



Holistic Medical Centre

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Breast Health

This newsletter is going to focus on all that you can do to maintain breast health based on published research. First of all the food and nutrition. As some of you know we routinely screen for iodine levels with a urine test and we have seen some surprisingly low iodine levels. Iodine has shown some anti-proliferative effects in healthy breast tissue. Healthy levels of iodine can be achieved with diet but this requires a Japanese style of eating which includes a regular consumption of sea vegetables or a regular consumption of shellfish. Iodised salt alone does not suffice. Due to the importance of this nutrient and the changes required to achieve healthy dietary intake, most people opt for supplementation as an easy and inexpensive option. For our part it is the only supplement that we are recommending for indefinite use if you do not make the necessary dietary changes. Karengo is a New Zealand sea vegetable that is mild tasting and can be added to salads and vegetables and there are many different types of kelp seasonings available at the health food shop. Please check

with your health professional before you start taking iodine as a regular supplement. Next is Vitamin D and we have covered this extensively in other newsletters, suffice to say that levels should ideally be between 100-150nmol/l measured on a blood test. Prescription vitamin D is sometimes used for correcting levels quickly and is a very inexpensive option. Some may have heard of the benefits of cruciferous vegetables such as broccoli, cabbage, cauliflower, Brussels sprouts and kale. This is because of a substance called indole-3-carbinol. This substance has been shown to assist with keeping the estrogen profile healthy and helping to avoid the types of estrogens associated with the proliferation of breast cancer. A very recent laboratory study on estrogen dependent breast cancer cells showed that DDT (pesticide) applied to breast cancer cells caused increased proliferation, but when indole-3-carbinol was then added it inhibited the breast cancer cell proliferation stimulated by the

DDT. This nutrient is found in the cruciferous vegetables as mentioned. Genistein is a substance found in soy foods that is known to have a weak effect on estrogen. Although soy foods are safe to eat in moderation, it is best to avoid supplements containing Genistein extract until more studies give some more conclusive evidence. Normal cell division is supported by adequate levels of vitamin B12, zinc, folate, vitamin D and calcium. B12 is high in meat and tempeh, zinc is high in oysters and there is some in pumpkin seeds, folate is high in green leafy vegetables and vitamin D is from the sun and cod liver oil. Adequate levels of vitamin D are necessary for the absorption of calcium from the digestive tract. Some evidence has shown that cosmetics used around the breast and underarm area can gain direct access to the breast tissue without going through the systemic circulation without first being metabolised by the liver. The substances to be wary of are listed below under 'More information'.

Our favourite quote

If you think in terms of a year, plant a seed; if in terms of ten years, plant trees; if in terms of 100 years, teach the people.
Confucius 551 BC - 479 BC

Health tips

Sometimes we refer patients for a lymphatic massage. The lymphatic system moves fluid and waste products around the body and are part of our immune surveillance. However, unlike the blood, there is not a pump. For this reason, exercise is a great stimulator of the lymphatic system. If the lymph is moving slowly, then fluid retention can result. Lymphatic massage is marvellous as it assists the movement of fluid back into the blood to be excreted via the kidneys and many notice an increase in urine output for 24 hours after a massage. This may be contraindicated in kidney disease and hypertension.

Happy Patient File

A 22 year old woman recently saw us who had felt depressed for 5 years tired, anxious and sometimes panicky. Antidepressants in the past had not helped and she also had regular severe right-sided headaches. After 2 weeks on increased protein, magnesium, ginseng and high-dose B vitamins, she looked and felt a different woman. All her symptoms had improved but she happily reported NO headaches since her previous visit. The good news is that the supplementation is only needed for 2-3 months.

More information

We want to very warmly welcome our new doctor to the team. Dr Lesley Yan is here for three half days and it is great to have a new member of the holistic team. Dr Inga Schader is completing work in Australia and will be back for good in early January. For breast health it is ideal to avoid the following substances: Parabens (preservative in cosmetics and food), Aluminium salts in

antiperspirant, Triclosan (preservative in deodorant) Metallo-estrogens (cadmium in cigarette smoke and aluminium in cosmetics), pesticides and herbicides such as DDT, Dieldrin, and Lindane. Eat organic, wash and peel foods, and eat lean meats as these substances concentrate in the fat. Please avoid or take precautions against industrial inhalants such as

fumes from epoxy resins, polycarbonate plastics and inhalants from incinerators. Darbre P.D. (2006). "Environmental oestrogens, cosmetics and breast cancer." Best Practice & Research Clinical Endocrinology & metabolism 20(1): 121-143. Our Christmas hours are as follows: 24 Dec 9am-3pm. Closed Dec 25-Jan 3. Reopen

4 Jan 10am-4pm. Normal hours from Jan 7
Article eight from the United Nations Declaration of Human Rights
Article VIII
Everyone has the right to an effective remedy by the competent national tribunals for acts violating the fundamental rights granted him by the constitution or by law.