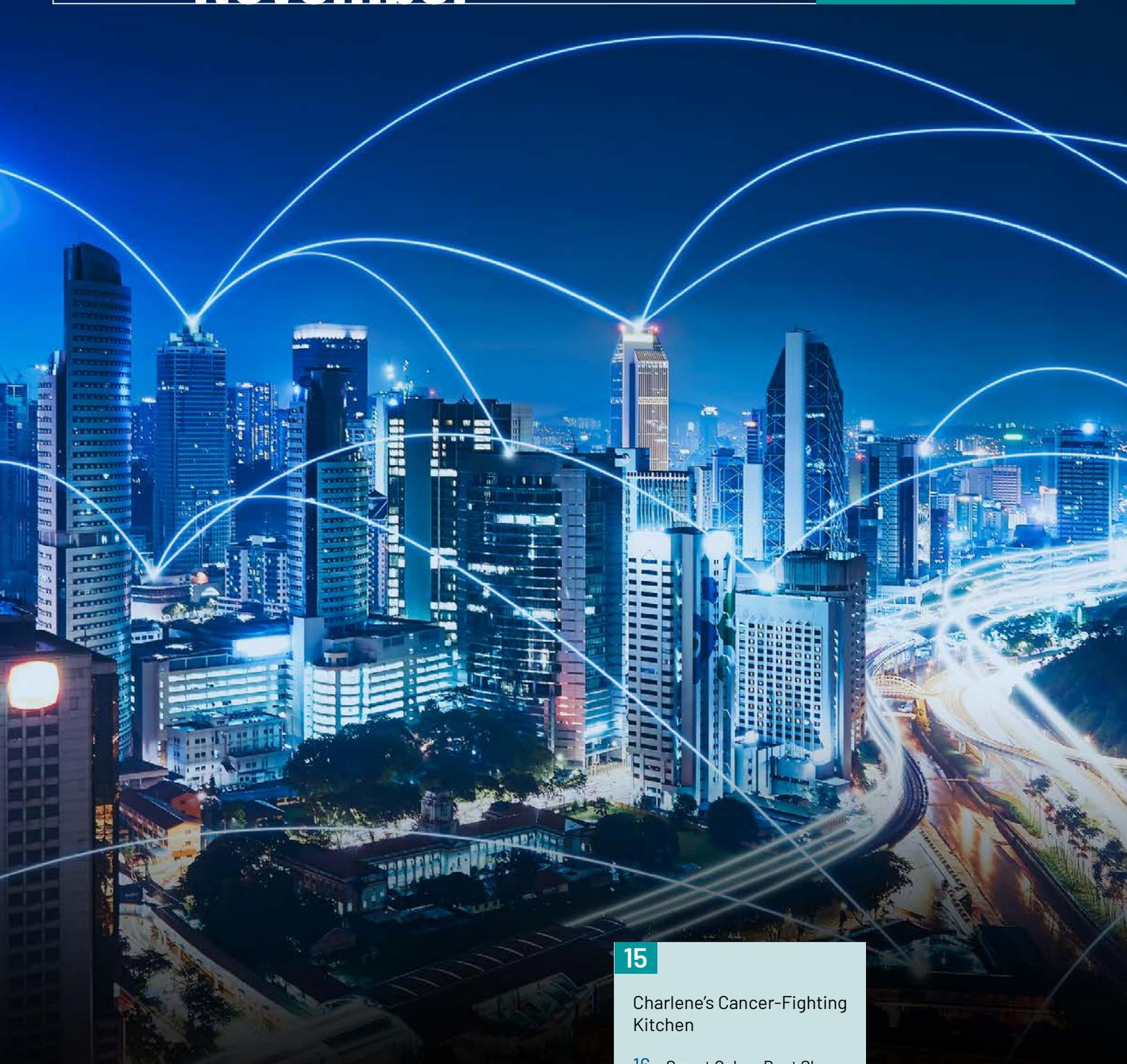


# HEROES AGAINST CANCER **Newsletter** November

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The TRUTH About  
**CANCER**<sup>®</sup>  
educate • expose • eradicate



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## Message From Ty and Charlene Bollinger



Welcome to November's edition of the *Heroes Against Cancer* Newsletter!

Wow! 2018 has been a whirlwind of exciting transitions and new discoveries, along with the opportunity to travel through Asia while filming our new docu-series. It has been an honor to continue our work with 100% focus on the core of TTAC and our mission: to educate, expose, and eradicate cancer. With this in mind, we've put together a few powerful articles for you this month.

First, we'll take a hard look at the upcoming 5G wireless network: What is it? Why is it dangerous? And how can we keep ourselves safe from EMF exposure?

We dive into the very few studies that have been done on this technology, and explore the opinions of the experts.

Next, Dr. Z joins us for our Ask the Expert segment to share some of the most common questions he receives about detoxifying your home... and how essential oils can help!

Charlene's Cancer-Fighting Kitchen packs a punch this month with three delicious recipes. Did you know that fennel & celery root are high in potassium? Learn how Jerusalem artichokes promote intestinal health... and discover a vegan porridge that may just help fight off the flu!

Finally, Dr. V joins us this month with a compelling case against "the pill". She explains why oral contraceptives pose a breast cancer risk, and shares four ways to heal the body after taking birth control. She provides a list of alternative options that are both safe and healthy for your body.

Enjoy and God Bless,

  
**Ty Bollinger**

  
**Charlene Bollinger**



## Speed over Safety: The Perilous 5G Network

By Ty Bollinger

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Most Americans today are constantly connected to the world of digital information via smartphones and other mobile devices. An estimated 95% own a cell phone of some kind, while 77% own a smartphone – which currently operates on 4G technology.<sup>1, 2</sup>

According to tech experts, at least a hundred telecom operators all over the world are preparing to make the switch to 5G technology, which is expected to be fully rolled out by 2020. It will be needed to run the 28 billion devices estimated to be online by 2021.<sup>2</sup> Before we proceed, let's understand what all these "Gs" mean and what 5G is.

### What is 5G and What Will It Do?

The "G" in 3G, 4G, and 5G stands for "generation." The first wireless phone technology marked the appearance of the first generation. Later, 2G started when people were able to send text messages between their phones.

The advent of 3G allowed people to make calls, text, and browse the internet using their phones, while 4G provided faster wireless access and better connectivity. Long-term evolution (LTE) gave 4G even better access and faster speeds.

5G has been designed to vastly expand upon the 4G LTE technology to significantly increase storage capacity, along with boosting connection and browsing speeds.

Currently, wireless companies are mostly still in the testing and prototype stages when it comes to 5G technology. However, 5G is already being rolled out in several test cities, including Sacramento, Washington DC, Atlanta, Dallas, Miami, and New York.<sup>3</sup>

According to Verizon, when it finally materializes, 5G will provide “about 50 times the throughput of current 4G LTE, latency in the single milliseconds” and will be able to “handle exponentially more Internet-connected devices” which should “accommodate the [...] explosion of the Internet of Everything”.<sup>2</sup>

5G technology is expected to have positive effects on customer support, worker productivity, and product quality. Gamers, who depend on the high-performance connections needed for gaming on mobile networks, are also going to love 5G.

