



DR. KEESHA EWERS: Welcome to the Women's Vitality Summit: Taking Care of Yourself, Body and Soul. This is Dr. Keesha Ewers.

I'm delighted to be interviewing Dr. Christine Horner today for this session who is a nationally recognized surgeon, author, natural health expert and relentless champion for women's health.

She received her medical degree at the University of Cincinnati. She completed her general surgery residence at Good Samaritan hospital in Cincinnati and plastic surgery residency at Indiana University.

She's a board certified general and plastic surgeon. She spearheaded legislation in the 1990s that made it mandatory that insurance companies pay for breast reconstruction following mastectomy.

Her five year crusade, the Breast Advocacy Project, led to the passage of laws in 35 states and Federal Law in 1998.

She's the author of the award winning book "Waking the Warrior Goddess."

Dr. Christine Horner's program to protect against, and fight against breast cancer is the winner of the Independent Book Publishers Award in 2006 for Best Book in Health, Medicine and Nutrition.

She recently released "Radiant Health, Ageless Beauty", Dr. Horner's 30-day program to extraordinary health and longevity.

A frequent radio and television show guest, Dr. Horner has been interviewed on Fox National News, CNN and by Dr. Marcola and Dr. Oz.

Welcome to the Summit, Dr. Horner. It's a delight to have you on.

DR. CHRISTINE HORNER: Thank you so much. It's my pleasure to be with you.

DR. KEESHA: One of the reasons that I had you on my radio show many years ago is because you also practice Ayurvedic medicine and so do I. We have integrative medicine backgrounds.

I read your story and I want you to tell the story of that five year crusade to help get women's reconstructive surgery put into law.

I think it's very inspiring. That's one of the reasons I've got you onto this Summit too. This is real life for a lot of women. You're actually a silent hero in this, so I'd love for you to tell that story.

DR. CHRISTINE HORNER: Sure. I started my plastic surgery practice in 1991. My mom had been diagnosed with breast cancer in 1976. Then she had about maybe 13 years before she got diagnosed with the second breast cancer. That was on the opposite breast, and she had surgery for that.

Because she'd had problems with breast cancer, that caused me to have a special interest in breast cancer. I was doing a lot of breast reconstructive surgery in my practice.

Then, I was noticing my patients were getting younger and younger until finally I was doing it with women in their 20s which was a bit alarming. But at the same time, insurance companies suddenly decided that they weren't going to pay for breast reconstruction anymore. That was in 1993.

I had to get a letter from the insurance company to get approval for the cases. They denied my ability to do this thing saying that it wasn't medically necessary. I thought this must be a mistake. But after all the different appeals processes, I found out that it was not a mistake. I ended up taking it to a State Court hearing and winning my case.

That happened with a Medicaid patient, and with them it doesn't work like normal law, so it didn't set a precedent. It would be the same for every single patient. In the future I would have to go through the same process. No doctor would do that.

Once you get through that with Medicaid, there are some policies in all the private insurance companies that mean they can get away with it too. I ended up getting a letter from the Kentucky equivalent to Blue Cross, Blue Shield, because I was working in Cincinnati at that time. They denied the ability for me to do breast reconstruction on a 30-something year old female patient. This letter said "because that it was on an organ with no function."

DR. KEESHA: I love that. I love that: 'an organ with no function.'

DR. CHRISTINE HORNER: 'An organ with no function.' That's right. What kind of a man are you?

Anyway, I said "You just said that to the wrong person!" I got really, really mad. I was like "You're going to pay and everyone's going to pay!" I thought we needed to start passing laws to make it mandatory for insurance companies to cover breast reconstruction.

I didn't know anything about the political process. I was in medicine. I wasn't even registered to vote. I figured that out and organized a national campaign. Everybody said nobody in Washington was going to listen to this. But we ended up getting 35 State laws passed. Then I discovered a loophole law in which basically everyone is exempt from State health care laws. There are just so many exemptions. Something like 60-80% of people are exempt from claiming health care also.

I thought "For God's sake, I just need to meet President Clinton and start at the top."

