

## THE LIFE FORCE OF NATURE

Vitamin D<sub>3</sub> produces many health benefits beyond breast health.

Proper Vitamin D<sub>3</sub> levels produce many benefits that extend well beyond breast tissues. Experts have connected Vitamin D<sub>3</sub> depletion to bone problems, cancers (including colon, ovarian, lung, pancreatic, and prostate cancers), cognitive decline, cardiovascular disease, diabetes, aches and pains in the muscles, joints, and back weakness and fatigue, and several autoimmune conditions.

Low Vitamin D<sub>3</sub> levels may increase your breast cancer risk by up to 70%.

Having a doctor schedule a lab test for your Vitamin D<sub>3</sub> levels is a high priority.

**Fantastic News:  
Taking Vitamin D<sub>3</sub>  
reduces Breast Cancer  
Risks from 1:8 to 1:50.  
Who Imagined the  
RISKS could Diminish  
so much...**

**Breast Cancer Prevention** Based on

the [Lappe et al. publication in 2007](#), which showed an overall cancer reduction of 77% with a serum level of approximately 40 ng/ml; GrassrootsHealth embarked on a specific study with women over 60 who were cancer-free at the time of enrolment. The goal was to demonstrate the protective effect of improved vitamin D status on the risk of breast cancer. As of our most recent analysis, 839 are still cancer-free and have a median of 50 ng/ml 25(OH)D. Five women have been diagnosed with breast cancer; four of these women had 25(OH)D values below the median. Overall there was an 80% reduction in breast cancer among those  $\geq 50$  ng/ml compared to those  $< 50$  ng/ml.

### **Vitamin D<sub>3</sub> for Breast Cancer Protection:**

- Vitamin D<sub>3</sub> exerts a strong anti-cancer effect that stops breast cancer cells from growing and dividing. If you are Vitamin D<sub>3</sub> deficient, then your shield is down allowing breast cancer to grow and spread within your body.
- A recent study concluded that women with the highest Vitamin D<sub>3</sub> blood levels had a remarkable 70% reduction in their risk of breast cancer. Another study revealed that women with higher Vitamin D<sub>3</sub> levels had a 50% reduction compared to women with the lowest Vitamin D<sub>3</sub> levels.
- Some medical experts have stated that about half of all breast cancers could be eliminated if we simply consumed enough Vitamin D<sub>3</sub>. It's that's astounding !
- Additional medical studies show that breast cancer may fare worse if they are low on Vitamin D<sub>3</sub>. One study found that breast cancer patients with the lowest Vitamin D<sub>3</sub> level had nearly a 200% chance of their cancer progressing, and a 73% greater risk of death. Another study discovered that women with low Vitamin D<sub>3</sub> intake tend to have denser breast tissues in mammogram tests. Dense breast tissue is considered a sign of higher breast cancer risk. Some researchers believe that Vitamin D<sub>3</sub> may produce the biggest benefits against the most aggressive cancers.
- The evidence is very strong that Vitamin D<sub>3</sub> works for many cancers.

### **Taking Vitamins :Tablets, Capsules or Sublingual?**

The other factors is: it's not how much you take but how much your body tissues absorb that is important. The well respected Physician's Desk Reference (NPPDR#18) verifies the efficacy of intraoral spray administration. It lists:

Tablets as having only a 10% absorption rate,  
Capsules at most having a 20% absorption rate,  
& Intraoral spray as having a 95% absorption rate.  
Typically, vitamins taken sublingually are more potent.

Sublingual vitamins only come into contact with saliva and enter the bloodstream directly, avoiding metabolic degradation before they reach the rest of your body.

### **Video: Prevent Breast Cancer**

<https://www.youtube.com/watch?v=tPNCxYU3mc#t=22>

## Breast Cancer Protection



**BC PROTECTION IS SO AFFORDABLE: The hard part is remembering to take it. From as little as 10cents a day up to 70% of BC risks are gone. Breast Cancer is a the collective name for many different types of cancers, "D3" stops most of them completely, a few rare ones rarely slip through, but you also get protection for Bowel cancer, Dementia, Heart & Immune system health. Good Value when you think of the alternative...**

# Breast Cancer

## ► Study...



### Vitamin D3 status at breast cancer diagnosis: Correlation with tumour characteristics?

In this study, featured in the May 2012 issue of Carcinogenesis, a group of scientists out of Catholic University Leuven in Belgium evaluated the relation between vitamin D status and breast cancer. They wanted to know if vitamin D status at the time of diagnosis correlates or influences tumor characteristics, survival, and cancer relapse. Furthermore, they wanted to know if any of this was influenced by vitamin D related genes.

