

# The Top 9

# HIDDEN DANGERS

# That Lead To Breast Cancer

That Most Doctors Miss!



Are You Unknowingly  
Participating In Them?



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# Introduction

When I first started digging into the hidden causes of breast cancer, I was shocked—and honestly a little angry. Why hadn't my doctor ever mentioned any of this? Things like excess blue light, not enough sun on your breasts, or the EMFs from your phone and Wi-Fi... they never even came up. And what about bras, toxic hair dyes, or heavy metals in deodorant? Not a word.

This guide isn't meant to scare you—but it *is* meant to open your eyes. Because once you understand what's really going on, you can start taking simple, natural steps to protect yourself. That's the good news: these triggers are avoidable, and many of them are easy to fix once you know what to do.

You're going to learn about 12 surprising (and mostly ignored) factors that could be putting your breast health at risk—from poor lymph flow and hormone imbalance to shaving habits and seed oils. These are the things no one is talking about.

And if you're ready to take it even further, my **Healthy Breast Protocol** gives you step-by-step solutions to detox, rebalance, and rebuild—with clarity and confidence.

Let's get started.







# Trigger #1 - Blue Light

There is ample evidence to suggest that exposure to artificial light at night, particularly blue light, may be linked to an increased risk of breast cancer. The blue-violet spectrum of light, which is emitted by devices such as smartphones, tablets, and electronic screens, can suppress the production of melatonin, a hormone that regulates the sleep-wake cycle. Disruption of the circadian rhythm and reduced melatonin levels have been hypothesized as potential mechanisms that could increase the risk of hormone-dependent cancers like breast cancer.

"Light at night is now **clearly a risk factor for breast cancer**," Blask says. "Breast tumors are awake during the day, and melatonin puts them to sleep at night." Add artificial light to the night environment, and **cancer cells**

**become insomniacs."**

"New findings that nighttime exposure to artificial light promotes breast cancer growth in rats may provide important insights into some unexplained patterns of cancer development."

**Sources:** [26374931](#), [34732099](#), [33478260](#), [35289519](#), [29687979](#), [Article](#), [Article](#), [Article](#), [Article](#)

# Trigger #2 - ***Not Enough*** **Sun On Your Breasts**

When UV and IR frequencies of sunlight hit your skin many complex biological processes happen. The two most important processes is the liver synthesize 7-dehydrocholesterol into pre-vitamin d hormones (lumisterol, tachysterol etc) which converts eventually to 1,25 active Vitamin D via RXR and VDR that turns on over 2,000 chemical processes in the body (one of which is the regulation of Kanswer cells).

The other important thing that happens is localized melatonin production in the mitochondria where the UV and IR rays hit the outer layer of the epidermis. Melatonin is your #1 anti Kanswer hormone that you make endogenously. Long story short...you need your breasts in the sun daily for at least a few minutes. Regular sun exposure is healthy in moderation.



# Trigger #3 - nnEMF

(WiFi, Smart Meters, Cell Towers, Electric Cars, Microwaves, Dirty Electricity, Cell Phone)

Studies show Wifi in the form of magnetic and electric fields break down the cell membrane which allows calcium, iron and pathogens to enter the cell where they do not belong. When this happens it alters cellular respiration and causes DNA destabilization which Dr. Beljanski repeatedly showed in multiple studies, causes Kanswer. Fortunately there are resources out now where you can test the level of EMF in your home and even for cell towers in your area.





# Trigger #4 - Bras

If your bra has metal wiring in it, it's attracting ambient frequencies from cell towers and nnEMF radiation. Remove all metal from your body for this reason. If you wear a push up bra or your bra is very tight, it cuts off the flow of lymphatic fluid from the lymph nodes in your neck and armpit down to your torso. Invest in bras that don't cut off your circulation and remove them as much as possible and definitely do not sleep with one on.

Read [Dressed to Kill](#) and listen to our radio show with [Sydney Ross Singer](#).

Sydney Singer and Soma Grismaijer presented some startling statistics:

- Women wearing a bra 24 hours a day had a 3 in 4 chance of developing breast cancer.
- Women wearing their bras more than 12 hours a day, but not to bed, had a 1 in 7 chance of developing breast cancer.
- Women wearing bras less than 12 hours a day had a 1 in 152 chance of developing breast cancer.
- Women who rarely or never wore bras had a 1 in 168 chance of developing breast cancer.

