Have you ever heard the phrase “Genetics loads the gun, but the environment pulls the trigger”? As a Naturopathic Doctor, this resonates with me so much. Genetics truly is just a small piece of the overall picture when it comes to chronic illness and breast cancer. Environment in this context is referring to something called epigenetics. This includes the world we live in, and also the habitual choices we make that impact our health (the food, drinks, and medications we consume). It also takes into account our hobbies, exercise routine, support system and even mindset. All of these things considered, greatly affect whether those bad genes get turned on or stay off.

This is wonderful news! It means that we can feel empowered to make healthy choices that benefit our own wellness. It takes away the fear of disease and reverses the idea that we are in a fight against cancer. Fight creates resistance and animosity towards our own cells.

One of the best ways we can support the cells in our body, is to nourish them properly. The most anti-inflammatory and anti-cancer diet that you can incorporate into your life is plant-based. Mother nature provides us with all of the delicious tools we need to survive. Eating wholesome and organic veggies provides us with just the right amount of carbs, proteins, and fats (aka macronutrients) that our cells need to maintain optimal health. Maintain, not grow – there is a huge difference. Don’t confuse good macronutrients with bad macronutrients. As infants, we need breast milk to grow – that is all the dairy we need. But, there are foods people eat regularly that causes cells to grow, mainly because they are full of growth hormones. Meat and dairy being the two major culprits that rob us of our wellness. Eating a high protein diet is the last thing our bodies need - especially when preventing or reversing cancer. Simply put, the foods that cause our cells to grow when we do not need growth, can cause bad genes to turn on and cause cancer cells to proliferate.

Preventative medicine can help. There are warning signs when it comes to health moving in the wrong direction. Using both western and eastern medicine, I can assess the person as a whole and make recommendations that can guide one back towards vitality. I urge you to be pro-active about your health. If you feel unwell, find a doctor who understands root cause medicine so you can make the beneficial choices for your own wellness. Remember this approach to medicine is specific to you and gives you the best chance that the trigger never gets pulled.

If you’re interested in learning more about anti-inflammatory choices, reach out for a FREE 10 min. consultation to see how naturopathic medicine can get your health on the wellness path!

Dr. Dawn Siglain is a compassionate Naturopathic Doctor, Licensed Acupuncturist, & Reiki Practitioner who believes in the body’s innate ability to heal itself when treated with nature and understanding. Any questions please reach out: drdawn@innersourcehealth.com. Follow me IG: @drdawnnd & www.facebook.com/drdawnnd