Tufts Medical School in Boston back in 1987, a cancer scientist called Dr. Ana Soto made an accidental but shocking discovery. She found irrefutable proof that chemicals you come into contact with every day are at the root of “women’s cancers.”

The tragedy is that since then, almost nothing has been done about it — and millions of women every year continue to be struck by ovarian, vaginal, endometrial, uterine, cervical and breast cancer. The danger increases with age — as these chemicals build up in your system, they become increasingly toxic.

Dr. Soto and her Tufts research team were studying the effects of estrogen on malignant breast-cancer cells.

It was already known that excess estrogen could cause cancer cells to multiply. So as part of her experiment, she removed all traces of estrogen — fully expecting the cancer cells to stop dividing.

But to Dr. Soto’s astonishment, the cancer cells continued to multiply — even with no estrogen in sight.
The results were so unexpected, Dr. Soto even suspected someone had contaminated their Boston lab on purpose.

But the “saboteurs” turned out to be not a person. They were plastic tubes, to which the manufacturer had added a chemical to make them more impact resistant.

When she asked the manufacturer about it, they refused to identify the chemical. But something in the plastic was clearly mimicking the effects of estrogen. So Dr. Soto and her team analyzed the plastic themselves.

What they identified was a synthetic molecule called nonylphenol, a chemical that accumulates in your body fat and doesn’t break down for years.

Until Dr. Soto’s discovery, this chemical — still common in detergents, shampoos, cosmetics, lubricants, contraceptives, paints and a wide range of plastics — was thought to be perfectly safe.

The chemical industry still claims nonylphenol is safe, despite hundreds of studies that prove it’s a highly toxic, cancer-causing xenoestrogen — a category of synthetic endocrine-disrupting chemicals (EDC) that mimic the action of estrogen in your body and dangerously disrupt your delicate hormonal balance.

The bigger problem is that nonylphenol is one of hundreds of hormone-disrupting xenoestrogens we come into contact with on a daily basis.

Mainstream medicine also ignores the impact of these deadly chemicals. Yet the link between xenoestrogens and ovarian, uterine, endometrial (the lining of the uterus), vaginal, cervical and breast cancer has been proven time and time again.\(^{1,2,3,4}\)

You see, these cancers are estrogen-dependent cancers.

But knowing their cause also gives you the power to prevent them.

In this issue of *Anti-Aging Confidential for Women*, I’m going to show you the most effective lines of defense I know against these alien molecules. I’m also going to show you how you can “claw” these chemicals that cause “women’s cancers” out of your body.

But firstly, let’s look at what xenoestrogens are and why they’re so dangerous.

**THE AGE OF ESTROGEN**

The prefix “xeno” literally means foreign, and xenoestrogens means “foreign estrogens.” These chemicals were first added to consumer products in the 1960s. But by the 1980s, they were everywhere.

Of the 100,000 or so chemicals used in global commerce and industry, at least 800 are “capable of interfering with hormone receptors, hormone synthesis or hormone conversion,” according to a recent World Health Organization-United Nations study.\(^5\)

Today, xenoestrogens contaminate almost everything you eat, drink and touch. And when they’re ingested, they interact with your body’s estrogen systems in a far more powerful way than natural estrogen.

The birth control pill, for example, is a prescription xenoestrogen.

Our food supply is loaded with traces of herbicides, pesticides and petrochemical residues from plastics, all of which contain xenoestrogens.

They’re in the coatings of food and drinks cans, water bottles, baby bottles, dental fillings and sealants. They’re in your eyeglass lenses, DVDs and CDs, electronics and sports equipment. They’re in nail polish, makeup, lotions, soaps, deodorants, shampoos, household-cleaning products, even cash register receipts and garden hoses.

The biggest source for xenoestrogen exposure is plastics, particularly soft plastics that come into contact with the foods and beverages we consume.

You may have heard of the xenoestrogen Bisphenol A (BPA) after the recalls of a few years ago, when it was linked to fetal development disruption.
But that’s only one of the ways these synthetic estrogens impact your body. And BPAs and hundreds of other xenoestrogens are still used in thousands of everyday products.

You see, when plastics are exposed to heat or sunlight, or even just left to sit for a long time, these chemicals begin to break down and leech into your foods.

All water bottled in plastic is contaminated. The soft plastics used for these cheap bottles almost all use BPA or phthalates, another dangerous xenoestrogen.

The bottles are manufactured at high temperatures and when they’re filled with water, they immediately begin to leech their xenoestrogens. The bottles are then capped and sit for months, often years, in storage and transit, contaminating the water further.

But even before xenoestrogens made their way into our everyday lives, their danger had already been known for decades.

Before 1971, an estimated seven million women were exposed to the xenoestrogen diethylstilbestrol (DES), which was given to expecting mothers in the mistaken belief it would prevent pregnancy complications.

Not only did an unusually high number of women given DES develop vaginal, epithelial, uterine, cervical and breast cancers, their daughters also developed these diseases in high numbers — along with higher rates of obesity and depression.6,7,8,9

Such is the destructive power of xenoestrogens on your body and mind.

Research by the Centers for Disease Control and Prevention shows that a shocking 93% of Americans over the age of six have BPAs in their bodies.

You now live in the age of estrogen, as “alien” estrogens flood your bloodstream.

