

**In This Issue:**

**1** Breathing in Better Health: The Therapeutic Power of Conscious Respiration

**11** Ask the Expert: What Do Hormones Have to Do With Breast Cancer?

**16** Charlene's Cancer-Fighting Kitchen

**16** • Avocado Egg Boats With Fresh Herb Salad

**18** • Wild Mushroom Buckwheat Pilaf

**20** • Herbed Garlic Butter Grass-Fed Steak With Artichokes

**22** Food Sensitivities: Understanding the Impact on Your Health & How to Test

**Breathing in Better Health: The Therapeutic Power of Conscious Respiration**

By Ty Bollinger

How many times a day do you think about breathing? For most people the answer is never (or at most, almost never). Breathing is something our bodies do automatically as a function of the autonomic nervous system. This is the same system which also keeps blood pumping through our veins, food moving through our digestive tracts, and water and electrolytes saturating our cells – all without us having to consciously think about any of it.

Simply put, the respiratory process (breathing) is one of those critical bodily functions that was designed to run on auto-pilot, and for good reason: we would die otherwise. Not having to think about breathing also allows us to focus our energies on more important tasks in life that require active cognition. This includes activities such as working, learning, and loving – none of which require consciously remembering to take a rhythmic breath several times per minute.

At the same time, humans do have the ability to control their breathing if they so choose. I'm sure you've heard the phrase, "take a deep breath," which is usually an attempt to help someone else remain calm in a difficult or stressful situation. The

*continued on page 3*

## Message From Ty Bollinger



Welcome to the June issue of your Heroes Against Cancer newsletter.

As I'm writing this message, Charlene and I have just completed a weekend of hosting Cancer Conquerors and Organixx customers at our home to film videos for our YouTube channels. What a great experience to meet and spend time with such a wonderful, positive group of people.

This is something we plan to do a few times a year. If you have a Cancer Survivor story to share, please go to any of the Cancer Survivor blog posts on [thetruthaboutcancer.com](https://thetruthaboutcancer.com) and click the link to submit your story. You can also get right to the form here: <https://thetruthaboutcancer.com/your-cancer-survivor-story/>

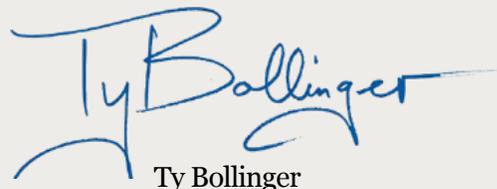
In this month's issue of the newsletter we're talking about a no-cost way to dramatically improve your health. It's based on something we're all doing throughout the day, yet we never really think about it. But paying attention to this bodily function can have an amazing payoff health-wise. Be sure to check that out.

Do you eat? Do you sometimes feel unwell and not know why? It could be undiagnosed food sensitivities. In this month's issue Dr. David Jockers digs into the subject of food sensitivities, the health issues they can cause, and the tests you can use to find out if you have them.

Plus we have our good friend (and "Breast Cancer Conqueror") Dr. Véronique Desaulniers answering important questions about the real link between hormones and breast cancer. And of course some healthy and delicious new recipes in Charlene's Cancer-Fighting Kitchen.

I can't wait for you to "dig in" to this month's newsletter.

Until next month...

  
Ty Bollinger

*continued from page 1*

idea behind this colloquial expression is that breathing more fully and less rapidly will help to defuse that physiological “fight or flight” response that kicks in at stressful times.

While common jargon, this relatively simple concept is so amazingly profound in terms of its healing potential that modern medicine has given it an official clinical designation: *conscious breathing*. Also known as *therapeutic breathwork*, this natural healing technique involves exactly what its name implies: the act of consciously breathing in such a way as to achieve an improved state of well-being.

When it comes to anxiety and stress, conscious breathing can help to reign in all that unbridled adrenaline. This in turn helps to re-balance the mind and normalize the senses. But there are also benefits to be gained from conscious breathing at the *cellular* level. Breathing more deeply and fully, and in a controlled manner, can positively impact an array of physical abnormalities.

### **Conscious Breathing Helps to More Fully Oxygenate the Body**

If you’ve been following *The Truth About Cancer* for any sustained period of time, then you’re probably already aware of the importance of oxygen in keeping the body healthy. Oxygen is critical to the survival of every single cell inside the body. Each cell relies on this elemental gas as a source of much-needed energy – the end product of a fundamental bodily process known as *cellular metabolism*.

Oxygen is also a vital component of tissue healing. The body is programmed to automatically convert oxygen molecules into what are known as reactive oxygen species, or *prooxidants*, that actively encourage the healing process. Prooxidants are basically oxygen molecules

with missing electrons that the body uses on a continuous basis for maintenance tasks and routine healing.<sup>1</sup>

The reason why I’m talking so much about oxygen is that it’s the primary element drawn into our bodies every time we take a breath. Breathing, in other words, is the medium through which the human body receives the “fuel” it needs to engage in pretty much every necessary life process. Without breathing, the body would get no oxygen; and without oxygen, the body would get no *life*.

Understanding this concept at a fundamental level will lay the groundwork for better understanding the role and power of conscious breathing. That’s because conscious breathing engages a dynamic known as *full oxygen exchange* inside the body. This is really just a fancy way of saying that it facilitates more oxygen entering the body – and thus more carbon dioxide exiting the body. Put more simply, conscious breathing helps to more fully oxygenate the body, which paves the way for improved health.



Breathing deeply and fully, and in a controlled manner, can have a positive impact on a wide range of physical issues

## The Basics Behind Therapeutic Breathwork

So, how does conscious breathing work exactly? There are about as many variations of therapeutic breathwork as there are names for this ancient Eastern practice. The most common names include paced respiration, diaphragmatic breathing, and deep breathing. However the underlying theme behind all these practices is universal. It's really all about focusing on taking long, deep breaths while "connecting" with the experience of breathing in such a way as to maintain a state of calm and focus.

Generally speaking, almost every expression of conscious breathing will also involve connecting the inhale to the exhale while remembering to always use the diaphragm muscle when taking each breath. If you're not familiar with the diaphragm, it's basically the muscle "sheet" located just below your rib cage, and just above your lower abdomen or stomach.

The way you know you're properly using your diaphragm while breathing is that your belly and pelvic zone remain in a completely relaxed state as you draw a breath. Even during your exhales, there should be no clenching or tightness in your stomach or anywhere below it, which when done properly allows your diaphragm to take complete control of the respiratory process.



*The diaphragm is a large, dome-shaped sheet of muscle and tendon located below the lungs and above the abdomen*

Your stomach and abdomen should gently expand as you breathe in, and your lower chest should tighten and flex at the same time. This serves as an indicator that your diaphragm is fully engaging in the breathing process. You can think of it kind of like working out your upper core every time you take a breath, since this is where your diaphragm is located, except without engaging your lower core, abdomen, or really any other part of your body.

Using gravity as a metric, you can think about conscious breathing as a method of inhaling and exhaling using nothing but your lungs. Every other part of your body, including your arms, shoulders, stomach, and pelvic floor, should "sink" and relax while your diaphragm alone does all the heavy lifting. When your diaphragm is engaged, it will contract and move slightly downward, allowing the intercostal muscles surrounding the ribcage to pull the ribs upward and outward. This, in turn, allows the lungs to both fill and release in a rhythmic manner.

When performed correctly, conscious breathing will basically help to create a favorable equilibrium between the air pressure levels both inside and outside the lungs. When this equilibrium is thrown out of whack by things like lack of rest, chronic stress, and other forms of prolonged arousal to the sympathetic, or excitatory, nervous system, that's when problems start to arise.

