

**Y-ME ShareRing Network
“Strategies for Healthy Eating”**

Arline Kallick: Hello everyone and welcome to the Y-ME ShareRing Network National Teleconference. We're happy to have you with us this evening. Our call will begin with tonight's speaker, Dr. Kim Dalzell, who is a nationally known and recognized cancer and nutrition expert and an award winning author. Our topic tonight is "Strategies for Healthy Eating". This will be followed by a question and answer session and end with small group discussions. We realize with the one-hour teleconference, it will be difficult to answer everyone's questions. If your question does not get presented during the question and answer portion or group discussion, please remember you may contact the Y-ME Hotline at 800-221-2141. The Hotline is answered by certified peer counselors who are breast cancer survivors, which is available to you 24/7, or simply visit our website at www.y-me.org. When presenting a question to Dr. Dalzell this evening, please be courteous to other callers by keeping your questions brief and realizing that this isn't a private consultation. We are now ready to begin tonight's teleconference and I'd like to welcome Dr. Kim Dalzell. You may begin.

Dr. Kim Dalzell: Thank you Arline. I appreciate the opportunity to speak to everybody and thank you to all who are listening today to learn a little bit more about the value of solid nutrition for women who are living with breast cancer. I would say maybe it was a month or so ago that I met Judy and Judy was diagnosed with a recurrence of breast cancer. She was a 40-year-old woman; and when she sat down to counsel with me, she said, "You know, the first time I was diagnosed, I asked my doctor specifically, 'What can I do? What can I do to fight this?' and the doctor said, 'Just make sure that you're eating right.'" Well, she said she took that

advice and thought she was doing really great and, lo and behold, she had a recurrence. It dawned on her at that point that she really didn't understand what eating right meant. It can take on a lot of different meanings depending even on the area of the country or the cultural influences that you have in your life. So eating right is just this really broad topic and my goal tonight is to put together some very fine points on how you can exactly do that – Eat right to optimize your chances of living a long and healthy life and not worrying about recurrence, which is ultimately, I think, everybody's goal. Also, it was interesting that during our conversation she mentioned to me that upon her diagnosis of recurrence, she decided to go out and get a list of foods and so she had all these lists and she bought all this food. But then she didn't quite know what to do with it and she didn't really understand that when she was out on the grocery market aisles what she should be purchasing. I got thinking about it a little bit and I thought, I knew I would be giving this talk tonight and I thought: Wouldn't it be wonderful to institute some of the, maybe the preliminary information that you need to really help you eat right before you're actually eating it. So that's what I'm going to focus on tonight, I'll explain in just a minute. What I think is also very important to get across to the group is that it can be really challenging to make and stick to dietary changes, so it's really important to focus on those foods or dietary habits that will most significantly impact your health and goal to prevent a recurrence. After all, it's nearly impossible to eat right consistently every day. I certainly don't; and I've got good news for you: You don't have to. There's a rule out there called 80/20, maybe some of you have heard of it. The good news is, is that you don't have to be very stringent with your diet. About 80% of the time you want to eat what's right and another 20% or every once in awhile you can eat some of those foods, just for the sheer pleasure of the meal, keeping out of your mind the nutritional value or lack thereof of the food. So I guess what I'm saying here, is

that once in awhile it's okay to have Lucky Charms for breakfast. That happens to be my personal favorite. I don't have it very often, but every now and again I decide that that's what I want to eat. I think it's really an important lesson here to everyone that you don't have to eat perfectly; and you shouldn't feel guilty if once in awhile you want to have something that you know doesn't necessarily have 100% health value. There are also some specific foods that fight breast cancer, and there are really far too many to outline tonight. So, as I said, I'm not going to give you a list of foods, but rather I'm going to arm you with specific steps that will help you put into action what you know about nutrition. I always say that people who read a lot about nutrition are really nothing more than armchair nutrition experts. Just knowing about healthy choices does not promote healing and health. So it's important to find ways to integrate that knowledge into your life in a very practical way. The practical aspect is really the key here, being practical.

