



Armpit Shaving and Breast Cancer

Shaving before applying underarm antiperspirants can increase aluminum absorption. Could this explain the greater number of tumors and the disproportionate incidence of breast cancer in the upper outer quadrant of the breast near the armpit?

Is it possible that the increasing use of underarm antiperspirant which parallels breast cancer incidence could also be an explanation for the greater number of ductal tumors...and disproportionate incidence of breast cancer in the upper outer quadrant of the breast near the site where stick, spray, or roll-on is applied?

There is a free-flow of lymph fluid back and forth between the breast and the armpit. If you measure aluminum levels in breasts removed during mastectomies, the aluminum content of breast tissue in the outer regions (near the armpits) is significantly higher, presumably due to the proximity to the underarm area.

This is a concern because in a petri dish at least, it has been demonstrated that aluminum is a so-called metalloestrogen, having pro-estrogenic effects on breast cancer cells. Long-term exposure of normal breast tissue cells in a test tube to aluminum concentrations in the range of those found in breasts, results in precancerous-type changes.

But what does shaving have to do with it all? Shaving removes more than just armpit hair. It also removes armpit skin; you end up shaving off the top skin layer. And while there is very little aluminum absorption through intact skin, when you strip off the outer layer with a razor and then rub antiperspirant, you get a six-fold increase of aluminum absorption through the skin.

Recently, it was shown that women with breast cancer have twice the level of aluminum in their breasts compared with women without breast cancer, though this doesn't prove cause to effect.

"Foods cooked in aluminium produce a chloride poison, neutralize the digestive juices, and produce acidosis and ulcers." –

James Balch, MD; Phyllis Balch, CNC

Prescription for Nutritional Healing p.14.

healthbites

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What Exercise Authorities Don't Tell You About Optimal Duration

nutritionfacts.org, July 30, 2020

Physical fitness authorities seem to have fallen into the same trap as the nutrition authorities, recommending what they think may be achievable, rather than simply informing us of what the science says and letting us make up our own mind.

Latest figures recommend that adults should get at least 150 minutes a week of moderate aerobic exercise, which is about 20 minutes a day.

The Crowding Out Strategy to Eating Healthier

nutritionfacts.org, July 28, 2020

The World Health Organization has estimated that more than a million deaths worldwide are linked to low fruit and vegetable consumption.

A free school fruit scheme was introduced in Norway for grades 1-10. Fruit consumption is so powerfully beneficial that if kids ate only an additional 2.5 grams of fruit a day, the program would pay for itself in terms of saving the country money.

The students from that program were measured in their fruit consumption three years after the program ended, and it was found they were still eating a third of a serving more. Crowd in the good to crowd out the bad!

How to Treat Bacterial Vaginosis

nutritionfacts.org, August 6, 2020

Vitamin C is pitted head-to-head against antibiotics for bacterial vaginal infections.

The good, normal lactobacillus-type bacteria gets displaced by an army of bad bacteria. This is caused by the pH being wrong.

A desirable ingredient to rectify the out-of-balance pH is to use ascorbic acid - otherwise known as Vitamin C! This isn't just plain Vitamin C tablets, but specially formulated silicone-coated supplements that release vitamin C slowly so it isn't irritating. Even during pregnancy, it can be extremely valuable.

The latest review on the subject concluded that as a consequence of new data, aluminum can be toxic and we have no need for it. Reducing the concentration of this metal in antiperspirants is a matter of urgency, or at the very least the label should warn, "Do not use after shaving."

We get so much aluminum in our diet from processed foods - such as anti-caking agents in pancake mix, melting agents in cheese, meat binders, gravy thickeners, baking powder and sweets - that the contribution from underarm antiperspirants would presumably be minimal in comparison. But everything changed in 2004 when a case was reported of a woman with bone pain and fatigue suffering from aluminum toxicity. Within months of stopping the antiperspirant, which she had been applying daily to her regularly shaved armpits, her aluminum levels came down and her symptoms resolved. Although not everyone absorbs that much aluminum, the case suggests that caution should be exercised when using aluminum-containing antiperspirants frequently.

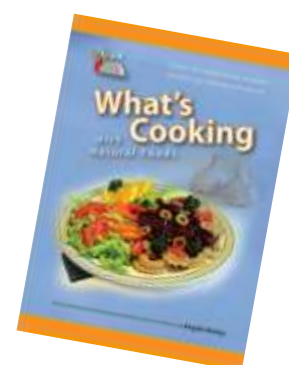
Of course, we could cease usage of aluminum-containing antiperspirants altogether, but then wouldn't we smell? Ironically, antiperspirants can make us stink worse. They increase the types of bacteria that cause body odor... The more we use antiperspirants, the more we may need them, which is awfully convenient for a billion-dollar industry!

— Michael Greger MD, FACLM, August 4, 2020



Enjoy some delicious recipes from the kitchen of Angela Hurley as she has dedicated over 35 years to developing many plant-based recipes. From a standard kiwi diet of meat and veges, she felt the need to look into producing some tasty and nourishing meals for her then young family. The family have all now made their own homes and have their own children - and they have carried on the tradition of plant-based meals. Today, Angela still studies out ideas for healthy food options and cooks for some conventions and of course in her own home.

This book is a result of her practical approach to plant-based cooking presented to many cooking classes over the years in Christchurch and abroad.



165 plant-based recipes
\$18.00 + post



Carob-Coated Nuts

Ingredients:

- 1 c nuts*
- 1 c Carob Tahini Spread

Method:

To make Tahini Spread;

- 1 c tahini
- 1/2 c liquid honey
- 2 T carob powder
- 1 t vanilla

Mix all together well. Keeps for a long time.

To coat nuts, take a nut and about 1/2 a teaspoon of Carob Tahini spread, and coat the nut with the spread.

Continue to do this until all the nuts are coated. Put coated nuts onto a flat tray and put into the refrigerator until cold.

When set, put into a container and continue to store in the refrigerator.

Note:* Use a mixture of almond, brazil, hazel, macadamia, peanut, cashew or walnuts. Nuts may be natural or roasted, except for peanuts which must be roasted.

Variation: Place carob coated nuts on oven tray and fan bake for 30 minutes at 125°C. This will dry them out and stop them from sticking to one another. —What's Cooking, p.46,115