

WHAT'S UP DOC PETE?



Breast Cancer ... A message from my wife

Peter J. Muran, MD

As I sat in groups of women this last month of October, breast cancer month, I could not help but think of myself and the women surrounding me and recall that one in every eight of us will have an encounter with breast cancer in our lifetime ... and knowing that within our reach are the tools to change that statistic. Today, let me speak to you.

New scientific options can prevent breast cancer. Vitamin D, adequate iodine, cruciferous vegetables and foods abundant in polyphenols (green tea, pomegranate, curcumin and soy) acting synergistically, regulate cell growth and metabolism and have shown to reduce rates of breast cancer.

Although genetics may "load the gun" for disease, it is the internal environment that pulls the trigger. Environmental toxins and sugar create an internal environment that can "pull the trigger" for disease. Eliminating sugar and reducing exposure to all the other toxins creates a healthful internal environment.

Lastly, knowledge is power. Thermograms are the future of prevention, as thermography identifies changes in the tissue before disease occurs. Self examination, GYN exams and mammograms are early detection survival tools.

Breast cancer devastates not only the afflicted woman, but also those who depend on her friendship, her nurturing, her profession, her contribution to her community and her life partnership.

Do your own research about Vitamin D, iodine deficiency, dindolyl-methane, polyphenols, early detection tools and thermogarchy. Take action. Girlfriends, we are important to our worlds, do this for yourself and those you love.

*Sandy Muran,
Mother, Wife, Sister, Friend
and Clinical Nutritionist.*



Peter J. Muran, MD

1405 Garden Street
San Luis Obispo
805-548-0987