

forbiddenhealing

By (my) definition, cancers are an acidic hypoxic state where low O2/low Vit C/xcess glucose stimulate production of HIF1 (hypoxic induction factor); angiogenesis and anaerobic fermentation. Low O2 increases acidity, decreases metabolic O2 output and further refusal of O2 delivery.

Unbred unspade female German Shepherd dogs typically develop breast cancer in their 5th and 6th years so there is definitely a hormonal influence..as well as metals, organo toxins and sugary PUFA-rich diets. I used MMS chlorite and eliminated breast cancer in my dog...6 months later it reoccurred in the next breast in line...This time I tried the Tullio Simoncini treatment by injecting saturated baking soda solution into and around breast tissue 2 nights in a row, the breast turned from black to pink in 5 days never to reappear. Baking soda alkalized the area allowing OXYGEN to reverse the anaerobic condition and she lived another healthy 7years. That cure speaks to the causes and prevention of the condition.

Posted On 05/09/2021

DwayneOxford

Sadly, sheeple never wonder why folks lived nigh 1K years pre Noah flood.

Posted On 05/09/2021

forbiddenhealing

Dwayne...Oxygen levels in prehistory were on the order of 35% compared to today's 20% or less in urban areas....This supported huge megafauna and longevity.... www.greenmedinfo.com/.../its-always-oxygenreally

Posted On 05/09/2021

NRiehl

Capt. T.C. - In the wide world of beneficial oxygen therapies, what do you think of hyperbaric oxygen treatments? From the little bit of reading I have done, it seems that one must have at least 20-40 one-hour sessions to get a beneficial result? Thanks for your answer.

Posted On 05/09/2021

maxxon

I am really, I mean really impressed with your entire first sentence. You have boiled "cancer" down into it's most basic and probable chemically-reactive steps. Organic chemistry and Biology were my domain in college. Thank you very much.

The information about Tullio Simoncini treatment also very interesting. I once, seven or eight years ago treated a retired Greyhound with a quite large golf ball size tumor on it's rear leg, with Vitamin E. The dog was owned by my cousin and I told him to squeeze a standard capsule (800 IU) onto the tumor and wrap it with athletic tape, and one capsule into the dogs food every other day. Within three weeks the tumor had shrunk about 1/4. My cousin originally took the dog to our State College Veterinary School where they told him for \$2K they could operate on the dog. Luckily I saw him while he was still "thinking over" the colleges offer. Within 6 months the tumor was totally gone. I must admit I was not completely sure it would work but I had used Vitamin E for many things like warts and hard to heal wounds that I thought; it can't hurt to try it on the dogs tumor.

Posted On 05/09/2021

forbiddenhealing

NRiehl...I have never had HBOT, but diving and various breathing techniques have positive effects, check Wim Hof Iceman....And check Joe Namath HBOT he used for concussions...And check mt Greenmedinfo post on Oxygen...There are many holistic and ACAM clinics that offer HBOT, \$100-200 per "dive" so a few thousand out of pocket, \$11./lb Vit C, 85c/lb Arm&Hammer, free breathwork or a small copay for drugs? Your choice.

Posted On 05/09/2021

mourningwarbler

DwayneOxford - I agree. Maybe one reason people lived longer pre-flood was because of a membrane of water (not vapor) over the firmament. Imagine how that would have looked! It would have made world temps more uniform, explains enormous size of lizards/dinosaurs, and more. Maybe you could see around the world. Maybe it magnified the skies, stars, planets!

Posted On 05/09/2021

NRiehl

Capt. T.C. - Do you know the bioavailability of lipospheric Vit C? One packet equals one gram, but supposedly gets absorbed directly in the small intestine. I take two packets per day, plus 9 - 14 gms sodium ascorbate.

Posted On 05/09/2021

forbiddenhealing

NRiehl...Lipo is said to be more available and lasting, while bowel tolerance Vit C/baking soda deliver the serum spike levels that release hydrogen peroxide. re+dox= redox

Posted On 05/09/2021

forbiddenhealing

I might add that both megadose Vit C and bone broths help limit metastases by strengthening the (leaky) connective tissue matrix and is part of Dr. Rath's protocol. Connective tissue fascia is an e-electron (chi) conductive network like the nervous system and its meridians the basis of acupuncture. Keep soups, stews, gravies and gumbos on the menu using beef bones, chicken backs, fish heads or pig feet in the stock pot. Mega C also releases H₂O₂ which oxidizes pathogens/tumors as it bolsters the body's electric charge terrain and facilitates OXYGEN delivery. Hormone producing glands contain or should contain high concentrations of Vit C so one can see why it is a forbidden treatment in the modern for profit healthcare system.

Posted On 05/23/2021

fvomasch

Otto Warburg introduced the idea in the 1920's that sugar basically feeds cancer when at that time per person consumption was maybe 5 pounds a year now it's almost 130-150 pounds per year mostly in the form of HFCS. If I'm not mistaken he won the Nobel prize for that research. What have we learned since then? More sugar in everything! www.ncbi.nlm.nih.gov/.../PMC7426758

Posted On 05/09/2021

Hercster

We learned the HFCS is addictive....therefor very profitable.

Posted On 05/09/2021

Lakhana13

Warburg received the prize for his discovery that cancer is anaerobic and increasing oxygen levels (aerobic) destroys cancer cells. He suggested increasing oxygen levels as a way to treat cancer. Dr John Beard discovered enzymes destroy tumors and was treating cancer in 1906. He wrote the book, "The Enzyme Treatment of Cancer and its Scientific Basis". It was published in 1911. He successfully treated cancers with enzymes. It became the request of patients throughout England but was shunned when Marie Curie discovered X-Rays. That discovery replaced most cancer treatments and is still used today despite the severe side effects.

"On the Origin of Cancer Cells" - Dr Otto Warburg - www.drkarafitzgerald.com/wp-content/uploads/2016/08/Warburg1956.pdf

"The Enzyme Treatment of Cancer and its Scientific Basis" - Dr John Beard - jeffreydachmd.com/wp-content/uploads/2013/07/ENZYME_TREATMENT_CANCER_J.. Enzymes, Trophoblasts, and Cancer: The Afterlife of an Idea (1924-2008) - journals.sagepub.com/.../1534735408326172 . In 1964, Dr. William Donald Kelley,, was diagnosed with pancreatic cancer, one of the most aggressive forms of cancer; patients usually only live about 6 months after diagnosis. He researched Beard's works and came up his own protocols for treating his cancer. He not only survived until 2005, he successfully worked over 50,000 patients during that time. <https://drkelley.info/> It was Kelley's treatments that led Dr Nicholas Gonzales to receive a grant from the NIH to perform a study on the use of enzymes in treating pancreatic cancer. As is the norm, the other doctors involved rigged the study by choosing patients who did not fit the profiles Gonzales had set up and the doctors did not rigorously follow the treatments set by Kelley. Naturally, the study did not get the results that could have been achieved were they to follow the protocols.

Posted On 05/09/2021

mourningwarbler

In the 1980s (don't know about other times), hospitals were given HFCS water to newborns.

Posted On 05/09/2021

ragus

In 2012, Peter Gøtzsche was quoted saying: "The data [...] does not support mass screening as a preventive measure. Screening does not cut breast cancer deaths by 30%, it saves probably one life for every 2,000 women who go for a mammogram. But it harms 10 others." "Breast cancer screening cannot be justified, says researcher" www.theguardian.com/science/2012/jan/23/breast-cancer-screening-not-ju..

Posted On 05/09/2021

ghereinaus

Parabens (from makeup, conditioner, etc) are found in breast cancer tumors. 'The concentrations of five esters of p-hydroxybenzoic acid (parabens) were measured using HPLC-MS/MS at four serial locations across the human breast from axilla to sternum using human breast tissue collected from 40 mastectomies for primary breast cancer in England between 2005 and 2008. One or more paraben esters were quantifiable in 158/160 (99%) of the tissue samples and in 96/160 (60%) all five esters were measured.' analyticalsciencejournals.onlinelibrary.wiley.com/doi/full/10.1002/jat.. 'Parabens can enable hallmarks and characteristics of cancer in human breast epithelial cells: a review of the literature with reference to new exposure data and regulatory status' kuatra.com.tr/Images/Urunler/47cfc9b1ecce4f1cbd015005d3480020.pdf

The article states 'A far safer alternative is the hormone-free copper coil IUD.' Be aware that a copper IUD can cause or contribute to depression in women who have high copper. The article states 'A far safer alternative is the hormone-free copper coil IUD.' Be aware that a copper IUD can cause or contribute to depression in women who have high copper. Mouse mammary tumour viruses are involved with most breast cancer. 'The prevalence of MMTV antibodies in sera from women with breast cancer is 5-fold higher than in normal women.' Women with pet dogs (that can give MMTV to their owners) are much more likely to get breast cancer. 'The most striking result was that more than twice the number of patients kept dogs permanently in the last 10 years and at the time of interrogation as compared to control individuals at the time of interrogation (p = 0.0000003, relative risk 3.5).'

www.sciencedirect.com/science/article/abs/pii/S0306987706000570

Posted On 05/10/2021

bre31917

Just this week had a friend diagnosed with Stage 0-DCIS and she's having a mastectomy!!! I tried to discuss with her that this isn't cancer, but she's forging ahead with getting her breast cut off. Apparently her doctors in Colorado were lacking in revenue for last year, so making up for it this year.

