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Stress & Cancer: Why You Need to Slow Down and Relax More for the Sake of Your Health

By Ty Bollinger

For many of us, it's something of an adrenaline rush to stay as busy as possible. I'll be the first to admit that maximizing efficiency as part of my already hectic daily routine is highly satisfying – especially when I'm able to accomplish so much more in a day than I ever thought possible. But there comes a point when loading up our schedules with too many obligations becomes detrimental to our health and we need to pause and take a serious look at the stressors in our lives.

Stress is a major killer in our world today. It is so damaging to our bodies, in fact, that it ranks right up there with poor diet and exposure to toxic substances in terms of how it influences the formation and progression of serious health conditions like cancer.

I would even argue that stress is perhaps *more* problematic in terms of cancer risk than some of the other usual suspects. This is because it's something that many people carry around with them all the time without giving it a second thought. In the 21st century, in other words, stress has pretty much become second nature. It's now a "normal" part of everyday life for busy people, despite the fact that it's silently taking a major toll on public health.

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Message From Ty Bollinger



Summer is in full swing and it's the time of year when many people look forward to a little extra R&R. But if a one week summer vacation is the only downtime you allow yourself... your health could be suffering as a result.

In this issue of the newsletter we're diving into the topic of stress, and why you need to take a good look at the situations in your life that might be stressing you out.

Not that I always practice what I preach when it comes to work stress, mind you. My film crew and I are heading off at the beginning of July for a month of non-stop filming for our next Truth About Cancer docu-series. While travel can be stressful, I'm very excited about all the amazing experts we've lined up to interview, and can't wait until I can share more details with you.

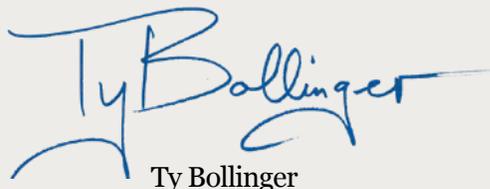
You've likely heard that an excellent way to cope with stress is by meditating. In our Ask the Expert feature this month you'll get some helpful advice from cancer coach and meditation teacher Jackie Roberge on the whys and hows of establishing a healing daily meditation practice.

To round things off, "Breast Cancer Conqueror" Dr. Véronique Desaulniers has a very interesting article examining how a common article of clothing is linked to an increased risk of breast cancer. A must read for every woman!

Plus, we're bringing you three new healthy and tasty recipes in Charlene's Cancer-Fighting Kitchen.

Sit back, relax, and enjoy this edition of the newsletter.

Until next month...


Ty Bollinger

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Mainstream Denial of Stress-Cancer Link Is Harming Millions

What makes the situation worse is that mainstream medicine routinely ignores the scientific link between stress and cancer. Many conventional doctors and oncologists even vehemently *deny* that stress plays any role whatsoever in causing cancer, claiming inadequate science as proof.

The group Cancer Research U.K., for instance, claims that the majority of scientific studies definitively show that stress “does not increase the risk of cancer.” While the group does admit that some “individual studies” have identified a link between stress and breast cancer specifically, the “overall” evidence for this “has been poor,” this prominent organization insists.¹

The National Cancer Institute (NCI) is similarly positioned, suggesting that scientific evidence linking stress to cancer is “weak.” While prolonged psychological stress can, indeed, lead to health problems, both mental and physical, the NCI insists that it’s really the auxiliary behaviors that often accompany chronic stress – “binge” eating, smoking, and alcohol consumption being three common examples – that represent the real triggers of stress-associated disease.²

I bring up the statements by these organizations so you can see the contrast between what these groups are *saying* about science versus what science *actually* says.

Stress as a Permanent Fixture Is Far More Damaging Than Fleeting Moments of Stress

Case in point is the prestigious MD Anderson Cancer Center at The University of Texas, which holds a much more progressive position on the matter. Experts from MD Anderson admit that there are many scientific links between stress and cancer. They note that prolonged, or what’s commonly referred to as “chronic,” stress is one of modern society’s most insidious killers.

As opposed to occasional (acute) stress, chronic stress has “a profound impact” on how the systems of the body function, to quote the words of Dr. Lorenzo Cohen, PhD, a professor of General Oncology and Behavioral Science and director of the Integrative Medicine Program at MD Anderson. He describes a perpetually stressed body as being “more hospitable to cancer” than a non-stressed body and suggests that people should do everything they can to eliminate, or at least reduce, their overall stress load.

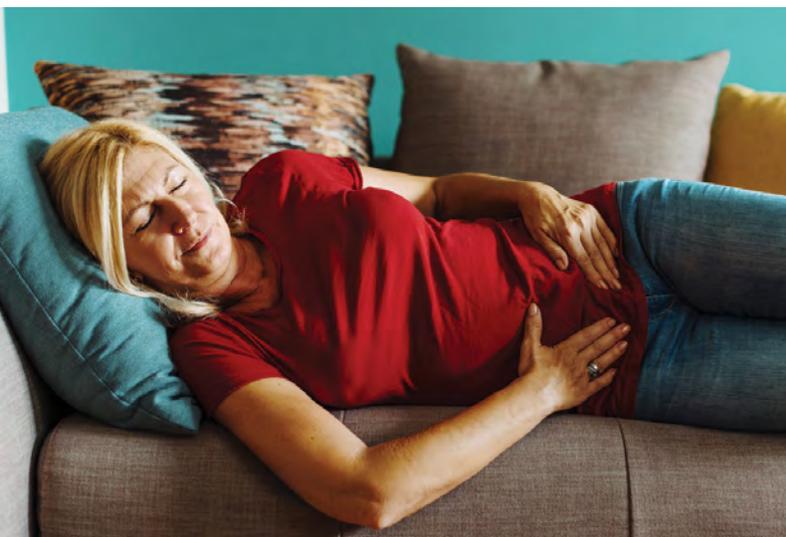


Prolonged or “chronic” stress is one of modern society’s most insidious killers

Keep in mind that stressful situations can be relatively harmless as long as they pass. Things like nervousness before an important speech or temporary moments of frustration during heavy traffic probably aren’t going to kill you, in other words. But constantly worrying about the affairs of life just might because it has no end. It basically drains the body of its critical life-force, weakening the immune system and opening it up to progressive failure.