In essence, conscious breathing has the power to completely reorient your body's homeostasis, helping to correct any lingering imbalances of the mind, spirit, or physical state that are inhibiting optimal health. This is why it's often made available as part of holistic therapies that recognize all aspects of human existence, including the mind, body, and soul.

## Therapeutic Breathwork Is Science-Based Medicine

What does science have to say about the power of controlled, conscious breathing? A whole lot, actually. While this “alternative” and almost mystical approach to healing might sound a little too good to be true, consider the fact that numerous peer-reviewed studies confirm the benefits of conscious breathing as a way of addressing a diversity of psychological *and physical* ailments.

The stress-relieving properties alone make conscious breathing a highly valuable tool in the natural healing arsenal. It’s important to note that chronic stress is scientifically linked to causing immune system damage.<sup>2</sup> We also now know that chronic stress damages the body’s ability to regulate its natural inflammatory response. This, in turn, significantly increases the odds of developing everything from depression and infectious disease to heart disease. Chronic stress is even linked to an increased risk of early death.<sup>3</sup>

Controlled, conscious breathing has further been shown to help shift the autonomic nervous system away from its state of sympathetic dominance when doing so is necessary to correct an underlying imbalance. Studies have shown that the long-term benefits of this mechanistic change include improved immune function, lowered blood pressure, alleviation of asthma symptoms, corrected autonomic nervous system imbalances, and healing of other psychological and stress-related health conditions.

One study in particular describes the systemic benefits of this correction in a very unique way, stating that voluntary, slow, deep breathing “functionally resets” the autonomic nervous system, which in turn “synchronizes neural elements in the heart, lungs, limbic system and cortex.”<sup>4</sup>



Controlled, conscious breathing lowers the stress response and improves immune function

Conscious breathing can also help the brain to better process information, this same study reveals. By minimizing stress levels and re-tuning the autonomic nervous system, therapeutic breathwork can help to improve a person’s overall psychological profile. This contributes to sustained improvements in cognition, which includes one’s ability to think, process, and understand information, and remain emotionally stable in the process.

While there are a variety of conscious breathing protocols that can be employed to reach a particular goal, relaxation and the alleviation of stress is a common theme among all of them. In some cases, slower breathing patterns work best, while in others, faster breathing patterns are preferable – particularly when the goal involves achieving a major psychological breakthrough or release from a particular emotional holding pattern.

There are also variations that involve changing up breathing intervals (i.e. how long to hold an inhale before exhaling), nose versus mouth breathing, and a focused breathing emphasis on other parts of the body besides just the diaphragm. But again, it all depends on your current physical and emotional state, as well as your desired outcome. This is why working with a skilled therapeutic breathwork “coach” is advised, especially if you have a pre-existing health condition.

Even if you aren't "sick," per se, you can still benefit from breathing consciously. One study found that improved oxygenation status resulting from conscious breathing helps to improve the healing of damaged cell tissue, including everyday wounds that it found can heal more quickly when they're better oxygenated.<sup>5</sup>

### Is There a Biblical Precedent for Conscious Breathing?

Interestingly enough, there's even evidence to suggest that conscious breathing might have been practiced during biblical times in accordance with the teachings of Jesus. An academic scholar by the name of Neil Douglas-Klotz claims that the original Aramaic translation of the famous biblical passage, "Blessed are the poor in spirit; for theirs is the kingdom of heaven," taken from Christ's sermon on the Mount, actually contains language suggestive of the importance of breathing for maintaining a strong spiritual connection with God.

According to Douglas-Klotz, this well-known snippet from The Beatitudes, found in Matthew 5:3, may actually translate in the ancient Aramaic language as "Ripe are those who reside in breath; to them belongs the reign of unity," or "Blessed are those who are refined in breath; they shall find their ruling principles and ideals guided by God's light."<sup>6</sup>

It's a bit of a stretch, in my personal opinion, as the context of this verse would seem to change entirely from the more orthodox interpretations when read through the lens of Douglas-Klotz's interpretation. At the same time, there's still some powerful truths to be gained here based on his insights. This is because conscious breathing, as I explained earlier, is known to powerfully alter both the mind and spirit in a noticeably positive way.

Learning how to breathe in accordance with the body's designed rhythmic patterns aids in overcoming a state of imbalance and attaining holistic restoration. The

power of conscious breathing to improve both the mind and body, in other words, would naturally spill over into *spiritual* improvement, leading to improved clarity, unity, fellowship, and intimacy with the Creator and other people.



Scholar Neil Douglas-Klotz believes the original Aramaic translation of The Beatitudes in Matthew 5:3 speaks of the importance of breath for connecting with God

Research published in the *African Journal for Physical Health Education, Recreation and Dance* seems to support this concept, having found that breath consciousness workshops aimed at improving perceptions of spirituality and health qualitatively led to "significant changes" in the form of participants feeling as though they were able to better connect to their spiritual states of being after the therapy.<sup>7</sup>

From a specifically Christian perspective, this concept also seems to align with the biblical command to "Be still, and know that I am God," taken from Psalm 46:10.<sup>8</sup> I would argue that stillness can't be achieved if one is stressed out, overwhelmed, and in a state of mind-body imbalance. If conscious breathing can help to clear one's mind of all distractions, bringing improved focus to the task at hand, whether it be reading scripture, praying, or meditating as the Bible instructs, wouldn't this be beneficial to one's spiritual health?

The subject of breath is replete throughout the Holy Scriptures, it turns out, including multiple references to the breath of God being the source of all life and truth. Genesis 2:7, for instance, speaks of the “breath of life” being “breathed into his nostrils,” referring to God giving life to the first man, Adam. In the New Testament, God’s breath is described as the catalyst for delivering scripture into the world, as well as the indwelling of the Holy Spirit into human souls.<sup>9</sup>

### **Conscious Breathing and Cancer: Is There a Connection?**

While we’ve already established so many ways in which conscious breathing holds powerful significance in human life, it brings me even greater joy to tell you that it can also play a major role in treating cancer. Recognizing its ability to improve cellular oxygenation and metabolism, it only makes sense that controlled breathing also has the potential to dramatically alter the internal environment of the body in such a way as to make it unfavorable to the growth and survival of cancer cells.

It is precisely this premise that inspired the Hope4Cancer network of cancer treatment centers to incorporate conscious breathing into its arsenal of oxygenation protocols for treating cancer. Building upon the groundbreaking research conducted by Nobel Prize winner Dr. Otto Warburg, Hope4Cancer uses conscious breathing as one of multiple ways to target cancer cells by eliminating their preferred “hypoxic” (low-oxygen) living environments.

Simply put, cancer cells *hate* oxygen because they metabolize anaerobically through an unnaturally, and highly inefficient, fermentation process. This stands in contrast to healthy human cells that thrive on oxygen, as we previously discussed. (Sugar, by the way, is a “perfect” fuel for cancer cells because it easily ferments and provides energy for their growth and proliferation).

By saturating the body with oxygen through deep breathing and other oxygenation techniques, physicians at Hope4Cancer have helped many cancer patients achieve major healing breakthroughs. When cancer cells are deprived of their oxygen-less lifeblood, healthy cells are conversely strengthened by this oxygen infusion, which allows them to out-compete their malignant counterparts for dominant status in the body.

Oxygen is like kryptonite to cancer cells, in other words, as well as to harmful bacteria and viruses that would otherwise thrive in an oxygen-deficient environment. This fundamental truth is actually what earned Dr. Warburg his Nobel Prize, and it’s a powerful concept to keep in mind when considering the nature of how chronic diseases like cancer develop in the first place.