Posted On 05/09/2021

maxxon

You make a very good point. REVENUES!! What the medical industry lost during all of 2020 needs to be made up and most ?doctors are hard at it. Not like all the little people in other business that were affected. Not like all the poor wait staff people can jack up their income. Or the little one or two owner shops can raise prices. They just have to "suck it up" and hope the government is done with mucking up everything for political gamesmanship.

Posted On 05/09/2021

ScanKat

They have developed this phsy op of fear surrounding cancer for the last 50 years. Sadly many are just paralyzed by the word and cannot do any critical thinking. This is the same tactic that the tyrants used against us with this SCAMdemic. I know at several very young women who have had double mastectomies even though the mainstream recommends only lumpectomy. They know nothing of the real cause and cure for cancer which is a metabolic illness.

Posted On 05/09/2021

Almond

Reply to inquiry from sussmuss to all... No info forthcoming. Every time I ask about Guyi, all I hear is resting or recovering. I would still like to know. Being that Gui is in Spain, I wonder if he suffered covid. Still, there should be some word from someone. Does anyone have details to share? About Gui or Islander Dr. Steve? Thanks for asking. Let's not forget Gui. Also, let's not forget Tiffany Dover. (info online) it sure looks like a cover up to me. A PR stunt gone horribly wrong?

Posted On 05/09/2021

sus4242

bre3191. And then they will talk her into a breast implant that will cause health problems.

Posted On 05/11/2021

dejure

Capt. T.C., just a single hyperbaric chamber experience can be life changing for some. A friend, years back, was in danger of losing toes or even feet to diabetes. He traveled to to a clinic in California where he was both taught how to alter his life and where he had a single hyperbaric treatment. Signs of low oxygen levels were already appearing in his feet. The single chamber treatment turn him around. Unfortunately, he could not afford more, but it still gave him a decade of vastly improved life before his conditions started deteriorating again. I haven't looked into it for years, but there were portable chambers made from the same materials used to build space suits.

If you think on it, we do things like build vacuum chambers for removing air from wood and replacing it with resin, removing air bubbles from resins, and so on. Even a minor vacuum can be a game changer for some projects. Vacuums of lesser levels are common and easy. Consider the area between the filter of your home heating or cooling system, for example. Now think on it from the other direction. That is, pumping air into an area using an inefficient fan. It would still increase the atmospheric pressure in the area. At least somewhat. Raising or lowering atmospheric pressure just a little could have a great impact. Now, consider how easy it is to make oxygen. Platinum plated plates can be purchased, two plastic pipes dropped into water, the plates submerged and low power applied and you have a hydrogen-oxygen generator (separator). Divert the hydrogen away and use breath the oxygen under minor increased atmospheric pressure. Or just increase the oxygen level in your home or a room.

Posted On 05/09/2021

mourningwarbler

We know the masks tend to decrease people's O2; wonder if we'll be seeing more serious problems from that as time goes by. Our Governor DeSantis removed the mask mandates of local governments, but people are still wearing masks, including the elderly and even young children. Slave-driver stores such as Publix, WinnDixie, Walmart, etc., are still forcing their slaves to mask up.

Posted On 05/09/2021

SuzanneL

Your friend might consider that during his visit to the California hyperbarric chamber facility, he was also spending time at near sea level, actually a rare oxygenating treat for most of the country.

Posted On 05/10/2021

dejure

Suzanne, he lived in Pacific Beach, Washington, just a literal few feet above sea level, but that is food for thought.

Posted On 05/10/2021

Kevin131

I knew it was about the breast cancer scam just by reading the tag line... Ladies, get off the fluoride, keep the cell phone away from your breasts, keep aluminum based antiperspirant away from your breasts, and keep Fauci away from your kids!

Posted On 05/09/2021

Hercster

The fluoride consumption is just incredibly stupid of people. They eat and drink this garbage, when the reasons they should not are science and logic, science and reason, and science and common fucking sense. It harms most every physiological process in our bodies. It is a mutagenic, genotoxic, EPA designated class 4 development neuro toxin that the scientists at the EPA confirms does cause cancer. While it does nothing beneficial for you when you drink it. Zero, nada, zilch. The science is over overwhelmingly against drinking fluoride poison. Gee whillickers batman, why on earth would they put a slow disease causing agent in our water? fluoridealert.org/.../health Centers for Disease Control (CDC) stated in 1999: "fluoride prevents dental caries predominately after eruption of the tooth into the mouth, and its actions primarily are topical for both adults and children."

"The magnitude of [fluoridation's] effect is not large in absolute terms, is often not statistically significant and may not be of clinical significance." - Ontario Ministry of Health and Long Term Care (1999). Dr. Arvid Carlsson, the 2000 recipient of the Nobel Prize in Medicine/Physiology, "In pharmacology, if the effect is local (e.g., topical), it's of course absolutely awkward to use it in any other way than as a local treatment. I mean this is obvious. You have the teeth there, they're available for you, why drink the stuff?... I see no reason at all for giving it in any other way than locally." Dr. James Sumner, a Nobel Laureate biochemist at Cornell University: "We ought to go slowly [with water fluoridation]. Everybody knows fluorine and fluorides are very poisonous substances...We use them in enzyme chemistry to poison enzymes, those vital agents in the body. That is the reason things are poisoned; because the enzymes are poisoned and that is why animals and plants die."

Posted On 05/09/2021

swonicky

Also worse for the brain, that's why so many are lining up to being injected with that killer Covee shot, can't think straight. Nicky

Posted On 05/09/2021

maxxon

Keep F A U C I away from everybody!!!

Posted On 05/09/2021

shannonaz

And.....go bra-less !! Wear a cotton cami, they are more comfortable, & studies show the underwire in bras not only cuts the circulation & constricts your tissue, but it is also a conductor of EMF as it is a metal which can act as a magnet for EMF waves. Many cheap bras are also made of synthetic materials & contain Formaldehyde. Also, when you work out, make sure you are working up a sweat, the sweat from under armpits helps drain the lymph nodes of toxins.

Posted On 05/09/2021

ghfinn

Ah, the not so merry go round. I have often wished that all the naturalists I have had the pleasure to be influenced by in my lifetime, would combine their pool of knowledge together. I have often referred to pH in my comments here, so I will quote John Heinerman again. He wrote about a Hungarian Dr who was curing breast cancer in 1948 with none other than beets. Yes, raw beets. If the patient could not tolerate the eating of the beet meat, he juiced the beets for them. I will not reiterate my own experience of stumbling upon this decades ago; but the alkaline effect on the body is beyond eye opening. If you try this you must measure your pH due to industry removing health benefits from food. If the beet juice does not almost instantly drive you alkaline, the food (beets) are probably not true organic. Just another lie perpetrated on us by the dollar. Look into it. You can get a small book with pH paper included, look it up. For all you moms.

Posted On 05/09/2021

lin3741

Its obscene they will even remove the very nutrients from our food to keep us as sick as possible! It's beyond disturbing, disgusting and immoral, it's just pure EVIL GREED at the expense of other human beings!!

Posted On 05/10/2021

jud547

I had a mammogram 22 years ago, as they flattened my breast I almost passed out. They called me back and said I needed a biopsy where they stick a needle into my breast. I decided against that and started to get more information. They said I had calcification, but I discovered this was a very low risk. This experience also left me with a fear that if I ever had another mammogram the machine would go wrong and would explode my breast, daft I know but it has caertainly kept me away from those barbaric machines.

Posted On 05/09/2021

Debby4576

Like Jud547 I was first told I had calcification in my breast a long time ago (37 years). I was 35 and my sister had died of breast cancer two years before. I flew into a specialist rather than have biopsies etc. He determined it was calcifications and not to do more. (He also is doctor that developed the test of drawing out fluid from the breast and testing that, although I can't remember the name of the test). Did have a few mammograms since. But not since they began calling what I have DCIS. Our stories are similar and by not getting anything invasive and having it years since mammograms, I think you and I are here to tell our stories.

