

# Health *Quarters* Monthly

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## From *D*ave's Heart...

In a salute to October being designated as Breast Cancer Awareness Month, I'm giving you a sneak peak at chapter one of a book I'm currently writing entitled *The Breast Cancer Pattern (...And What to Do About It)*. Your feedback would not only be welcome, but appreciated.

### Chapter One: The Breast Cancer Pattern

*"When discussing cancer we are talking about a systemic process, which allows the development of a predictable sequence of biological changes leading to cancer."* -David M. Derry, M.D, Ph.D *Breast Cancer and Iodine*.

*"...any kind of cancer is a life-and-death battle that demands focused attention and the willingness to change the conditions that created the disease in the first place."* -John R. Lee, M.D. *What Your Doctor May Not Tell You About Breast Cancer*.

I'd seen her a year ago. Her husband had made the appointment. She came, reluctantly. After all, she'd already done *everything* that her medical doctor had told her to do—mastectomy, chemotherapy, radiation. She was convinced that breast cancer was now a thing in her past. So why bother?

Why bother, indeed. The tumor had been removed along with the breast. No more tumor. Chemotherapy and radiation had been applied rather vigorously in order to kill any remaining cancer cells. No more cancer, right? So what's left to do? She'd done the "Big Three" that modern medicine had to offer against her disease. Her blood tests and her medical doctor had confirmed that she was now in remission. Time to get on with life.

As we sat together in my office that day a year ago I could tell that she wasn't "buying" what I was telling her. We'd just completed gathering some information from her body using a biofeedback

technique called Muscle Response Testing (*MRT*, also referred to as *Applied Kinesiology*...see Appendix A).

"Linda, I've tested thousands of women with breast cancer over the years, and you're currently showing the same underlying pattern of long-term nutrient deficiencies and related toxic overloads that has been common to them all."

"So what are you saying?," she asked me that day with more than a hint of irritation in her voice.

"Well, what I'm saying is that you still have the same conditions in your body that appear to initiate and stimulate breast cancer. It's important that you address and change this underlying pattern, or it's quite likely that cancerous tumors will recur."

I handed her a list of the deficiencies that had shown themselves in her system. It was a familiar list; one I'd seen repeated with *each* breast cancer client I'd ever worked with. Beside each deficiency I'd listed the specific nutritional supplement that her body had tested strong to that day, signaling its ability to address the need.

(That, by the way, is why I use Muscle Response Testing in my practice as a naturopathic doctor, master herbalist, and nutritionist. It allows the practitioner to not only identify underlying nutrient deficiencies and toxic overloads in the body, but to match them with specific products that prove themselves effective to address those needs before the client spends money to buy them. It's been my observation that billions of dollars are spent every year by folks blindly taking nutritional supplements that don't effectively address the crying needs in their bodies. No wonder the medical community takes such a dim view of people pursuing nutritional methods in fighting cancer!)

But did she follow the plan that her body had revealed for us that day a year ago? No. She wasn't convinced that it was necessary. After all, her medical doctor and her blood tests had told her that she was "out of the woods" concerning cancer. Or at least that's how she'd interpreted the concept of "remission".

So now here it is one year later. She's sitting in my office telling me that her cancer has, indeed, returned.

# HealthQuarters Monthly

2

The other breast has now also been amputated. Even more chemotherapy has been administered. I do the biofeedback on her system once again. She still shows the same underlying pattern—a pattern I’ve come to refer to as the “Breast Cancer Pattern”.

“Are you saying that if I’d addressed this pattern a year ago my cancer might not have returned?”

Yes, indeed, that was exactly what I was saying.

## A Common Misconception

Like Linda, many women have been misled in their thinking to believe that if they can just get rid of a tumor or kill off whatever cancer cells can be found, they will have licked the disease. If true, that would be wonderful. Then just cutting out a tumor or pumping the body with poison to kill cancer cells or even radiating a cancerous growth into oblivion would be all that a body needed.

