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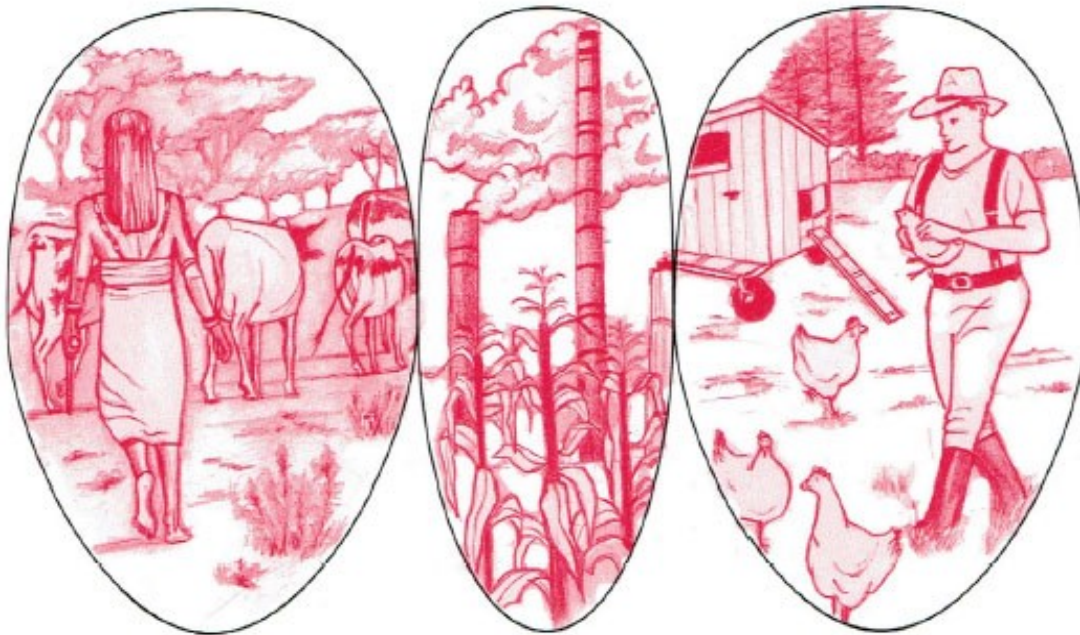
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IN FOOD, FARMING AND THE HEALING ARTS

Volume 15 Number 3

Fall 2014



What Causes Heart Attacks? The Myogenic Theory of Heart Disease
The Essential Role of the Thrombosis in Heart Attacks
Liver Detoxification Fats Under Fire

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Soy Alert!

THE HEAT IS ON: THERMOGRAMS PROVIDE EVIDENCE THAT SOY DRIVES BREAST CANCER

By Kaayla T. Daniel, PhD, CCN

October is Breast Cancer Awareness Month, and the soy industry will take the opportunity to feed women's fears and urge us to consume soy products for breast cancer prevention. Soy milk manufacturers may even give away soy milk in bright pink containers—called "Pinkies"—to women attending Komen Races for the Cure.

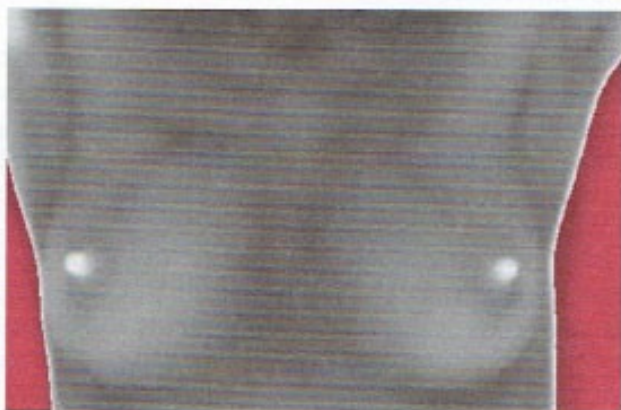
Sadly, soy is not only useless for cancer prevention but can cause, contribute to and accelerate the growth of breast cancer. The Israeli Health Ministry, French Food Agency, German Institute of Risk Assessment and Cornell University's Center for Breast Cancer and Environmental Risk Factors have all warned women to "exercise caution" regarding soy consumption, particularly if they've been diagnosed with, or have a family history of, breast cancer.

Further warnings come in the book *Breast Cancer Boot Camp* (Tate, 2013) by William B. Hobbins, MD and Wendy Sellens, LAc. More than a hundred thermogram images provide striking visual evidence that soy and other estrogenic foods and herbs promote vascularization and angiogenesis in the breast. The word "angiogenesis" comes from the Greek words *angio*, meaning "blood," and *genesis*, meaning "formation of." The term was coined back in 1935 to describe the new blood vessels form-

ing in the placenta during pregnancy. It now commonly refers to the formation of new blood vessels during any bodily growth spurt, from the replacement of blood vessels after an injury to the ability of malignant tissues to rapidly form the network of blood vessels needed for the runaway growth of breast cancer.