It has never been more important to be proactive and protect yourself.

Despite what mainstream medicine tells you — not to mention the claims of the chemical industry — the incredible rise of xenoestrogens over the past 50 years and the parallel surge in women’s cancers and other non-communicable diseases is no coincidence.10

THE REAL DANGER OF ESTROGEN DOMINANCE

A recent U.K. study detected xenoestrogens in the breast tumors of 19 out of 20 women tested.11

In another study, researchers tested 40 breast cancer patients. They found higher xenoestrogen levels in the same area where the breast cancer tumors developed.12

These are just two out of hundreds of global clinical studies that reveal the devastating impact of xenoestrogens.

Yet most mainstream physicians still refuse to acknowledge the dangers of xenoestrogens and the estrogen dominance it creates in your body.

In recent years, the recognition of excess estrogen as a cause of severe premenopausal and menopausal symptoms has led to the marketing of hundreds of brands of creams containing progesterone, another female sex hormone. Part of progesterone’s job is to level out estrogen levels in your body.

Unfortunately, these products rarely work — and they do nothing to stop the rise of women’s cancers that depend on estrogen for growth.

Let me explain...

First of all, most xenoestrogens are fat soluble, so they accumulate for years in your fat cells. That means the devastating impacts of these alien chemicals might not be revealed for decades — or even into the next generation, if your exposure was high during pregnancy.

Your breasts are especially vulnerable, because breasts are mostly fat.
And different xenoestrogens also act together to magnify their estrogenic properties in different ways.

You see, your hormones are chemical messengers. They travel in your bloodstream and send signals that instruct the cells at various target sites to carry out key biological tasks.

But they don’t work alone. All of your female sex hormones — estrogen, progesterone, testosterone and DHEA — interact with each other. How much or how little of these hormones is made at any one time relies on a complicated feedback system between your brain, your adrenal glands and your ovaries.

That’s why estrogen dominance isn’t just a matter of having too much estrogen or too little progesterone.

Your hormones are dynamic. And when xenoestrogens bind to the estrogen receptors around your body, they interfere with the natural communication process and they unbalance your entire endocrine system.

Estrogen’s target sites include your breasts, uterus, and other parts of your reproductive system. That’s why cancers develop in these target areas when xenoestrogens disrupt your natural hormonal balance.

### HOW XENOESTROGENS CAUSE CANCER

Because these alien estrogens are structurally similar to estrogen, they trick your body into thinking they’re real hormones.

But those BPAs, phthalates, parabens and other xenoestrogens overload your estrogen receptors and essentially destroy them.

Compelling research published last year by scientists at the Morgridge Institute for Research at the University of Wisconsin-Madison reveals that “gynecological cancers” are often triggered when your body’s estrogen receptors get overwhelmed.}

<table>
<thead>
<tr>
<th>THE WORST CULPRITS FOR XENOESTROGEN POISONING ARE ALL AROUND YOU</th>
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<tbody>
<tr>
<td><strong>Bisphenol A</strong>, BPA (Used to make plastic food containers, water bottles and the coating inside metal cans);</td>
</tr>
<tr>
<td><strong>Nonylphenol</strong>, NE and NPE (Used in emulsifiers, detergents and pesticides)</td>
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<tr>
<td><strong>Chlorine</strong> (Used as a disinfectant);</td>
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<tr>
<td><strong>PCBs</strong> (Used in lubricants, adhesives and paints);</td>
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<tr>
<td><strong>Phthalates</strong> (Used in plastics to make them tougher and more flexible)</td>
</tr>
<tr>
<td><strong>Parabens</strong> (Used in skincare products, shampoos and pharmaceuticals)</td>
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<tr>
<td><strong>PBDEs</strong> (Used as a flame retardant in products, including building materials, electronics and foams)</td>
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<tr>
<td><strong>Propyl gallate</strong> (Used in foods, cosmetics, sunscreen and hair products to protect against oxidation);</td>
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<tr>
<td><strong>Butylated hydroxyanisole</strong>, BHA (Used as a food preservative);</td>
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<tr>
<td><strong>Erythrosine</strong> (Food coloring FD&amp;C Red No. 3);</td>
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<tr>
<td><strong>Ethynyl estradiol</strong> (Used in birth control products);</td>
</tr>
<tr>
<td><strong>Heavy metal pollutants</strong>, like lead, mercury and arsenic, are known hormone disruptors;</td>
</tr>
<tr>
<td><strong>4-Methylbenzyldiene camphor</strong>, 4-MBC (Used in sunscreens).</td>
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Take cervical cancer, for example. It’s widely known that virtually all cervical cancers begin with the human papillomavirus (HPV) infection. But Morgridge Institute researchers revealed the condition switches gears from precancerous to cancerous when your estrogen receptors deplete to “the point of being undetectable.”

Essentially, all that excess estrogen has flooded its target site — but it has nothing to attach to, because the receptors have been destroyed. That’s when estrogen begins fueling the division of precancerous cells and turns them cancerous.

Other studies reveal the similar impact of overwhelmed estrogen receptors on breast cancer, as well as ovarian, uterine and endometrial cancer. 

Now these high levels of xenoestrogens begin to act like radiation, producing a flood of destructive free radicals. This causes your DNA to “misfire” and produce other cellular defects that help cancer thrive.