But the reality is that *cancer cells and tumors are symptoms, not causes*. They are the result of compromises in the system that must be addressed, otherwise such cells will continue to develop and form tumors. Address the compromises in the system that are the cause, don’t just attack the symptoms.

Attacking cancer cells and tumors with chemotherapy, radiation, and/or surgery may well help to slow down their reproduction. *Do not* hear me to say that these tools don’t have a potential role in a person’s cancer battle plan. I always suggest that anyone fighting cancer keep those three tools in their cancer-fighting toolbox in case their use appears to be appropriate. They seem particularly useful in more advanced stages of cancer where the possibility of life-threatening negatives of their invasive and destructive nature are often outweighed by their potential to slow down the aggressive march of an out of control disease process.

However, at some point, the underlying compromises in the system that allowed cancer cells to develop in the first place *must* be addressed. If not, cancer cells will continue to reappear, often even more aggressively and extensively, invading new areas of the body. The key to winning back long term health and keeping the symptoms (tumors) from returning is to identify and effectively address the underlying causes--the compromises in the system.

Just today, as I’m sitting here at my computer, the following e-mail has arrived from a relative:

*A young gal that I taught with was diagnosed with breast cancer (Stage 2) six years ago.*

*Radiation and chemo did the trick, and she seemed to be cancer-free.*

*However, recently she went in for her regular check up and they found the cancer in her liver (Stage 4).*

This young lady is in a very unfortunate situation. Her chances of winning back her health *now* are dramatically less than they were 6 years ago when the disease hadn’t yet progressed to her liver. Like Linda and so many others, she was too easily misled to conclude that slowing the symptoms was enough to keep her body cancer-free long term. It seldom is.

## The Underlying Pattern That Must Be Addressed

Most chronic problems and degenerative diseases of the human body (including breast cancer), have their genesis in long-term nutrient deficiencies and/or toxic overloads. It’s these that create conditions and compromises in the human body that disrupt vital functions and weaken immune power.

As I’ve already mentioned, I use a bio-feedback technique called Muscle Response Testing (MRT) to identify the nutrient deficiencies and toxic overloads in a person’s system. What I’ve observed over the years, and with thousands of clients, is that people with the same medical diagnosis share the same underlying pattern of nutrient deficiencies and toxic overloads.

What follows is the pattern I’ve observed in the bodies of my female clients who’ve brought with them the diagnosis of breast cancer.

- ✓ Lack of Dietary Iodine
- ✓ Weak Thyroid
- ✓ Weak Ovaries (Estrogen Dominance)
- ✓ Weak Liver
- ✓ Weak Colon
- ✓ Weak Adrenals
- ✓ Depleted Stomach Acid
- ✓ Depleted Zinc
- ✓ Depleted Essential Fatty Acids

I call it the *Breast Cancer Pattern*. The “kingpins” of the pattern are the weak thyroid and weak ovaries (estrogen dominance), for from these the other issues domino. And it’s this pattern of deficiencies and related overloads that at some point in a woman’s breast cancer battle plan she *must* address if she hopes to move beyond simply attacking and temporizing symptoms, to actually addressing underlying cause.

To do less, leaves one in a constant state of anxiety--“Will it come back?” It’s been my observation that unless this underlying pattern is aggressively and persistently addressed, it usually does.

## For Whom This Book Is Written

Over the years of helping folks with their health, I’ve noted that in regards to breast cancer, my female clients have fit into one of the following categories:

1. Those who want to prevent breast cancer from ever developing. (It’s considered the #1 fear amongst adult females.)
2. Those who’ve already developed breast cancer, used one or more of the temporizing agents (chemo, radiation, surgery) to put it into remission, and are now concerned about the potential of it coming back. (And chances are significant that it will, unless the underlying pattern of nutrient deficiencies and toxic overloads is addressed.)
3. Those who’ve already developed breast cancer, used temporizing agents to put it into remission, and now it *is* back.
4. Those who’ve already developed breast cancer, used the temporizing agents but failed to reach remission, and are now looking for additional options to add to their breast cancer battle plan.
5. Those who’ve already developed breast cancer, from the outset ruled out the use of the temporizing agents as part of their battle plan, and are looking for a different approach.

