

## Almond

I am a survivor of locally advanced breast cancer. It has been decades since I had a mammogram. I like it that way. I rely on the AMAS test which is 99% sensitive and specific for detecting cancer at any site or tissue type after the first determination. (The first determination is prob when lab personnel who are unfamiliar with the test screw up?) Since no test is perfect, I back it up with a CA15.3 test which is less accurate. These are both blood tests. I have explained how they need to be run in previous postings, so will not discuss that now.

Yes, a maintenance regimen of vitamin D, many other supplements and herbal formulas (esp. Hoxsey and mycomedicinals) are also helpful for eliminating cancer and preventing a recurrence. Along with a specific diet. It is problematic that mammograms and other unnecessary medical tests are usually required before admission to a hospital for any kind of surgery. I may be forced to get a mammogram to be admitted to a hospital for injuries that have nothing to do with cancer. However, I intend to avoid mammograms as much as possible otherwise.

There is a cynical saying among oncologists. "If you do not have cancer, yet, we will x-ray you until you do." When I was diagnosed with cancer, I consulted an oncologist who later lost his license for nonstandard practice even though his patients were doing much better than average. (It is good to search out and speak to the contrarians.)

I learned 2 things from him... the importance of nutritional supplements and diet for a body under stress (mental, physical, emotional, spiritual). <=That is one reason why he lost his license... for recommending supplements. He also told me that if I underwent radiation therapy he could guarantee that I would have a future recurrence. I never thought the sudden energetic and material changes due atomic deletion were not reasonable to subject a person to. You have absolutely no control over the process. It cannot be reversed if it is a failure.

Posted On 12/20/2017

---

**depadoo**

I'm going to look into those blood tests. I've been reading about Morley Robbins. His research is based on Mg, iron, zinc and copper. They believe D is overused. I really enjoy your posts as well as many other people here. I find I go to these comments before I read the article. I get a lot of useful info. When I was treated by Dr Mercola's practice years ago it sent me on a healing path. They diagnosed things doctors wouldn't address except to say I'm getting older. LOL I was 42.

Posted On 12/20/2017

---

## Guillermou

Almond, very good tips. Some other specific tests for breast cancer. It is advisable in the first instance physical exploration and serological markers. Genetic tests if there is a history of breast cancer. Magnetic resonance and ultrasound do not use X-rays, they detect tumors, although they do not specify with precision if they are cancerous, having to resort to a biopsy. About 20% of breast cancer cases are detected during a physical examination and not with a mammogram. We recommend that all women self-examine their breasts regularly as part of their overall review strategy. [www.breastcancer.org/.../self\\_exam](http://www.breastcancer.org/.../self_exam)

Serologic markers can be tested before treatment to diagnose the disease and determine if it has spread to other parts of the body, during treatment to assess if the cancer is responding, and after treatment to see if the cancer has reappeared [www.breastcancer.org/.../blood\\_marker](http://www.breastcancer.org/.../blood_marker)

Magnetic resonance, or MRI, is a technology that uses magnets and radio waves to generate high-definition transverse images of the interior of the body. It does not use x-rays, so it does not involve exposure to radiation [www.breastcancer.org/.../irm](http://www.breastcancer.org/.../irm)

Breast cancer and ovarian cancer are present in several autosomal dominant cancer syndromes, although they are more strongly associated with pathogenic variants of the highly penetrating germline in BRCA1 and BRCA2. Other genes, such as PALB2, TP53, CDH1 and STK11. See link [www.cancer.gov/.../breast-ovarian-genetics-pdq](http://www.cancer.gov/.../breast-ovarian-genetics-pdq)

An ultrasound is an imaging test that sends high-frequency sound waves through the breasts and converts them into images on a viewing screen. To perform the test, the ultrasound technician places a probe that makes sounds on the breast. The procedure does not involve any type of radiation. [www.breastcancer.org/.../ultrasound](http://www.breastcancer.org/.../ultrasound)

Posted On 12/20/2017

---

## Almond

Most cancerous masses in breasts are found during self breast exams, because a woman learns what is normal for her body after doing these self-exams for a while. Also, it helps that she has 2 breasts to compare and check for differences. I have never understood why some doctors are now telling women not to do self-exams. how can touching yourself and being informed be harmful? True, it may not be an advantage with standard medicine, but there are other safe and effective natural therapies.

Depado... it is inevitable that we will all get older, but we can also get healthier at the same time. My limitations are more due to injuries than age. In general, I feel so much better than when I was young and suffered so many cavities, infections and pain. I was constantly being medicated which only made the situation worse. I have discovered that a major part of the health solution is detox. Toxicity does not show up on diagnostic imaging, but can cause incredible pain and other symptoms. And diet.

