



Breast Cancer (DoNotReply@BrilliantHealth.net)

Here is your personal nutritional medicine consult from Dr. Ray Strand regarding Breast Cancer:

I appreciate your interest in learning how you can best support and optimize your body's natural defense systems through an aggressive nutritional supplement program. I have been practicing nutritional medicine now for over 12 years. I am a published author of several best selling books and international speaker on the subject of preventive and nutritional medicine. I have gained a tremendous amount of clinical experience in dealing with my patients over the years and the amount of nutritional supplementation that is required to give them the best chance to see improvement in their health. I share many of their stories in my book, *What Your Doctor Doesn't Know about Nutritional Medicine* [Thomas Nelson 2002]. You cannot find this information in a medical text book. That is why I have established my nutritional medicine practice online. It allows me the opportunity to share what I have learned in my practice of nutritional medicine over the past 12 years.

The one thing that I have learned over the years is the fact that the best way to take back control of your health is to develop a triad of healthy lifestyles, which is a healthy diet, modest exercise, and nutritional supplementation. When my patients finally decide to become more proactive in protecting or regaining their health, they find that the best way to optimize their body's natural immune system, repair system, and antioxidant defense system is by incorporating these new, healthier lifestyles into their health. The level of supplementation recommended in this personal consultation from me is the level that I have found that gives you the best chance to improve your health. It takes a minimum of six months to build up your natural defense systems; therefore, if you are going to consider my recommendations, you need to give these recommendations at least a 6 month trial. Nutritional medicine is really not about disease, but instead, it is about health. In contrast to medication, it takes at least 6 months, or even longer, for these recommendations to optimize your body's natural defenses and offer you a chance to see improvement in your health.

Now it is critical for you to understand the fact that my specialty is in nutritional medicine. I am primarily concerned in giving your body the nutritional support necessary considering the illness with which you are dealing. These recommendations in no way are going to cure your underlying disease. Now it is possible to see some significant improvements in your health; however, it should never be considered alternative therapy for your disease. This means you

should never discontinue any medications that your doctor has prescribed for you without your doctor's personal direction and consent. You should only discontinue or reduce your medications under your doctor's direct supervision and orders. Most doctors are very willing to decrease or discontinue their patient's medication if they observe significant improvement in their health.

## **Breast Cancer**

Over the past thirty years of my practice, nothing has been more of a concern than the frequency with which I see patients having developed breast cancer. A decade ago, the incidence of breast cancer was approximately 1 in 40. Whereas today, closer to 1 in 8 women will develop breast cancer in their lifetime. Why this major increase of such a serious illness?

No one knows for certain; however, many authorities believe it is due to the tremendous increase in Hormone Replacement Therapy (HRT) and the significant increased use of estrogens by the food industry. Physicians want to treat menopause as a disease and encourage their patients to take HRT for the rest of their lives, when in reality, HRT may do more harm than good. In 1997, *The New England Journal of Medicine* reviewed several studies involving women who took estrogen replacement over a long period of time. The results shocked reviewers; revealing more than a 40 percent increase in breast cancer in patients who took estrogen replacement for greater than 5 to 10 years.

If you are one who has developed breast cancer, it is even more important to learn what you can do presently to slow down the progression of your disease. My hope and prayer is that you will be one of the thousands who have survived their struggle with cancer. It is critical that you become more proactive with your health and find a primary care physician and oncologist that you trust and feel you can work with.

You must learn to ask the right questions so you can make better and more informed decisions. I always encourage my patients to ask their oncologists about the potential danger and benefits of each therapy recommended. It is also critical to ask what clinical studies reveal should you refuse the therapy. For example, many of my patients with breast cancer have no evidence of its spread to the lymph nodes that were removed during surgery. Still, the oncologist will strongly recommend that the patient still receive six treatments of chemotherapy, stating that if she goes through with the treatments she'll have a survival rate of 92% in five years. This is usually the end of the discussion.