According to **Dr. David Williams**, "*Wearing a bra at least 14 hours a day tends to increase the hormone prolactin, which decreases circulation in the breast tissue. Decreasing circulation can impede your body's natural removal of carcinogenic fluids that become trapped in the breast's sac-like glands (lymph nodes). These glands make up the largest mass of lymph nodes in the upper part of your body's lymphatic system.*"



# Trigger #5 - Toxic Hair Dyes

A large U.S. study has found that using permanent hair dye and chemical straighteners may increase the risk of breast cancer—especially among Black women. Researchers followed over 46,000 women aged 35–74, all of whom had a sister diagnosed with breast cancer. Over an average follow-up of 8.3 years, nearly 2,800 breast cancer cases were identified. The study found that Black women who used permanent hair dye had a 45% higher risk of breast cancer, while white women had a 7% increased risk. Use of chemical hair straighteners was also linked to a higher risk, particularly with more frequent use. These products may contain endocrine-disrupting compounds and carcinogens that interfere with

hormone function.

*"We observed a higher breast cancer risk associated with any straightener use and personal use of permanent dye, especially among black women."*





# Trigger #6 - Lack of Lymphatic Flow

The studies on this connection are endless. There is a connection between the lymphatic system and breast cancer.

One study examined the molecular mechanisms involved in the interaction between tumor cells and lymphatic endothelial cells (LECs). They co-cultured tumor cells with LECs and analyzed the molecular alterations of LECs. The study aimed to understand the molecular mechanisms of lymphatic metastasis in breast cancer.

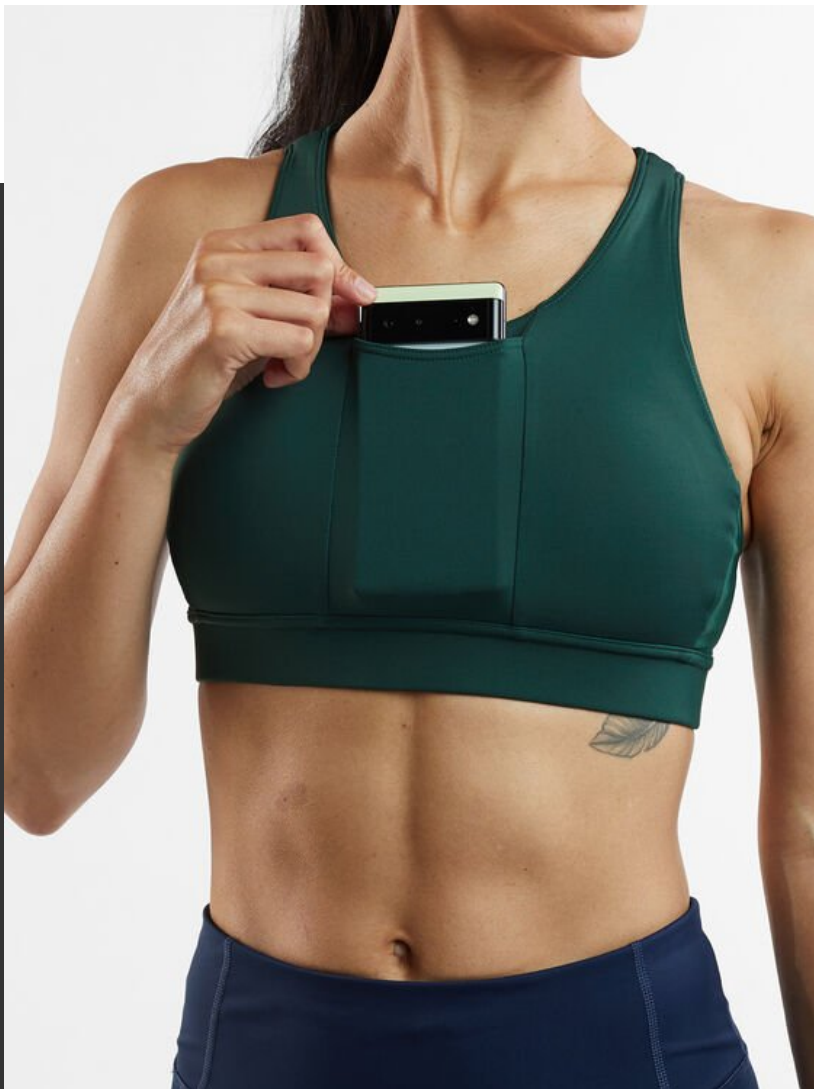
Another study investigated how tumor cells gain access to blood and lymphatic capillaries. The study presented evidence that tumor cells can enter the systemic circulation through the sentinel lymph node, challenging the

current paradigm on how tumor cells spread. This research focused on the mechanical, anatomical, pathological, genetic, epidemiological, and molecular levels of breast cancer metastasis.

