



BREAST HEALTH PREVENTION:

Breast Health Prevention, by Gail Kopin N.D, founder of Alternative Health Associates, and renowned speaker and Naturopathic Doctor on preventive care and education.

When it comes to prevention and breast health everyone should take a pause, and ask what the root is and cause with breast cancer and why is it so prevalent in the United States? Why are 1 out of 7 women still obtaining breast cancer each year? Since the war on cancer began in 1970's with President Nixon, all cancer still continues to rise, yet not improve. It is my opinion as a Naturopathic Doctor, our public and health system continues to focus way too much towards sickness, which leads to big profits and not always enough on looking at preventive or true well care. In fact, 90% of the U.S. diseases including cancer can be prevented and reversible if caught early. Most women are becoming more familiar with their breast and understand early changes in their breast tissues, and continue to seek for alternatives. A digital infrared thermograph breast can be a wonderful resource to be used as a tool of looking earlier at breast tissue and inflammation of the breast. Digital infra red thermograph is an adjunct and an alternative choice to breast health prevention. At Alternative Health Associates, we recommend Digital Infra red thermal scans which are FDA approved and affordable. A (DITI) scan can detect early stages of cancer 95% of the time. There is no compression, no radiation, and is excellent alternative scan for what we provide in our Wellness and Prevention Center. However, still not talked about enough, and still not suggested as the first medical choice for screenings. Mammogram is still considered the choice and common medical breast scan for detection of breast cancer. Yet, it is my opinion, that a mammogram can fail to detect breast cancer 30 – 60% of the time, and often show only later or larger lumps, not the earlier detective stages. It takes 8 years before a tumor is large enough to be detected on a mammogram reported by the National Cancer Institute. As a survivor to early cancer, my believe as a women is to seek out alternative methods, educate yourself, and obtain different opinions. Becoming aware and mindful of breast changes is a great start. In my research and in my professional opinion, breast cancer continues to develop due to our environment and poor U.S. modified foods. We must become aware of: our water quality, what types of chemicals are being used in ones working environment and or homes, what is being added to our products and foods, such as pesticides in our foods? How clean is the air you live in today? Are you using paraben free beauty products? Do you have or have you had exposures to electromagnetic waves and or radiation through breast mammography's or chest x-rays, these can all change the cellular DNA structure within the body. What about your life style is it stress free? Today most women's stress levels have doubled from 5 years ago, working harder, less time for one self with family or exercise, this stress creates high cortisol level which can add to inflammation and disease to begin a downward spiral. What about obesity, our country is overweight, and cancers are often stored in fat and feed on sugar. We know that our genes do play a role with Breast Health and certain testing is provided for looking at higher risks, which are highly valued. However, in my opinion; it is often how the family's life style, environment and dietary habits that most likely is the root and cause to an increase to cancer today. You can order a DVD on Breast Health Prevention for All Ages for at: www.alternativehealthassoc.com profits go directly to clients with breast cancer.

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