At the same time, high estrogen levels decrease the level of one of your body’s “master” antioxidants, glutathione. This raises oxidative stress in your cells and can often be another early step in the formation of cancer cells.

In other words, xenoestrogens not only overwhelm and deplete your estrogen receptors, they raise your levels of cancer-causing free radicals and wipe out your body’s best defense against them.

Meanwhile these alien estrogens also slow down your thyroid function. Multiple studies have linked thyroid dysfunction to breast cancer and numerous gynecological cancers.

The problem is that we are all suffering from estrogen dominance.

You may have sinus problems, headaches, dry eyes, asthma or cold hands and feet, and not know to attribute them to your exposure to xenoestrogens.

But unless you live in a bubble, you can’t avoid them entirely. They have become part of your everyday life.

But there are things you can do...

**HOW TO PROTECT YOURSELF**

If you ask a mainstream doctor how to get rid of xenoestrogens in your body, you’re likely to get a patronizing laugh.

Despite the danger revealed in multiple studies, most doctors will tell you the same thing as the companies that manufacture xenoestrogens — that the quantities are so small, they’re harmless. And besides, you have kidneys and a liver to detoxify your body.

Mainstream medicine doesn’t get that xenoestrogens build up in your body over years.

It also doesn’t get that your organs and tissues were not designed to stand up to the crushing onslaught of toxins, heavy metals, chemicals and other compounds that flow through your blood every moment of your life.

Your liver and kidneys were designed to filter organic toxins — the kind of waste your body made naturally, back when we lived in a xenoestrogen-free environment.

But xenoestrogens are completely new to this planet. And your body simply has no way of dealing with them.

I’ve seen the devastating gynecological cancers in my patients caused by xenoestrogens. That’s why I’ve been studying ways to lower excess estrogen for the past 20 years.

You can protect yourself in various ways:

- Avoid products that contain xenoestrogens as best as you can;
- Keep food and drinks away from plastics whenever possible;
• Stop buying foods and beverages packaged in plastic;

• Replace plastic dishes and Tupperware with glass and ceramic;

• Never put plastic dishes in a dishwasher. Not only will the plastic contaminate the next food it comes into contact with, the other dishes will be coated in a film of xenoestrogens.

But because xenoestrogens are found in so many consumer products — and so much has leached in the environment — avoidance is not enough.

I've discovered there's only one way to metabolize these alien estrogens and eliminate them from your body. It's called chelation...

ZAP THOSE XENOS

‘Chelate’ comes from the Greek word “chele,” which means “claw.” And that’s exactly what chelation does to the xenoestrogens that have accumulated in your body. They’re grabbed and taken out.

Don’t worry, though, it’s not painful. And I’ve found that the best approach combines both oral chelation and IV chelation.

IV chelation delivers 100% of a chelating agent — I use calcium disodium EDTA — directly into your bloodstream. Xenoestrogens like BPAs — as well as heavy metal hormone disruptors, like lead, mercury and arsenic — are “grabbed” by the EDTA and taken out.

Studies have shown IV chelation degrades xenoestrogens in your body.\(^{20}\)

And IV chelation with calcium disodium EDTA works fast. In a 10-minute session, you’re done and on your way.

For oral chelation, I recommend any of the following compounds, all of which have special potency against xenoestrogens:

### SAM-e and DIM

The compounds S-adenosylmethionine (SAM-e) and diindolylmethane (DIM) are the two nutrients I most commonly recommend to help metabolize excess estrogen and eliminate it from your body.

Besides being an antioxidant, SAM-e promotes bile circulation, which enhances estrogen's excretion out of the body. It's also effective at negating the effects of estrogen in the body by preventing estrogen toxicity.

Take 200 mg a day to start. But you can take up to 800 mg twice a day if a blood test reveals that you have extremely high levels of estrogen.

Meanwhile, DIM is a great natural estrogen cleanser from cruciferous vegetables, like kale and broccoli. But you can’t eat enough to cleanse your body well enough. So start with a 100 mg capsule a day. Two capsules provide as much DIM as a pound of veggies.

### Alpha-lipoic acid

A recent study shows that alpha-lipoic acid can protect your reproductive organs from the estrogenic effects of estrogen-mimicking chemicals like BPA.\(^ {21}\) Start with 250 mg a day. But you can take up to 600 mg a day.

### Quercetin

This plant flavonoid can directly stop estrogen from forming cancer cells. To detox your body of estrogen, take one 500 mg capsule twice a day. You can also get healthy doses of quercetin from plants in the allium family, including onions, scallions, chives, leeks, shallots and garlic. Quercetin is also found in many other fruits and vegetables including spinach, broccoli, celery, potatoes, lettuce, parsley, kale, red cabbage, green beans, apples and grapes.

### Eugenol

This is an estrogen-lowering compound that helps keep your body from absorbing estrogens, including fake estrogens like BPA. You can get this extract into your diet with herbs and spices, such as cinnamon, dill and holy basil. A good way to get eugenol through supplementation is by using clove oil. Make sure you use 100% pure clove oil. Dilute just a tiny bit in almond or olive oil.
They will help you absorb it better.

After all chelation, I recommend drinking plenty of water. You’ll protect your kidneys and flush the toxins faster.

If you’re interested in IV chelation at the Sears Institute for Anti-Aging Medicine, please call 561-784-7852.

