

Breast Cancer Guide

Everyday Strategies for Prevention and Long Term Survival

Includes advice for the newly diagnosed-
Between diagnosis and treatment

By Mary S Hughes

To Emily and to Val

Disclaimer

Those seeking advice for specific medical conditions are advised to consult a qualified medical practitioner or equivalent health professional. The recommendations given in this book are solely intended as educational and information and should not be taken as medical advice. The author does not take responsibility for those who self prescribe.

Table of Contents

Introduction

What I want you to achieve by reading this book

How to Use This Book

You don't have to start at the beginning but you do have to start and soon

Appendix (before the bibliography)

Between Diagnosis and Treatment

Start the battle without delay

Part 1

Improve Your Environment at Home

The following three chapters will help you make a start

1 Improving the Air in Your Home

Why the air in your home can be bad for you. Simple ways to improve the air you breathe at home

2 Improve the Water you Drink

Are you getting more than you think when you drink from the tap

3 Reduce the Toxins in Your Home

Take care when choosing household cleaners etc

Part 2

Strengthen Your Internal Defences

Be ready for the daily battle with the baddies

Is Your PH Balance Making you Vulnerable to Disease?

What it is and how to test for it. What to do if it needs correcting and why it can be so very damaging if it is not right.

Look After Your Lymph System So It Can Look After You

Your main defence against illness is your lymph system so keep it in tip top condition

Oxygen

Cancer doesn't like it and cannot thrive in its presence

Is Milk Good For You?

Reasons to question the hype about milk being good for you.

What about Meat Then

Is meat good for you?

Enzymes

A good excuse to eat pineapple

Vitamin and Mineral Supplements

Extra armour for the "war"

Part 3

Extra Topics

Medical Breakthroughs

A new groundbreaking drug to treat cancer every time you open the newspaper

Cheap Eggs

Don't buy them

Nuts Seeds and Kernels

Lots of goodness and a new B vitamin

Germanium

Another new B vitamin

Some Tests

Non- invasive tests

DIY Colonic Irrigation

De-junk your colon

[Pollution](#)

Save the World

[Essiac or Cassie Tea](#)

A Native American Cure

[Oil](#)

Can we reduce the pollution from vehicles?

[Part 4](#)

[About Me](#)

My diagnosis and treatment

[Personal and Household Products to look out for](#)

A brief description

[Part 5](#)

[Bibliography](#)

Lots of good books for you to read

THE END

Introduction

I want you to think of Cancer as an unwelcome guest. You protect your house with a burglar alarm so the burglar goes to look for an easier target and leaves your house alone.

Don't invite cancer in. Don't put out the welcome mat and allow Cancer to hover round you waiting for the opportunity to invade and grow. Make Cancer unwelcome in your home, make Cancer unwelcome in your workplace. **Make Cancer UNWELCOME.**

The suggestions in this book will not guarantee that you will not get cancer. What I hope it will do is put you on the defensive so that you are constantly aware of the things around you that may be making you more vulnerable than you need to be. **Change the things that you can change and protect yourself from the things you cannot.**

There is much publicity for smoking and the harm it does, but even in a non-smoking household **the air inside a home is usually far more toxic than the outdoors.** Of course this will depend on where you live.

A recent report stated that if you live on the lower slopes of a mountain you are less likely to get cancer. Shut your eyes and imagine the air quality in rural mountainous regions and this is no surprise at all. However you could be living in that same place and still have a very toxic home.

There are many ingredients in everyday bathroom and kitchen products that are carcinogenic. Although shampoo and toothpaste show a list of ingredients many household cleaners do not. I assume this is because they are not for personal consumption even though they will come into contact with your hands and their fumes will stay in the air you breathe.

Keeping the air in your home as free of toxins as possible will make a tremendous difference to your well being. Choosing personal and household products with care will go a long way to make your personal environment safe.

Getting and keeping your body free of toxins will be further helped by **taking care with what you eat and drink.**

In the short term we cannot do a lot to influence the outdoor air quality but in the long term maybe we can.

Our indoor air quality is in our control. We can quickly begin to change things for the better. If we gear our bodies up to deal with any pollutants around us and in our food and drink and at the same time we reduce those

pollutants as much as possible then the combined effect must **improve our chances of keeping cancer at bay.**

This book is mainly about making you aware of **simple things you can do quite quickly and inexpensively** to stop the ever increasing incidence of cancer in the world today. After implementing the ideas in the following chapters your home should become a better and healthier place to live for you and your family.

Live long and healthily.

[Return to index](#)

How to Use This Book

Start reading this book any where you like. You will find some things easy to implement straight away. Some things may be harder to adjust to or may mean spending more money than you do at present. **IF you or a friend are newly diagnosed you might want to jump to Appendix for a quick overview before getting down to the details.**

The bottom line is that **anything you do will make a difference.** Choose the easy options first but work towards the others. In the long term I don't think you will be spending more.