Posted On 05/09/2021

JeanE.S.

Hi jud547 - At my last doctors appointment 23 years ago, my female doctor told me I had to get a mammogram. I said no I wouldn't. She said, "Then I won't be your doctor", I replied cheerfully, "Ok." A few minutes later she said, "Well, you won't blame me if you get cancer." I said "No." and we went on. Her statement was completely nonsensical. Anyway, I've stayed away from doctor's offices ever since. I follow Dr. Mercola, Ty and Charlene Bollinger and another good health practitioners for advice. I'm 87 and in perfect health.

Posted On 05/09/2021

gaylezpc

I have not had a mammogram or pap smear in 25 years. It took me a long time to realize how the medical industry had conditioned me/us to submit to invasive procedures. I find it disturbing how children are now required to have Gardasil vaccinations and the likely gynecological exams before puberty. They will be conditioned as well. I get multiple calls weekly from my insurance provider insisting that I have them. I don't answer the phone.

Posted On 05/10/2021

housemaid_203

Jud547, the same thing happened to me 25 years ago! The radiologist said, "Well, you have some calcifications so I have to tell you that it might be something and recommend a biopsy." I just said "no" and never went back for another mammogram. Still alive and well with both breasts at 75. I hate thinking that women are scared into getting mastectomies for calcifications that may never amount to anything.

Posted On 05/10/2021

maxxon

The American public only needs to know two things about "medical practice". The second word used means just what we think it means..... practice means the career is full of people who are not experts in the field. Like me I was told that being a doctor would be a great idea, not because it would help people, but because I would make LOTS OF MONEY. Money not altruism was the driving force for going into medicine. Then the practice of medicine is A BUSINESS. The purpose of business is to make MONEY. I did not go into medicine but it took me many decades to go through many "practitioners" before I finally found a real doctor. A man that is passionate about using his knowledge and experience in the field of medicine to make a very real and natural difference in my life now that I am old.

He is half my age, specializes in Internal Medicine and Pediatrics and welcomes patients my age because somewhere along the road he learned how to handle the kinds of problems people my age encounter without toxic chemicals. In a matter of five months he has helped me to lose 22 pounds and reduce my high blood pressure diagnosis to a near normal range. All of this without any enzyme and hormone altering toxic Big Pharma concoctions. The only drug I take is a single low-dose aspirin. If people ask me who and how I tell them about my amazing "real doctor". He has recently earned 5 new patients because of the way he has treated me. I am happy to share him with others. And I am equally happy to expose all the other frauds I was forced to deal with before I met this man.

Posted On 05/09/2021

BillieBob

maxxon,

If we have private medicine, the patient is a profit center. With Gov't medicine, the patient is a cost center. The first leads to too much treatment, with harm. The second leads to too little treatment, with harm. How to solve either problem? I haven't a clue.

Posted On 05/24/2021

DebbyW

I used to have problems with fibrocystic breast disease. It simply means painful lumps in your breasts. I found if I cut out caffeine it went away. Now, if I have two cups of tea a day for a few days, it starts to come back, but my usual one cup a day causes no problems. If I hadn't figured this out, I'm sure I would have been x-rayed and diced up.

Posted On 05/09/2021

Gwyncann

Read my post on nascent iodine. Caffeine doesn't create cysts is the body is iodine sufficient.
Gwyncann

Posted On 05/09/2021

Zuzana2

I used to have fibrocystic breast. At 49 started with bioidentical progesterone, all cysts dissapeared. In my 60th I got bioidentical estradiol 80% estradiol 20%. I feel great, reversed osteoporosis, sleep 8 hours....I'll be 70. And smooth and wrinkle free skin is nice side effect.

Posted On 05/09/2021

katndognco

Iodoral healed my PCOS and cystic breasts. I now use lugols. Have you read Dr Brownsteins book on iodine? It's short and informative. Best to you!

Posted On 05/09/2021

NRiehl

DebbyW - This is my experience, too! In the 1980s, I had breast fibroids (not called a disease in those days), and my women's health nurse practitioner suggested I stop drinking all caffeine. The fibroids disappeared. Then I started a new job and had one cup of coffee and one cup of tea, and the fibroids returned. So I stopped the caffeine intake again. Zuzana2 - I agree that bioidentical progesterone and bi-est is helpful! I have been using for 20 yrs, but only found a doctor who really understood these hormones about 8 years ago, and gave me a sufficient dose to get thru menopause. I have been using less now, but really notice if I stop taking them for a couple of weeks. The progesterone is very useful for relieving the feeling of needing to urinate frequently. It is a much better solution than Big Pharma medications which are supposed to do the same thing.

Posted On 05/09/2021

Lakhana13

Read the excellent book titled, "World Without Cancer" by G Edward Griffin. It documents laetrile's use but more importantly, documents how the Sloan-Kettering Institute rigged their study on laetrile showing laetrile was not effective. A big fat lie. As a result of this, the head of the institute, Dr Ralph Moss resigned and over the years has given expert advice on his website. <https://www.mossreports.com/> "Questioning Conventional Oncology" - www.liebertpub.com/.../107628001300000688

Posted On 05/09/2021

Thank you for this. I am 71, never had a mammogram in my life but did have two lumpectomies, one in 2015, the other in 2019. My breast is now grotesque, enormous like a huge bowling ball. It hurts, I take Evening Primrose Oil for the pain. My cancer surgeon has wanted me to do a double mastectomy because I have refused chemo and radiation. it would be lovely to lose weight but how? my thyroid does not work properly but doctors say it is fine. am hypothyroid, have had all the symptoms for years. now have cardio-heart issues, too and developed blood clots on my lungs after surgery, found out that is related. been taking Vitamin D3 (yours), zinc, etc. and also I wrote an article about BOOBS... When asked how much radiation women are exposed to from mammograms, Dr. Ben Johnson, author of "No Ma'am-ograms," says, "At least the amount of 100 chest X-rays." The documentary "Boobs: The War on Women's Breasts." On DVD and SVOD (Amazon and Vimeo) on October 6, 2020. Interviewed for the film, Dr. Otis Brawley, then Chief Medical and Scientific Officer of the American Cancer Society said, "mammography is a suboptimal test" and, further, "we need a better test." celiasue.substack.com/.../the-pink-war-on-boobs
<https://boobsdoc.com> <https://boobsdoc.com> /key-facts-and-sources Movie/trailer on BOOBS...

Posted On 05/09/2021

Jennycat24

Sue - for hypothyroid symptoms etc have you ever seen a most wonderful website called 'Stop The Thyroid Madness'...? There is (as far as I know) all the info you could need on the subject - they have many tens of thousands of members and the accumulated knowledge is astonishing - and there are lots of groups you can join who can help - just be careful as a couple of them are run by people who don't allow mention of natural help and stress 'synthroid' - which may not work if people have been hypothyroid for many years.

Last year, unable to see doctors because of the flap, I had all the symptoms of breast cancer - pain, swelling, massively increased very very hard breast lumps, etc etc etc not to mention the HUGE veins suddenly coming across the breast tissue (that really convinced me I must act as there was no doubt that these were suddenly coming away from something suddenly very metabolically active - and there was nothing else it could be).

As my doctors have been astoundingly awful over the years, I wasn't really bothered that I couldn't see them, and would have refused utterly to have another mammogram or biopsy (had both in the past, and am convinced they damaged the tissue) - and I decided to tackle it with prayer, meditation, mindfulness, keto (esp the fasting, which if introduced slowly is quite possible, remember to increase your fat consumption at the same time), extra vit D3 and K2 (also put on the breasts) along with Lugols iodine, red light therapy, artemesia [mugwort] tincture (both on the tissue and diluted to swallow), frankincense oil on the breasts and a couple of other things as well. Why yes, I threw the kitchen sink at it! I researched and decided to combine around a dozen therapies - why? I'm worth it! And so is everyone else Obviously I am still here - and I am also still doing all of the above except the artemisia and the frankincense, I am keeping those in reserve - my swollen tissue receded, the breast lumps have completely gone.

Posted On 05/09/2021

Jennycat24

My particularly swollen breast has nearly returned to normal - strangely and coincidentally that was the one which our local Xray dept at our hospital had so painfully flattened and bashed years ago (how can they be so weird as to do obvious damage like this - and THEN blast the damaged tissue with Xrays?!) and then apparently been unable to get a picture through.... it had grown much, much larger before I started the things above. Please everyone, remember that we are all different and do your own research and do whatever seems right to you - if you have a good doctor, thank God!

