



In the News:

Smoking causes belly fat and PCOS

An American researcher has found that smoking increases the risk for metabolic syndrome (also called insulin resistance). Insulin resistance increases the risk of heart disease, diabetes and PCOS. It also causes a distinctive weight gain around the waist. The study looked specifically at teenage girls. (1)

Comment: No more smoking to stay thin. See [Sensible News 17](#) for more information

Losing ovaries decreases long term survival

The August 2005 issue of Obstetrics & Gynecology says that post-menopausal women really do need their ovaries. Losing them with a hysterectomy will increase the long-term risk for death from heart disease and hip fracture (2). Ovaries are commonly removed to prevent the small risk for ovarian cancer, but statistically, women are much more likely to die from heart disease.

Comment: The ovaries have a purpose after menopause. They continue to produce a small amount of oestrogen and testosterone. Both hormones contribute to vitality and longevity. Losing the ovaries is exactly like castration.

Appointments at Sensible-Alternative Naturopathic Clinic are available weekdays 8am to 6pm. 12 Ridge St., North Sydney.
Call: **02 9922 4009**

web: www.sensible-alternative.com.au
email: lara@sensible-alternative.com.au

INSIDE THIS ISSUE

- 1 In the News: Smoking causes fat; Losing ovaries is bad
- 1 Breast cancer linked to insulin and Vit D
- 2 Black tea as good as green
- 2 Natural progesterone and melatonin prevent cancer
- 2 Do bras cause breast cancer?

New breast cancer research looks at insulin and vitamin D

Top cancer researchers in Montreal have recently received a \$2.9 million research grant to look at the way that insulin resistance and vitamin D deficiency increase the risk for breast cancer (3).

Insulin Resistance

Insulin causes breast cells to divide, especially in the presence of oestrogen. Excessive insulin, or insulin resistance, affects up to 25% of adults and is the direct result of a diet high in carbohydrates and trans-fat. See [Sensible News 17](#) for more information about insulin resistance.

It has already been established that insulin resistance will worsen survival rates for women who already have breast cancer, but this new research will tell us whether insulin resistance might actually be a *cause* of breast cancer.

Vitamin D deficiency

According to one scientist, Boston research Dr. Michael Holick, 25% of breast cancer deaths could have been avoided if the women had had adequate levels of vitamin D (4). Breast cells have receptors for vitamin D, which is really more like a hormone in the body, than a vitamin. It is involved in other oestrogen-sensitive aspects of health such as bone density.

Vitamin D deficiency is epidemic world-wide, even in sunny Australia. We are supposed to get vitamin D from sunlight, but sunscreen interferes. Sunscreen may actually be increasing cancer rates! (See [Sensible News 11](#) for more information about problems with sunscreens.) Up to 25% of Australians could be vitamin D deficient (4). It can be supplemented as cod liver oil or sunshine on bare skin (without burning). If you suspect that you are deficient, you can check your vitamin D with a simple blood test.

Good news for tea drinkers

We know that green tea protects against cancer, and the new word is that black tea does too. Green tea's epigallocatechin is destroyed by the fermentation used to make black tea, but new research in India has found that it is converted into new compounds that may actually be as potent for cancer prevention.

Coffee and chocolate may be next on the list of cancer prevention, because they also contain high levels of antioxidants. Scientists have decided that **coffee is actually the biggest source of antioxidants in the American diet** (a sad fact). If you're going to drink coffee or tea, make sure that they are "unsprayed" as pesticide residues cause cancer.

Natural progesterone protects against breast cancer

Natural progesterone cream down-regulates oestrogen receptor in breast cells, prevents cell division, and has been shown to prevent breast cancer as well as the anti-cancer drug tamoxifen (5). Progesterone is one of the reasons why pregnancy is protective against breast cancer. Natural progesterone is available in Australia from compounding pharmacists by prescription.