So eating well doesn't have to be difficult or frustrating, as long as you follow some basic no nonsense guidelines that I've put together. The first place to start is to plan for what you're going to eat. Now this sounds simplistic, but when I speak around the country, I ask people if they plan their meals and the huge majority admit they don't. If you don't plan your meals, you will be faced with making decisions when you are hungry, rushed, and tired; and you know what's next: McDonald's or Wendy's. It's right there. You're in the McDanger zone and you'll find yourself under those golden arches swearing this will be the last time that you visit. But what I know is that if you can plan your meals, if you take time to plan your meals during the week, you're less likely to veer off into the unhealthy pathway. Now for example: What I do is every Thursday I sit down with my calendar, my cookbooks and a pad of paper and I plan out my following

week's meals. Now before your tittering and laughing to yourself, it's not that I love doing this, but what I realize is that it takes me 30 minutes to do this and from the planning sheet of my recipes or whatever I decide to plan for the week, I can build my grocery list. So it actually helps me create my grocery list as well. So I've planned and I've shopped for the food I need. It's just waiting for me and once I'm at the grocery store I also need to have a specific plan of attack too because there's a lot of pitfalls when you go into a grocery store. So I'd like to share with you some very important tips that I think will help. So you've got your meat, you're got your meal plans; you've got your grocery list all figured out and you head into your favorite grocery store. The very first thing you want to consider is that you want, if you want to save time, and I think most people do, you want to become one with the store. Now what I mean by that is that when you are very familiar with how the aisles are laid out, then you can almost plan your grocery list aisle-by-aisle and that way you don't have to go back; you don't have to waste a lot of time by returning from aisle ten back to aisle one trying to find something and again, it sounds very simplistic. Not a lot of people do it and I rush through that grocery store when I'm not spending a few extra minutes looking at some new product and I'm able to get out of there very quickly and I've got all my nice healthy foods.

The next thing is: Consider living by the Boy Scout Code of Ethics. Always be prepared. You're going to be running into all kinds of specials, so you need to think about how you're going to say, "No" when you see a sign that says, "Four boxes of Twinkies for the price of one." It's very easy to jump at that, but you know that eventually that is going to be a deterrent to your health and you don't want to do that. It might be light on the wallet, but it's going to be heavy on your health, so you want to watch that. You also want to think about the way that,

Hillary Clinton, when she or I'm not sure who it was, it was actually a political figure who, oh, it was Nancy Reagan who said, "Just say no. Just say no." Sometimes they'll have samples out, deep fried samples out or processed cheese products to sample and you just kind of want to say no. I do think it's also interesting that at my grocery store here locally in the Chicagoland area they have what is called a weekly budget buy and the clerks are prompted at the end of the session when they've got all your groceries ready to pack up and you're ready to pay and they'll say, "Would you like to get the weekly budget buy?" I don't even look at the sign to see what it is, I just say, "No." So Nancy Reagan has taught me that.

You can also use the facts. Now when I say, "use the facts," I'm talking about looking specifically at labels. Now I know that I have certainly witnessed more and more often these days, people who are taking the time to look at the labels. Some of them look at the labels and still shake their head because it can be confusing. But one of the things I would like you to consider looking for is portion distortion and energy bars are a really, really good example of this. You'd be surprised the number of energy bars that show 150 or 175 calories and when you look very closely you see that there are two servings or two bars per packet. So watch for the portion distortion there and also remember that juices, those nice new fangled antioxidant juices, 100% juices that they have available are often really two, three, maybe even four servings, not one. A typical serving size of juice is really four ounces and no more.

The next thing I recommend in terms of shopping grocery stores is to shop the perimeter. Typically your whole foods, your non-processed foods are going to be on the exterior of the shopping store, of that shopping center, that grocery store.

It's inside that you need to worry about and often the end caps will entice you into that trans fatty acid jungle within if you're not careful. So as much as possible, shop that perimeter for your fresh meats, fish, sometimes there can be dairy that will be the low fat dairy and then of course your beautiful array of fruits and vegetables that they know this time of year are just it. It's practically like watching a rainbow just coming into the store. It's beautiful.

Then finally, come as you are, but never ever come hungry because we know that if you're hungry, you're more likely to pick up things for the sheer eating pleasure of them. Sometimes I've been so hungry when I've walked into the store and I just wonder if some of you have seen this too where people will actually open up packages. If you think about it, they're probably opening up a package of some kind of snack or some kind of goody just to get them satisfied. Rarely will you see somebody munch on an apple.