For two weeks I went to every single person I met. I said "Do you know how I can meet President Clinton?" In two weeks, like I said, I met someone who knew someone at the Federal Trade Commission. I had lunch with him. Five days later I was in Washington talking to President Clinton!

DR. KEESHA: Really. That's an extraordinary story.

DR. CHRISTINE HORNER: To cut a long story short, the bill was introduced to Congress and they took a couple of years. They had all this drama; some kind of an incredible novel where it was midnight on the last day of Congress, it ends up getting tacked on to the budget bill, and it passes. It's never even heard on the Committee or anything, but anyway it gets tacked on to the budget bill and it's passed.

Now there's a Federal law that all insurance companies must pay for breast reconstruction on mastectomy and they have to pay for symmetry operations, meaning they have to make those sides match. So if one side is bigger or smaller you can do the adjustment on the normal side to make the match.

DR. KEESHA: In the meantime what I found so fascinating is when you wrote about this, what was happening in men's health at that time?

DR. CHRISTINE HORNER: It was on the first case that I had, which was a delicate case, where I had to go to a State Court hearing. I wrote a letter to the guy who denied my ability to do breast reconstruction on my patients. I said "I just have a question. Do you pay for penile implants? Because if you do, then you have a sexist policy." His response was "Young lady, you're completely out of line" blah, blah, blah.

Anyway, I went to the State Court hearing and I won. I went with an armful of research and I was before a female judge and I won.

This woman who works at the health center there, she came up and she said "I'm so glad you won because you know what? Not only does Medicaid pay for penile reconstruction, but it's the number one case they pay for." It is penile implants before they have Viagra for their function. It was effective policy.

DR. KEESHA: I noticed. To be addressed as 'young lady' instead of Dr. Horner, that's another interesting thing.

DR. CHRISTINE HORNER: Yes, exactly. That's right, by the way!

DR. KEESHA: So now, here we are in 2016. We're talking about reconstructive surgery after mastectomy and I started with that just because I find it a fascinating story and I want it to be on record that you fought for that and you really are an unsung hero. I wanted that to be known.

But I want to back up now and go to the purpose of this Summit which is Women's Vitality: Caring for Yourself, Body and Soul.

I always ask every one of the experts that comes on the Summit what they see as the number one or the biggest drainers of female vitality in our era right now? What would you say they are?

DR. CHRISTINE HORNER: There's too much trash and too much that we're expected to do. It creates so much stress. I think all of us think that we should be working as gazillionaires, at weekends, taking care of the family, looking like a million

bucks, and being a millionaire. You just can't do it all. At least we try. It's too much.

DR. KEESHA: That's what everyone had said, would you believe? Every single one of us. Men and women. It's so obvious. I call it that we have to bring home the bacon, fry it up in the pan and look hot doing it.

DR. CHRISTINE HORNER: I'll try.

DR. KEESHA: That is burning us all out. That being said, we are burning the candles at both ends. We had Dr. John Douillard on the Summit already talking about Ayurvedic medicine, the sister science of yoga.

DR. CHRISTINE HORNER: He's wonderful. I love him.

DR. KEESHA: Talking about Ayurveda, our listeners have heard quite a bit about it, but when it comes to disease progression, I love what Ayurveda has to say about that because breast cancer doesn't show up. I think this is important.

I've said this formula in the Summit in another talk, but to really review this, that disease is actually a result of your genetics, your exposure to toxicity and your body's ability to release said toxicity. So that's going to be your level of health.

But what Ayurveda takes into account is the whole person which is what the Summit has been bringing to light; that we have to take care of ourselves from body to soul: our body, our heart, our mind and our spirit.

Ayurveda doesn't separate those into specialties the way we're doing in conventional medicine. I'd love to have you talk a little bit about Ayurveda and the understanding of where breast cancer comes from.

DR. CHRISTINE HORNER: Ayurveda is apparently a complex system in medicine from ancient times, it's at least 5,000 years old. They had some very simple fundamental principles and guidelines.

Some of those things are everything that we do, everything we eat, all the activity, all the emotions that we have, every thought that we think is either putting our body into balance or taking it out of balance. If your body is going

into balance then what happens is it allows your internal healing intelligence to become smarter and take better care of you.

