

## **BREAST CANCER**

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### **Environment Links To Breast Cancer**

Becoming a conscious consumer is a first step in reducing your toxic exposure, Chemical that are carcinogenic mean that they can alter the DNA to cause cancer or that they cause cells to multiply more rapidly which eventually leads to cancer.

A growing body of evidence and research indicates that there is a connection between the development of breast cancer and environmental toxins

Over 70% of breast cancers have no known risk factors such as having children later in life or family history of breast cancer. That means that the high percentile of breast cancers is associated with environmental factors.

Industrialized countries have higher incidences of breast cancer.

Many industrial chemicals are Xeno-estrogens or false estrogens but mimic estrogen in the body, which increases the risk of breast cancer.

The list of chemicals having an estrogenic effect is very long. Here are the major groups of chemicals that have estrogenic effects on your body:

- Pesticides which includes insecticides, herbicides, and fungicides
- Any products associated with plastics including BPA in canned foods
- Chemicals in the water supply from detergents and surfactants
- Industrial chemicals such as dioxins, PCBS, and benzene derived products
- Estrogenic drugs that in the water supply.

So how does one escape the effect of these chemicals as they are everywhere in our environment?

- Avoid the use of artificial lawn fertilizers and herbicides
- Don't drink bottled water, especially if it has been sitting in the sun
- Never use the microwave and cook your food in plastic containers

Purchase a reliable water filtering system for your drinking and bathing water

Try to eat only organic food. If that is not possible, peel the fruit and vegetables that have been commercially produced.

### **Environmental Radiation – Cell Phones, Towers and Satellites**

You and I are electrical beings that function because of the bioelectrical signals from our brain, nerve system, and heart. Chronic environmental exposures to EMF's from cell phones, WI-FI, and satellite can have an impact on this delicate transmission system in our body. Radio Frequency radiation (RFR) has skyrocketed as a result of cell tower sites being placed in school grounds and neighborhoods.

If you want to know how many cell towers that are in your area simply visit [antennasearch.com](http://antennasearch.com) and put in your city, state, and sip code. Sometimes it takes a few minutes to process depending on how many towers there are, so be patient. You will discover the number of cell towers and antenna within a 4 mile radius of your home or business.

### **Environmental Toxins In Our Food Supply**

The Environmental Working Group has compiled a list of foods called the Dirty Dozen and the Clean Fifteen that reflect the worst conventional foods to eat as well as the least toxic foods. Since pesticides are very potent Xeno-estrogens, it is important to pay attention to the foods that have the highest pesticide residues.

98% of apples had detectable levels of pesticides

42 different pesticide residues were found on domestic blueberries

78 different pesticides were found on lettuce samples

64 different pesticides were found on grapes

A few of the cleanest foods are avocados, cabbage, onions, and sweet peas. If you are serious about becoming more conscious about your food choices and the toxins in your environment, please visit their website.

### **Household Toxins**

There are many sources of indoor air pollution in most homes that can lead to respiratory diseases, heart disease, and cancers.

- Heating products such as oil, gas, kerosene, coal or wood
- New building materials, furniture, carpet
- Commercial cleaning products
- Pesticide sprays
- Artificial candles, scented sprays and fragrances
- Dry Cleaning chemicals
- Mercury vapors from CFL light bulbs
- Nonstick cookware
- Aluminum cookware
- Molds

### **Detox Your Home**

At first it may seem overwhelming but if you take it one step at a time, you can detox your home environment and make it a healthier and safer haven. The best place to start is with your cleaning products. There are many companies that offer safer and healthier alternatives for your cleaning supplies.

### **External Toxins**

There are over 10,000 chemicals used in personal care products and only 11 of these have been rejected as unsafe. The average person applies 15 or more products per day which exposes them to over 127 unique chemicals each day.

### **Lotions and Potions**

You are what you eat...whether it enters your mouth or is delivered through your skin because of the vast supply of capillaries in the skin. Any substance that is applied to the skin inevitably ends up in the blood stream.

If that lotion contains silicone derived ingredients, petroleum by-products, chemical fragrances, and artificial dyes, then you are subjecting your body to

gallons of toxins that can potentially accumulate in your liver, colon, and fatty cells.

The chemicals in lotions are toxic to the reproductive system, affect the hormone system, and are known or suspected carcinogens. Shaving creams would also fall into this category.

### **Anti-Perspirants and Deodorants**

Believe it or not, your body was designed to sweat. Sweating is a normal and natural function that rids your body of toxins. Applying anti-perspirants clogs the pores in the arm pit with aluminum. This area of the body is very dense with sweat glands and lymph nodes in order to drain the toxins away from the breast. Aluminum levels are significantly high in the breast tissue of women who have breast cancer.

### **Cosmetics**

This would include everything from makeup to add color to your face and lips to polishes you use on your nail beds. More than 500 products that are sold in the U.S. contain ingredients that are banned in the European Union, Canada, and Japan. Sixty percent of lipsticks contain residues of lead.

### **Feminine Protection**

The average woman who lives in North America uses over 1,000 tampons or pads during her menstrual life. These feminine products contain dioxins (a byproduct of bleach) and phthalates (to make tampons glide more easily) which are carcinogenic

### **Hair Dyes**

Here are a few compelling reasons to stop dyeing your hair with artificial dyes:

Hair dyes contain chemicals that are endocrine disrupters

The ingredients in hair dyes are potentially carcinogenic and pose a significant health risk to those that use them and apply them.

Past studies have linked hair dye to various cancers such as breast and ovarian.

Lead in hair dye has been associated with harmful effects in every organ in your body.

### **Shampoos and Soaps**

What you put ON your skin ends up IN your body. The worst ingredient in soap is the antibacterial chemical called triclosan. Triclosan was originally classified as a pesticide but somehow found its way into the household and personal care products. Even if your soap does not say antibacterial, it can still be found in a number of soaps, mouthwashes, toothpastes, bedding, washcloths and towels.

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