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Prof. Otto H. Warburg, in his laboratory at the Kaiser-Wilhelm Institute in Berlin. Warburg won the Nobel Prize in 1931 “for his discovery of the nature and mode of action of the respiratory enzyme”

In a famous speech that he gave in 1966, Dr. Warburg explained in-depth how the formation of cancer is always associated with oxygen respiration failure, meaning the body isn’t getting enough oxygen. This is when fermentation appears, he explained, resulting in the transformation of healthy differentiated cells into fermenting anaerobes. Warburg stated bluntly in his talk that these anaerobes “have lost all their body functions and retain only the now useless property of growth and replication.”<sup>10</sup>

Dr. Wendell Hendricks, renowned molecular biologist, two-time Nobel Laureate, and winner of the Nobel Prize for Cancer Research, agrees. He once stated: "Cancer is a condition within the body where the oxidation has become so depleted that the body cells have degenerated beyond physiological control."<sup>11</sup>

Hope4Cancer and other forward-thinking cancer treatment centers will often utilize a variety of oxygenation techniques, including ozone therapy and other technologies. Their goal is always the same: to infuse high levels of oxygen into the body in order to inactivate viruses, stimulate the immune system, cleanse the blood and lymphatic systems, neutralize toxins, balance inflammation levels, and normalize the production of hormones and enzymes. Conscious breathing is included in this oxygenation arsenal.



Hyperbaric Oxygen Therapy (HBOT) is a modality used at a number of progressive cancer treatment centers. (See the Feb 2017 issue for more on the benefits of HBOT)

If you seek out conscious breathing protocols for cancer, you might come across a specific practice known as the Buteyko Breathing Method, named after Ukrainian Dr. Konsantin Buteyko. It represents just one type of

specific breathing protocols among many that aim to maximize bodily oxygenation. While this particular breathing approach has traditionally been used to treat conditions such as heart disease, asthma, bronchitis, epilepsy, sinusitis, and insomnia, it has more recently gained popularity as a first-line cancer treatment approach.

In slightly more technical terms, the Buteyko Breathing Method involves trying to normalize one's breathing volume through repetitive conscious breathing exercises that are designed to reprogram the body into an improved oxygenated, and thus anti-cancer, state. It appears to have worked for many, as evidenced by a 2001 clinical trial out of Kiev that found the method to be highly effective, having helped breast cancer patients survive longer and experience an improved quality of life.<sup>12</sup>

The Buteyko Breathing Method can be even more effective when combined with tools like the Frolov Respiration Training Device.<sup>13</sup> Developed by Russian inventor Vladimir Federovich Frolov, the Frolov Device basically alters the ratio of oxygen and carbon dioxide that a person inhales and exhales during conscious breathing so as to enhance its effectiveness.<sup>14</sup>

All of this would seem to validate yet another famous quote by Dr. Arthur C. Guyton, MD, published in *The Standard Textbook on Medical Physiology*, that states: "All chronic pain, suffering, and diseases are caused by a lack of oxygen at the cell level!"

I tend to agree with this powerful sentiment, based on what I know of the subject, and believe that conscious breathing can help to keep everyone – healthy or sick – optimally oxygenated. This advice sure does give a whole new meaning to the phrase, "take a deep breath," doesn't it?

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## 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.

## This “forgotten” protein boosts immunity, improves gut health, and promotes healthy joints...

**B**one broth protein is a nutrient-dense whole food and superfood. It’s rich in protein, gelatin, collagen, amino acids, glucosamine, chondroitin, glycine, hyaluronic acid... and trace amounts of minerals, such as potassium, magnesium, and selenium.

Bone broth is made from the bones, cartilage, and connective tissue of meats such as chicken, lamb, or beef. For centuries, ancient cultures have known that the nutrients in these bones are crucial to our overall health and well-being.

Now, modern research has shown that bone broth helps boost the immune system and promotes healthy digestion thanks to the high level of amino acids and gelatin. It also helps maintain healthy joints as bone broth is packed with collagen.

### No time to make bone broth?

But making your own bone broth from scratch can be difficult and time-consuming. First, you have to find bones from organically-raised, free-range chickens or grass-fed beef. Then, you slow-simmer the bones in water for 24 to 48 hours to pull all the collagen, protein, and other nutrients into the broth.

If you don’t have time for that, here’s good news...

**Organic Bone Broth Protein** from **Organixx** contains all the same potent protein, collagen, minerals, and nutrients as found in the healthiest, homemade bone broth... only in powdered form. Simply add one scoop to water, stir, and enjoy. It’s that easy!



Our **Bone Broth Protein** has nutrients such as:

- Chondroitin and glucosamine can help ease joint discomfort and may increase mobility
- Hyaluronic acid helps reduce the effects of skin aging
- Glycine helps fight free radicals which damages cells

**Bone Broth Protein** also contains 20 grams of protein which helps maintain a healthy weight and stronger nails.

Even better, our **Bone Broth Protein** is now officially 100% Certified Organic by the USDA! That means every ingredient is the highest quality plus it contains no pesticides, GMOs, or other toxins.

So try nutrient-dense **Bone Broth Protein** from **Organixx**. It’s the next best thing to homemade! Order yours today in three delicious flavors... Chocolate, Vanilla, or Plain.



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## Ask the Expert: What Do Hormones Have to Do With Breast Cancer?

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With Dr. Véronique Desaulniers

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Editor's Note: Many of you are very familiar with Dr. Véronique Desaulniers (aka "Dr. V" and the "Breast Cancer Conqueror"), as she is a regular contributor to The Truth About Cancer. In this installment of "Ask the Expert" Dr. V. shares her wisdom on the most common questions she receives about hormones.

**Q: The whole issue of breast cancer, how to detect it, and how to prevent it can be confusing to say the least. This is especially true when it comes to hormones. If a person is on hormone therapy for breast cancer or for another reason, can they try something natural instead?**

**A:** That is a great question since so many people these days know about the dangers of synthetic hormone replacement therapy<sup>1</sup> as well as the side effects associated with drugs like Tamoxifen.<sup>2</sup>

If a person is currently on hormone replacement therapy and they want to replace it with something natural, the very first thing they must do is check with their health care provider. This is the advice I would give before stopping or changing *any* kind of medication.

Then I would take it a step further, especially if they are currently deciding on a course of action. It is important that you make an informed decision. Look at all the pos-

sible side effects that may occur when taking a pharmaceutical. Also, try to understand why the doctor may have prescribed a type of medication for you in the first place. Don't be afraid to ask the tough questions!

When it comes to breast cancer and hormones, it's also important to understand where most conventional doctors are coming from. Most in traditional medicine still believe that a women's hormones are what drives breast cancer and other kinds of reproductive cancers.



Most conventional (allopathic) doctors believe that hormones are to blame for breast and reproductive cancers

We know, however, that nature does not make mistakes. The reality is that hormones are an important part of our health and our vitality, even as we age. We need our hormones for every single aspect of our brain health, cardiac health, bone health, and nerve system, not to mention the reproductive and endocrine systems. Hormones are involved in literally everything that happens in our bodies. If it was really as simple as "hormones drive cancer," then every 20-year-old on the planet would have it. Thank goodness that is not the case!

Instead we have to look at *what may be driving excessive estrogen in the body*.