References:


Ibid.

The medical world still thinks of lung cancer as a man’s disease. You might even think of the typical victim as the “Marlboro man” — a macho chain-smoker.

That picture is outdated. The truth is lung cancer rates have fallen 21% among men. That’s great news. But sadly, lung cancer rates have risen 116% among women.¹

Worldwide, lung cancer is now the most common cancer in women after breast cancer. In the U.S., it’s the leading cause of all cancer-related deaths.²

And it’s not because women are smoking more than men. In fact, one in five women diagnosed with lung cancer has never smoked.

But most doctors fail to recognize that women have unique traits and react differently to diseases. Historically, many of the major medical studies focused only on men and excluded women. Doctors assume the results will be the same for women as they are for men. But that’s not always the case. And lung cancer is a prime example.

Something besides smoking is causing lung cancer in women. Of course, there are other factors that can contribute to lung cancer. Air pollution and second-hand smoke are two examples. Lung cancer has also been linked to radon, uranium, arsenic, nickel and hazardous chemicals like asbestos. But all those factors also affect men.

### Lung Cancer Rates in Women

Once you’re over the age of 45, your chances of developing lung cancer begin to go up dramatically. It’s not surprising that some lung cancers are related to hormone replacement therapy that many women are prescribed during menopause.
Women are more at risk for lung cancer for an obvious reason most doctors miss. Women have different hormones than men. I’m going to show you some safe and natural ways to balance your hormones while lowering your lung cancer risk.

HORMONES MAY BE DRIVING UP YOUR LUNG CANCER RISK

Some lung cancers are hormone driven. We now know there are estrogen receptors in the lung and in lung cancers. In other words, there is definitely an interaction between the growth of lung cancer and hormones.

To study the link between hormones and lung cancer, researchers looked at data from the Women’s Health Initiative (WHI) trial. The WHI was a randomized double-blind placebo-controlled trial of 16,608 women. Researchers compared women receiving either hormone replacement therapy (HRT) or a placebo. The HRT in the study was Prempro, a drug combining artificial estrogen and progestin. The results were published in the journal *Lancet*. They found that more women who took the HRT drug died of lung cancer than women who took a placebo. In fact, they were 60% more likely to die of lung cancer if they took the HRT drug.

Another review of data from the Nurses’ Health Study found that HRT increased the risk of getting lung cancer in the first place. And a study of 23,244 women in Sweden showed that those who received HRT had a 26% greater risk of getting lung cancer.

Your risk of lung cancer also goes up the longer you use HRT.

In the VITAL (VITamins and Lifestyle) study, researchers looked at the medical records of 36,588 women aged 50 to 76 years old. Women who used combination HRT for 10 years or more had a 48% higher risk of lung cancer. Women who used combination HRT for 9 years or fewer had a 27% higher risk.

They also found that HRT drugs increased lung cancer risk whether a woman smoked or not.

But if you add smoking to HRT drugs, the mix makes the disease much more deadly.

In a study of 180 women with lung cancer, researchers looked at their history of smoking and HRT. **Women who smoked had two and a half times the lung cancer risk** if they took HRT.

In other words, more hormones circulating in women plus the DNA damage from smoking makes women much more susceptible to lung cancer.

There was one bright spot in the research. Both the WHI study and the VITAL study showed that not all HRT has the same risk. In fact, women who used estrogen-only HRT during or after menopause had the same lung cancer risk as women who never used HRT. In other words, the synthetic progestin seemed to be driving up the risk of lung cancer.

Here’s the bottom line. Either smoking or taking Big Pharma’s HRT drugs — with the combination of artificial estrogen and progestin — can cause lung cancer in women. But smoking and taking HRT together is fueling a worrisome rise in lung cancer cases.

You already know the first step in protecting yourself. Stop smoking. You not only protect yourself against lung cancer but also heart disease, stroke, cataracts and other cancers.

But what can you do about your hormones? The torture of night sweats, hot flashes, belly fat, mood swings, and more has driven many women to Big Pharma’s dangerous HRT drugs. But the risk is not worth it.

I help my patients balance their hormones naturally — without raising their lung cancer risk. Here is what I recommend.
FIVE SAFE AND NATURAL WAYS TO BALANCE YOUR HORMONES

1. Resveratrol.

This nutrient is remarkable. It fools your body into thinking it has the estrogen levels of your youth. A study in the *Journal of Nutritional Biochemistry* found resveratrol mimics the benefits of estrogen.8

Plus the study showed it keeps cells healthy. And when cells function properly, there’s less chance that cancer will form.

Resveratrol is a powerful way to balance hormones and to prevent cancer. It has both estrogenic powers and high antitumor activity.

You can get resveratrol from certain foods — red wine, red grapes, cranberries, blueberries and peanuts. But you’d have to eat a lot of these foods to get enough. So a supplement is your best bet.

I recommend taking 100 mg of resveratrol daily. It’s an antioxidant, anti-aging powerhouse. You can take it any time of day, with or without food.

2. Chaste Berry.

One of my favorite herbs for women is Chaste Berry. It’s effective for many menopausal symptoms. It works by regulating pituitary hormones, which balance estrogen, progesterone and testosterone.

I use Chaste Berry to relieve depression, insomnia and hot flashes. They can all be linked to a decline in estrogen and progesterone. Take 300 mg in tablet form once a day.

