

Simple Steps to Reduce Breast Cancer Risk



[Carolyn Schropp](#) BS, NC,
Functional Nutritional
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HealthWalk

We are now discovering there are many causes of cancer, the most dreaded disease for many people. Breast Cancer is the leading cause of death among American women between the ages of 44 and 55. The incidence of breast cancer is on the rise for both men and women. Awareness of changes in appearance and sensation in breast tissue is an important tool for both men and women. From the time of birth, healthy cells are developing in your breasts. What you put into your body from a nutrition standpoint can determine how strong and resilient these cells stay throughout your life.

Diet- Avoid white food - Refined carbohydrates (pasta, white rice, white flour, cookies, cakes, pies) sugar, processed foods, hormone and antibiotic-injected meat, poultry, dairy products and farm raised fish. A diet heavy with refined/processed white foods causes a condition called insulin resistance. Insulin resistance is one risk factor linked to breast cancer among other cancers.

Consuming a diet rich with fresh fruits, vegetables and filtered water ([HydroMag™](#) treated water is even better) will help keep your gastrointestinal system, kidney, metabolic processes and skin function properly. These organs are crucial to detoxification and excretion. Eat a rainbow of colored foods that are high in lycopene and other immune boosting antioxidants, vitamins and trace minerals. Eating a variety of fruits and vegetables every day reduces your risk of breast cancer and boosts your immune system.

Powerful antioxidants, polyphenols, carotenoids and flavinoids - They're needed to scavenge the free radicals in your body and blood that cause oxidative stress. Antioxidants help prevent widespread cellular destruction by stabilizing free radicals and avert damage to other cellular components throughout the body. Berries, legumes and

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other fresh fruits and vegetables, raw nuts and herbs like rosemary, turmeric (curcumin) are excellent sources of anti-inflammatory support. Vitamins C, A, E and green tea block the effect of estrogen on the cells' receptors, thus reducing the growth of cancer cells. Iodine is also important, not only for thyroid function, breast cells have iodine receptors which help use energy at the mitochondrial and nuclear DNA level.

Reduce stress- emotional, environmental, biological, physical, or physiological stress prompts a reaction in the adrenal glands causing a rise in cortisol and a decrease in DHEA, melatonin, immune cytokines (proteins produced by a variety of anti-inflammatory, immune and infection fighting cells) and progesterone. Find time to be quiet, meditate and/or pray. Surround yourself with positive people. Remember to accept the things you cannot change, have courage to change the things you can and the wisdom to know the difference. [HealthWalk's Comprehensive Wellness Profile](#) analysis (CWP) can reveal the health status of your endocrine system which regulates many aspects of your body functioning including gut health, mental functioning, immune system functioning, chronic stress, weight, energy, sleep and much more. With the information from the [CWP Comprehensive Wellness Profile](#), we can work with you to develop a health and nutritional plan which will increase your wellbeing and immunity including breast health.

Vitamin D levels- We now know that if you can get your vitamin D levels up to 60-80 ng/ml, it will virtually eliminate your risk of breast cancer. This vitamin keeps cancerous cells from multiplying. Breast

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Mark Hinds
 Founder and CEO,
 HealthWalk™

Founder's Message

Dear HealthWalk Family and Friends,

Ah October, welcome to the autumn season. The leaves are changing colors and there is a crisp chillness in the air. October is also **National Breast Cancer Awareness Month**. Breast Cancer is the most common non-skin cancer and the second leading cause of cancer-related death among women in the United States. Men as well as women may have breast cancer, although it is more common in women. We at HealthWalk would like to support you in the prevention and recovery from cancer and other diseases by building a strong body, mind, spirit and immune system.

We have several special ways to support your health in conjunction with **National Breast Cancer Awareness Month**. [Carolyn Schropp](#), HealthWalk's **Functional Nutritionist** has written an article on some natural ways of preventing breast cancer. [Dr. Anna Walden](#) details in her article the dangers of excessive Calcium consumption and its effect on breast calcification.

