

## **Calcifications In The Breast And Uterus Safe Natural Cures**

Calcifications of the uterus sometimes accompanied by uterine fibroids or uterine myomas, microcalcifications in the breast, or bone spurs is caused by a magnesium deficiency. Again, any time there are calcifications the body you must consider a magnesium deficiency as the most common cause. A magnesium deficiency is caused by an excessive amount of strange estrogen known as xenoestrogens. Xenoestrogens are chemicals or herbs that mimic estrogen strangely or weirdly. It is well-known that oral contraceptives cause a magnesium deficiency as documented by the physicians desk reference. Oral contraceptives contain one type of xenoestrogen.

The solution is simple.

- 1) Magnesium Aspartate / Citrate
- 2) Progesterone
- 3) Lugol's solution

### **1) Magnesium Aspartate / Citrate**

Take Magnesium Aspartate / Citrate daily until you almost get diarrhea, and then back off. Magnesium Aspartate / Citrate is superior to other types of magnesium supplements to dissolve calcifications. The aspartate / citrate will form a soluble complex with calcium to dissolve the calcification.

Calcifications of the uterus can most easily be seen by ultrasound, an x-ray, MRI or CAT scan. It is considered to be an incidental finding by mainstream medicine.

Many times when you do a mammogram you will see small radio opaque shadows that look like sand in the breast, this may or may not be associated with breast cancer. They are usually so small that they cannot be detected by palpation. They are common especially after the age of menopause. For most patients, breast calcifications are benign. However, some tight clusters with the irregular shapes indicate breast cancer. Macrocalcifications in the breast look like large white dashes or dots. Universally, macro calcifications are benign.

Bone spurs, osteophytes, are bony little horns that form on the edges of the bone. Bone spurs can form on the spine or on the tendon that attaches to your foot bone. Bone spurs are considered by mainstream medicine to be the product of osteoarthritis. Bone spurs can cause pain and even rub on other bones, soft tissue such as ligaments, or tendons. Mainstream medicine believes that they form in response to rubbing pressure that continues over a long period of time. Mainstream medicine believes that it is a product of inflammation. However, I believe that not only is there inflammation occurring, but there is also a magnesium deficiency causing the bone spur calcifications.

People with low citrate in their urine usually have kidney stones. Citrate combines with the calcium in the calcium oxalate stones to form a soluble complex. This means there is less free calcium to form calcium oxalate.

### **Symptoms Of A Magnesium Deficiency**

A magnesium deficiency causes muscles to tighten and tense. Muscle tightening can be caused by organophosphate pesticide poisoning.

Organophosphate pesticide is a toned down nerve gas. Yes, organophosphate pesticide is in the same category of chemicals as VX or Sarin nerve gas, the poor man's weapon of mass destruction. Pesticide solvents and the pesticide itself is frequently hormone disruptive in addition to being a carcinogen as an additional penalty.

The intestine is just a smooth muscle tube. The magnesium deficiency will also cause constipation. The uterus is just a muscular upside down sac. A magnesium deficiency will cause uterine cramping. Arteries are tubes that are surrounded by smooth muscle. A magnesium deficiency will cause a constriction of arteries and arterioles causing hands and feet to be cold. Tight neck and shoulders is caused by a magnesium deficiency too.

Chocolate is very high magnesium. Therefore, people with a magnesium deficiency usually have a chocolate craving. This chocolate craving for women occurs just before their period. A chocolate craving just before your period. Chocolate increases a woman's estradiol. Chocolate also contains theobromine, an estrogen. This excess estrogen caused by chocolate will make the magnesium deficiency worse. So on one hand, chocolate contains very high magnesium and satisfies the chocolate craving. On the other hand, chocolate contains chemicals that elevate estradiol and also act like estrogen which makes your magnesium deficiency worse. When you take magnesium supplements, your magnesium deficiency will go away. As your magnesium deficiency becomes satisfied and you become magnesium sufficient your chocolate craving will go away.

### ***Xenoestrogens Cause A Magnesium Deficiency***

The cause of your magnesium deficiency is xenoestrogens. "Xeno" simply means foreign. So, xenoestrogen simply means foreign estrogen. Xenoestrogens are chemicals or herbs that mimic estrogen. These xenoestrogens fit into the estrogen receptor and masquerade as estrogen. They fit into the estrogen receptor and provoke a reaction from the receptor that is kind of estrogen like, but not really estrogen. Xenoestrogens are strange estrogens. They have estrogen like effects, but may be seriously different. For instance, birth control pills contain an estrogen that is similar to natural estrogen, but have several molecular modifications. The estrogen inside birth control pills will cause breast cancer according to the physician's desk reference. The strange estrogen in birth control pills also cause a magnesium deficiency according to the Physician's Desk Reference.

