OF our lifestyle, too.

-(Mercola) -> If oncogenes were the correct target, we would have won the “war” on cancer by now.

Dr. Thomas Cowan further proved DNA is not the culprit::: A research project worked on placing the nucleus (where DNA is kept) of cancer cells into the cytoplasm of a healthy cell, and that cell remained healthy. However, when a healthy nucleus was placed inside the cytoplasm of a cancerous cell, that cell became cancerous.

Sunday, October 20th, 2019

So what is the Cytoplasm? It is the gel like structure that makes up the majority of the cell where meiosis and mitosis (cell division/reproduction) takes place. Of equal importance, Mitochondria live in the cytoplasm. Most of us learned of this as the “powerhouse of the cell.” It’s how ATP is made, the main cellular energy that supplies the juice for every other thing in our body to happen.

Mitochondria also break down waste products, and have a special role in *apoptosis*, which is necessary to fight off cancer cells.

Because Mitochondria is so important for the overall function of the cell, if it is not healthy, the cytoplasm can’t be healthy, which means there cannot be healthy cell division: hello “cancer.”

Because cancer is something that is occurring within your own cells, many consider cancer an autoimmune disease. Which, by technical standards might actually be. It all comes back to a poorly educated immune system.

**CAUSES TO THE DAMAGE OF OUR IMMUNE (DEFENSE) SYSTEM: TOXIC OVERLOAD, EMOTIONAL AND HORMONAL STRESSES.**

Hormonal stresses: Breast Cancer is largely a cancer brought on by hormonal toxicity, as stated by Harvard’s ongoing Nurses Study. Usually there is an estrogen dominance occurring at the time of the cancer. Usually, it is an increase in estrodiol (compared to the protective estrogen, Estriol.) Cancer cells use sugar and hormones like estrodiol for angiogenesis, allowing the cells and tumors to spread.

Because estrogen is a cell proliferator and plays a strong role in angiogenesis, these cells can quickly get into the lymphatic system and spread, due to the close proximity of the breast and lymphatic lines that runs alongside armpits.

It is a good idea to periodically have these hormone levels examined so you know where specifically to take action. However, avoiding endocrine disrupters is something everyone should make an effort to do.

There are many endocrine disrupters, but for the sake of time we will keep it simple:

- MOST conventional beauty products contain chemicals that disturb the balance. It is important to use TRULY natural products, like that which comes from Young Living and other companies equally committed to excellence and health.

- Folic acid. Stop taking any supplements that contain this. You need the true form, folate. ESPECIALLY if you are pregnant or will be soon.

Sunday, October 20th, 2019

-Having a sluggish liver. You need your liver to be working at it's best to help your body rid itself of xenoestrogens that mimic estrogen in your body and disturb the balance. A lot of these come from plastics, processed foods, and chemicals.

-improve liver function with fiber, bitters, ACV, targeted EOs, and considering on your current state, plan a liver detox.

-Poor GUT HEALTH. You need a proper working microbiome to modulate estrogen exposure and to allow proper functioning of your immune system, brain, whole system.

-Birth Control. Forces body into high estrogen, all the time. How could lying to your body, usually for YEARS, ever lead to a good result? NIH says that a woman exposed to these hormones for a long time has been linked to an increase in BC. Did your OBGYN inform you? Prob. not.

-Hormone Replacement Therapy. Institute of Cancer Research in the UK found that it can TRIPLE the risk of getting Breast Cancer. Risk goes up longer a woman is on it. Lower if on for only 2 years.

**There ARE ways of balancing your hormones naturally.**

**We will only discuss in very short detail how to do that, but it is really a talk all on its own.**

Toxic stresses:

-Most conventional cleaners, herbicides, pesticides.

These contain the xenoestrogens that increase unhealthy estrogen levels.

-Again, beauty products. Average woman puts on over 200 chemicals a day getting ready. Many of these chemicals are known carcinogens. Again, ditch the junk and switch to Young Living or similar quality products. Learn to read label and educate yourself on what you are consuming via the largest organ (skin.)

-Anything that causes inflammation in the body: processed foods, low quality foods, alcohol, high temperature cooked foods, sedentary lifestyle, anti-biotics, and STRESS.

Sunday, October 20th, 2019

-Poor nutrition including mineral depletion and imbalance. Minerals are necessary for hormone production and regulation, as well as overall immune system function.

-EMF radiation (destroys mitochondria and the cytoplasm)

Emotional causes: Really could be lumped into the hormonal causes, because your emotions are a part of your hormones, and visa versa.

There is a a lot of evidence that shows the relationship between cancer developments and repressed anger, hate, and overall resentment. These emotions increase stress hormones, like cortisol, which lessen the effectiveness of your immune system.

-A team at Stanford showed the relationship between cortisol changes and early death in women with Breast Cancer that has spread.

-A study from UCLA: "People who have repressive styles tend to be more prone to immune system related diseases.... The concept is of unexpressed anger. If one doesn't let it out, that could have adverse reactions."

