



Banyan Wellness Center

Breast Cancer Awareness Month

October is breast cancer awareness month. The latest estimates are that women have a 1 in 8 lifetime risk of developing invasive breast cancer. So, what can you do to not become a statistic? One of the simplest and most effective things you can do is to **pay attention to your body**.

A woman knows her body better than anyone. **Performing a monthly self breast exam is an excellent practice** to get in the habit of doing. When performing a breast exam look out for the following:

- 1.). Changes in the size or shape of the breast
- 2.). Nipple discharge, tenderness or inversion
- 3.). Pitting of the skin, similar to an orange peel
- 4.). Changes in the way the skin looks or feels



Click here for a video on self breast exam: <https://www.youtube.com/watch?v=gDDRst9RNjU>.

What can I do or take to minimize my lifestyle risk of developing breast cancer?

- 1.) limit refined sugar, **sugar creates inflammation** and weakens the immune system
- 2.) Come into the office and get tested for your **heavy metal** burden of Mercury, lead, cadmium and aluminum, if it is high then we can remove them. All of my cancer and autoimmune patients have elevated levels of heavy metals.
- 3.) Consider rotating supplements such as **EGCG** (from green tea) and **curcumin**, be aware that a lot of the curcumin on the market is not absorbable, which is why there is such a wide variety in pricing. Adding curcumin to your food or drinking curcumin tea unfortunately is not good enough. We carry a highly absorbable liposome curcumin.
- 4.) Don't use an underwire bra
- 5.) Get your vitamin **D3 levels** checked, we offer high dose 50,000iu vitamin D3
- 6.) Take a **quality probiotic**, most of the probiotics on the market are dead, even the ones in the fridge section of sprouts or wholefoods. We can validate that our probiotic meets label claim past expiration.
- 7.) Manage your **stress levels** and do things in your life to reduce stress daily (yoga/tai qi)
- 8.) I recommend **DIM** (our product of the month in October, **15% discount**) to help with estrogen metabolism, we are all swimming in a sea of estrogen above and beyond the estrogen produced in our body.
- 9.) Get an air purifier such as IQ air for your home and a reverse osmosis for your water
- 10.) **Detox** 1-2 times per year, via a cleanse, colonics, sauna, juice fast or water fast
- 11.) Limit alcohol and coffee intake, make breasts more dense (sorry 😞)



Monthly Supplement

For the next 30 days we will be offering **15% off of DIM**. DIM, or indole di-methane is one of the active ingredients in cruciferous vegetables such as broccoli, cauliflower and cabbage. It is very good at helping to break estrogen down to a less breast cancer provoking metabolite. So, who should take DIM? Women who have a history of breast cancer or are at high risk, if you are estrogen dominant, have severe PMS or are taking hormone replacement therapy.

Upcoming Events

Dr. Briante will giving a complementary talk and demonstrations on Wednesday, **October 11th** at 6:30pm. She will discussing PRP in aesthetics and doing a liver demonstration of a vampire facial. Seating is limited and we will be raffling **50% off** a procedure for one of the people in attendance.

Pain Management Consult

To book an appointment for acupuncture or pain management consult please call West Valley Naturopathic Center.

Hormone Replacement Therapy - Risks vs. Benefits

~Dr. Carla Briante, NMD

Hormone Replacement Therapy (HRT) has been used for years to treat menopause and menopausal symptoms. Hormones play a critical role in our overall health and the intricate balance of hormones is required to maintain health, reduce the risk of osteoporosis and heart disease. Studies on hormones have been controversial and inconsistent leading to many women questioning whether HRT is a viable treatment option for them.

Transitioning through menopause can be difficult for some women. Estrogen, progesterone and testosterone drop dramatically leading to symptoms such as hot flashes, night sweats, insomnia, decreased libido, vaginal dryness, painful intercourse and mood changes. The decline in hormones can increase the risk of osteoporosis and heart disease.