Once you have the foods added into your cart, then the other, once you've done your little shopping, one of the things that I would recommend in terms specifically for breast cancer are there a number of foods that I would recommend that you place in your cart. So among the large array of fruits and vegetables and plants and whole foods, I would hope that you would incorporate these particular foods: The first one are almonds. Now almonds are low in fat and they're a rich source of protein. I like them in the raw. Now when I talk about buying almonds, I'm not talking about Jordan Almonds and I'm not talking about chocolate covered almonds. I'm not even talking about smokehouse almonds. I'm talking about raw almonds and it's a great way to get flavonoids into salads or just off to the side as a snack and these flavonoids, we know, these plant chemicals have very proven anticancer activity. The next plants I would like you

to consider adding to your cart would be avocados. Ounce per ounce avocados contain about one-fifth of the butter, of the fat in butter or margarine and most of the fat in avocados are monounsaturates. Monounsaturates are a very healthy kind of fat that you'll also find in olive oil and canola oil, the unrefined expeller pressed canola oil. Don't forget to also throw into your cart broccoli. From sprout to stalk, I'm telling you, this plant contains really powerful phytochemicals, something called indole-3-carbinols. Now these indole-3-carbinols have been demonstrated in studies to offer protective benefits against breast cancer, specifically they can drive the production of a weaker form of estrogen, so anyone who has estrogen sensitive cancers can really benefit by taking an all of the cruciferous vegetables, understanding that there's a possibility that the broccoli and the cabbage and the kale and the kohlrabi all have plant chemicals that may detoxify, in a sense, the circulating estrogen in your body.

Let's not forget dark chocolate too. Remember I said there was an 80/20 rule. This follows in the 20 rule. We know dark chocolate is a treat, so obviously in moderation. But what's nice about dark chocolate is that it contains something called a flavonol and these flavonols are very high or very rich in antioxidants and can potentially lower blood pressure and in some instances actually improve insulin resistance. Now, insulin resistance is actually, can somewhat even be tied into perhaps recurrence rates. Now we don't have a clear connection yet, but we do know that people who are more overweight have a greater likelihood of recurrence. We certainly see that in the WINS Study, as a matter of fact, that was actually posted on the Y-ME National Breast Cancer Organization Home Page that talks about the WINS Study and looking at decreased recurrence rates in people who had a low fat diet. So low fat diet and controlling your weight is very important to prevent a recurrence, if indeed you have an estrogen type

cancer, any type of cancer that would be prompted by excess insulin and there are certainly a number of those cancers.

Green tea is another must have in the grocery cart. Whether it's cold or hot, this cup of brew contains something called catechins. Now these are chemicals that have been found to inhibit the growth of breast cancer cells. Now therapeutic levels of green tea are about four cups per day. Not everybody can start out at four cups a day, so you might want to start off with one cup and kind of build up from there and realize that if you're caffeine sensitive, you can choose decaffeinated versions of green tea and you will still get some benefit. You will not get as much, but you will get some benefit. It's also important to note that some of the cold or the bottled green teas really have very little green tea in them and are usually sweetened with sugar or artificial sweeteners, so making your own green tea would be an important thing to do.

Now I had mentioned about the monounsaturated fatty acids that were in avocados, there are also the same in olive oil. Now olive oil has these natural anti-inflammatory fatty acids and you want to make sure you're choosing extra virgin olive oil. The extra virgin oil hasn't been refined at all and so you're getting that nice pure oil that is going to give you maximum heart protection, a maximum cancer protection. Of course another food that many people enjoy is yogurt and like milk yogurt contains something called conjugated linoleic acid, CLA for short. That has been shown in studies to actually inhibit inflammatory diseases and, in case you didn't know, cancer is considered inflammatory disease; and CLA has also been shown to increase levels of killer cells. Now our natural killer cells go out and destroy cancer cells, so there's part of our immune system, so that's one way that we can support our immune system. It's also important to note that if

you're taking in yogurt, you want to make sure that it is from organic free range sources, so you're not getting any additional hormones coming in your system through food sources. As a matter of fact, I do have to say that, this Saturday I'm due to send out my newsletter, my free email newsletter, and I'm going to be addressing the issue of bovine growth hormones in milk products, so that will be an interesting. You're welcome to log onto my website, I'm sure Arline can give that to you later and sign up for that free newsletter.