5G is also likely to have a huge impact on the so-called “Internet of Things” – the network of physical devices, vehicles, and home appliances containing the electronics and software that will allow them to efficiently connect with each other, along with collecting and exchanging information.

There is no doubt that when 5G does roll out, it will lead to a dramatic surge in cell phone usage, the number of transmitters, as well as the number and variety of Internet-enabled devices.

This is very exciting from a technological standpoint, but what does 5G mean for our health and wellbeing – especially given that exposure to radi-

ation equivalent to that of a cell phone tower has already been shown to cause cancer in mice in laboratory experiments?<sup>4</sup>



As carriers race to build the 5G networks of the future, one must ask: is 5G safe?

Let’s look at how 5G will be deployed to understand the effects they are likely to have on our health.

### How Will 5G be Deployed?

To enable 5G deployment, wireless providers will use submillimeter and millimeter waves in frequency ranges above 6 GHz to 100 GHz and beyond, so that much more data can be transmitted in the same amount of time.<sup>3, 5</sup>

However, these high-frequency waves can’t carry data very far. To use them, wireless companies will have to build a massive infrastructure of literally thousands of small transmitters to increase signal range and capacity. It is estimated that a transmitter will need to be placed every two to ten homes apart.<sup>3</sup>

*Why should we be concerned about this?*

Non-ionizing electromagnetic fields (EMFs) are generated by devices that emit radiofrequency radiation (RF), including cell phones, cordless phones

and their base stations, Wi-Fi, broadcast antennas, smart meters, and even baby monitors. Electric devices and infrastructures used to deliver electricity that generate extremely-low frequency electromagnetic fields also produce EMF.

Proximity to these devices, cell phone towers, and transmitters increases our risk of adverse health effects because of EMF exposure. The massive increase in transmitters required to enable 5G deployment means that it may become impossible to avoid exposure.

## 5G Deployment Will Lead to Higher RF Levels than with 3G & 4G

Documents show that companies are aware that deploying 5G will lead to higher levels of harmful radiofrequency radiation in the vicinity of the 5G transmitters, relative to 3G and 4G.<sup>8</sup> According to a senior expert in the field of EMF and Health at Ericsson Research, the proposed 5G network roll-out will present difficult challenges – such as more complex EMF compliance assessments and site design requirements, along with larger EMF exclusion zones.<sup>8</sup>

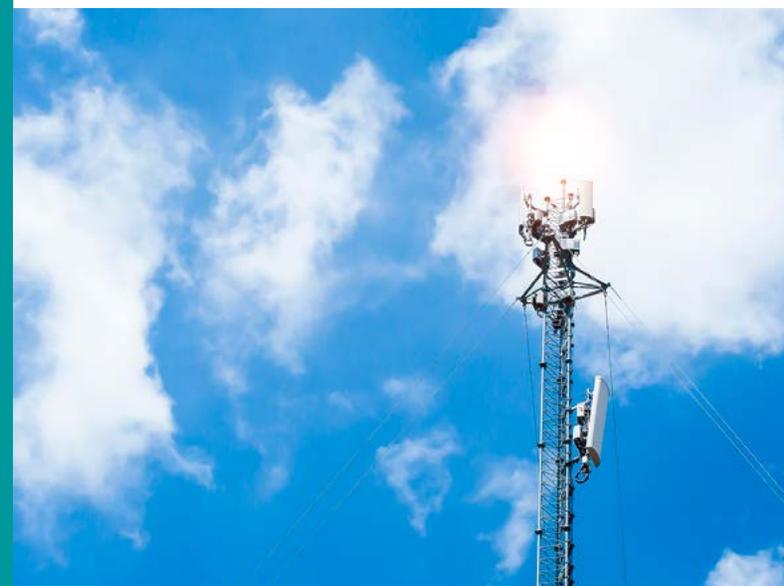
Countries such as China, India, Poland, Russia, Italy, and Switzerland have lower radiation limits than the US. So far, they have refused to allow 5G deployment, as the accompanying increase in radiation levels would exceed those limits.

According to Ericsson, if the national EMF limit for a given country is one-tenth of the international standard limit proposed in 1998 by the International Commission on Non-Ionizing Radiation Protection (ICNIRP)<sup>9</sup> the size of the exclusion zone would make the roll-out “very challenging”. If the national limit was one-hundredth that of the ICNIRP limit, the size of the exclusion zone would seemingly make the 5G roll-out “a major problem or impossible”.

## Will 5G Affect our Health?

Before we discuss the health ramifications of 5G, consider this: published, peer-reviewed, scientific evidence indicates that even the current wireless technologies often lead to radiofrequency exposures which pose a serious health risk to humans, animals, plants, and the environment.<sup>3</sup>

For instance, wireless frequencies in the millimeter and submillimeter range have been shown to interact directly with our skin, specifically sweat



One's proximity to cell towers increases the risk of negative effects from EMFs

Despite community protests and municipal litigation, many state governments – along with the federal government – want to allow 5G transmitters to be installed in front of homes without the consent of the owners.<sup>6</sup>

The prospect of so many transmitters emitting radiation has alarmed health experts, who are rightly concerned about their potential adverse effects on our health, especially considering the preliminary findings from a federal government study.<sup>7</sup>

glands. Our skin is our largest organ. The ICNIRP, while developing recommendations for public exposure limits, appears to be planning to classify our skin as an extremity. In other words, our skin would be categorized as belonging to our limbs rather than head or torso, permitting it to be exposed to more radiation than would otherwise be allowed.<sup>3</sup>

In her report “A 5G Wireless Future: Will it give us a Smart Nation or Contribute to an Unhealthy One?” Dr. Cindy Russell raises further concerns about the basic safety of currently used wireless technologies.<sup>10</sup> She points out that the proposed 5G frequencies have not been tested for short- or long-term safety.

Based on a 1998 review of dozens of studies,<sup>11</sup> Dr. Russell’s report explains the science behind electro-sensitivity and the biological harm caused by EMFs. It further details the many adverse effects of 5G’s frequencies – including arrhythmias, heart rate variability, bacterial effects, antibiotic resistance, immune system effects, chromatin effects, teratogenic effects, altered gene expression, and cataracts.<sup>10, 11</sup>

Dr. Russell warns: “The possibility of induction of adverse health effects by a local, low-intensity MMW (millimeter wave) irradiation is of potential significance for setting health and safety standards and requires special attention.”

**To protect public health, Dr. Russell recommends the following steps, among others:**

- » Rolling out 5G technologies only after completion of studies on their health impact
- » Creating an independent, multidisciplinary agency to develop safety regulations, premarket testing, and research needs in a transparent environment with public input
- » Labeling EMF information on devices along with appropriate precautionary warnings.

EMFs have also been shown to trigger oxidative stress,<sup>10</sup> defined as an imbalance between free radicals and reactive oxygen species and their elimination by protective mechanisms, known as antioxidants. This imbalance is known to trigger many acute and chronic diseases.