**Q: What are some factors that cause estrogen imbalance in the first place?**

**A:** This question has a two-fold answer. Number one has to do with all the environmental and chemical estrogens a person may be exposed to in their home, at work, in food and water, or just in the air they breathe – especially if they live in a city or next to a center of industry. Chemical estrogens, also known as xenoestrogens,<sup>3</sup> are also present in pesticides and herbicides used on commercial produce and processed food. All the lotions and potions a person may put on their skin and certain metals in the teeth may also stimulate aggressive estrogen production. For example, mercury is known as a "metal-estrogen" because it mimics and stimulates estrogen production in the body.

It is vital to address exposure to environmental toxins. Someone struggling with hormone imbalance of any kind would do well to consider their rate of exposure to the kinds of chemicals I just mentioned. Then they can work with the body to do something about it, like upping their intake of detoxifying foods and foods that support the liver, such as cilantro,<sup>4</sup> dandelion, and leafy greens.

The second answer to the estrogen/hormone issues is to find out whether or not you are metabolizing or *methylating* estrogen properly.<sup>5</sup> Methylation is not talked about much, but it is an essential process that happens in your body every day. In a nutshell, it is when one substance is converted to another for a specific purpose. Methylation is vital for hormonal balance. It helps convert serotonin to melatonin, for example. It is also important for maintaining the health of your detoxification pathways and plays a part in brain health, immune system function, and DNA repair.

**Q: Why is methylation so important for keeping the right balance of estrogen in the body?**

**A:** Proper methylation is vital in maintaining estrogenic balance because it helps to convert aggressive estrogens like estradiol – which is what xenoestrogens most resemble in the body – to milder estrogens which can actually protect against cancer. Research has discovered that cancer cells have abnormal methylation processes; they turn off healthy genes while turning on unhealthy ones! If you are struggling with breast cancer or want to prevent it, it is just a good idea to find out how well your body methylates. You can find this out by getting a urine methylation test or a DNA test.<sup>6</sup>

Remember that the goal is not so much to block the estrogens but to help them process through your body system better. This will keep your hormones balanced. Using phytoestrogens, like flax seeds, sulforaphane from broccoli sprouts, or fermented soy is a great natural way to do this. Getting a little bit of aerobic exercise every day and enough quality sleep are two other ways to turn up the volume on effective methylation.



Daily aerobic exercise and good sleep can both help boost methylation

**Q: Just like those who are becoming aware about the dangers of synthetic hormone therapy, many are wise to the possible dangers of conventional mammography. What other options would a person have for detecting breast cancer that would be safer than mammography?**

**A:** First I want to quote a groundbreaking and eye-opening 25-year Canadian study that was published in the *British Medical Journal*:<sup>7</sup>

*“Annual mammography in women aged 40-59 does NOT reduce mortality rate from Breast Cancer beyond that of a physical exam.”*



A 25-year study published in 2014 found that breast exams are just as effective at finding lumps as mammograms, but without the harmful side effects

That may come as a shock to many, but the point the study made was clear. A breast self-exam, if done properly, has been found to be just as effective in finding a lump or a bump as a mammogram. I would add that it is so much safer.

Another way to go for safe and effective early detection is thermography. Keep in mind that thermography is a reflection of physiology. It does not diagnose cancer but it can show if there is vascularity, inflammation, and hor-

more imbalance. Thermography senses heat and these areas will show up as “hot” on the thermography scan.

Finally, there are certain blood tests out there that can be very helpful in detecting cancer. They exist outside the realm of traditional medicine and can show the presence of cancer hormones, cancer enzymes, and other substances related to cancer in the bloodstream. Nagalase is an enzyme that is secreted by cancer cells and some viruses, but not by healthy cells.<sup>8</sup> A Nagalase test can detect this enzyme and cancer growth at the cellular level. The Nagalase test has been around in Europe for years and is now slowly being introduced in the United States as well.

Wherever you are on your journey with breast cancer, remember that your body and all the natural substances in it – including your hormones! – are there for a reason. They are on your side; they are not your enemy. You know your body better than anyone so work with it as you seek out balance. Educate yourself about your options at every stage and become empowered with 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](http://BreastCancerConqueror.com)

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# Charlene's Cancer-Fighting Kitchen



## Avocado Egg Boats with Fresh Herb Salad



*This simple and delicious “keto-friendly” meal is perfect for breakfast, lunch, or a light dinner. Serve with a chopped herb salad for an anti-inflammatory, antioxidant, and antiviral boost.*

*Pastured eggs (eggs from chickens that roam freely eating a natural diet) contain higher levels of vitamins A and E, beta carotene, and omega-3 fatty acids than the conventional farmed variety. Eggs also offer choline, a macronutrient that supports the liver, brain, muscles, and nerve function. Eggs are one of the few dietary sources of vitamin D.*

*Avocados are a monounsaturated fat known to boost heart health. They are high in potassium, offering even more than bananas. Numerous studies link potassium intake to reduced blood pressure (a major risk factor for heart attacks), strokes, and kidney failure. The high vitamin E content is important for vision and immune function. Avocados are also high in soluble fiber, which feeds the friendly bacteria in the gut.*

*Fresh herbs are one of the very best cancer-fighting foods you can consume. They help the body heal and prevent disease as they are abundant in anti-inflammatory, anti-bacterial, and free radical-scavenging compounds.*

Yield: 4 servings

Preparation Time: 20 minutes

### Ingredients:

- 2 ripe avocados, washed, halved and pit removed (keep skin on)
- 4 pastured eggs
- Curry powder OR turmeric powder (optional)
- 1 teaspoon pastured butter, cut into four pieces
- Coarse Celtic sea salt and freshly ground pepper
- Chopped herbs, such as basil, parsley, cilantro, or chives (about ¼ cup total, plus more for the Herb Salad, recipe on page 17)

### Directions:

1. Preheat oven to 425° F. Place avocado halves side by side in a small baking dish to keep them from falling over. Alternatively, you can cook each half in a ramekin.
2. Dot avocado with pastured butter or ghee and sprinkle with curry powder or turmeric (if using). Crack 1 egg into each avocado half, taking care to keep the yolks intact.
3. Bake until egg is cooked through, about 15 minutes. While the eggs are baking, prepare the herb salad if serving.

*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.*



4. Remove eggs from oven, testing yolks to see if they have reached desired level of doneness. Sprinkle with coarse sea salt and freshly ground pepper. Garnish with fresh chopped herbs, such as basil, parsley, cilantro, or chives. Enjoy!

### Chopped Herb Salad

- 2 cups chopped herbs of choice, such as parsley, basil, mint, chives, oregano, dill, and cilantro
- Avocado oil or a nut oil such as walnut or hazelnut (about ½ tablespoon)
- ¼ to ½ teaspoon fresh lemon juice or white balsamic vinegar
- Celtic sea salt and freshly ground pepper

1. Combine herbs in a medium bowl. Add a splash of vinegar or lemon juice and a heftier splash of oil.
2. Toss gently to coat the herbs, season with salt and pepper, toss again and serve.