Another supplement that is another food that is going to provide benefit is the pomegranate juice. Now you might have seen those fancy bottles and that's really what drew my attention to pomegranate juice in the store, but I also knew of the great value from the research. This food really packs a powerful punch because it contains more polyphenols, which are very, very potent antioxidants, more polyphenols than red wine, grape, or blueberry juice, so pomegranate juice, if you like that taste. It's a little bit on the bitter side, but it's very delicious and, again, you want to make sure that that's 100% and then keep that at four ounces. Salmon is another food that I think is really important to talk about because of the omega-3 fatty acids. Omega-3 fatty acids have been found not only to lower the risk of the stroke; it's been found to lower risk of dementia and certainly potentially boost the immune system. The one thing that I really like about omega-3 fatty acids at therapeutic levels is that there is a potential that it can reduce the spreadability or metastatic capability of cancer cells. So this is a fascinating discovery and one that is actually even mimicked with some of the medications that physicians are prescribing now to get a hold of or control these metastatic diseases. The fish though that you've got to be really careful when you choose salmon, tuna, mackerel, sardines, understand particularly with the salmon and the tuna and the mackerel that you don't want farm raised. You do

not want farm raised. If you've got farm raised fish, you can almost guarantee that that fish has been fed corn and that completely changes the fatty acid profile of the fish. It no longer is rich in omega-3; it actually becomes a polyunsaturated fatty acid because corn contains polyunsaturated fatty acids. Yes, you see when the fish eat the algae from the ocean, that's how they're getting the omega-3 fatty acids.

The same thing applies if you feed a fish something else, you're going to get something else, so you're going to get a different profile of fish. Some people have told me that they really find the cold water fish quite expensive and that is true. It is more expensive because of the shipping and transport, but the important thing to remember is that there actually is a very economical way to get your salmon and that is to simply buy it in the can. The can is a wild sockeye and it's a very affordable option.

The last food I think that you ought to put into your cart is wholegrain bread and the heavier the better when it comes to bread. If you take it off the shelf and you can juggle with four of them at once, that's probably not a good bread for you. You want to have it actually have some weight to it. If it has weight to it there's a good chance that that means that there's enough dietary fiber in there. Now whole grains not only contain vitamin E and fiber, but some of the grain breads, and I'll tell you one that I recommend, although there are certainly a number of them that are good, and I'll give you a couple actually so that I don't show, that I have favoritism toward one, Ezekiel bread is one and Natural Ovens makes a whole line of breads and bagels that contains flax seed, which is very beneficial as well, so anything with some flax in it and that's going to help in the detoxification process, lowering of bad cholesterol and of course there's some

studies to show that taking in that flax may in fact reduce tumor size in women with breast cancer as well as reduce the spreading and even reduce the HER2-neu expression, protein expression. So that's a very, very valuable thing to add to your diet.

So you've just loaded up your cart; you've done all the planning; you've done the shopping; you've loaded up your cart and now you've brought it home. Believe it or not it's been miraculously stocked in your refrigerator and your pantry while you took a relaxing bath, right? So you don't have to do any of that. You've done enough work already.

The next step then is to find ways to get food into your regular meals. You've got to get all this good food into your regular meal pattern and I've developed a plan for that. It's something that I call my One-Up Nutritional Strategy. Now my personal experience has been that I've slowly evolved to be a better eater today than I was ten years ago. I mean I didn't start out this way. I used to think that a Diet Pepsi and a cup of noodles and a bag of prunes for lunch was healthy; and I can't believe I just admitted that, but it's true. Over the years, through years of training and clinical experience and just working, not only with my patients, but also just with myself and my family, I've learned what works and what doesn't and here's one thing I know for sure: Small steps over time will lead to big health changes. I just actually heard a physician talk about the fact that she did not believe that small changes led to big changes and that you should just jump in full force and do everything all at once. I disagree with that. I think that certainly if you are that kind of person and you can, fabulous, but you shouldn't beat yourself over the head if you have to start small. Starting small can still lead to really big changes and big health potential, so don't kid yourself. The thing is is

that you'll really drive yourself crazy if you think long-term. So just think about this way: What can I do this meal, this time, this day to improve my health?