We are presenting a [Free workshop on Breast Health](#) on **October 21st Wednesday at 6:00-9:00pm** at our integrated healthcare center to share with you the latest research and ways to maintain vibrant health. At HealthWalk we combine the latest technology and science with the wisdom and experience of health and healing from many traditions so you can benefit from a holistic perspective.

In addition we are doing a series of radio shows on **Pace and Prosperity** on current health issues. Each practitioner will speak about how the mind, body and spirit are integrated in health and wellbeing.

HealthWalk Blog talk radio show dates, website and call in information: Call-in Number: (347) 215-7305 or visit the website

<http://www.blogtalkradio.com/NataliePace>

Oct. 21st Wednesday 9:00-9:30am PDT - Autism and ADHD - Dr. Dennis Maness

Oct. 28th Wednesday 9:00-9:30am PDT - Perimenopause and Menopause - Carolyn Schropp NC, CCT

Nov. 4th Wednesday 9:00-9:30am PDT - The Modern Calcium Myth: When Not Enough became Too Much and Harmful - Dr. Anna Walden

And of course our October specials are designed to further support you in being healthy and vital. We have two specials in conjunction with **National Breast Cancer Awareness Month**: 20% discount on:

HealthWalk's [Digital Infrared Thermal Imaging \(DITI\)](#) **20% off.**

DITI is an effective and FDA approved service to help diagnose pathology in the vascular, muscular, neural and skeletal systems. DITI can provide early detection of health issues and can show breast cancer cells very early at 256 cell divisions. DITI scans are non-invasive, pain free and have no radiation. Our scans are reviewed by medical doctors certified by ACCT to ensure the best DITI service. DITI is an affordable, accurate and powerful early detection and prevention tool to observe the body and provide insight not previously available.

HealthWalk's [BioNue™](#)
 Super Biotic Formula
\$15.99 (Regularly \$19.99)


Almost every diet today is deficient in the friendly bacteria necessary for proper function of digestive processes and a strong immune system. The proper intestinal flora will help absorb and neutralize carcinogens we ingest and eliminate the enzymes which can cause cancer. BioNue can also assist in preventing the formation of tumors in the breast, colon and liver. This combination of super probiotics allows the body to normalize its digestive and absorption processes and to counteract the pathogenic bacteria which may be ingested via food and environmental contamination.

We look forward to seeing you at our **integrated health and wellness center** here in Carlsbad or to connecting with you online info@healthwalk.com or by phone 760-929-1520. Have a healthy happy fall season!

And as always-

To your vibrant health,

[Mark Hinds](#)

Founder and Co-Visioneer, HealthWalk 

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cancer is particularly sensitive to vitamin D, so it's very important you monitor your vitamin D status with a test called 25-hydroxy vitamin D, available through [HealthWalk](#). Getting enough vitamin D can reduce your risk of breast cancer by 30 percent according to Harvard researchers. Many experts urge all adults to supplement with at least 3,000 IU of vitamin D per day. At [HealthWalk](#) we can monitor your vitamin D level with the Comprehensive Wellness Panel (blood chemistry panel).



Exercise- Any form of exercise increases endorphins, chemicals produced by your body that make you feel good, and boost your immune system. Scientists have discovered that beta-endorphin activates NK Cells (natural killer cells) which can potentially kill cancer cells. Endorphins also relieve pain and stress as well as postpone the aging process. Alternate between aerobic exercise (cardiovascular) and anaerobic exercise (stretching and weight resistance). Exercise will help you feel better, work your muscles, increase your immunity and sweat out toxins!

Rest- relax, meditate and sleep at least seven to eight hours per night so that your immune system and endocrine system (adrenal glands, hypothalamus and pituitary glands) can communicate and regenerate. At the same time your body will recognize abnormal cells and program them to die.

Nutritional supplements - they act as catalysts in enzymatic reactions in hormonal, neurotransmitter and detoxification processes, all critical in preventing breast cancer and strengthening the immune system. At [HealthWalk](#) we can work with you to determine the specific nutritional supplements most appropriate for your body's needs.

