

NanoNews™

for Patients

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Breast and Prostate Wellness

With the exception of skin cancer, prostate and breast cancer are the most common forms of cancer in men and women, respectively. More than 65% of all prostate cancers are diagnosed in men over the age of 65. The highest incidence of breast cancer is in women ages 75-79 affecting 5 in every 1000.

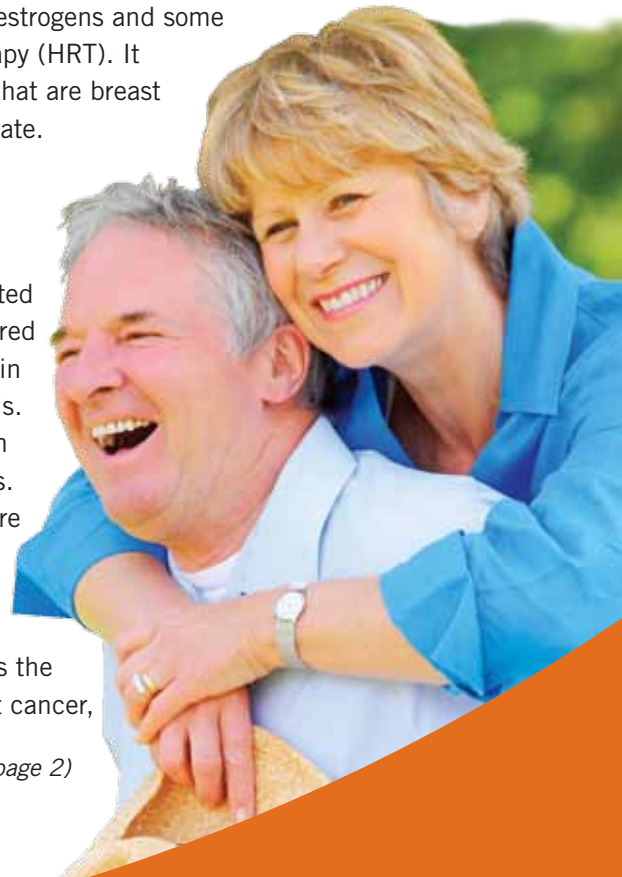
The risk of both is said to be increased by obesity and lack of exercise, high fat diets, smoking and low vitamin D. Breast cancer risk is also increased by alcohol, exposure to environmental estrogens and some kinds of hormone replacement therapy (HRT). It appears that many of the nutrients that are breast protective can also protect the prostate.

Eating Your Way to Better Breast and Prostate Health

The Journal of Carcinogenesis reported that resveratrol, a nutrient found in red wine, has shown an 87% reduction in prostate tumors in laboratory animals. This powerful antioxidant is found in raspberries, peanuts and blueberries.

Although more than one alcoholic beverage a day increases the risk of breast cancer,

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The SuperFood Solution™

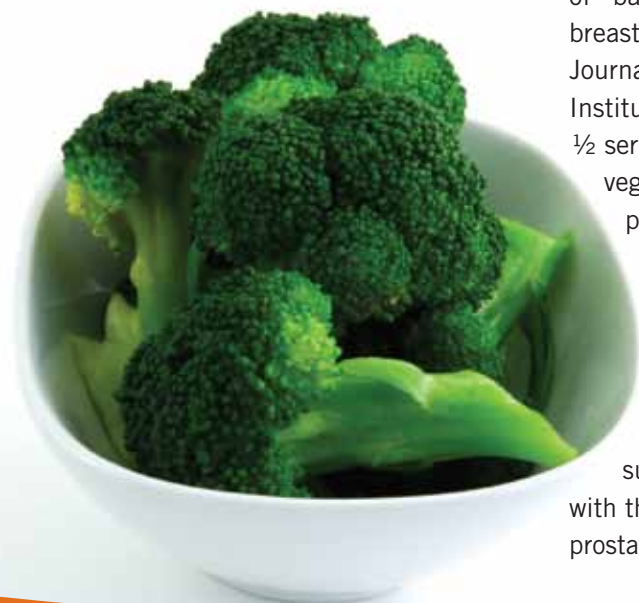
LIFELONG WELLNESS MADE EASY™



the polyphenols in red wine have an inhibitory affect on human breast and prostate cancer cells.

Ellagic acid is found primarily in red raspberries and wild tart cherries. According to the Hollings Cancer Institute, this acid strongly decreases cancer cell division in the breast, skin, colon and prostate within 48 hours. Want more good news? It also promotes apoptosis (cancer cell death) within 72 hours! Move over chocolate, these little fruits should be your new best friends!

You've probably heard that tea is good for you. But why is that? One word: Catechins. These antioxidants are found in black, green, and white teas. The most common is EGCG.



The benefits are thought to include promotion of apoptosis in cancer cells in the prostate, stomach, skin, lung, breast, and colon. EGCG can also help boost your metabolism. Who knew you could fight cancer and fat at the same time!

Carotenoids are also very supportive of breast and prostate health. Lycopene, a carotenoid antioxidant, can be found in tomatoes, watermelon, apricots and red grapefruits. Women in a New York University study that ate a serving of spinach at least twice a week had half the rate of breast cancer than that of women who avoided it completely.

Broccoli, kale, cauliflower, cabbage and Brussels sprouts have their distinctive tastes because of their high organic sulfur content. This assists the liver in the detoxification of “bad” estrogens that increase breast cancer cell growth. The Journal of the National Cancer Institute states that it only took 3 ½ servings a week of one of these veggies to decrease the risk of prostate cancer by 41%. Eat up!

Cancer Cells: Seek and Destroy

Flaxseed is a potent source of a natural plant estrogen called lignans. Multiple studies suggest that lignans may interfere with the development of breast and prostate tumors in humans.