That's what really the One-Up Strategy is all about, because every time you get ready to choose a meal, just ask yourself: What can I do better, just one thing better? So an example might be if you start off the day with oatmeal. Well what about adding berries or maybe changing from a hamburger made from beef to a turkey burger, small changes, and yet you're getting more plant chemicals in for breakfast and you're getting less fat in for dinner. So specifically you can ask yourself what I call the ABC Question. A is: What choice can I add to make this healthier? A for add. B: What choice could I make better, B for better. Or C: What change could I make to this meal entirely to make it healthier, C for change. What I'd like to do is go through some specific examples and then if you want we can play a little game at the end of this and you can actually give me one of your favorite foods and we'll see if we can't one-up it with an A: add, B: make it better, or C: change it completely. So that will be your, that could be a fun experience for us.

So let me give you some examples of how you can A: add your health value to the meal. You might want to start by adding flax seed. I talked about that a little bit ago. Flax seeds, if you some of you don't know, they really, they look like sesame seeds, but they're darker in color and they also will contribute these weak plant estrogens to the body and for this reason flax has been thrown into the controversial ring along with soy. But what I think is important to understand is that flax contains lignans, these fiber-like compounds that have been found to inhibit the growth of breast cancer cells in vitro. Now although we don't quite know/understand the mechanism, we don't know why this is working, but in May

of 2005, and I alluded to this study a little bit ago, researchers demonstrated that post menopausal women with breast cancer who took in about one ounce of ground flax seed, and they actually ate a muffin every day that had the flax seed in it, that they not only significantly reduced their tumor growth, they increased the death of the breast cancer cell, which is called apoptosis, and they lowered that HER2-neu protein expression. So I think it's noteworthy to understand that combining flax with soy can actually create a more balanced benefit in women with breast cancer. Now this is... I'll talk about soy in just a minute before some of you really get excited because I know there's a huge controversy with soy, but I want you to understand:

In 2006 researchers looked at the effect of soy, protein, flax, or a combination of soy and flax and what that effect had on tumor bearing mice and found that when soy was used alone for long periods, growth was stimulated. You see that's where this connection is when people are telling you, "You've got breast cancer, you better stay away from soy." One of the reasons why is because it alone in large amounts has the potential to do that. But in this study the combination of the soy and flax reduced tumor growth and so I think really the key is to moderate your intake, combine the weak plant estrogens that almost help to balance each other out and create that balance in the body and one to two tablespoons a day of your flax seed, in addition to a couple of servings of soy foods per week, is a nice, safe practical and potentially beneficial blend for you. The second way that you can add health value to your meal is by instituting soy, adding soy.

Now we know that soy beans contain these compounds that act like weak plant estrogens and I've explained it, I've kind of explained the soy breast cancer

connection before and I'm going to explain it the same way because the analogy of using the cruise ship seems to very powerful and people get it. So follow along with me: Let's say that all estrogens, whether they're plant or human are cruise ships and obviously the human cruise ships, they're much more potent, so they're going to be the huge ones and the plant estrogens from soy and flax, those are going to be the little cruise ships. But these cruise ships, even though they vary in structure and size, they all fit into the same port space. When you go to the island, you're going to see little cruise ships, you're going to see big cruise ships all in port. Same thing happens with your cells: You've got the port there; it's going to squeeze on. That port space is the estrogen receptor site on your cell and here's what we think happens in the body. If you eat soy, the soy ships will cruise right into your cell port and block the way so that the more potent estrogen ships, the big ones, the estradiol, those that have a tendency to activate the growth of breast cancer cells, they can't get in. They're blocked and that may actually reduce the risk of getting breast cancer, and that's a good thing.

But if you're eating soy and you're trying to prevent a recurrence of breast cancer, should you be eating it? Well if you think about my analogy, the goal is actually to keep those big cruise ships out of the way and you want to keep the traffic to a minimum anyway, so as you got higher levels of circulating estrogen or lots of cruise ships, you know that's going to spur on the growth of breast cancer cells, so that theory of estrogen activation we know is confirmed by several in vitro and animal studies. In fact, highly concentrated sources of soy have been shown to spur on breast cancer cell growth. So you would think you'd want some of those ports filled up by weaker ships so the big nasty ships don't get in and that's exactly what soy and flax can do in moderate amounts.

