



Riordan  
Clinic

# Health Hunters

October  
2022

Vol. 36  
No. 10



## Inside this Issue

Professor Grateful and Looks Forward After Breast Cancer Diagnosis

Stress, Metabolic, and Hormonal Imbalances and Breast Cancer

Environmental Toxins Can Contribute to Breast Cancer

Creamy Pumpkin Soup Recipe



Riordan Clinic is a world-renowned, academic medical center that has led the world in integrative oncology and complex chronic illness care since 1975. The Riordan Clinic was established as a 501 (c)(3) non-profit organization with missions in research, provider education, and patient education. The Health Hunter newsletter has been published since 1986 as an educational resource to providers and patients.

## Professor Grateful and Looks Forward After Breast Cancer Diagnosis



Meredith is pictured with her mom, nieces, and her horse Urkel at the family's farm near Hill City.



AUTHOR

Melody Spurney

As Meredith Trexler Drees rode with her husband, Jeff, to her family's farm near Hill City, Kansas on the day of her breast cancer diagnosis, she had no idea she would be walking the campus at the University of Notre Dame a little less than two years later.

"I remember on the day that I was diagnosed, I told my husband as we were driving back out to the farm I thought I was going home to die," she said, recalling that her initial perspective was limited because she didn't know about options beyond conventional care.

Meredith, 38, was diagnosed in February 2021 with a large, cancerous tumor in her left breast, with a spot that had grown into her sternum. She had two weeks to wait before she could get more scans, so she and Jeff headed toward her family in Hill City.

"Those two weeks may have been the most defining moment of my entire life, because I was thinking, 'Is it everywhere? Is it just in the breast?,'" she said. Meredith added that those weeks were defining because she put her trust in God and established a mindset that empowered her to succeed.

Meredith initially became concerned about cancer in November 2019 when she felt a lump in her breast. She went for an exam by a conventional doctor, who wasn't concerned and sent her on her way. By the following winter, however, the doctors were alarmed that it had grown and sent her for a biopsy.

During the two weeks at the farm, she was comforted by her family, including her mom, Kim Trexler, sister, Brittney Johnson, her uncle and aunt, Ty and Lynn Bruton, her paternal grandfather, and other family members. She also found encouragement from friends and Dimitris Tselios, the life coach she began working with about a year earlier.

Meredith, a professor of religion and philosophy at Kansas Wesleyan University in Salina, tried to keep her spirits up by meditating and positive thinking, with guidance from Dimitris.

"Thank goodness he was there during those two weeks because he helped me keep my mind positive and focus on the right things. During that time, three of our friends told me I needed to

Continued on pages 2 & 3



**Meredith Trexler Drees is pictured with her mother, Kim Trexler, at Notre Dame University, where Meredith is completing a research fellowship.**

check out the Riordan Clinic. They said there were other options here. There is another avenue to go down,” she said, referring to alternatives to traditional cancer treatments.

Meredith is newly tenured at Kansas Wesleyan, and she and Jeff are living this year in South Bend, Indiana, where she has a research fellowship at Notre Dame and is writing her second book. However, in the early days of her diagnosis, she said she didn’t think she would have made it there.

“It’s been odd for me walking around the campus, thinking about where I was about a year and a half ago, and then comparing that picture with the picture of me being here. It’s just mind-boggling,” she said.

Meredith’s journey from diagnosis to being cancer-free at Notre Dame began in a traditional way. She was scheduled for chemotherapy, a single mastectomy, and radiation. During the two weeks she waited for her scans, she found a video of Dr. Lucas Tims, ND, FABNO, online, and decided she wanted him to be her doctor.

The conventional scans showed the tumor had not metastasized beyond the sternum, and Meredith was told she had “a curable stage 4 cancer.” In March 2021, she first met with Dr. Lucas and began a high-dose IV vitamin C treatment (IVC), and he encouraged her to continue with conventional care while also taking a naturopathic approach. Meredith said she was grateful for the advice. She believes the body can heal itself, but that her cancer also needed to be eradicated in more traditional ways.

“He was immediately so reassuring and so confident that we would get this. I think that belief is such a large part of this. If a person believes that they are going to make it, that’s half the battle. He gives everybody a leg up from the moment you walk in because he has that attitude,” she said.

