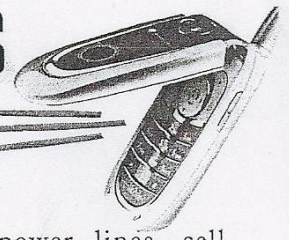


Hormones, Breast Cancer, EMFs and Cell Phones

By: Dr. Sherrill Sellman



Hidden deep within the middle of our brain, is a very special light sensitive, pea-sized endocrine gland called the pineal gland. Once dismissed as a useless gland, it is now considered one of the most important glands in the body.

In 1958 it was discovered that the pineal gland secretes melatonin, a powerful hormone that plays a major role in cancer prevention and longevity. A primary function of melatonin is to regulate the circadian rhythms, which govern waking/sleep cycle ensuring deep, regenerative sleep. Sleeping in total darkness at night is necessary in order for melatonin to be released in the body.

Melatonin is also a potent free radical scavenger facilitating proper DNA synthesis and cell division. As an antioxidant, melatonin is five times more powerful than vitamin C and twice as strong as vitamin E. Melatonin also has the ability to increase the cytotoxicity of the immune system's killer lymphocytes and counteract stress-induced immuno-suppression.

Perhaps the most important of melatonin's many virtues is its role in the prevention and treatment of breast cancer. Melatonin has the ability to control the timing and release of female reproductive hormones, especially inhibiting the release of estrogen. Melatonin is a relevant anticancer signal to human breast cancers. In fact, ninety percent of human breast cancers have specific receptors for this signal. Breast tumors are awake during the day and melatonin puts them to sleep. It also slows breast cancer growth by 70 percent.

Low levels of melatonin are known to stimulate the growth of certain types of breast cancer cells, while adding melatonin to these cells inhibits their growth. Women with breast cancer tend to have as little as one-tenth the melatonin levels of healthy women.

Melatonin plays such a dramatic role as an antioxidant, immune enhancer and hormone balancer, that anything that might compromise its nighttime production can have dire consequences to our health.

Electromagnetic Frequencies and Cell Phones Inhibit Melatonin

Our modern world is awash in electro-pollution. Exposure to man-made electromagnetic fields

(EMF) from sources such as power lines, cell phones, radar, microwaves, satellites, computers, electric appliances and Wi-Fi hot spots is now 100-200 million times greater than in our grandparents time.

It was recently discovered that EMF exposure inhibits the nocturnal synthesis of melatonin, allowing cell proliferation of malignant cells. Studies have shown that breast cancer cells that stopped growing when treated with melatonin actually resumed proliferation when exposed to power-frequency EMFs⁽¹⁾. Magnetic fields have the ability to disrupt cell-signaling systems, the internal communications network, which determines how they respond to their environment. This mechanism has helped to explain why reduced melatonin levels from EMFs contribute to a number of cancers including breast cancer, prostate cancer, melanoma and ovarian malignancies⁽²⁾.

It is now known that melatonin suppression occurs at frequencies not far above those of the common household ranges of 50-60 hertz. For example, if we sleep next to a cordless phone base station and/or digital clock, enough continuous EMF exposures are emitted to suppress night time melatonin production. Studies have also shown that the effectiveness of the breast cancer drug, Tamoxifen, is reduced when exposed to EMFs⁽³⁾.

The connection between breast cancer and EMFs continues to strengthen. A recent study reported a 43 percent increased risk in women with a high likelihood of occupational exposure to magnetic fields such as those given off by mainframe computers. This increased incidence has been directly linked to the suppression of melatonin from EMFs⁽⁴⁾.

Cell phones present a double whammy to our body. They not only emit EMFs, but also microwave energy from the phone's antenna, which penetrates directly into the brain. Continual cell phone use can decrease the pineal gland's production of melatonin.

When it comes to EMFs, it is best to enact the precautionary principle: reduce exposure and limit cell phone use as much as possible; minimize the effect of EMFs by using effective protective devices on your cell phone and electrical appliances; strengthen the immune system by including antioxidant nutrients such as green tea, selenium,

vitamins A, C and E. The latest research has found that Ginkgo Biloba extracts will neutralize the free radicals and oxidizing agents produced in the cells by radiation⁽⁵⁾.

It is also recommended to remove all electrical appliances that are near your head when you are sleeping including your digital clock, CD player, cell phone chargers etc. Either remove them from your bedroom, place them at least 6 feet away from your body or use some form of proven EMF protection. Also check what electrical devices may be plugged in on the other side of the wall behind your head. Remember that the frequencies emitted by all electrical and wireless devices penetrate walls.

Although we are all living in a wireless world, with the appropriate nutritional and supplemental support, judicious use of wireless technology and proven protective technologies, we can safely make the best use of our 21st century technologies. 🐾

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Bio

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