# Trigger #7 - Phone Location

The absolutely only way I would ever wear a cell phone on my body is if all 4 antennas are off, it's in airplane mode and it's in a protective case. Other than that distance is your friend. It's called the inverse square law which states...that a specified physical quantity or strength diminishes with the square of the distance from its source.

DO NOT WEAR YOUR CELL PHONE IN YOUR BRA STRAP.





## Trigger #8 - Daily Hygiene

Underarm shaving when combined with deodorants containing heavy metals could play a causative role in breast cancer. The theory is as follows, as tiny nicks in the skin form from shaving they allow the entrance of chemicals and heavy metals directly into the underarm where there's a cluster of lymph nodes that drain directly to the breasts.

The metals also used in most razors may contain trace amounts of aluminum. Which is another concern. For more information read [my post here](#) along with [this one](#) about the chemicals in most deodorants. .

[Source](#) - [Source](#) - [Source](#)



# Trigger #9 - Oral Health

If you have a cavity with mercury fillings, a cavitation (where a tooth was pulled like a wisdom tooth), or a root canal (a dead organ in the body), then you have toxic material in your jaw bone that could be causing Kanswer. These toxins drain through your main set of lymph nodes directly at your jawline. From your jaw line they drain downward to the next set of lymph nodes which is right above your collarbone. From there they drain to either side of your breasts on the outside.

According to Dr. James Howenstine *"Many chronic diseases, perhaps most, are a result of root canal surgery."*

You can watch a really interesting documentary called Root Cause [here](#) and listen to many of our radio shows on this subject.



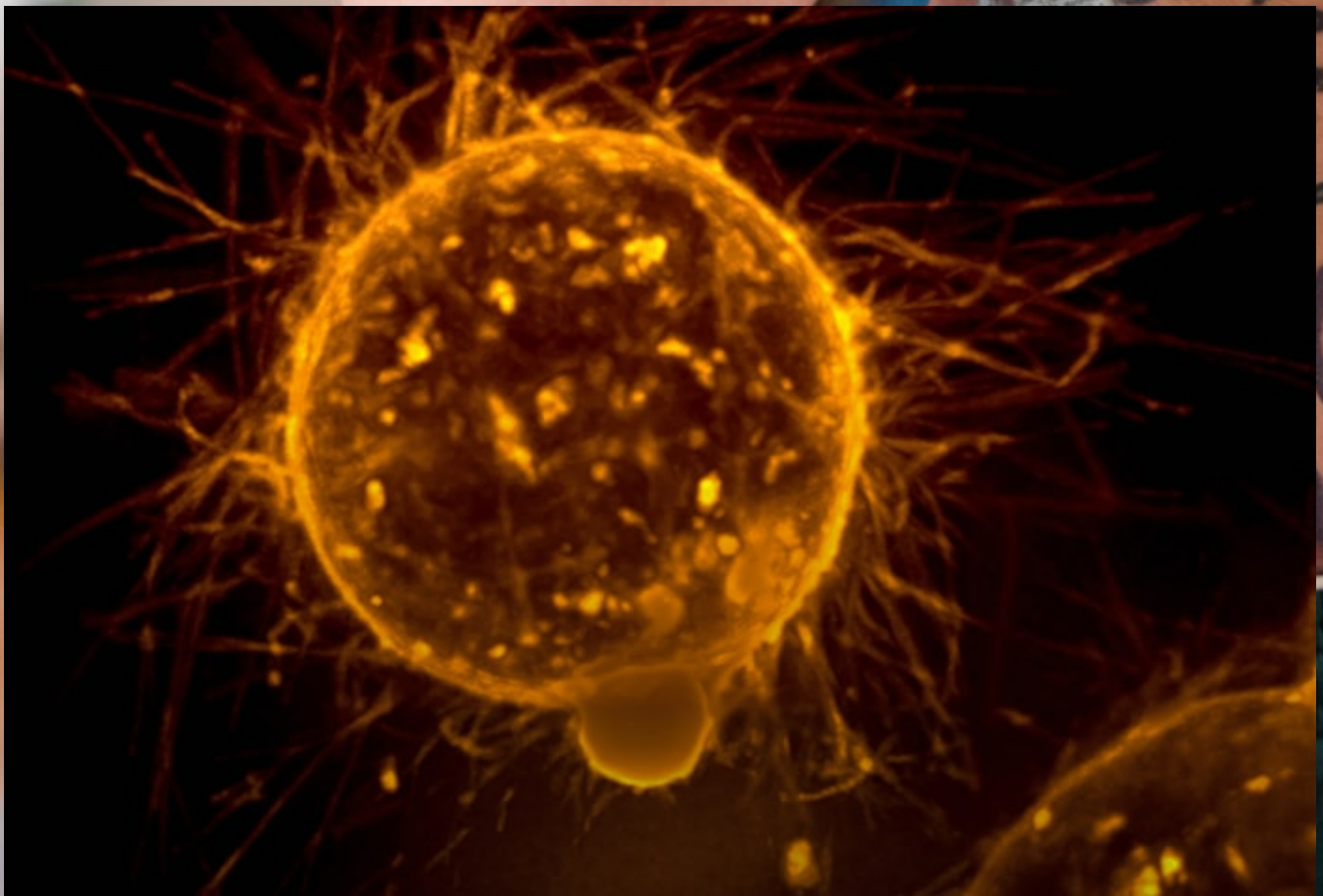
# 3 Extra Breast Cancer Triggers!