The researchers performed blood tests on 1800 early stage breast cancer patients at the time they received the diagnosis (before starting any treatment). They evaluated the blood levels of vitamin D (25OHD levels) and looked at the specific genes related to vitamin D pathway.

They made the following observations:

1. Low levels of 25OHD serum were significantly associated with larger tumors (at the time of the diagnosis) and high levels of 25OHD levels were associated with smaller breast tumors. This is the most remarkable finding, because previous studies did not show the link between vitamin D levels and tumour size.
2. High blood levels of vitamin D at the time of diagnosis were significantly associated with a better overall survival and disease-specific survival. Basically this means that women with low serum 25OHD levels at breast cancer diagnosis have an increased risk of death from any (breast cancer related or unrelated) cause. There was noted some improvement in the disease-free interval as well.
3. It is already known that the incidence of breast cancer is higher in postmenopausal women. Vitamin D deficiency is also more common after menopause.

This study found that high levels of vitamin D significantly improved the disease outcome among postmenopausal women (compared with those women who had low levels of 25OHD).

4. Researchers also found that that vitamin D related genes significantly influence the serum levels of 25OHD. This study suggests that vitamin D supplementation and sun exposure prior to breast cancer diagnosis helps with survival and reducing the size of breast tumors. Here, levels above 30 ng/mL were better than lower levels.

## Overview Breast Cancer and Vitamin D3

There are over 118 studies of vitamin D and the prevention/treatment of Breast Cancer  
There are over 12 meta-analysis of vitamin D and Breast Cancer

- the most recent 2 found a 2X reduction of deaths from Breast Cancer for those with sufficient vitamin D.

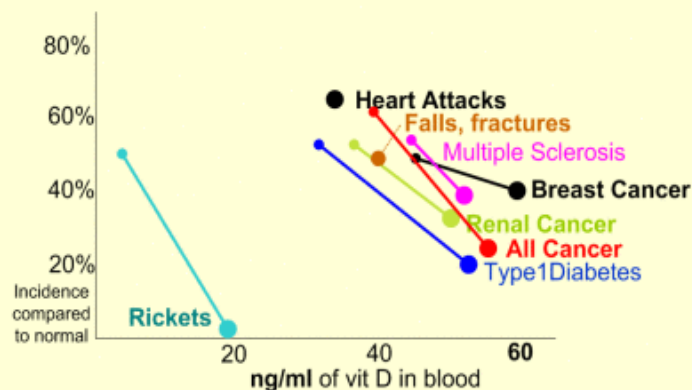
There are 43 clinical trials with vitamin D intervention for the prevention/treatment of Breast Cancer

There is a strong indication that having lots of vitamin D3 would reduce chance of getting Breast Cancer by 10X.

We wonder just how much more proof "Breast Cancer Institutions" will need to be before they accept that vitamin D can prevent and treat Breast Cancer.

It is probably >10X more cost-effective to get more Vitamin D than to get mammograms.

### More Vitamin D in blood reduces incidence of major health problems



Labore August 2010 using data of Garland and Baggerly 2010

## Chelation, Minerals & Breast Cancer.

Two recent studies have linked aluminium to breast cancer adding to what we know about Calcium levels & the dangers they cause.

A study published in the Journal of Inorganic Biochemistry in July 2013 found that breast cancer patients had significantly higher levels of aluminium in their nipple aspirate fluids when compared to a control group of healthy women without breast cancer. The study compared 19 breast cancer patients with 16 healthy women in a control group. This study reinforces the findings of a 2011 study published in the Journal of Applied Toxicology which also found higher levels of aluminium in the fluids of breast cancer patients compared to healthy women. Another study published in the Journal of Inorganic Biochemistry found that aluminium can increase the spread of breast cancer cells.

Death rate from cancer was reduced by 90% during an 18-year follow-up of 59 patients after treatment with EDTA chelation therapy. Only one of 59 treated patients (1.7%) died of cancer while 30 of 172 control subjects (17.6%) died of cancer (P = 0.002). Patients in his study had no evidence of cancer at the time of entry into this study.

### What do these studies tell us?

In addition to Vitamin D supplementation a regular course of Oral Chelation to remove Calcium & Aluminium mineralization is the wisest option.

# WELLNESS 4 US

Orewa 0931  
Auckland, New Zealand  
Phone: (0649) 554 1352  
Mobile: 0211 392850  
Email:  
info@bestd3.com  
www.bestd3.com