## Wild Mushroom Buckwheat Pilaf



*When I go to the farmer's market I'm always thrilled when there's a bounty of fresh mushrooms available.*

*Mushrooms are some of humankind's oldest and most highly-prized natural remedies with recorded use dating back thousands of years. Mushrooms are powerful immune system activators, and their benefits don't end there. Edible "medicinal" mushrooms can provide powerful nutritional support for a number of health conditions including diabetes, stress, cardiovascular disease, aging, and cancer.*

*If you're sensitive to gluten or just choose to avoid it, buckwheat groats are a naturally gluten-free option. Buckwheat is often thought of as a grain, but is actually a fruit seed. The groats are hulled seeds of the buckwheat plant and are an excellent substitute for rice or barley.*

*This delicious pilaf can be a meal in itself, or serve along with salad or some steamed or grilled veggies. One main course serving offers 14 grams of protein with only about 400 calories and plenty of fiber. With all those mushrooms, you won't miss the meat. Use bone broth instead of vegetable broth to gain a few more grams of protein per serving.*

Yield: 8 servings as a side dish or 4 servings as a main course  
Preparation Time: 40 minutes + soaking time for mushrooms

### Ingredients:

- ¾ cup dried porcini mushrooms
- 1 ½ cups filtered water
- 1 ½ cups buckwheat groats
- 1 large organic pastured egg (omit for vegan option)
- 2 tablespoons avocado or coconut oil, divided
- 3 large onions or six shallots, chopped (about 5 cups)
- ½ pound assorted wild mushrooms (such as oyster, cremini, baby bella, or stemmed shiitake), coarsely chopped
- 1 garlic clove, pressed or finely chopped
- 1 ½ cups vegetable OR plain bone broth (more if needed)
- Finely ground Celtic sea salt and pepper
- Leaves of two springs thyme
- ¼ cup finely chopped parsley or chives, for garnish

### Directions:

1. Place porcini mushrooms in small bowl with 1 ½ cups boiling water. Let soak until mushrooms are soft, about one hour. Remove mushrooms from liquid and squeeze dry. Set mushrooms aside. Strain and reserve soaking liquid, leaving any sediment behind.
2. Combine buckwheat groats and beaten egg in heavy large pot. Stir over medium-low heat until the grains are separated and lightly browned, about 10 minutes.



Add half of the reserved soaking liquid and 1 ½ cups broth to pot with buckwheat groats. Mix in ½ teaspoon Celtic sea salt. Cover and cook over medium-high heat until buckwheat groats are almost tender, stirring occasionally and adding more broth by ¼ cupful's at a time if needed, about 20 minutes.

3. While the groats are cooking heat 1 tablespoon oil in a large skillet over low heat. Add the onions and sauté until golden brown, about 5-10 minutes. Transfer onions to bowl.

Add remaining 1 tablespoon oil, all mushrooms, and garlic to same skillet. Sauté until mushrooms are brown and tender, about 9 minutes. Add ½ cup reserved porcini soaking liquid and boil until liquid evaporates. Remove from heat.

4. Add thyme, onions, and mushrooms to the pot of cooked groats and cook until heated through. Season with additional sea salt and freshly ground pepper, if desired.

5. Garnish with finely chopped parsley and/or chives. Serve and enjoy!

**Serving Tips:**

Additional garnishes can include flaked parmesan cheese, goat cheese, pomegranate seeds, or a drizzle of your favorite olive or nut oil.





## Herbed Garlic Butter Grass-Fed Steak With Artichokes



Barbecue season is in full swing. If you eat beef, be sure to choose the highest quality possible which is grass-fed and grass-finished which has far more heart-healthy omega-3 fatty acids than meat from commercially-raised animals. It also contains more conjugated linoleic acid (CLA), a type of fat that's believed to reduce heart disease and cancer risk.

Pastured butter contains both CLA and a type of fatty acid called butyrate that helps your gut function well. Your digestive system needs butyrate to control the growth of the cells lining the gut to ensure there's a good balance between old cells dying off and new cells being formed. Butyrate also has strong anti-inflammatory effects, which reduces oxidative stress and helps control free radical damage.

Artichokes are loaded with a flavonoid called silymarin, which helps prevent skin cancer and rejuvenate the liver. Artichokes are also beneficial for brain health and metabolic processes.

Mushrooms also go nicely in this dish, so feel free to add a handful or two of sliced mushrooms to the artichoke sauté if desired.

Yield: 4 servings

Preparation Time: 60 minutes

### Ingredients:

- 2 tablespoons grass-fed butter
- 12 ounces (about 2 cups) frozen artichoke hearts, thawed
- 3 garlic cloves, minced
- 1 teaspoon fresh thyme, chopped
- 1 teaspoon fresh rosemary, chopped
- 1 teaspoon fresh oregano, chopped
- 2 grass-fed & finished steaks (cut of your choice)
- Quality salt and pepper
- Herbed Garlic Butter (see recipe on page 21)

### Directions:

1. Let the steaks sit at room temperature 30 minutes before starting. While steak is resting, prepare the garlic herbed butter (see recipe on page 21) and set aside.
2. In a large cast iron skillet over medium high heat add butter, artichokes, garlic, thyme, rosemary, and oregano. Cook for about 5 minutes, stir, and cook an additional 3-5 minutes or until lightly browned. Remove artichokes to a bowl and set aside.
3. Season the steaks with salt and pepper and grill to desired doneness on a barbecue or use the same skillet, taking care not to burn the steak. Cooking for longer at a lower temperature is best.
4. When steaks are just about done, remove from grill to a plate and slather butter compound on top. If using the skillet, you can just remove the skillet from the heat and apply the butter while the steaks are still in the



pan. Add the artichokes back to the pan and heat through while the butter melts into the steaks.

5. Allow steaks to sit for a few minutes while you plate the artichokes. Garnish with fresh tarragon or thyme sprigs, if desired.

### Herbed Garlic Butter

- ¼ cup grass-fed butter, softened
- 3 garlic cloves, minced
- 1 teaspoon fresh thyme, chopped
- 1 teaspoon fresh rosemary, chopped
- 1 teaspoon fresh oregano, chopped

Combine all the ingredients together. Butter can be used immediately or stored covered in the fridge for a few days.

Slathering the butter compound on top of the steaks and allowing it to melt into the tender meat just before serving it adds great flavor and gives it a finishing touch. It also makes the dish more suitable for a ketogenic diet which is high in fat, and with moderate protein.

### 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*.





## Food Sensitivities: Understanding the Impact on Your Health & How to Test

By Dr. David Jockers

A food sensitivity is an immune-mediated response to certain foods. They are exceedingly common, and an estimated 45-75% of individuals have food sensitivities – even if they don't know it.

When you have food sensitivities, your immune system reacts to particular foods as a threat, amplifying the immune response. Repeated exposure to these foods causes inflammation and other health problems. Symptoms of food sensitivities can be immediate but are usually delayed up to 72 hours after consuming the offending food. Symptoms of food sensitivities are not exclusively related to the gut. They can show up in a number of ways including:

- Migraines
- Fatigue
- Gastrointestinal disorders
- Joint pain
- Skin issues

Food sensitivities differ from food *allergies* in that food allergies are life-threatening and have immediate symptoms. The most common food allergies are to wheat and gluten, soy, dairy, fish, shellfish, eggs, peanuts, and tree nuts. Food sensitivities can be to any food, especially those you eat (and often enjoy) the most.

Food sensitivities can be resolved by removing the problematic foods from your diet and allowing the gut

time to heal. However, it can be difficult to determine which food or foods is actually causing your symptoms due to the delayed reaction. This is where testing for food sensitivities becomes critical.

This article will explain food sensitivities including causes, how they differ from food intolerances and food allergies, the impact food sensitivities can have on your health, and the numerous ways available to test for food sensitivities.

### **What Causes Food Sensitivities?**

The job of your immune system is to identify and destroy foreign substances such as bacteria and viruses. The immune system produces antibodies to fight these foreign invaders. A food allergy or sensitivity occurs when the immune system overreacts and produces antibodies in response to a harmless food protein. As mentioned above, repeated exposure to the foods causes chronic inflammation and exaggerated immune reactivity.