Do you find yourself in one of the above categories? If so, then this book has been written for you. But then in reading the list of what I say is true of every woman who has developed breast cancer (the *Breast Cancer Pattern*), perhaps you doubt that this book will actually prove relevant to your own situation.

Maybe you’re thinking, “*But the test my doctor did shows that my breast tumor is estrogen-receptor-negative. That means that my cancer is unrelated to estrogen dominance, right?*”

Well, from what I can tell in studying the research being done on that issue, plus having worked with numerous

breast cancer clients over the years, I’ve drawn a different conclusion. You’ll find more on this in chapter 5.

Or perhaps you’re wondering, “*My test shows that my cancer is both estrogen and progesterone-receptor-positive. Doesn’t that mean that my cancer is stimulated not only by estrogen, but progesterone as well?*”

This, too, is addressed in chapter 5. The nature of progesterone is much different from estrogen. It actually helps protect against breast cancer. But why would tests seem to point toward progesterone as a culprit? Allow me the opportunity to explain...but you’ll have to keep reading.

Or maybe, like so many clients I’ve worked with over the years, you’re thinking to yourself, “*But my doctor said that my blood test showed that my thyroid is in the normal range?*”

Many women who have developed breast cancer find it confusing that their thyroid function tests seem to say normal, while guys like me are saying that a weak thyroid is always part of the pattern that leads to breast cancer. What’s up with that?

Or maybe you have this question: “*A medical doctor did actually identify that my thyroid was low years ago. But I’ve been taking medication for it ever since. So my thyroid shouldn’t have had anything to do with why I’ve developed breast cancer, right?*”

I do believe that understanding the thyroid’s role in the development of breast cancer is of utmost importance. Chapters 2, 3 and 4 are aimed at just that. And no, if you’ve been on “medication” for your thyroid, chances are significant that your thyroid has not actually been helped, but weakened. Why? You’ll find answers in chapter 4.

Have I convinced you to keep reading? I hope so.

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*Look for this book to be available soon through our HQM office. And perhaps down the road you’ll be able to find it at your local bookstore.*





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**Letters and Email**

“I just got done reading my latest HQM newsletter. It hit some points so well with me and some of my friends. I just loved it!! I keep you all in my prayers, and may be back through your Lodge program again soon with a friend.” -*Minta M.*

“What a testimonial *A Cancer Battle Plan* is! How heart warming it is to read. How personal it is. It means a lot to me, and I will be giving it to others to share.” -*Donna M.*

“Last month I had an appointment with you. My husband was with me. We are missionaries with World Team. Perhaps you will remember us. I wanted to write and tell you that after visiting you and following your recommendations my health has improved. I almost can’t believe it! It seems my body is more in balance, my energy level is up, I am a lot more calm and not so nervous, my throat has cleared, the

craving I have for sweets has subsided, and my mind seems a lot clearer.” -*Janet E.*

“I came through HealthQuarters Lodge program last year, and loved it.! I think of you like family, and keep you in my prayers....I just got the latest newsletter, and have learned so much from it. I love it.” -*Nelda C.*

2007 Projected Lodge Session Dates	
Nov 5 - 13	Dec 3 - 11
2008 Projected Lodge Session Dates	
Jan 14 - 22	Feb 11 - 19
Mar 10 - 18	Apr 7 - 15
May 5 - 13	Jun 2 - 10
Jul 7 - 15	Aug 4 - 12
Sept 8 - 16	Oct 6 - 14
Nov 3 - 11	Dec 8 - 16

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