Please keep reading the book until you have taken in all the ideas. Re-read it to check your progress.

Try and read lots of good health books. Some of the books I recommend are only available mail order but try the library and Amazon. Join e-clubs like Credence and Patrick Holford for regular healthy input.

Remember the more knowledge you have the better equipped you are.
KNOWLEDGE IS POWERFUL.

Improve Your Environment at Home

The next three chapters explore the things you can change in your home.

Depending on your life style **the home is probably and surprisingly the place where you are most at risk**. Check the three chapters and assess your risk factor and start cutting it. Remember anything is better than nothing but the more you do the healthier you will be.

Improve the Air in Your Home

Pollution in the atmosphere varies but **in the home it can be much higher than outside** because of man made furnishing materials, cleaners, cigarette smoke etc.

Plants Absorb Toxins

Plants absorb toxins in the home and workplace. Use plants to improve the air around you. Common pollutants in the home include formaldehyde from furniture and carpets, benzene from cigarettes and plastics etc, trichloroethylene from adhesives and paints etc, xylene from cigarettes and cleaning materials and carbon monoxide. PVC's release carcinogens into the air. Be careful of children putting plastic toys in their mouths.

Make your home a jungle. Plants such as Palms, Dracaena's, Ivy's, Gerberas, Boston and other Ferns and spider plant will help protect you from all of the above by fixing the toxins from the air.

For the bedroom use Aloe and orchids which give off oxygen at night as well as removing toxins.

Get a book or search the internet for information on **looking after each plant so they flourish and multiply** to work hard for you. I never used to be able to keep house plants alive but now I know how important they are I am becoming quite the expert.

Long Term Aims To Improve Your Air

Don't smoke or allow others to smoke in your space. Gradually replace clothes, furnishings, cleaning products with natural materials.

Think twice before buying toxic products or containers. Where will they end up? In the environment, polluting our world. **We can blame manufacturers for pollution at the production stage but at the end user stage it is the purchaser who decides what ends up in their bodies, their air, their sewage and their dustbin.**

Learn about and consider Air Ionisers in the bedroom and living room. Hepa filter type vacuum cleaners, in car ionisers and Air Ozoneaters. Meanwhile **keep those plants flourishing.**

[Return to index](#)

Improve the Water you Drink

It is important to drink 2 litres of water a day for good health, **every cell in your body uses water to function.** For maximum anti-c benefit the water needs to be as free of toxins as possible.

We learn about the water cycle at school. The water from the tap has probably been here before. We are lucky to have such clean water effortlessly available to us 24 hrs a day.

Most water companies use chlorine to make sure there are no bugs in the water. You may be better off without the bugs but chlorine has been associated with many cancers.

Fluoridation of water has been controversial since its introduction in some water supplies and in toothpastes. I haven't heard of mass unemployment among dentists so I guess it does not deliver its promises so is just another pollutant.

Unfortunately because of the high rate of drug taking, medicinal and illegal, animal and human the water is becoming contaminated by them. The levels may be low enough for the water companies to dismiss them but for instance oestrogen in rivers is affecting the fish, making males less male. The levels in tap water are rising.

Pesticide residues are another free extra with tap water.

How can you avoid this water cocktail? Bottled water is one answer although it is difficult to buy it in glass containers. If you buy in plastic bottles keep it cool so that contamination by the plastic is minimal. Filter jugs are another option to remove some of the contaminants.

A better and in the long run cheaper alternative is a reverse osmosis water filter. The initial outlay is high at somewhat under £200. Over a long period the total cost is pennies per litre. BUT before you buy you need to know that for every litre of clean water about four litres go down the drain taking the rubbish away. You might want to work out if you can make use of this somehow both from a conservation point of view and to save on metered water. I can give you the measurements for our water.

We bought the reverse osmosis system because our water is particularly poor and produces an unpleasant scum on hot drinks. Just for drinking water for two people the water filters in jugs only last 2 weeks before the scum is back. Measurements are for TOTAL DISSOLVED SOLIDS (you get a meter with the Filter pack). Tap water 260-290, Jug water around 200, reverse osmosis water 13. The taste is a big plus as well. It really depends on the quality of your original water.

For use in washing it is best to shower at the lowest temperature you can bear as the chlorine in steam gets straight into your blood. You can get chlorine filters for shower heads. I found them once on the internet but failed to find them again. I think they were around £50. One source of reverse osmosis filters is www.credence.org.uk but an internet search will find a number of them.

Read up on water before making any long term decisions.

[Return to index](#)

Reduce the Toxins in Your Home

Chemicals accumulate in body fat and in breast tissue.

Some of the most serious and underestimated carcinogens and other toxins are in everyday products including baby items, cosmetics, toiletries and household cleaners. So says Dr Samuel Epstein, chairman of the Cancer Prevention Coalition.....Continues.....

End of Free Preview

[Go back to homepage](#)