However, when my patients ask the next question-"What if I choose not to go through with the chemotherapy-what are the chances that I will be around in five years?" The oncologist should answer this question by stating, "If you do nothing, statistics say your chances of survival would be 88% in 5 years." Now you can make a more informed decision about the proposed treatment.

Women are faced with a tremendous amount of decisions during this time. My focus is on presenting the absolute best nutritional support for your body so that it can more effectively fight

your disease. No matter what you may or may not decide to do; it is important that you begin an aggressive nutritional supplement program. This program is designed to build up your body's natural immune, repair, and antioxidant defense system. I would also encourage you to refer to the discussion found under [Cancer-General Concepts](#) , also found on this web site.

## **Nutritional Supplement Recommendations**

I recommend that all my patients take the basic nutritional support I refer to as [cellular nutrition](#). This foundational regime provides all the necessary micronutrients to the cell at ideal levels (not RDA levels) for significant health benefits as documented in the medical literature. When the cell is given maximum support, it can then determine what it does and does not need. Over a six-month period each cell is able to not only overcome nutritional deficiencies but also to optimize **ALL** the nutrients, which are needed to combat [oxidative stress](#) .

The synergistic affect of providing all the nutrients needed by one's body at the most advantageous levels results in optimizing and rebuilding the body's natural immune system, antioxidant, and repair systems back to their fullest fighting potential against disease.

### **Minimal support for [Cellular Nutrition](#) :**

My minimal recommendation for creating [cellular nutrition](#) is to simply take Usana's Essentials, which are made up of a bottle of their Mega Antioxidant and a bottle of their Chelated Minerals. I recommend taking 2 Mega Antioxidants and 2 Chelated Minerals in the AM with breakfast and again in the PM with your evening meal. Usana's Essentials provide all of the antioxidants, B-cofactors, and antioxidant minerals at those optimal or advanced levels that I recommend for everyone. These are the levels that have been shown to provide a health benefit in our medical literature. Again, these should be taken with food for better absorption and better tolerance.

### **Optimal support for [Cellular Nutrition](#) :**

For the most favorable results for basic [cellular nutrition](#) , I also recommend adding to the Usana Essentials either OptOmega (2 tsps daily) or BiOmega-3 (2 capsules daily), which provides the essential fats that are so important for optimal health. I also recommend adding Active Calcium (4 tablets daily) to provide additional calcium, magnesium, vitamin K, Boron, and vitamin D that our bodies need. These recommendations provide all the nutrients at their ideal levels creating the cellular nutrition I recommend in my book, *What Your Doctor Doesn't Know About Nutritional Medicine May Be Killing You*.

## **Optimizers**

It is critical that you know the necessity of adding optimizers to your foundational cellular nutrition for optimal results. Patients who are suffering from a chronic degenerative disease or illness are under more oxidative stress than the average healthy individual. Therefore, adding potent Optimizers to the basic cellular nutrition offers you the best chance to bring this oxidative stress back under control. The synergy and increased potency created by this approach to nutritional medicine is why I'm able to get such consistent results in my patients.

However, to suit each individual's unique needs, I always offer both an optimal and a minimal plan for [cellular nutrition](#) and for adding Optimizers. Obviously, one's improvement will be quicker and more consistent with the optimal recommendations; however, a minimal regime can still produce significant clinical results.

**Recommended Optimizers:**

*Optimal:*

- Proflavanol C 100--4 tablets daily (May substitute 2 tablets daily of Proflavanol C 200 available in My Health Pak)
- Coquinone 30-6 capsules daily (May substitute 2 capsules of Coquinone 100 daily available in My Health Pak)
- Melatonin 2 mg--2 tablets sublingually 30 minutes prior to bedtime

