



Every woman needs to know this about **Cancer of the Breast**

by Janet Pauly R.N

When I had radiation therapy for widespread cancer in 1980 no one told me that my ovaries would be non-functional after about ten treatments and I would be sent into premature menopause. I was put on estrogen and within a few months developed a lump in my breast.

I reported this to my oncologist at M.D. Anderson, one of the world's largest cancer treatment centers. I was immediately sent to the Breast Cancer Clinic. When the doctors who specialized in breast cancer learned that I was on estrogen they hit the ceiling. They said "NO MORE ESTROGEN—DON'T YOU KNOW THAT ESTROGEN CAUSES BREAST CANCER?" A subsequent mammogram showed the lump to be fibrocystic. Now I know that estrogen causes fibrocysts in the breasts and uterus.

For eleven years I endured hot flashes and vaginal dryness so bad that at times I could hardly walk. Nothing I tried seemed to help. As the summer of 1992 approached the hot flashes became unbearable, they were waking me up at night and interrupting my sleep. It seemed like the hotter the weather, the more frequent the hot flashes. Feeling like I couldn't live like this any longer, I went back on estrogen.

Estrogen relieved my symptoms and I was grateful for that, but I was very uneasy about taking this hormone. I knew that estrogen was the only known cause of uterine cancer, but I didn't have a uterus. I had never forgotten what the breast cancer specialists had said about estrogen causing breast cancer.

As the years went by my apprehensive feelings intensified.

Eventually a lesion was found in my breast on a mammogram. The radiologist came out and asked me if I was on estrogen. I

told him that I was on the lowest possible dose. He said that it didn't matter how low a dose I was on, it was enough to cause changes in my breasts. I had read the results of a study done with over 80,000 nurses over eight years that found that taking estrogen for five years increases your risk of breast cancer by 50%. I'd been fighting Lymphoma for 15 years and I certainly didn't want to end up with breast cancer too. But what could I do?

Shortly after that I heard from a friend of mine in Atlanta. She said she had attended a Women's Medical Seminar and thought the information was so important that she sent me the tapes. I listened to Dr. John Lee speak and then I bowed my head and said "Thank you Lord." I then understood that what I needed was natural progesterone cream NOT estrogen.

I recognized that the heavy menstrual flow that had sent my mother, sister, niece and me to the operating room for hysterectomies, was due to lack of progesterone which caused us to be "estrogen dominant." If only we'd known that we could all have avoided hysterectomies. I immediately stopped the estrogen and got started on natural progesterone cream. Now I have only an occasional hot flash. Applying the cream to the vagina will stop vaginal dryness immediately. You probably won't need to use it there every day, just once in awhile. I'm so thankful to know that I'm not promoting breast cancer anymore.

The term "estrogen dominance" simply means that your estrogen is not balanced by progesterone. You can have



estrogen dominance because your own body's estrogen is out of balance or an exaggerated form of this due to estrogen supplementation.

I have learned from Dr. Lee that estrogen dominance causes not only breast cancer but PMS, osteoporosis, fibroid tumors of the breasts and uterus, mood swings, weight gain, depression, thinning hair, heart spasm and many other problems common to women. When women go through menopause their estrogen drops just enough to allow menstruation to cease, but most women still have plenty of estrogen. However, when ovulation ceases she has no more progesterone, so she has no more balance to her hormones. This is called "estrogen dominance" and every month of this imbalance is an opportunity for cancer to start. Estrogen dominance can be made worse with supplemental estrogen. Without progesterone, which sensitizes a woman's estrogen receptor sites, she can no longer utilize her own estrogen efficiently and she begins to experience symptoms of menopause.

Our diets of fatty, refined foods, eating meat from animals that have been injected with estrogens, and our exposure to chemicals also promote this imbalance.

Many doctors believe what drug salesmen tell them about menopausal woman needing estrogen. They also tell them about "progestins," synthetic forms of real progesterone that have a long list of dangerous side effects. One of these is called "Provera." There is also the combination of synthetic estrogen and synthetic progesterone called "Premphase or Prempro." The package inserts for these synthetic hormones lists all the dangerous side effects. Real, natural progesterone has no side effects if used as suggested; if too much is used it is possible that one might experience a calmness verging on sleepiness. The truth about the dangers of HRT, hormone replacement therapy (a combination of estrogen and progestins) is now well known. I believe that natural progesterone cream (the best delivery method is through the skin) would solve many women's hormone problems and possibly cut down on the incidence of breast cancer. You should also know that blood tests for hormone levels are inaccurate, the active hormone is found only in the saliva.

AIM, the marketers of BarleyLife™, have a natural progesterone cream called "Renewed Balance™." It is very rich in progesterone

and therefore is probably the most economical cream on the market. . . Menopausal or postmenopausal women should use 1/8 of a teaspoonful to a scant 1/4 of a teaspoonful daily rubbing it into soft skin areas and rotating sites with each use. Stop using the cream 3-5 consecutive days each month. Premenopausal women over age 30 (or younger if she has PMS) who want to ensure that they never have a month of estrogen dominance, would use the cream according to the time of the month when progesterone is the dominant hormone. Count the first day of the menstrual period as Day 1. On Day 12 start using the cream as per instructions. Women's ovaries produce about 15 to 30 mg. of progesterone a day. 1/8 to a scant 1/4 teaspoon of the cream gives 20 to 24 mg. of progesterone, which is a good physiologic amount.

There are many progesterone creams on the market; some are all right, but some don't have enough progesterone in them to do any good, and some creams have no progesterone in them at all. You can't count on store clerks to know which is which. If you want to be sure you are getting a good cream use Renewed Balance™.

Dr. John Lee has written four excellent books: What your Doctor May Not Tell You About Menopause, What Your Doctor May Not Tell You About Premenopause, What Your Doctor May Not Tell You About Breast Cancer and Hormone Balance For Men.

For me and many other women, Renewed Balance™ is the best news since BarleyLife™.

Share this good news with your women friends. They don't need to be on HRT and most women don't need to be on estrogen; all they need is progesterone. This information can change women's lives!

