

# BRIDGER NATURAL MEDICINE CLINIC, LLC

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## GUIDELINES TO HEALTHY BREASTS and PROSTATE

### Risk Factors:

- Sedentary life style
- Smoking
- Consumption of 2 or more alcoholic drinks per day
- Increased consumption of unhealthy fats (found in Standard American Diet (SAD))
- Being overweight or being obese (significantly increases risk)
- Getting older
- Menopause and Andropause
- Having high density breast tissue on mammogram
- Exposure to large amounts of radiation
- High bone density found by DEXA
- Early menarche and late menopause
- Female with no children, or first child after age 30
- Exposure to xenoestrogens in environment (plastics, herbicides, pesticides, etc)
- High stress living
- Family history of breast cancer
- History of oral contraceptive use, prolonged use of any synthetic hormone (non-bio-identical) greater than 5 years.

### How to decrease risk:

- Exercise and maintain normal, healthy weight
- Eat plenty of fruits and vegetable every day
- Never drink sodas, especially diet sodas
- Decrease caffeine
- Limit alcohol intake
- Consume more ground flax seed (1-4 tbs per day)
- Consume more isoflavones from soy
- Consume more foods containing indole-3-carbinole. I-3-C is found in cruciferous vegetables such as broccoli, cauliflower, cabbage, and brussel sprouts.
- Take nutritional supplements containing I-3-C, or DIM as they have been shown to raise the 2:16 estrogen ratio (See supplement page).
- Increase the amount of omega-3 (healthy fats) from fish
- Increase B6, B12, and folic acid in your diet (or supplement with)
- Reduce and manage stress. Stress increases cortisol effects on estrogen and estrogen metabolism. Stress increases estrogen secretion while suppress the production of progesterone, resulting in situations like: PMS, fibroids, irregular periods, heavy periods, and fibrocystic breast disease.
- Avoid pesticides by buying organic fruits and vegetables and washing produce thoroughly.
- Use a good quality water filter.
- Avoid using plastic containers and especially consuming food and beverage that has been heated in plastic. This includes plastic water bottles that have likely been transported in hot temperatures or stored in a hot warehouse or vehicle.
- Avoid using fabric softeners and air fresheners that contain phthalates.
- Ensure that the moisturizers and cosmetics used do not include parabens or other toxic ingredients.

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There is strong evidence to support the role of a good diet in the prevention of breast cancer. A diet low in saturated fat but high in healthy omega fats, high fiber, low simple carbohydrates, high complex carbohydrates, and high in healthy protein is well documented in the prevention of cancer in general. Research shows that a diet high in saturated fats and possibly monounsaturated fat is linked to an increased risk of breast cancer. Studies support an intake of 10-15% fat (healthy fats such as fish and plant oils) is protective, and the protection is greater when a low saturated fat diet is begun at an early age.

Dietary fiber may be important in the prevention of breast cancer. Some breast cancer is estrogen sensitive and higher fiber may increase the excretion of estrogen and estrogen metabolites in the digestive tract via an enzyme called beta glucuronidase. Constipation results re-absorbing estrogen waste products designed to be eliminated. Vegetarian women have been found to excrete 2-3 times as much estrogen and estrogen waste as women who eat meat. Many red meats also contain synthetic hormones which mimic natural estrogen. Soft plastics are notorious for their high xenoestrogen content, leeching these synthetic chemical chemicals into the food and water we consume from them which becomes exponential when those plastics are heated. Bisphenol-A, otherwise known as BPA is a good example of this.

Women who are post-menopausal and overweight have higher levels of breast cancer. This is probably due to increased levels of estrogen/estrogen metabolites that get stored in adipose tissue (hormones are fat-soluble). A healthy, low unhealthy fat, high healthy fat, high fiber diet can decrease weight while protecting against breast cancer and other ailments such as heart disease and diabetes. High sugar intake is a major risk factor for the development of breast cancer in women over age 45. This may be due to the suppressive effects of sugar on the immune system and may be linked to a decreased intake of complex carbohydrates, protein and other nutrients in the diet.

Alcohol has been implicated in a 40-60% increase in the risk of breast cancer, even in moderation.

Vitamin C appears to be deficient in the diets of women who have breast cancer. Vitamin A and beta-carotene have been shown to prevent oxidative damage to cells that predispose to cancer.

Consuming more foods containing indole-3-carbinol (I3C) can raise the 2:16 ratio, found in cruciferous vegetables, such as broccoli, cauliflower, cabbage, and Brussels sprouts.

Iodine deficiency (common) will increase estrogen activity changes on mammary tissue (100% of fibrocystic breast disease can be cured by the proper supplementation of iodine).

In our modern day living we cannot escape the daily exposure to these hormones found by our environment. It is not a matter of "are you toxic" but a matter of "how toxic are you?" The endeavor is to decrease exposure to the environmental/food/water assaults while blocking and excreting estrogen/harmful estrogen metabolites/xenoestrogens from our bodies. This can be achieved through nutritional supplements.