[Digital Infrared Thermal Imaging \(DITI\)](#) - This is an FDA approved technology used as an early indicator for many kinds of pathology. For breast health [DITI](#) detects the subtle physiological changes that accompany breast pathology, including cancer, at the very early stage of 256-cell divisions. [DITI](#) screenings are non invasive, has no radiation, is painless and offer highly effective results.

[HealthWalk](#) offers [DITI](#) imaging with the images reviewed by medical doctors certified by ACCT to ensure that we provide our clients with the best [DITI](#) service. [DITI](#) is an affordable, accurate and powerful tool to observe the body as a whole and provide insight not previously available to prevent and detect any diseases or potential health challenges.

There is no better time than now to build a stronger health foundation. Contact us at www.HealthWalk.com, email info@healthwalk.com or call us at 760-929-1520, we have the tools, support and information to empower you on your path to regaining and maintaining vibrant health. We look forward to serving you. 🍏

The Modern Calcium Myth: When Not Enough became Too Much and Harmful

By [Dr. Anna Walden](#), ND, DNM, MH, CBT,

HealthWalk™ [Vital Hematology](#) Department

If you ask anyone what they need to have strong bones, the likely response is "Calcium." But the fact is that the strength of bones relies on at least 11 other minerals. Specifically, the minerals in bones are: Calcium, Potassium, Magnesium, Manganese, Silica, Iron, Zinc, Selenium, Boron, Phosphorus, Sulfur and Chromium in addition to traces of many other minerals. The body's need for minerals is well documented by the science of Biochemistry. Our body is made up of approximately 28% minerals. Our bodies cannot make minerals. Minerals have to be ingested and absorbed from our food. But not just minerals in any quantity and proportion - mineral balance is necessary for the proper absorption of vitamins, amino acids and other vital nutrients. Minerals have specific charges and have to be in balance to work properly in the body.

In fact, most people are mineral deficient in many ways. But that problem is not resolved by the food industry's addition and promotion of Calcium in baby food, pasta, orange juice, water and other food products. The body's balance of minerals is thrown off by the excess Calcium and the overload of Calcium has to go somewhere. Instead of going to help make super strong bones, the excess Calcium contributes to creating plaque in the arteries, kidney stones, gall stones, bone spurs, osteoarthritis, hypertension and other unhealthy conditions and diseases.

How current is this news? In 1991 the International Journal of Cardiology published cardiologist Dr. Stephen Seely's treatise entitled, "Is Calcium Excess in the Western Diet a Major Cause of Arterial Disease?" He makes the point that countries with daily calcium intake is in the range of 200-400mg, arterial diseases are non-existent and blood pressure does not increase with age. Whereas in countries such as the United States, New Zealand, Scandinavian countries, and Ireland, where daily intake is 800mg or greater, the leading cause of death is arterial disease. Dr. Seely points out that arterial plaque is only 3% cholesterol but 50% calcium.

Dr. Seely's recommendation? Reduce calcium consumption only to the level needed by the body. He says, "This could be achieved only by drastically making cuts in consumption of milk." (and other dairy products)

In 1974, the California Milk Producers Advisory board was ordered by the Federal Trade Commission to stop its "false, misleading and deceptive advertising campaign" called "Everybody needs milk." This slogan became then, "Milk has something for everybody." Eventually

we got the white upper-lipped celebrity challenge, "Got Milk?" And yet The Nurses Health Study co-authored by Walter Willett, Ph.D. who was the Chairman of the Department of Nutrition at the Harvard School of Public Health, found that the women who had the highest calcium consumption sustained substantially more fractures than their counterparts who drank less milk.



Post menopausal women are particularly singled out to consume more calcium to ward off osteoporosis. The British Medical Journal in January of 2008 published a study done to assess effects of calcium supplements on healthy postmenopausal women's risk for cardiovascular events such as heart attack, stroke and sudden death. For five years 1,471 postmenopausal women were observed. Half of them were given 1000mg per day of supplemental calcium citrate and half were given a placebo. The group which was supplemented with calcium had a 47% higher occurrence of heart attack, stroke, or sudden death. Researchers, headed by Dr. Ian Reid, concluded that "Calcium supplementation in healthy postmenopausal women is associated with upward trends in cardiovascular event rates. This potentially detrimental effect should be balanced against the likely benefits of calcium on bone".

