



# How to Prevent Cancer

Dr. Patricia Sheppard  
Angel Chiropractic

# What will we cover today?

- ✿ Environmental Issues
- ✿ Heavy Metal Toxicity
- ✿ Estrogen Imbalance
- ✿ Detoxification

# Environmental issues

- ✿ Avoid the environmental factors that are damaging to our wellbeing and know what to look out for
- ✿ Just a few things to avoid include:
  - ✿ xenoestrogens, which are present just about everywhere but tied to plastics
  - ✿ pesticides used on vegetables
  - ✿ hormones injected into meats and poultry
  - ✿ phthalates leaching from plastic bottles
  - ✿ dioxins from bleached paper products
- ✿ You can avoid these chemical compounds if you buy organic foods, and use glass containers and unbleached paper products

# What should we do about environmental issues?

- ✿ Detoxify the body periodically
  - ✿ Liver and gallbladder cleanse
  - ✿ Raw vegetable juicing
  - ✿ Specific drainage (lymph)
  - ✿ Epsom Salt baths and/or saunas
  - ✿ Detox foot baths
  - ✿ Exercise and deep breathing

# Heavy Metal Toxicity

 Heavy metals are **inundating** our environment, food chain, water supply and our bodies.

 Mercury

 from coal power plants, gold mining, paper production, dental amalgams

 Cadmium

 from batteries, electronics, hard candy

 Aluminum

 from cookware, tinfoil, municipal water, canned foods, hair dyes

 Arsenic

 wood preservative, municipal water

 Lead

 paint dust from old paint, electronics, glass manufacturing, toys from China, ceramics, porcelain

# How do we reduce heavy metals?

✿ Avoid:

✿ Eating big fish (top of food chain)

✿ Canned food (tin, aluminum, cadmium)

✿ Dental amalgams

✿ Hair dyes

✿ Cosmetics (barium in lipstick) deodorants  
(aluminum)

✿ Unfiltered municipal waters

✿ Meds and vaccines

# How to detoxify Heavy Metals

- ✿ We are all exposed in a daily basis
- ✿ Should detox every 6 months minimum
  - ✿ Oral Chelation with specific alginates
  - ✿ Hepatic herbs, Vitamins and minerals to increase methylation in the liver
  - ✿ Infrared saunas, Epsom salt baths
  - ✿ Cilantro, parsley, garlic, sea weeds.

# Liver Detox Protocol

- ✿ Phase I liver detoxification:
- ✿ Cytochrome P450 enzymes
  - ✿ to change lipid toxins into water soluble intermediates:  
glutathione, indoles, flavonoids, betaine
- ✿ During detox, the liver produces highly toxic intermediate compounds
  - ✿ Antioxidants needed for protection include glutathione, flavonoids, trace minerals

# Liver Detox Phase II

- ✿ Methylation and sulfation - both normal processes - are required to detox
- ✿ Your body needs methyl donor compounds, indoles, betaine, and glutathione
  - ✿ Livco capsules, Standard Process green food
  - ✿ broccoli, brussel sprouts, kale, garlic
  - ✿ Alpha-Lipoic acid

# Estrogens - steroid compounds

## ✿ Steroidal

- ✿ estrone, estradiol, estriol

## ✿ Nonsteroidal (synthetic and natural)

- ✿ Synthetic or xenoestrogens

  - ✿ Leached from plastics

- ✿ Plant derivatives or Phytoestrogens

- ✿ Produced by fungi or mycoestrogens

# Estrogen functions:

## ✿ Structural

✿ sex characteristics

✿ decelerate height growth

✿ accelerate/promote formation of female secondary metabolism (burn fat)

✿ reduce muscle mass

✿ stimulate endometrial growth

✿ increase uterine growth

✿ increase vaginal lubrication

✿ thicken the vaginal wall

✿ maintenance of vessel and skin

✿ reduce bone resorption, increase bone formation

# Estrogen functions cont.

## coagulation

-  increase circulating level of factors 2, 7, 9, 10, plasminogen
-  decrease antithrombin III
-  increase platelet adhesiveness