Emotional Trauma is known to cause disruptions in sleep by limiting the production of melatonin, a hormone responsible for deep sleep. This hormone is largely involved in immune system regulation.

Stress, causing a raise in cortisol, increase blood glucose levels. Cancer feeds on sugar. Stress allows tumors to spread more easily.

#### **HOW WE CAN COMBAT THESE CHANGES AND DECREASE OUR CHANCES FOR CANCER:**

We all have cancer cells in us at any given time. The problem is when we allow for an internal environment that gives these cells an opportunity to go rogue, spread, and take over. The key is to be a Cancer Killer, every day of our lives.

You don't obsess over fighting cancer every day, but you live in such a way that you are caring for the TERRAIN of your body, and make it naturally inhospitable to cancer.

Support your cytoplasm, your mitochondria, and your WHOLE body and spirit. My list of how to do that is below, in no particular order.

\* Your cells need hydrogen to create ATP, which allows your cells to create more healthy cytoplasm. A great source is hydrogen rich water (like Kangen.)

Sunday, October 20th, 2019

- \* Cancer cells love acidic, oxygen deficient environments. Increase the amount of oxygen available to your cells and decrease acidity with an alkaline diet that includes alkaline water.
- \*Chiropractic influences the autonomic nervous system directly and increases your immune system's ability to target and fight against cancer cells. GET ADJUSTED.
- \*Expose your body to sunlight regularly, as well as near-infrared light (sauna.)
- \*Avoid the toxins in typical beauty products and house cleaners.
- \*Avoid all the hormonal disrupters mentioned above.
- \*Negativity changes your brain and cells.Get rid of toxic thinking and mindsets. Your body believes everything you tell it. If you tell it you're going to get cancer.. Expect it.
- \*Get wireless shields for your cell phones, laptops, and routers at home. Qui Technology makes some great ones.
- \*Get proper nutrition with a focussed intent on gut health. For 99% of us, that means adding in a probiotic. 85% of your immune system is located within the gut.
- \*Limit red meat consumption (especially charred)
- \*Learn how to express and release anger and other emotions in a healthy way. Prayer, yoga, exercise, and doing hobbies that makes your heart smile. Learn to **forgive** (this includes yourself). These negative emotions store themselves in your body, and create an environment where your body is always on the defense, and not repairing+healing.
- \*Incorporate oils that help to detoxify liver and decrease stress. Frankincense and myrrh are high frequency oils that target cancer cells.
- \*Incorporate anti-inflammatory foods and spices like turmeric, ginger, and garlic.
- \* Avoid things where there are known heavy metals. Have your own body and water tested for heavy metals, and perform necessary detoxes for those materials.



If you get diagnosed with cancer, know that it is not a death sentence! If you choose to take an integrated approach ,get with a natural physician that is trained in this arena, and can guide on you on this journey in how to support your body and spirit during this time. There are some exciting new alternative cancer treatments with amazing results and great promise.



Sunday, October 20th, 2019

## Class Handout: Breast Cancer Discussion

Dr. Brandi Perry Johnson, DC.

### HOW COMMON IS IT?

1 in 8 women will develop breast cancer, but 40% believe that they will (according to [cancer.gov](http://cancer.gov)) Could this fear initiate responses in our bodies that puts us into a chronic state of paranoia and stress? I think yes.

*“Breast Cancer awareness is not prevention; awareness is preparing for the worst diagnosis of your life.”*

We have put in \$500 billion into cancer research, but the return is abysmal- only a 2.3% increase in survivability with the current traditional treatments.

### WHAT IS BREAST CANCER?

In short, ***Cancer is a natural consequence of repeated exposure to stresses.***

What is diagnosed as “cancer” is a collection of our OWN cells that divide constantly out of control and mutate to adapt to a hostile environment.

### WHAT CAUSES THESE CELL MUTATIONS AND CHANGES?

Genes play a major role in only about 5% of all cancers. Even if those genetic mutations are present, lifestyle factors are the leading causes of whether or not these genes get turned on or not. We also know that genes will mutate BECAUSE OF our lifestyle, too.

It all comes back to the cell, and more recently we know specially, the cytoplasm and what is inside of it: Mitochondria. They break down waste products, and have a special role in *apoptosis*, which is necessary to fight off cancer cells.

Since cancer is something that is occurring within your own cells, many consider cancer an autoimmune disease. All comes back to a poorly educated immune system.

Sunday, October 20th, 2019

**CAUSES TO THE DAMAGE OF OUR IMMUNE (DEFENSE) SYSTEM: TOXIC OVERLOAD, EMOTIONAL AND HORMONAL STRESSES.**

HORMONAL CAUSES: Estrogen works to increase cells and is a hormone involved in the signals tumors send out to create their own blood supply. Because estrogen is largely concentrated in the breast, it plays a big role in the overall genesis and progression of breast cancer. When estrogen is out of balance in the body, it can encourage these changes.