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Other indicators of excess calcium are breast arterial calcification. Calcium binds with phosphate to form hard and bony structures when the calcium crystals accumulate in tissues other than the bones and the teeth.

Hypertension can be treated by a class of drugs known as "calcium-channel blockers." (*Common names of these drugs are below) They are necessary when there is excess calcium in the body. They block the calcium's role in contracting muscles in the heart and arteries and relaxing muscles so that the blood pressure is directly lowered. If there is no excess calcium, then the calcium-channel blockers would not be necessary. The European Cardiology Society made us aware of the danger of these drugs. About 85,000 avoidable heart attacks and cases of heart failure on a yearly basis are blamed on this type of drug.

If you already have the diagnosis of osteoporosis, then it is imperative to replace not one but all of the minerals responsible for the strength of the bones. Supplementation with the right kind of minerals is an excellent first step. Eliminating dairy products and avoiding fatty meats is important. And weight-bearing exercises are another key to regaining and maintaining bone integrity.

An action plan created by a health professional can get you set upon the right track. At [HealthWalk](#) we have [Functional Nutritional Consultation](#), [Comprehensive Wellness Profile \(biomarkers analysis\)](#) and [Vital Hematology live blood analysis](#) among other services and products which can provide you with the information and support to achieve the proper health balance.

The addition of good salt in the diet is essential. All the minerals are present in sea salt. By taking the proper salt, the body is able to make Hydrochloric Acid for the breakdown of proteins in the food. Good salt is one simple but highly effective way to re-mineralize.

Further testing can and should be done at regular intervals to monitor your progress. We invite you to come to [HealthWalk](#) and experience our integrated and leading edge modalities so that you can take more control of your own health and wellness. 🌱

*Common names of Calcium Channel Blockers Drug: (Adalat (nifedipine), Calan (verapamil), Cardene (nicardipine), Cardizem (diltiazem), Cardizem CD (diltiazem), Cardizem SR (diltiazem), Cartia (diltiazem), Covera-HS (verapamil), Dilacor XR (diltiazem), Diltia XT (diltiazem), DynaCirc (isradipine), Isoptin (verapamil), Lotrel (amlodipine), Nimotop (nimodipine), Norvasc (amlodipine), Plendil (felodipine), Procardia (nifedipine), Procardia XL (nifedipine), Sular (nisoldipine), Tiamate (diltiazem), Tiazac (diltiazem), Vasacor (bepridil), Verelan (verapamil)

Your Mind is Playing the Symphony of Your Making

By [Dr. Dennis Maness](#), HealthWalk™ [MindSoul Division](#)

We step into the theater to watch a well advertised movie. Comedy, Mystery, Suspense movie; the movie type doesn't matter. You quickly find your seat, the theater goes dark and the music begins. Certain notes, chord progressions, rhythms and sounds tantalize your senses and almost like a vacuum it pulls you into the script, actors and actresses in the movie. Certain sounds from the orchestra excite, stimulate, create anxiety and pique the emotions. You find your pulse accelerating; you start to notice your emotions are able to run the gamut of anger, stress, fear, joy or passion. All these emotional changes simply from a musical score and a fictional script presented in a way that makes it appear real.



Welcome to the theater of your brain.

As your alarm sounds, your brain awakens to the new day. Neurotransmitters start functioning like a well oiled machine. Waves

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of emotion and excitement come to life as your feet hit the floor to welcome the morning. Now the script that will set the pace for your day starts to be enacted by the actors and actresses in your mind.

As the brain fog subsides, the orchestra director of your brain listens closely to the frequencies of your brain to determine the scene that is playing in your mind. Which instruments (neurotransmitters) are functioning, which are most active and which instruments are out of tune? It takes only a few seconds for the orchestra director to make his evaluation and send the signal to you telling you what kind of a day you are about to experience.