“Caring for a sick loved one or dealing with a long stint of unemployment are common causes of chronic stress,” Dr. Cohen says. His colleague, Dr. Anil K. Sood, notes that

digestive problems and depression are among the earliest symptoms of developing health problems associated with stress. “Chronic stress also can help cancer grow and spread in a number of ways,” says Sood.³



Digestive problems and depression are two early symptoms of developing health problems associated with stress

How Stress Takes Over Your Body and Drains Your Health

The reason for this is that whenever you encounter a stressful situation in life, your body basically has to kick everything into overdrive. The hypothalamus region of your brain sounds a system-wide alarm, activating various nerve and hormone signals throughout the body. One of these signals tells your adrenal glands to begin producing stress hormones such as cortisol and adrenaline, the job of which is to help your body engage and basically neutralize the incoming stress threat.

As this is all happening, your heart rate and blood pressure both increase rapidly, supplying your body with more energy to put up a fight in an attempt to restore proper balance. The presence of cortisol in particular triggers an increase of glucose (sugar) in the bloodstream. This enhances brain function and aids in supporting other substances whose job it is to repair any tissue that gets damaged during the stress event.

It's a body-wide call to arms, if you will, that requires all hands on deck. Many of the vital resources that would otherwise be used to support the normal functionality of your body are diverted to combat whatever stressful situation you might be facing. This puts your immune, digestive, reproductive, and growth systems in a temporary hold state. One of the main purposes of stress hormones, in fact, is to temporarily mute these other bodily functions that are either non-essential or even harmful were they to occur during a stressful event.

Again, it's a natural sequence of events that's completely normal and healthy – so long as it only lasts for a short while. Under normal circumstances, your body is able to eliminate the stressor in question and quickly recover, allowing it to once again achieve an optimal state of homeostasis for fully restored function. It's really only when these short-term “fight or flight” responses to stress don't subside in a timely manner that problems can arise.⁴

Early Symptoms of Chronic Stress That Could Eventually Lead to Cancer

The stress-response system that I've just described isn't designed to remain activated for prolonged periods of time, in other words. In the event that it gets stuck in the “on” position due to chronic stress, the body essentially becomes saturated in cortisol and other stress hormones that cause damage when they stick around for too long. Some of the symptoms of this include feelings of anxiety and depression, digestive problems, headaches, difficulty sleeping, weight gain, problems concentrating, and impaired memory.

Another major early warning sign that you might have too much stress in your life is constant fatigue, seemingly without cause. If your mind routinely wanders to the negative, leaving you unable to focus on the task at hand, this could be another indication of too much stress. Stressed out people are also known to be highly

impulsive, especially when it involves engaging in unhealthy habits. If you find yourself feeling irritable or anxious as you seek out “comfort” food as a quick fix, you’re probably dealing with unhealthy stress levels.

Keep in mind that, as bad as these things can be, they’re among the milder symptoms that develop early on as a direct consequence of chronic stress. As time goes on, they can worsen into more serious health problems like heart disease and cancer that are much more difficult to reverse. This is why it’s critical to nip stress in the bud early so as to avoid the catastrophic outcomes associated with its prolonged presence.

When I interviewed cancer survivor Pamela Kelsey as part of *The Truth About Cancer: A Global Quest*, she explained to me how she’s convinced that stress was a major contributing factor to her developing liver cancer. It was the difficulties she had dealing with stress that first brought her into her doctor’s office for a physical, where she would quickly learn that the problem was much more severe than she expected. Pamela actually had a total of 22 focal lesions on her liver that had to be dealt with.



In Episode 1 of TTAC: A Global Quest, Pamela Kelsey tells of healing from pancreatic cancer in 1975 but then being diagnosed with liver cancer in 2011 while seeing her doctor about stress

Regular TTAC contributor Dr. Véronique Desaulniers (Dr. V.) from Breast Cancer Conqueror is another amazing cancer survivor. Dr. V. shared in our docu-series that she believes her own failure to properly manage stress in her life directly contributed to her breast cancer diagnosis. However, coming to this realization took a whole lot of contemplative thinking and deep soul-searching *after* the fact.

The good news is that both of these women are cancer survivors, despite having been woefully unaware of the fact that stress was causing so much damage in their lives at the time. But not everyone is as lucky as they are. This is why I truly hope you’ll take inventory of your own life and identify factors that might be causing stress in order to eliminate them *before* they have the chance to cause serious harm.

Stress Can Alter Your Genetics, Causing Cancer Cells to Spread and Form Tumors

Learning how to get a grip on stress in its earliest stages is thus critical to minimizing your risk of disease. I’ll get more into some tips on how to do that shortly. But before I do, let’s take a closer look at some of the science that supports this working hypothesis, including one particular study I found that identifies a master “stress gene” that plays a major role in cancer metastasis.

Our bodies contain a gene known as ATF3 that activates whenever our cells are presented with any type of stressor that threatens their homeostatic balance. Should a given stressor be too strong that it threatens to permanently damage an otherwise healthy cell, ATF3 is programmed to send out a signal telling that cell to self-destruct. This is a completely normal process that occurs throughout the day, every day, inside our bodies.

But the process isn’t foolproof, especially when too much stress and pre-existing cancer cells are involved. When stress becomes too much for the body to bear,

roving cancer cells that would otherwise never get the chance to form into tumors gain the upper hand. Research shows that cancer cells can actually *reprogram* the way that ATF3 operates entirely, causing this gene to *help* malignant cells instead of healthy cells. This in turn can cause cancer cells to spread and grow and tumors to form.

Keep in mind that our bodies already have more circulating cancer cells inside of them than many people think. Under normal circumstances this isn't a big deal since the immune system is usually able to get rid of them before they have a chance to develop into masses, form their own blood supplies, and basically take over. But stress directly interferes with this process, causing it to go awry.

"If your body does not help cancer cells, they cannot spread far," says senior study author Tsonwin Hai, a professor of molecular and cellular biochemistry at Ohio State University, about this phenomenon. "So really, the rest of the cells in the body help cancer cells to move, to set up shop at distant sites. And one of the unifying themes here is stress."⁵

What I find particularly fascinating about all this is that it just goes to show how damaging stress can be in terms of cancer progression and spread. The American Cancer Society (ACS) says that cancer metastasis is by and large the most significant challenge when it comes to gaining control over a diagnosis. Based on what we now know about the ATF3 gene suggests that stress is a much bigger deal in this regard than one might expect.