Posted On 12/20/2017

---

## badboy2

FYI; Scientists were quick to realize the benefits of X-rays, but slower to comprehend the harmful effects of radiation. Initially, it was believed X-rays passed through flesh as harmlessly as light. Physicist Wilhelm Conrad Rontgen, who discovered x-ray, would not use it and he received numerous accolades for his work, including the first Nobel Prize in physics in 1901, yet he remained modest and never tried to patent his discovery.

Posted On 12/20/2017

---

## dianelmccallister

One more important thing to reduce breast cancer risk is to optimize iodine intake. Iodine is concentrated in breast tissue and is protective. These days, the RDA is much too low, since we all are exposed to so many toxic halogen compounds that compete with and use up iodine.

Posted On 12/20/2017

---

## Guillermou

Most xenobiotics are metabolized or/and bioaccumulate and biomagnify in our tissues and cells, including breast tissues, so the metabolism of xenobiotics plays an important role in the initiation and progression of breast cancer (BC). Existing evidence on breast cancer risk (BCR) suggests that foodborne chemical carcinogens, environmental pollution, ionizing radiation, and socioeconomic status are closely related to breast carcinogenesis. At the level of biological pathways, most xenobiotics interact with endocrine signaling, adipogenesis, angiogenesis, DNA repair, inflammatory response, IGF-1 and NF-B signaling, PI3K/Akt signaling, fatty acid metabolism and glycolysis, the p53 pathway, xenobiotic metabolism and other cancer-related pathways.

Breast cancer is higher for women who work at night, since exposure to light at night suppresses the secretion of melatonin and leads to cancer. Exposure to xenoestrogen (present in plastic packaging, pesticides, etc.), parabens (present in preservatives and cosmetics), Alkylphenols and phytoestrogens are really harmful and can cause BC. In addition, excessive alcohol consumption, diabetes, obesity and late onset of menopause are also responsible for breast cancer.

During puberty, a woman's breasts are vulnerable to environmental damage. Early exposure to environmental carcinogens, endocrine disruptors, and unhealthy foods (refined sugar, processed fats, food additives) promotes molecular damage that increases breast cancer risk. Environmental exposure to chemicals, such as endocrine-disrupting chemicals, is increasingly recognized as contributing to the development of breast cancer.

Posted On 07/03/2024

---

## Guillermou

The use of cosmetics may be associated with undesirable effects due to the presence of certain chemical substances. Among 50 random facial makeup cosmetics, the following substances were identified as potential carcinogens: parabens, ethoxylated compounds, formaldehyde donors, and ethanolamine and their derivatives. Also consider the danger of deodorants with parabens and/or aluminum. In general, topical application of personal care products contain estrogen-mimicking parabens, with even more risk from aluminum in antiperspirants.

Aluminum chloride, the active ingredient in antiperspirants, acts similar to the way oncogenes act to provide molecular transformations in cancer cells. Like parabens, aluminum salts also mimic estrogen and bioaccumulate in breast tissue, which may increase the risk of breast cancer. Parabens are a group of EDCs commonly found in personal care products, foods, and pharmaceuticals. Systemic exposure to parabens has been confirmed by the ubiquitous detection of parabens in human blood and urine samples.

Although evidence from in vivo and epidemiological studies linking paraben exposure to breast cancer is limited, current evidence suggests that parabens may negatively interfere with some endocrine and intracrine targets relevant to breast carcinogenesis.---- [www.mdpi.com/.../1873](http://www.mdpi.com/.../1873) (2022).-- [medcraveonline.com/.../JCPCR-13-00492.pdf](http://medcraveonline.com/.../JCPCR-13-00492.pdf) (2022).-- [www.mdpi.com/.../493](http://www.mdpi.com/.../493) (2020).-- [www.sciencedirect.com/science/article/abs/pii/B9780323996846000112](http://www.sciencedirect.com/science/article/abs/pii/B9780323996846000112) (2023).- [www.mdpi.com/.../4780](http://www.mdpi.com/.../4780) (2023).-- - [www.mdpi.com/.../402](http://www.mdpi.com/.../402) (2024).--

Posted On 07/03/2024

---

## pecanroll

Got my first thermogram last fall. Perfect! No mamms ever.

Posted On 07/03/2024

---

## Almond

Unfortunately, many cancer patients today have many fewer options that when I made my dramatic recovery decades ago. Certain tests and therapies are no longer avail. Herbal products have been withdrawn from the market or are no longer sold to the public. Back then, families would and could make a living wild-harvesting certain plants. There were experienced old-time herbalists with a true understanding--you can only learn so much in the halls of academia or from a book. People have become divorced from nature--it is not the same to be trained to order a product off the shelf than to harvest it yourself and recognize each stage of it's growth and reparation (--the same with our food supply).