Meredith started four rounds of AC chemotherapy in March 2021, which she called “brutal.” She experienced extreme fatigue and lost her hair. That was followed by Taxol, which she said was easier for her to tolerate. She credits the IVC and mistletoe treatments for helping her through three months of chemo. During that time, she finished her first book, “Aesthetic Experience and Moral Vision in Plato, Kant, and Murdoch: Looking Good/Being Good.”

“I believe that’s why I made it through the chemo the way I did. I have no lasting side effects from that,” she said.

Surgery was scheduled for July. No cancer was found in the tumor margins, but it was found in a couple of her lymph nodes. Radiation was scheduled after the surgery, which left her with second-degree burns.

Meredith said she was struck by the negative energy that existed in conventional cancer care. She recalled a follow-up appointment with her surgeon to discuss her outcomes not long after the surgery.

“The surgeon said, ‘Well, people with bone metastasis can live a long time, but she looked like she was about to cry,’” she said, adding that once tumor results came back better than the doctor had thought, she became somewhat more optimistic. “But again, it is the negative approach that you see so much.”

Things were different at the Riordan Clinic, however.

“Dr. Lucas kept reassuring me that we’ve got this,” she said. “I think it was all the support from the Riordan Clinic that allowed me to get through those things as well as I did.”

### **Remaking A Body**

In addition to the IVC and mistletoe, Meredith and Dr. Lucas worked together to personalize her treatment plans. Using lab tests, they discovered she had high mold toxicity levels, adapted her lifestyle habits, and added supplements. She also learned about the terrain-based approach to treating cancer, which addresses the whole person, not just the tumor.

“You don’t just have to go to the conventional doctor and do exactly what they say. There’s so much more to this. You can remake your own body. We are what we eat, literally,” she said.

As part of her co-learning journey, Meredith made some significant lifestyle changes. Diet adjustments included eliminating sugar, gluten, coffee, alcohol, and dairy, because her tumor was ER/PR positive, making her sensitive to hormones in dairy and other products. She is also vegan except for the inclusion of fish, per Dr. Lucas’ recommendation, to benefit from Omega 3. She focuses on eating leafy greens, broccoli, and other cruciferous vegetables. She also enjoys chickpeas and organic tofu, which she said, contrary to common misconceptions, is not a poor choice for breast cancer patients as long as it is organic.

She said that while she exercised before, she does so a lot more now. She also does mindfulness exercises, including yoga, and is working to increase her meditation, with a goal of doing it daily. She is doing a mold detox and is trying to sweat as much as possible. She bought an infrared blanket to induce sweating, takes detox baths, and uses a dry brush.

Meredith’s morning routine includes hot lemon water when she wakes up. She waits 15 minutes and juices 16 ounces of celery juice. Fifteen minutes after her juice, she drinks mud water, a mushroom-based alternative to coffee.

“It’s a job on top of my real job. But I actually enjoy it, learning more about it, and having a routine that I feel like is good for my body. It’s not a burden,” she said.

She said the teamwork in the Riordan Clinic’s approach to care is key to personal growth and making changes.

“This can be a game-changer in terms of what a person can learn. There’s so much knowledge to be gained, which leads to power and control over your own journey. The idea of being a co-learner, I think, is really at the heart of all of that. You don’t walk into the clinic and

have people telling you what to do and talking down to you,” she said.

At her six-month scan, she showed no signs of cancer, and a second set of scans showed no sign of the lesion on her sternum.

Today, Meredith uses a mistletoe kit for at-home injections three times each week. She also does an IVC once a week, which she said Dr. Lucas has approved to be reduced to once every other week in October. In addition to Breast Cancer Awareness Month, October has even more significance for her, as it will mark the one-year anniversary of the end of her conventional treatments.

“I don’t have any reason to believe I’ll have a recurrence as long as I continue following his instructions and protocol,” she said.

Meredith was treated at all three Riordan Clinic locations, with Wichita being closest to her home and work in Salina, and Hays being closest to the family farm in Hill City.