It is a good idea to periodically have these hormone levels examined so you know where specifically to take action. However, avoiding endocrine disruptors is something everyone should make an effort to do.

There are many endocrine disruptors, but for the sake of time we will keep it simple:

- MOST conventional beauty products contain chemicals that disturb the balance.
- Folic acid. Stop taking any supplements that contain this. You need the true form, folate. ESPECIALLY if you are pregnant or will be soon.
- Having a sluggish liver. Improve liver function with fiber, bitters, ACV, targeted EOs, Consider a liver detox.
- Poor GUT HEALTH. You need a proper working microbiome to modulate estrogen exposure and to allow proper functioning of your immune system, brain, whole system.
- Birth Control. Forces body into high estrogen, all the time. NIH says that a woman exposed to these hormones for a long time has been linked to an increase in BC.
- Hormone Replacement Therapy. Institute of Cancer Research in the UK found that it can TRIPLE the risk of getting Breast Cancer. Risk goes up longer a woman is on it. Lower if on for only 2 years.

**There ARE ways of balancing your hormones naturally.**

**We will only discuss in very short detail how to do that, but it is really a talk all on its own.**

TOXIC CAUSES: Most conventional cleaners, herbicides, pesticides.

Anything that causes inflammation in the body.



Poor nutrition including mineral depletion and imbalance. Minerals are necessary for hormone production and regulation, as well as overall immune system function.

EMF radiation (destroys mitochondria and the cytoplasm)

EMOTIONAL CAUSES: There is a lot of evidence that shows the relationship between cancer developments and repressed anger, hate, and overall resentment. These emotions increase stress hormones, like cortisol, which lessen the effectiveness of your immune system.

Stress, causing a raise in cortisol, increase blood glucose levels. Cancer feeds on sugar. Stress allows tumors to spread more easily.

**HOW WE CAN COMBAT THESE CHANGES AND DECREASE OUR CHANCES FOR CANCER:**

We all have cancer cells in us at any given time. Don't allow for an internal environment that gives these cells an opportunity to go rogue, spread, and take over. The key is to be a Cancer Killer, every day of our lives. Support your WHOLE body and spirit.

- \* Your cells need hydrogen to create ATP, which allows your cells to create more healthy cytoplasm. A great source is hydrogen rich water (like Kangen.)
- \* Cancer cells love acidic, oxygen deficient environments. Increase the amount of oxygen available to your cells and decrease acidity with an alkaline diet that includes alkaline water.
- \* Chiropractic influences the autonomic nervous system directly and increases your immune system's ability to target and fight against cancer cells. GET ADJUSTED.
- \* Expose your body to sunlight regularly, as well as near-infrared light (sauna.)
- \* Avoid the toxins in typical beauty products and house cleaners.
- \* Avoid all the hormonal disrupters mentioned above.
- \* Negativity changes your brain and cells. Get rid of toxic thinking and mindsets. Your body believes everything you tell it. If you tell it you're going to get cancer.. Expect it.
- \* Get wireless shields for your cell phones, laptops, and routers at home. Qui Technology makes some great ones.
- \* Get proper nutrition with a focussed intent on gut health. For 99% of us, that means adding in a probiotic. 85% of your immune system is located within the gut.

- \* Limit red meat consumption (especially charred)
- \* Learn how to express and release anger and other emotions in a healthy way. Prayer, yoga, exercise, and doing hobbies that makes your heart smile. Learn to **forgive** (this includes yourself). These negative emotions store themselves in your body, and create an environment where your body is always on the defense, and not repairing+healing.
- \* Incorporate oils that help to detoxify liver and decrease stress. Frankincense and myrrh are high frequency oils that target cancer cells.
- \* Incorporate anti-inflammatory foods and spices like turmeric, ginger, and garlic.
- \* Avoid things where there are known heavy metals. Have your own body and water tested for heavy metals, and perform necessary detoxes for those materials.



If you get diagnosed with cancer, know that it is not a death sentence! If you choose to take an integrated approach ,get with a natural physician that is trained in this arena, and can guide on you on this journey in how to support your body and spirit during this time. There are some exciting new alternative cancer treatments with amazing results and great promise.

**WE MENTIONED AWARENESS IS NOT THE SAME AS PREVENTION.**

Many equate awareness with mammograms. however, stats are showing mammograms may do more harm than good as they put radiation into the breasts, something known to *cause* cancer.

It has also stated that mammogram findings have led to unnecessary surgeries and treatments.

I am not here to tell you what to do in this arena, but here are some things you can look out for that may be signs that you DO need a mammogram.

- ⊠ A new lump or thickness.
- ⊠ Changes to nipple, like crusting, ulcer, or becoming inverted.
- ⊠ Dimpling of skin or color changes.
- ⊠ Unusual discharge of nipple.
- ⊠ Swelling of armpit
- ⊠ Persistent, unusual pain not related to cycle.