Around a dozen years ago a couple of friends had recurrent cancer - unsurprisingly to me both had had chemo and radiation only to get metastases later - and I did a lot of research into the subject of cancer and found the wonderful Bernie Siegel, a retired oncologist, who has written lots of books. He asked a group of cancer survivors what THEY thought had helped them to survive, as some patients die when doctors are sure they'd survive, and some patients live even though the doctors privately thought they'd never stand a chance.

Bernie is the only oncologist I have ever heard of to ask his patients - and as all had had different treatments (inc new age ones) they discussed it for a while in a meeting. They then concluded that the patient MUST choose their own treatment that they believe in - not their spouse, parent, children, family, friends or doctor - and they must have a strong motive for survival, and preferably support from those around them. (In the end I survived without any support - everyone I knew had their own problems and I didn't want to overload them - or, as I realised later, be yelled at for not doing chemo! Meditation is wonderful (Remember that in America doctors in hospitals always have to remember the bottom line - and conventional treatments bring in around half a million dollars per person - which is why these patients of Bernie's said what they said

Posted On 05/09/2021

cat6071

Reach out to my doctor at Defy Medical in Tampa. Please.

Posted On 05/09/2021

shannonaz

Suewriter: Thanks you for this wonderful information you shared, I will be checking it out.

Posted On 05/09/2021

draginja

Hello, When I was in my forties (I'm 80 now), I had painful fibrocystic breast disease. I had to see a doctor every six months for a few years. I was referred to another doctor for a second opinion, and I was lucky enough to meet an oncologist that recommended an high quality, at that time Squibb, Vitamin B complex for six months. After six months, I was pain-free, and one year later, my cysts have disappeared to never return.

Posted On 05/09/2021

housemaid_203

Suewriter, American doctors know next to nothing about hypothyroidism. I recommend you read the latest edition of "Stop The Thyroid Madness" as Jennycat24 suggested, but also the book by Dr. Mark Starr, "Hypothyroidism Type 2: The Epidemic: REVISED EDITION". He discusses congestive heart failure from hypothyroidism and shows photos showing the enlarged heart going down to normal with thyroid medicine. One of the worst doctors to go to about hypothyroidism is an endocrinologist. They are obsessed with TSH numbers and ignore symptoms. Unfortunately, all the American natural dessicated thyroid tablets have gone to hell in the last 2 years, as is discussed on the stop the thyroid madness website. Armour is the only one that might work unless you take the synthetic Synthroid which does work for some.

Posted On 05/10/2021

nothingsound

Many years ago I thought closely to what Wanda-Ellis outlines here. About six years ago, I read an article published by Samaritan Ministries, an alternative share-the-cost insurance, that detailed choline. A little known mineral choline. Most Americans received close to the daily amount from eating eggs, all the egg; choline is in the yolk. Then came do not eat the yolk. (Which I never paid attention and enjoyed eggs daily.) Choline hinders breast cancer and dementia ... yup. And since the do-not-eat-yolk mantra began what two diseases have "increased"? And here again the conversion vitamin D3 plays an important role in health of us.

Posted On 05/09/2021

cat6071

I am the only woman I know that has only been to a gyno once... when I was becoming sexual active at 17. He put me on birth control and I just didn't feel right about them. I stopped taking after a month and never ever went back to one of the docs. I've always lived on the outer edges of what everyone else is doing. Yesterday I officiated a friend's wedding and most of the women were fanning themselves like crazy! One lady asked me if I had gone thru menopause and I just said no. It wasn't the right time to get into it there. I did though when I was 41. I had moved to Norway and all of a sudden had the worst burning hot flashes! I still think it was the drastic move from Florida climate. I got ahold of Suzanne Somer's book about bioidentical hormones and made an appt in Orlando when we visited a few months later.

If anyone is reading this that is going thru it, I beg you to find a doctor and get on these! I've been on for 10 years and never had a hot flash since! They use compounding pharmacies. Men need these too! I'll be 52 in 2 weeks and people think I'm late 30's. I believe these helped my skin, and you don't gain any weight, as I'm all of 115 lbs since high school. This article just makes me so mad that it's all about money to them. I have told some women about these bioidenticals and not one of them ever had gone to check it out. I go every 9 months for blood work and never an invasive disgusting exam like a gyno does. No mammogram. Only blood pressure. Then my doctor sits with me across his desk for ONE HOUR and we discuss my labs, which are extensive. I've even showed him some things in health care! If you don't live in Florida you still can use them over the phone, getting your blood work where you are. It's Defy Medical in Tampa, and I'll bet Dr. Mercola would endorse them!

Posted On 05/09/2021

maxxon

Never forget above it all, beyond all the bloviating and the Hippocratic Oath..... m e d e c i n e i s a m a s s i v e b u s i n e s s !!

Posted On 05/09/2021

mourningwarbler

I went to a retired ob who treated my friend better than is usual for women in hospitals in childbirth; he had a heart condition so was just doing gyn stuff. (He started doing Pilates before I came to him, and had gained a spring in his step!) My mom had had the same problem younger than I, and it was "treated" by amputation/hysterectomy. These days continuous bleeding from hormone imbalance is treated with progesterone. And that's what the doctor prescribed. But I just knew I couldn't take it. At the "health food store" another customer told me about Dr. Lee and progesterone cream. I bought a couple of Lee's books and the cream. Called the doctor and told him. He is a Believing Jew educated in France; he said, "I've heard about that. Why don't you give it a try." Best doctor I ever had.

Posted On 05/09/2021

zumbacjg

Hi Cat6071, I have been on bioidentical hormone replacement therapy for years. I was lucky to find Dr. Robert Goldman, an o b g y n in Atlanta. He was prescribing & lecturing about bioidentical HRT 30 years ago, long before most doctors knew what it was. I since have moved to a rural area of North Carolina. My doctor here won't prescribe my medication unless I have a mammogram. There's no use trying to explain that the study done on menopausal nurses & HRT was flawed. I had mammograms in my 40's, stupid me, but stopped getting them after doing my own research. I may have to check out Defy Medical. For anyone who does need an x-ray, I learned that taking medium chain triglycerides 20 minutes before getting an x-ray can help eliminate the damage produced to your cells from x-rays. Where, you might be wondering, did I get that tidbit? It was from an article on the good Dr. Mercola's website.

Posted On 05/09/2021

mourningwarbler

After we had our last baby, I was being held hostage at a hospital so they could collect the maximum amount of money from our insurance. Had planned on a midwife delivery, but they decided we were past our "due date." I'd obediently gone to the hospital late one afternoon, and our Boo was born the next morning, after I hopped off the table so it would be less convenient for the doctor to do any unnecessary cutting. He was kind of astonished; he'd declared our baby needed to be born that night (the night before) or she would die. Well, she was just fine, after a night of "labor." The doctor had insisted upon inducing labor (thought I'd told him it was actually in progress), the labor stopped.

He kept adding pit as I wasn't groaning enough, I guess. Throughout the day the nurses at Lakeland Community Hospital said we could not leave until the pediatrician examined our baby, and the pediatrician didn't come in until the NEXT morning. They said I could leave, but I couldn't take my baby, who was perfectly healthy. Hospitals are about profit, not about healing. They CREATE disease and insurance companies pay them handsomely for interfering as much as possible with bonding and breast feeding, and doing whatever possible to induce postpartum depression. I heard a doctor and nurses "lamenting" in the hall about breast cancer. I think they did not even know that women who breastfeed are at less risk of breast cancer, even as they were routinely trying to make a mess of that.

Posted On 05/09/2021

katndognco

My last (3rd) baby was 22 days "over due". They tried to induce me as well (1983), I checked out against medical advice, signed multiple papers stating my baby and I could die if I left. I signed and walked out. They too were forcing Pitocin; 3 minute contractions/zero dilation. Several hours later at home my water broke naturally, she was born naturally, and very healthy. She'll be 38 in a couple weeks and is happily married with three beautiful children of her own :) We must resist interference, yet seek assistance on our own terms. They are not M.D.iety's regardless of the size of their egos.

Posted On 05/09/2021

Johman0

Katndognco, My first baby was born in June of '83 as well (due in May, lol). Fortunately, delivered by a doctor in his own clinic that he literally (hammer and nail) built himself. Was told up front that he did not use painkillers for labor. I had a 40 hr labor, but was closely monitored, coming in every few hours, and problem free delivery. His whole fee for pregnancy visits and delivery was \$700 and insurance paid \$600. Sounds unbelievable, like a nickel candy bar. Anyways she has always been very healthy, especially as a baby and child; no ear infections, runny noses etc. she did have chicken pox, fortunately for her! I've always been thankful that I didn't have to have her in a hospital.