In breast cells, these natural plant estrogens, called phytoestrogens, may block “bad” estrogen from initiating cancer growth.

Two recent studies published in the International Journal of Nutrition and Cancer provide even more evidence that a higher intake of omega-3 fats with vitamin E, beta-carotene and dietary fiber can help reduce the risk of breast cancer. Flaxseed is rich in omega-3 fatty acids, fiber and natural vitamin E.

Isoflavones are also natural plant estrogens that are most abundant from kudzu (a vine), soy beans and other legumes. These can help balance estrogen levels. However, those with active, diagnosed breast cancer should avoid soy unless otherwise directed by their physician.

Dietary fiber intake has been shown to reduce blood levels of estrogens associated with a reduced risk of breast cancer. Dietary fiber has been shown to bind directly to “toxic” estrogens in the small intestine, dragging them through the intestinal tract and out of the body. This prevents their re-absorption into the bloodstream.

Whey protein, processed from cow's milk, can increase our internal

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production of glutathione, our body's major detoxifier. Glutathione protects human prostate and breast cells.

Natural vitamin E derived from food is thought to be twice as bioavailable as synthetic vitamin E. Vitamin D is not only important for strong bones, it also supports breast and prostate health. People who aren't as lucky to live in the warm, sunny southern part of the USA most likely do not get sufficient vitamin D. Researchers say that raising vitamin D levels may prevent up to half of all breast cancer cases in the United States! Most recommend increasing vitamin D intake with regular, moderate sun exposure.

Lifelong Wellness

To support breast and prostate health, include as many of the foods aforementioned as you can. Getting at least 4 hours of physical activity a week, preferably outdoors and curbing alcohol consumption to less than 5 drinks a week will kick start your healthy routine. If you smoke, quit. The lifelong benefits are immense when you are a non smoker. Go organic! This will reduce the amount of hormones and pesticides included in your food.

Need a healthy start every day? Try our Breast and Prostate Wellness Shake!

*Dr. John H. Maher
Co-Founder, BioPharma Scientific
"The SuperFood Solution™ provides all of these nutrients in an easy to drink, tasty shake."*

Breast and Prostate Wellness Shake:

- 1 scoop NanoGreens10
- 1 scoop NanOmega3
- 1 scoop NanoProPRP
- 6-8 ounces iced green tea
- 6 organic plain, unsweetened soy milk*, Vit D enriched

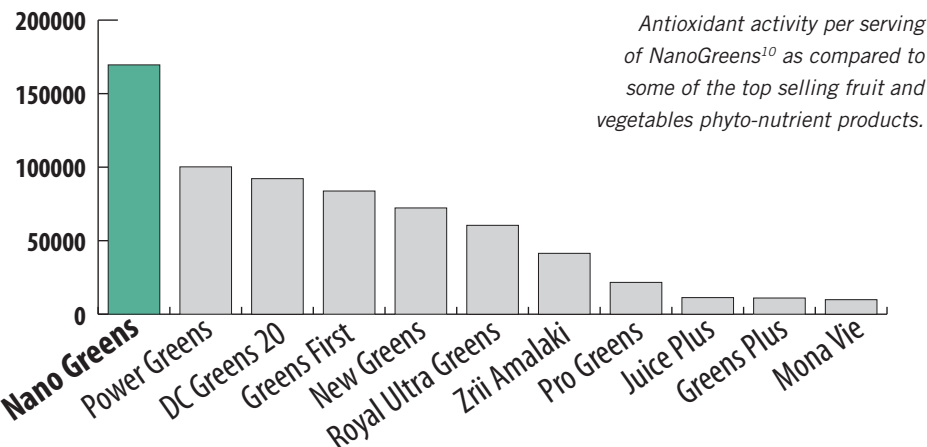
Optional: For extra natural vitamin E, zinc, magnesium, phytosterols and healthy fats add in one or two heaping tablespoons of wheat germ and/ or pumpkin seeds, ground fine in a coffee grinder or hand blender. Or just enjoy a palm full of unsalted, raw pumpkin seeds with your Wellness Shake. (You may want to add more liquid when you add extra ingredients.)



- Soy milk should deliver at least 17 mg of isoflavones per 8 ounces.
- 4 ounces Vit D enriched or heavy pulp OJ may be substituted for the soy milk, increasing the green tea 4 additional ounces if a lighter shake is desired.
- Those with diagnosed breast cancer or prostate cancer should speak with their health professionals before consuming high isoflavonoid foods daily

For more recipes see "The SuperFood Solution User's Guide" at www.biopharmasci.com/downloads/SuperFoodSolution.pdf

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Testimonial of the Month

I recommend NanoGreens¹⁰ to my cancer patients.

“As I was being treated for malignant melanoma, I was trying to take in more antioxidants. Taking NanoGreens¹⁰ apparently is very rich in absorbable carotenoids as my palms turned orange! I was so happy with the results

I now recommend NanoGreens¹⁰ to my cancer patients.

NanoGreens¹⁰ also helps my CSF/fibromyalgia patients. It has also kept my blood pressure low, which is important to me because I come from a family with a history of HBP. I recommend it to my pre-hypertensive and hypertensive patients as well because it is rich in fruits and vegetables. It is well established that diets rich in fruits and veggies (D.A.S.H., Mediterranean) lower blood pressure.”

– Lori Palazzo, MD
Georgetown, Texas



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- If you need to relocate your MBP health professional's ID code, address or phone number, you may do so by going to www.nanogreens.com and clicking on the Patient Entry page to find your health professional or one closest to you.

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This newsletter is being provided
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as part of your overall wellness care.

Breast and Prostate Wellness

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