Another study published several years earlier arrived at similar findings. While emphasizing that there exists limited evidence to suggest an association between stress and the initiation of cancers, researchers from both Iowa and Texas were unable to deny that more than 30 years' worth of epidemiological and clinical

studies provide very strong evidence that chronic stress, as well as depression and social isolation, are indeed major factors in cancer progression and spread.⁶

Numerous Studies Suggest Stress Can Also Cause Cancer

At the same time, there are a number of studies that point to stress as a *cause* of cancer as well. One of these was conducted by the Japan Public Health Center as part of a large prospective inquiry into possible links between perceived stress levels and cancer risk. Based on an evaluation of more than 101,000 people, researchers observed a slightly elevated risk of cancer among individuals with high *perceived* stress levels compared to those with low perceived stress levels.⁷



A 2017 Japanese study found slightly elevated rates of cancer in people with higher perceived levels of stress than those with lower perceived levels

Another study out of South Korea that was published in the *Journal of Analytical Science and Technology* points to stress as a direct cause of cancer initiation, growth, and metastasis. The study directly links stress to depression, explaining how its activation of the hypothalamic-pituitary-adrenal (HPA) axis, the sympathetic nervous system, and the neuroendocrine system at large puts immense strain on the body-whole, inhibiting the immune system and paving the way for cancer cells to flourish.⁸

Research out of Sweden identified similar links between excess stress and cancer. A nationwide cohort study of Swedish military men found that those with the lowest stress resilience had the highest cancer risk, and vice versa. This same study emphasized the importance of altering behavioral choices and social patterns as an adolescent, or as early as possible, so as to minimize cancer risk into adulthood.⁹

From an immune perspective, stress hormones like cortisol and adrenaline have further been shown to directly weaken the body's natural anti-tumor defense systems. Researchers once again from MD Anderson published a study in *The Journal of Clinical Investigation* showing how chronic stress inhibits a special type of programmed cell death known as *anoikis* that basically destroys any cancer cells that try to break off from the "mother" tumor and spread elsewhere in the body.

Chronic stress engages a protein known as *focal adhesion kinase*, or FAK, that protects malignant cells from this normal anoikis process, effectively allowing them to metastasize and proliferate. When stress hormones are kept in check, however, anoikis functions as it should, and cancer cells are prevented from going rogue.¹⁰

Oxidative Stress: Another Type of Cancer-Causing "Anxiety" Caused by Psychological Stress

Another thing that caught my attention was a study I came across that identified a link between what the study authors referred to as severe life stress (which is basically just a fancier way of saying chronic stress) and oxidative stress. Oxidative stress, as you may already know, is a type of cellular stress that occurs inside the body. Typically, oxidative stress results from too much exposure to "bad" things and not enough intake of "good" things.

Environmental toxins, food pesticides, pharmaceutical drugs, refined sugar, and lack of sleep are among the negative influencing factors most often associated with oxidative stress. You've probably heard the recommendations about intaking more antioxidants to help combat the resulting free radical damage. But have you ever heard *psychological stress* talked about in conjunction with oxidative stress?



Oxidative stress is caused by a number of factors including lack of sleep, refined sugar, environmental toxins, food pesticides, and pharmaceutical drugs

I sure didn't, at least until stumbling across the study in question. Oxidative stress, it turns out, is one of the ways that our bodies attempt to cope with an onslaught of psychological stress. Along with the activation of the central nervous and immune systems, free radicals form inside the body in response to chronic stress, just as they do when your skin is exposed to too much ultraviolet (UV) radiation, for instance, or when you eat too much junk food.

Too much oxidative stress, however (just like too much stress) is highly detrimental. If left to its own devices, unbridled oxidative stress can eventually lead to the formation and spread of cancer. Recognizing that psychological stress drives oxidative stress, based on the findings of this study, it becomes undeniably clear that *stress can cause cancer*.¹¹

6 Powerfully Effective Ways to De-Stress for Sustained Health

To sum it all up, stress, as it was first defined by endocrinologist Hans Selye back in 1936, basically encompasses an insufficient response by the body to the various mental, emotional, and/or physical challenges of life, regardless of whether they're real or imagined. It can take many forms and may even go unnoticed, especially when it persists in a state of constancy.¹²

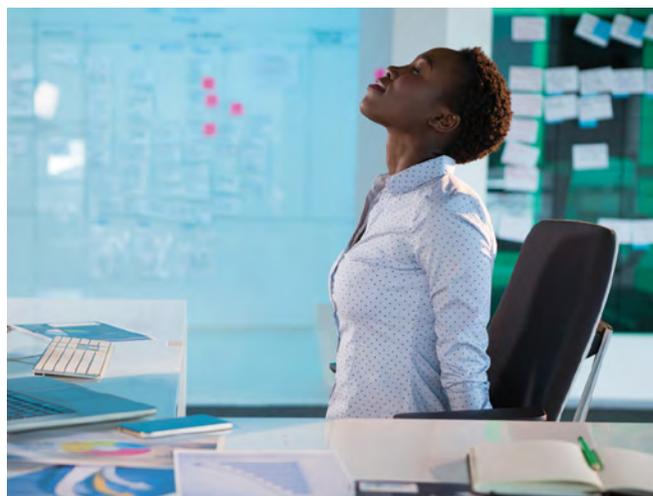
The best way to “fix” stress (apart from eliminating it altogether) is to support your body's natural response to it. This can include everything from actively combating negative thoughts to simply taking a deep breath whenever things start to feel like they're spiraling out of control. In one of the studies I mentioned earlier, Traditional Chinese Medicine (TCM) was investigated as a natural remedy for stress.¹³

It's all about supporting the body's general adaptation to stress, a built-in mechanism that, as we've already covered, sometimes needs a little extra boost to stay in tip-top shape. **Getting plenty of sleep** is the first place to start, as this is when your body recharges your adrenal glands and immune system. Burning the candle at both ends is a surefire way to invite disease into your life, as well as increasingly more stress.

