

COMMON CHEMICALS: HIGHEST CAUSE OF CANCERS

Another October: Breast Cancer Awareness month and the slogan "early detection saves lives." But the bigger picture involves over 100 cancers that account for 1 in 4 deaths in the US, claiming more than 1,500 lives a day.[1] While we may want prevention (not detection), many of our neighbors, friends and family members don't understand the importance of meticulously reducing exposure to chemicals or the need for regulatory reform. Please review the following and join me in spreading its information.

100,000+ Chemicals in Use, Hundreds Added Daily

From Breast Cancer Action, [What You Should Know About Breast Cancer & the Environment](#): The Toxic Substances Control Act (TSCA) of 1976 did not require any safety testing for all chemicals that were in existence prior to 1976. In the 36 years since TSCA was enacted, only 200 of the 100,000+ chemicals used and produced in the US have been tested for safety.[2] The growing incidence of breast cancer has paralleled the increased production of synthetic chemicals since the industrial boom following World War II.[3] Of an estimated 100,000 synthetic chemicals in commercial use today, more than 90% have never been tested for their effects on human health.[4] Meanwhile, production of these chemicals is rising at least 3.3% per year.[5]

According to Dr. Stephanie Seneff, a research scientist at the Massachusetts Institute of Technology (MIT), glyphosate (in the herbicide Roundup®) is possibly "the most important factor in the development of multiple chronic diseases and conditions that have become prevalent in Westernized societies." [6] Some scientists speculate that with its combination of inert ingredients, the product is damaging to human cells when ingested in treated plants.

Popular Crops Contain Glyphosate

To date, most genetically engineered (GE) foods, designed to survive glyphosate, involve cash crops in high demand such as soybean, corn (the base for corn syrup found in many sweets), canola, and cottonseed oil. According to Monsanto, glyphosate translocates throughout the plant. So when glyphosate is sprayed on conventional or GE crops, it becomes systemic throughout the plant, cannot be washed off, and is inside the plant. GE corn has been found to contain 13 ppm of glyphosate, which is more than 18 times the "safe" level of glyphosate set by the EPA. Organ damage in animals has occurred at levels as low as 0.1 ppm.[7]

***Use Roundup at home?
Consider that our children, pets, birds, bees and bunnies are there too.***

Our diet is thought to be partly responsible for about 30% to 40% of all cancers.[8] Until the US requires GE foods to be labeled, we can avoid their ingredients, including glyphosate, by consuming 100% USDA certified organic foods (not to be confused with foods labeled "natural"), grass-only fed meats, and animal products where animals are never fed cash-crop feeds.

The Environmental Working Group ranks contamination on 45 of the most popular fruits and vegetables in the [Shopper's Guide to Pesticides](#). Here are the "Dirty Dozen" and "Clean 15:"

<u>Dirty Dozen (go organic)</u>	<u>Clean 15</u>
apples, celery, cherry tomatoes, cucumbers, grapes, hot peppers, nectarines*, peaches, potatoes, snap peas*, spinach, strawberries, sweet bell peppers, kale/collard greens	asparagus, avocados, cabbage, cantaloupe, cauliflower, sweet corn, eggplant, grapefruit, kiwi, mangoes, onions, papayas, pineapple, sweet peas - frozen, sweet potatoes

Beyond Agricultural Chemicals

We are all exposed to chemicals everyday, from our tap water and air, to the contents of our cars, households and offices. From the Center for Disease Control and its publication, [Chemicals, Cancer and You](#):

<u>Cancer</u>	<u>Substances or Processes</u>
Lung	Arsenic, asbestos, cadmium, coke oven fumes, chromium compounds, coal gasification, nickel refining, foundry substances, radon, soot, tars, oils, silica
Bladder	Aluminum production, rubber industry, leather industry, 4-aminobiphenyl, benzidine
Nasal cavity and sinuses	Formaldehyde, isopropyl alcohol manufacture, mustard gas, nickel refining, leather dust, wood dust
Larynx	Asbestos, isopropyl alcohol, mustard gas
Pharynx	Formaldehyde, mustard gas
Mesothelioma	Asbestos
Lymphatic and hematopoietic	Benzene, ethylene oxide, herbicides, x-radiation system
Skin	Arsenic, coal tars, mineral oils, sunlight
Soft-tissue sarcoma	Chlorophenols, chlorophenoxy herbicides
Liver	Arsenic, vinyl chloride
Lip	Sunlight

What You Can Do

For a list of 102 chemicals linked to breast cancer, click here: saferchemicals.org. And to protect yourself, visit breastcancer.org and Physicians for Social Responsibility. For a list of known and probable carcinogens, visit the American Cancer Society. To impact reform, urge your senator to support stronger regulation of the chemicals and toxins linked to breast cancer.

Thank you,
Tirza

[1] Breast Cancer Action, *What You Should Know About Breast Cancer & the Environment*, 2/2013. <http://bcaction.org/wp-content/uploads/2013/02/BC-the-Environment-Factsheet.pdf>

[2] *The Health Case for Reforming the Toxic Substances Act*. Safer Chemicals: Healthy Families Health Report. <http://healthreport.saferchemicals.org/introduction.html>

[3] Theo Colburn, Dianne Dumanoski and John Peterson Myers, *Our Stolen Future: Are We Threatening Our Fertility, Intelligence, and Survival? A Scientific Detective Story*; New York: Dutton, 1996; 137.

[4] Gray, J., *State of the Evidence: The connection between breast cancer and the environment*, 2010 (sixth edition). <http://breastcancerfund.org/assets/pdfs/publications/state-of-the-evidence-2010.pdf>

[5] Steingraber, S., *Living Downstream: A Scientist's Personal Investigation of Cancer and the Environment*; New York: Vintage Books, 1998; p. 281.

[6] *Monsanto's Roundup Herbicide May Be Most Important Factor in Development of Autism and Other Chronic Disease*; June 9, 2013. <http://articles.mercola.com/sites/articles/archive/2013/06/09/monsanto-roundup-herbicide.aspx>

[7] Ibid

[8] Breast Cancer Action, *What You Should Know About Breast Cancer & the Environment*, 2/2013. <http://bcaction.org/wp-content/uploads/2013/02/BC-the-Environment-Factsheet.pdf>

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So please don't insult us by referring to our services as thermography! In 2013 the American Cancer Society answered the question: "Can Cancer Be Prevented?" with the reply, "A substantial proportion of cancers could be prevented ...through the avoidance of risk factors." The best defense against any cancer is [prevention education and risk factor management](#).

Hence, Breast Health & Preventive Education Center (BHPEC) where every RATI appointment includes a thermobiological risk assessment, individualized risk factor management consultation, and discussion of preventive action steps, derived from "Better Breast Health - for Life!" TM

For general information, visit www.BetterBreastHealthforLife.com.

(Visa/MasterCard/Discover accepted. HSAs/FSAs typically cover 100%.)

Thank You!

Breast Health & Preventive Education Center

Serving Colorado Since 2002

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