The World Health Organization (WHO) currently classifies EMFs associated with RF as “possibly carcinogenic to humans”.<sup>3, 5</sup> However, according to a recent monograph published in the journal *Environmental Research*, mobile phone use is associated with an increased risk of brain, vestibular nerve, and salivary gland tumors, along with a possible higher risk of breast, testicular, and thyroid cancers.<sup>12</sup>

Based on this evidence, the authors of the monograph recommend that IARC’s current categorization of RFR as a possible human carcinogen should be upgraded to Carcinogenic to Humans.



By 2021, there may be as many as 28 billion devices online

EMFs can seriously compromise our health. Unfortunately, because this is the first generation that will be exposed from birth to such high levels of man-made radio frequencies, it will be years or even decades before the full health consequences are known.

For these reasons, many experts strongly recommend that research on the effects of 5G on human health be carried out and existing exposure limits be both re-examined and revised to ensure that both people and the environment are protected.

For instance, Dr. Russell calls the RF wavelengths to which we are currently exposed “a toxin to biological systems” and recommends a moratorium on 5G deployment, along with creating independent health and environmental advisory boards containing members with specific expertise in the biological effects of RF exposure.<sup>13</sup>

### **The National Toxicology Program Studies**

The FDA nominated the National Toxicology Program (NTP) to study cell phone RF exposure because, as we have already seen, most Americans use them. Further, current safety guidelines seek only to protect users from acute injury because of the heat cell phones generate, while not much is known about the potential health effects of long-term exposure to cell phone radiation. Some human studies have shown limited evidence of an increased risk of cancer from cell phone use.

For these studies, rats were exposed to 2G and 3G frequencies of 900 and 1900 megahertz – which are currently used in voice calls and texting in the US – for a total of just over 9 hours a day, for 10-minute on, 10-minute off increments. Partial findings, reported in May 2016, revealed that the brains and hearts of male rats developed low inci-

dences of tumors.<sup>7</sup> Tumors in other locations have been reported in both male and female rats, but these results are not yet considered conclusive.<sup>14</sup>

The complete results of these studies, expected later in 2018 or early 2019, will help the federal government better understand the health risks of exposure to cell phone radiation and are likely to play an important role in determining future governmental policies regarding cell phone usage safety.



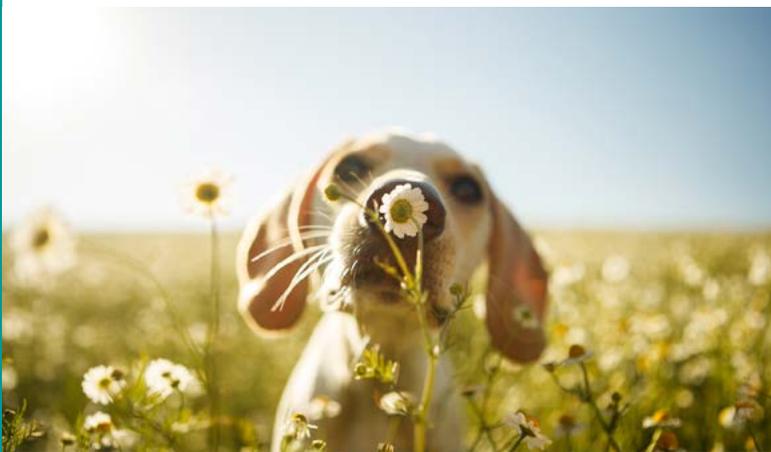
The National Toxicology Program (NTP) initiated its own studies on the long-term health effects of cell phone radiation

### **An Extraordinary Appeal**

The December 2015 issue of the *European Journal of Oncology* contains an extraordinary document known as the “International EMF Scientist Appeal”, in which over 240 scientists from 40 nations – who are themselves actively engaged in the study of biological and health effects of non-ionizing EMF – have issued a statement to the effect that the overall weight of evidence reported in peer-reviewed, scientific studies strongly supports greater precautionary measures be taken to reduce or eliminate exposure.<sup>15</sup>

This appeal has been submitted to the UN, the WHO, and the UN Environmental Program, and to all UN Member Nations.

The opening paragraph states: “Numerous recent scientific publications have shown that EMF affects living organisms at levels well below most international and national guidelines. Effects include increased cancer risk, cellular stress, increase in harmful free radicals, genetic damages, structural and functional changes of the reproductive system, learning and memory deficits, neurological disorders, and negative impacts on general well-being in humans. Damage goes well beyond the human race, as there is growing evidence of harmful effects to both plant and animal life.”



More studies need to be done on how EMF affects other organisms aside from humans

According to the scientists who drafted this appeal, the agencies responsible for setting safety standards have failed to create and enforce proper guidelines to protect our health and wellbeing – particularly children, who are more susceptible to EMF.

For instance, in 1998 the ICNIRP published the “Guidelines for Limiting Exposure to Time-Varying Electric, Magnetic, and Electromagnetic Fields

(up to 300 GHz)”.<sup>9</sup> These guidelines are accepted by the WHO and many countries. In fact, the WHO has called for all nations to adopt these guidelines to encourage global standardization of EMF safety standards.

In 2009, the ICNIRP released a statement saying that it was reaffirming its 1998 guidelines, since apparently the scientific literature published since that time “has provided no evidence of any adverse effects below the basic restrictions and does not necessitate an immediate revision of its guidance on limiting exposure to high frequency electromagnetic fields”.<sup>16</sup>

Over 240 scientists who signed the appeal disagree strongly with the ICNIRP. They assert that growing scientific evidence contradicts ICNIRP’s claims – in other words, that these guidelines are insufficient to protect public health.

The WHO adopted the IARC classification of extremely low frequency electromagnetic fields in 2002 and RF in 2011. According to this classification, EMF is a possible human carcinogen, as we have noted before. Despite this, the WHO maintains that there is insufficient evidence to justify lowering EMF exposure limits.

The signees of the appeal have recommended that the United Nations Environmental Programme (UNEP) fund an independent multidisciplinary committee to explore alternative options to lower human exposure to RF and extremely low frequency electromagnetic fields.

The signees further state that although it is essential that the industry be involved and cooperate in this process, they should not be prevented from influencing its processes or conclusions in any way.

Finally, the signees of this document have also collectively requested that steps be taken to:

» Protect children and pregnant women



Many scientists agree that the ICNIRP's guidelines do not protect public health

» Strengthen guidelines and regulatory standards

» Encourage manufacturers to develop safer technology

» Maintain adequate power quality and ensure proper electrical wiring in utilities responsible for the generation, transmission, distribution, and monitoring of electricity to minimize harmful ground current

» Fully inform the public about the potential health risks from electromagnetic energy and teach harm reduction strategies

» Educate medical professionals about the biological effects of electromagnetic energy and train them to treat patients with electromagnetic sensitivity

» Persuade governments to fund training and research on electromagnetic fields and health

independently of industry, while mandating industry cooperation with researchers

» Ensure that media disclose experts' financial relationships with industry when citing their opinions regarding health and safety aspects of EMF emitting technologies

» Establish radiation-free areas, known as white zones.