Another important element of stress management involves **actively identifying stressors** in your life in order to remove them, if at all possible. This might look like taking a careful mental inventory of your daily routine and discerning anything that stands out as a point of contention or an unresolved issue. My advice would be to focus on avoiding, or at least addressing, things that upset or otherwise distract you from “going with the flow.”

Deep or rhythmic breathing, as I covered in last month's newsletter, is another way to help “massage” your sympathetic nervous system and thus keep it relaxed. You've

probably noticed during times of immense stress that your heart begins to pound and you start breathing more rapidly. These are normal bodily responses that you'll want to make sure only last for a short time. Too much “adrenaline rush” can lead to internal conditions that are favorable to the growth and spread of cancer cells.



Taking deep, slow breaths can help re-set the nervous system and mitigate the negative effects of stress on the body

Calming essential oils like lavender and citrus can also be helpful in stress management. I keep a diffuser running in my office at all times for this purpose, as I've noticed that my favorite essences help me to stay balanced and in control of my emotions and behavior. They also help me to work when I need to work, and rest when I need to rest, supporting a healthy work-life equilibrium. Research out of Germany actually found that essential oils work just as well as, or even better than, chemical drugs like valium at relieving anxiety, soothing the senses, and promoting healthy rest.¹⁴

Finding things you like to do and incorporating them into your daily life is duly critical. **Fun hobbies or even just some simple R&R** can go a long way in helping to replenish the life-force that stress depletes from your body. Such activities can include things like spending quality time with your family and friends, or even volun-

teering your time towards a worthwhile cause as an act of charity. Basically it's whatever you enjoy that makes you feel good.

When all else fails, there's also the treatment route. **Professional counseling** can go a long way in helping you to catalog your life and pinpoint the things that are making it more stressful. Qualified psychologists are well-versed in helping stressed-out people to improve their overall quality of life by encouraging them to talk things out, identify any lingering problems, and work on ways to address or eliminate daily stressors.

About Ty Bollinger



After losing several family members to cancer (including his mother and father), Ty Bollinger refused to accept the notion that chemotherapy, radiation, and surgery were the most effective treatments

available for cancer patients. He began a quest to learn all he possibly could about alternative cancer treatments and the medical industry.

Ty has now made it his life's mission to share the most remarkable discovery he made on his quest: the vast majority of all diseases (including cancer) can be easily prevented and even cured without drugs or surgery.

Ty is a happily married husband, the father of four wonderful children, devoted Christian, best-selling author, medical researcher, talk radio host, health freedom advocate, former competitive body-builder, and also a certified public accountant.

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Ask the Expert: How to Get Started on a Meditation Practice for Health & Healing

With Jackie Roberge

Editor's note: Meditation is often mentioned on TTAC as a valuable tool in the cancer healing toolbox. But how often do you need to meditate and how do you get started? In this month's Ask the Expert, cancer coach and meditation teacher Jackie Roberge shares some tips to help you get started.

Q: Why is a regular meditation practice important for cancer patients?

A: I started meditating over 23 years ago and the first thing I noticed was a boost in my immune system. I went from having back-to-back colds and feeling run down all the time to never being sick. To this day, I don't get "normal" colds. I may get a scratchy throat or a sniffy

nose but it does not get worse or last long. Research on mindfulness meditation confirms what I experienced; that meditation has a positive effect on one's immune response.^{1,2} So this is the first, and I would say most important reason to meditate regularly. Whatever your treatment approach is, a healthy immune system is essential for healing and staying cancer free.

The next big benefit I found from my meditation practice was that I felt less tired. Having more energy is so important when you are healing from disease, recovering from chemotherapy, or integrating back into work mode. Deep meditation can be even more beneficial than sleep in terms of your body's capacity to regenerate and renew itself.

Another benefit I experienced (and that is now very well established) is that meditation helps you stay calmer and decreases your cortisol levels. In fact, you can think of meditation as a way of reversing the fight or flight response and bringing the body back into a more harmonious, balanced state. It also helps improve your mood, which is particularly important if depression is an issue for you. I found that it really helped me stay grounded so I was better at dealing with stress and challenges as they arose instead of being overwhelmed by them.



Regular meditation can improve your physical, emotional, and spiritual well-being

After meditating for a few years, I started to experience what I would call more contemplative or spiritual benefits. I felt ready to explore my life purpose – how I could make a meaningful difference in the world. I also felt more guided and supported and more open to looking for the learning instead of staying stuck in the challenges I faced. In my experience coaching cancer patients I have seen many people find their calling as a result of something that touched them deeply or helped them heal from their cancer. The other surprising result of finding more meaning in your life is that it can bring you newfound joy and a surge of energy that can be very uplifting, encouraging, and restorative on every level.

Given the many and diverse benefits of meditation, developing a regular practice is a top priority for all my clients on their healing journey. The holistic nature of meditation means that if done regularly, you will experience positive results in terms of your physical, emotional, and spiritual well-being. All this and it is free and can be done from almost anywhere, anytime.

Q: How often do I have to meditate to start noticing a difference?

A: I often use a diet analogy when I answer this question. If you wanted to lose weight and decided to eat really healthy once a week do you think you would notice a difference? Not likely. If you ate well for half of your meals over a week you may start to see some results. But to really get to and stay at your ideal weight you would want to change your eating habits and no longer see eating well as something you have to schedule. It would become part of who you are and how you live.

Meditation is similar. If you do it occasionally you may feel temporarily more relaxed. But to really get the benefits I mentioned above, you will want to find time to meditate every day, and ideally twice a day.

Q: How long should I meditate for and what technique should I use?

A: Remember that consistency is more important than how long you meditate for. An ideal time to meditate is 20 minutes, but even starting with 5 or 10 minutes is better than not meditating at all. Once you develop a regular routine you will start feeling the positive effects of meditation within a week or two (sometimes sooner) and you'll be more and more motivated to keep it up. I laugh when people ask me: "do you meditate on weekends and when you are on holidays?" I say, yes of course, sometimes I even treat myself to longer meditations on these occasions. I don't see it as a chore but rather as something that feels so good I never want to skip it!

To get started meditating it is often helpful to use a guided meditation. You can find them online or download an application on your phone or computer. Using guided meditations is a good place to start for a beginner. Using a mantra meditation is another option. You can repeat a mantra (repetitive sound) like “OM” or simply rest your attention on your breath. Every time your mind wanders or thoughts arise, you just acknowledge the thought, let it go, and go back to your point of focus.