Also remember that soy has about seven or eight other anticancer fighting compounds, so there's more than one reason why soy can be beneficial here. Based on all of this information and all of the research, the American and the Canadian Dietetic Association has issued Position Statements to indicate that the recommendation for women who have been diagnosed with breast cancer is to consume one to two servings of soy foods per week, not day, per week, one to two per week and that way you're allowing for small amounts of soy to come in without inundating the system with too much estrogen activity. So you're really controlling those cruise ships. The key word here in this recommendation is soy food, in addition to the servings, and so your soy foods like soy milk, tofu, tempe, soy nuts, miso, all of that is allowed. You do want to stay away from high levels of isoflavone content found in concentrated sources of soy. You're most likely going to find them in energy bars; you'll find them in dietary supplements for menopause; you'll find them in health shake mixes, and in some smoothies. All right? So hopefully that will give you an idea of A: Adding flax seed; A: Adding soy; B stands for better your choice; and one of the better choices that I would like to share with you is adding eggs.

Now I am talking about bettering the kind of eggs that you're perhaps choosing now. You want to choose organic omega-3 fatty acid enriched eggs. It's a great way to add the immune stimulating eicosapentaenoic acid to your diet. You know so many diseases are caused by inflammation and if you can make adjustments in the types of oils you consume, you can actually change how these fatty acids are reflected that will almost promote an anti-inflammatory action in the body. The bottom line is, and if you look at lipid experts, their research, it will clearly tell us that we eat way too much saturated fat, typically from our animal sources, way too many fried foods and these can all contribute

to the inflammatory process. So these omega-3 fatty acids found in fish and flax and certainly in walnuts, to a smaller extent, but also then in these enriched eggs. There's just so many opportunities to really incorporate these omega-3 fatty acids into your diet. I'd also like to say that the eggs are typically organic. I do recommend the organic enriched eggs because you want to avoid any hormone containing animal products and this is one way you can maintain a healthy body, basically by decreasing the toxic environmental pollutants that are entering your system through the food supply and pesticides, hormones, nitrates from preserved meats, all of those should be limited as much as possible.

Arline Kallick: I hate to interrupt you Kim, but you know I want to get to the questions and answer session because we only have about 10/15 minutes at the most.

Dr. Kim Dalzell: I've gone crazy with all of my One-Up Strategies.

Arline Kallick: No, it's great, but I don't want any of our listeners to feel they didn't have an opportunity to ask you a question because we just have until about around quarter to or ten to the latest.

Dr. Kim Dalzell: Oh that is fine. I appreciate you keeping me on task. You see how great you are? I would like to simply close by saying: We're not going to get all the protection we need from just an isolated nutrient or doing one thing. It's really doing things consistently over a period of time and really if you apply planning and shopping and one-up meal strategies, you've got a lot better chance for really making a huge impact to your health one goal at a time, one meal at a

time. So before I take questions, I want to make sure to invite everybody to read my special report on “Fighting Cancer With Nutrition” at www.challengecancer.com/special. I would be happy to entertain questions at this time.

Our first question comes from Marianne from Virginia; please go ahead.

Marianne: Hi. Thank you very much for taking my question. **As a result of chemotherapy, I was thrown into menopause a little bit earlier than I should've been and also as a result I'm getting all of the bad terrible kind of side effects including the hot flashes, night sweats, but particularly weight gain and what I'd like to do is do something to in terms of watching my diet in order to kind of monitor the weight gain, not necessarily lose a lot, but just make sure that it's doesn't continue to rise. So can you tell me something in terms of nutrition that I might be able to do in that instance?**

Dr. Kim Dalzell: Yes, Marianne, thank you. This is an excellent question and this is what we often see in women who have gone through breast cancer treatment and are now either on, I don't know if you're on oral medication at this point or not, but they're starting to see a weight gain. There is... There are nutritional strategies for that, as well as lifestyle, and certainly I think that is part of it. Obviously just like anybody, if you're trying to watch your weight, maintain your weight, or get a handle on it, you have to move. You have to move. You've got to do exercise, weight bearing flexibility exercises to get the muscle shifted in the right way that will then increase your metabolism. In terms of nutrition, we do know that green tea has the ability, some, there's been a few studies, at least, to show that green tea may in fact increase metabolic rate and help with weight loss. We do also

know that taking in plenty of dietary fiber just helps to fill you up. So in the morning if you have not started off with a high fiber cereal, one that, like Kashi or Fiber One, something that gives you 10/13 grams of dietary fiber per half a cup. You take something like that in the morning; you add a few almonds or nuts to that off to the side, that will not only give you the staying power that will take you right on through lunch, but will almost fill you up to the point where it's going to be difficult to want to overeat at all. One of the great tips that I've shared with people and that they've reported back as being really helpful, is having that whole grain cereal as a snack in the afternoon or maybe even for dinner or right after dinner, and they're just... You get that fiber in your system and you really fill up and it does help to move things along as well. Have you tried those?