### What Can You Do to Reduce Your Exposure to EMFs and Dirty Electricity?

As we have seen, many experts are concerned about the health effects of the proposed massive increase in transmitters needed for 5G deployment and are working to protect us from their harmful effects. In the meantime, we need to protect ourselves as much as possible while we wait for existing exposure limits to be revised. Here are a few recommendations for lowering or eliminating exposure to harmful EMFs and dirty electricity:<sup>17, 18</sup>

1 | Keep all devices in another room at night. Carry them in a bag instead of in clothing



Limit your exposure to EMFs by keeping your phone out of your pocket and away from your body

**2** | Try to have phone conversations on a land-line instead of putting your cell phone up to your head for long periods of time

**3** | Headphones and chargers can increase EMF exposure from cell phones – so don't use them while they're charging

**4** | Avoid traditional headsets. Instead, opt for air tube headsets, which deliver great sound without EMF exposure

**5** | Putting your cell phone on airplane mode stops connectivity with the towers, minimizing radiation exposure

**6** | Get rid of electric blankets, waterbeds, and electric heating pads

**7** | Purchase shielded, grounded extension cords and power cords for home use



Headphones and chargers can actually increase the EMF exposure from cell phones

**8** | Change your bedroom circuit breaker to exclude smoke detectors, alarms, etc. and then switch off the circuit breaker at night

**9** | Use battery-powered alarm clocks

**10** | Leave at least eight inches of space between your bed and your wall. Wiring (even in walls) can emit a significant magnetic field



Wiring (even in walls) can emit a significant magnetic field

**11** | Position your bed so that it's as far away as possible from strong magnetic field sources, including the utility pole, refrigerator, and home entertainment center

**12** | Forget about Bluetooth headsets. Use speaker mode to keep your phone as far away from your body as possible

**13** | If you're using a laptop at home, avoid Wi-Fi and opt for hard-wired Ethernet connections

**14** | Purchase a radio frequency meter, which will allow you to pinpoint EMF hotspots

**15** | Reduce or eliminate dimmer switches, wireless products, printers, scanners, computers, television sets, and other energy-saving devices

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18. [5G Towers May Pose New Health Risk](#)

## 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, father of four wonderful children, devoted Christian, best-selling author, medical researcher, talk radio host, health freedom advocate, former competitive body-builder, and a certified public accountant.



## Ask the Expert: The Ultimate Guide to Detoxifying Your Home

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By: Dr. Eric Zielinski

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**Q: What are some of the biggest problem areas in my home where I need to remove toxic, carcinogenic chemicals?**

**A:** We are all surrounded by toxins, no matter where we go. Unfortunately, we cannot control the world around us, but we can work to control the toxic chemicals in our own home. We are all aware that there are dangers from plastics, cleaning products, processed foods, and other man-made products that we come into contact with or consume daily. Even our air and water is polluted with contaminants, many of which are out of our control.

In our homes, the biggest problem areas are the ones that contain our daily needs. The kitchen, pantry, bathroom, laundry room, and garden are the most important areas for people to focus on detoxifying. From the food we eat and the water we drink to the products we use to clean our clothing and our bodies... these are the things that deserve our attention. When we consume these products, everything that they contain is absorbed into our body. When you're using dangerous, chemical-laden products, those chemicals can disrupt your body's hormones, damage organs, and weaken your immune system, just for starters!

**Q: Where do I start when it comes to removing toxic components from my home?**

**A:** There are toxic chemicals polluting just about every area of your home! While this idea sounds a little overwhelming, detoxing your home isn't as difficult as you think. Of course, this can't happen overnight. Over the past several years, we have made small changes throughout our home to make it as toxin-free an environment as possible. You simply start with one small area at a time and begin the work of making your home a cleaner, safer place for you and your family.

One of the best and easiest places to start is in the laundry room. Changing from toxin-filled detergents and dryer sheets to natural products and wool dryer balls that are scented with essential oils is a simple change to make. Not only that, for those who are on a budget, it's an affordable way to begin detoxifying your home.

clothing with hormone-disrupting, carcinogenic components. When you're cleaning your clothes with these products, those chemicals remain in the fabric that you are putting directly onto your skin. They then will leech into your body, wreaking havoc.

Replace these detergents with natural, organic detergents and use dryer balls with essential oils to help scent your clothes. You even have the added benefit of being able to control how much and what fragrance you use on your clothing, by altering the type and amount of essential oils, whenever you choose.

**Q: What does diffusing oils do besides make your home smell good?**

**A:** Diffusing essential oils is one of our favorite things. Not only can it help make your home smell fresh, diffusing oils throughout your house can have a number of wonderful benefits. Depending on the oil or combination of oils that you choose to use, you can boost your immune system, brighten your mood, or remove mold and toxic substances from the air. When you diffuse oils, you are breathing in tiny particles of the essential oil that you have added to your diffuser. This allows you to absorb the oils into your body, helping to maximize the healing properties of the oils.

**Q: What are some of the most beneficial essential oils for those who are just starting out?**

**A:** Every essential oil has its own set of powerful and wonderful benefits to those who choose to incorporate them into their lives. For those just starting out with detoxifying their lives, however, the dozens upon dozens of possibilities can be overwhelming. It is important to remember that all essential oils should be used with care, diluting them with carrier oils when needed.



Replace your laundry products with toxin-free alternatives

**Q: Why is it so important to make sure that you are using safe, toxic-free products for your laundry?**

**A:** Commercial detergents, fabric softeners, and dryer sheets are full of chemicals, polluting your

» **Lavender** – Lavender oil has so many different uses! It is a wonderful anti-microbial, and has anti-inflammatory properties. It helps with relaxation and sleep, plus it's wonderful for skin and hair health. Lavender is definitely an essential oil that everyone should have in their arsenal at home.

» **Tea Tree** – Another must-have essential oil with a wide range of uses and benefits is tea tree oil or melaleuca. It is another powerful anti-microbial, anti-bacterial, and anti-inflammatory that has wonderful healing and preventative properties. It can be helpful for a number of skin and health conditions as well.



Tea Tree oil can be helpful for a number of skin and health conditions.

» **Peppermint** – Not only is peppermint oil useful for a number of digestive issues, including nausea, but it also can help boost energy or work as a natural pain reliever and muscle relaxer. Peppermint is also a wonderful and simple way to control cravings and suppress appetite. It combines with other oils for allergy relief and to relieve itch and irritation.

» **Eucalyptus** – When you think of eucalyptus, you probably think first of its decongestant properties, which are a great benefit, but there

is more to this oil! It has anti-inflammatory and analgesic properties that can be helpful as well. It can also help to boost the immune system.

If you are curious about learning to use essential oils, we have a viewing of the non-branded, research-based [Essential Oil Masterclass 10-video training available for you - FREE!](#)

If you'd like to learn more about how you can take the steps necessary to reduce the toxic chemicals in your home, our [Dr. Z and Mama Z's Toxic-Free Healthy Home Makeover](#) gives you the tools that you need to get started on the road to a healthier and more abundant life. You'll learn what we have done in our home to make it a safe, healthy environment for our family and get actionable tips that will help you take the first steps to detoxifying your own home.