Q: How can I meditate, my mind is always so busy?

A: Even more important than the technique you use is the attitude you bring to your practice. An attitude of non-judgement is essential; without it I would have given up long ago! Every time your mind wanders and you bring it back you are practicing mindfulness and this helps train your brain. So go into your meditations without any objectives and let go of the desire to get better or try harder!

Meditation is about “being” and not “doing,” which is something most of us are not used to. But with a regular practice your mind will slowly start to surrender to the fullness and peacefulness of the present moment.

Q: Are there some best practices I should keep in mind as I start to meditate?

A: Yes, here is a short list of things that will help you get going and stay the course.

- Commit to a regular ritual (e.g. at the same time and place) and try to stick to it everyday – make it a habit just like brushing your teeth
- Chose a comfortable place and sit up straight, without crossing arms or legs
- Turn off any distractions and tell family members you are meditating so they don't disturb you
- Meditate for 20 minutes, 2x per day
- Ideal times to meditate:
 - Sunrise, or first thing upon waking

- Sunset or the end of the afternoon, before dinner (it is best not to meditate on a full stomach as it slows down your digestion)
 - Some people also like to meditate right before bed because it helps them relax and fall asleep
- Take 1-2 minutes to do some conscious breathing and come slowly out of your meditation

To help you get started, visit www.cancershift.com for a free immune booster guided meditation.

About Jackie Roberge



Jackie Roberge is a Certified Holistic Cancer Coach and creator of the CancerShift program. She specializes and is passionate about helping people with cancer see their cancer journey in a new light and to explore its deeper

meaning or message. She helps people move from fear and anger to a place of greater acceptance, openness, peace and joy. Jackie's work is infused with spiritual insights and creative solutions to help people take a proactive, holistic approach to healing.

Jackie is also a certified True Purpose Life Coach, meditation teacher, and certified Yoga Instructor. She has been practicing Transcendental Meditation and yoga daily for over 23 years. She has also pursued studies in Creative Meditation and Visualization, Spiritual Psychotherapy and Psycho-oncology, Reiki, Belief Closet, Parts Work, and Ayurvedic Medicine. Her website is www.cancershift.com

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Charlene's Cancer-Fighting Kitchen



Watermelon and Arugula Salad



Here is a refreshing salad that is perfect for your next summer picnic. Watermelon is hydrating and loaded with potassium, which is good for the kidneys. While many people worry about the sugar content in watermelon, studies show that it actually helps lower blood sugar levels thanks to its potassium, magnesium, and arginine.

Watermelon is a good source of the phytonutrient lycopene, which has been found to significantly reduce the risk of many cancers, is cardioprotective, and supports eye health. Ripe (but not overripe) watermelon is best as it contains the most lycopene and beta-carotene.

Arugula, also known as rocket, is a leafy green that has anti-inflammatory, antibacterial, antioxidant, immunity-boosting, and antiviral effects. Its sulfur-containing substances, known as glucosinolates, inactivate toxic substances and protect cellular DNA from damage. Arugula is also high in the antioxidant alpha-lipoic acid, which may help prevent nerve damage in diabetics as well as those undergoing certain chemotherapies.

Yield: 4-6 servings

Preparation Time: 15 minutes

Ingredients:

- 3 cups seedless ripe watermelon, cubed and chilled
- 8 ounces wild or baby arugula
- 2 tablespoons balsamic vinegar
- 2 tablespoons extra virgin olive oil
- 1 shallot, minced
- Finely ground Celtic sea salt and freshly ground pepper
- ½ cup feta cheese

Directions:

1. Whisk together balsamic vinegar, olive oil, and minced shallot. Season with salt and pepper. Allow dressing to sit for 10 minutes for flavors to mellow.
2. Toss arugula with dressing; add watermelon, toss again. Sprinkle with feta and serve.

Servings Tips:

Feel free to add additional toppings if desired such as pumpkin seeds, pine nuts, slivered almonds, and red onion.

For all recipes, please use fresh, organic, locally-grown ingredients whenever possible, including organic, non-irradiated spices. This will give you the maximum cancer-fighting benefits.



Spiced Salmon With Wilted Spinach



Wild salmon is one of the best sources of omega-3 fatty acids, which helps to improve arterial function, reduces inflammation, lowers blood pressure, and reduces overall risk factors for disease.

Spinach is a powerful source of chlorophyll and glycolipids (fatty acids in chlorophyll-rich plants) which protect the digestive tract from inflammation and damage. Rich in zinc and selenium, it also helps to boost immunity and lower cancer risk.

Pastured butter from grass-fed cows contains conjugated linoleic acid (CLA), which is a polyunsaturated fatty acid. Research shows that CLA reduces the risk of various diseases, including type 2 diabetes, heart disease, and cancer. Foods from pastured animals also contain vitamin k2, which helps remove calcium from arteries and joints and directs it into the bones, where it belongs. K2 also inhibits cancer and is a natural aromatase inhibitor.

Seasoning the salmon with curry spices adds an anti-inflammatory boost to this hearty meal, but the spices can be omitted or exchanged if they do not suit your taste.

Yield: 2 servings

Preparation Time: 15-20 minutes

Salmon Ingredients:

- 2 six-ounce wild salmon filets
- 1 tablespoon pastured butter, softened
- 1 teaspoon curry powder or ½ teaspoon turmeric
- 1 teaspoon garlic powder
- Finely ground Celtic sea salt and freshly ground pepper
- 2 sprigs fresh thyme

Wilted Spinach Ingredients:

- 5 ounces baby spinach or mature spinach leaves, tough ends discarded
- 2 tablespoons pastured butter
- Finely ground Celtic sea salt and freshly ground pepper

Directions:

1. Preheat oven to bake or broil. Season salmon with spices, adjusting the amounts as desired. Season with salt and pepper. Dot with butter. Top each filet with a thyme sprig.
2. Broil 7-10 minutes or bake in a preheated oven at 400°F for 15 minutes or until salmon flakes easily with a fork.
3. While salmon is cooking melt butter over med-low heat in a large sauté pan. Add spinach and toss to coat; season with salt and pepper. Cover and cook for 2 minutes.
4. Remove lid from pan, turn the heat up to medium, and cook, stirring for one more minute, or until the spinach is wilted.
5. Divide the spinach onto two plates. Top each with a cooked salmon filet and serve immediately. Enjoy!