If you do things that take your body out of balance, then it will obstruct the flow of that internal healing intelligence. They become very stupid and they can't take care of you.

That's kind of the simplistic look at it. But all the different types of things that Ayurveda will recommend for somebody is all based on that. It's trying to bring the body into balance and enhance the body in our healing intelligence because that is what's going to keep you well.

All diseases start as imbalances. In Ayurveda, there are actually six ages of disease. It isn't until the fifth stage that you actually start to get physical symptoms or structural changes in the body that can be measured by tests that we have available in Western medicine.

Prior to that time you may think "Gosh, I'm not feeling so good. I'm having this symptom and that symptom" and you go to the doctor and they do blood tests and check for ulcers and stuff. They don't find anything wrong. So then they say "It's all in your head."

In fact, you're aware of the imbalances that you have and you're maybe in the third stage of disease which can be picked up in Ayurveda by taking the pulse.

To read your pulse, put three fingers on it and you can actually get tremendous amount of information, not just how many beats per minute that your heart is beating but the concept is actually based on quantum physics where, as the blood flows through the body it's getting in contact with every cell in your body and it picks up the vibration from that cell.

It's something that you can actually feel in the pulse and in the triangle position which they call avija in Ayurveda. Then they'll use three fingers there to gather all this information about how your tissues are, how balanced you are, you're going to know what's imbalanced and that sort of thing. Then, you can start making adjustments.

They use very specific prescriptions based on your body type. So Ayurveda recognizes that not everybody is the same.

We can see that where certain people can eat hot spicy foods and they're completely fine. Other people eat them and they have horrible gastric reflux from it. One person can eat tons of food and be skinny. Another person hardly eats anything and is much heavier.

It recognizes that and there are actually different prescriptions based on what your body constitution is. There are about nine different body types that they recognize. But every single disease will start with an imbalance.

The other thing that is different in Ayurveda and traditional trained medicine versus Western medicine is that many different things can have the end results of a specific disease.

So it's not a cookbook as far as what is prescribed to a patient. For instance, not everybody who has arthritis is going to be getting the exact same prescription because you have to look at the individual.

The question is not what disease does the person have, but who is the person that has the disease? Then you can work out very specifically what this person is doing that is the main thing that has caused this particular disease.

In doing my research for my book "Waking the Warrior Goddess", which has all the information you need you to significantly lower your risk of developing breast cancer or more successfully fight it, we found information about diet, lifestyle, supplements, emotions, all the things the things that are contributing factors for putting you at risk or increasing your risk for developing breast cancer.

For each individual you can look at their specific diet, lifestyle, history or whatever. It may be that one person is staying up to midnight every night which we know completely throws the hormones out of balance and really increases your risk.

Maybe they're eating an organic vegetarian diet, but they're staying up too late at night and they have too much stress in their life. For that person, you'd say

they need to go to bed before 10:00pm and get up by 6:00am. That's the recommended time to sleep and research can confirm that these are the optimal hours of sleep.

If you stay up too late, that causes hormone imbalances and not only increases your risk for breast cancer but also heart disease, diabetes, obesity, and it's almost as twice as high if you stayed up to midnight on a regular basis.

DR. KEESHA: Not to mention getting fat and eating faster.

DR. CHRISTINE HORNER: Yes.

DR. KEESHA: And spending millions of dollars to try and get rid of the weight. Yet they wake up in the morning, have coffee and stay up until midnight.

DR. CHRISTINE HORNER: Right. That's a simple thing: just go to bed.

Another person could be eating junk food or eating later at night or something. Even though they're going to bed earlier, they're eating too late at night. Eating your main meal at night time isn't the best time to eat the main meal because your digestive fire is a bit tired at that point. So with that person you would say they need to shift their main meal and eat at noon.

Your emotions are unusual. All diseases particularly in breast cancer, so there's a lot of studies showing that there's some commonalities with women who develop breast cancer.

In Eastern systems, we look at the chakra systems, energy centers in the body which truly exists. The fourth chakra is the heart center.

In that heart center, we have all these different emotions that involve love, relationships and passion. It's very interesting to see that Western research shows that one of the commonalities with women that have developed breast cancer is that they have issues with love, relationships and passion. Particularly feeling that they're in loveless marriages or they're not feeling loved and supported.

