



Infrared Sauna and Women's Breast Health

by the Health Experts at Healthy Living Magazine

There isn't a person on Earth who hasn't been impacted by modern pollution. For five decades, multiple lines of evidence have accumulated proof that, individually and in aggregate, persuasively incriminates dietary contaminants as breast cancer risk factors.

These multiple lines of evidence support a theory of breast cancer—at the point of intersection among women, their diet and massive pollution of the environment—that demands the attention of women who want to prevent this disease.

At the same time, it is important for women to recognize that this health challenge can be met with diet, lifestyle and medical common sense: organic foods; exercise; nutritional supplements; early diagnosis; and detoxification. **One of the most important detoxification methods is regular use of infrared sauna therapy.**

PESTICIDES, INDUSTRIAL CONTAMINANTS & WOMEN'S HEALTH

In the early 1940s, the pesticide dichlorodiphenyltrichloroethane (DDT) was introduced to the United States and world. By 1945, some 33 million pounds of DDT were being produced in the United States. In 1948, Dr. Paul Müller won the Nobel Prize for his discovery that DDT was an alleged "nontoxic" method for controlling crop pests.

The first inklings of DDT's serious health consequences came in the 1940s when laboratory scientists began to notice its effect on rodents' reproductive organs. When applied for laboratory pest control, DDT induced fully secondary sexual characteristics even in rodents that were chronological pups. In raw effect, DDT was acting much like the feminizing sex hormone estrogen. These results were confirmed in published scientific reports in 1950 when it was shown that DDT decreased testicular growth and inhibited the development of secondary sex characteristics in roosters. In 1952, a DDT analog was shown to maintain estrus in rats that had their ovaries removed.

Public health officials in industrialized nations, entrusted to protect women's health, never seemed to grasp the significance of this finding. Even though breast cancer is largely a disease of hormonal influences and DDT was clearly estrogenic in its effects, it is as if all of the papers that were published in medical and scientific journals came and went and were not read by the people who had the most influence on directing the health policies of nations throughout the world.

Indeed, the more that science learns about the estrogenic properties of a wide range of agricultural and industrial pollutants, the more apparent it becomes that women are living in a sea of estrogen. Breast cancer is largely a disease of hormonal imbalances involving estrogen. From the mid- 1970s until the mid-1980s, estrogen-receptor cancers increased by about 130 percent, while cancers not dependent on estrogen increased by only about 30 percent. This phenomenon suggests that "hormonal influences could be responsible for the differential rise in estrogen receptor positive cancers over time."

In fact, some of the most common dietary contaminants mimic estrogens or cause breast cancer:

_ The estrogenic pesticide endosulfan is found in a wide range of vegetables and shellfish harvested from estuaries contaminated with agricultural pesticide runoff. The estrogenic activity of endosulfan is equivalent to that of DDT. It is the seventh most commonly detected pesticide residue in food samples taken between 1986 and 1991. In Southern Ontario, Canada, some 78 percent of the milk samples analyzed contained residues of endosulfan.

When a woman eats fish from the Great Lakes, she is consuming a hormone cocktail of pseudo-estrogens including chlordane, DDT, dieldrin, heptachlor, lindane and mirex.

When a woman or her daughter eats raisins for lunch, she is consuming the pseudo-estrogenic pesticide dicofol, contaminated with DDT.

The carcinogenic and estrogenic pesticides chlordane, DDT and dieldrin are found in more than 10 percent of all commonly eaten foods.

Some of the most common food packaging materials also possess pseudo-estrogenic activity. Alkylphenols are chemicals used in manufacturing food packaging plastics such as polyvinyl chloride (PVC) and polystyrene. Bisphenol A, another packaging material, is also estrogenic and has been shown to leach out from polycarbonate upon

heating.

The largest proportion of pesticides and industrial chemicals that cause breast cancer or are estrogenic are found in fatty flesh foods, especially beef, lamb, pork, chicken, some finfish, milk and dairy, as well as drinking water.

At least seven epidemiological studies, dating to the mid-1970s, have demonstrated that these dietary contaminants selectively concentrate in cancerous breast tissue or are found in higher concentrations in the blood serum of women at significantly higher risk. These studies have grown increasingly more sophisticated over the years, controlling for a wide range of the disease's established risk factors, clearly incriminating dietary contaminants in the etiology of breast cancer. In 1994, for example, researchers studying women from Quebec City, Quebec, Canada, with estrogen receptor-positive breast cancer reported that concentrations of a wide range of these pseudo-estrogenic and carcinogenic pesticides and industrial pollutants were higher in their fatty tissue and blood than in women without the disease. Also in 1994, another study demonstrated a "strong, positive association between DDE and breast cancer in . . . Caucasian and African-American [women]." The data seemed to "support a threefold to fourfold increase in risk of breast cancer among Caucasian women with the highest exposures."

PERSONAL PROTECTION

Elimination of toxic chemicals occurs through a variety of channels: urine, feces and sweat. Researchers have found that substances such as industrial solvents, pesticides, methadone, amphetamines, morphine and antiepileptics can be excreted through perspiration. We excrete heavy metals in our perspiration, according to studies; cadmium is more concentrated in sweat than in urine.

In one study performed by American researchers, the perspiration of people using a conventional sauna was found to be 95 to 97 percent water while the perspiration of those using a infrared thermal system was 80 to 85 percent water with the non-water portion principally cholesterol, fat-soluble toxins, toxic heavy metals (such as mercury and aluminum), sulfuric acid, sodium, ammonia and uric acid. This unusually high concentration of heavy metals and other fat-soluble toxins is not found in the perspiration from normal exercise.

By removing these chemical toxins, you will end up enjoying better health and well-being.

Remember, when you begin sweating profusely in the sauna, that is a good sign; it tells you that you are detoxifying your body. You will be amazed at how quickly you feel better. Your mind will be much clearer as soon as you begin excreting the toxins your body has accumulated.

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