Dr. Hobbins is a former surgeon who pioneered breast cancer detection through mammography and thermography. Now age ninety, he continues to urge widespread use of thermography for initial screening and prevention because "the angiogenesis of a breast cancer is not only the earliest sign, but the greatest sign for detection and prognosis in treatment." Back in the 1980s when soy was first widely marketed as a "health food," Dr. Hobbins noted a link between soy consumption, increased vascularity and breast cancer development.

Sellens is a licensed acupuncturist and a protégé of Dr. Hobbins who studied with him for five years and spent seven years reviewing his thousands of cases. She founded Pink Image Thermography in Solana Beach, California, is president and cofounder of the Women's Academy of Breast Thermography, president of the non-profit Pink Bow Breast Thermography research and education, and is actively pushing



Healthy breasts. Normal thermogram.
Non-vascular



Vascularization in the breasts of a woman consuming large amounts of soy.

Photos © Wendy Sellens, LAc, Pink Image Thermography.

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for rigorous nationwide certification standards for thermography.

Thermography is an imaging technique that can detect abnormalities based on patterns of body heat. Because cell proliferation rarely develops without a vascular process that increases the surface temperature, thermography can identify women at risk for breast cancer or who have breast cancer in a very early stage. In color thermograms, the cooler areas appear dark blue, purple and black, while the warmer areas are yellow, orange, red and white. Gray scale thermographs show hotter areas as white and cooler areas as black. For highest diagnostic accuracy, Hobbins and Sellens recommend both types of thermograms be done.

Many alternative health professionals today recommend thermography as a safe screening alternative to mammography, which is not only painful and expensive but can increase breast cancer risk through radiation exposure and breast tissue compression. Thermograms are particularly helpful for the screening of women with young, dense breast tissue, and those with fibrocystic breast disease, breast implants or scars. Unlike mammograms, thermograms are useful for detecting changes in the armpit area. Thermography is also safe for women who are pregnant or lactating.

With its hundreds of “before and after” examples, *Breast Cancer Boot Camp* shows how women can use thermograms to monitor their breast health and see whether estrogenic foods and herbs live up to their marketing promise.

As Sellens puts it, “Your breasts can’t lie” and “thermograms can be your new breast friend.” If soy were “healthy” for the breasts, we could expect women who regularly consume it to have non-vascular breasts, which would be evidence of a lack of stimulation and a protective effect. Having analyzed thousands of thermograms, Sellens reports, “This is just not the case.”

The authors show similar unwanted estrogenic effects from flax, black cohosh, red clover, and other phytoestrogen-rich foods and herbs, supplements such as DIM and calcium gluconate that allegedly regulate estrogen metabolism—and even bio-identical hormone replacement therapies. Given that many naturopathic doctors and alternative health care practitioners regularly recommend these products, this is a sobering reminder to us all that “natural” is not necessarily “safe.” ☺☺

Kaayla T. Daniel, PhD, CCN is known as The Naughty Nutritionist® because of her ability to outrageously and humorously debunk nutritional myths, including the myth that soy is a health food. She is vice president of the Weston A. Price Foundation, on the board of directors of the Farm-to-Consumer Legal Defense Fund, and author of The Whole Soy Story: The Dark Side of America’s Favorite Health Food. Kaayla is coauthor with Sally Fallon Morell of Nourishing Broth: An Old-Fashioned Remedy for the Modern World, set for publication on September 30. Her website is drkaayladaniel.com.

NEW 3D MAMMOGRAMS: NOT SUCH A GOOD IDEA

With more and more women questioning the wisdom of mammograms, the industry had to come up with something “new and improved.” After all, routine mammograms are huge moneymakers, which also shunt women into the breast cancer business. They often give false positives and sometimes miss tumors but the most serious problem with mammograms is that they can cause breast cancer! Mammograms expose the breasts to radiation while simultaneously compressing the breast tissue—often quite painfully—which can cause cancer cells to spread. One study indicates that mammograms cause about twenty to twenty-five cases out of one hundred thousand of fatal breast cancer per year.

The new mammogram is called 3D tomosynthesis, which is basically a CT scan for your breasts. The 3D mammogram requires multiple views in order to achieve three dimensionality. That means you are getting a lot more radiation exposure, by some estimates three times as much. And the 3D mammogram is only done after the 2D mammogram has been carried out.

By the way, more and more children today are subjected to CT scans—the average American child gets seven radiation scans by the age of eighteen. One CT scan exposes your child to between one hundred and five hundred times more ionizing radiation than a standard x-ray. Radiation-induced cancers include leukemia and cancers of the brain, lungs, thyroid and colon.

Source: mercola.com, August 27, 2013