Gluten-Free Flaxseed & Chia Blueberry Muffins



These yummy muffins are grain-free, gluten-free, flourless, and fit well in a paleo-type diet. Flaxseeds are rich in health-promoting omega-3s and contain lignans, which have antiviral, antibacterial, antifungal, anti-cancer, and antioxidant properties. Lignans help flush excess estrogen out of the body, thereby helping to reduce the incidence of estrogen-linked cancers, such as breast cancer. It is important to purchase whole flaxseeds and grind just prior to use as the oils can easily oxidize when exposed to light.

A delicious accompaniment to muffins is hot or iced herbal tea. Did you know that certain herbal teas are powerful antiviral agents? Numerous studies show that viruses such as Epstein-Barr Virus (EBV) play a significant role in the incidence and progression of chronic diseases including autoimmune, inflammatory bowel disease, celiac, type-1 diabetes, and even cancer. This opportunist virus is lurking in most of the adult population. When activated it can hijack our B-cells, challenging our immunity.

Licorice root, lemon balm, and milk thistle are three teas that are not only delicious and nutritious, but help to protect against EBV.

Yield: 12 muffins

Preparation Time: 25 minutes

Ingredients:

- 2 cups whole flaxseed, coarsely ground
- 1 tablespoon chia seeds
- 3-4 teaspoons stevia (or ¼ cup coconut sugar or maple syrup)
- 1 tablespoon aluminum-free baking powder
- 2 tablespoons ground Ceylon cinnamon
- ¼ teaspoon ground cloves
- ⅛ teaspoon ground nutmeg
- ½ teaspoon fine Celtic sea salt
- 5 large pastured eggs
- ½ cup filtered water, room temperature
- ⅓ cup melted coconut oil
- 1 teaspoon pure vanilla extract (optional)
- ½ cup fresh or frozen wild blueberries (optional)

Directions:

1. Preheat oven to 350°F and line a 12-count muffin pan with non-bleached paper liners. Set aside.
2. Coarsely grind the flaxseed (a coffee grinder works well for this). Add flax seed, sweetener, chia seeds, baking powder, spices, and salt to a large bowl. Whisk to combine fully and set aside.
3. Put eggs, water, oil, and vanilla extract into a blender. Blend on high for 30 seconds, until foamy.
4. Transfer liquid mixture to the bowl with the flaxseed mixture. Stir with a spatula, just until liquid is incorporated. The mixture will be very fluffy.



5. Fold in blueberries, if using. Once blueberries are added, allow batter to sit for 3 minutes.
6. Spoon batter into prepared muffin cups and bake for 13-15 minutes, or until a toothpick inserted comes out clean.
7. Remove pan from the oven and transfer muffins immediately to a cooling rack.
8. Muffins can be served warm or at room temperature. Store in the refrigerator for 3-4 days or in the freezer for up to 3 months.

About Charlene Bollinger



Charlene Bollinger is a devoted Christian, happily married wife, joyful mother of 4 beautiful home-educated children, health freedom advocate, co-founder of TheTruthAboutCancer.com and Organixx.com along with Ty and their partner, Jonathan

Hunsaker. She is a former model/actress/fitness buff, and lover of healthy food and healthy living.

After losing various family members to conventional cancer treatments, Charlene and Ty learned the truth about cancer and the cancer industry, and together work tirelessly helping others to learn the truth that sets them free to live healthy, happy lives.

Charlene speaks at various conferences and is a guest on various health related radio shows together with Ty, helping people to learn that cancer does NOT have to be a death sentence. Together they host a biweekly internet news show program, *TTAC Global Health News*.





4 Reasons Your Bra May be Causing Breast Cancer

By Dr. Véronique Desaulniers

More than 250,000 American women will be diagnosed with breast cancer this year.¹ Could bras be partly to blame? I know what you're probably thinking: Bras cause breast cancer? You have GOT to be kidding! I wish I was. Unfortunately, there is a little-known epidemic out there and it has to do with that particular piece of apparel you thought was supposed to just hold up your cleavage. Increasing evidence suggests that your bra may also be raising your risk for cancer as well. Let's explore why.

The Bras and Breast Cancer Connection

Let's first examine the four primary ways that bras contribute to increased breast cancer risk:

1 | Your Bra May Be Harming Your Lymphatic System.

The most important thing to understand about bras and breast cancer has to do with the lymphatic system.²

A woman's lymph system is one of the main outlets for draining toxins from the body. It is also one of the main lines of defense against harmful pathogens, including viruses, bacteria, and mutant cells such as cancer cells.

Lymph nodes also act as filters for lymph fluid, which contains protein molecules, salts, immune system cells, glucose, and other substances which are carried to various parts of the body. Lymph fluid can also contain toxic material that will be flushed out of the body.

In addition, lymph nodes play an important part in the immune system since they are storehouses and production factories for certain kinds of immune system cells. Especially important for cancer prevention are Natural Killer Cells. NK Cells are lymphocytes that have the ability to control tumor growth and microbial infections.³

There can be anywhere between 501 and 700 lymph nodes total in a woman's body,⁴ but there are only 20-40 lymph nodes in the breast area. Yet they are crucial for the whole system.⁵ Approximately 85% of the total volume of lymph fluid flows between nodes in the armpits as well as underneath the breast bone area.

Lymph nodes around the breast area are broken up into two categories: axillary nodes, which are located under and around the armpit, and sentinel nodes. When cancer begins to spread from the breasts to the rest of the body, the auxiliary nodes are often the first place it will go.



Axillary lymph nodes are located under and around the armpit and are often the first place where breast cancer spreads

A 1991 study conducted by the Harvard School of Public Health found that women who did not wear bras had half the breast cancer risk compared to women who wore bras.⁶ Why is this?

The bottom line is that lymph fluid needs to flow and the entire lymphatic system works best with as little restriction as possible. As we shall see by the numerous studies mentioned below, when a woman wears a tight bra for long hours each day, over time lymph node flow may become seriously impaired. This can lead to a cascade of consequences: immune system cells do not go where they are supposed to, the breast area heats up

and toxins, such as aluminum molecules from antiperspirant use,⁷ become stagnantly lodged in the mammary gland area. All this creates a situation that is ripe for cancer to develop.

