

YOU TELL THEM: IT'S IN THEIR HEAD
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Cystic Breast Disease

HANNAH AND JANET

"I could feel a change within one week." Janet was ecstatic. She had been diagnosed as having cystic breast disease, which is characterized by small cysts in the breast. These cysts have a consistency like grains of sand, which cause the breasts to feel irritated, and hurt. As Janet said, "It's scary, because all you think of is cancer. Even if the doctor says it's not cancer, you can't get it out of your head."

Janet was introduced to Shaklee products when she attended a lecture on nutrition. After hearing that vitamin E could help her cyst problem, she started taking two 400 I.U.s of vitamin-E capsules daily. Within one week the irritation disappeared and she felt as if the cysts had diminished. At the end of the first month they were almost gone. When I spoke to her about six months later, the cysts were completely gone.

Besides taking vitamin E, Janet also took other preventive measures. She drank no caffeine-containing beverages, such as coffee, tea, and soft drinks, and took VitaLea, Instant Protein, and other Shaklee products. However, she attributes her success to vitamin E.

HANNAH

Hannah was put on steroids off and on during her episodes with Crohn's disease. She believes these steroids had some influence on the development of cystic breasts. Since she was having so much trouble with Crohn's disease, and the doctors had assured her the cysts were benign, she didn't worry about them.

When Hannah started on Shaklee products, she took about 1,200 I.U.s of vitamin E along with other products. This amount of vitamin E is about twice the level used in clinical studies on cystic breast disease.

Almost in passing, she said, "The cysts in my breasts disappeared." Cystic breasts were obviously not a major concern for her, but they are gone.

WHAT DOES SCIENCE SAY?

In my book prescription For Longevity, I discuss cystic breast disease and vitamin E in more detail. Briefly, about 80 percent of women who have cystic breast disease will experience relief of irritation from using vitamin E. About 16 percent will see complete disappearance of the cysts, and up to 40 percent will experience partial clearing.

Other dietary factors that help reduce breast cysts are the elimination of caffeine and other stimulants. Smoking seems to also aggravate cysts. "Stop smoking" is good advice for anyone, but it's especially important for these women.

Clinical studies have proven that vitamin E used as a supplement is safe up to 3,000 I.U. daily. So, the 600 I.U.s used in cystic breast disease, though high by RDA standards, are well within the safety limits.