### **Eric Zielinski, D.C.**



Eric Zielinski, D.C. is a Doctor of Chiropractic with emphasis in Research, Public Health. He has studied aromatherapy at Atlantic Institute of Aromatherapy and is a pioneer in the natural living and biblical health education realm.

He is the author of the National Bestseller book, *The Healing Power of Essential Oils* and creator of the *Essential Oils for Abundant Living Masterclass*. He founded his website, [DrEricZ.com](#) where he's known as "Dr. Z" in 2014 and it has grown to become the most popular non-branded, essential oil, biblical health websites available. He lives with his wife and four children in Atlanta, Georgia but often travels to speak on health & wellness topics nationwide.



*Charlene's*  
Cancer-Fighting  
Kitchen

## Sweet Celery Root Slaw



*Yield: 4-6 servings*

*Preparation Time: 20 minutes | Total Time: 30 minutes*

### VINAIGRETTE INGREDIENTS:

- 2 tablespoons Dijon mustard or other mild mustard, preferably not whole grain
- 2 tablespoons white balsamic vinegar
- 1 tablespoon fresh lemon juice
- ½ teaspoon fine-ground Celtic sea salt
- ½ small garlic clove, minced
- ¼ cup oil such as walnut, avocado, or hazelnut plus additional for drizzling, if desired
- 2 tablespoons olive oil

### SALAD INGREDIENTS:

- 1 medium celery root (about 1 pound), peeled, cut into matchstick-size strips (you should have about two cups of strips)
- 1 medium fennel bulb, halved lengthwise, thinly sliced, fronds reserved and chopped if large
- 1 unpeeled red apple, cut into matchstick size strips
- ½ cup walnut or pecan halves
- Parmesan cheese shavings (optional)

*When you think of root vegetables, you think of starch and carbs, right? But not all roots are high-carb. A one-cup portion of potatoes, for example, may have 26 grams of carbs, but celeriac (celery root) has only 14 grams in that same cup. Despite the name, celery root is not the root of the common vegetable celery. It is a bit ugly looking, but it does have a nutty, lemony, celery-like irresistible flavor. While celery root can be intimidating, it is easily peeled with a vegetable peeler or sharp knife.*

*Celery root is rich in potassium, an essential nutrient that is vital for a number of important processes, supporting the heart, brain, and more. It also contains phosphorus which supports healthy blood pressure as well as heart and bone health.*

*Fennel is also high in potassium, and the antioxidants in fennel support eye health, help detoxify the body, and protect against the harmful effects of radiation exposure.*

*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.*

*continued on page 17*

## VINAIGRETTE DIRECTIONS:

1. Whisk first 5 ingredients in small bowl. Slowly whisk in  $\frac{1}{4}$  cup oil of choice, drop by drop, and then the olive oil, which can be added in a steady stream. Season with additional salt and pepper, if desired.

## SALAD DIRECTIONS:

1. Combine celery root, fennel, and apple in large bowl. Immediately toss with vinaigrette (otherwise the celery root will oxidize and turn brown). Transfer to individual plates or a platter. Drizzle with additional hazelnut, avocado, or walnut oil, if desired, and garnish with chopped fennel fronds, nuts, and parmesan, if using.



# Coconut Breakfast Porridge with Berries



*This vegan porridge is sure to warm you up on a cold morning and helps fight off the flu! Start it the night before and breakfast is on the table in less than 15 minutes.*

*Coconut contains a fat that is mostly in the form of medium chain saturated fatty acids (MCFAs), in particular one called lauric acid. Our bodies convert lauric acid into the biochemical derivative monolaurin, which has been found to be antiviral, antifungal, and antibacterial. Research shows monolaurin may help protect the body from infections, fungi, and viruses including *Candida albicans* (a common source of yeast infection), *H. Pylori*, *staphylococcus aureus* (staph infection), and *streptococci* (strep throat).<sup>1</sup>*

*Many studies confirm that people who consume coconut experience increased fat burning as well as weight loss. Since coconut can be used to make energy within the mitochondria, the powerhouse for cellular energy, consuming it can help to bolster your metabolism and energy. Coconut appears to be especially effective at reducing belly fat which lodges in the abdominal cavity and around organs.<sup>2</sup> Research shows that increased abdominal fat is associated with higher cancer risk.<sup>3</sup>*

*Yield: 2 servings*

*Preparation Time: 15 minutes plus overnight soaking*

## INGREDIENTS:

- $\frac{2}{3}$  cups old-fashioned rolled oats
- $\frac{1}{3}$  cup unsweetened shredded coconut
- 1  $\frac{1}{2}$  cups filtered water
- 1 cup unsweetened coconut milk
- $\frac{1}{4}$  teaspoon ground Ceylon cinnamon
- Pinch of coarse sea salt
- Pure maple syrup (optional)
- $\frac{1}{4}$  cup unsweetened large coconut flakes, toasted\*
- $\frac{1}{2}$  cup fresh blueberries

## DIRECTIONS:

1. Combine oats and shredded coconut with the water in a bowl. Cover and refrigerate overnight.
2. Transfer oat mixture to a medium saucepan. Add milk, cinnamon, and salt. Bring to a boil. Reduce heat to low and simmer, covered, until creamy, about 12 minutes. Remove from heat, stir to combine.
3. Divide oats between 2 bowls and top with fresh berries and coconut flakes. Serve drizzled with maple syrup, if desired.

*\*To toast the coconut flakes, spread them on a rimmed baking sheet and bake at 350 degrees until fragrant, tossing occasionally, about 5-10 minutes*

*continued on page 19*

## Sources:

1. [Fatty Acids and Derivatives as Antimicrobial Agents](#)
2. [Effects of medium-chain triglycerides on weight loss and body composition: a meta-analysis of randomized controlled trials.](#)
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**Blueberries** contain ellagic acid and a large number of polyphenols that have anti-fungal, anti-viral, anti-bacterial properties. These compounds also stimulate the mechanisms of elimination of carcinogenic substances, inhibit angiogenesis (a term used to describe the development of blood vessels needed for tumor growth), and promote apoptosis (cell death) in cancer cells.



If **peaches** or **nectarines** are in season, you may wish to top your porridge with them. Simply heat 2 tablespoons of organic unrefined coconut oil in a skillet over medium-low heat. Pit and slice two nectarines and sauté until golden, stirring frequently, 1-2 minutes. Stir in 1 tablespoon pure maple syrup.



# Gluten-Free Jerusalem Artichoke Pizza Crust



While cauliflower often takes the stage for gluten-free pizza crusts, Jerusalem artichokes are an extraordinarily tasty alternative. A more substantial crust can be helpful for those struggling to keep weight on, which can be an issue while healing from cancer.

Jerusalem artichokes (also known as sunchokes) are a root vegetable with a dark, tough, but edible skin. This starchy vegetable tastes a bit like potato with intense flavor.