2 | You May Be Wearing Your Bra Too Many Hours Each Day. The number of hours a day a woman wears her bra may play a critical role in her risk for breast cancer as well. For their book, *Dressed to Kill: The Link between Breast Cancer and Bras*,⁸ researchers Sydney Ross Singer and Soma Grismajer conducted a study with over 5,000 women. They found that women who wore a bra 24 hours a day had a 3 in 4 chance of developing breast cancer. They also found that those who wore a bra less than 12 hours a day reduced that risk significantly, to one in 52.

Other reports from around the world confirm these findings. A 2016 study⁹ of 152 patients with breast cancer and 152 controls conducted by the University of Brasilia in Brazil found that length of bra wearing, defined as wearing a brassiere for "several hours each day," had a significant impact on breast cancer risk. Prior reports out of China¹⁰ and Scotland¹¹ came to similar results.

Wearing a bra for long hours may cause other uncomfortable and potentially dangerous side effects as well, some of which can also raise the risk of breast cancer. These include backaches, headaches,¹² breast pain,¹³ nerve damage, and even IBS.¹⁴

In fact, wearing a tight bra many hours a day can cut off lymphatic flow to such a point that cysts or "fibrocystic breast disease" may develop, according to some experts. A 1999 investigation at Western General Hospital in the U.K. found that "[w]omen with breast cysts are at an increased risk of breast cancer, especially at younger ages."¹⁵ They also found that the type of cyst did not matter; they all carry with them a higher risk for mammary gland cancer.

3 | You May Be Wearing a Tight Bra or an Underwire.

All of the side effects of bra-wearing mentioned above, including breast cancer, are compounded if restriction of mammary tissues is exacerbated by wearing a bra that is too tight, and especially if a woman wears an “underwire” bra.

In the Brazilian study mentioned above, tightness of the bra played a critical role in raising breast cancer risk. In *Dressed to Kill*, the authors found that the longer a bra is worn, and the tighter the bra is, the higher the risk for cancer. The authors say that, in some cases, the risk of breast cancer can be 100 times higher for women who wear tight bras 24/7.

And what about that pesky underwire? It turns out that that thin wire strap that was first introduced in the early 1940s may be more of a threat to health than previously thought. According to Energy Medicine pioneer Donna Eden,¹⁶ the underwire (whether it be actual wire or plastic), has the potential to clog and disturb energy flows in the body:

“In Energy Medicine terms, the wire has the effect of clogging Neuro-lymphatic Reflex Points that are located around the breast, which inhibits energy flow,” says Eden. “This results in slow but steady harm to the lymph tissue in the breast. Energy and lymph fluid naturally move through these tissues, but this movement may get blocked due to continual exposure to the wire in a bra...Clogged energies and related physical residue can create pain and also an internal environment that invites future health problems, including cancer.”

Another factor to consider when it comes to metal underwire bras is the unique way metal may sometimes react to the human body. Dr. George Goodheart,¹⁷ called the “Father of Applied Kinesiology,” often spoke of the “Antenna Effect,” which describes the way in which metal objects on or near the body may affect health. His

theories became the basis for products such as “AcuAids,” which are BB-sized metal balls used at key acupuncture points in order to increase stimulation for particular health effects.

While acupuncture/acupressure stimulation using metal may be good in small amounts, constant overstimulation over time can and often does cause problems, not only to acupressure point areas themselves but also to organ systems related to that point along Chinese meridian flows.¹⁸



Not only can the underwire in bras press into flesh and cause physical discomfort, it has the potential to disturb energy flows in the body

“In the beginning of stimulating a point, it is stimulated – often causing an increase in associated function,” states Chiropractor John D. Andre, DC, ND¹⁹ in a recent article about the subject. “Later on, this continued stimulation causes sedation of that point and a subsequent decrease in its associated function. It’s a mechanical thing. If a woman keeps the metal UnderWires on top of those reflex points, over time that WILL mess up the functioning of the associated circuits: Liver, Gall Bladder, and Stomach. Bottom Line: It will likely make her sick, slowly and quietly.”

4 | You May be Using Your Bra to Carry Your Cellphone.

Finally, another factor related to bra-wearing and breast cancer is the deadly habit of using one’s bra to carry a cell phone. This issue is especially prevalent among

young women. A 2013 survey claims that 40% of college-age women use their bra as a cell phone carrier; 3% keep it there at least 10 hours a day.²⁰

The connection between cellphone use and breast cancer in general has now been unequivocally proven by science. In 2016, the United States National Toxicology Program (NTP), a part of the U.S. National Institutes of Health (NIH), completed a \$25 million multi-year study on cellphone emissions.²¹ Between 2009 and 2015, the NIH studied cancer risk on rats exposed to various levels of cellphone radiation for approximately 9 hours a day. Interestingly, the study was originally conducted to prove the *safety* of cellphones. What they found instead, however, was perhaps the tightest and strongest evidence to date on the dangers of cellphone use. The rodents which were exposed to the greatest levels of radiation had the higher occurrence of glial (brain) tumors and other cancers, as well as complications with the heart.

Placing your cellphone inside your bra exposes you to unnecessary breast cancer risk, hands down. A report in the May 2012 issue of the *Environmental Health Trust Newsletter*²² described case reports conducted by researchers at the University of Irvine in Southern California.²³ One case of multiple breast cancer tumors was in a young woman who used her bra as a cell phone carrier for years. The doctor commented that he could trace the shape of her cell phone by those tumors on her breasts!

Hormonal glands are also especially vulnerable to cellphone radiation. When you place your cellphone in your bra, it is dangerously close to the thyroid too, which is “mission control” for the production and regulation of just about every hormone in the body (not just thyroid hormones). Studies by Electromagnetic Frequency (EMF) expert and former Imperial College London lecturer Andrew Goldsworthy,²⁴ as well as others, have shown that the thyroid gland can be adversely affected by overexposure to cellphone EMFs.