“When I left to go to Notre Dame, it was kind of sad, because they were with me on this whole journey. I had been seeing them every single week. Throughout it all, they were encouraging me, and now I’m not seeing them for a while, and that’s kind of odd. Especially because during that time COVID was at large, my immune system was down, and so I was really just seeing a couple of my family members and the Riordan staff,” she said.

### The Farm

The Hill City farm, where her mother, Kim, still lives, has been in the family for three generations. They grow wheat there and raise Angus cattle. It is also where she formed a love for horses. As a child, she showed horses and would attend as many as 30 horse shows each year. She still has one, named Urkel, which her mom cares for when she isn’t at the farm. She said he is always glad to see someone at his pasture.

“We wanted to change his name, but then we found out that when we went out to the pasture and said his name, he would come running from anywhere,” she said.

Meredith said that she initially wanted to be a horse trainer, but ended up on a path to philosophy, which she said is her calling and purpose.

“It’s crazy how things take their twists and turns, but I believe there is a reason for a lot of it,” she said.

Changes have also come to the farm, which she said may have been at least a partial trigger for her cancer. Meredith said that her father, Brad Trexler, died in 2019.

“That loss was deeply impactful on me and my health,” she said.

Her paternal grandmother also died about the time of Meredith’s diagnosis. Her mother’s parents have also passed away, leaving her paternal grandfather and her mother in Hill City.

“We had a lot of change going on in the family right around the time this happened,” she said of her diagnosis.

Meredith said that her only family history of breast cancer is her great aunts on each side of her family. Both of her grandfathers’ sisters had the disease – and one died – though she does not carry the BRCA gene. She said that so many factors contribute to cancer, that even those with the gene are not necessarily destined to get it.

Today, Jeff manages the farm from Indiana, and he and Meredith



Meredith is pictured with her husband, Jeff Drees.

visit on weekends when they are in Kansas, along with their three dogs – Lily, Stella, and Sage.

### Positive Influences

In addition to family and Riordan Clinic staff, her life coach, Dimitris, has been an ever-present source of positive influence through Meredith’s treatment and recovery. She said he trusted Dr. Lucas, and the two reassured her that she was taking the right path. They shared the idea that people can attract positive things into their lives.

“I really feel like Dr. Lucas is the reason I’m still here. I can’t thank him enough. I would not be where I am today without Dr. Lucas and my life coach,” she said.

Meredith said that her experience with cancer encouraged her to focus on a bigger picture – a message that she would give to others who may be struggling with a similar experience. She credits God for her healing, and also gratitude, her focus on her book, and students during her treatments.

“One of the things I have learned from this is that I have to focus higher. Focus on goals and dreams instead of what I was going through,” she said. “Instead of thinking, ‘Oh, I’m going through chemo,’ I was thinking instead that this was a chance for me to have a rebirth. I believe that is the purpose of this. Rebirth is the best way to describe it. I believe that I am a completely different person in a good way.”

She added that she encourages others to incorporate naturopathic treatments when possible. She said that without the naturopathic treatments – and Riordan Clinic – her outcome could have turned out differently.

“This does not have to be scary. This does not have to be the end,” she said. “There are so many remedies in nature. There are so many studies. There is so much information out there about the terrain-based approach to cancer. The idea that we’re not just going in and killing weeds that will then grow back, but we are going in and changing the soil.”

Meredith and Jeff will continue to live in South Bend until her contract ends in May 2023, when they plan to return to Salina, and she will return to teaching at Kansas Wesleyan. She said that she looks forward to teaching again. After she finishes her current book, she plans to write a third – this one about her personal journey with breast cancer.

“Since I had this experience, I owe it to the world to do whatever I can to spread awareness,” she said. “I made it, and that’s amazing. Now, what’s just as important is paying it forward and helping other people to heal.”

# Stress, Metabolic, and Hormonal Imbalances and Breast Cancer



AUTHOR

Dr. Kirsten West, ND, LAc, FABNO



When it comes to breast cancer, a variety of things can contribute to a diagnosis. Three common contributors are stress, [1] metabolic imbalance, [2] and hormonal imbalance. [3] While causes are often discussed, a woman should never feel like she is to blame. It is important to change that dialogue. I want women to feel empowered and responsible = response-“able” to make changes to improve their health. Consistent testing, assessing, and addressing are paramount.