There are various influences which can disrupt the normal response of the immune system and cause an abnormal immune reaction to foods and food substances. Leaky gut syndrome (or intestinal hyperpermeability) is one of the main causes of food sensitivities.

Leaky gut syndrome occurs when the tight junctions in the gut lining become too large and abnormally permeable. As a result, toxins and undigested food particles can pass through the intestines into the blood stream.

The immune system reacts to these toxins and particles by raising the immune response and producing a high level of antibodies. When foods leak through the intestinal lining and trigger an antibody immune response, inflammatory signals travel throughout the body.

Other causes of food sensitivities include imbalances of intestinal microbiota, stress, and additives, preservatives,

and chemicals in food. Our immune system can become strained from constant stress, exposure to pollution, pesticides, and chemicals in our foods.<sup>1</sup> This makes the immune system less able to appropriately respond to antigens in food.

### **The Most Common Problem Foods**

In the United States, the most common food allergens are milk, eggs, peanuts, tree nuts, soy, wheat, fish and shellfish. Food sensitivities can develop to these foods, but also to any foods that causes an immune response.

Many people have sensitivities to:

- Nightshade vegetables (tomatoes, potatoes, eggplant, bell peppers)
- Corn
- Legumes
- All grains
- Processed foods
- Vegetable oils

When you have leaky gut, food sensitivities can develop to the foods you consume most often. Repeated exposure to these foods inflames the gut lining resulting in further damage. It is important to avoid these foods, allowing the gut time to heal. Once your gut heals, you may be able to eat these foods again without any problem.



The nightshade (Solanaceae) family of vegetables includes tomatoes, eggplant, peppers, and potatoes

## Food Sensitivity vs. Food Intolerance vs. Food Allergy

The terms “sensitivity,” “allergy,” and “intolerance” are often used interchangeably to describe the body’s response to problematic foods. However it is important to understand the differences.

» **Food Intolerance** - A food intolerance occurs when the body has difficulty digesting certain foods. Often this occurs because the body does not produce enough of the needed enzymes to digest a food. Testing for food intolerances usually analyzes enzyme deficiencies rather than immune system responses.

» Symptoms of a food intolerance are varied and can take longer to appear than symptoms of a food allergy. The symptoms are also varied and can include migraines, cough, and gastrointestinal issues such as bloating, gas, or diarrhea.

The foods most commonly associated with a food intolerance include dairy, gluten, and gas-promoting foods like beans. An example of a food intolerance is lactose intolerance. Many people do not produce the enzyme lactase (or enough of the enzyme) to be able to digest milk.

Histamine intolerance is another example of a food intolerance. Histamine intolerance occurs when the body has an exaggerated reaction to foods high in histamine or foods that produce histamine. Histamine is an inflammatory molecule that helps regulate immunity. Elevated histamine levels or improper histamine metabolism (insufficient DAO enzyme production) can lead to an exaggerated reaction to certain food compounds

Reducing your exposure to high histamine foods and taking steps to improve histamine metabolism can help reduce symptoms. Foods highest in histamine are

## HIGH HISTAMINE FOODS



ALCOHOL



PICKLED OR CANNED FOODS - SAUERKRAUTS



MATURED CHEESES



SMOKED MEAT PRODUCTS - SALAMI, HAM, SAUSAGES



SHELLFISH



BEANS AND LEGUMES - CHICKPEAS, SOY BEANS, PEANUTS



NUTS - WALNUTS, CASHEW NUTS



VINEGAR



CHOCOLATES AND OTHER COCOA BASED PRODUCTS



READY MEALS



SALTY SNACKS



SWEETS WITH PRESERVATIVES AND ARTIFICIAL COLORINGS

Source: <https://www.histamineintolerance.org.uk/about/the-food-diary/the-food-list/>

fermented foods and beverages, vinegar, cured meats, soured foods, citrus fruits, dried fruits, aged cheeses, nuts, processed foods, and certain fish and vegetables. Many foods release histamine such as alcohol, cow's milk, avocados, nuts, and bananas. You should avoid these if you are histamine intolerant.

» **Food Allergy** - Food sensitivities and food allergies both elicit an immune response and are often confused with each other. A true food allergy is a serious and potentially life-threatening condition.<sup>2</sup> Food allergies cause a severe immune reaction that affects numerous organs in the body. Food allergies can cause a range of symptoms including swelling, rashes, hives, itchiness, throat closing, and anaphylactic shock.

A food allergy is an immediate reaction that triggers with the IgE portion of the immune system. To contrast, a food sensitivity is a non-allergic food hypersensitivity that triggers the IgA, IgG, and IgM portions of the immune system. Symptoms associated with a food sensitivity are usually delayed. This makes it difficult to determine which foods are problematic without testing.

Food allergies affect around 15 million Americans, including one out of every 13 children.<sup>3</sup> Food allergies may start in childhood or as an adult and may be to one or more foods. There is no proven "cure" for a food allergy whereas food sensitivities can be resolved by removing the culprit foods from the diet.

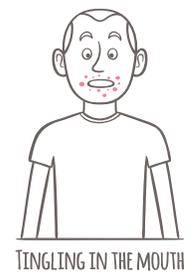
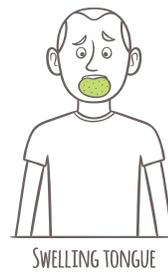
### How Food Sensitivities Can Impact Your Health

When you eat foods that you are sensitive to, this causes an exaggerated immune system reaction and spikes inflammation. The consequences of food-induced immune system activation can be subtle initially, but may become more serious over time.

Repeated exposure to reactive foods causes inflammation in the gut, which can spread throughout the body. There are numerous symptoms related to food sensitivities involving different bodily systems.

Physical manifestations of food sensitivities you might experience include:

## FOOD ALLERGY SIGNS AND SYMPTOMS



- Dark circles or bags under the eyes
- Water retention
- Nasal congestion
- Constipation
- Rashes
- Itchiness and skin issues
- Muscle aches and joint pain

Food sensitivities can also cause issues such as depression, mood swings, cravings, and insomnia.

Numerous digestive problems such as irritable bowel syndrome (IBS) and leaky gut are linked to food sensitivity. Food sensitivities inflame the gut lining causing the tight junctions in the gut lining to open. Bacteria, food particles, and environmental toxins can leak through these openings and into the blood stream. Since at least 70% of the immune system is in the digestive tract, gut irritation results in an inflammatory spiral.<sup>4</sup> Diarrhea and/or constipation, bloating, gastritis, reflux and associated malabsorption, and nutrient deficiencies can result from food sensitivities.

Skin symptoms of food sensitivities include eczema, psoriasis, rashes, and more. Neurological symptoms such as migraines, memory problems, chronic fatigue, mood swings, ADHD, and neuropathy can result from food sensitivities.



Food sensitivities often show up as skin issues including itchy skin, rashes, eczema, and psoriasis

Other symptoms of food sensitivities are lowered immune system, autoimmune diseases, arthritis, and respiratory issues. Food sensitivities can interfere with the metabolic, endocrine and hormonal systems, resulting in obesity, diabetes, metabolic syndrome, poor thyroid function, and more.

## How to Test for Food Sensitivity

Because of the numerous health issues associated with food sensitivities, it is important to determine which foods may be inflaming your body. There are several options for food sensitivity testing including: biofeedback testing, immunoglobulin testing, radiator release testing, muscle response testing, and cellular testing.

### 1 | Biofeedback Testing Strategies

An elimination diet and pulse testing are biofeedback food sensitivity testing strategies. Both strategies are free and non-invasive.

