

Y-ME ShareRing Network Conference Call hosted by Arline Kallick on April 20, 2005, at 7:00 p.m. CST.

Registration for ShareRing calls are made by calling our Hotline or going online to the Y-ME Web site, which is www.y-me.org. Transcripts of each ShareRing call will be available online approximately seven days following each call.

Tonight's speaker is Kim Dalzell. She blends traditional and holistic nutritional therapy for optimal health. She is a pioneer in the holistic oncology nutrition field, an author, an international nutrition consultant and the director of Holistic Nutrition Services at the Cancer Resource Center for Cancer Treatment Centers of America. Kim educates cancer patients and healthcare professionals about the healing potential of nutrition.

Our program tonight is called "Natural Nutrition for Breast Cancer." We welcome Kim Dalzell.

Kim Dalzell: Thank you, Arline. Hello, everyone. It is my pleasure to call in this evening. I am very excited about this call and I want to let you know that every day scientists are discovering how common foods that contain phytochemicals and other nutrients can support whole body healing during and after cancer treatment.

Tonight you will hear five must-know nutrition recommendations to help you fight breast cancer. So let us begin.

One, balance your fat. Now being overweight or obese may increase your mortality for breast cancer. According to research published in the February 1999 Breast Cancer Research and Treatment Journal, breast cancer patients that consume excess calories actually experience higher recurrence rates than those who consumed moderate calories. Now there can be a number of reasons for this. The first thing is the toxic environment due to increased pesticide or plastic compound intake could be one of the risks. Also elevated estrogen and insulin Growth Factor 1 levels may prompt hormonal based cancers to grow and spread. Finally, any time you take in larger amounts of calories, you have increased cellular proliferation or division.

Now it is not necessary to cut all fat out of your diet. Some fats can actually be good for you. Another 1999 study published in The Journal of Clinical Nutrition found that adding a daily serving of omega 3 fatty acids helped overweight people actually burn more fat. Now these omega-3 fatty acids found in fish and flax also may benefit the immune system and reduce the risk of metastatic

disease. Some evidence of this show that omega-3 fatty acids have a powerful effect on triglyceride levels and decreasing the risk of cardiac disease.

One of the easiest ways to balance the fat in your diet is to follow these following guidelines: exclusive use of olive or canola oil and make sure that canola oil is cold pressed from the health food store. Also eat more fish. Typically the ones that are from the cold waters are better -- tuna, mackerel, salmon and sardines. Also there are supplements that you can purchase that are free of the (inaudible) and PCB's and mercury contaminants and of course flaxseed. It is interesting to note that in animal study published in Cancer Letters in November 2002 found that mice with established breast tumors that were given a diet of 10% flaxseed had reduced tumor growth and less metastasis.

The second recommendation is to eat less refined and more whole foods. The power of whole food is evident in research conducted at the University of Western Ontario. Their scientists found that breast cancer cell growth slowed when hesperidin was added to test tubes. Hesperidin is a plant chemical found in citrus fruits. But even so, the isolated plant compound was far less effective than regular orange juice when it came to helping breast cancer cells

grow. What we know is that the more whole foods you eat, the healthier the food and the better the body can utilize it. The more processed foods are, the less likely they are to contribute to our health.

Research suggests that processed sugars and fats may actually impact immunity and trans fatty acids found in processed convenience foods may wreak havoc on healthy cells and increase cardiac risk factors. I recommend shifting from refined white foods, such as white bread, white sugar, and white pasta to whole grains whenever possible. A study published in The Journal of Clinical Oncology in June or 2004 showed that increasing fiber independent of a low-fat diet was associated with reduced serum estradiol concentration in women diagnosed with breast cancer. Whole grains are also going to provide fiber and stabilize blood sugar, pull cholesterol out of the body and help sustain energy levels and provide those phytochemicals and B vitamins that support red blood cell development and metabolism.

In addition to increasing fiber, limit processed foods by cooking from scratch whenever possible. Consume about a half cup of beans, peas or lentils every day and limit your juice to 4 ounces per day, choosing whole foods instead. Finally, choose carbohydrates

or starches based on weight and not necessarily color. Brown breads that are light won't have a lot of fiber in them.

