



OREGON ATTORNEY ASSISTANCE PROGRAM

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BREAST CANCER PREVENTION BOOK REVIEW

In his book, *The Breast Cancer Prevention Diet*, Dr. Bob Arnot recommends lifestyle and dietary changes that women can make to help prevent breast cancer. The book explains breast cancer as a hormone-driven tumor that is fed by strong estrogen in the fatty tissue of the breast. “When too many strong, bad, or chemical estrogens reach these receptors in the breast, the potential for cancer growth rises.” *Id.* at 21. *The Breast Cancer Prevention Diet* suggests eating fish and nuts (for their omega 3), lowering glucose intake, limiting starches, increasing fiber, eating fruits and vegetables to lower your oxidative load, avoiding chemical estrogens found in red meat and dairy products, decreasing body fat, increasing sunlight (for vitamin D), limiting alcohol, and exercising to prevent certain estrogens from binding to breast tissue. We have heard many of these lifestyle and dietary recommendations before; however, this book tells us how these changes work to help prevent breast cancer.

Submitted by Katherine Foldes