

JOEL FUHRMAN, MD

Fighting breast cancer with flax seed

Plant lignans are one of the four classes of phytoestrogens (isoflavones, lignans, stilbenes, coumestans), phenolic compounds that are structurally similar to the main mammalian estrogen, estradiol.

Plant lignans are modified by bacteria in the human digestive tract into enterolignans. It is important to recognize the role of healthy bacteria in this process, because antibiotics can destroy beneficial bacteria in the gut resulting in long-term reduction in enterolignans.

Eating commercial meats exposes us to antibiotics, as does the overuse and inappropriate prescribing by physicians.

Flaxseeds are the richest source of plant lignans, having about three times the lignan content of chia seeds and eight times the lignan content of sesame seeds (note that flaxseed oil does not contain lignans — they bind to the fiber). Kale and broccoli also contain lignans, but only about one-tenth the amount as sesame seeds per serving.

Enterolignans are structurally

similar to estrogen and can bind to estrogen receptors — this capability allows lignans to either have weak estrogenic activity or block the actions of estrogen in the body. For this reason, plant lignans are classified as phytoestrogens, and there has been much interest in the potential contribution of lignan-rich foods to reduced risk of hormone-related cancers.

Enterolignans inhibits aromatase and estradiol production in general, lowering serum estrogen levels. Plant lignans also increase concentration of sex hormone binding globulin, which blunts the effects of estrogens. These benefits were documented when 48 postmenopausal women consumed 7.5 g/day of ground flax seeds for six weeks, then 15g for six weeks — and significant decreases in estradiol, estrone, and testosterone were noted with a bigger decrease in overweight and obese women.

In mice, a flaxseed diet (5 to 10 percent) has inhibited breast tumor growth. Human trials also confirmed similar beneficial effects. A double-blinded,

randomized controlled trial of dietary flaxseed demonstrated dramatic protection.

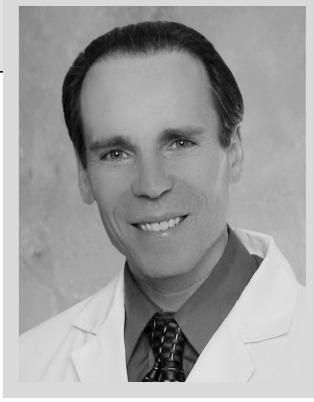
Women ate either a control muffin with no flax seeds imbedded or 25g flax-containing muffin starting at time of diagnosis of breast cancer for just 32 to 39 days until surgery.

Tumor tissue analyzed at diagnosis and surgery demonstrated surprising benefits even in this short timeframe. There was a significant apoptosis (tumor cell death) and reduced cell proliferation in the flaxseed group in just the one month.

Likewise, women eating more flaxseeds with a documented higher serum enterolactone were found to have a 42 percent reduced risk of death from postmenopausal breast cancer and a dramatic (40 percent) reduction in all causes of death.

Flaxseeds are clearly super foods; even with a mediocre diet they offer powerful protection against breast cancer.

Another interesting study on flax followed women for up to 10 years and found a 51 percent reduced risk of all-cause mortal-



ity and a 71 percent reduced risk of breast cancer mortality.

The intake of dried beans was also associated with a 39 percent reduced risk of all-cause mortality.

Endometrial and ovarian cancer have not been as extensively studied, but the few studies that have been conducted suggest a protective effect.

Bottom line: Don't forget to take your ground flax seeds (or chia seeds) every day. I sometimes forget too, but reviewing the science encourages me to remember. When used in conjunction with dietary exposure to greens, onions, mushrooms and beans, dramatic reductions in the risk of breast cancer are possible.

Dr. Fuhrman is a New York Times best-selling author and board certified family physician specializing in lifestyle and nutritional medicine.

SSWCD seeks contractor for riparian repair projects

The Siuslaw Soil and Water Conservation District is seeking licensed contractors to implement the riparian planting portion of the Fiddle and Morris creeks Riparian Restoration Project.

The deadline for bid submissions is Jan. 31.

Contact District Watershed conservationist Seth Mead at 541-997-1272, or email him at siuswcd@qwestoffice.net for project details.

