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Natural is best

Are you at risk for breast cancer? The more of the following you have, the more at risk you are: Age greater than 50; early menstruation; late menopause; having no pregnancies; having the first child after age 30; stress; fat consumption; obesity; family history of this; living in a civilized society; and the worst, having the wrong hormones at the wrong time.

Although we have no control over many of the above factors (we do have some control over stress and obesity), as a nation, we are doing a poor job. The bad news is *hormones* and the good news is *hormones*. This is the easiest to change and has the greatest effect. The bad hormone is the one implicated earlier this year, Medro-



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Progesterone Acetate (MPA), that causes not only cancer of the breast, but blood clots which causes an increase of both heart attacks and strokes.

The good female hormones prevent coronary artery disease, Alzheimer's, osteoporosis, bladder infections, aging skin and premature death from all causes. In addition, they will protect women against breast cancer and allow her to be younger at any age and, of course, be healthier. Natural hormones are bio-identical to our bodies' own production. Bio-identical hormones are made by compounding pharmacies. These knowledgeable pharmacies can assist your physician with your prescription or recommend a doctor who practices Natural Hormone Replacement Therapy instead of having the big drug companies taking most of your money.

Mammography does not prevent, but only detects cancer once it starts, which is frequently too late. Some experts even feel mammography can cause cancer (radiation of a breast under pressure). Self-breast examinations have recently

been shown to be ineffective.

Although tumors vary in growth, on average it takes six years for one to be the size of a pencil point and 10 years until it becomes marble sized. This is one billion cells after the first mutant cell came into existence.

There is better technology available. Digital Infrared Thermal Imaging (DITI) predicts a problem a decade before it shows up. However, it is not paid for by insurance companies at this time. The cost is about \$75 a study.

Saliva tests are available that will determine if a particular woman is in harm's way to develop breast cancer. The profile that is shown to lead to breast cancer is that of increased insulin, estrogen, testosterone and cortisone (particularly at night), and decreased progesterone. These studies can be done without a doctor's orders at David Zava's lab, 503-466-2445, or online at www.salivatest.com. The science has been worked out, but the choice is yours for a long and healthy life. What is natural is always the best.