

ALKALINE EATING FOR BREAST HEALTH

Almost all foods that we eat after being digested, absorbed and metabolized, release either an acid or alkaline base (bicarbonate) into the blood. Grains, fish, meats, poultry, shellfish, cheese, milk and alcohol produce acid, so the introduction and dramatic rise in our consumption of these foods meant that the typical Western diet became more acid-producing. Consumption of fresh fruits and vegetables has decreased which further causes acid.

Our blood is slightly alkaline, with a normal pH level between 7.35 and 7.45. The theory behind the alkaline diet is that our diet should reflect this pH level and be slightly more alkaline. An acidic diet disrupts the body's natural balance and promotes loss of essential minerals such as potassium, magnesium, calcium, sodium and others as the body tries to re-balance. In an acidic body diseases of all kinds thrive and proliferate especially cancer.

Acidity in the body reveals itself in seven stages

1. Loss of energy
2. Sensitivity and irritation (IBS)
3. Mucus and congestion
4. Inflammation
5. Hardening of soft tissue (hardening of arteries, fibromyalgia, lupus)
6. Ulceration
7. Degeneration (cancer, heart disease, stroke, AIDS, MS, diabetes)

So how does one become alkaline? Eat green, be clean.

What to eat: asparagus, avocados, beets and their greens, broccoli, brussel sprouts, cabbage, carrots, cauliflower, celery, cucumbers, eggplant, garlic, squash, green beans, greens of all kinds, onions, parsley, peas, **avacados, tomatoes**, radishes, sea vegetables, turnips, sprouts, **lemons, lime, grapefruit**, chives, leeks, lettuce, mustard greens, capsicums, spinach, zucchini, wheat grass, chickpeas, lentils, lima beans, mung beans, navy beans, almonds, brazil nuts, pumpkin seeds, sunflower seeds, sesame seeds, barley, millet, brown rice, wheat and wheat bran, fresh fish (occasionally), cumin seeds, caraway seeds, fennel seeds, hemp seeds, olive oil, EPO, hemp oil, coconut, banana, cherry, watermelon, date, fig, berries, plums, stone fruit, mangoes, papaya, pineapple, orange, grape, cranberry, **sprouts** (to use in salads, soups, casseroles, juices and on sandwiches and steamed vegetables and snacks), macadamia nuts, nut butters, pine nuts, hazelnuts, buckwheat, millet, brown basmati, amaranth, adzuki beans, kidney beans, pre mixed spices, dehydrated vegetables.

What not to eat: meat, dairy, alcohol, yeast, white rice, white flour, sugar, condiments, coffee, grains. Soy and chicken are also big no no's as they produce excessive toxin estrogen levels within the body.

Xenohormones

Xenohormones are not natural substances. They exert estrogenic effects on both male and females causing progesterone deficiencies. These toxic substances are easily absorbed through the skin and cumulate in the body, creating a negative effect on breast health, fertility and hormonal health.

How do they do this?:

1. They bind to estrogen receptor sites
2. They make more estrogen receptor sites, decreases progesterone receptor sites
3. They inhibit the liver's ability to excrete estrogens

Sources of xenohormones include car exhaust, almost all plastics, conventionally raised livestock (especially pigs and chicken), petrochemically derived pesticides, herbicides and fungicides, emulsifiers in soaps and cosmetics among others. They can be ingested, inhaled and absorbed.

How can you prevent your exposure to these harmful substances; stop using pesticides, eat organic (especially meat, dairy, grains, sugar, coffee), avoid exposure to cosmetics, solvents, plastics, fabric softener, air freshener, spermicides, soaps (mineral oil), don't use a microwave, avoid wearing polyester (plastic) clothing

How do you remove them from your body; a liver cleansing diet combined with herbs and supplements followed by a clean diet, clean water and a positive attitude;)

Detoxification

To help remove xenohormones, inflammation, estrogen dominance, acids and wastes a detox period would be of great benefit. This will help to cleanse the bowel and liver so the body is then able to get rid of garbage and produce clean hormones in a clean healthy body.

This is a simple quick detox that may be carried out more than once, depending on your circumstances and that which you have been advised.

It involves a 5 to 7 day green vegetable juice fast. Fruits and vegetables are allowed in between juices if hunger pains or boredom become a problem. Alkaline water, at least 3 to 4 litres is also to be consumed each day. After this period a liver and gall cleanse may be advised, depending on your level of health and surrounding circumstances. Instructions of which are on the following page.