## lipid

-  increase HDL, triglyceride
-  decrease LDL, fat deposition

## fluid balance

-  salt (sodium) and water retention

## hormones

-  increase cortisol, SHBG (Sex Hormone Binding Globulin)

# Hormone Replacement Therapy

- ✿ Millions of Women Prescribed Premarin or Prempro
- ✿ Combination of horse estrogen and synthetic progesterone
- ✿ Prescribed without questions for the following:
  - ▾ to protect women against heart disease
  - ▾ build stronger bones
  - ▾ maintain youthful skin
  - ▾ support healthy brain function
- ✿ HRT has been proven to not be safe, and actually is a major risk for heart disease, breast cancer, blood clotting and stroke
- ✿ These risks are mainly for conjugated equine estrogens and synthetic progestins — not bioidentical hormones

# Decrease your risk

- ✿ An ounce of prevention is better than a pound of cure!
- ✿ We will focus on why we are more exposed to cancers
- ✿ How the environment has an impact on our wellbeing and homeostasis

# Estrogen Dominance

- ✿ ED is a condition where you can have deficient, normal, or excessive levels of estrogen, but have too little progesterone to balance the estrogen levels
- ✿ Causes:
  - ✿ Stress
  - ✿ Xenoestrogen exposure
  - ✿ HRT (conventional)
  - ✿ Adrenal fatigue
  - ✿ Hypothyroidism
  - ✿ Nutritional deficiencies (especially magnesium, zinc, copper & B-complex)
  - ✿ Obesity (in postmenopausal women, estrogen is made in the fat cells; excess fat makes excess estrogen)

# Estrogen Dominance Symptoms

- ✿ Anxiety, irritability, anger, agitation
- ✿ Cramps, heavy bleeding, clots
- ✿ Breast tenderness, lumpiness, fibrocystic
- ✿ Mood swings, depression
- ✿ Headaches, migraines
- ✿ MM pain, Joint pain, back pain
- ✿ Insulin resistance, blood sugar swings
- ✿ Insomnia
- ✿ Infertility
- ✿ Osteoporosis
- ✿ Autoimmune disorders
- ✿ Breast, uterine, cervical & ovarian cancer

# Estrogen Dominance Protocol

## Initial considerations

- Lower carb mediterranean diet

- Eliminate xenoestrogen exposure

## Nutritional therapy:

- Ovex (assists the corpus luteum in progesterone production)

- Chaste Tree herb

- Hypothalamus pmg(supports brain neurohormonal signaling to ovaries-often the missing piece of the puzzle)

# Estrogen Dominance Protocol

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# Function of estrogen metabolites

- ✿ 2-hydroxyestrone (2-OHE1)
  - ✿ tends to **inhibit cancer growth** and confers a protective effect to estrogen sensitive tissues.
- ✿ 16- $\alpha$ -hydroxyestrone (16- $\alpha$ -OHE1)
  - ✿ actually encourages cellular growth (**tumor development**).
- ✿ A woman's (or man's) "biochemical individuality" determines which of these metabolites predominates.
- ✿ Studies have shown that measuring the ratio of these two metabolites provides an important indication of risk for future development of estrogen-sensitive cancers.

# The Good vs. the bad

## ✿ Estrogen ratios are critical

- ✿ In a case-controlled study, Kabat et al found that postmenopausal women with a 2/16 ratio **below 1.38** had a multivariate adjusted odds ratio of **33** for breast cancer risk, whereas those with a 2/16 ratio **between 1.38-1.90** had an odds ratio for breast cancer of **10**. Analyses of the individual metabolites indicated that urinary 16a-hydroxyestrone was also a strong risk factor.