*Minimal: No Minimal recommendations for patients with breast cancer*

**Optimal Recommendations**

<b>Nutritional Supplement</b>	<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>
Mega Antioxidant (Mega AO)	2		2
Chelated Mineral (Multi Mineral)	2		2
Proflavanol C 100	2		2
Coquinone 30	3		3
Melatonin 2 mg (take sublingually 30 minutes prior to bedtime)			2
Biomega-3	1		1
Optomega (an option instead of Biomega-3)	2 tsps		

**Consider the Healthy for Life Program located at [www.releasingfat.com](http://www.releasingfat.com)**

I have developed an internet-based behavioral management program designed to firmly establish new, healthier lifestyles. This web site will evaluate, educate, motivate, and hold accountable those individuals who want to become more proactive in protecting their health or regaining their health. When you combine a healthy diet and modest exercise program to these nutritional supplement recommendations, you give yourself the absolute best chance of protecting your health or even regaining your health. My patients who have incorporated these healthy lifestyles into their life along with an aggressive nutritional supplement program have always done better than just using the supplements alone.

Usana has a fine line of meal and snack replacements called Macro-Optimizers. Usana understands the concept of glycemic index and glycemic load and have developed meal and snack replacements that contain those good, low-glycemic carbohydrates, good fats, and good

proteins. The Macro-Optimizers have helped my patients get out of what I refer to as "glycemic stress" and "carbohydrate addiction". Whether you are concerned about cancer, heart disease, diabetes, obesity, fibromyalgia, asthma, an autoimmune disease, or are just trying to protect your health, the Healthy for Life Program is a tremendous way to optimize your health or even possibly regain health.

I would encourage you to check out my website located at [www.releasingfat.com](http://www.releasingfat.com) and take the FREE automated Health Risk Assessment that I have developed. Also take a tour of the website and check out the overview of the program. Many physicians, chiropractors, and other health care professionals are now using the Usana's RESET and the Healthy for Life Program as their wellness program they offer their patients in their practices.

### **Why I recommend USANA Products**

USANA strictly follows pharmaceutical-grade Good Manufacturing Practices (GMP). This means they not only purchase pharmaceutical-grade raw products, but also manufacture the products according to tough pharmaceutical-quality guidelines. In addition, USANA Health Sciences follows USP guidelines for potency, uniformity, and dissolution of the tablet. In a nutshell, USANA manufactures their products to the strict standards of over-the-counter drugs even though not required to do so assuring all of their customers and associates that what is on the label is actually in the tablet.

Usana's essentials are complete and balanced and provides the cellular nutrition that I strongly recommend in my book, *What Your Doctor Doesn't Know About Nutritional Medicine May Be Killing You*. This improves compliance and makes taking these advanced levels of nutritional supplements easier.

### **Starting Your USANA Nutritional Program**

Over eighty percent of my patients are able to start the USANA Nutritional Program with absolutely no set backs while beginning to experience the health benefits of high-quality nutritional supplements immediately. Please keep in mind these supplements are extremely potent and optimal levels of nutrients are being provided that the body has never had before. The body is therefore able to finally rid itself of toxins, which have been accumulating for years (called detoxification). This is especially true in those who are suffering from a serious illness and are taking a significant amount of medication. It is important to understand the possible signs and symptoms of detoxification so that you can deal with them confidently and properly.

### **Detoxification:**

The most common detoxification reaction is muscle aches and/or mild headache. These symptoms will usually pass within a few weeks. If the discomfort is not unbearable, I simply have my patients continue their program as I have prescribed. However, occasionally there is a more severe reaction. The patient is not in danger, rather, the amounts of nutrients are just too much too fast. In this case, I have my patients quit their supplements for a few days until the reaction subsides. I will then have them start back on their program but initially at lower doses

(approximately one third of the recommended dose). Once they are tolerating this amount of supplementation, I suggest slowly building up to the recommended doses.

Some of my patients actually develop a "detox" skin rash somewhere on their body. As you know, the skin is an important route for ridding the body's toxins. This rash is a dry, red rash that looks almost like a mild sunburn. Some people confuse this with an allergic reaction to the supplements. This is not typically so. I have never seen an allergic reaction to the USANA Essentials and can only recall a couple of patients who reacted to Proflavanol because they were actually allergic to grapes.

