

October 2019

October is Breast Cancer Prevention month, and we would like to share some basic facts that most people do not know about preventing breast cancer. The billions of dollars spent on a “cure” and “treatment” could help a lot of women actually *prevent* breast cancer with proper education.

We have some of the best emergency medicine in the world, and are grateful for the numerous medical treatments that help to save lives every day. But the truth is those medical treatments lead to some other health issues, and *in terms of health, the United States is in a scary place. We rank 37 in terms of health*, but in the top 5 for emergency medicine. There are actually 3rd world countries higher on the health list than the US.

So Here are some Breast Cancer Prevention Facts:

- **Synthetic Hormones** increase your breast cancer risk. This includes premarin, prempo and all birth control. Synthetic hormones can cause estrogen positive cancer.
- **Vitamin D** deficiency has been linked to an increase cancer risk
- **Exercise regularly.** Not only does exercise reduce risk of heart disease, but it also reduces your risk for developing cancers associated with an elevated fat mass, like breast cancer.
- **Eat a plant based diet.** The problem with eating a diet rich in starches is that excess starch gets converted to sugar, and sugar gets converted to fat, not only increasing your fat mass, but also increasing your cancer risk.
- **Breastfeeding:** Breastfeeding exclusively for 6 months significantly reduces the risk of breast cancer. Pregnancy alone helps secret anti-cancer hormones.
- **Detoxify:** Recent studies show that even if you have a “gene” for cancer, 70-80% of that gene actually becoming active is diet and lifestyle. Emotional stress is a huge component to the function of the immune system, and relaxation techniques like meditation and visualization are used in “holistic” cancer treatment centers all over the world, combined with conventional cancer therapies.

Pain-Free Does Not Mean Disease- or Injury-Free

"If it's not broken, don't fix it" is the attitude most of us have when it comes to home or auto repair. But many people take this mindset one step further and believe that "if I'm not in pain, I don't have any health concerns that need addressing." In fact, nothing could be further from the truth. Pain is often the final -not first- sign of a health problem. In many cases, something that could have been easily remedied several days, weeks, months, or even years earlier becomes debilitating by the time pain or other symptoms rear their ugly heads.

That's why Roshau Chiropractic Wellness Center promotes the *chiropractic lifestyle*, a way of life that focuses on preventing health problems, rather than merely masking symptoms with medication or waiting for a patient's pain to signal that there's something wrong. This lifestyle centers on the correction of dysfunction areas in the spine called vertebral subluxations: the result of restricted or misaligned spinal bones (vertebrae).

Vertebral subluxations are linked with a myriad of health concerns, such as carpal tunnel syndrome, headaches, backaches, infertility and ear infections. Your wellness chiropractor corrects vertebral subluxations with safe and gently maneuvers called *chiropractic adjustments*.

Paleo Pumpkin Spice Latte



Ingredients

- › 1 cup strongly brewed coffee
- › 1 teaspoon pumpkin puree (I used from a can of pumpkin puree)
- › 1/4 teaspoon pumpkin pie spice
- › 1/4 cup almond milk
- › 1 teaspoon maple syrup (can use another preferred sweetener)
- › 1/4 teaspoon vanilla extract
- › 1 serving coconut whipped cream for top (optional)
- › sprinkling ground cinnamon for top (optional)

Instructions

1. Pour hot coffee into a large mug. Add pumpkin puree, pumpkin pie spice, almond milk, maple syrup, vanilla extract and whisk (or stir) together. Ready to enjoy or add coconut whipped cream for extra decadence!
2. Coconut Whipped Cream - take the "cream" from a can of organic coconut milk. Whip this cream in an electric mixer for about 2 minutes, trying to get out any lumps and create a smooth texture. I add 2 tablespoons organic powdered sugar and 1/4 teaspoon vanilla extract and beat for another 2-3 minutes on high. You can sub sweetener of your choice - maple syrup works well.
3. Enjoy!