» **Elimination Diet** - An elimination diet eliminates specific foods that may be contributing to or causing a negative reaction and inflammation. The most common allergenic/sensitivity foods are removed for a period of around 30 days. These foods include gluten, dairy, sugar, eggs, corn, soy, vegetable oils, grains, shell fish, tree nuts, legumes, and nightshade vegetables.

After the elimination period, slowly reintroduce foods, one at a time, noting any reactions and symptoms you may experience. It is important to keep a journal during the entire process to document how you are feeling as you eliminate and reintroduce the foods.

Some people find food elimination diets difficult to implement. It can be hard to eliminate all offending foods. You could also be sensitive to other foods, even healthy foods, so it can be challenging to pinpoint all the foods that could be causing issues.

» **Pulse Testing** - Pulse testing is another biofeedback method of measuring the level of sensitivity to certain foods. When we consume foods to which we are sensitive, the food will cause a stress response activating the sympathetic branch of the autonomic nervous system. This activation signals a fight or flight response in the body, increasing blood pressure and heart rate. Understanding this response, you can test for food sensitivities by measuring your pulse rate.

To measure your pulse rate, you can use your wrist or a pulse oximeter that records both your pulse and your oxygen concentration. The steps to performing the pulse test are as follows:

**Step 1:** Sit down and relax for 5 minutes;

**Step 2:** Take 3 long, deep diaphragmatic breaths;

**Step 3:** Test 60 second pulse rate and record result;

**Step 4:** Take 3 long, deep diaphragmatic breaths again;

**Step 5:** Put food to be challenged on your tongue and wait for 20 seconds (do not chew and swallow as this can cause a false positive result);

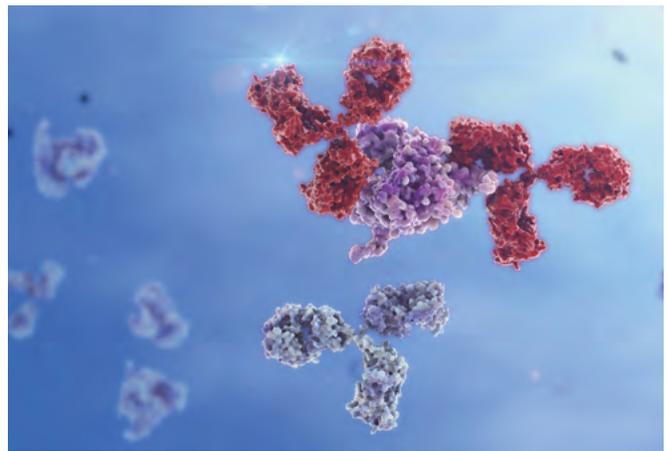
**Step 6:** Record pulse with food still on your tongue; and,

**Step 7:** Note the difference between normal heart rate and food challenge heart rate.

If the difference in heart rate is 1 beat per minute or less, you are probably not sensitive to that food. If your heart rate increases by 2-3 beats per minute with the challenge food, retest. If the challenge food elicits a heart rate increase of 4+ beats per minute, stop and retest. Upon retesting, if the increase in heart rate is again over 4+ beats per minute, the food is causing a stress response. You should avoid the problematic food for at least six weeks and try the test again.

## 2 | Immunoglobulin (or Antibody) Testing

As discussed earlier, food allergies and food sensitivities are abnormal responses to a food component triggered by the immune system. The abnormal responses are in the form of immunoglobulins, or antibodies, in the blood. These antibodies are produced to keep our bodies healthy when antigens (such as bacteria, viruses, and allergies) enter the body. Sometimes the antibodies become confused and attack food proteins as well. These antibodies are IgE, IgG, IgA, and IgM, representing either an immediate or delayed response.



Antibodies are meant to attack harmful bacteria and viruses but sometimes the immune system becomes "confused" and targets food molecules

The immunoglobulin G (IgG) antibody is the largest circulating antibody in your system. It is found in all body fluids and protects against bacterial and viral infections. There are four subclasses of IgG. IgG1 responds to new food antigens. IgG2 and IgG3 reacts to cell surface oligosaccharides of viruses, protozoa, and foods which can be allergenic. IgG4 is related to delayed food sensitivity symptoms.

The immunoglobulin A (IgA) antibody is also a delay response antibody. IgA is found in high concentrations in the mucous membranes, particularly those lining the respiratory passages and the gastrointestinal tract. Immunoglobulin IgM antibodies are found mainly in the

blood and lymph fluid. IgM is the first antibody made by the body to fight a new infection so it is produced immediately after exposure to the antigen. Immunoglobulin IgD exists in small amounts in the blood and is the least understood. IgA, IgG, and IgM are often measured together to give a better understanding of the immune response.

With a food allergy, immunoglobulin E (IgE) antibodies are found on the surface of mast cells, and when activated, trigger the mast cells to release various chemical messengers. This exaggerated immune response to a food molecule causes the symptoms that come with a severe food allergy. These symptoms typically occur in the areas that have a lot of mast cells, such as the skin, nasal passages, and gastrointestinal tract. Specific IgE food panels include the major food allergens that are known to be responsible for immediate reaction.

IgG, IgA, and IgM are antibodies (or immunoglobulins) triggered in food sensitivities. There are many variations of immunoglobulin tests for food sensitivities. These tests use ELISA methodology, directly or indirectly, and can be distinguished by the immunoglobulins tested, foods (antigens) tested, and method of testing.



Food allergy symptoms commonly show up in places with a lot of mast cells such as the skin, nasal passages, and gastrointestinal tract

## » The ELISA Method

ELISA (Enzyme-Linked Immunosorbent Assay) is a testing method that uses antibodies to detect immune responses in the body. The ELISA test involves a protein that catalyzes a biochemical reaction (enzyme), an antibody, and an antigen (immunologic molecule). Antigens (foods in the case of food sensitivity testing) are attached to a surface, then an antibody is applied over the surface so it can bind to the antigen. This antibody is linked to an enzyme and will produce a signal which indicates the quantity of the antigen in the sample.

There are many food sensitivity tests that use the ELISA methodology including the Cyrex Array 10-90X, Dietary Antigen and Environmental Allergen Exposure Profile, and Food Test 95.

ELISA testing can also be used to determine leaky gut by measuring zonulin levels. Zonulin controls the size of the openings between your gut lining and your bloodstream. Abnormally high levels of zonulin, which can be triggered by gluten, parasites, candida, and harmful bacteria, can cause these openings to become too large. The more permeable the gut is, the more likely you are to have food sensitivities.

- **Cyrex Array 10-90X** - The Cyrex Array 10-90X is a multiple food immune reactivity screen that tests 90 food antigens using the ELISA method.<sup>5</sup> It is a blood test that evaluates both IgG and IgA antibodies. Some people produce more IgA than IgG antibodies or vice versa. Combining the two antibodies on one panel reduces the possibility of missing reactivity.

The Cyrex Array 10 is unique in that it analyzes 180 cooked, raw, and modified foods, depending on how the foods are usually consumed. When a food is heated to 118 degrees or more, the protein structure may



Excess candida leads to higher levels of zonulin, which increases gut permeability and the likelihood of food sensitivities

change. By testing the immune reactivity to foods the way in which foods are most likely consumed, the Array 10 minimizes the risk of missing reactivity to foods.

The Array 10 also measures combined food protein reactivity, lectins and agglutinins isolation, amplified antigenic proteins and peptides, meat glue or reformed meat, cross-reactive pan-antigen isolates, tissue-bound artificial food coloring reactivity, oil protein isolation and dual antibody detection.