✿ **A THREEFOLD RISK INCREASE !!!**

# 2/16 Estrogen Ratios

✿ Some studies indicate breast cancer risk factors ***ten times*** higher

- ✿ The study of Luo et al, and Ho et al, was a case-controlled study of 101 Chinese women, comprising 65 breast cancer patients and 36 controls. These investigators found that the profile of urinary estrogen metabolites was distinctly altered in breast cancer patients.
- ✿ Multiple linear regression analysis showed that the odds ratio of breast cancer for women with higher 2/16 ( $>0.9$ ) was 0.1, or **one-tenth** that of those with  $2/16 < 0.9$ .
- ✿ This significant difference was seen for both pre- and postmenopausal women. Controls were randomly selected from women who were confirmed to have benign breast disease by histology of breast biopsies This significant difference was seen for both pre- and postmenopausal women (copyright 2008: Jerry Morrison ND)

# Good vs. bad estrogen

- In every experimental model in which 2-hydroxylation was increased, protection against tumors was achieved.
- Correspondingly, when 2-hydroxylation was decreased, an increase in cancer risk was observed

🍀 *Bradlow HL et al. 2-Hydroxyestrone*

# Measuring E2 / E16 ratios

- ✿ The Estronex™ 2/16 Test from Metamatrix Clinical Laboratory measures the ratio of these two critical estrogen metabolites from a single urine specimen.
- ✿ Estronex 2/16 ratios less than 2.0 indicate increasing long-term risk for breast, cervical, and other estrogen- sensitive cancers.
- ✿ Importantly, nutritional interventions can help raise Estronex 2/16 ratios and decrease long-term risk.

# Estronex Test

- ✿ Does this take the place of mammograms or thermography?
- ✿ No; the Estronex test is to help screen for risk factors which increase the likelihood of developing breast cancer years or decades before it occurs.

# Estronex Test cont.

- ✿ Thermography and mammograms only confirm a detectable pathology that has already developed but do **NOTHING** to help reduce a woman's risk.

# Breast Cancer risk reduction plan

- ✿ To increase 2/16 ratio of hydroxyestrogens:
- ✿ “Cruciferous Complete”, 2 to 3 tablets with meals
- ✿ If hypochlorhydria is suspected, consider Zypan after meals

# Breast Cancer risk reduction plan

- ✿ To support phase 2 methylation of estrogens (methionine, choline)
  - ✿ Reduce inflammation:
    - ✿ Vitanox ( tumeric, catechins) - 1 to 2 per day
    - ✿ Protefood (methionine) - 1 w/meals
    - ✿ Lecithin or Choline - 1 to 2 per day w/meals
    - ✿ Spanish Black Radish - 2 to 4 per day
      - ✿ especially if woman is experiencing cyclical breast tenderness.
    - ✿ a few Brazil nuts per week (methionine)
    - ✿ a few servings of lentils a week (methionine, choline)

# Breast Cancer risk reduction plan

- ✿ To aid in clearance of methylated estrogens from the body
  - ✿ One or two tablespoons of fresh ground flax three to four times a week
  - ✿ Supply natural levels of Calcium D Glucarate, Oranges, Cruciferous Complete
  - ✿ Evaluate and address gut ecology

# Men and Estrogen

- ✿ For men with prostate problems, BPH or prostate cancer
- ✿ Remember that the prostate has as many or more estrogen receptors as testosterone receptors !

# BRCA1 Gene Mutation

- ✿ 60-80% likely to get breast, & ovarian cancers
- ✿ Very aggressive
- ✿ Triple-negative tumor
- ✿ None of the usual hormonal markers
- ✿ Difficult to treat

# Oncogenes do not need to express

- ✿ Eat **organic only** (veggies, quinoa, green tea, white tea)
- ✿ Eat low-glycemic foods (high sugars and processed foods = chronic inflammation)
- ✿ Eat small meals six times a day
- ✿ Important nutrients daily:
  - ✿ CoQ10
  - ✿ Milk Thistle
  - ✿ Melatonin
  - ✿ L-carnitine
  - ✿ Vitamin D
  - ✿ Flax seeds
  - ✿ Shitake mushrooms
  - ✿ Vitamins E & C

# Summary: Points to Remember

- ✿ Your environment creates toxic load
- ✿ Heavy metals have a big impact
- ✿ Estrogen balance is important for men and women
- ✿ Detoxification: reduce inflammation, promote methylation and sulfation, take antioxidants
- ✿ Oncogenes do not need to express

# More Information

## ✿ Angel Chiropractic

✿ <http://angelchiro.com>

✿ Come visit us!

✿ 15 Princess Street, Sausalito, CA

✿ (415) 332-0621