Posted On 05/09/2021

Chimonger

You did VERY well, considering all that! You are in a lot of great company, in that kind of experience! Good thing you were a pretty good advocate for yourself and baby. Thank you for sharing!

Things are getting real weird these days. After a lifetime of experiencing some very questionable "health care", if and when I really couldn't avoid seeing a Doc, this present mess we're all in, seems to have caused many more providers to become more compassionate, and listen better, maybe even think better.

I was recently in Hosp. for a week, due to chronic appendicitis that went ballistic. A week with only IV fluids and antibiotics couldn't be avoided. The 1st thing the nursing staff did, was ambush me in the room, as I was about to change into a Hosp. gown...said: "we're going to spray and wipe you down with this antiseptic before you put on the gown". I said: "IF you do that, it will unfit me for probably appendicitis surgery, due to my chemical sensitivities". Had to repeat that 3 times before the shocked and confused looks on their faces, changed to understanding.....then they simply left the room, and never tried that again during that week. ALSO, every nurse and doc [there were an astounding number of them milking the system for my case], asked: "do you want to get the C-vax while there, and get the 2nd one elsewhere, later?" I said: "No. From literature and my chronic health conditions, I understand I am a poor candidate for vaccines". No confusion whatsoever...and none of them asked a 2nd time. It was pretty astonishing--because in the past 70 years, I'd only ever experienced healthcare staff NOT listening/hearing me, and, being bullies, and calling me mental.

It's amazing to witness things like this--almost surreal. Feels good!

Posted On 05/12/2021

warriormom

I have gotten yearly Thermagrams for 20 years. These show changes in breast tissue by comparing results year to year. Last year it showed changes in one breast. The changes said low risk, mild inflammation but I wasn't going to take a chance. I immediately did a detox diet, lymph drainage massage, yoga, meditation and did a re-take 6 months later that showed all clear. I think you have to take charge of your own breast health because even the female docs get on the mammogram bandwagon. I politely refuse and tell them I am sticking to Thermagrams. You would think when I showed her the two reports she would have asked some questions but nothing. Didn't fit the Standard of Care b.s. they have to tout to keep their licenses. My own sister was diagnosed with Stage 0 breast cancer 2 years ago and had one breast removed, no chemo or radiation treatment. Why remove her breast if no cancer? Didn't make sense. Great article, hope it helps women interested in finding out how to take charge of their bodies.

Posted On 05/09/2021

Chimonger

Thermography seems hard to locate. I have Kaiser for emergency backup, but have mostly only done alternatives...but they refuse to do thermography, and are practically bullying me to get mammo's. They sent snail mail letters to remind, emails to remind, and docs ask every single time of the few times I've had to see them, if I would get it while there that day. NONE of them seem to know how to shut off that system...all the contacts they make, are computer generated...and no one seems to know where the off-button is to stop them....same for notices to get vaccines...refused. I refuse mammography. Wish I knew someone in my area that did thermography!

Yes, you are doing nicely! Keep up the good work!

Posted On 05/12/2021

skupe59

It would be great if they would abandon mammography for thermography -- no pain for the client, any cancer diagnosis comes a dozen years before it even shows on a mammogram, have it payable by insurance.

Posted On 05/09/2021

boobtube

I believe I have read that thermography also produces plenty of false positives.

Posted On 05/09/2021

mammywitch

boobtube, thermography is much better than mamography---I have had both and can testify that thermography is sooo much better! The medical "profession" will not adopt any new technique unless there is lots of big \$\$\$ for them to be made. This is why so many things that we all know are much easier and better for and on the body are not in use today...sad to say. :(

Posted On 05/09/2021

maxxon

I just wonder... in my particular case my extremely early cancer was first exposed by my C-Reactive Protein reading during blood analysis for my annual checkup. Once that number showed an increase I went in for a test I was told used a radio-active sugar solution. It highlighted a tiny spot where the cancer had just started to form.

Posted On 05/09/2021

Bluemoon12

I would like to post what they are doing in my area and why I stopped getting mammograms.. The local hospital will do one mammogram then come out to you and tell you there is some thing on it so they do another one and an ultrasound (all billed to your insurance) then come tell you come back in 6 months and then I get letter telling me everything looked great and see you in a year.. I know this happens to almost every old lady in our town...Three in the room while I was waiting for my second mammogram...

Posted On 05/09/2021

shannonaz

Thank you for sharing your story. It helps to know what is happening so others don't fall for it.

Posted On 05/09/2021

lin3741

This happens constantly. One year right after my mammo i had to change insurance companies due to change of jobs. Well, the imaging place wanted me back for second films, as always just to milk the insurance. Anyway i went but my new insurance co refused to pay out so they tried billing me for it. Over and over again and many phone calls later until i finally wrote a LONG letter basically saying look YOU are the ones who wanted these second films. They only had to be done bc YOU apparently got it wrong the first time, so how is that MY fault or responsibility. In the end they dropped the entire thing and I was moving anyway so i found all new doctors and a new imaging center. Since then i too agree with a more holistic approach but since i have a family history of breast cancer i still do the annual mammos. I trust my doctors, but i still play close attention to my instincts. Also i did the BRCA gene test. The test Angelina Jolie made very famous. Even tho most insurances will not cover it, it is a game changer in knowing what yr chances are of getting it. This way if any red flags come up you will have a better idea on where you stand.

Posted On 05/09/2021

Durango

This has happened to me too. I found out that you must not use powder on your breasts before a mammogram as it shows up as something suspicious and they will call you back for a second one. That was my last mammogram...about 2007. Now I don't even go to the doctor unless it is something really important like a broken, dislocated shoulder. My husband has instructions to not even sign me up for the yearly wellness check...a complete waste of my time but the doctor will always find something wrong with me that needs fixing.

Posted On 05/09/2021

Chimonger

Wow. Greedy buggers, aren't they? Scared to death of breaking the rules paid for by Pharma/Chem companies, or breaking rules made by insurance companies, or going broke trying to figure out the twisted systems!

Glad you got outta there!

Posted On 05/12/2021

Inthistgether

In my late 30s, I got a few mammograms because I didn't know any better yet. I was knowledgeable enough to say I had pain, so ultrasounds were always ordered. Their new 3d mammogram didn't show anything, but the ultrasound did. Knowing what I know now, I wouldn't have gotten a biopsy because it was benign with clean round borders. I got a bill for \$5000. When I asked how this was possible, they said that since I had insurance and my deductible was \$5k, that this is what is billed. I asked what the cash price was and it was \$1000. Needless to say, I was disgusted and after a few months of going up the ladder, I threatened to take this story to the public. I paid them their \$1000 and will never go back. One guy actually said that they billed insurance because they could get paid for it. Not to mention that if they ever see anything on a mammogram, they have you back in for an ultrasound, so why not just use ultrasound to begin with..... We all know the answer to that.

Posted On 05/09/2021

shannonaz

You are so right! I had felt a lump in my armpit area, but at the time was not employed and had no insurance. My GYN recommended a mammogram. At that point in my life, I knew all that this article stated, so I said no, i'd rather you order me an ultra-sound. My GYN said ok, that is better, but you do realize that will cost you \$600 out of pocket. I said fine, done. He had a surprised look on his face but what stood out most to me is he KNEW that the ultra-sound option was better but didn't intially suggest is because he probably figured most women don't have the money for it or know any better. My results were negative.

5 years later, I felt another lump & wanted to have an ultra-sound again. This time I had insurance, but they would only pay a mammogram & I had a different doctor & insurance wouldn't pay for the ultra sound. So, I said I would pay it myself then. You want to know the kicker? If you have insurance, but pay out of pocket, the ultra-sound costs MORE ! There is one price for un-insured & a higher price when you have insurance. Why? We all know the answer.

Posted On 05/09/2021

Chimonger

WAAAAY too many "screening" tests that require going back for the 2nd, "real" test. THAT kind of racket seemed to have started back in the times when Aides was just starting...lab tests for "western blot" tests, there was a cheaper, "screening test" that all the healthcare system said HAD to be done first....and only return for the real test, if the screening test found anything....but it more often failed to find disease...person still sick. I tried to convince the Doc I worked for, to just simply do the real test, 1st. Ours was an alternative medicine office, and so that is what we started doing...had terrible arguments with the lab a couple times--lab called office, I talked with them..they were upset we went straight to the real test. I lied, told them, hey--the person got a screening test elsewhere, and is symptomatic..give us the results of the real test, NOW. They did.

Sometimes, one has to really question why docs have ordered the tests , procedures, or meds, etc., then be gutsy enough to tell the providers what you really want, and what you really don't. I shocked ER staff a couple years ago, when I refused a CT scan. Had gone in with gut pain I couldn't tell what was. The ER Doc tried to make it heart-related, and I kept telling him it was gut. I told him, I would go back to Kaiser and get a CT done there instead, because one done at hospital/ER, costs about 3 times more than one taken at Urgent Care! That doc looked soooo non-plussed, couldn't understand what was going on. But he stopped trying to make it about my heart [which was just fine].

