

You don't have to take hormones to be exposed to them!

New Report: Bisphenol-A: a cancerous estrogenic toxin, found in the lining of tinned food can and babies bottles

Everybody is exposed to environmental hormones, called xenoestrogens: The January 2008 edition of Toxicology Letters¹, published a report that showed that a type of plastic called polycarbonate, when heated, releases an environmental xenoestrogen called bisphenol-A. This xenoestrogen causes brain damage¹ and hormone sensitive cancers (especially breast^{2,3,4} and prostate cancer⁵). This type of plastic is contained in babies' bottles¹ and the inside-coating of every can of tinned food you eat⁶ (By the way, tinned food is cooked inside the tin, so there is plenty of heat to release biphenol-A from the inner-coating, into the food, as was reported by the Environmental Working Group⁶ in the USA in March 2007). As a result of this report, the Canadian government has already banned polycarbonate from baby's bottles and is investigating banning its use in tinned foods. No such ban exists in South Africa where polycarbonate is still used in babies' bottles, and still coats the inside of every single can of food.

You are also exposed to hormones in the food we eat. Most cows and chickens are given growth and sex hormones to make them grow faster and bigger. These are stored in the fat of the animal for its entire life. You then consume these when you eat meat or drink milk. Pollution from exhaust fumes, as well a pesticides used on fruits and vegetables, and in your home, also all contain a type of estrogenic substance that increases cancer risk in both men and women.

This risk of cancer is greatly increased if you have a family history of cancer, are on hormone replacement therapy (even the oral contraceptive), or if you smoke, or if are overweight.

CANSA (The Cancer Association of South Africa) is also concerned about environmental estrogens:

CLICK HERE to listen to an SAfm radio interview with Professor Carl Albrecht, head of research at CANSA. Recorded on 2 July 2008, Monica Fairall interviews Professor Albrecht who explains CANSA's concerns over environmental toxins that are in our food and water, and how these cause brain damage and increase the risk of cancers in both men and women.

Cancer protective nutrients:

There are known plant extracts that help protect men and women from cancer. These include two cruciferous vegetable extracts (found in broccoli, cauliflower and Brussels sprouts), known as I3C (indole-3-carbinol) and DIM (di-indole-methane). These help block the effects of cancerous estrogens and xenoestrogens in your body. Another nutrient known as curcumin (obtained from turmeric spice) stimulates phase II liver metabolism. This means it flushes these estrogens and xenoestrogen from your body. There are other cancer protective nutrients too, such as quercetin, selenium, resveratrol, EGCG (from green tea), lycopene, co-enzyme Q10 and folic acid.

I3Complex™ – a unique and comprehensive cancer protective nutraceutical:

So, don't let your family or your patients be an accident waiting to happen. I3Complex™ is a healthy new phyto-nutraceutical that combines I3C, DIM, curcumin, quercetin, resveratrol, EGCG, lycopene, co-enzyme Q10, selenium and folic acid, in optimal effective doses, to reduce the risk of getting cancer. It is important for every man and women to be using I3Complex™ as a preventive cancer risk-reducing measure.

Dosage:

- To reduce risk of getting cancer in people without existing cancer: 1 capsule twice daily.
- As part of therapy in cancer patients: 2 capsules three times daily.

What makes I3Complex™ unique?

- The first and only product in South Africa that combines all natural medicines, from herbal and vegetable extracts, scientifically proven to provide protection from the risks that promote cancer-cell formation and growth.
- Supplies extracts in the same concentrated forms and doses as used in clinical trials.
- Safe, and has additional non-cancer health benefits (such as anti-oxidant, heart and immune system health benefits). It is therefore excellent for healthy people to use as a preventative daily supplement to protect their health.

References:

- (1) Hoa H. Lea, Emily M. Carlsons; **Bisphenol A is released from polycarbonate drinking bottles and mimics the neurotoxic actions of estrogen in developing cerebellar neurons.**; Toxicology Letters; Volume 176, Issue 2, 30 January 2008, Pages 149-156
- (2) Ter Veld MG et al.; **Food-associated estrogenic compounds induce estrogen receptor-mediated luciferase gene expression in transgenic male mice.**; Chem Biol Interact. 2008 Apr 10.
- (3) J, Champion S et al; **Bisphenol A induces a profile of tumor aggressiveness in high-risk cells from breast cancer patients.**; Cancer Res. 2008 Apr 1;68(7):2076-80.
- (4) Buteau-Lozano H et al.; **Xenoestrogens modulate vascular endothelial growth factor secretion in breast cancer cells through an estrogen receptor-dependent mechanism.**; Endocrinol. 2008 Feb;196(2):399-412.
- (5) Hess-Wilson JK et al.; **Unique bisphenol A transcriptome in prostate cancer: novel effects on ERbeta expression that correspond to androgen receptor mutation status.**; Environ Health Perspect. 2007 Nov;115(11):1646-53.
- (6) Environmental Working Group; **A Survey of Bisphenol A in U.S. Canned Foods.**; March 5, 2007; <http://www.ewg.org/reports/bisphenola>



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