Three, eat seven to nine servings of fruits or vegetables every day. Now the idea that plant chemicals found in produce may affect certain cancers is not new. For breast cancer there appear to be a number of plants that provide outstanding cancer fighting benefits. According to Tufts University Heath and Nutrition Letter of January 2004, the plants that offer the most protection against breast cancer include those that contain flavones. These are plant chemicals commonly found in leafy greens, celery, lettuce, red and green peppers, spinach, parsley and green tea. Enderol* carbonyl another plant chemical found in cruciferous vegetables like broccoli or cauliflower are hormone modifiers, which act to dry the production of a less potent form of estrogen. Enderol* also helps to detoxify the liver.

Now other plants, particularly orange and yellow ones like squash, carrots and cantaloupe, contain carotene. Beta-carotene can be converted to vitamin A in the body if needed. But it has also been found to be associated with the reduced recurrence risk of breast cancer. Most recently researchers have learned it plays a critical role in maintaining the immune system. Maintaining cell integrity is

key too. In fact a study published in The Journal of the National Cancer Institute of January of this year found that women who had robust DNA repair had lower breast cancer risk. Those that did not increased their risk by almost 300%. This is a finding I believe may have value even in terms of recurrence.

The key of course is to eat a variety of plants as they all contain different kinds of chemicals. Think in rules of three. Three plants for breakfast, three plants for lunch and three plants for dinner. You might want to consider a whole foods supplement that provides therapeutic levels of a variety of plant chemicals for those times when you cannot or won't eat all the plants you need to eat.

The fourth is to eat soy foods but sparingly. Now research clearly shows that soy foods have promising anti-cancer potential for established cancer, not just a prevention of certain cancers. In test tubes, genestine*, the plant compound found in a soybean, was able to halt the growth and reduce the spreading or spreadability or metastatic properties of breast cancer cells. Genestine's* impact on breast cancer cells is contradictory because as an isoflavone it acts as a weak estrogen in the body. In test tubes, genestine* has either halted or grown breast cancer cells. Some studies have revealed that these isoflavones suppress the development of breast

cancers by blocking estrogen receptor sites. Yet on the other hand, we have animal studies that show genestine acts as an estrogen and stimulates estrogen receptor breast cancer cells.

Current recommendations by the American and Canadian Dietetic Association are for those women with a history of breast cancer or those who are currently taking tamoxifen, they should consume moderate amounts of soy. We are still seeing a protective benefit primarily from the Asian studies. Two to three servings per week are recommended but you must avoid any isolated soy isoflavones. These are going to be found in concentrated high level sources in protein powders, nutrition drink mixes, supplemental pills and energy bars.

I would encourage these two to three servings per week of soy food such as soy milk, soy beans or soy nuts to actually replace some of your saturated animal foods in the diet. Instead of red meat one night perhaps have tofu or have some additional soy milk or something for the day.

Finally, number five. Build a natural medicine chest. Yes, use nutrients to reduce side effects and for after-care. Natural substances have been shown to reduce toxic side effects of

treatment. I have worked with patients for example who have had mouth sores. Adding topical Vitamin E to them has provided much relief and healing potential. For women with neuropathy -- that tingling sensation in the extremities -- B6 and alpha-lipoic acid has been shown in clinical studies to be beneficial. For lymphedema there is Hawthorne berry, which is a type of herb. Finally, curcumin has been shown to reduce radiation damage in animal models when taken prior to treatment. I also would like to mention that chemobrain, which is estimated to be as high as 40% in chemo patients with breast cancer may be reduced with the anti-inflammatory fish oil or turmeric or curcumin.

Keep in mind these tips when taking dietary supplements. It is very important not to self prescribe but to get professional guidance about vitamins, supplements and nutrients. Remember to think about drug nutrient interaction and share any information with your doctor about what you are planning on taking. Understand that you could interfere with your treatment if you don't know what you are doing. An example of this is curcumin. I just explained that it can reduce radiation damage potentially and it also may help with chemobrain. But it also can interfere with Adriamycin and Cytosan. Too much folic acid may interfere with Methotrexate and 5FU. Soy isoflavones interfere with tamoxifen, decreasing the effectiveness.

