

The Life Force of Nature

Vitamin D3 produces many health benefits beyond breast health. Proper Vitamin D3 levels produce many benefits that extend well beyond breast tissues. Experts have connected Vitamin D3 depletion to bone problems, cancers (including colon, ovarian, lung, pancreatic, and prostate cancers), cognitive decline, cardiovascular disease, diabetes, aches and pains in the muscles, joints, and back, weakness and fatigue, and several autoimmune conditions.

Low Vitamin D3 levels may increase your breast cancer risk by up to **70%**.

Having a doctor schedule a lab test for your Vitamin D3 levels is a high priority.



Seeing the LIGHT

Vitamin D3 for Breast Cancer Protection:

- Vitamin D3 exerts a strong anti-cancer effect that stops breast cancer cells from growing and dividing. If you are Vitamin D3 deficient, then your shield is down allowing breast cancer to grow and spread within your body.
- A recent study concluded that women with the highest Vitamin D3 blood levels had a remarkable 70% reduction in their risk of breast cancer. Another study revealed that women with higher Vitamin D3 levels had a 50% reduction compared to women with the lowest Vitamin D3 levels.
- Some medical experts have stated that about half of all breast cancers could be eliminated if we simply consumed enough Vitamin D3. It's that's astounding !
- Additional medical studies show that breast cancer may fare worse if they are low on Vitamin D3. One study found that breast cancer patients with the lowest Vitamin D3 level had nearly a 200% chance of their cancer progressing, and a 73% greater risk of death. Another study discovered that women with low Vitamin D3 intake tend to have denser breast tissues in mammogram tests . Dense breast tissue is considered a sign of higher breast cancer risk. Some researchers believe that Vitamin D3 may produce the biggest benefits against the most aggressive cancers.
- Of course, more research can and will be done, but the evidence is very strong that Vitamin D3 works for many cancers.

DocsD3 is the sole NZ supplier of D'Life Sprays. Breast Protection is best served using our proprietary blend of Vitamin D3 & Vitamin K2,

D'Breast Health.

D'Breast Health is sourced from the best US laboratory. We have the only Vitamin D calculators to ensure your optimum daily dosage.



BREAST CANCER EDUCATION



The Life Force of Nature

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Breast Cancer Study...



Vitamin D status at breast cancer diagnosis: Correlation with tumour characteristics?

In this study, featured in the May 2012 issue of *Carcinogenesis*, a group of scientists out of Catholic University Leuven in Belgium evaluated the relation between vitamin D status and breast cancer. They wanted to know if vitamin D status at the time of diagnosis correlates or influences tumor characteristics, survival, and cancer relapse. Furthermore, they wanted to know if any of this was influenced by vitamin D related genes. The researchers performed blood tests on 1800 early stage breast cancer patients at the time they received the diagnosis (before starting any treatment). They evaluated the blood levels of vitamin D (25OHD levels) and looked at the specific genes related to vitamin D pathway.

They made the following observations:

1. Low levels of 25OHD serum were significantly associated with larger tumors (at the time of the diagnosis) and high levels of 25OHD levels were associated with smaller breast tumors. This is the most remarkable finding, because previous studies did not show the link between vitamin D levels and tumour size.
2. High blood levels of vitamin D at the time of diagnosis were significantly associated with a better overall survival and disease-specific survival. Basically this means that women with low serum 25OHD levels at breast cancer diagnosis have an increased risk of death from any (breast cancer related or unrelated) cause. There was noted some improvement in the disease-free interval as well.
3. It is already known that the incidence of breast cancer is higher in postmenopausal women (60 % of women diagnosed with breast cancer are menopausal). Vitamin D deficiency is also more common after menopause. This study found that high levels of vitamin D significantly improved the disease outcome among postmenopausal women (compared with those women who had low levels of 25OHD).
4. Researchers also found that that vitamin D related genes significantly influence the serum levels of 25OHD.

This study suggests that vitamin D supplementation and sun exposure prior to breast cancer diagnosis helps with survival and reducing the size of breast tumors.

Here, levels above 30 ng/mL were better than lower levels.

Osteoporosis Myth: The Dangers of High Bone Mineral Density

The WHO's new definitions of diseases in the early 90's resulted in the diagnosis, and subsequent labelling, of millions of healthy middle-aged and older women with what they were now being made to believe was another "health condition," serious enough to justify the use of expensive and extremely equally dangerous mega-doses of elemental calcium in the pursuit of increasing bone density by any means necessary. One thing that cannot be debated, as it is now a matter of history, is that this sudden transformation of healthy women, who suffered no symptoms of "low bone mineral density," into an at-risk, treatment-appropriate group, served to generate billions of dollars of revenue in doctors visits, and drug prescriptions around the world.

In reality, the WHO definitions violated both common-sense and fundamental facts of biological science (sadly, an increasingly prevalent phenomenon within drug company-funded science). After all, anyone over 30 years old *should* have lower bone density than a 30 year old, as this is consistent with the normal and natural *healthy* aging process. How the WHO, or any other organization which purports to be a science-based "medical authority," can make an ostensibly educated public believe that the natural thinning of the bones is not normal, or more absurdly: a disease, is astounding.

Bone Mineral Density is NOT Equivalent to Bone Strength. While there is a correlation between bone mineral density and bone quality/strength – that is to say, they overlap in places -- they are not equivalent. In other words, density, while an excellent indicator of compressive strength (resisting breaking when being crushed by a static weight), is not an accurate indicator of tensile strength (resisting breaking when being pulled stretched).

Vitamin K2, for instance, significantly reduces bone fracture rates without increasing bone density. Scoring high on bone density tests may save a woman from being intimidated into taking dangerous drugs or swallowing massive doses of elemental calcium, but it may not translate into preventing "osteoporosis," which to the layperson means the risk of breaking a bone. But high bone mineral density may result in far worse problems....

High Bone Mineral Density & Breast Cancer.

One of the most important facts about bone mineral density, conspicuously absent from discussion, is that having higher-than-normal bone density in middle-aged and older women actually **INCREASES** their risk of breast cancer by 200-300%, and this is according to research published in some of the world's most well-respected and authoritative journals, e.g. *Lancet*, *JAMA*, *NCI*. While it has been known for at least 15 years that high bone density profoundly increases the risk of breast cancer ---- and particularly malignant breast cancer -- the issue has been given little or no attention.

This research, however, is not going away, and eventually the medical profession will have to acknowledge it, or risk losing credibility.

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