

LE Magazine January 1996

## Melatonin To Prevent Breast Cancer!

If you take DHEA, Premarin, or any other estrogen-related drug, it is very important that you also take the pineal hormone melatonin. Melatonin blocks estrogen receptors on breast cells, stopping them from proliferating in response to estrogen and other factors that promote tumor growth. Melatonin also protects breast cell against chemical carcinogens, free radical damage, cortisol-induced damage, and non-estrogen dependent cellular changes that lead to breast cancer!

Melatonin should be taken at bedtime. It usually induces drowsiness and improves the quality of sleep

Melatonin is inexpensive and readily available to Americans.

Pregnant women and women seeking to become pregnant should avoid Melatonin because of its ability (in high doses) to act as a contraceptive.

You can order Melatonin On-Line.

### UNTIL CANCER IS CURED...USE HORMONE REPLACEMENT WITH CAUTION

Anti-aging cell renewal hormones, precursor hormones and their metabolites include estrogen, progesterone, testosterone, DHEA, growth hormone, and insulin growth factors (IGF-1 and IGF-2).

The cell renewal properties of these hormones make them ideal anti-aging therapies. However, a significant risk factor in using growth hormones is the possibility that improper levels, or an inadequate balance of these hormones, may promote cancer cell proliferation.

Until we have a cure for cancer, following our recommended guidelines should provide women with significant life extension benefits without increased risk of breast (and other types) of cancer.



#### ***The Medical Establishment's Approach To Breast Cancer Prevention***

The only approach to breast cancer prevention other than early diagnosis endorsed by the medical establishment is use of the drug tamoxifen, which competes with estrogen for estrogen receptors, similar to the manner in which the phytoestrogens in plants do. A long-term prospective study is underway in a large number of women to see if daily use of tamoxifen can help to prevent breast cancer.

The pharmaceutical firms Pfizer and Smith-Kline Beecham will soon be seeking FDA approval to market analogs of tamoxifen (droloxifene and idoxifene) for the prevention of breast cancer. Eli Lilly & Co. is also in the race to see which of these three giant companies will be the first to capitalize on the \$billion dollar estrogen market.

The problem is that tamoxifen has some serious adverse side effects, including an increased risk of uterine cancer, which has led to criticism of the ethics of giving healthy women long-term daily doses of the drug. The pharmaceutical companies are hoping that their analogs can help to prevent breast cancer without the side effects of tamoxifen, but they won't know if this is true for a number of years.

So, once again, women who want to reduce their risk of breast cancer rely solely on the medical establishment for solutions to their problem, will have to wait years for therapies that may end up being more harmful than anticipated.

That isn't the way we work at the Life Extension Foundation. We *never* force you to wait for years for effective therapies to prevent and treat diseases, and we make every effort to provide you with highly effective therapies that are safe and easy to take.

These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure or prevent any disease. The information provided on this site is for informational purposes only and is not intended as a substitute for advice from your physician or other health care professional or any information contained on or in any product label or packaging. You should not use the information on this site for diagnosis or treatment of any health problem or for prescription of any medication or other treatment. You should consult with a healthcare professional before starting any diet, exercise or supplementation program, before taking any medication, or if you have or suspect you might have a health problem. You should not stop taking any medication without first consulting your physician.