Jerusalem artichokes are particularly good for intestinal health, given their strong prebiotic properties. It is the inulin, a non-digestible dietary fiber, that feeds the beneficial bacteria in your gut. In doing so, it crowds out the harmful bacteria. Sunchokes also help to lower blood pressure and cholesterol, promote stable glucose levels, and reduce the risk of heart disease.<sup>1</sup>

Topping the cooked pizza with fresh baby arugula, sprouts, microgreens, or baby spinach offers significant raw nutrition to compliment the cooked vegetables. Serve the pizza alongside a leafy-green or chopped cabbage salad.

Yield: 4 servings

Preparation Time: 35-40 minutes

## INGREDIENTS:

- 6-10 Jerusalem artichokes, scrubbed but not peeled (once grated, you will need about 1 scant cup)
- 2 tablespoons whole flaxseed
- 1 tablespoon dried basil
- 1 tablespoon dried oregano
- ¼ teaspoon fine Celtic sea salt, more if desired
- 1 egg
- 1 cup flour of choice (garbanzo bean, tapioca, or other gluten-free flour), plus more for dusting
- Sprouts and baby arugula, for garnish

## DIRECTIONS:

1. Preheat oven to 400 degrees.
2. Coarsely grate artichokes. Scrape into a small saucepan and add ½ cup water. Bring to a boil; reduce heat and cover. Cook 3 minutes, turn off heat, and allow to steam for 3 minutes more.
3. Drain over a small bowl, reserving cooking liquid. Turn artichokes onto a clean kitchen towel and press out the liquid.
4. Meanwhile, grind flaxseed with a mortar and pestle or a spice/ coffee grinder. Place into a large mixing bowl. Add basil, oregano, salt, and egg. Mix until combined (if you do not eat eggs, you can substitute egg with 1 tablespoon oil).
5. Add flour and mix until it resembles coarse crumbs. Add in the Jerusalem artichokes and mix until combined, adding cooking water as needed to make a crumbly dough. Using the spoon or your hands, press the dough together. Turn out onto a pizza stone dusted with flour (if a stone is not avail-

*continued on page 21*

## Sources:

1. [7 Health Benefits Of Jerusalem Artichoke](#)

able, turn dough onto parchment paper and place on a sturdy cooking sheet). Roll dough with a rolling pin into a round or rectangular shape.

6. Bake crust 14-15 minutes, until lightly brown and crisp.

7. Remove from oven, add toppings; return to oven until done to your preference, about 5 minutes.

8. Remove from oven, sprinkle with sprouts and baby arugula, if desired.

9. Using a pizza cutter or sharp knife, cut into 8 slices. Remove pizza from cooking stone with a sharp turner and serve.

## Suggested Toppings:

- Sliced tomatoes (or tomato sauce), pesto, and/ or cheese
- Coarsely chopped broccoli and cheese (dairy or cashew)
- Olive spread or sliced, pitted olives with pesto and pine nuts (goes well with cashew cream drizzled just before serving, if desired)
- Sliced artichoke hearts or artichoke bruschetta and sliced olives
- Eggplant with caramelized onions
- Thin layer of hummus instead of tomato sauce, topped with fresh basil and thinly sliced fresh tomato
- Runny eggs with sautéed onion, shallots, or leeks; topped with arugula and or chopped parsley

## About Charlene Bollinger



Charlene Bollinger is a devoted Christian, happily married wife, joyful mother of 4 beautiful, home-educated children, health freedom advocate, and co-founder and CEO of *The Truth About Cancer*. She is a former model and actress, fitness buff, and lover of healthy food and living.

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

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





## The Birth Control Pill: Is It Worth the Breast Cancer Risk?

By Dr. Veronique Desaulniers

"The Pill" was first introduced in the U.S. in 1960. According to the National Center for Health Statistics, approximately 16% (about 52 million) of all American women age 15 to 44 are currently using synthetic birth control either in pill or patch form.<sup>1</sup> 98% of all sexually active women have tried these kinds of birth control methods at some point in their life.<sup>2</sup> What most women don't know, however, is that the pill is a known carcinogen and comes with some pretty hefty side effects, including a significantly higher risk of breast cancer.

### What Exactly Does the Birth Control Pill Do?

The majority of synthetic oral contraceptives rely on a pharmaceutically-constructed derivative of estrogen as well as progestin (the synthetic ver-

sion of naturally-produced progesterone). Estrogen and progesterone are two vitally important hormones in a woman's reproductive system. The synthetically-produced versions of these female hormones mimic natural hormones and thus prevent ovaries from releasing eggs. Sometimes they affect mucus production in the cervix, thickening it to block sperm from fertilizing. Other times they thin the lining of the uterus, preventing the egg from "implanting" into the uterus.

Both the patch (i.e. Ortho Evra) and the Depo-Provera injection (also known as *depo medroxyprogesterone* or DMPA) work on the same basic principles. The Depo-Provera injection does its job through interfering with hormonal signaling as well.

## History of The Pill

Synthetic birth control was the first pharmaceutical to be offered to individuals who weren't sick. It has been controversial from the very beginning. When the pill first came out, many women rallied behind it, saying that it would free them to become more independent and enter the workforce in greater numbers. Others said that it would actually strengthen the institution of marriage because it would eliminate the stress of "unwanted children."



Long before "the pill," prevention of pregnancy was a hot button topic and continues to be so today

The promotion of birth control continued unabashed for almost thirty years. In fact, in their December 1999 "Millennial Issue", the magazine *The Economist* called oral contraceptives the invention "that defined the 20th century."<sup>3</sup>

Make no mistake about it, however. The pill and the patch artificially manipulate hormones to prevent pregnancy. As you probably already know, anytime a person messes with the natural flow and mechanisms of their body, they are opening up the possibility of imbalance in the body. There have always been side effects to oral synthetic contraceptives. Some key studies beginning in the early 2000s began to prove just how severe these side effects are.

## The Science behind Breast Cancer Risk and Hormone Replacement Therapy

We will talk about other common side effects of taking oral contraceptives a little bit later in this article. But first, perhaps the most dire consequence of prolonged use of synthetic birth control is a higher risk for breast cancer. You may not be aware of the fact that synthetic oral contraceptives have been classified as a Group 1 carcinogen since the World Health Organization (WHO) put out their paradigm-changing report on the subject in 2005.<sup>4</sup>

Since 2005, several studies have provided statistical and evidence-based data to prove the connection between these drugs and breast cancer. The first connection had to do with HRT, or synthetic Hormone Replacement Therapy.<sup>5</sup> According to conventional medicine, synthetic HRT is used to help balance the hormones of women going through perimenopause and menopause. The methods used for HRT are very similar to oral contraceptives in that they utilize synthetic versions of female hormones (again, estrogen derivatives and progestin) to make changes in a woman's reproductive system.