Stress is a common issue for everyone. Almost all of us are under some form of chronic stress, but our bodies’ reaction to stress has evolved over time. [4] Historically, humans were stressed because they were in danger for their lives. This may have included running from a bear, other animals, and even other humans, for example. Now, most stress arises from everyday tasks and responsibilities while sitting at a desk or pursuing activities of daily living.

Stress increases hormones such as cortisol, norepinephrine, and adrenaline. [4] These lead to an increase in blood glucose. [5] In the past, this rise in glucose was used to help the body carry out the “fight or flight” response – i.e., to run or hide from a bear or other life-endangering situation. This is no longer true in our current lifestyle. Now, this increase in circulating glucose occurs when we are sedentary, such as when driving or sitting at a desk while at work. Stress suppresses the immune system, while glucose stimulates it in ways that are detrimental, ultimately leading to metabolic imbalance, immune dysregulation, and inflammation. [6]

Some of the inflammatory response involves the release of cytokines, which encompass a number of substances secreted by the immune system that affect other cells. IL-1 [7] and IL-6 [8] can influence cells in ways that may later contribute to breast cancer. For example, IL-1 may result in malaise, fatigue, and depression, while IL-6 may cause anxiety, fatigue, and an aberrant response to pain. IL-6 can also shift metabolism away from melatonin production, which negatively affects sleep and immune function. Low melatonin levels have been tied to an increased risk of breast cancer. [9] Ultimately, inflammatory cytokines create a bodily terrain with an underlying theme of: “All is not well.”

Stress can lead to immune dysregulation, another cause of inflammation. That also can lead to depression and anxiety, which can result in a negative feedback loop.

That is why it is so important to manage stress. Exercise and meditation are good skills, as is intentional breathing with a particular focus on the exhalation to engage the parasympathetic nervous system. [10] The parasympathetic system promotes a response that calms the body. Being in nature is also a key therapy. [11] Close approximation to trees has been shown to increase a sense of overall well-being and proper immune function.

Metabolic imbalances develop, at least in part, because human physiology has not caught up with how quickly society has progressed. Humans weren’t very good hunters, which meant that they were accustomed to longer periods of fasting. Our bodies are designed to have periods of time when we don’t eat. In times of hunting and gathering, we might have had a squirrel for lunch and not eat again for two days.

This is no longer the case for most populations of human beings in First World countries. Food is readily available, and snacking is common. As a result, we don’t fast. We aren’t sleeping when we should be, which also affects circadian rhythm and melatonin levels. [12] Additionally, the quality of our food is a factor, with much of our diet consisting of processed food that is not organic and is low in nutrients because of the poor quality of the soil. Over-farming, environmental toxins, improper crop rotation, and global warming are just a few causes of poor soil. [13] I recommend fasting for at least 13 hours daily, with the final meal eaten no fewer than three hours before sleep, incorporating organic foods, and procuring foods grown through regenerative agricultural practices whenever possible.

Exercise can help regulate metabolic imbalances. As a counterbalance to stress, moving your body helps modulate glucose circulation when the muscles are utilized, and more muscle mass keeps glucose levels lower. [14] Our bodies are designed to move. The more we move, the more we utilize glucose and help to offset the stress response in a positive way. Unlike our arterial system, our

lymphatic (immune) system requires muscle movement for proper circulation. Of importance, movement should act as a positive stressor and be performed in moderation so as to avoid placing the stress of oxidative load on our system. I recommend approximately 150-250 minutes of exercise a week, spread over 5-7 days, that incorporates resistance and aerobic training.

Hormonal imbalances are also a consideration, especially for women. The use of birth control pills at a young age can affect that balance early. [15] Estrogen-like endocrine disrupters (EEDCs) are also common in society and can be found in plastics, liners in metal food cans, detergents, toys, cosmetics, and pesticides, to name a few. [16] They are also prevalent in antibiotics given to animals and are thereby present in our food supply. This can be a concern for women, as it can speed up the onset of puberty. [17]

I advise women that it is not only important to watch what you put in your body, but also what is on your body. Our skin is our largest organ. [18] This is especially important for women who have poor detoxification pathways or improper metabolism of hormones. For more information, or to check the rating of skincare products (as well as cleaning products), please check out the Environmental Working Group website: <https://www.ewg.org>. [19]

By understanding some of the primary risk factors for developing breast cancer, we can feel empowered to make the necessary changes. Not only must we be aware, but we must also take responsibility for our health through conscious choices and proper testing and assessment that can help to identify physiological terrain patterns needing support. Your Riordan team is a good place to start. It is never too early, or too late. Breast cancer awareness and our responsibility to ourselves, our fellow human beings, our society, and our planet are key. October is a good month to begin awareness that lasts the year through.