Marianne:

I have started doing more fiber, that's for sure and kind of Smart Start and things like that, just have never been that conscious of doing that sort of thing, but now I'm paying attention. In terms of activity, I just recently completed the Avon 39 Mile Walk. So, yeah, the activity part is there. It's the eating part that I'm having a hard time kind of getting a handle on what I need to eat and what I need to stay away from.

Dr. Kim Dalzell:

Well congratulations on the walk and I will tell you that that's, you're right, you've got a handle on the exercise, that's for sure. I will tell you that you said an important word there. I'm just now getting a handle on things. One of the interesting things that comes from a nutrition consultation with somebody who can really pinpoint is that you might discover something about yourself that you didn't know or that the certain foods you were choosing really weren't as healthy as you thought they were and so the value of getting a nutrition consultation can

make a big difference. So if you find that you're getting stuck, consider going that route.

Marianne: Thank you.

Operator: *Our next question comes from Elizabeth from New York; please go ahead.*

Elizabeth: **Hi. I have two quick questions. One is when you have Her2 cancer, you could still have the soy because my breast doctor told me not to eat any soy products and I'm taking Remifemin for the hot flashes, which really helps a lot in the nighttime and I really wanted to take the night one and that has soy in it, so could I take that?**

Dr. Kim Dalzell: So, Elizabeth, you are right in that Remifemin has been used. That's a Black Cohosh blend. That's very popular over in Europe to use for hot flashes and they do not see a correlation at this point with Black Cohosh as contributing any estrogenic activity. Some of the supplements that are used for menopausal symptoms are using isolated soy protein powders and there's a difference between a soy food and these protein isolates from soy. For example, a soy food is probably going to contribute at the most 30 to 35 milligrams of isoflavones and then isoflavone is that weak plant estrogen versus just a small scoop or a tablespoon or just a small amount of the isolated soy protein can actually yield over 100 milligrams of isoflavones. So we're getting much larger amounts in and that's why it is crucial to stay away from those isolates because we know in the studies the isolates are causing the problem.

Elizabeth: All right. Thank you.

Operator: *Our next question comes from Deborah from Mass.; please go ahead.*

Dr. Kim Dalzell: Hi Deborah.

Deborah: **My question was similar in terms of the doctor keeps saying, “No soy products; no soy products.” Prior to having had breast cancer, I did eat veggie burgers and soy milk and soy cheese and Kashi bars that have soy isolate in them, so I’ve been trying to make a lot of adjustments to my diet; and I’ve also been doing weight watchers and I lost 18 pounds and now put back about eight. So I’m trying to figure out how to do this. I just finished radiation a couple weeks ago and just began on Arimidex.**

Dr. Kim Dalzell: Well, Deborah, congratulations on you finishing your treatment.

Dr. Kim Dalzell: I know that’s a milestone in itself. It can be, I can sense the frustration that occurs when you are eating healthy, obviously for prevention, and then with the diagnosis of cancer, realizing that the foods you were eating that were perhaps helping you to lose some weight, now you had to remove.

Deborah: Right.

Dr. Kim Dalzell: I can say it this way: There are two very clear cut fields of study in soy. One part of the study... One part of the research clearly shows that, and I’m talking now just for women who have breast cancer, I’m not talking prevention, all right...

Deborah: Right.

Dr. Kim Dalzell: ...because we're there.

Deborah: It would be on prevention.

Dr. Kim Dalzell: We've had it. Exactly, and we're trying to prevent a recurrence.

Dr. Kim Dalzell: So for those women, keep in mind that of the studies, half of the studies are showing that you got to stay away from soy because it's going to keep, it's going to spur these cancer cells on. The other half of the study is saying, "We're preventing recurrences by taking in soy." So what gives? How can you have so many conflicting studies? You have to dig a little deeper and when you dig a little deeper and you look specifically study after study, you see that the ones that are negative against soy are the ones that use the isolated soy protein powders. The ones that were positive used soy foods and looked at population study. So that tells, that really told the scientific community that in moderate amounts soy has some benefit. In moderate amounts soy has some benefit and you've got to stay away from those isolates, which we know are going to provide too much to the system. You see this across the board with everything, Deborah. It is not just soy. You look at Vitamin C, you see women...