A 2002 study conducted by the federally-funded Women's Health Initiative<sup>6</sup> looked at possible side effects of synthetic (*not biological*) HRTs in over 150,000 American women. In this massive study, it soon became glaringly clear that synthetic hormone replacement was increasing the incidence of breast cancer in those who were taking it. These results received a lot of public attention in the national media and the study was eventually halted. As a result, sales of synthetic HRTs dropped significantly. Interestingly, the number of breast cancer cases nationwide dropped during this same time period as well.<sup>7</sup>

Another report published in the *Journal of Clinical Endocrinology and Metabolism*<sup>8</sup> found that the synthetic progesterone replacement progestin may raise your risk of breast cancer by as much as 8 percent per year (maxing out at a 30 percent higher increase in breast cancer risk for four years of use or more). Other studies have shown similar correlations.<sup>9</sup> Both HRT and oral contraceptives utilize progestin in some way to achieve their desired effects.

### Why Do Oral Contraceptives Pose Such a Breast Cancer Risk?

The connection between oral contraceptive use and breast cancer risk is clear, according to recent scientific literature. A 2014 report published in the journal *Cancer Research*<sup>10</sup> found that, in a case-control study of over a thousand women who had breast cancer and roughly 21,000 controls, oral contraceptive use increased breast cancer risk by a whopping 50%. And another study in 2017 out of Denmark found a “rapid disappearance of excess risk of breast cancer after discontinuation of use among women who have used hormonal contraceptives for short periods.”<sup>11</sup>

The evidence that synthetic hormone replacement and oral contraceptives can cause breast cancer is definitely out there. But why the connection in the first place? As it turns out, there are a few reasons.

Oral contraceptive use increases the amount of aggressive forms of estrogen, such as estradiol, in a woman’s body. Too much of this kind of estrogen acts as a “mitogen,” meaning that it can stimulate cells in very sensitive breast tissue to divide in a process called *mitosis*. High amounts of cell division in breast tissue can lead to errors or mutations. This is when cancer can manifest or spread.

Another way that the birth control pill or patch can lead to cancer is through certain estrogen metabolites which can act as carcinogenic “genotoxins”.<sup>12</sup> These toxins can damage DNA directly, again causing cancer cells to form.

A final way could have to do with the way progestin, the synthetic form of progesterone, interacts with estrogen, although the specific mechanisms are still fuzzy in the research world. One analysis



Any benefits a woman might gain from taking the pill are greatly diminished by the risks to her health

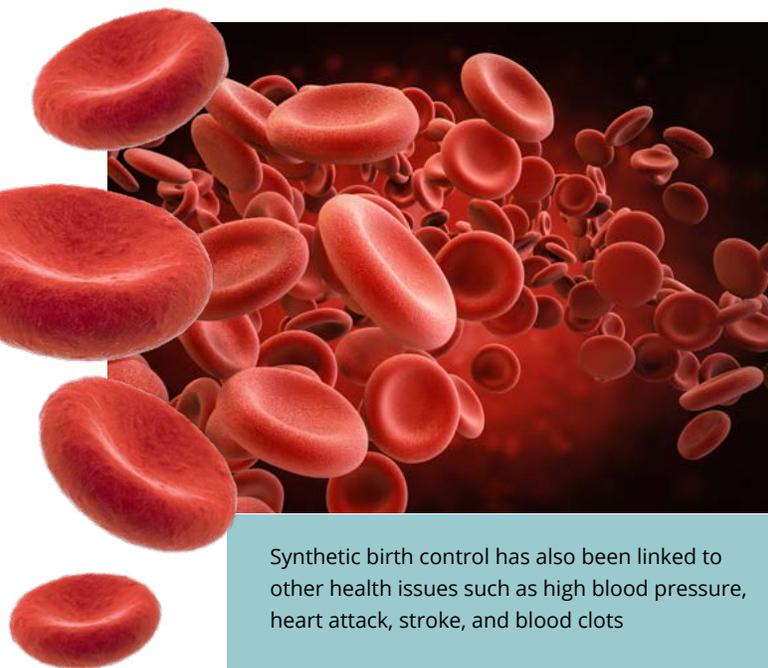
was conducted in part by researchers at UCLA. They found that a group of over 16,000 women who had hysterectomies and were prescribed estrogen plus progestin had an increased risk of breast cancer while taking combination HRT, compared to women with hysterectomies who were taking low-dose estrogen alone.<sup>13</sup>

### Other Side Effects of Synthetic Birth Control

Of course, breast cancer is not the only issue when it comes to the health risks associated with synthetic oral contraceptives. Other complications include:

» **Other cancers.** Women on birth control pills have an increased risk of cervical as well as liver cancer in addition to breast cancer.<sup>14</sup>

» **Blood clots and stroke.** The risk factors for these possibly life-threatening conditions doubles if your pill or patch contains desogestrel, a form of synthetic hormone.<sup>15</sup>



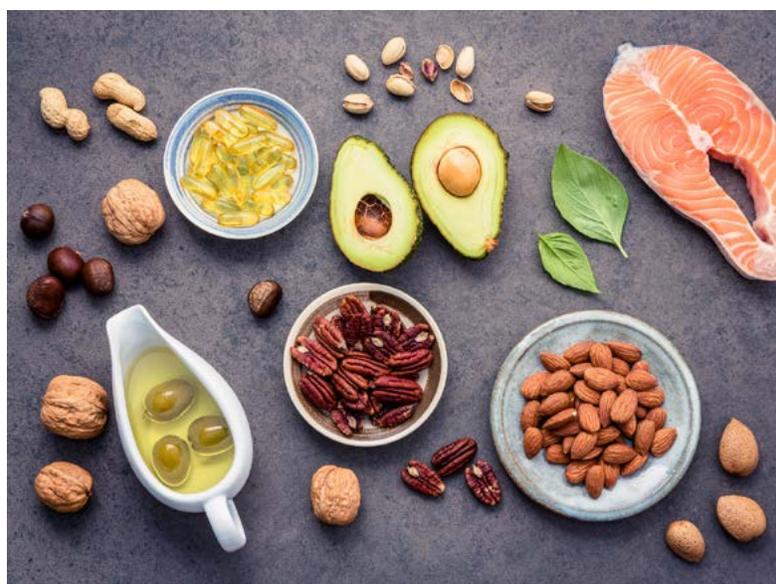
Synthetic birth control has also been linked to other health issues such as high blood pressure, heart attack, stroke, and blood clots

» **Bone thinning.** Studies have shown that women who take birth control pills have lower BMD, or bone mineral density, than women who have never used synthetic contraceptives. One study discovered that women who had used Depo-Provera injections for at least two years had BMD loss of about 6 percent. For those who used birth control pills only, the loss was about 2.6 percent.<sup>16</sup>

» **Sexual dysfunction.** Some of the other side effects on this long list can include a lower sex drive and other sexual dysfunction. In addition, research conducted at Washington University School of Medicine<sup>17</sup> and others have found that the pill can also interfere with a protein that keeps testosterone in check. This can lead to decreased interest in sex, decreased arousal, and can change what a woman may consider “attractive” in a man.