## REFERENCES:

1. U.S. National Library of Medicine. (n.d.). Home - PMC - NCBI. National Center for Biotechnology Information. Retrieved September 13, 2022, from <https://www.ncbi.nlm.nih.gov/pmc/>
2. Wani, B., Aziz, S. A., Ganaie, M. A., & Mir, M. H. (2017). Metabolic Syndrome and Breast Cancer Risk. Indian journal of medical and pediatric oncology : official journal of Indian Society of Medical & Pediatric Oncology, 38(4), 434-439. [https://doi.org/10.4103/ijmpo.ijmpo\\_168\\_16](https://doi.org/10.4103/ijmpo.ijmpo_168_16)
3. Risk factors: Hormones. National Cancer Institute. (n.d.). Retrieved September 13, 2022, from <https://www.cancer.gov/about-cancer/causes-prevention/risk/hormones#:~:text=Studies%20have%20also%20shown%20that,increased%20risk%20of%20breast%20cancer>
4. Mayo Foundation for Medical Education and Research. (2021, July 8). Chronic stress puts your health at risk. Mayo Clinic. Retrieved September 13, 2022, from <https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress/art-20046037>
5. Glossary. Diabetes Education Online. (n.d.). Retrieved September 13, 2022, from <https://dtc.ucsf.edu/types-of-diabetes/type2/understanding-type-2-diabetes/how-the-body-processes-sugar/blood-sugar-stress/#:~:text=When%20stressed%2C%20the%20body%20prepares%20itself%20by%20ensuring%20that%20enough,is%20released%20from%20the%20liver>
6. Mustafa, Z. (2022, April 14). How does stress affect your immune system? News. Retrieved September 13, 2022, from <https://www.news-medical.net/health/How-does-Stress-Affect-Your-Immune-System.aspx>
7. Gelfo, V., Romaniello, D., Mazzeschi, M., Sgarzi, M., Grilli, G., Morselli, A., Manzan, B., Rihawi, K., & Lauriola, M. (2020, August 20). Roles of IL-1 in cancer: From tumor progression to resistance to targeted therapies. International journal of molecular sciences. Retrieved September 13, 2022, from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7503335/>
8. Masjedi A; Hashemi V; Hojjat-Farsangi M; Ghalamfarsa G; Azizi G; Yousefi M; Jadidi-Niaragh F; (n.d.). The significant role of interleukin-6 and its signaling pathway in the immunopathogenesis and treatment of breast cancer. Biomedicine & pharmacotherapy = Biomedicine & pharmacotherapie. Retrieved September 13, 2022, from <https://pubmed.ncbi.nlm.nih.gov/30372844/>
9. Melatonin. (n.d.). Retrieved September 13, 2022, from <https://www.breastcancer.org/managing-life/diet-nutrition/dietary-supplements/known/melatonin>
10. Counseling center. The University of Toledo. (n.d.). Retrieved September 13, 2022, from <https://www.utoledo.edu/studentaffairs/counseling/anxietytoolbox/breathingandrelaxation.html>
11. A 20-minute nature break relieves stress. Harvard Health. (2019, July 1). Retrieved September 13, 2022, from <https://www.health.harvard.edu/mind-and-mood/a-20-minute-nature-break-relieves-stress>
12. Melatonin and sleep. Sleep Foundation. (2022, August 29). Retrieved September 13, 2022, from <https://www.sleepfoundation.org/>
13. News detail. Food and Agriculture Organization of the United Nations. (n.d.). Retrieved September 13, 2022, from <https://www.fao.org/soils-2015/news/news-detail/en/c/277682/>
14. Richter, E. A., Derave, W., & Wojtaszewski, J. F. (2001, September 1). Glucose, exercise and insulin: Emerging concepts. The Journal of physiology. Retrieved September 13, 2022, from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2278791/>
15. 14 Ways Birth Control pills rob us of our health. 14 Ways Birth Control Pills Rob Us of Our Health: Integrative Health Group: Anti-Aging & Wellness Center. (n.d.). Retrieved September 13, 2022, from <https://www.integrativehg.com/blog/14-ways-birth-control-pills-rob-us-of-our-health>
16. U.S. Department of Health and Human Services. (n.d.). Endocrine disruptors. National Institute of Environmental Health Sciences. Retrieved September 13, 2022, from <https://www.niehs.nih.gov/health/topics/agents/endocrine/index.cfm>
17. Jeong, S.-H., Kang, D., Lim, M.-W., Kang, C. S., & Sung, H. J. (2010, December). Risk assessment of growth hormones and antimicrobial residues in meat. Toxicological research. Retrieved September 13, 2022, from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3834504/>
18. National Geographic. (2021, May 3). Skin and how it functions. Science. Retrieved September 13, 2022, from <https://www.nationalgeographic.com/science/article/skin-1>
19. Know your choices. EWG. (2021, November 3). Retrieved September 12, 2022, from <https://www.ewg.org/>