Catch them out! Report those who bloat costs! Be a good advocate for yourself and family.

Posted On 05/12/2021

Gwyncann

One of the most important nutrients for breast health is nascent iodine which is also vital for thyroid, ovarian, uterine, bone, stomach, metabolic, brain, etc. health. Iodine deficiency is often indicated in formation of cysts anywhere in the body. There are several co-nutrients needed when using nascent iodine. Selenium, magnesium, vitamin C and B vitamins. I do not advocate the use of sea salt, given the level of pollution found in our oceans. Redmond's Real Salt is extracted from ancient underground seas. Following is a good site for information. stopthethyroidmadness.com

Posted On 05/09/2021

Kitera

I had been using nascent iodine and magnesium for years but really got a boost when I added selenium - I am over 70 and most of my friends take these bio identical hormones for issues related to thyroid - and it causes them many problems. The combination quoted above is perfect for me and I suspect most older women.

Posted On 05/09/2021

chocopot0613gmail.com

As has been pointed out so many times in so many places for many years now, our "health care" industry is far less about "health care" than it is about keeping perpetual customers for the medical profession and Big Pharma. They are not interested in even attempting to cure anyone of anything; they want only to keep "treating" people so the gravy train keeps running.

Posted On 05/09/2021

lin3741

Perfectly stated. Nothing else left to say.

Posted On 05/10/2021

DwayneOxford

Yup, lucifer's ___ bankster's sickness industry. RAKING in the dough and sheeple wonder why "insurance" is so high.

Posted On 05/09/2021

mourningwarbler

Insurance just raises the cost of everything since we have to pay the middlemen.

Posted On 05/09/2021

redplanet1

Mammograms cause cancer. Years ago I met the researcher in charge of radiation research for the US Space program. I was at a meeting in Palo Alto with him and asked if mammograms are carcinogenic. He said radiation from any source is cumulative and carcinogenic. He is Sylvain Costes, Ph. D., principal investigator in the Space Biosciences Research Branch at NASA-ARC and GeneLab Project Manager. He said to prepare for radiation if you know you are going to be exposed as in dental work or other by taking vitamins. This is a good article on that www.lifeextension.com/magazine/2010/8/protect-your-dna-from-ct-scans-x..

Posted On 05/09/2021

rrealrose

Nice article, just printed this one to read in more detail. Interesting that it was published in 2010, reviewed in 2019...the operative word "cumulative" is often misunderstood. Unless you go after it, radiation exposure is not necessarily leaving on its own accord.

Posted On 05/09/2021

Vladimira

If it were only that. Most of the healthcare business is corrupt. It is an effort of monumental magnitude to find high quality healthcare professionals who actually know a thing or two about health. Most regular medical professionals are just predators who are a waste of time.

Posted On 05/09/2021

redplanet1

@Vladimira You're right. They are low quality pharma pimps. However it isn't hard to find quality healthcare. Ignore mainstream medical and what you have left is where you put your attention. That may be a functional MD, integrative MD, naturopath, or other. Once you cull the herd it makes getting help a whole hell of a lot easier. Or do your own testing, design your own protocol. And most certainly stay away from disease of the month clubs and the testing - mammograms or colonoscopy, etc.

Posted On 05/09/2021

mammywitch

Vladimira, Most "medical" doctors specialize in one thing (my husband says, one for the right hand-- one for the left hand) and don't ask them ANYTHING about any other subject... They can't see past the tip of their noses! Use them, but with discretion...I only use my primary care doc for blood tests and if I may need help with something that has become worse (such as bronchitis or pneumonia). I just got rid of a bad case of bronchitis via natural remedies---a case that would send most to their medical "doctor?" I'm sure it may have taken a bit longer than had I gone to a regular MD, but, unlike most of today's society, I can wait for a REAL cure...everyone wants "instant" now...no patience to wait for the REAL THING!redplanet1, YES! They are mostly PILL PIMPS! Take anything that a doc prescribes with a lot of caution (if at all) because ALL THE DOC KNOWS IS WHAT THE PHAMACEUTICAL COMPANY HAS TOLD THEM ABOUT THE DRUG!!!

Posted On 05/09/2021

balhawk

I have absolutely no doubt there are far more cases of people having cancer and fully recovering without ever even knowing it than there are cases of cancer successfully treated with drugs.

Posted On 05/09/2021

ScanKat

The IUD is not a birth control device as it does not prevent fertilization of the egg but prevents implantation. Depending on your views this is a form of abortion. Birth control pills work similar although no MD will inform the patient as informed consent is dead in America. They had to lower the levels of hormones in birth control prescriptions due to the original levels causing cancer. The lower levels do not prevent ovulation as most believe. They prevent the lining build up so that the fertilized egg will not implant and your period will come on when the pills are done for the month. Again this is never explained. In the end the best thing for our body is a normal monthly cycle. Any interference is detrimental to our health. There are methods of monitoring your cycle and even apps to help when you are fertile. And there is always the good old condom.

Posted On 05/09/2021

seastars

I would love to read a book written by an author on the ravages that DES have forced upon women. A synthetic estrogen "discovered" by a husband and wife team given to 5 million women in the 50's experiencing troublesome pregnancies and/or miscarriages. It was made clear it wasn't working and caused harm but wasn't removed for years. Effects have been passed down to the children and even grandchildren. Breast cancer puts us DES Daughters at increased risk as well as many other issues through out our lives. See DES Action - the only group that has tried to follow up with documentation. Current docs know little if anything about DES.

Last year, I gave into a primary doc telling me I should get a mammogram (he wanted to rule out any problems that might be contributing to heart disease because of a high hereditary LPa cholesterol lipid - now controlled with nicotinic acid). It didn't sit well with me, but I went. Then a call back to get another one. Had to keep repositioning my tiny breasts to get the perfect picture of the back part of breast. So I got zapped double that apptmt. Now they want me to do it again 6 mo. later. I get regular calls and letters. I live a healthy lifestyle and give thanks to Dr. Mercola.

Posted On 05/09/2021

kdrwater

I have a relative who works in surgery and he told me about a woman who went in for a bio[psy] and ended up on chemo...because the doctor couldn't wait for the test result as he had a golf game scheduled so they took her breast off. Then when the test results came back negative they pretended she had cancer and gave her all the treatments. That was enough for me to know to stay away. Twenty years ago my breasts swelled up and were very painful and I was very concerned. Then I considered what I was eating that affected hormones and realized it was soy. I stopped the soy and 2 weeks later my breasts were back to normal AND a lifetime of migraines went away. I am still ill 20 years later and have to wonder what is going on as I am 30 pounds underweight and my boobs are gaining not losing weight.

Posted On 05/09/2021

katndognco

This is not new. In my late 20's I was diagnosed with PCOS and cystic breasts. They wanted to ultrasound and mammogram me every 6 months till they found something but I refused to go along. They continued to send appointment cards I had to sign for stating I was refusing treatment. It took months to get them to stop. Fast forward 30 years with zero ultrasounds or mammograms and all is well. 12 years ago I discovered Dr Brownstein's book on iodine and began self treating with some amazing results!! I had been cold my entire teenage and early adulthood that all changed in 10 days!! From misery to comfortable in TEN DAYS!! There were other benefits as well. Iodine is so important and so overlooked. Lugols or Iodoral are both great!

Posted On 05/09/2021

workoutfreak

My mum was diagnosed with the same. She had hidden her lump for almost 10 years before and it had turned into a hole in her chest. She later had surgery, chemo and radiation, had a recurrence in the other breast. In the mean while I found out about graviola supplements and added it to her treatment regimen which helped her go into remission. Sadly she died after 4 yrs. It metastasized to her bone and brain. I wish I had these resources to prevent this.and I am reading ghis on Mother's Day.

Posted On 05/09/2021

JGB123

Vladimir, I work in medicine and know many good doctors truly trying to and do help their patients. Then there are some predators. The answer lies somewhat in the middle between naturopathic and integrated....we can bash pharmaceuticals all we want, but there are some good natural remedies and some good drugs. The trick is figuring that out and choosing the path to follow.