Be aware of cure-all cancer cures. Remember that if it sounds too good to be true, it probably is. Reevaluate your nutrition regiment when your health condition changes. Look for quality supplements that are supported by peer reviewed independent research. If you want additional information about specific supplements or food products that I recommend, I would be happy to share that information with you. You are welcome to access me through my Web site or you can call me toll free at 888-913-9284. Don't call me all at once though.

So in conclusion your health can be profoundly influenced by the nutrients you put into your body. It has been my experience in working with thousands of cancer patients over 11 years that by making wise diet and lifestyle modifications you can give yourself the best chance for successful cancer recovery. Now I would be happy to entertain your questions.

Operator: *Thank you. We will now begin the question and answer session. If you have a question, please press star then one on your touchtone phone. If you wish to be removed from the queue, please press the pound sign or the hash key (#). If you are using a speakerphone you may need to pick up the handset first before pressing the*

numbers. Once again, if there are any questions press star then one on your touchtone phone.

Kim from New York is on line with a question. Please go ahead.

Kim Dalzell: Kim, how are you?

Kim: Hello. **I have a question about—you are going to think this is silly—about Lorraine Day and that tape that is on TV about her saying that you can totally get rid of cancer by changing your lifestyle and diet. Is she for real? Do you know?**

Kim Dalzell: Well, I will tell you, I was exercising somewhere on a treadmill when her infomercial came up, Kim. I thought it was very interesting. You know Lorraine Day is a medical doctor...

Kim: Yes, a surgeon.

Kim Dalzell: ...who has claimed that basically nutritional therapy has cured her cancer. It is my opinion that there is no one magic bullet for cancer cure. Also, it is my opinion that a whole person alterative therapy approach or complementary medicine approach is really ideal. That not only in terms of traditional therapy but also acupuncture,

mind/body medicine, spiritual awareness and belief practices as well as nutritional therapy really give somebody the best chance of cancer recovery.

One of the bits of information that I think is missing in Lorraine Day's story is actual documentation of diagnosis. She was diagnosed but at one particular point she had I believe, if I remember correctly, she had treatment and then decided not to have any more treatment. That is when she brought in the nutritional therapy and the cancer went away. So I think a lot of people, a lot of medical practitioners are skeptical of her story only because they wonder whether the treatment actually caused her cancer to go away. Truly, if she only had nutritional approaches... has she been evaluated with CT scans and other medical tests that would indicate if there was any cancer activity going on now?

Ultimately though, I do have to say, Kim, that many of her recommendations mirror current scientific recommendations for breast cancer.

Kim: Thank you so much.

Kim Dalzell: You're welcome.

Operator: *Ellen from Virginia is on line with a question. Please go ahead.*

Kim Dalzell: Ellen, thank you for calling.

Ellen: Oh, thank you very much. **I have just a couple quick questions. One is that new oil, that Enova? What do you think about that? What do you think about the omega-3 fatty acid eggs that I am paying extra for?**

Kim Dalzell: (Laughing) You and me both, Ellen. Enova oil is a combination of an olive oil of more of a monounsaturated fatty acid infused oil that has been shown to have a cardiac benefit. So I actually do recommend the Enova brand oil. Because it is a designer oil and you are paying more for it just as you are the designer eggs that contain the additional omega-3 fatty acid.

I will tell you what, it is really tough in today's processed, convenient world to get enough of these monounsaturated fatty acids and what I call super unsaturates, the omega-3's into our diet. The truth is we Americans take in about 12 to 15 times more of the unhealthy fats than the healthy fat. This is one way that we can begin to correct the balance or tip the balance, if you will. So I

actually do think that it is well worth the extra expense to get more of the omega-3's and take the Enova oil.

Ellen: Thanks.

Operator: *Janet from New York is on line with a question. Please go ahead.*

Janet: **Yes, can you please tell me what the importance and the functions water plays in the body and how much water a person should drink?**

Kim Dalzell: Janet, thank you for calling in. You bring up an excellent point. Water, especially if you are going through any kind of treatment or just even not, the function of water plays in the body is one of certainly nourishment for the cells. It helps to carry nutrients to every cell. It does help to kind of bathe the organs and remove toxic substances from our body. It certainly participates in the reabsorption in the colon, the urine and any type of water that we are releasing through natural metabolic or respiratory mechanisms—we need to replace that.

