

# Health Matters

## Natural Paths to Healthier Living

The Georgetown Naturopathic Wellness Centre

Fall/Winter 2003

### Breast Cancer Prevention

Breast Cancer is a disease with many contributing factors and a complex array of interactions between these factors. We can not say for certain the cause of breast cancer, however, we can come to understand the risk factors and by understanding the risk factors as women we can take some control of the outcome through prevention. Prevention can come in many forms from dietary changes, lifestyle improvements, cleaning up the environment, spiritual growth, detoxification regiments and more.

One in nine women in Canada will be diagnosed with breast Cancer and one in twenty six chance of dying from Breast Cancer (Canadian Cancer Society). Breast Cancer is the most frequently diagnosed cancer in Canadian women. With this in mind it is essential that every women understand the risk and the steps that can be taken to prevent the occurrence of Breast Cancer.

Over 90 percent of Breast Cancer are non hereditary and the incidence might be reduced or avoided by alteration in diet, exercise, hormonal modification. Identifying prevention strategies and understanding how they interface in a women's underlying immunological, hormonal, cellular and genetic makeup is essential.

Developing strategies for breast cancer prevention include: exercise, obesity, estrogen imbalance, use of HRT and OCP, environmental exposure to toxins, use of prescription drugs, constipation, cigarette smoking, use of hair dyes, emotional and spiritual stress, chronic inflammation, and more.

To find out more about these issues please join Nicole and I as we present an evening filled with important information for women to start to take control of their bodies to help prevent the possibility of breast cancer.

### Flaxseed Egg Replacer

This egg replacer recipe is appropriate for those who are sensitive to eggs or who just want to increase the fibre in their recipes. We've used it many times and are very pleased with the results.

½ cup flax seed  
1 ½ cup water

Grind the flax seed in the blender until thoroughly ground, add the water and blend for another minute or two. Let the mixture sit until is gels like an egg white. Store in fridge. Use ¼ cup to replace one egg.

### Breakfast Ideas

2 to 4 tbsp. Ground flaxseeds  
Applesauce, unsweetened  
Blueberries, frozen organic  
Chopped pecans  
Stir and enjoy

Or use yogurt instead of applesauce if dairy is not a problem.

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### STATISTICS

“Breast cancer is the most frequently diagnosed cancer in Canadian women”.

During her lifetime, a woman has a 1 in 9 chance of developing breast cancer and a 1 in 26 chance of dying from it. (Canadian Cancer Society)

Breast cancer death rates have declined steadily – from an estimated 33 per cent in 1992

to 26 per cent in 2002. These rates are at their lowest since 1950. The decline is believed to be due to the benefits of screening and improved treatments. (CCS)

*Age, socioeconomic status, nulli parity, first pregnancy after 30, late age at menopause, early age at menarche, family history of breast cancer, chest radiation in high doses are consistently associated with increased risk of breast cancer. Possible risk factors include sedentary lifestyle, hormone replacement therapy, oral contraceptive pills, alcohol, smoking, diet, obesity, and therapeutic abortion. (statistical society of canada)*

### GNWC in the Community

- Nicole has been working with Stewartown Middle School helping the parent volunteers develop nutritional lunch program for grades 6, 7 and 8 children.
- Albert has organized a Golf Tournament to raise money for HHCSI – Halton Hills Community Services and Information – specifically for the Open Door Youth Program.
- Cathy has put on her walking shoes and hopes to raise over \$2000 for the Weekend to End Breast Cancer (Sept 11/12). Cathy will be walking for 60 km.
- Cathy and Nicole will be giving a talk to the general public April 27 at the Halton Hills Library 7pm to 8:30pm on Breast Cancer Prevention. All proceeds raised at the talk will go to the Weekend to End Breast Cancer. Hope to see everyone there!

### CLEANSE KITS

This year we have two levels to choose from:

First Timers - a gentle way to cleanse and make some dietary changes that won't be too hard to do. This cleanse last two weeks and the reward will be you will look and feel great!!!!!!!

Advance Cleanse – This is a more intense cleanse lasting 4 weeks. This is for people who have cleansed before and are looking to make a big change in their health.

Join the staff and many patients of the GNWC in a spring cleanse. The spring cleanse is a very powerful tool in maintaining and achieving excellent health. Often many common health complaints like low energy, bloating, headaches and joint pain disappear after a thorough cleanse. We are using a "medical food" powder that is taken one, two or three times a day in addition to a healthy whole foods diet. designed to promote the metabolism of your liver. We have a convenient kit prepared for our patients who are interested. Take 2 or 4 weeks to give your body the attention it deserves!

Add for Talk and Add for Golf Tournament needs to be inserted

Yours in good health,

**The Georgetown Naturopathic  
Wellness Centre**

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#### Services Offered

Naturopathic Doctor ☆ Food Sensitivity Testing  
Acupuncture ☆ Osteopath/Craniosacral Therapy  
Certified Aromatherapist & Reflexologist ☆ Ear Candling