Lifestyles have also changes with many people gravitating to cities where they live under less healthy conditions by have more leisure. (Rural areas may also be polluted, but a person can still try to find a safer niche.) Also, unsettling energetic influences and diseases. There are ineffective knock-off medical devices sold at high prices. Lots of hocus-pocus that passes for medical care. Many therapeutic products can no longer be utilized due to pollution and contamination. Even dietary therapies are difficult due to disruptions in the food chain and poor-quality food. People also do not recognize the importance of good, energized water from the earth--esp.

glacial run-off. There are many laws (that are actually enforced) to prevent a person from accessing the information and materials needed. At least, back when I was a criminal, people were willing to look the other way if they knew it was for a life-saving purpose--and were willing to bend laws to help. I used to see so many dramatic recoveries. Nowadays, if a person is diagnosed and I ask them if they want to know about an old-time cure, they usually tell me they have a doctor who makes all their decisions for them. People have been effectively trained for a dependency mindset, not to think or act for themselves.

Posted On 07/03/2024

---

## Tracyk1

I would love to learn about your old-time cure. I am sure there are many others who would be willing to pay for your knowledge. Have you considered writing a book? I know it is very time consuming, but your knowledge should be preserved.

Posted On 07/06/2024

---

## Almond

Tracy... I may start to organize my thoughts into chapters and write a book in a year or 2 when I expect my life to slow down enough so I can gather my wits and focus. (Don't worry, I am in excellent health and plan to live a long time. Not looking forward to it as writing a book is long, slow, hard work and I should prob have it reviewed by an attorney before publishing it.) I would have to choose my words carefully as I could only write about my observations and life experiences--give my "opinion". (Do we still have free speech to express an opinion?) I am still not sure many people would be interested or take it seriously. Many people lack the confidence to act on their own and are controlled by fear.

They would rather be dead than different. So many of the old remedies are no longer available or have been contaminated (polluted, genetically-altered) so can no longer be used. It gets more difficult to find substitutes. Long ago, things like this were common knowledge in rural areas. The process and details were understood because people lived close to the land and in harmony with nature. None of us had time to keep records or write stuff down because our lives were filled with labor from sun up to well after sun down. To many "modern" people, this sounds like an excuse. Also, it is difficult to educate people who think of a cure in terms of taking a single kind of pill or getting an injection.

Or individual responsibility. A mind must be ordered to understand the stages, process and recognize when it is time to make changes as recovery progresses. 2 of the saddest cases I have seen were throat cancer... when asked if the patient wanted to learn about the old ways, they said "no". One person was a doctor. In this case there was a catch. Once in remission, the patient would have to remain on the remedy daily for the rest of their life or likely risk a raging recurrence of the cancer. I hardly need to explain that MDs, esp., were afraid to show any interest.

Posted On 07/06/2024

---



## JanetB17

As a 70 year old double mastectomy breast cancer survivor,I'm afraid I must disagree with this article. I've done everything suggested to prevent cancer. I don't smoke,drink alcohol, I eat 80% organic and my blood vitamin D is actually a little high. I have 4 children and breast fed them. I had 3 maternal aunts die of breast cancer,none over 60. At age 40 I began having mammography exams every other year, always clear. Once COVID hit I didn't take the vaccine so was not allowed to have any interaction with any medical office or procedure due to that status. In January 2023 I was able to have my first physical and a small lump was detected in my right breast.

A mammogram and ultrasound found nothing, an ABUS (3D) had been ordered as well and it detected a small lump in my left breast, biopsy showed cancer cells and lumpectomy was performed. I was advised to have radiation but decided that it was not right for me and declined. 6 months after diagnosis I had a recall ultrasound and lump was now detected in right breast. A lumpectomy was advised and I requested and had to fight for a bilateral mastectomy, surgeon and oncologist advised against as I have a blood condition (ITP) But I couldn't live with a cloud of what if it comes back,so was insistent.

It was hard and living with constant discomfort is not easy but I saved my own life. Pathology report was extremely alarming, multiple measurable invasive carcinoma and fields of unmeasurable. But all margins were clear, no lobes involvement, no radiation or chemo required. Considered Cancer free..... Thanks to early detection and available 3D scanning. This might not be the case for some people,but I'm extremely grateful that this technology existed in my case. I'm hoping to continue having a wonderful life enjoying my 8 grandsons and all the joys I can.

Posted On 07/03/2024

---