In another example of unintended consequences, synthetic pyrethroid insecticides can also act as a hormone and their ability to disrupt session signaling experiments.

Pyrethroids is a hormone disruptors. This is an example of a chemical designed to be an insecticide, but also acts as an estrogen mimic. Estrogen mimics can cause breast cancer.

### ***Xenoestrogens Can Be Natural And Organic***

Similarly, some herbs that are natural and organic can be hormone disruptive. This is the most common misconception I hear about over the phone. "But the herbs can't be hurting me, the herbs are natural and organic."

The herbs that tend to be hormone disruptive are the ones that are fragrant. This is because benzene rings fit into the estrogen receptor in organic chemistry.

Clifford Bloch M.D., a pediatric endocrinologist in Denver, Colorado, had several young boys with gynecomastia known commonly as "man boobs." He found that their parents are giving them tea tree oil and lavender oil as a topical. He advised the parents to stop giving these oils to their boys. After 3 to 4 months, the man boobs disappeared. He tested the boys own hormones and found them to be normal. He then took the tea tree oil and lavender oil separately and put them in breast cancer cells to tests for their estrogen stimulating behavior. He found that both tea tree oil and lavender oil stimulated the breast cancer cells sensitive to estrogen to proliferate. He also found that the tea tree oil and lavender oil blocked testosterone. Thus the boy's estrogen receptors were stimulated and the boy's testosterone receptors were blocked. Effectively, the parents were turning their boys into girls using tea tree oil and lavender oil as a topical.

At the University of Rochester medical Center published in the international Journal of andrology they examined phthalates levels in mothers' urine in the playground behaviors of their preschool boys. Two phthalates DEHP and DBP are found in PVC containing products, soaps and lotions, vinyl and plastic tubing. Phthalates are increasingly implicated with genital defects, metabolic abnormalities, and reduce testosterone in babies and adults.

In the new study, higher concentrations of metabolites of DEHP and DPB were associated with less male type behavior in boys on a standard play questionnaire. Mothers provide urine samples at the 28th week of pregnancy. The speculation is that the phthalates may lower fetus testosterone during the critical window of 8-24 weeks of gestation when the testes begin to function. If testosterone production is inhibited, it could alter brain sexual preferences. Higher concentrations of DEHP and DPB metabolites in the pregnant mother's urine corresponded with less masculine play behavior scores.

I had one patient that had about seven children. She gave her son lavender oil on the palms of his hands every night to help them go to sleep. After a while, he started hanging out with the girls and wanted to grow his hair long just like a girl. He became feminized in his behavior. After reading about lavender, she stopped the lavender. Immediately, he began to throw rocks and make arrows and hang out with the boys. He did not want to be with the girls any more. His parents did not guide him into specific behaviors. He did this all on his own.

### ***Get Rid Of Xenoestrogens***

Xenoestrogens are ubiquitous. However, we cannot live in a plastic bubble. So, it is important to do the 20% effort to get the 80% effect. Anything on the skin goes straight into the body. Just as nicotine patches released nicotine in the body, anything you put into the skin is released into the body. Not only that, but anything put on the skin goes directly into the body bypassing the liver. In contrast, anything you eat is first pass metabolized by the liver. Thus, anything you put on the skin is 10 times the oral dose in potency. Thus, don't worry so much about what you eat. Worry about what you are putting on the skin. Change your laundry detergent, soap, conditioner, shampoo, deodorant, toothpaste, and lotion.

### **2) Take Progesterone To Balance Xenoestrogens**

Taking progesterone can balance out the effect of weak xenoestrogens. If you take progesterone with the weak xenoestrogens you will get better. Taking progesterone with strong xenoestrogens will make you worse temporarily until you stop the progesterone because of the paradoxical effect. If you take progesterone with xenoestrogens, sometimes the progesterone will work for a couple of months and then it will stop working. If you take progesterone with herbs that block progesterone at the receptor level, then when you take progesterone it will be as if there was nothing in the bottle.