3. Black Cohosh.

Black cohosh works to normalize your hormones. Studies show it can be nearly as effective as HRT to reduce hot flashes, night sweats,9 depression and anxiety.10 I recommend 250 mg three times a day.

4. Maca Root.

This natural root is found high in the Andes Mountains of Peru. For 8,000 years maca has been used to relieve hot flashes, night sweats, improve mood and rev-up sexual desire. Take 200 mg daily.

5. Dong Quai.

This Asian herb contains natural plant estrogens called phytoestrogens. They work by sitting on estrogen receptor sites in your body. They block strong estrogens if your levels are too high. Or they provide a gentle estrogen boost if your levels are low. Dong Quai also improves libido in women with declining sex hormones. I recommend 500 mg in tablet form, twice a day.

TRY REAL HORMONE REPLACEMENT THERAPY

For serious imbalances, I also recommend replacing hormones. But I’m not talking about Big Pharma’s HRT drugs.

Your body doesn’t recognize these synthetic concoctions. It’s no wonder they’re linked to heart attacks, strokes and cancer.

REAL hormone replacement therapy gives you back the same hormones your body makes. And when you replace them with exact replicas of what was there originally, there are no side effects.

Here at the Sears Institute for Anti-Aging Medicine I offer women *Biodentical Hormone Replacement Therapy*. We use exact replicas of your body’s hormones. They have the same structure as the hormones you create naturally. So your body will see them as something natural, not foreign.

I’ve treated hundreds of patients with bioidenticals. I’ve never seen anything but positive results. It’s hands down the best treatment I’ve found. My patients tell me they feel more like themselves again almost instantly.
I start by measuring your estrogen, progesterone and testosterone levels. You see, hormone levels vary widely. They’re different in every woman. By getting tested, you get an exact formula for your body.

In addition, we use the exact dose your body needs. We get them from compounding pharmacies. A compounding pharmacist prepares customized prescription meds to meet your individual needs.

That’s not at all like Big Pharma’s “one-size-fits-all” therapy. The real hormones that I use are custom-tailored to your body’s specific needs. We measure your hormones and see exactly what quantity you need to get balanced. Then we send you to the compounding pharmacy to pick up your unique blend.

Your doctor may not know much about compounding pharmacists. You can assist him or her by finding one on your own. Visit the International Academy of Compounding Pharmacists’ homepage at www.iacprx.org. They are a non-profit that represents more than 1,300 compounding pharmacists. Use their listings to find the one nearest you. You can also find national companies that (with a doctor’s prescription) will mail directly to your home.

Bioidenticals come in creams, pills, injectables, tablets, patches or lotions. The oral forms have to go through your liver first before they get to your bloodstream. Creams and injectables bypass your liver so they’re more effective. I like patches because they’re more convenient than creams and not as messy. The patch sends a slow, steady stream of bioidentical hormones through your skin to your bloodstream. You get just the right dose. And you only change the patch once or twice a week.

Just one word of caution. Although bioidenticals are safer than drugs, hormones are a tricky business. Educate yourself before considering any kind of hormone therapy. Consult your doctor, and have your levels checked. My website’s health directory has a list of doctors in your area who may prescribe them.

References

HERE'S SOME IMPORTANT HEALTH ADVICE YOU'LL NEVER HEAR FROM YOUR DERMATOLOGIST: IF YOU WANT TO LOWER YOUR RISK OF SKIN CANCER — GET OUT IN THE SUN.

I KNOW THAT AGGRESSIVE CAMPAIGNS BY MAINSTREAM MEDICINE HAVE SCARED YOU INTO THINKING THAT EVERY TIME THE SUN STRIKES YOUR SKIN, YOU'RE RISKING MALIGNANT MELANOMA, THE MOST DEADLY FORM OF SKIN CANCER.

NOW YOU PROBABLY AVOID THE SUN LIKE THE PLAGUE. YOU PROBABLY STAY INDOORS DURING PEAK SUNSHINE HOURS... COVER YOURSELF WITH HIGH-FACTOR SUNSCREEN WHEN YOU DO GO OUTSIDE... WEAR LONG SLEEVES, WIDE-BRIMMED HATS AND MAYBE EVEN SUN-PROTECTION GLOVES.

THE TRUTH IS, MALIGNANT MELANOMA IS NOT CAUSED BY THE SUN, DESPITE WHAT YOU'VE HEARD.

OUR MODERN SUN PHOBIA HAS MORE TO DO WITH THE COMMERCIAL INTERESTS OF DERMATOLOGISTS AND SUNSCREEN MANUFACTURERS THAN PROTECTION AGAINST SKIN CANCER. YOU SHOULDN'T LET COMMERCIALS DISGUISED AS SCIENCE SCARE YOU AWAY FROM YOUR NATURAL CONNECTION WITH THE SUN AND ITS PROTECTIVE POWER.

IT'S TRUE THAT BURNING IS DANGEROUS FOR YOUR SKIN, BUT YOU STILL NEED MODERATE EXPOSURE TO SUNLIGHT AND YOU CERTAINLY SHOULD NOT AVOID IT ALL TOGETHER.