Editorial comment: *If you lived in Europe, you would not have to fight with your GP about progesterone. This reputable hormone treatment has been used in Europe for decades for menopause, PMS and infertility. The evidence is that it is safe. (See [Sensible News 27](#)). The same doctor who is afraid to prescribe progesterone for you has no qualm about prescribing the Pill, despite the fact that the Pill is proven to cause blood clots and may increase the risk of cancer. Progestins in the Pill are NOT progesterone, even though your doctor may not understand the difference. Consider this: Bio-identical progesterone is used to enhance fertility. Progestins can never be used for fertility, because they cause abortion and birth defects.*

*The problem in Australia is that progesterone had the misfortune to be called "natural" and therefore dubious to conventional medical practitioners. Bio-identical progesterone is a natural molecule (for example, so is insulin), but it is also a **legitimate medical treatment**. If progesterone was patentable, it would be advertised in glossy pharmaceutical-funded journals. If it was patentable, not only would your GP have heard of it, she give you a free sample.*

References:

- (1) Weitzman M et al. Tobacco Smoke Exposure Is Associated With the Metabolic Syndrome in Adolescents *Circulation* 2005 ;S1524-4539
- (2) Parker WH et al. Ovarian Conservation at the Time of Hysterectomy for Benign Disease *Obstet Gynecol* 2005, 106(2): 219-226
- (3) Canadian Institutes of Health Research Press Release. July 25, 2005.
- (4) ABC Catalyst transcript. Vitamin D and Cancer. 27March 2003.
- (5) Inoh, A, et al. 1985. Protective Effects of Progesterone and Tamoxifen in Estrogen-induced Mammary Carcinogenesis in Ovariectomized W/Fu Rats. *J Cancer Res* 76: 699-704
- (6) Schernhammer ES et al. Urinary melatonin levels and breast cancer risk *J Natl Cancer Inst* 2005, 97(14) p1084-7
- (7) Dixon JM et al 1999. Risk of breast cancer in women with palpable breast cysts: a prospective study. Edinburgh Breast Group. *Lancet*. 353(9166):1742-5
- (8) Ashizawa K. 1990. Breast Form Changes Resulting From A Certain Brassiere. *Journal of Hum. Ergol.* 19(1):53-62.

Sleep hormone melatonin prevents breast cancer

A new study from the women's hospital in Boston has found that a good night's sleep can decrease breast cancer risk by 40% (6). Data from the Harvard Nurses Study showed that shift workers have significantly lower levels of melatonin and significantly higher rates of breast cancer. Best known as a hormone that promotes sleep, melatonin also strengthens the immune system, and prevents excessive oestrogen production. Melatonin is only produced during deep sleep, and only in darkness. If your room has light from the street, you must darken it with curtains or blinds. Or wear an eye mask.

Assess your melatonin levels with a saliva hormone test, available through *Sensible-Alternative Clinic*.

Do Bras cause breast cancer?

Maybe. We know that bras worsen fibrocystic breast disease (lumpy, painful breasts), and we also know that fibrocystic breasts increase the risk for breast cancer (7) Bras prevent lymphatic drainage from the breast tissue, and this means that the immune system cannot do its job. As many as 20% of women wear bras to bed, and there is simply no reason for this. Research shows that bras actually promote sagging, rather than prevent it (8)

Breast Cancer SURVIVAL CHECK LIST

- Avoid exposure to pesticides or industrial chemicals
- Don't use Styrofoam cups for hot drinks
- Never microwave in plastic (See [Sensible News 32](#): Breast cancer issue Part 1 for more information on toxins.)
- Do a self breast exam every month
- Don't take the Pill or conventional HRT
- Limit sugar and bread to keep insulin levels down
- Don't smoke
- Drink green tea
- Eat vegetables, especially broccoli
- Take selenium supplements
- Wear your bra less (at least not to bed)
- Get some sunshine (without sunscreen)
- Sleep in a dark room
- Use progesterone cream if you are oestrogen dominant
- Let go of past grief and resentment

All articles written by Lara Grinevitch BSc, ND

Obtain back issues, or subscribe to the latest issue of
Sensible News straight to your email.

Visit our website: www.sensible-alternative.com.au