I wanted to give you three extra triggers that you're most likely (and unknowingly) participating in that could be driving the extra cell growth in your breasts.

Notice I didn't say the C word.

It's important to frame things correctly. The 3 triggers I share below are absolutely huge and not to be ignored (even if your medical doctor does).

Remember to stop participating in the cause to give yourself the best chance at prevention and survival.





# Trigger #10 - Sugar & Processed Foods

We know that cancer cells thrive on excess sugar. Consuming a highly processed standard American diet will ultimately lead to cancer. If you're born after 1960 there's a 50% chance you'll be diagnosed at some point in your life. If you currently have extra cells growing I would personally follow a ketogenic diet when trying to heal.

We know from a 2018 study from the British Medical Journal of 104,980 French adults, that a 10% increase in the proportion of ultra-processed foods in the diet was associated with a 12% increased risk of overall cancer and an 11% increased risk of breast cancer specifically.

It goes on to say *"Ultra-processed food intake was associated with a higher risk of overall cancer and breast cancer. These results suggest that the rapidly increasing consumption of ultra-processed foods may drive an increasing burden of cancer in the coming decades."*







# Trigger #11 - Estrogen Dominance

Excess estrogen can stimulate the growth of certain types of breast kanswer. This is because some breast kanswers have estrogen receptors, which means they can receive signals from estrogen that could promote their growth. This is also true for other types of kanswers, such as prostate, colon, lung, and pancreatic kanswer. Therefore, balancing estrogen levels is important in preventing these types of kanswers.

Furthermore...

Excess estrogen can promote the development of breast kanswer because it stimulates the growth of breast cells. When there's too much estrogen in the body, it can cause an overgrowth of cells, some of which may be abnormal

and can lead to the formation of a tumor.

Some forms of estrogen can cause DNA damage, which can lead to mutations and kanswer. This is why conditions that increase a woman's lifetime exposure to estrogen, such as early menstruation or late menopause, are associated with an increased risk of breast kanswer.

**Sources:** [28585217](#), [29573619](#), [30520976](#), [28791816](#), [27067638](#), [22843896](#)

# Trigger #12 - PUFAs

Polyunsaturated Fatty Acids are fats that are liquid at room temperature. They quickly oxidize once inside a body filled with light, heat and oxygen (all humans). These fats lose electrons because they're highly unstable because of their weak hydrogen bonds. Because of this they oxidize and combine with estrogen and heavy metals forming lipofuscin that cause destruction inside the lysosome of the cell. The lysosome is where metabolic waste accumulates inside the cell. The more PUFAs you consume, the more at risk you become of being diagnosed with all forms of kanswer. We've done multiple radio shows on this but I would refer you Atom Bergstrom's books on Yellow Fat Disease, Dr. Ray Peat's article as well as this show.

## **Foods high in Omega-3 fatty acids:**

- Salmon
- Mackerel
- Sardines
- Trout
- Herring
- Flaxseeds and flaxseed oil
- Chia seeds
- Walnuts
- Hemp seeds
- Algal oil (derived from algae, a vegan source of omega-3s)
- Cod liver oil
- Fish roe (such as salmon roe)

## **Foods high in Omega-6 fatty acids:**

- Sunflower seeds and sunflower oil
- Safflower seeds and safflower oil
- Soybean oil
- Corn oil
- Cottonseed oil
- Pumpkin seeds (also contain omega-3s)
- Pine nuts
- Sesame seeds and sesame oil
- Pecans (also contain omega-3s)
- Brazil nuts (also contain omega-3s)

# Want To Go Deeper & Get Natural Solutions?

Inside the **Healthy Breast Protocol**, you'll learn how to detox your breasts, balance hormones, and build daily rituals for true healing.

If you're serious about protecting your health naturally, this step-by-step guide gives you everything you need to take control, reduce your risk, and feel confident in your body again.

As a new subscriber, you're eligible for a **special limited-time discount** on the full eBook. Details were provided on the thank-you page – make sure you take advantage before it expires!



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