



The Role of MICRONUTRIENTS In BREAST HEALTH

START WITH THE RIGHT BUILDING BLOCKS

Every woman is biochemically unique, and several factors affect her personal nutritional needs - age, lifestyle, metabolism, prescription drug usage, past and present illnesses, absorption rate, genetics and more. Prevention is not simply earlier diagnosis. True prevention starts with your body's foundation - micronutrients. Research shows that micronutrients assist in repairing cellular damage in breast tissue, the prevention of genetic mutations and maintaining healthy hormonal balance.

Several key nutrients are critical for maintaining healthy breast tissue. Low antioxidant status is linked to higher rates of breast and other cancers. In fact, antioxidants such as coenzyme Q10, cysteine and vitamin A have been shown to mitigate DNA damage in cancerous tissue and inhibit hormonal toxicities that can initiate cancerous cells. Other studies have shown that adequate vitamin D and calcium levels can lower risk by more than 70%.

B VITAMINS AND BREAST TISSUE

B vitamins, especially folic acid, may prevent mutations in breast tissue which eventually become carcinogenic. They may also reduce tumors on women with existing breast cancer.

THE HORMONE - NUTRIENT CONNECTION

Minerals, vitamins, antioxidants and metabolites interact closely with hormones. Improving estrogen metabolism, which is highly dependent on the availability of specific nutrients, reduces risk of many hormone related cancers, including breast cancer. In fact, deficiencies of specific B-vitamins and glutathione contribute to formation of "bad" estrogens, known carcinogens.

Research shows that hormone replacement therapy affects minerals such as calcium, copper, chromium, magnesium, selenium and zinc, while reducing important antioxidants like coenzyme Q10 which is needed for heart health. Adequate vitamin D and calcium levels can lower breast cancer risk by more than 70%.

MICRONUTRIENT TESTING

Just one nutrient deficiency may compromise your ability to fight cancer at the cellular level and several nutrients are critical for maintaining healthy breast tissue. SpectraCell's comprehensive nutritional profile measures 33 vitamins and minerals in your body and goes even further - it measures functional, long-term levels within the cell and evaluates how well your body actually utilizes each nutrient - a more useful measure than the one-size-fits-all approach to nutrition.