

Healthy®

www.healthyoptions.co.nz

May 07

OPTIONS

\$6.50
NZ & Aust. Post

non-toxic skin care

reducing breast cancer

neck pain

causes & relief

cataracts

a checklist

mind fit

exercise tips

hearts & crafts

the pet kitchen

essential nutrition part 1

vitamin D deficiency

& sunshine

U04 25-05
Whitcoulls
\$ 6.50

eating disorders

is your child at risk?

celebrities take action over health choices

fluoride exposure

study results



... if you know your Options you have a choice!

With the rapid and alarming increase in breast cancer and the amount of money and effort put into treating breast cancer to no avail, perhaps it is time to take another look at the issues involved.

Breast Cancer & Skin Care

by Shelley Hiestand

We will never achieve a reduction in any cancer, and in particular breast cancer, if we only focus on the diagnosis and treatment of the problem. Only by looking at the causes or triggers will we achieve any semblance of a reduction in this disfiguring disease.

It is very sad, but true, that there is far more profitability in the diagnosis and treatment of breast cancer than in the prevention of it.

Are women being used as economic fodder for the pharmaceutical industry?

The evidence would suggest that they are. As I stated in the book, *Electrical Nutrition*, which I wrote with Denise Hiestand many years ago, perhaps cancer is too good a business to cure. Sadly, with breast cancer, this may be even more true.

Medical students going through their training are repeatedly taught that the breast tissues are very delicate and no pressure should be applied to the tissue during observation or examination. However, the diagnostic tool of choice in this country is the mammogram which means, in essence, putting the breast in a vice and squeezing the tissues very hard. Then, while the cells are broken open, under stress and traumatised, we radiate them! You could not inflict more damage to the breast tissue if you tried. The combination of the pressure and the radiation of the damaged tissue provides the perfect scenario for inducing cell malfunction which could then lead to cancer. <-



I have talked to many biophysicists over the years who agree emphatically with me that mammograms are one of the most dangerous and cancer-inducing processes we could possibly inflict on the body and there are some more enlightened countries, particularly in the Nordic region, who are moving towards banning mammograms. Heat scanning can be used for a far more accurate understanding of what is happening in the breast with zero damage to the tissue. Also, it is my view that by far the highest percentage of so-called lumps in the breasts should be left alone, as long as there is no pain or inflammation associated with them. The cysts or breast lumps show that the body is detoxifying the blood perfectly naturally, as will be explained.



healthy breasts viewed with a thermography image (heat scanning)

So, to stop breast cancer let's understand the mechanism by which those cysts in the breasts are formed in the first place ...

When we look at the rise in the use of cosmetics in a large proportion of the Western population in the past 30 years, that graph line mirrors the increase in breast cancer. There is a definite correlation in the younger and younger women using skin care products and younger and younger women getting breast cancer; as it is with the general rise in breast cancer in all women, there is a direct ratio to the increase in the use of skin care products.

Not all skin care products are equally dangerous though. Those that have a transdermal effect (that are designed to go through the layers of the skin tissue) are more dangerous than those that are designed to stay on and cover the surface. Therefore, it is your moisturisers, anti-wrinkle creams, toners and eye serums that are potentially cancer causing. If these products contain non life-supplying chemicals, petrochemicals or preservatives in their composition, coupled with the transdermal components of the product

transporting them through the layers of the skin, then all of these non life-supporting compounds have to end up in your blood.

To cut a long and involved biological story down to one or two sentences, the lymph nodes in the breast are the last line of chemical detox plants in the body and it is the job of the lymph nodes to pull out any non life-supporting compounds from the blood. These compounds, which the body perceives as toxic, are isolated and wrapped up into fibrous tissue, which we then categorise as breast lumps and tumours. It is the molecule by molecule cleansing of these toxic chemicals, petrochemicals and preservatives from the blood that forms into cysts and tumours. It is your body working overtime to keep you alive.

99.99 per cent of the time your body can keep these compounds isolated and stabilised in these fibrous wrappings. A non-biased study of the medical literature shows us that invasive techniques such as surgeries and mammograms have a greater effect on the disease called cancer exploding

in the body, than if the body was left to its own isolating and stabilising mechanisms. Of course, to stop these cysts and tumours developing, it is abundantly clear that we should not be putting chemicals combined with transdermals which is the perfect delivery system to the blood, on our skin.

It always amazes me when I read the ingredients on over 90 per cent of all skin care products available in New Zealand, that they contain non life-giving compounds. In other words, they are electrically and biologically dead. It doesn't take rocket science to realise that when you put something that is dead on your skin, the chemicals will end up in your blood, and your body is going to have to eventually pull these chemicals out of the blood, otherwise you will be dead. Your skin is a biologically alive farm and if you want to have the skin your desire, only put on it what that biological life form can recognise as life-giving. To put any chemical, any preservative from any skin care product on your skin is in effect a life-destroying process. Why would you do that?

The only way we are going to get a reduction in breast cancer is for every woman and young girl to understand what life is and to promote that life. There is a new science, there is a new recognition and a profound shift taking place in the cosmetic industry towards 'non-toxic' skin care that gives us the skin we desire and deserve. We are not referring necessarily to products labelled 'natural,' as natural products can still contain toxins and preservatives. Arsenic, for example, is perfectly natural but as we know, it is also very toxic. One cosmetic company claims their product is 'natural' and it contains a petroleum compound. In essence they are correct, petroleum does come from the earth, it is natural, however, it is also potentially carcinogenic (cancer-causing).

It is more about understanding the biological/electrical process that creates healthy and alive skin. It is about understanding the energy and

the vibration and, in fact, the quantum physics about how the skin works and how skin care products interface with our skin. So maybe we need to re-educate ourselves and take a serious look at what we are putting on these sacred vessels: our skin and our bodies.



Read the ingredient list of everything before you put it on your skin. If it contains any substance that you cannot recognise as life-giving or contains an ingredient that you don't understand because it is written as its pharmaceutical name in Latin, and if that product is designed to go through

the dermal layers of your skin, it will have the potential of poisoning your blood and thus have the potential to trigger cancer. It may not happen this year but, molecule by molecule, over a number of years it will eventually create the cancer chaos.

The choice is yours. Remember, if you put non life-promoting compounds on your skin or into your body, you will not be promoting life. Your body and your skin are alive biological processes. To be healthy and cancer free, it is important to supply your skin and your body with life-giving and life-supporting foods and products. Look for 'non-toxic' labels and life-giving ingredients. Your life may well depend upon it. *ef*

Shelley and Denie Hiestand have developed New Zealand's first Swiss certified 'non-toxic' skin care products. For more information please visit: www.electricbody.com or call 0800 88 SKIN (7546)

Why are the YourHealth Supplements a cut above the rest?



- Developed by a team of doctors who integrate traditional with nutritional medicine
- Ingredients sourced from the highest quality available—no short cuts!
- Dosages identified as optimal therapeutic requirement for wellness
- NO gluten, yeast, wheat, artificial colours, artificial sweeteners, artificial flavours or artificial preservatives

Available from selected pharmacies and health food stores across New Zealand. For more information call Apotex NZ Limited. Freephone 0800 657 876 from 8.30am to 4.00pm Monday to Friday.

YourHealth
LEADERS IN INTEGRATIVE MEDICINE
www.yourhealth.com.au