ROSIE'S ART CARNIVAL

is now a TRAVELING show of creative amusements offering classes at the Florence Regional Arts Alliance

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Please call to reserve a spot, or for more info: (541)997-5388 or (541)991-7004 reallyrosie@centurylink.net

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What every parent should know about sexting

This tip was shared last year and generated some responses expressing appreciation for publicizing this issue. It is information worth repeating.

As your youngsters grow into their teens (and sometimes before), a new danger emerges on the Internet. It's called sexting and this troubling trend involves sending sexually explicit messages and/or photos of nude or semi-nude teens electronically.

This can be accomplished via cell phones or over the Internet. Photos are often taken by the person appearing in the photo and are intended to be seen by a specific person. But with today's technology, they often reach far beyond those meant to share them.

The trouble with sexting:

- Because photos can be distributed widely, sexting can ruin reputations and limit one's ability to get into college, join the military or get a desired job.

- Sexting can result in anxiety and depression.

- It is a crime. Federal law prohibits possessing, distributing or taking sexually explicit images of anyone under the age of 18. State laws may vary, but sexting may lead to jail time and to teens being labeled as sex offenders.

- Information sent via cell phone will be available for as long as 30 to 50 years.

What can parents and guardians do about sexting?

- Talk to your children about the dangers of sexting.
- Set rules and consequences for breaking them.

- Be aware of what your children are posting publicly.
- Know who they're communicating with.
- Learn how to use their cell phones.
- Be aware of sexting shortcuts and acronyms (see attached list)

What to tell your children about sexting:

- Anything you send or post will not go away.
- Nothing you send or post will remain private. You may intend it to go to one person, but it could be forwarded to others without your knowledge.

- You risk jail time as well as being labeled a sex offender.

- You don't have to give in to pressure from others to do something that makes you uncomfortable.
- Friends who care about you won't want you to get into trouble by sexting.

For more information and tips, visit www.lincolncountysheriff.net

Some of the most frequently used sexting shortcuts or acronyms:

- P911 — Parent Alert
- PAL — Parents are listening
- PAW — Parents are watching
- PIR — Parent in room
- KPC — Keeping parents clueless
- 99 — Parent no longer watching
- CD9 — Code 9 (Parents are around)
- 8 — Oral Sex
- 143 — I love you
- 182 — I hate you
- ADR — Address
- ASL — Age, Sex, Location

- GNOC — Get naked on cam
- KFY/K4Y — Kiss for you
- LMIRL — Lets meet in real life
- MOOS — Member(s) of the opposite sex
- MorF — Male or Female
- MOSS — Mom over shoulder
- NALOPKT — Not a lot of

- people know that
 - NIFOC — Nude in front of comp.
 - NMU — Not much, U?
 - RUH — Are you horny
 - TDTM — Talk dirty to me
 - WYCM — Will you call me?
- Lincoln County Sheriff's Office

WORD ON THE STREET

Has America made progress on reducing racism?



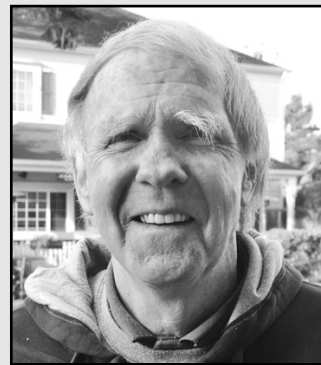
"I wasn't here in the '60s, but I think we have made a lot of progress since then. Maybe not in every part of the country, but here, yes."

—REVECA COOPER, 54 FLORENCE



"I think so, but I really do think it's more that they're changing where the racism lies. It's not so much it's gone down. But I mean any progress is progress. ... Even if it's small, it will get better. And it depends where you live. Some places are better than others."

—MARIANNE MANIERE, 21 CALIFORNIA



"I never dealt with much racism growing up in Idaho, but I think I have gotten better about my approach to racism — and I think we have as a nation overall."

—PATRICK EMMINGHAM, 67 FLORENCE



"I think that we have, of course, made progress, but still have a long way to go. It's sad, but true."

—P.J. CLARK-LAIS, 62 FLORENCE

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ShelterBoxUSA.org



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