Women need to keep cellphones out of bra straps and pockets and stored as far from the body as possible

Cell phones release ongoing, high-level doses of non-ionizing radiation which can cause DNA damage. Keeping your cell in your bra means it is also close to your heart, thyroid, major lymph pathways, and breasts. And this means higher breast cancer risk for you.

Steps to Help Prevent Breast Cancer

In a revealing article for *Fast Company* magazine,²⁵ new generation bra designer and entrepreneur Bree McKeen explains that she spent a good portion of her 20s visiting doctors and chiropractors, convinced that the reason why she always felt so uncomfortable in her bra was because of her own posture issues. When she eventually began designing her own bra – a process that took over three years – she met with dozens of women who were wearing the wrong-sized bra.

“We had a woman come in that had scarring from her underwire,” McKeen told *Fast Company*. “She literally had scars . . . it was rubbing [her side] there for years.”

McKeen eventually threw away the conventional ways of measuring bra cups for her bra manufacturing company, Evelyn & Bobbi. She got rid of the straps completely and threw the underwire out the window. Bras, of course, are a “loaded garment” for women. Many women wear tight-fitting bras with heavy underwire for aesthetic reasons. Many do not want to face a higher cup size as a result of weight gain. Still others just don’t

know any better. How many women out there simply assume that a bra was meant to be uncomfortable and that is just the way it is? If you are a woman reading this, you may be one of them.

Uncomfortability, especially because of underwire or tightness, is a sign that something is wrong which may be impacting your health. Today, there are more options than ever when looking for a bra that will “do the job” and not harm your health in the process.

1 | Finding a comfortable, well-fitting bra is absolutely the first step. I recommend products from BGreen (<https://bgreen.com>), BrookThere (<https://www.brookthere.com>) or Cottonique (<https://www.cottonique.com>).

Here are a few other tips for practicing “bra safety:”

2 | Take it off! Granted, you may not be able to go braless in the board meeting or sitting at your desk at work, but what about when you get home or when you are lazing around on the weekend? Whenever you kick off your shoes, take off your bra as well. Remember that studies have shown that less time in the cup means less cancer risk!

3 | Don't wear an underwire. Whether it is plastic or metal, any piece of hard equipment that fits snugly under your breasts will cut off circulation for the lymphatic system and cause problems. As mentioned above, there are literally dozens of options for wireless brassieres which are form-fitting and stylish as well as safe.

4 | Exercise every day. Walking, swimming (in non-chlorine and non-bromide conditioned water), jogging, dancing, stretching, or any kind of exercise is great for every system in the body, including the lymphatics. Rebounding (i.e. mini-trampoline) can be especially helpful for getting the lymphatic fluid moving, for detoxification, and for building up the immune system. The U.S. Center for Disease Control²⁶ recommends 30 minutes of

moderate exercise or 20 minutes of aerobic exercise five days a week for optimum health. But even if you have just a few minutes to devote to it, get moving!

5 | Never put your cell phone in your bra. Close-proximity cell phone radiation exposure can cause cancer, plain and simple. Keep your cell phone out of your bra. Better yet, use a speaker phone instead of wireless earbuds and avoid putting the phone close to your head while talking. Finally, turn off your cell phone and all wireless devices and routers while you sleep.²⁷

6 | Stimulate neuro-lymphatic points under the breasts. “[P]alpating Neuro-lymphatic Reflex Points stimulates the flow of energy to the nearby lymph tissue and the release of toxin build-up,” says Energy Medicine expert Donna Eden. This involves lightly tapping, massaging, or applying gentle acupressure to the areas underneath and around the breasts. You can even incorporate tapping points below the breasts into your Emotional Freedom Technique (EFT) routine.²⁸



Remove constricting bras whenever possible, such as when relaxing at home

Dangers of Tight Bras and Underwires Have Been Known for Years

Little do most people know, the connections between bra use and breast cancer, as well as other conditions, have been studied for close to 100 years. Here are just some of the studies Singer and Grismaijer mention in their seminal book, *Dressed to Kill*:

» In 1931, Dr. William Mayo, founder of the Mayo Clinic, wrote an article called “Susceptibility to Cancer,” in which he disclosed his discoveries about the potential origins of breast cancer. “Cancer of the breast occurs largely among civilized women,” he wrote. “In those countries where breasts are allowed to be exposed, that is, are not compressed or irritated by clothing, it is rare.”²⁹

» According to Singer and Grismaijer, a forward-thinking bra designer commented on his 1950 patent notes that “[e]ven in the proper breast size, most brassieres envelope or bind the breast in such a fashion that normal circulation and freedom of movement is constricted. Many cases of breast cancer have been attributed to such breast constriction as caused by improperly-fitted brassieres.”

» A 1978 article in the *Lancet* posited that a cause of cancer may be that women who wore heavy bras had “hotter breasts,” while women who did not wear bras had “cooler breasts.” Even though intermittent hyperthermia³⁰ has proven to be a sound adjunct therapy for naturally healing cancer, ongoing overheating and constriction can lead to inflammation.³¹

» Other studies in the 1980s through 2000s have hypothesized that large breasts in tight-fitted brassieres can cause everything from tingling and nerve issues in the hands to shoulder pain and the interference with a mother’s milk production.

There have existed garments which have caused pain and even disease for women throughout history. That was in the past, however. Now you have the power of knowledge to back up what you may have known all along: any kind of constrictive, tight-fitting, or just plain uncomfortable article of clothing worn for long periods of time is going to come with possible negative side effects... some of them as dire as cancer.

Luckily, now you also know enough about the possible connections between bras and breast cancer to *do something about it* today for your health!

About Dr. Véronique Desaulniers



Dr. Véronique Desaulniers (also known as “Dr. V”) is a natural health pioneer with over thirty years active practice in Bio-Energetics, Digital Thermography, Meridian Stress Analysis, Homeopathy, and Chiropractic.

After she was diagnosed with breast cancer in 2004 and healed herself through natural means, Dr. V decided to devote her time to sharing her personal, non-toxic healing journey with others. Her years of experience and extensive research have culminated in the award-winning book *Heal Breast Cancer Naturally* and *The 7 Essentials™*, her coaching program that unravels the mystery of healing the body in seven easy steps.

Dr. V’s story, wisdom and knowledge has touched the lives of thousands internationally. Her website is BreastCancerConqueror.com

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