IF THE SUN REALLY WERE THE CAUSE OF SKIN CANCER, WOULDN'T YOU EXPECT PEOPLE WHO LIVE IN SUNNIER CLIMATES TO HAVE THE HIGHEST MELANOMA RATES?

SKIN CANCER RATES BY AGE

*Skin cancer rates rise as you get older... but the good news is basal cell and squamous cell carcinomas, the two most common forms, are highly curable.*
I have news that may surprise you: Populations with the most sun exposure have the lowest rates of skin cancer in the world.

What’s worse is that mainstream medicine’s demonizing, Factor-30 approach to the sun actually raises your risk of skin cancer — not to mention breast and colon cancer, as well as a host of other disorders, including diabetes, osteoporosis, arthritis, heart disease, polycystic ovary syndrome, depression, hypertension and multiple sclerosis.

Mainstream medicine’s fear of the sun makes more people sick than it saves from melanoma. If you don’t get exposed to enough of the sun’s UVB rays, your body can’t make enough vitamin D3, which protects you from cancer and other diseases.

I’m going to show you how you can easily avoid skin cancer. I’m also going to show you the real cause behind our modern melanoma epidemic — and it has nothing to do with the sun.

Let me explain...

**YOUR DERMATOLOGIST ISN’T TELLING YOU EVERYTHING**

There is no doubt skin cancer rates are increasing. In recent years, skin cancer has become the most common form of cancer in America.

According to the latest cancer statistics, more than 8,500 people in the U.S. are diagnosed with skin cancer every day. And the older you get, the more likely you are to be diagnosed.

This year alone, 3,380 women are projected to die from malignant melanoma, the most deadly form of skin cancer.

These are the kinds of statistics that sun-block manufacturers and dermatologists love to scare you with.

But you’re not getting the big picture. Part of the problem is that the sun police have lumped all forms of skin cancer together.

Yes, it’s true that skin cancer has become an epidemic in America and Europe, and that the incidence of malignant melanoma is on the rise. But here are some things you’re probably not being told:

- Only 2% of all skin cancers are malignant melanoma.
- Other forms — such as basal cell and squamous cell carcinomas, the two most common forms of skin cancer — are highly curable.
- Malignant melanoma occurs most frequently on areas of your body that have the least exposure to sunlight.
- There is no link between sun exposure without sunburn and malignant melanoma.
- After the age of 60, **women are half as likely as men** to get melanoma.
- Populations that live closest to the Equator, like those in the sun-drenched Polynesian islands in the Equatorial regions of the Pacific, for example, have far less incidence of malignant melanoma than other regions.

The truth is that there are other factors beside the sun that impact your risk of skin cancer — and as for malignant melanoma, there appears to be no direct link at all to the sun.

Just think about your ancient ancestors. They lived, worked and played in the sun for millennia before the rise of sunscreens and dermatologists. And archeological evidence reveals that skin cancer was extremely rare.

Even in the 1930s, skin cancer was rare. Yet over the past 35 years, even though the use of sunscreen increased drastically, melanoma rates have doubled.

So these days we’re getting less sun exposure and more skin cancer. How could sunlight be the only cause?
The answer to this question has been known for decades — and it’s been ignored by mainstream medicine for just as long.

**WHAT REALLY CAUSES SKIN CANCER**

Back in the late 1970s, two epidemiologists, the brothers Dr. Cedric and Dr. Frank Garland, made a landmark observation. Studying National Cancer Institute maps, they were struck by the geographic distribution of colon cancer in America. They saw that cancer rates were significantly lower in the sunny southwest, but higher in the industrialized northeast.

It was the first clue to what was really going on. Their evidence pointed to the fact that lower levels of sunshine for half the year in the north effectively prevented any synthesis of vitamin D3 during the winter months.

Over the past few decades, scientists have only begun to understand just how critical vitamin D3 — also known as cholecalciferol — is to your body.

Since the Garland brothers’ discovery, multiple studies have revealed this nutrient produced by your body acts as a kind of sentinel for your health, controlling cell growth.

That’s why so much research has now linked vitamin D3 deficiency to cancer. If a cell growth becomes malignant, vitamin D3 will either return the cell to normal or induce apoptosis, cell death.

Scientists at Creighton University School of Medicine in Omaha, Nebraska, discovered that high doses of vitamin D3 prevented 17 types of cancer by a staggering 77%.8

Numerous other studies show that high levels of vitamin D3 protect you against:

- Arthritis;
- Asthma and wheezing disorders;
- Autism;
- Cancer;
- Depression;
- Diabetes;
- Epilepsy;
- Fibromyalgia;
- Inflammatory conditions;
- Influenza prevention;
- Kidney disorders;
- Migraine headaches;
- Musculoskeletal pain;
- Osteoporosis;
- Schizophrenia;
- And much more...

Swedish researchers recently discovered that nonsmokers who avoid the sun have a life expectancy similar to smokers who spend a lot of time in the sun.9

In other words, staying out of the sun is as dangerous as smoking.

You see, your skin produces vitamin D3 when rays of light in the ultra-violet spectrum (UVB rays) are absorbed. When those rays hit your skin, the energy in that wavelength triggers a thermal reaction in a substance in your body called 7-hydroxycholesterol.

This is then converted to the active form of vitamin D3, which functions as a hormone.