Posted On 05/09/2021

mourningwarbler

My midwife knew the right thing to do but didn't. She died in a nursing home after the cancer went to her bones. She told me about Dr. Donald Monus, a local doctor who was actually HEALING people, such as my friend's father who was sent home to die "before Christmas" ~7yrs ago of cancer. Thanks to Dr. Monus, he's doing very well, but the authorities raided Dr. Monus and seized all his stuff. He wrote WHAT'S KILLING YOU AND WHAT TO DO ABOUT IT. Dr. Lee who said the same stuff my midwife said Dr. Monus instructed. WHAT YOUR DOCTOR MAY NOT TELL YOU ABOUT BREAST CANCER: How Hormone Balance Can Help Save Your Life.

Posted On 05/09/2021

Palazzolo

Not "authorities". They are jack boot thugs. Praetorian guard for the Rockefeller contrived, owned, and operated pharmaceutical cartel.

Posted On 05/09/2021

fra1531

My OB doctor wanted me to be a "trial" for that Tamoxifen crap. I told her NO. It was supposed to reduce the risk of cancer when it only created it. Am so glad I did not listen to her. Don't drink soda, don't use deodorant with aluminum in it. Be careful what you're eating out of cans. Do not use cookware that has aluminum, use stainless steel or ceramic.

Posted On 05/11/2021

senior2016

GOOD point." WE" low -income and out of worker have been "GIVEN" food IN CANS all years long.they must have emptied ALL there warhorse of THE 25 year storage of Goverment surplus..

Posted On 05/13/2021

jeannew

At one time hysterectomies were happening so often it was almost a given if you were female that your uterus would be given up unceremoniously to the surgical gods of female body parts spoofery. No surprise to anyone. No consternation. Have we reached that point with female breasts? Always seem to be suspect, often ignored when needed most by a newborn for comfort and nutrition, designated as made especially for yearly mammogram torture. The breasts of each woman are different from the breasts of others. The common wonder of all breasts is that no one would be here without them. Breast milk from mothers of long ago antiquity provided the perfect nutrition and antibodies for the survival of the humans who live and breathe today. Our current banal society has trashed all dignity and recognition of what being a person means. Of course what I am saying is I am sad.

Posted On 05/09/2021

Jackaroni

It disgusts me that the greedy will maim and kill with no regards to the people they harm, just to make another buck. There is a special place in hell for them.

Posted On 05/09/2021

versatile

It's called a disease, but even in the so-called "early stages" there is no cure? Our medical systems "treat" diseases. Cure? Not on the menu. Not a current goal. Not even defined. What if you cure your breast cancer? There is no test for cured, so there is no proof possible. What if someone claims to cure cancer? They're clearly not a doctor. They're practicing medicine without a license. Lock them up. Throw away the key. Was anyone actually cured? That's not relevant to the crime of "practicing medicine without a license". Evidence of cure is excluded from the legal proceedings.

Posted On 05/09/2021

dejure

And yet they, elsewhere, tell us their experiments will lessen the severity of the allegedly lethal cold virus, but fail to tell us how they could arrive at such a conclusion.

Posted On 05/09/2021

versatile

dejure: did you mean to say "COVID" virus? There is no cure for the common cold - but I've had dozens, all cured. I've had influenza. Cured. Measles twice. Cured. All incurable. I haven't had COVID yet (been tested 4 times) but I suspect when I do, it too will be cured, although "there is no cure for COVID" either. What if the light at the end of the COVID tunnel is a train coming from the other direction?

Posted On 05/09/2021

kayjonmymts.net

Very valuable info for women!! Thank you for the investigative research and the great prevention advice!

Posted On 05/09/2021

Elleanee

Dr Jerry Tennant, first introduced to a wide audience by Dr Mercola, is an MD who practices holistic medicine via his Naturopathic/Homeopathic license. He has found the reasons for cancer and how to avoid it (or cure it first via removal of dead tissue called root canal teeth). It's really quite an amazing protocol and he is an amazing doctor. You can find information on him by doing an Internet search or on YouTube.

Posted On 05/09/2021

Jackaroni

I'd like to say that I was brave enough to stand up and just say no to getting a mammogram, but in all honesty the whole procedure seemed to be very unpleasant and I just didn't want to go through that experience, so I procrastinated. I am nearly 60 and have never had a mammogram and am happy that procrastination can pay off!

Posted On 05/23/2021

GabriellaK

Contrary to what is being said here, despite my D3 levels being above 60 I developed breast cancer.

Posted On 05/23/2021

kleypas

Because 60 is too low. Your iodine level is important. Also your diet needs to be free of garbage, bad fats, and weight, and the mammograms cause it. In my case, the diagnosis was not true. I saved myself.

Posted On 05/23/2021

lyonsksl1

Same here. My D levels have been above 50 since 2009. They were between above 60 when I developed 2 malignant breast tumors in one breast in Nov 2017. Not estrogen related and HER-2 positive which is not good.

Posted On 05/23/2021

healthyanyway

I asked for a test to show my Vit D level. My dr refused to give me that since it's not covered by insurance unless there is proof of osteoporosis. How can I get my Vit D level tested?? Can I get it without joining Grassroots Health? I can't answer all the questions in their survey. Thanks.

Posted On 05/12/2021

senior2016

get Magnesium Therate. .. never get osteoporosis..see a chiropractor ..

Posted On 05/13/2021

RADIOTED1

Try search online , Walk in Lab, Quest and Direct Lab. There are various price tests but the lowest around forty up to 159. I went through four doctors , each said I was too healthy and had to pay \$200 for the test my insurance would not pay

Posted On 05/13/2021

mky32022

Everlywell.com charges \$49 for D testing.

Posted On 05/23/2021

cmshaw

I have been told by a former dentist and have also read that root canals cause breast cancer. If the root canal is on the right side of your mouth the breast cancer will be in your right breast. If the cancer is in the left breast, there will be a root canal on that side of your mouth. Root canals are not healthy. Westin Price knew about this and wrote about it.

Posted On 05/11/2021

kleypas

True. I had mine pulled and drove them to a lab. I had 4 bacteria and 2 rare bacteria still inside. I couldn't get well so I took this expensive and painful gamble that paid off well. Literally well!

Posted On 05/23/2021

SuzanneL

I hope your book mentions that caffeine can be a cause of fibrocystic breast disease. I went off coffee and caffeine entirely in January, and my undiagnosed lump, whatever it is, has drastically reduced in size. I hope to have it gone by Christmas, and may add some medicinal mushroom supplements. Thank you for writing this book!

Posted On 05/10/2021

StandFastPats

Anyone remember Laetrile? Here is another alternative cancer therapy that was VILLIFIED by pharma. Must have worked.

Posted On 05/09/2021

Hercster

scum bag profit horrors just piss me off. Almost as much as the common man on the street who will murder me to defend his right to grossly benefit from inequality just like these profit whores do. Mindless herd still thinks profit is a way of life. And that is how these scum maintain the status quo.

Posted On 05/09/2021

Vladimira

The inequality in society is artificially based and is so wrong. There is always inequality in nature, but it is based on the laws of nature and balance. Nature values healthier individuals and cooperation. In our rotten society this is subverted and it is obvious to me, the sicker one's mind is, the higher the probability of them being "successful=higher profits" in life.

Posted On 05/09/2021

carolethechiropracist

No mention of the twice weekly Indian 'pill' called 'Sahali'. Illegal because effective and cheap. As an Australian and a European, I do not understand American Medicine.

Posted On 05/09/2021

Lakhana13

American Medicine is easy to understand. FINANCIAL PROFITS. There, fixed it.

Posted On 05/09/2021

sweetjane

I see a real quack 'doctor' even year, because Medic-Don't-Care covers the cost and I like to have my blood checked. He asks me every time if I will get a mammogram and I tell him, "Most men have bigger breasts than I have. If there was something going on, I would know it. So NO."

Surgical sterilization is safe, effective, reversible and SAFE. It can probably be done arthroscopically.

Posted On 05/24/2021

lyonsksl1

I read as much as I can about breast cancer. So many articles like this one never include information for people with either of the BRCA genes. There is such a increased probability of getting breast cancer with either BRCA gene even for those with good Vit D levels and a pretty healthy lifestyle. Speaking from personal experience. 3 out of 4 generations in my family got breast cancer. The only person who didn't was male.

Posted On 05/23/2021

randymcarthur

Dr. Jonathan Wright says iodine kills breast cancer:

r.search.yahoo.com/_ylt=Awr9Fq2PWKpqlqQA0XVx.9w4;_ylu=Y29sbwNncTEEcG9z..

Posted On 05/23/2021

liligrand

I'm concerned about the recommendation to use copper IUDs. These can cause copper toxicity with some very nasty symptoms (see coppertoxic.com). Why not use condoms and /or cycle tracking?