Genes load the gun... environment influences, toxin exposure, and lifestyle pull the trigger. Just because there is a family history does not mean one will get cancer. Only 5% of breast cancers are genetic. More than 80% of breast cancer is termed "sporadic" and >80% of women who get breast cancer are over 50 years of age.

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## ESTROGEN METABOLISM...

**Is different for all women (and men)**

There are 2 major pathways of estrogen metabolism:

1. 2-hydroxyestrone (2-OHE1)
  - a. Is the “good” estrogen metabolite
  - b. Is protective for breast tissue, inhibits cancer growth
  
2. 16-alpha-hydroxyestrone (16-OHE1)
  - a. Is the “bad” estrogen metabolite
  - b. Proven to be proliferative for breast tissue and encourages tumor development

A ratio of 2:16, between 2 and 4 is ideal.

4-hydroxyestrone (4-OHE1) is another procarcinogenic estrogen metabolite. Higher levels are associated with an increased risk of breast cancer. Both the 2:16 ratio and the 4-OHE1 can be checked only by a 24 hour urine collection.

Women with histories of endometriosis, uterine fibroids, or menorrhagia, irregular periods, PMS, fibrocystic breast disease have difficulties with estrogen metabolism and lower than ideal ratios of these two hormone metabolites.

Woman with low ratios have much higher rates of breast cancer. These important ratios also indicate increased long-term risk for other estrogen-sensitive cancers, including uterine, ovarian, cervical, and even head and neck cancer.

A woman’s genetic polymorphism determines how well she can metabolize estrogen and estrogen metabolites/byproducts of each form/metabolite that is produced.

Environmental estrogens and xenoestrogens can affect and accelerate the 16OH pathway.

## PREVENTION AND EARLY DETECTION SCREENING/LABORATORY TESTING

- Consider urine testing for estrogen metabolites (best)
- Thermography is excellent to detect early detection in breast tissue
- Salivary hormone panel can detect early hormonal changes (if NOT on hormones)
- Other: Vit-D, iodine load test, thyroid function tests as these influence the way estrogen gets metabolized.

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## HOW TO RAISE THE 2-OH ESTRONE AND BETTER 2:16 RATIO:

- Moderate exercise
- Cruciferous vegetables
- Kudzu
- Soy (incorporated into diet)
- Vitamin B6, B12, folate (get “methylated” forms)
- \*DIM 150-300mg/d
- \*Indole=3=Carbinol 200-400mg or 250-500mg per day in divided doses
- Flax (ground flax seed) 1-4 tbs/day. Flax seed blocks the absorption of harmful estrogen metabolites
- Omega 3 fatty acids (fish oil and flax oil)
- Resveratrol 150-300 mg/day

\*I-3-C and DIM binds to harmful estrogen metabolites and eliminates them through the gut.

## DETAILED SUGGESTIONS:

- Eat organic whenever possible
- Eat plenty of vegetables and fruit
- Increase cabbage family foods (like cabbage, broccoli, cauliflower, brussel sprouts)
- Increase fiber in diet: fruits, vegetable, legumes (beans)
- Maintain health body mass and weight
- Choose hormone-free and pesticide-free meat when available
- Drink pure spring or filtered water
- Avoid pesticides, herbicides, fungicides, and other pollutants
- Avoid plastics, especially soft plastics that store food or water
- Don't smoke
- Exercise daily
- Take a day off each week
- Avoid soft plastics (make xenoestrogens)
- Soy: from soy, which favorably benefit the 2:16 estrogen ratio
- Fiber: Make sure to get at least 40 grams of fiber per day through diet or supplements.
- Diindolylmethane (DIM): 300 mg, two times a day to aid in the metabolism of estrogen to the inactive or “safe” metabolites.
- Milk Thistle: 100 mg of 70-80% silymarin, two times a day, to protect hepatocytes from toxin penetration and injury.
- Water: 70-100 oz of filtered water per day depending on patient's body weight.
- Rhodiola, ashwagandha, or licorice to support adrenal glands during detoxification.
- A high quality multivitamin and mineral supplement to provide antioxidants such as Vitamin A and C as well as detoxification cofactors including the B vitamins and trace minerals such as selenium and manganese.
- Supplementation with methylated forms of B6, B12, and Folic Acid (5-MTHF) will aid in the clearance of less friendly estrogen metabolites.

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## LIMIT INTAKE OF:

- Meat (replace with wild caught, cold water fish from unpolluted sources)
- Alcohol
- Saturated fat (animal fat)
- Polyunsaturated fat (corn, safflower, sunflower oils)
- Total dietary fat, but remember the Omega's (healthy fats... fish and plant oils)
- Calories (to maintain ideal body weight)
- Avoid dairy
- Sugar and refined carbohydrates

## SIMPLIFIED SUGGESTION:

**Eat right, exercise, live life, decrease stress, eat organic, and supplement!!!**