Do you sing out "Good Morning World?" or do you cry out for help?

You have just stepped into your daily theater; a theater of your brain, mind and body. Is this day going to be a mystery movie, a suspense movie, a comedy or is it going to be a productive, successful day?

Far too often, too many allow the orchestra of their mind to take them wherever the music wants to drop them. This can lead to depression, anxiety, stress and stress related illnesses.

When you come to [HealthWalk](#) for [MindSoul Brain Technology](#) neuro-sound therapy, we study and help you tune and direct the symphony in your brain. Using non-invasive technology, we track and map your brain's energy pathways. These pathways are identifiable and measurable because brain activity creates electromagnetic energy. Your brain's electromagnetic energy creates imprints in the brain that you experience as memories, trauma, thoughts, and experiences. What is the orchestra playing? Are the instruments in tune? When they are out of tune, you may be experiencing feelings of stress, anxiety, depression, headache, phantom pain, pain or even numbness.

If it is happening in the brain, most likely it is affecting the body. Some clients have taken medicine for their gut or immune system for extended periods of time and have noticed symptoms may leave temporarily but the problems persist. Often after a few sessions of [MindSoul Brain Technology](#) where we help them make changes in their thought patterns and neuro frequencies of the brain, their gut and/or immune system problems clear up.

At [HealthWalk](#), clients have experienced significant positive changes in stress levels, stress related illnesses, memory, anxiety and depression after only a few sessions. With [MindSoul Brain Technology](#) neuro-sound therapy we simply adjust how the orchestra in their brain is playing and we also teach them how to take control of the behavior of their own brain.

The ability to control the functioning of your own emotional patterns

is within you.

Please contact us via our website www.HealthWalk.com, email, info@healthwalk.com, or call us at 760-929-1520 and we will be happy to support you in playing the symphony that you want in your brain and life. 🌱

Chappy's On Eagle's Wings Attitude Check!

By Ron Ringo

It has been reported that during some of the most difficult days of World War II, Winston Churchill said the following words to inspire his people: "Let us... brace ourselves to our duties, and so bear ourselves that if the British Empire... lasts for a thousand years, men will still say; "This was their finest hour." What will you do in your finest hour?

With the continuing war and constant threat of war, terrorism, daily struggles, work, family responsibilities and an endless list of to do's... we all may face a time we call our finest hour. How will we respond?



Every year, every month, every day, hour and minute are times of new beginnings. Maybe that is the reason that God closes the day with the curtain of night to put an end to the day that is done. It has been said, "All of your yesterdays ended last night. It makes no difference how long you've been alive, they're all ended. This day is absolutely new. You've never lived it before." What an opportunity!

However, an old Chinese proverb says that, "people in the West are always getting ready to live." Does this possibly sound familiar or ring true in your life? Are we waiting to live until we have the lives we are planning for or want them to be? Thomas la Mance said, "Life is what happens to us while making other plans.<lem>" Even though our present day may be difficult, we will be better served if we try to enjoy the here and now. Our finest hour may come as we do this

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and strive to help others do the same.

When life seems hard, work boring, and maybe our relationships ever challenging, it might be time to try a different angle of approach on the situation or issue. It is said that how we look at things in our world, and the people in it, is a reflection of ourselves. A poem I heard before gives this great meaning.

*"I knelt to pray when day was done
And prayed, "O Lord, bless everyone;
Lift from each saddened heart the pain,
And let the sick be well again."*

*And then I woke another day
And carelessly went on my way;
The whole day long, I did not try
To wipe a tear from any eye.*

*I did not try to share the load
Of any brother on the road;
I did not even go to see
The sick man, just next door to me.*

*Yet, once again, when day was done,
I prayed, "O Lord, bless everyone."
But as I prayed, into my ear
There came a voice that whispered clear:*

*"Pause now, my daughter (son), before you pray;
Whom have you tried to bless today?
God's sweetest blessings always go
By hands that serve Him here below."*

*And then I hid my face and cried,
"Forgive me, God, I have not tried.
Let me but live another day,
And I will live the way I pray."*

No matter what sorrows weigh us down or tears we may spill at night on our pillow, joy can come to each of us all in every new morning. Norman Vincent Peale's lifelong motto was, "Trust God and live one day at a time." After all, life is just a collection of days, minutes and hours. Your finest hour may be just ahead in one of life's little challenges.