Patients may also experience some aspect of loose stools or even diarrhea. This again is a common "detox" reaction because the GI tract is another prime route for eliminating toxins from the body. This symptom will usually diminish within a couple of weeks. It is an important part of the detoxification and healing process. Therefore, I usually encourage my patients to continue the supplements as recommended unless their bottom gets too sore. I will then again recommend lower doses of the supplements until they feel better and then begin adding the supplements back more slowly until the recommended doses are reached. Diarrhea can be the result of the magnesium in the Active Calcium or by the Proflavanol. Again, this is usually a mild reaction and will improve over the first week or two. However, some of my patients need to discontinue the Active Calcium and/or the Proflavanol until this settles down. I then have them slowly add back the Proflavanol and eventually the Active Calcium.

Increasing dietary fiber may also increase the amount of intestinal gas and the frequency of bowel movements. This will improve with time as the body adjusts to the higher intake of fiber, but is an important aspect of getting rid of the toxins, which have accumulated in the body.

### **Natural Relaxation Response:**

A small percentage of patients develop a natural relaxation response when minerals are absorbed into their body. This is of great concern to those patients who have just been told that nutritional supplementation will help improve their energy level. They take the supplements as recommended only to find themselves more fatigued and dragging themselves through their day. If you experience this response, I recommend that you take all of your minerals (including the Active Calcium) with a light bedtime snack. This allows you to take advantage of your body's response while getting a good night's sleep.

### *Stomach Upset:*

A small percentage of patients have difficulty tolerating vitamin C. It can cause an upset stomach that will usually become evident a couple days after starting their nutritional program. With USANA's specially combined vitamin C into Poly C, I have seen many of people who could not previously tolerate any nutritional supplements do very well with USANA's Mega Antioxidant. However, if nausea is experienced, I suggest taking one Mega Antioxidant with the largest meal. Once this level of supplementation is better tolerated, I suggest slowly adding another Mega Antioxidant to the next largest meal. I anticipate building them up to the recommended level of supplementation, but sometimes this is just not possible. For those extremely sensitive, I advise

using Body Rox (the teenage dose of Antioxidants and Minerals) as the best alternative option.

### *Taking Your Supplements with Your Medication*

I am often asked, "Can I take my nutritional supplements with my medication?" To this I respond with this question, "Can you eat?" I hope my point is made gently but clearly nutritional supplements simply contain nutrients we should be getting from our foods, but at levels we can no longer obtain from our foods. If you can eat anything, you can also take nutritional supplements. The only exception to this is for those taking the medication, Coumadin (Warfarin), which blocks vitamin K in the body as a way of thinning the blood. If a patient is on Coumadin, I recommend he or she take the Canadian Essentials and Canadian Active Calcium because they contain no vitamin K. Also, patients who are on thyroid medication should take their medication on an empty stomach at least 1 hour prior to meals or prior to taking supplements. Thyroid medication should not be taken with food or with supplements because calcium can block the absorption of the medication.

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Every effort has been made to make this web site as accurate as possible. The purpose of this site is to educate and inform. As such it is based on scientific evidence and my clinical training and experience. No individual should at any time use the information found on this web site for self-diagnosis, treatment, or justification in accepting or declining any medical therapy for any health problems or diseases. Any application of the advice herein is at the reader's own discretion and risk. Therefore, any individual who has a specific health problem or is taking medications must first seek advice from his or her personal physician or healthcare provider before starting a nutritional supplement program. Dr. Strand shall have neither liability nor responsibility to any person or entity with respect to loss, damage, or injury caused or alleged to be caused directly or indirectly by the information contained in this web site. We assume no responsibility for errors, inaccuracies, omissions, or any inconsistency herein. Any slights of people, places, or organizations are unintentional.