



THE TRUTH ABOUT BREAST CANCER

*and how to
avoid it*

We know October is here when the leaves are shifting to beautiful shades of gold, red, and auburn, the sweaters get “front and center” closet space, and fall festivals become favorite weekend events.

There’s another side to October, too: pink resides EVERYWHERE.

Pink ribbons adorn postage stamps, pink pins complement jackets, and pink retail store signs abound.

Bright pink socks are donned with cleats on the football field and pink becomes the color of choice at “races for the cures”.

For crying out loud, even this email is pink.

We've been surrounded by pink every October since 1985—but almost 40 years later, have you noticed: We’re no closer to a “cure”?

Breast cancer is more than just a mass of unhealthy, toxic cells.

It’s a deep-seeded system orchestrated by Big Business and Big Pharma, and many innocent people are left in it’s tracks to face a fight for their life.

The breast cancer business is a BIG business that is projected to be a \$54.7 billion industry by 2032.

For this week's edition of The Wellness Weekly, let's get into the how, the why, and the "what to do now" to maximize health and, instead of early detection or treating cancer, prevent it in the first place!

Ladies, this one's for you. But listen up guys, this is crucial for you, too!

Together, let's think critically about a health challenge that has faced- or will face- someone close to you.
life.



The pharmaceutical industry is a powerful player in the breast cancer narrative, but their focus isn't always on prevention.

- **Pinkwashing:** Many companies promote breast cancer awareness while profiting from the very products that may contribute to it. The Susan G Komen Foundation's 2017-2018 financial report shows the organization spends only 16.3-19% of its annual budget on research. Many of their corporate partners are pharmaceutical companies that benefit financially from conventional cancer treatments.

- **Censorship:** During the "golden age of allopathy" in the 1950s and 60s, doctors have been silenced and shut down for effectively using alternative therapies. Dr. Max Gerson's successful diet for cancer landed him poisoned with arsenic. Dr. Harry Hoxsey's herbal remedy cured multitudes but he was arrested over 100 times for promoting cures outside of conventional methods.
- **Regulatory Barriers:** Natural remedies and preventive strategies can face significant hurdles in gaining recognition, allowing pharmaceuticals to dominate the conversation.
- **Profit Over Prevention:** The industry thrives on treatment rather than addressing root causes. The result? Patients become lifelong customers. An average of 45% of breast cancer patients have a recurrence.

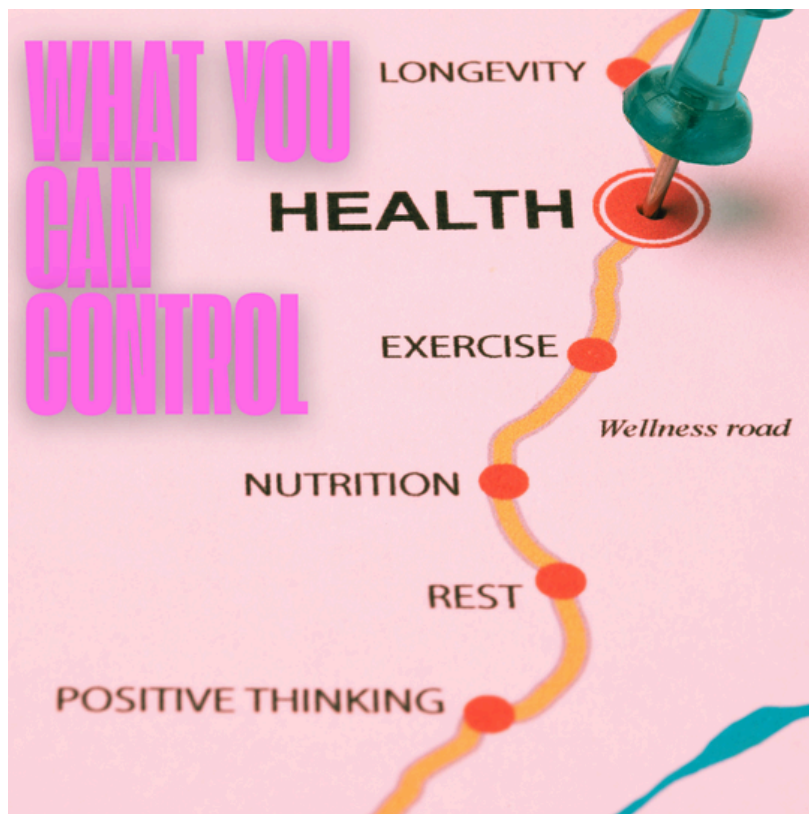
So why did the cancer develop in the first place?