» **Heart disease.** Long-term use of the pill can increase plaque in the arteries and significantly raise your risk of cardiac disease. A recent report put together by the well-respected and independent Cochrane Collaboration found that there was a 1.6-fold increase in arterial thrombosis among women who used birth control pills. The increase was higher for those taking high-dose estrogen pills. In their report, Cochrane researchers warned that “the risk of other side effects of oral contraceptive pills (such as a blood clot in a vein-venous thrombosis) should be considered before any type of oral contraceptive pill is prescribed.”<sup>18</sup>

» **Nutritional deficiencies.** This may be the worse side effect of birth control overall, since key micronutrients play such a huge part in so many functions in the body in addition to boosting the immune system and keeping chronic illness at bay. Unfortunately, taking synthetic birth control over time can lead to deficiencies in several forms of B vitamins<sup>19</sup> as well as vitamin C, magnesium, and zinc.



Research shows that vitamin B12 deficiency may be directly linked to greater risk of breast cancer

In addition, some day-to-day side effects of taking synthetic birth control may include mood swings (including depression), migraines, nausea, weight gain, irregular bleeding, tenderness in the breasts, candida overgrowth, and birth defect risks to a fetus if a woman becomes pregnant while on the pill.<sup>20</sup>

#### 4 Ways to Help Your Body Heal after (Or While Taking) the Pill

As you have probably figured out already, I am definitely not a fan of synthetic birth control. For most women who are on them who participate in my [7 Essentials Program®](#), I gently recommend that they quit using them right away because of the known breast cancer risk. If for some reason you absolutely have to take a synthetic oral contraceptive, consider adding these supplements to your daily routine to avoid toxic build up and keep your immune system strong:

**1 | DIM 13M.** This is a technical-sounding name for a very natural yet powerful phytonutrient. It comes from cruciferous vegetables like broccoli and cauliflower and can help to metabolize estrogen, in essence converting it to a less aggressive form. This milder estrogen is called *2-hydroxysterone* and can be protective against breast cancer according to some research.<sup>21</sup>



Every time you eat broccoli, broccoli sprouts, cauliflower, or Brussels sprouts, your body converts a key nutrient found in these tasty foods into what's known as 3,3'-Diindolylmethane, or DIM

**2 | NAC and milk thistle.** Both of these substances help to strengthen and flush your liver and detoxify carcinogenic substances.<sup>22</sup>

**3 | Flax seeds.** Flax seeds have substances called lignans in them, which are potent breast cancer inhibitors. They can help to metabolize aggressive estrogens and turn them into milder forms. They also inhibit the growth of blood vessels that can feed cancer tumors.



To achieve the most health benefit from flax seeds, it is best to use freshly milled or crushed seeds allowing your body to efficiently absorb the available nutrients

**4 | Follow the 7 Essentials System®.** I have developed this system to cover all the bases if you are concerned about your risks of breast cancer or are currently dealing with a diagnosis. It is especially important that you follow a program such as this if you have used birth control for more than a couple of years and are concerned about breast cancer risks. It teaches you how to avoid toxins, use food as medicine, heal emotional hurts, utilize biological dentistry, and more.

#### What Other Options Do I Have Besides the Pill?

To go into this topic fully would take an additional article, maybe even two! There are so many options available to you to protect yourself as well as be *safe and healthy* with your birth control methods. You might have heard about many of

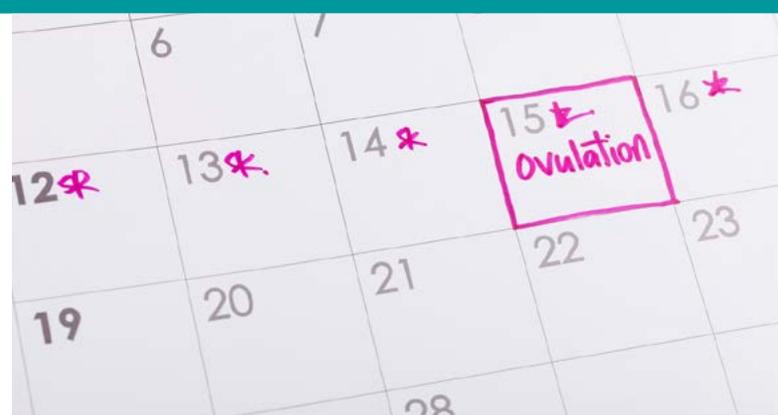
them. Keep in mind that combining two or more together (such as calendar, temperature, and condoms) will yield the best protection for you and your partner. Keep in mind, however, that all these methods, with the exclusion of condoms, protect against pregnancy only, not STDs:

» **Male and female condoms.** Male condoms alone are shown to be effective 98% of the time (when used correctly). Female condoms have a 95% effectiveness rate. Be sure to use a water-based lubricant, not an oil-based one since oil will weaken and break the latex. Sheepskin condoms are also available for those who are sensitive to latex.

» **Diaphragm.** A diaphragm is a barrier against sperm that is usually used with a spermicidal jelly. They are said to be about 95% effective. Diaphragms must be fitted by a doctor.

» **Cervical cap or sponge.** A cervical cap looks like a rubber cap. It fits against the cervix and can be left in place for up to two days. It has about a 90% effectiveness rate when used alone. It also must be fitted by a doctor. A cervical sponge does not need to be fitted by a professional. It is made of foam and is moistened with water before being inserted in to the vagina. It can be left for up to 24 hours and has a roughly 90% success rate against pregnancy.

» **Calendar method.** The calendar method is a natural family planning (NFP) method. It involves tracking your ovulation periods on a calendar and simply abstaining from sex (or using a barrier method listed above) during the days you are ovulating. As you will see, this method works great when combined with the two other NFP methods mentioned below.



You can utilize the calendar method with a regular calendar or a period tracking app

» **Temperature method.** A woman's body temperature naturally rises during ovulation. The temperature method involves taking your body temperature every morning upon waking and recording it. As soon as you see a rise in temperature (along with tracking your cycle on a calendar), you can determine if you are ovulating. The downside to this method is that there are a lot of things that could influence body temp, including lack of sleep, illness, and stress.

» **Mucus method.** Finally, there is the "mucus method". Along with changes in body temperature, did you know that there are also changes that occur to vaginal discharge during ovulation? During the time right before ovulation, estrogen levels are at their highest. A few days after your period ends, there may be a "mucus-like", tacky substance that will increase and become clear and rather stringy when your body approaches ovulation. When the discharge goes back to a cloudy color, then you know that your ovulation period has passed. Again, this method goes great with the other two NFP methods mentioned above and can also be combined with barrier methods as well.

Personally, I always encourage young women especially to utilize at least one NFP method as part of their birth control regime. In addition to pro-

viding protection from getting pregnant, these methods are great ways to learn about the intricacies, rhythms, and miracles of your own body!

### Is Convenience Worth the Risk?

Just like anything else on the [Healthy Breast](#) path, choosing which birth control method to use to avoid pregnancy is a very personal and individual choice. I hope that I have provided enough information about the risks involved in conventional birth control methods so that you know the potential consequences to using them, especially when it comes to breast cancer.

The good news is that there are ample options for you to choose from if you decide to go a more natural route. You can also rely on the wisdom of nature to get you back on a track to health if you are currently using synthetic oral contraception, or have used it for many years in the past.

### About Dr. Véronique Desaulniers



Dr. Véronique Desaulniers (also known as "Dr. V") is a natural health pioneer with over thirty years of 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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