Christopher Columbus had to have the type of attitude we should embrace in our life. He was scoffed at and ridiculed for his beliefs and desire of wanting to sail around the earth. Yet through his taking "one day at a time," his finest hour came, he was finally financed and we are the direct beneficiaries of his efforts. The rest is history, and thanks to him and others like him, today we have this great country that we love.

This month as we enjoy the celebration and remembrance of Columbus' accomplishments, we want to remember that it was done through his ability to keep the right attitude and determined faith in his God. May we be ready for the finest hours in our life, with the proper attitude, is my prayer for us all this week.

It is my hope that this message will help you to, "mount up as on eagle's wings", and renew a little of your strength to keep moving forward and find joy...

But they that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not be faint. (Isaiah 40:31)

Until next time, may God bless you and may God continue to bless this great country. SEMPER FI



Chaplain Ringo, is the Command Chaplain at MCRD H&S BN, holds a Doctorate of Philosophy in Counseling, and is a Certified Trauma Specialist.

Chaplain Ringo is a good friend and supporter of HealthWalk's. We are grateful that he is working with us on our integrated total health approach to enhancing and restoring our veterans' resilience for re-engagement and for their transition from the high operational tempo back to their families and civilian life. 🌱

Hot Apple Cider



- 4 small organic apples, such as gala
- 10-15 organic whole cloves
- 1 organic orange, thinly sliced
- 1 quart fresh organic unfiltered apple juice
- ½ teaspoon allspice
- cinnamon sticks, for garnish

1. Stud apples with cloves.
2. In large pot, combine remaining ingredients except for the cinnamon sticks.
3. Bring to a simmer for about 10-12 minutes.
4. Remove from heat.
5. Ladle cider into mugs and garnish with a cinnamon stick.
6. Serves 4-6. 🌱

Green Beans with Almonds and Thyme



- 1 lb organic fresh green beans, washed and trimmed
- 2 TBSP organic olive oil
- 1 clove organic garlic minced
- 1 TBSP organic fresh minced thyme
- ¼ cup organic slivered almonds
- Sea salt to taste

1. Cook the green beans in a pot of boiling water until just crisp-tender, about 6- 8 minutes.
2. Drain the beans transfer to a bowl.
3. Add olive oil to a skillet over low heat.
4. Add minced garlic cook until golden brown.
5. Add half of the thyme and beans to the skillet toss until heated through, about 4 minutes.
6. Add sea salt.
7. Transfer to a serving bowl.
8. Sprinkle with almonds and the remaining thyme.
9. Serves 4 . 🌱

Hearty Vegetable Soup



- 2 Tbsp olive oil
- 2 cups organic chopped onion
- 4 cloves organic minced garlic
- 2 organic chopped celery stalks
- 2 organic chopped medium carrots
- 1 tsp organic minced oregano
- 1 tsp organic minced rosemary
- 1 tsp organic minced basil
- Sea salt to taste
- Cayenne pepper to taste (optional)
- 2 cups organic chopped zucchini
- 6 cups vegetable stock and / or filtered water
- 1 cup dry whole wheat pasta or 1- 1 ½ lb organic potatoes cut into 1/2" cubes
- 2 cups chopped organic tomatoes

1. Sauté the onion and garlic in olive oil for about 5 minutes.
2. Add celery, carrots and herbs (and potatoes if using them instead of pasta) then cover and simmer for about 15 minutes, stirring occasionally.
3. Add the zucchini and stock/water, then cover and simmer for 20 minutes.
4. If using pasta, bring soup to a boil again, add pasta and cook, stirring occasionally, until pasta is tender.
5. In both case finish by stirring in the tomatoes.
6. Serves four. 🌱