A slew of studies now prove that lower UVB exposure can result in high numbers of premature deaths from numerous cancers — including skin cancer.10

Here are the results of just a few of those studies:

- People who work outdoors have the lowest risk of melanoma.11
- The incidence of malignant melanoma is twice as high in office workers.12
- Lifeguards have low rates of melanoma.13
- A tan can actually help prevent melanoma.14, 15
What You Need To Know About Skin Cancer — And How To Prevent It

Despite all the bad press linking sun exposure to skin cancer, the evidence now reveals that sun exposure actually helps to prevent it.

### How Much D3 Can You Get From The Sun

Your body is a powerhouse. Every tissue and cell in your body has a vitamin D receptor.

After just 30 minutes of daily sun exposure during the summer months, your body is capable of producing 50,000 IUs of vitamin D3 over the following 24 hours.

But when you shun the sun and lather yourself with lotions that block the UVB rays that are critical to your overall health, your body can't make enough vitamin D3.

A recent study by the University of California, San Diego School of Medicine and Creighton University School of Medicine shows that the typical adult needs between 4,000 and 8,000 international units (IUs) of vitamin D3 per day to prevent cancer, multiple sclerosis, and type 1 diabetes.\(^\text{16}\)

But those doses are a far cry from mainstream medicine's recommended daily allowance of between 200 and 400 IUs.

The active ingredients in sunscreen are designed to absorb the UVB radiation and stop it from reaching your skin.

### What Type of Skin Do You Have?

<table>
<thead>
<tr>
<th>Skin Type</th>
<th>Skin Description</th>
<th>Reaction to the Sun</th>
</tr>
</thead>
<tbody>
<tr>
<td>I</td>
<td>Very fair; red or blond hair; blue eyes; freckles</td>
<td>Always burns, never tans</td>
</tr>
<tr>
<td>II</td>
<td>Fair; sandy or red hair; blue, hazel or green eyes</td>
<td>Usually burns, tans with difficulty</td>
</tr>
<tr>
<td>III</td>
<td>Fair; with any eye or hair color; very common</td>
<td>Sometimes mild burn, gradually tans</td>
</tr>
<tr>
<td>IV</td>
<td>Dark brown hair, green, hazel or brown eyes.</td>
<td>Rarely burns, tans with ease</td>
</tr>
<tr>
<td>V</td>
<td>Dark brown and black hair; brown and dark brown eyes</td>
<td>Very rarely burns, tans very easily</td>
</tr>
<tr>
<td>VI</td>
<td>Black hair, dark brown eyes</td>
<td>May never burn, tans very easily</td>
</tr>
</tbody>
</table>

The paler your skin, the easier it is for you to produce vitamin D through exposure to the sun. If you have type I, II or III, you can produce vitamin D faster than someone with skin type IV, V or VI. The darker your skin, the more sun exposure you need to get adequate levels.

Source: Vitamin D Council
When you reach for a sunscreen rated at SPF 8, you are reducing UVB absorption — and thus your vitamin D3 production — by 92.5%.\(^\text{17}\)

A rating of Factor 15 reduces UVB absorption by about 99%.\(^\text{18}\)

Your body NEEDS vitamin D3 — and there is no more effective way to get it than to spend time in the sun.

**HOW TO MANAGE YOUR SUNSHINE EXPOSURE**

There is no doubt that sunburn causes damage to the DNA in your skin and can lead to cancer. However, an expanding body of science now tells us that sun is only a co-factor — one of many contributing factors.

And even then, it’s only when you overdo sun exposure that it plays a role in skin cancers. Consistent, moderate exposure to the sun, is extremely unlikely to cause cancer.

Only repeated sunburn poses a risk of cancer.

So the key is to get enough sun so your body can produce enough vitamin D3 — but there is no need to burn yourself. Your body is highly intelligent, and the process of D3 production is self-limiting. Staying out in the sun for longer than you need to won’t push your D3 level up any further.

The two factors governing sun exposure are skin type and sun strength.

- If you have fair, freckled skin you are at far higher risk of sunburn — so you need to be much more cautious, but you will also make vitamin D3 quickly. Aim for 10-15 minutes of sun in the morning or in the late afternoon during summer. During the winter months, get out for a further 10-15 minutes in late afternoon. This is especially important if you live in northern latitudes, where the sun is less intense.

- If you have light brown skin — a group that includes American Indians, Hispanics, Mediterraneans and Asians — you can aim for 30 minutes of sun each day in the summer and a little longer during the winter season.

- If your skin pigmentation is very dark — a group that includes African-Americans and dark-skinned Asians — you are walking around with the equivalent of SPF 8-15 sunscreen. Although you won’t burn easily, you are also at a much higher risk of having a vitamin D deficiency. So you need to be exposed for much longer periods of time. Aim for 40 minutes to an hour during summer and longer during winter.

**YOUR DIET CAN PREVENT SKIN CANCER**

While a huge body of evidence now points to our limited sun exposure as the prime culprit behind the skin cancer epidemic — our modern diet also has a lot to answer for.

Our ancestors not only lived every moment of their lives outdoors, they lived on a diet filled with the vitamin D-rich organ meat of animals.

Our modern diets don’t contain vitamin D-rich animal organs. And the animal meat we do eat is mostly factory-farmed and missing critical nutrients. It’s not the same meat that our ancestors ate.