Antibodies to large gum molecules which can cause immune reactions are also testing in the Array 10. This can be particularly helpful for individuals on a gluten-free diet because gluten-free products often have gums to hold ingredients together.

- **Dietary Antigen and Environmental Allergen Exposure Profile**

- The Dietary Antigen and Environmental Allergen Exposure profile measures IgA, IgE, IgG, IgG4, and IgM using an indirect ELISA.<sup>6</sup> The profile also measures both IgG and immune complexes for complement activation.

- Activation of the complement pathway is part of our innate immune defense system. The complement pathway is a pathway through which the body attacks

and clears threats, such as bacteria, viruses, protozoa, and allergens. When activated, the complement pathway sets off inflammatory cytokines, mast cell degranulation, and cell membrane destruction. While this can be protective, it can damage tissues if not kept under control. IgG1, IgG3, and IgM can activate complement.

The Dietary Antigen and Environmental Allergen Exposure Profiles measures complement activation for multiple foods. The test detects delayed allergic response that is mediated by an IgG response and immune complexes. Within this immune complex, the complement component 3 (C3) is converted into C3d, which is an activator of the complement cascade. This test measures the four subclasses of IgG antibodies for 88 foods and complement for higher sensitivity.



Gluten-free products often include "gums" to bind ingredients together. The Cyrex Array 10-90X tests for antibodies to large gum molecules

- **Food Test 95** - The Food Test 95 is another food sensitivity test using the ELISA method. The Food Test 95 is done by dried blood spot from a finger prick.<sup>7</sup> The test analyzes IgG antibodies for 95 foods.

### 3 | Mediator Release Test (MRT)

There are numerous clinical and immunologic complexities associated with food sensitivities. One way food sensitivity symptoms manifest is by the production of cell mediators. The production of cell mediators can cause reactions and tissue damage. The Mediator Release Test (MRT) quantifies the inflammatory response of these cell mediators to food and food chemicals.<sup>8</sup>

Pro-inflammatory and pro-algesic mediator release (cytokines, histamine, leukotrienes, prostaglandins) from white blood cells (neutrophils, monocytes, eosinophils and lymphocytes) is a common component of all diet-induced inflammatory reactions. The release of these mediators results in the symptoms associated with food sensitivities.

The MRT quantifies diet-induced inflammation by measuring volumetric changes in lymphocytes, neutrophils, monocytes, and eosinophils after a food or food chemical challenge. This gives the individual insight into inflammation-provoking foods and food chemicals. The test also identifies an individual's best foods (those that do not provoke inflammation).



The Mediator Release Test (MRT) helps to pinpoint which foods and chemicals are causing immune cells to react and release "mediators" into the blood

The MRT identifies any non-IgE reaction. However, research is limited and the test is expensive.

### 4 | Muscle Response Testing

Nambudripad's Allergy Elimination Techniques (NAET®) uses muscle response testing to confirm the presence of allergic reactivity.<sup>9</sup> NAET® was discovered by Dr. Devi S. Nambudripad in 1983. The techniques include selective energy balancing, testing and treatment procedures from acupuncture/acupressure, allopathy, chiropractic, nutritional, and kinesiological (neuromuscular sensitivity testing) disciplines of medicine.

To determine whether a food is problematic, changes in muscle strength are assessed while a person is exposed to the food (or holding a vial with the essence of that food). Muscle weakness is thought to signal an allergy to the substance (problematic foods can weaken the body).

Once a food sensitivity or allergy is identified, NAET uses spinal manipulation, acupressure and/or acupuncture procedures to eliminate the allergy. The treatment is geared to reprogram the brain's negative responses towards the allergen(s) to a positive response whenever these substances are contacted in the future.

NAET claims to be able to successfully alleviate adverse reactions to egg, milk, peanuts, penicillin, and more through desensitization. Nutrients are treated in the first few visits with environmental allergens, chemicals, etc. being treated after nutrients.

### 5 | Cellular Testing Methods

Certain food sensitivity tests, such as the ALCAT test, measure cellular changes in the blood after introduction of various foods. Food sensitivities are mediated by multiple pathogenic mechanisms. By using a cellular approach, the ALCAT test can identify food sensitivities regardless of the pathway.



NAET uses a blend of selective energy balancing, testing and treatment procedures from acupuncture/acupressure, allopathy, chiropractic, nutritional, and kinesiological disciplines of medicine

The ALCAT (Antigen Leukocyte Cellular Antibody Test) is a blood test that measures cellular reactions to over 450 foods and other substances.<sup>10</sup> These include individual foods, additives, colorings, molds, functional foods, medicinal herbs, chemicals, and environmental substances. The ALCAT test gives a report of all the foods you react to, categorized by severe, moderate, and mild.

The ALCAT test measures food and immune reactions through stimulation of leukocytes. The leukocytes comprise five classes of white blood cells, including monocytes, lymphocytes, eosinophils, basophils, and neutrophils. The leukocytes are challenged with the individual foods or chemical extracts.

During testing, white blood cells are tested against foods and other substances in a procedure known as flow cytometry and cell impedance methodology. This is a functional response test and captures the final common pathway of many pathogenic mechanisms, immunologic, toxic, and pharmacologic, that underlie non-IgE mediated reactions to foods and chemicals.

The ALCAT only measures adverse white blood cell reactions. It does not look at antibody reactions or sensitivities caused by IgM pathways and cell mediated pathways can be missed. The ALCAT test does not identify IgE food allergies.

### **Conclusion**

Food sensitivities are abnormal responses to foods triggered by the overreaction of the immune system. Food sensitivities cause chronic inflammation and are associated with many health problems. Up to 75% of individuals have food sensitivities.

Symptoms of food sensitivities are usually delayed up to 72 hours after eating. These symptoms are wide ranging and not exclusive to the digestive system.

Food sensitivities differ from food allergies in that food allergies are life-threatening and have immediate symptoms. The most common food allergies are wheat and gluten, soy, dairy, fish, shellfish, eggs, peanuts, and tree nuts. Food sensitivities can be to any food, especially those you eat the most.

The immunoglobulins (antibodies) involved with food allergies are IgE immunoglobulins. The immunoglobulins for food sensitivities are IgG, IgA, and IgM.

Food sensitivities can be resolved by removing the problematic foods from the diet and allowing the gut time to heal. However, it can be difficult to determine which food is causing your symptoms due to the delayed reaction.

It is extremely beneficial to do food sensitivity testing to determine which foods may be causing an exaggerated immune reaction and inflaming your body. Options for food sensitivity testing include: biofeedback testing, immunoglobulin testing, radiator release testing, muscle response testing, and cellular testing.

## About Dr. David Jockers



Dr. David Jockers is a functional nutritionist, corrective care chiropractor, exercise physiologist, and certified strength & conditioning specialist.

He runs one of the hottest natural health websites: [DrJockers.com](http://DrJockers.com) and is the author of *SuperCharge Your Brain*, the complete guide to radically improve your mood, memory, and mindset, and the *SuperCharged Healthy Recipes* book with over 180 full-color recipes to help you take back control of your health. He is a regular contributor to [thetruthaboutcancer.com](http://thetruthaboutcancer.com) and has well over 1,200 professionally published natural health articles on the web and in print magazines.

Dr. Jockers is a sought after speaker around the country on such topics as weight loss, brain health, functional exercise, natural detoxification, and disease prevention. He currently owns and operates Exodus Health Center in Kennesaw, Georgia.

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