So current recommendations for water are still right at about 64 ounces per day. Of course that is going to vary depending on

whether you are working outside in the heat or what kind of exercise you are doing or movement.

Typically I will recommend a filtered water because we know we have some issues with nitrates, chlorine and other potential contaminants that you will find in basic municipal water systems. So I do recommend a filtered water, particularly not even a carbon filter. I am talking more along the lines of reverse osmosis or distilled water. I prefer the taste of reverse osmosis water. Does that answer your question?

Janet: Yes. One more thing. **Does the water affect the uric acid if it is too much or too little? I think my uric acid I think was too high.**

Kim Dalzell: Yes. Well, elevated uric acid typically could be a reflection of gout. I am not a medical doctor but I would say if you have a consistent high level of uric acid that has more to do with purine metabolism, the types of protein in the body, higher fat/protein intake that kind of accumulates. It can bring uric acid levels up and cause pain in joints particularly actually in the big toe area.

Janet: **I do have that. This doctor told me that I did not have gout but I do have pain in my big toe.**

Kim Dalzell: I will tell you what you might want to consider. First of all you might want to consider checking out a second opinion by a medical doctor. But there were some interesting informal studies, and then they followed up on Washington State with people who had problems with uric acid and gout. Interestingly enough, you are going to laugh about this, but cherry juice, the sour cherries. Cherry juice has been shown to be beneficial. Now the great thing about cherry juice is it is not going to have any side effects. If you drink a lot of it you might have a side effect if you know where I am going with that. But try two or three ounces of cherry juice. From clinical observation points it has worked almost every single time. There was a medical doctor whose wife had gout. He heard about it and thought this has got to be bunk.

Janet: **Just plain cherry juice?**

Kim Dalzell: Cherry juice. You don't want extra sugar in it. You have to get it from a health food store.

Janet: Thank you very much.

Operator: *Angela from New Jersey is online with a question. Please go ahead.*

Angela: Yes, thank you Dr. Dalzell for a fabulous synopsis of everything. **I have just a few questions about radiation damage. First of all can you spell concurrent for me?**

Kim Dalzell: (Chuckling). I did not know this was going to be a spelling test. C-o-n-c-u-r-r-e-n-t. Concurrent—going on at the same time!

Angela: Oh, I have it. Okay. **Somebody handed me an article today about glutamine with radiation damage as far as being protective to the skin. Do you have any thoughts on that?**

Kim Dalzell: I absolutely do, Angela. Thank you for calling in. There have been a number of glutamine studies looking particularly at the GI tract. What we find, and this is actually for the radiation of the GI tract because the GI cells, the gastrointestinal cells, turn over so quickly during conventional cancer treatment it becomes very important to repair as quickly as possible. You run into a lot of malabsorption issues. A lot of potential immune disorders. With about 85% of the immune cells lining the GI tract, it is really important to keep that

nice and stable. Glutamine, l-glutamine, which is an amino acid isolated has been shown to actually repair the gut not only in terms of cancer patients but also in terms of burn victims. So that is where they are going with the radiation. You typically need about 30...

Angela: Yes, that is what this article said.

Kim Dalzell: You need large doses of that glutamine. Don't just take one little capsule and think you are going to...

Angela: **That is exactly what the article recommended. Can I just ask you to clarify about the soy? I am so skeptical of soy now since I have been diagnosed.**

Kim Dalzell: Yes, you are not the only one, Angela. Here is the main thing to consider. Balance in your diet, just as in your lifestyle, is key. What we know is that too much saturated fat and too many polyunsaturated fats potentially will stimulate breast cancer cell growth.

One of the great things about soy is because the research is divided that we know still there is a potential for health benefit. We

also know we want to try and reduce some of the saturated fat. So if you cut out a piece of meat a week and you add in a soy food you are going to be befitting both in terms of cutting back your saturated fat and getting a little bit of these plants in now. Remember that soy is not just beneficial in terms of anti-cancer. It also is good for the heart, it good for the bones, it is good to prevent issues with diabetic nephropathy or damage to the kidneys in diabetics. So there are a number of very good reasons why soy should be introduced in the diet in moderate amounts.