These artificially raised foods increase our risk of skin cancer. They not only promote skin cancer, they lack the nutrients that prevent it.

And I’m not just talking about vitamin D...

There are three primary changes in the modern diet that strongly promote skin cancer — and all are easily correctable.

**CUT OUT SUGAR AND REFINED CARBOHYDRATES:**

- The over-consumption of these modern foods dramatically increases inflammation and oxidative stress in your body, caused by
oxygen free radicals. The average American consumes between 150 to 170 pounds of refined sugars in one year — much of it “hidden” in everyday foods. All that excess glucose in your bloodstream creates the perfect feeding ground for cancerous cells, because glucose is the primary fuel of cancer.

I recommend that your diet consist of mostly proteins, like grass-fed meats and pastured eggs and dairy. And drastically reduce your consumption of sugar and keep carbohydrates — like breads and pasta — to no more than 10% of daily diet.

REDUCE YOUR INTAKE OF OMEGA-6 FATTY ACIDS:

The amount of fat we consume hasn’t changed much over the past century or so — but the type of fat has changed dramatically. At the turn of the last century, we ate mostly animal fats, which are primarily saturated and monounsaturated fats. But as technology became available to mass produce oil from seeds and grains, our consumption of polyunsaturated fats began to increase. We are not designed to eat these kinds of fats in the quantity that we do now. The polyunsaturated fats in vegetable oils are almost entirely omega-6 fatty acids. When sunlight hits omega-6s, they easily convert into cancer-causing molecules. And omega-6s also promote sunburn.

The good news is that while omega-6s promote sunburn and cancer, as well as a host of other health concerns, there is another type of fat that easily prevents these problems. Omega-3 fatty acids are highly beneficial in virtually every aspect of your health — including protection against skin aging and skin cancer.

Good sources of omega-3s include cold-water, high-fat fish, like mackerel, wild salmon, lake trout and herring. Also, you can eat plenty of raw nuts and seeds. Walnuts, almonds and pumpkin seeds are some of my favorites. Two other great sources of omega-3s are cod liver oil and Sacha Inchi oil. You get almost 7 grams of omega-3 in each tablespoon of sacha inchi and nearly a gram with each teaspoon of cod liver oil.

EAT MORE ANTIOXIDANT-RICH FOODS:

In addition to high polyunsaturated fat intake, research clearly shows that low consumption of fruits and vegetables increases your risk of malignant melanoma. Oxidation in your body is the same chemical reaction that causes metal to rust and apple sauce to turn brown. Many forms of cancers, including skin cancer, are the result of cell mutations caused by the effect of oxygen free radicals on your DNA. But these free radicals are meant to be controlled by free radical scavengers, known as antioxidants. But the average American diet is woefully deficient in antioxidants.

The best antioxidants for protection against skin cancer are a family of colorful nutrients called carotenoids. These brightly colored pigments are Mother Nature’s sun block. When you eat them, they deposit themselves in your skin, where they serve to reflect the sun, providing protection against sunburn and skin damage. And at the same time, they scavenge for free radicals and repair damaged cells.

Leading sources of carotenoids include: carrots, sweet potatoes, papaya, watermelon, cantaloupe, mangos, spinach, kale, turnip greens, chard, tomatoes, bell peppers and oranges. But my favorite carotenoid is the most powerful one of all — astaxanthin, a microscopic algae. Salmon is the best food source of astaxanthin — and wild salmon contains over 450% more astaxanthin than farmed salmon. It’s also found in lobster, crab, red seabream and shrimp.
What You Need To Know About Skin Cancer — And How To Prevent It

References


18. Ibid


The information provided in this letter is for educational purposes only and any recommendations are not intended to replace the advice of your physician. You are encouraged to seek advice from a medical professional before acting on any recommendations in this publication.
Al Sears, MD is America’s #1 anti-aging doctor. He’s made it his life’s work to challenge conventional medical beliefs and bring his patients the latest breakthroughs in natural cures and remedies to diseases once thought to be “incurable.”

Dr. Sears takes a fresh, novel approach to patient health and wellness. Our environment has changed for the worse — and it’s affecting your health. He helps patients escape accelerated aging caused by modern toxins, chemicals and other hormonal threats you unknowingly face every day.

Every year, he travels over 20,000 miles to the most remote regions of the world searching for natural healing secrets unknown or ignored by mainstream medicine.

Since 1999, Dr. Sears has published 35 books and reports on health and wellness. He has millions of loyal readers spread over 163 countries.

Today he writes and publishes two monthly e-Newsletters, Confidential Cures and Anti-Aging Confidential for Women, and a daily email broadcast, Doctor’s House Call, with more than 500,000 subscribers. He has also appeared on more than 50 national radio programs, ABC News, CNN and ESPN.

Dr. Sears was one of the first to be board-certified by the American Academy of Anti-Aging Medicine (A4M). More than 25,000 patients travel from all around the world to visit him at the Sears Institute for Anti-Aging Medicine in beautiful Royal Palm Beach, Florida.

Recently, Dr. Sears proved you can affect the way you age by controlling the length of your telomeres. He made history as the first MD to introduce the Nobel prize-winning, anti-aging breakthrough of our time, telomere DNA therapy, to the general public. And now he’s working with the leading scientists in the field of telomere biology to further define how this incredible technology will shape the future of anti-aging medicine.