# PECTASOL



New to the Nutrient Store is PectaSol, a modified citrus pectin powder. PectaSol unlocks the potential of the cells in your body so they can perform at their highest level for long-term health.



HOVER YOUR PHONE  
CAMERA OVER CODE  
TO LEARN MORE OR  
MAKE A PURCHASE!



**Riordan Clinic**  
**NUTRIENT STORE**

# Environmental Toxins Can Contribute to Breast Cancer



AUTHOR

Laura Vasquez, MSN, APRN, NP-C



When it comes to breast cancer, environmental toxins women encounter daily can play a role in developing disease, but there are steps you can take to reduce your exposure.

Xenoestrogens are commonly found in everyday products such as plastics, food, pesticides, cosmetics, and cleaning products. These are endocrine disruptors, which can cause an imbalance of estrogen in a form that is more carcinogenic. [1] Xenoestrogens are compounds that resemble or mimic natural estrogen hormones and will bind to estrogen receptors, which are involved in controlling cell growth. [2]

Women's breasts contain a high number of estrogen receptors, which is one reason that xenoestrogen compounds can contribute to breast cancer by causing a hormonal imbalance with more carcinogenic forms of estrogen. [3]

An estrogen-dominant state can occur because of the addition of xenoestrogen compounds, which can overpower other hormones, such as progesterone, prompting cell growth where the compounds bind to the estrogen receptors.

An article on sciencedirect.com entitled "Tumors of the Breast" stated that estrogen receptor (ER) positive tumors comprise a majority of breast cancers, accounting for at least 75 percent of all cases. Up to 65 percent of tumors developing in women less than 50 years old are ER-positive, and 80 percent of tumors in women older than 50 are ER positive. [4]

Xenoestrogens are not biodegradable and get stored in fat cells. As they accumulate, they can create an estrogen-dominant state in the body, and the toxic estrogen can be a risk factor for cancer. [1] I recommend a detoxification routine that includes maintaining a healthy weight, transitioning to a diet free of these chemical compounds, engaging in exercising designed to burn fat, and intermittent fasting.

Breast cancer rates are on the rise, [5] and as always, there is not one single factor for why a woman develops cancer. The world is becoming more toxic, and humans are exposed to toxins multiple times through many different routes without realizing it.

While some sources are unavoidable, there are other ways we can control our exposure.