Progesterone is not the same as synthetic brand-name progestins. Progesterone is the same molecule your body produces. Synthetic brand-name progestins take natural progesterone and chemically modify it. It is chemically modified to be patented. Once patented, large profits can be made. The large profits may be used to hire drug reps at hundred thousand dollars per year. The drug reps then convince unsuspecting doctors to use it. Large TV advertising and magazine advertising budgets can be had. Large research efforts that cost upwards of \$100 million for the drug can be paid for. In contrast natural progesterone is cheap because it is not patented. There are many suppliers. There is no profit. There is no money for research. There is no money for advertising. There is no money to hire drug reps.

Progesterone is routinely used by fertility test tube doctors to prevent miscarriage. Progesterone does not cause birth defects. Synthetic brand-name progestins cause birth defects according to the physicians desk reference. If you use a brand-name synthetic progestin to stop miscarriage this will cause birth defects, and it is considered to be malpractice.

What would you rather use?

### ***Side Effects Of Progesterone***

The reason why you can have bad side effects with progesterone is because of estrogen receptor down regulation. If you have chronic xenoestrogens in your life, then your body protects itself by shutting down its sensitivity to estrogen. This is known as down regulation. It is sort of like going to a very noisy rock concert. After half an hour it's not so noisy. This is because your ears down regulate to a loud noise. Your ears become less sensitive to the noise. When you take progesterone your "ears" wake-up. All of a sudden, the rock concert seems loud again. All of a sudden, the estrogen seems loud again. You regain your original sensitivity to estrogen. This is why when you take progesterone with strong xenoestrogens you will get worse temporarily until you stop progesterone. This is why when you take progesterone with xenoestrogens, the progesterone stops working after two months. Mercola labels this as "dermal fatigue". It is not "dermal fatigue." It is simply that you are taking progesterone with xenoestrogens and estrogen receptors have woken up.

The solution is to eliminate xenoestrogens for one to three months and then take progesterone. The reason why you wait for one to three months is that you have to wait for the topicals that you have been using before that contain xenoestrogens to wash out of your body. Many topicals are fat loving and go into the fat. It may take one to three months for these xenoestrogens to wash out of the body. Furthermore, if you start to lose fat (lose weight), the fat will releasing lotions and you may get sick from them.

### **3) Take Iodine To Reduce Xenoestrogen Sensitivity**

Iodine seems to reduce xenoestrogens sensitivity because iodine converts strong estradiol to weak estriol. I have had several patients that avoided xenoestrogens and improved greatly. One patient had endometriosis pain 10 out of 10. After five months of being on our program of avoiding xenoestrogens, she had pain of 3 out of 10. Then, she took iodine in three weeks or pain decreased to 0 out of 10. It is extremely important to take Lugol's iodine. This is because Lugol's iodine contains iodide ion (I<sup>-</sup>) and atomic iodine (I<sub>2</sub>). Your tissues need both iodide ion and atomic iodine. Some tissues take up iodide ion (I<sup>-</sup>). Some tissues take up atomic iodine (I<sub>2</sub>). You must have both types of iodine for optimal health.

I recommend starting at 3 mg of iodine per day. This is one drop of 2% Lugol's iodine. Then ramp up and increase by 10 mg per day every two weeks until you reach 50 mg per day. Maintain 50 mg per day for 3 to 4 months. This fills your body up with iodine. Then cut back to 10 mg per day for maintenance.

Most important thing to watch out for is bromine toxicity. Iodine forces out bromine. People get sick from bromine. Bromine will displace iodine on of the thyroid hormone possibly, and then, the thyroid hormone becomes useless, and the thyroid hormone will not work. Bromine is found in sports drinks, soft drinks, commercial bakery products, brominated swimming pools instead of chlorinated summing pools, sleep aids, and asthma inhalers. As of 2014, PepsiCo quietly took out bromine out of some of its soft drinks. Coca-Cola is thinking of following suit. Bromine in soft drinks is banned in the European Union.

When taking iodine, bromine will be forced out and you could have some of the following symptoms: eyelid twitching, foot tingling, tingling in the hands and feet, depression, anxiety, emotionality, acne name was a rash (zinc helps), lethargy, odd swallowing sensations, body odor, diarrhea, constipation, loss of hair, runny nose, kidney pain, and headache. It is important to remember that the side effects are not from iodine but the bromine that is pushed out of the tissues by iodine. The most common side effect is heart palpitations and vivid dreams with difficulty sleeping. For this reason, I recommend taking iodine in the morning.