Estrogens and breast cancer

Concern has been expressed that flaxseeds contain a lot of estrogen and concern is that it could feed breast cancer cells causing them to grow. Should the flaxseed oil and cottage cheese mixture be avoided if you have breast cancer?

We need to understand how the natural occurring estrogen in flaxseeds work. They actually help improve the body’s ability to metabolize the estrogen which is what we want to achieve.

Flaxseeds contain a weak plant estrogen called lignans. Lignans can help improve the way your body metabolizes its own estrogen. This, in turn, can reduce the development of fibroid tumors. The recommended intake is about two tablespoons of ground flaxseed per day. By doing this you can reduce the development of those tumors by 20%. Flax contains lignans, which may have an antioxidant effect and block or suppress cancerous changes.

The Budwig Center recommends that along with the flaxseed oil and low fat cottage cheese you add some additional herbs, selected foods and Vitamin D to make sure you are ‘controlling’ the estrogen, especially in cases of breast, ovarian and prostate cancer.

Myomin is an all-natural Chinese herbal blend ideal for normalizing estrogen levels in both men and women. Myomin inhibits aromatase, which can reduce levels of bad estrogens (estradiol and estrone), and promotes production of the good estrogen (estriol). Myomin has been shown to help metabolize unhealthy estrogens and promote proper hormonal balance in the body. Clinical case studies show that Myomin is able to reduce estradiol (estrogen) levels in as little as 10 days.

http://www.energeticnutrition.com/vitalzym/estrogen_dominance.html

Myomin showed great results with Fibroid Tumors, Kidney and Liver Cysts, Endometriosis, Breast & Thyroid Cysts. We have had great reports using this product. Here is just one comment:

I ordered it because it suggests it could assist in getting rid of fibroids, or cysts. Six months ago my Dr. found "nodules" in both breasts, ordered an ultrasound and found 5 cysts in one breast and 4 in the other breast. It was a couple months later that I came
upon your product and decided to try it. Well, Yesterday I went back for my follow-up ultrasound and now there is just 1 small cyst in one breast and 2 small cysts in the other. I’d say that’s a great improvement!

**Vitamin D** controls 2000 genes acting as a switch that turn them on or off. Vitamin D protects the breast from the gene that is responsible for estrogen driven breast cancer. Every woman should be getting enough vitamin D. Vitamin D can prevent 77% of all cancers!!! Spend time in the sunshine when UV-B is best.

Budwig Center recommends 10,000 i.u. of Organic Natural Liquid Vitamin D3 per day and is part of our Clinical and Home Distance Cancer program. Avoid ‘artificial’ Vitamin D3

**Food to Eat** - Cruciferous vegetables, omega-3 oils, seeds, nuts, avocados, olives, rice germ oil, whole oats, barley greens, citrus fruits, berries, spices (turmeric), herbs, and organic dairy provide the anti-estrogenic nutrients the body needs to win the battle against excess estrogen and its related weight gain and disorders.