There are many different forms of hormones used to treat imbalances. Most of the studies on hormone replacement therapy do not distinguish between the use of synthetic vs. bio-identical HRT (bHRT). Furthermore, most studies do not adequately screen study participants to determine if hormone replacement is an appropriate treatment option. In one landmark study, the Women's Health Initiative, which studied the use of synthetic hormones, it was concluded that using hormones led to an increased risk of breast cancer, heart disease and stroke leading to an abrupt termination of the study, misleading headlines put out by the press and lots of confusion on whether HRT is a safe treatment option.

Bioidentical hormones include hormones that are plant derived and that have the same molecular structure as the hormones in the human body producing the same physiological effects. Remember that the hormones studied in the above mentioned women's health initiative was conducted using Premarin and synthetic progestin similar to birth control. Premarine, stands for pregnant mare urine, these hormones are derived from a horse which has 21 different estrogens vs 3 in the human body. Studies on bHRT have shown improvements in mood, night sweats and hot flashes. However, all hormones, synthetic or bioidentical, may have risks associated with them for some women, although, overall we have seen much less risk using bHRT.

So who should and shouldn't consider hormone replacement therapy?

When considering hormone therapy, the risks versus benefits should always be evaluated. bHRT can significantly improve the quality of life for many women suffering through menopause. Women with moderate to severe menopause with a family history of osteoporosis may be good candidates for bHRT. However, women with breast cancer, heart disease, liver disease and a history of blood clots need to discuss their options, risks and benefits with their physician. If you are considering bHRT speak to your physician about the risks and benefits of the various types of HRT to determine what may be appropriate for you.

Facebook Conversations

If you are not aware West Valley Naturopathic Center has a Facebook page, <https://m.facebook.com/WestValleyNaturopathicCenter/>.

I am not one to ask my patients to go to **Yelp, Google or Facebook** to review me, the practice or Dr. Briante, however, the reality is this is how people are deciding where they want to do business nowadays, no one is using the phone book anymore. So, times are changing and with that if you love what we do and how we do it, I would ask that you take a moment to share how we have made a difference in your health, life, world etc and why you would recommend us, or have already recommended us, thank you.

I occasionally will post different articles, studies etc that I think you might find interesting and I have also started to ask what people what they would like to hear more about. Feel free to ask a question or provide suggestions for the next newsletter. Last month's question was about alkaline water, take a look at the Facebook page for my thoughts. So, here are the questions for this month.

1.). Recommendations for safe and effective beauty products including make up?

This is a tough one and we have been working very hard the last couple of months to find a company that offers a clean product that will give clinical results, the short answer, we have not found one yet, but we have a couple more on the list. The cosmetic industry is one of the most unregulated out there and is heavily filled with toxic ingredients ranging from heavy metals to petroleum, parabens and propylene glycol. We will keep you posted.

To help with wrinkles, fine lines, drooping/sagging skin a great option is PRP and micropen. Dr. Briante will be doing a class/demonstration on October 11th here in the office on options for improve aging skin.....the best part is that these procedures are non-toxic and can last months, ultimately saving you money and time.

2.). Recommendations for cancer supplements?

Some items to consider, vitamin D₃, EGCG, Curcumin, probiotic, melatonin, mushrooms, please understand that above supplements may or may not be indicated for people who are going through chemotherapy as they can interfere with each other. The other is that all supplements are not created equal. This is true of product from Amazon and the internet, companies have bought their product off of Amazon, tested it only to find out that it had been switched out. Combining of medications and supplements should always be done in conjunction with a doctor.

Remember, **prevention** is the best medicine. We are living in a toxic environment at this time, so making sure that you have clean air, water and diet. These can be worth more then any supplement. Also, as I mentioned above, come in to get your metals tested so that you know what burden you have.

3.). Alcohols effects on the thyroid?

Alcohol will directly suppress any and all hormones in the body. For example a study was done on the effects of alcohol on testosterone in men and it demonstrated that **one drink would drop a man's testosterone for 3 days**.

Thanks,

Dr. Brian