

## Estrogen Shocker Confirms How Dangerous Medicine Can Be

Even as hormone makers try to soften the blow, the final data are in. Estrogen therapy will **double the odds of getting breast cancer**. The data from the Women's Health Initiative are definitive, and still shocking—even though this is now old news. The researchers summed it all up simply and reliably: The subjects' (more than 15,000 women) risk of breast cancer rose with the start of estrogen use, peaked after several years, and then fell as nearly all the women stopped taking the estrogen.

Amazingly, “medical scientists” are still promoting estrogen pills—in spite of the fact that after the results of the study were revealed, **70% of women stopped using estrogen** and breast cancer rates plummeted. Yet some of these “experts” are actually saying that the fall in breast cancer numbers is due to a decline in the number of women getting mammograms—so fewer cases are being discovered! They say that the lower-dose estrogen, combined with progestin, produces **only a 26% increase in breast cancer**. And so, they say, that adds up to only a few additional breast cancer cases per 1,000 women taking the lowest dose of hormones.

These “experts” add that hormone therapy remains a good health care choice to relieve moderate to severe menopausal symptoms. They also say that most women should be able to discontinue hormones in 3 to 4 years, or at least reduce their dose. According to the study, the breast cancer risk rose dramatically almost immediately upon starting estrogen use. And if women do take estrogen for only 3 to 4 years, what happens when they quit? The answer is **nothing**. The drug maker will be richer, but women will be in exactly the same place they were when they started taking the pills!

Is the stuff these “experts” say really written by the drug companies that make estrogen? Or do folks like you and me live in a different world altogether than these “experts”? What do the true experts say? They say that drug- (estrogen) induced breast cancer is a monumental disaster. “The impact of declining use of postmenopausal hormone therapy [women rejecting estrogen prescriptions] could account for an estimated **17,500 fewer positive invasive breast cancer cases annually among women aged 50-69.**”

Are you getting that?! Or worse, are you one of these women? That is 17,500 cancers created entirely by doctors and their prescriptions, from only one drug, only in women between 50 and 69, and only in one year! Now multiply this number by the number of women outside 50-69, and by the over **two decades** that this charade has been going on.

And it all started with the slickest of drug ads. Remember when hormones were going to keep women young? They were going to prevent osteoporosis and heart

disease. They were going to help prevent dementia and Alzheimer's. They were the fountains of youth. The final truth is out. Their use raised the risk of heart disease. They have little effect on your bones or dementia. And they cause cancer—not only of the breast, but of the uterus as well—where estrogen is the only known cause.

### ***Got Menopausal Problems?***

Let's face it, some women really suffer through menopause. As with Polycystic Ovary Syndrome and cystic breasts, prescription pills will not resolve these types of problems. Eating a diet rich in whole foods, exercising, drinking pure water, and using whole food supplements and extracts will help. In addition, avoid all store-bought oils and salad dressings, as well as all low-fat, zero-fat, low-cholesterol, zero-cholesterol, fast, processed, or "heart-healthy" foods. Tough pill to swallow? Certainly not as tough as estrogen!

The right whole-food, phytonutrient supplements to use are from Standard Process: **Symplex F** (6 daily), **Cataplex F** (3-6 daily), **Cataplex B** (4-6 daily), **Min-Tran** (6 daily), and a tablespoon of flax oil or **Blue Ice**  **high Vitamin Cod Liver Oil**. Take these supplements with a Mediterranean diet and some good, strong exercise and I guarantee that you will improve.

This protocol includes omega-3 fats; the whole B vitamin complex; bovine hormonal gland extracts (without the hormones) of ovary, adrenals, thyroid, and pituitary; a broad spectrum of minerals including iodine; and the real vitamin A and D complexes.

And remember, if you suffer from severe menopausal symptoms, you may be iodine deficient. There is some iodine in the protocol listed, but it may be insufficient for some women. For these cases, Prolamine Iodine (2-3 daily) may be needed. For women, the proper doses of replacement iodine can be the real fountain of youth. It is also critical for those suffering from cystic breasts.

Hormones? Not any longer. Whole foods, good diet, exercise, whole food supplements, and pure water—this is the way to go, even if the medical experts still want you to take hormones and roll the dice.

***Health Alert July 2009, Volume 26, Issue 7***