Angela: **Yes, because I worry about my daughters too. So I have been cutting down on their soy as well.**

Kim Dalzell: Well, what is very interesting is across the board for the prevention of breast cancer in high-risk people such as your daughters, daily intake is recommended. So it is different when you already have breast cancer and particularly estrogen-sensitive breast cancer.

Angela: **I guess the mechanisms are different when you have the disease and when you don't.**

Kim Dalzell: To some degree, yes. Now there is one more interesting thing. You did not ask for this but I would like to share it with you because

you are concerned about your daughters. A study of high-risk daughters showed that when they consumed five servings of fruits and vegetables every day they cut their breast cancer risk by 70%.

Angela: Great. Thank you so much.

Kim Dalzell: You're welcome.

Operator: *Evelyn from Connecticut is on line with a question. Please go ahead.*

Evelyn: Thank you very much. **I was wondering about the amount of flax and whether flax and soy are beneficial for people with estrogen-positive tumors? That is one question. The other is about alcohol. We all know that alcohol makes a contribution to cancer but should there be zero alcohol or some alcohol?**

Kim Dalzell: These are very good questions, Evelyn. I know a lot of women are asking the same thing or thinking about the same thing with regards to flax and soy because you probably have done your reading and understand that soy and flax both have plant estrogen in them.

What the research is showing is that flaxseed work by a different mechanism than soy. Therefore I do recommend the one to two tablespoons of soy two or three times, actually about three or four times per week. Now the reason I do that is because flax is one of your best sources of the omega-3 fatty acid and there are plenty of people who do not like to take the fish oil supplement. I prefer to do these whole foods, which is why I recommend the flaxseed. One to two tablespoons, actually two tablespoons of ground flax is going to give you the equivalent of about 1.8 to 2 grams of omega-3 fatty acids per day.

Evelyn:

Did you say one to two tablespoons per day?

Kim Dalzell:

One to two tablespoons of flax per day, yes. I would also suggest that the day you take the flax you maybe not take the soy, okay? But what the research is showing is not the flax oil but actually the flaxseed is beneficial for breast cancer. When you look at the nutrient composition of flaxseed you see that it also contains lignans. Lignans are a fibrous compound that actually helps to pull estrogen out but it works by a different mechanism than soy.

Now you wanted me to touch briefly on alcohol. I would be happy to do so. A lot of the studies show that when you are taking in

larger amounts of alcohol, you are looking at the increased risk for breast cancer. One particular study was like five servings of alcohol per day. I am sure they got that...they must have been interviewing college students. But for the most part moderate amounts of alcohol may not be completely bad.

I usually tell people drink alcohol on special occasions if you so desire. But understand that healthier alcohol is going to be the red wines because of the polyphenols that have great protection effect for breast cancer because they are a very high potent antioxidant.

So my other thought about alcohol is that it metabolizes into fat. It potentially adds into your fat pool. If somebody is overweight and they are drinking alcohol it is going to provide zero nutrition and potentially add to the fat mass and you don't want to do that.

Once last comment about alcohol is that it breaks down in the body to acetaldehyde, which is a cancer causing agent. Limit the alcohol.

Evelyn: **Should everything be organic when possible?**

Kim Dalzell: I would say definitely for breast cancer. If you can limit the amount of pesticides you take in that is very beneficial. The reality is and I

don't know if you were listening when Ellen asked the questions about her paying all this money for these omega-3 fatty eggs and that is what ends up happening to your pocketbook. You will eat organic but you will be living on the street. So it can be very difficult for a lot of people to do everything. For breast cancer I recommend you concentrate on getting rid of the hormones in your diet and choosing a pesticide-free produce if you can. If you cannot at least make sure you wash it off as best as you can.

Evelyn: Thank you so much.

Kim Dalzell: You're welcome.