Posted On 05/16/2021

katbrinson13

I had a breast reduction 3 years ago. I am 63, never had a mamogram, take bio identical progesterone x 20 years, used birth control for 6 months in 1976, optimized my Vit D and take 10,000 IU daily x 10 years. I don't smoke or drink. I don't use parables for over 20 years now. I follow Dr. Mercola. I wonder what my chances of breast cancer is since my good friend (12 years older) has metastatic breast/bone cancer, and also had a reduction. She never smoked, eats very healthy, but had regular mammograms.

Posted On 05/10/2021

Misemoi

I attended a talk years ago about dioxins which are released into the air when incinerators used as a method to control excess waste. Dioxins are known carcinogens and are stored in body fat in mammals humans or cows . If you drink cows milk you may then ingest dioxins. Ireland and Denmark have highest level of breast cancer in Europe and are high dairy producers. Drink soya or plant based milk is advisable reduce dairy intake . Also high alcohol intake contributes to all cancers including breast cancer . Its a lifestyle disease but oral contraceptives and the hormones in them are a factor too as is obesity and diet . Processed food is loaded with chemicals . Red meat consumption is a factor in all cancers but especially bowel cancer it should be limited to once or twice a week but cheap burgers are addictive some eat them very regularly. Cheap burgers are produced at huge cost to environment and animal welfare . Our world is toxic now . I buy organic. I feed the birds ive thrown out organic food I eat myself they won't touch it prefer peanuts sunflower seeds. Wild creatures know how to eat what's best for them we humans used to once before our diet taken over by greedy people and scientists finding ways to add chemicals to make food last. If its sell by date is months away don't buy is what I'd say or check the list of ingredients first. Eat fresh food stop obsessing on diet or it takes over your life just go back to basics . When did you last feel hungry? Real hunger in your stomach ? Most of us don't cos we're snacking all the time . We need two meals a day maximum breakfast and evening meal .

Posted On 05/10/2021

Shasha

Meat/dairy/soy/BPA/chemicals/own fat/The Pill/flax/baby formula etc may make people estrogen dominant which can block the thyroid/oxygen burning and lower the immune system. Progestin is not real progesterone. Real progesterone helps the bones/immune system/myelin/sleep/stress and much more. People may get cancer in premenopause when progesterone is lower and they are estrogen dominant. NO gluten/dairy/soy/sugar/GMO/food with a label/heated oils..taking vitamins/good oils/minerals...probiotic...LDN...detoxing may help. Meat/dairy ...can feel the estrogen. Sugar lowers the immune system for many hours and feeds yeast which burdens the immune system. Low sunlight may cause gluten issues which may hurt the gut lining so food doesn't digest or absorb well...then cells are low in nutrients and are not made right to work right. Zn/fish oil/Vit C/Vit D3/sunlight/Vit A/herbs/onion/garlic/mushrooms/ozone may help the immune system. Taking progesterone may help and get hormones balanced. Genova tests are for hormones/allergies and nutrients. Hair test shows good minerals/heavy metals. Fixing the root cause may help fix the problem.

Posted On 05/09/2021

alpine22

I had a prophylactic bilateral mastectomy with reconstruction six years ago and am doing great. -very nice cosmetic results, back to pre-surgical physical capacity just 6 months after surgery, and free of breast cancer concerns once and for all. I feel nothing like a tragic statistic -on the contrary, I believe that I've taken my health into my own hands in ways that some may not have considered. You may read my story at the link below. Please remember that science is very, very complicated and each patient is very, very individual. A giant thank you to Dr M and his team - please keep up the good fight for freedom of medical thought. Our prayers and support are with you. In these pages, may we all continue to find the truths we need to live, and live well. God bless you all. dcisnorads.blogspot.com

Posted On 05/09/2021

Cbushpilotgmail.com

Very important info.....very good book.....

Posted On 05/09/2021

raisingconsciousness

Big Pharma Hid a Cancer Cure - Hydroxychloroquine is a Smart Drug! Dr Richard Urso
www.youtube.com/watch Homemade HCQ (quinine) USE (known) ORGANIC FRUIT, A CHILD COULD
MAKE THIS! Super easy! It is not difficult to make your own quinine or its derivative hydroxychloroquine.
Dr. Betty Martini godskingdom.org/.../homemade-hcq-quinine

Posted On 05/09/2021

LuckyinSA

Thank you so much for this link. I will sleep better tonight with this information.

Posted On 05/10/2021

lin3741

Thank you. Printed! Will return to the site for other good info. 👍

Posted On 05/10/2021

ryantisha

youtube article removed : (

Posted On 05/24/2021

ScanKat

Another great book on Breast Cancer is Dressed to Kill, the link between breast cancer and bras by Sydney Ross Singer and Soma Grismaijer. Women should be taught to massage the lymph and breast routinely. Very important. <https://youtu.be/Sc9pTd14uck>

Posted On 05/09/2021

mac5629

I really believe this and have for years. Thanks for this information. Suzanne

Posted On 05/09/2021

oldswinger2live.com

83+++ Doctors of today are QUALIFIED to only do Two things..Cut out things & write a Prescription! They know NOTHING about Nutrition. WE ARE WHAT WE EAT..Junk In Bad health Problems follow. Read about Edgar Cayce's Handbook of Health. People live longer when they Exercise and Eat ORGANIC FOOD!

Posted On 05/09/2021

Szadms7Gmail.com

Great article! Statins have been known to RAISE blood sugar: www.mayoclinic.org/diseases-conditions/high-blood-cholesterol/in-depth..

Posted On 05/09/2021

Just1other

Looked up RANKL and came up with this.....cytokines and cytokine receptors, osteoblasts, osteopetrosis (increased bone density), cytoplasmic adaptor proteins, cancers.....www.sciencedirect.com/.../rankl

Posted On 05/09/2021

Zahniser

I would love to see an article on safer birth control options for young women. Are there birth control pills available that don't use synthetic hormones?

Posted On 05/09/2021

mourningwarbler

NFP is the safest if you and your spouse have will power. LOL (We have six grown blessings.) I've known people to use it successfully.

Posted On 05/09/2021

ScanKat

I agree NFP is for the best. We are meant to have a normal month cycle. If you take care of your health your cycle will be very dependable and they have apps to calculate your fertile week so you can avoid pregnancy. Condoms still work too!

Posted On 05/09/2021

humansarefree.com/.../bill-gates-china-and-your-dna.html

Posted On 05/09/2021

rrealrose

Thanks! "Winter found a Memorandum of Understanding (MOU) between the Gates Foundation and BGI to "form a collaboration on global health and agricultural development with the goal of achieving common objectives in health and agricultural development."" More health tyranny.

Posted On 05/09/2021

RDoogie

With a long history of sharing articles between the libertarian site LewRockwell.com and Dr. Mercola, I didn't expect an article that led off with a slam to the concept of profits, "The for-profit cancer industry makes a fortune ". The fact that anyone makes a profit doesn't make that an evil venture. What makes the medical and breast cancer industry evil and inept is the fact that they are protected from competition by government regulation, government licensing, and government protection from prosecution. There are plenty of for-profit companies that do amazing work in every field you can mention. Slamming "for profit" implies that non-profits can do no wrong. For an education on the benefit of profits, go to lewrockwell.com and simply search "profits".

Posted On 05/09/2021

wwalkerware

Rdoogie, thanks! For profit makes the world go round. Nothing to fear about "profits". It's government intervention/interference/ protection that's the problem--100% of the time. This process enables the "revolving door"/nepotism policies involved in moving the ruling classes between government jobs and high stakes, high paying (government) "protected" private sector positions. Big pharma, especially, then big ag(raculture), big insurance and etcetera. If left unto itself, the truly "free market " will ALWAYS produce a "better mousetrap", which in turn will ALWAYS dethrone the Gates /Zuckerberg snakes of the world. Thanks for your post.

Posted On 05/23/2021

stanleybecker

www.medicalnewstoday.com/.../179457

Posted On 05/09/2021

rrealrose

Thanks, one of my friend's husband's got this diagnosis about 7 years ago, caused panic with a young teen in the household.

Posted On 05/09/2021

MoMac46

In the UK women are called in for a mammogram every three years from the age of 50 to 70. It's a horrible painful experience.

Posted On 05/09/2021

jjb9260

Breast cancer is a complex, heterogeneous, and multifactorial disease, with variable genetic underpinnings. The radiation dose of digital screening mammography to an adult is 0.21 mSv, which is equivalent to roughly two chest x-rays (dose of 0.1 mSv). In comparison, a CT scan of the chest results in a radiation dose of 6.1 mSv, which is roughly 29 times that of a mammography exam. If there is concern over radiation dose, consider breast MRI (although, usually used as an adjunct). Ultrasound is also a useful adjunct in the evaluation of breast mass/irregularity.

Posted On 05/09/2021