This question is often left unanswered. It's time to start talking about it.



Breast cancer does not just spontaneously appear. It is influenced by a multitude of environmental carcinogens. A carcinogen is anything that's cancer-causing. Many of us don't realize that we're surrounded by them!

- **Pesticides and Herbicides:** Most agricultural chemicals like glyphosate (an active ingredient in RoundUp) have been linked to hormonal disruptions, potentially heightening breast cancer risk.
- **Cosmetics:** It's sad to think that the products we put onto our bodies to feel beautiful can make us sick. All of those parabens, phthalates, (and yes even formaldehyde!) in your makeup mimic estrogen and can promote tumor growth. Check your labels!
- **Household Cleaners:** Many popular brands contain chemicals like 1,4-dioxane, a human carcinogen. Opt for eco-friendly brands or create a DIY cleaner with vinegar and baking soda. Want to know Doc & Deb's favorite non-toxic cleaning products? Hit "reply" to this email and we'll send you the link!
- **Chemicals that Influence Hormones:** Also called endocrine disruptors, these substances that interfere with hormone functions are often products made with BPA and heavy metals, like antiperspirants full of aluminum to block sweat on your armpits—right by your breasts. These chemicals can cause very high levels of estrogen compared to normal levels, creating serious health challenges.
- **Poor Lymphatic Function:** The lymphatic system is an instrumental part of your immune system and imperative in the detoxification process for your body. Poor lymphatic function in the nodes by your armpits prevents your body from flushing out toxins, allowing an environment for cancer.
- **Pharmaceutical Birth Control:** Whether it was marketed as a regulator of your cycle, a healer of acne, a contraceptive, or as something "every girl just took," birth control is one of the biggest psyops marketed to women. These synthetic hormones can lead to prolonged exposure to elevated estrogen levels.



Cancer is a cellular disease. Because of this, the lifestyle decisions that you make on a daily basis are an essential part cellular health. The best news? These recommendations take discipline, but they're totally do-able!

- Significantly reduce seed oils including sunflower, canola, palm, corn, and soybean oils. Instead, use avocado, coconut, and olive oils (and check ingredients on the packaging).
- Eat whole, organic foods free from pesticides. Foods like pomegranate and ginger are particularly effective against breast cancer.
- Opt for grass fed meats and wild caught fish.
- If you must test for breast cancer, opt for infrared thermography screening and not mammograms.
- Daily movement is crucial; sweating releases toxins that can otherwise lead to health challenges. Get moving!

- Consider massage for lymph drainage around the chest.
 - Drink filtered water! Chemicals including fluoride, petroleum, prescription drugs, and heavy metals are common culprits found in tap water. They're known health hazards that should be avoided.
 - Supplements to consider incorporating for prevention of breast cancer include Vitamin E, Vitamin D, and black seed oil. Head to your local health food store for optimal quality.
 - Have children and breastfeed! Having 5+ kids and breastfeeding them cuts breast cancer risk by 40%. "Be fruitful and multiply!"
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We all know someone who has had breast cancer.

Maybe it's your mom, your grandma, your sister, or your friend.
Maybe it's even you.

But you are not alone.

There is a community of support and love surrounding you, and many have experienced profound healing and restoration **through faith and alternative therapies.**

Trust in the **providence of God**, who walks with you in every step of this journey.

Embrace the possibility of **renewed health and vitality**, knowing that brighter days lie ahead.

Together, let's cultivate **hope**, celebrate **resilience**, and uplift each other in the spirit of **healing**.

You are **stronger than you know**, and a path to wellness is within reach!

Stay well,

~ Dr. Roeder & the CWCB Team ♡