Deborah: Exactly.

Dr. Kim Dalzell: ...who doubled their risk of stroke, post menopausal women, when they took in 300 milligrams of Vitamin C. You look at the med analysis of 19 studies of people who took as little as 400 international units of Vitamin E per day and they increased their risk of death by any cause by 10%. Why are we starting to see

all these studies come up? The isolated forms take out the balance in the equation and that's where we're running into problems.

Deborah: Well thank you. That was very helpful.

Dr. Kim Dalzell: You're welcome. Just remember that I did reference both the American and the Canadian Dietetic Association. There is an official Position Statement. You can call the American Dietetic Association at 800-877-1600 and you can get a copy of that Position Statement and take it to your doctor and perhaps add some education to the conversation.

Deborah: I'm finding the same conflict is there about whether to use an estrodiol cream or estriol cream.

Dr. Kim Dalzell: That's a little bit outside the nutrition realm, so I'm not able to tell you. Why don't you just spread some soy around?

Deborah: Thank you.

Arline Kallick: I'm afraid we're going to have to go to our last question now before we break into the groups.

Operator: Our last question comes from Shirley from Illinois; please go ahead.

Shirley: Hooray, I'm so glad to get in. **I recently heard an oncologist speak about the benefits, and I don't know if I'm pronouncing this right, of Curcuman, Curcoman...**

Dr. Kim Dalzell: Yes.

Shirley: **...which I believe is the active ingredient in Turmeric. Can you tell me if you have any scientific information about that and how much of that spice might help a person who is trying to, or stall a recurrence?**

Dr. Kim Dalzell: Yes, Curcumin is from the Curcuma root, which is what they make Turmeric from, the spice that they often use in Eastern Indian dishes, curried rice, curried chicken, if you've heard of those; and what we have found in test tube and animal studies is that taking in Curcumin has value in a number of cancer cell lines, including breast cancer, to increase the apoptosis or the cellular death rate of cancer cells. So it's a very powerful antioxidant potential. Curcumin also has anti-inflammatory benefit. We'll see people who have arthritis who have benefit using that and typically people can't eat enough of it unless they're Eastern Indian and they have that regularly in their diet. So there are dietary supplements that are available and you would want to get something like Curcuma root that offers a whole food and, of course, any time you take dietary supplements, make sure you check with your physician. There I've just allowed myself to continue to practice in the State of Illinois and not be sued. The Curcumin can be anywhere between 300 to 500 milligram capsules two or three times a day.

Shirley: Thank you so much.

Dr. Kim Dalzell: Is the suggested amount. Sure. Thanks for calling in.

Arline Kallick: At this time we have to end this portion of our call and would like to thank Kim for her very insightful and excellent presentation on strategies for healthy eating. Because of the generosity of healthcare professionals like Kim Dalzell, it's possible for Y-ME to provide useful information and assistance through the journey of breast cancer. So we thank you very much, Kim, and we'll be speaking with you again.

Dr. Kim Dalzell: Thanks so much. Appreciate the opportunity.

Arline Kallick: Please everyone stay on the line for our discussion groups. I forgot to mention before that about a week after each call, a transcript of the call is on our website, so don't forget that because I know Kim gave a lot information and it'll be on there in about a week. I'd like to remind everyone that Y-ME has a 24/7 Hotline with certified peer counselors that are always available to answer your questions so that you will not go through the breast cancer journey alone. Again, the Hotline number is 800-221-2141. I hope you will all participate in our discussion groups. All you have to do is stay on the line. So thank you for attending tonight's Y-ME ShareRing Network Teleconference. Our next teleconference will be June 20th and the speaker is Dr. Elena Kamel from Chicago. She is an Obstetrician/Gynecologist and she will be speaking on "Female Health Issues after Breast Cancer". That should be a good program. Please stay on the line for the discussion groups and we'll hope to see you again. Rosa will now give you instructions for the discussion group.

Operator: *Thank you. All participants please standby. All parties will be placed on a music hold until the breakout session begins. Please do not disconnect. Once again,*



**Y-ME ShareRing
Network
May 16, 2007**

*you will hear music until the breakout session begins. Thank you for your
patience.*