Operator: *Ellen from California is on line with a question. Please go ahead.*

Ellen: Yes, hi. **First of all I did not get your phone number. I don't know if I missed it. Could you go over that again? Your 800 number?**

Kim Dalzell: Yes, I would be happy to. I think Arline is going to also mention my Web site, which is www.challengecancer.com. But my toll-free number is 888-913-9284. At that number I would be able to offer recommendations about supplement brands and food products that

I typically recommend and feel very comfortable with after doing all the research for them.

Ellen: **My question is in regards to doing chemotherapy. It started yesterday. I was wondering is there something that I can be doing to help my skin? I guess it just plays havoc on your skin.**

Kim Dalzell: Do you know what kind of chemotherapy you are having?

Ellen: Adriamycin, Cytosan and Taxotere.

Kim Dalzell: Okay. We see sometimes skin rashes can develop. What has the doctor told you in terms of skin health? What you can expect?

Ellen: I haven't heard anything.

Kim Dalzell: Okay. What are you mostly concerned about? Breaking out on your face?

Ellen: **Well, one thing is I am a very outdoors person. I like to walk and hike and work in the yard. So I am worried about sun and I guess I should be using the 15 or 30 sunscreen for one thing.**

But is that okay to be out in the sun when you are going through chemo like that?

Kim Dalzell: Some chemotherapies do create a photosensitivity. You should contact your physician. I am not even going to speculate. I would suggest that you contact your physician. You may have a photosensitivity issue with Adriamycin that you would want to get checked out. Of course you just about answered your own question. That is an SPF 30...if you go any higher than that from what I understand from industry experts it is not going to make a difference. So a 30 SPF is the best and on your face as well.

Ellen: Thank you.

Operator: *Renata is online with a question. Please go ahead.*

Renata: **Hello. I have a question about the flaxseed. I just wanted to ask you in what form should we have this flaxseed? Like grind it or boil it? How should we eat it?**

Kim Dalzell: Yes, Renata, thank you for your call. This allows me to clarify something about flaxseed that I neglected to do. So I am very grateful for this. Flaxseed, because they contain the omega-3 fatty

acids are very volatile. So if you actually boil the flaxseed or bake the flaxseed you are going to remove much of the healthy benefit of the oil.

You can buy flaxseed whole and grind them yourself in a hand held coffee grinder just what you need or you can buy them preground. Just make sure that it is in a vacuum pack seal package. I actually store my flaxseed in the freezer. You can put them in the refrigerator or freezer and just take out what you want at a time. But I will throw flaxseed into muffin mixes. You are still going to get the fiber and some of the benefit. You can put them in muffin mixes and breads. We make homemade waffles with blueberries and walnuts and put flaxseed in. Come over on Saturday. You're in Illinois?

Renata: Yes.

Kim Dalzell: So am I.

Renata: Okay. **So just take one tablespoon of flaxseed and drink it with water? Is that okay?**

Kim Dalzell: You could do that. You can also sprinkle it on your salad. I typically put a little bit in orange juice and drink it that way. Frankly, it is not the tastiest.

Renata: Oh, okay. **But somebody told me maybe I could put some oil and water over it and just wait a few minutes to make this oil. It becomes like a very dense drink and then drink it.**

Kim Dalzell: Yes, it sure does. It will actually expand. If you allow it to sit in water enough it will really expand. Then it makes a very thick mucilaginous or gelatinous drink, which I don't think a lot of people really find palatable. I think more importantly, Renata, it is important to remember that the healthy oils, whether they are the omega-3's or even the monounsaturated such as olive or canola, are readily destroyed by heat and oxygen and light. You want to protect those.

Renata: **So eat it raw?**

Kim Dalzell: That would be the most optimal way to get the oils that you are desiring.

Renata: **I also drink flaxseed oil. Somebody told me I should use that instead of butter, instead of dressing on the salad. Is that a good thing to do?**

Kim Dalzell: I am a little bit leery of the flaxseed oil. If you do in fact have a history of breast cancer, what they are finding with the flaxseed oil with other types of hormone-based cancers are not real good results. I am really quoting studies from prostate not from breast. But it is my opinion that the flax should be in a seed form for any hormone-based cancer.

