What To Do After You Get Diagnosed With Breast Cancer? Transcript

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Introduction to Breast Cancer

Hi there. It's Dr. Jenn, your host for the Breast Cancer Breakthroughs Summit. I want to talk to you first about what is breast cancer, because I think that it's something that so many people talk about but don't really understand what it is.

So let's define what breast cancer is so that we can make a plan to overcome it. Breast cancer is a normal response to an abnormal environment. And what we need to understand about breast cancer is what made the shift from that normal to abnormal environment.

So in the breast we have four tissues, we have fat, we have connective tissue, we have glandular tissue. And this is the milk producing tissue and the tissue that actually leads to breast cancer.

And we have skin a skin envelope that holds everything together. So we don't typically get tumors of the fat. We sometimes get tumors of the connective tissue.

And they are mostly benign.

How Breast Cancer Develops

But the main tumors that we worry about and when we talk about breast cancer, we are talking about a tumor that develops in the glandular tissue of the breast.

Now, that glandular tissue of the breast is constantly turning over, especially in a premenopausal woman, because as you go through your cycle every month, you prepare to feed a child.

And when that and when that process is happening and when your body is preparing to feed a child, it is renewing those cells and making sure that they are operating in optimal condition.

And if they're not operating in optimal condition, they get destroyed by your immune system. So as a normal course of life, these cells are constantly reproducing.

And sometimes when they're reproducing, we make mistakes. Now, in in every one of every age, we will make cancer cells from the very young to the very old.

We will make cancer cells. And when we make these cells, as these abnormal cells, they are supposed to be recognized by our immune system and destroyed.

Now, unfortunately, in today's case environment, there are so many things that adversely affect our immune system. So there's kind of two things happening here with the development of breast cancer.

First, our environment is such that as we reproduce these cells, we're going to make more mistakes because there are more things in our environment than ever that damaged the DNA and make those abnormal cells more frequent.

The flip side of it is that all of those things in our environment that damage our DNA, that damage our cells, also distract our immune system from doing what it's supposed to do.

And you put those two factors together, and that's how breast cancer is allowed to develop and then proliferate.

Toxins, Stress, and Immune Suppression

So let's break that down a little more so that people understand that breast cancer is a normal response to an abnormal environment. So think about if your environment, the internal environment inside of your breast.

If that environment has shifted from something that is welcoming to something that is threatening, the response of the cells in that environment are they're going to go into survival mode.

You can think of this as think about what an animal does when you back it up into a corner. So one animal can be very friendly and very kind and very loving.

And that same animal, when backed into a corner, turns ferocious. This is the same exact thing that is happening on a cellular level in our breast. Now, what is making that environment shift?

Well, we are literally living in a sea of toxins. So it can be any number of these toxic elements in our diet, in our water. Pesticides, herbicides, fungicides, things in our air.

There are so many things that contribute to that environmental shift, not the least of which are the toxic things that affect our psyche, because that will translate into a chemical shift, that will translate into a micro environmental shift, and that will also lead to breast cancer.

Now, at the same time, those same stressors that would lead to cancer of the breast are suppressing our immune system. And remember, we talked about there is a cellular issue, a transformation of those cells from a normal cell to a cancer cell.

And this second failure in the system is when the immune system doesn't recognize those cells in infancy and destroy them at the end of the day. This is all about a pro-inflammatory state.

And if we are going to solve the breast cancer problem, we need to understand that cancer grows out of a pro-inflammatory state. Cancer develops out of a pro-inflammatory state.

And the solution is to figure out where the inflammation is coming from. That is the problem that needs to be solved. Now, you will learn throughout this summit that there are many ways to come at that.

And the typical way that breast cancer is solved in the conventional medical model is by cutting it out, is by giving chemotherapeutic medicines, is by radiate ring.

But none of those things do anything to shift that chemistry from the chemistry of stress to the chemistry of joy. And what you're going to learn about here over the next seven days is how to shift that chemistry, how to look for those sources of inflammation, and what to do about those sources of inflammation and how to transform your chemistry from the chemistry of stress back to the chemistry of joy.

And so this is about learning about yourself. It's about asking questions.

Inflammation and Conventional Treatment

It's about doing that deep dove and doing that big, meaningful work. And it doesn't have to be hard. It just has to be about you because everyone is different.

Everyone came to this disease differently and everyone is affected differently by this disease. And so I hope that this week is going to be really meaningful for you.

It's going to be really helpful for you. And it's going to help you to get to your why why this happened, why you had this environmental shift, and more importantly, how you can shift out of it, how you can detoxify your body, how you can get rid of that inflammation, and how you can build your immunity so that you are protected not only now, but you're protected in the future.

And at the end of the day, you'll hear me say this again and again. Breast health is health. And all the things that you're going to learn here this week are going to help you not only to get your breasts healthy again, but to get your mind healthy again.

Your gut healthy again, your heart healthy again, your bones healthy again, going to get you healthy again. So stick around. We have a lot of great stuff for you.

I have my co-host, Dr. V, who is also bringing lots and lots of amazing solutions to this conference. So I will see you throughout the week. I hope you enjoy this.

As much as I enjoyed making it and bringing it to you. It's Dr. Jenn. Bye. For now.