

## **Troubling Discovery About Breast Tumours**

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New research raises troubling questions about a common household preservative that has turned up in breast tumours.

“Parabens” are found in toothpaste, body creams, deodorants, baby wipes and even food. Scientists have discovered that they collect in high amounts in breast cancer cells.

This has raised a deep concern about whether these preservatives cause or contribute to breast cancer, and how we can possibly avoid them when they permeate the shelves of our pharmacies and grocery stores.

Parabens are made from a petroleum product called Benzene. On the ingredient list on your toothpaste tube they will come under the name "methyl, ethyl, propyl or butyl". They're used to prevent mold, but can also act like estrogen, fertilizing cancer cells.

Twenty breast tumours studied at the University of Reading in England had high concentrations of parabens. Biologist Philippa Darbrea confirms that the parabens she discovered in the tumours had been absorbed through the women's skin from a deodorant or body cream. Ingested parabens take on a slightly different form.

It is well established that fatty tissue in the breast is a favourite storage site for toxins of all kinds. The paraben dilemma is just the latest discovery into exactly what collects in breast tumours. It's part of the ongoing research into how this once rare and genetic disease has become epidemic in North America.

In her book "The Complete Natural Medicine Guide to Breast Cancer" Naturopath Sat Dharam Kaur cites studies proving that many industrial chemicals collect in higher amounts in cancerous breast tissue than normal breast tissue.

While it is very difficult to avoid parabens once you start reading the fine print on your cosmetic products, there is something women can do to clean it out of their system. Kaur, from Owen Sound, is considered a world authority on breast cancer. She says women can steadily rid their bodies of toxins by sweating several times a week in a Regular or Far Infrared sauna.

The Far Infrared sauna is preferred for deep detoxification because the infrared heat penetrates more deeply to cleanse fat cells. The temperatures are lower and more easily tolerated for long periods of detoxification. As well, there are additional health benefits from the infrared waves emitted by the heaters.

There is a mountain of literature that shows that saunas will steadily rid the body of chemicals. A Vietnam vet exposed to Agent Orange (dioxin) did sauna sessions for 37 days, and took additional nutrients. According to a fat biopsy, he eliminated 97% of the PCB and DDE in his body, long after he was exposed to the famous defoliant.

So there is hope. While information about the dangers of home and industrial chemicals grows, women and men can protect themselves. It can be as simple as breaking a sweat.