## Among the most accessible ways:

- Commit to eating clean and organic food. Pesticides, antibiotics, and hormones used on crops and livestock are a source of harmful chemicals. Buying organic foods as much as possible can help limit exposure, especially when consuming dairy products. [6]
- Drink clean water. Reverse osmosis removes impurities from water without chemical or carbon filters. [7]
- Use organic beauty products. Many cosmetics and beauty products can contain endocrine-disrupting chemicals that can interfere with hormones. Others contain small quantities of known cancer-causing chemicals. [8] Look for organic or natural products when possible.
- Pay attention to cleaning products. Like cosmetics, cleaning products can contain a variety of potentially harmful chemicals. [9] Look for cleaning products that are non-toxic or natural when possible.
- Be careful with plastics. Avoid using plastics when possible, don't heat food in plastic containers, and choose a different type of water bottle. It is difficult to avoid plastic – a trip to the grocery store makes its prevalence obvious. Everything is wrapped in it. [10]

I advise people to focus on one thing they can eliminate or control at a time. It isn't possible to eliminate exposure to all toxins, but awareness can have a positive impact and result in positive changes in breast cancer prevention.

## REFERENCES:

1. Xenoestrogens: What are they, how to avoid them. Women in Balance Institute. (2017, October 26). Retrieved September 13, 2022, from <https://womeninbalance.org/2012/10/26/xenoestrogens-what-are-they-how-to-avoid-them/>
2. La Rosa, P., Pellegrini, M., Totta, P., Accancia, F., & Marino, M. (2014, February 20). Xenoestrogens alter estrogen receptor (ER)  $\alpha$  intracellular levels. *PLoS one*. Retrieved September 13, 2022, from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3930606/>
3. Yaghjian, L., & Colditz, G. A. (2011, April). Estrogens in the breast tissue: A systematic review. *Cancer causes & control : CCC*. Retrieved September 13, 2022, from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3652894/>
4. Estrogen receptor. Estrogen Receptor - an overview | ScienceDirect Topics. (n.d.). Retrieved September 9, 2022, from <https://www.sciencedirect.com/topics/medicine-and-dentistry/estrogen-receptor>
5. Breast cancer statistics: How common is breast cancer? American Cancer Society. (n.d.). Retrieved September 13, 2022, from <https://www.cancer.org/cancer/breast-cancer/about/how-common-is-breast-cancer.html>
6. World Health Organization. (n.d.). Pesticide residues in food. World Health Organization. Retrieved September 13, 2022, from <https://www.who.int/news-room/fact-sheets/detail/pesticide-residues-in-food>
7. Crail, C. (2022, April 26). Learn the pros and cons of reverse osmosis water filtration systems. *Forbes*. Retrieved September 13, 2022, from <https://www.forbes.com/home-improvement/home/reverse-osmosis-water-pros->
8. MD Anderson Cancer Center, & Cordeiro, A. E. and B. (2012, July 10). Beauty Products and cancer: Are you at risk? MD Anderson Cancer Center. Retrieved September 9, 2022, from <https://www.mdanderson.org/publications/focused-on-health/cancer-prevention-cosmetic-beauty-tips.h17-1589046.html>
9. Household Chemical Products & Health Risks. Cleveland Clinic. (n.d.). Retrieved September 13, 2022, from <https://my.clevelandclinic.org/health/articles/11397-household-chemical-products-and-their-health-risk>
10. Exposure to chemicals in plastic. (n.d.). Retrieved September 13, 2022, from <https://www.breastcancer.org/risk/risk-factors/exposure-to-chemicals-in-plastic>

# Creamy Roasted Pumpkin Soup



## INGREDIENTS

- |                                                      |                                                      |
|------------------------------------------------------|------------------------------------------------------|
| 4 Tbsp olive oil, divided                            | 1/8 tsp cloves                                       |
| One 4-pound sugar pie pumpkin                        | Dash of cayenne pepper (optional, if you like spice) |
| 1 large yellow onion, chopped                        | Freshly ground black pepper                          |
| 4 large or 6 medium garlic cloves, pressed or minced | 4 cups (32 ounces) vegetable broth                   |
| 1/2 tsp sea salt                                     | 1/2 cup full-fat coconut milk or heavy cream         |
| 1/2 tsp ground cinnamon                              | 2 Tbsp maple syrup or honey                          |
| 1/2 tsp ground nutmeg                                | 1/4 cup pepitas (green pumpkin seeds)                |