Renata: Oh, really. **I asked that because I drink a lot of it.**

Kim Dalzell: You may want to consider switching back to an olive or canola oil. Those are very healthy, good, monounsaturated fats that you need.

Renata: **So olive oil is okay, right?**

Kim Dalzell: Yes.

Renata: **I use a lot of that and my husband says you do too much. But that should be okay. It is not bad, right?**

Kim Dalzell: Too much of anything is bad unless it is shopping or chocolate.

Renata: Okay. **But how about meat? Is meat bad for breast cancer?**

Kim Dalzell: Because meat contains saturated fat and saturated fat is one of the links, it really will behoove you to eat very lean meats. You can have red meats. I typically recommend red meat no more than one time a week.

Renata: **But chicken and fish would be okay?**

Kim Dalzell: Chicken, fish, lean pork, yes.

Renata: Thank you so much.

Kim Dalzell: You're welcome.

Arline Kallick: It is about a quarter to, so I think we are going to have to go to our last question before we break into small groups.

Operator: *Maya from New York is on line with a question. Please go ahead.*

Maya: Hi. Thanks for taking this call. **I have a question about selenium because I have heard from an oncologist who said selenium is not good after breast cancer. What is your opinion about that?**

Kim Dalzell: Well, selenium is a micronutrient that is a very powerful antioxidant. It is typically used with vitamin C and vitamin E and beta-carotene as an antioxidant mix during cancer treatment or at least after. Some of the issues with selenium actually have to do with the amount. There are some conflicting studies to show that even levels of around 400, 600, 800 micrograms of selenium may be potentially dangerous. A small amount of selenium, and I typically will recommend...again, I like recommending whole foods, I will recommend somebody eat a few Brazil nuts so that that way they can get the antioxidant in the selenium form that way without having larger doses of selenium.

Maya: **Two Brazil nuts a day would be sufficient to get enough selenium?**

Kim Dalzell: I don't know your entire situation but it is certainly the optimal way that I feel to get nutrients and do it through whole food sources. That way you are not potentially conflicting with any medications, any kind of chemotherapy you might be on.

Maya: **Right now I am only taking Femara so I am (inaudible)... My other question is I am trying to avoid all the plant food that has any estrogen because prior to getting diagnosed I was on a high amount of flaxseed sprinkled everywhere and a lot of soy food. I feel that my cancer is so sensitive to estrogen. Besides flaxseed and soy is there any other plant food that has plant estrogens?**

Kim Dalzell: Yes, there are but at much, much, much smaller amounts. Fennel, carrots even. But I would strongly, strongly encourage you not to avoid something just because it has small amounts of estrogen in it. I think as long as you are safe with not taking in a lot of soy if you don't use flaxseed oil and concentrate on just small amounts of flax. Getting those omega-3 fatty acids, if you just don't want to do flax, then at least do the omega-3 fatty acids in a supplemental form and make sure that that fish oil supplement has passed IPOS* standards. It is very important to get purified fish oil. Then if you don't want to take in a lot of soy that is fine, but in terms of other there are a number of foods that have small, small, small amounts of plant estrogen. Keep in mind they have so many other health benefits. For example the carrots and the beta-carotene and all the caratinoids that carrots have really outweigh the small amount of

estrogen that is in there. So look to balance your diet with a wide variety of foods.

Maya: **What about avocado? Is it a good fat? Does it have any estrogens?**

Kim Dalzell: It is. It is going to be very high in monounsaturated fats. Avocados have about one-fifth of the bad kind of fat, the typical fat that you would find in butter. But you have to be careful because each avocado is about 320 calories. It is a very high fat but it is a healthy fat.

Maya: All right. Thank you very much.

Arline Kallick: We are going to have to stop the questions here. I know there is going to be a lot of disappointed people waiting to ask a question of Kim. But thank you so much for this very informed presentation. It was very thoughtful, thorough and presented so clearly. We really appreciate your participation this evening. I have asked everyone to stay on if you want to break into small groups. We would like to thank you now, Kim, for this wonderful program tonight.

Y-ME

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Kim Dalzell: You're very welcome and it has been my sincere pleasure. Good evening, all.

Arline Kallick: Thank you.

*Please Note: Spelling not verified.