## COOKING INSTRUCTIONS

1. Preheat oven to 425 degrees and line a baking sheet with parchment paper for easy cleanup. Carefully halve the pumpkin and scoop out the seeds.
2. Slice each pumpkin halve in half to make quarters. Brush or rub 1 tablespoon olive oil over the flesh of the pumpkin and place the quarters, cut sides down, onto the baking sheet. Roast for 35 minutes or longer, until the orange flesh is easily pierced through with a fork. Set it aside to cool for a few minutes.
3. Heat the remaining 3 tablespoons olive oil in a large Dutch oven or heavy-bottomed pot over medium heat. Once the oil is simmering, add onion, garlic, and salt to the skillet. Stir to combine. Cook, stirring occasionally, until onion is translucent, about 8 to 10 minutes. In the meantime, peel the pumpkin skin off the pumpkins and discard the skin.
4. Add the pumpkin flesh, cinnamon, nutmeg, cloves, cayenne pepper (if using), and a few twists of freshly ground black pepper. Use your stirring spoon to break up the pumpkin a bit. Pour in the broth. Bring the mixture to a boil, then reduce heat and simmer for about 15 minutes.
5. While the soup is cooking, toast the pepitas in a medium skillet over medium-low heat, stirring frequently, until fragrant, golden, and making little popping noises. Transfer pepitas to a bowl to cool.
6. Once the pumpkin mixture is done cooking, stir in the coconut milk and maple syrup. Remove the soup from the heat and let it cool slightly. You can use an immersion blender to blend the soup in the pot or use a stand blender and work in batches.
7. Ladle the soup into individual bowls. Sprinkle pepitas over the soup and serve. Let leftover soup cool completely before transferring it to a proper storage container and refrigerating it for up to 4 days. (Leftovers taste even better the next day!) Or, freeze this soup for up to 3 months.

## Contact the Editor

Please send any comments or suggestions to [marketing@riordanclinic.org](mailto:marketing@riordanclinic.org)  
Thank you for reading.



Melody Spurney  
Editor

To become a patient at Riordan Clinic, call 800-447-7276



## Connect with Us

facebook

[facebook.com/riordanclinic](https://facebook.com/riordanclinic)

instagram

[instagram.com/riordanclinic](https://instagram.com/riordanclinic)

youtube

[youtube.com/user/healthhunter1](https://youtube.com/user/healthhunter1)

our website

[riordanclinic.org](https://riordanclinic.org)



## Health Hunters Newsletter

Join our mailing list to have the Health Hunters delivered to your inbox each month.

To sign up, go to [riordanclinic.org](https://riordanclinic.org) or email us at [info@riordanclinic.org](mailto:info@riordanclinic.org)

**Riordan Clinic**  
ADVANCING HOPE, HEALING & HEALTH

**infrared BREAST thermography**

A non-radiation, non-contact screening for **women of all ages.**

Call 316-682-3100 (Wichita) or 785-628-3215 (Hays) to schedule a thermography screening today!

OCTOBER 1 - 31  
SALE ~~\$225~~  
**\$195\***  
PER SCAN

I AM SURVIVOR

## Real Health Podcast

Brought to you by the Riordan Clinic



The Latest Information and Top Experts in Functional and Integrative Medicine

### LATEST EPISODES



**EPISODE 43**  
**HEALTH AND ENVIRONMENTAL RISKS OF GLYPHOSATE**

Dr. Stephanie Seneff, PhD

In this episode of the Real Health Podcast, Dr. Ron Hunninghake, MD, welcomes Stephanie Seneff, PhD, of Massachusetts Institute of Technology (MIT), to discuss the health and environmental dangers of the common weed killer glyphosate. Dr. Seneff discusses her new book "The Toxic Legacy: How Glyphosate is Destroying Our Health and Environment." She also discusses some health conditions possibly linked to the chemical and ways to potentially reduce exposure.



**EPISODE 42**  
**SURVIVING CHRONIC LYMPHOCYTIC LEUKEMIA**

Glenn Sabin

Dr. Ron Hunninghake, MD, welcomes cancer coach and author Glenn Sabin, who in 1991 at the age of 28, was diagnosed with chronic lymphocytic leukemia (CLL), which doctors called "uniformly fatal." Dr. Ron and Glenn talk about his commitment to his own health and lifestyle changes and his book "N of 1," which is the account of his use of natural methods to achieve remission.

Listen Now at [RealHealthPodcast.org](https://RealHealthPodcast.org)