It has turned out that when we do research on all the different factors that affect our health and affect our risk of developing any kind of disease, the most

important thing, more than smoking, more than genetics is feeling loved and supported.

If you feel loved and supported it is the most powerful thing that you can do for your health.

If you don't feel loved and supported and you're in toxic relationship, it's the most damaging thing that happens for the human being.

Just understanding that you can eat crap, but have great relationships and you're probably going to be a whole lot better.

Even if you have the best diet in the world, if you have toxic relationships then you're going to have real problems with it.

DR. KEESHA: This is so important and it's why I invited Keith Witt and John Perkins to talk about relationship help. Some of the talks are about autoimmunity. Mine is on autoimmunity.

Eighty percent of autoimmune disease is in women; the body attacking itself. Another manifestation of what we're talking about right now. By and large what science is showing that most women with autoimmune disease have a perceived trauma.

They feel unloved. They feel unsupported. They have these stories in their minds.

So much of what I talk about is this very thing because I've had rheumatoid arthritis. I've had breast cancer. I was sexually abused. I had to get through it. I had to do my work.

I treated both of them naturally, gone within a month, both of them. It was all from therapy, like down, deep, dirty therapy.

DR. CHRISTINE HORNER: Right, yes.

DR. KEESHA: Really important to do that work.

DR. CHRISTINE HORNER: Yes, it is, because let's just say that you get breast cancer and you get treated for it. They find it in the early stage and they successfully

treat you for it. If you don't handle the underlying initial issues of that, it's either going to come back or it's going to pop out as some other disease.

It is so extremely important to approach the emotional aspects of it.

DR. KEESHA: This is so true. I love Ayurvedic medicine, the six stages of disease advancement, and the fact that conventional medicine can start showing you when you're in the fifth level.

DR. CHRISTINE HORNER: Yes. Unless you actually have the structural changes, they're all going to tell you that you're crazy.

DR. KEESHA: You have to really have a disease for it to show up rather than an imbalance which is really where it all starts.

It is around the third level when people start to paying attention. You talked about pulse diagnosis and the importance of it.

If people can't get to see you or me or another person that knows how to do pulse diagnosis, then what you can do is you can look at your tongue every morning in the mirror.

What is your tongue telling you Dr. Horner?

DR. CHRISTINE HORNER: One of the things that Ayurveda recognizes is when your body is out of balance. A lot of it comes from not digesting your food properly which can be as a result of your upset emotional state. But there are lots of different pathways for this.

But what then happens is that your body, because it's not metabolizing the food as well as it should, turns it into a substance that they call amma which is kind of a white, sticky substance. That shows up on your tongue as this kind of white coating when your body is filled with toxins and clogged up and needs to get re-balanced and detoxified.

DR. KEESHA: Our bodies are trying to talk to us all the time.

DR. CHRISTINE HORNER: Sure.

DR. KEESHA: They give us so many messages.

DR. CHRISTINE HORNER: Yes. I have a very funny little skit I do in my lectures with people who want to take bio-identical hormones, for instance, because that's not good for your risk of developing breast cancer. Of course, we weren't designed to take hormones, so it should be done naturally.

But I do this funny little skit. Okay, here's your internal healing intelligence and she's talking to you all the time. So you're doing something to yourself which is throwing your body out of balance. And she's going "Excuse me, I don't like what you're doing."

You're thinking "Did I ask you something? No, I didn't think so." So she just keeps feeling what you normally do. Then she gets really mad. She's like "Ahem, I really don't like what you're doing" but you put your fingers in your ears and you're going "La la la la I don't hear anything."

Then she starts screaming at you. You get hot flashes and mood swings. But instead of saying "What am I doing that's upsetting you?" you go to the doctor. The doctor says "Okay, we'll give you hormones so we can get her to shut up."

But if you asked "Hey, what is that I'm doing that you don't like?" the response might be "Why are you staying up too late? Why are you not giving me the right food? Why are you not doing this?"

Once you correct some of these things it's unbelievable how fast you can get this response, and to me that's one of the most magical things about the human body. If you just feel a little something, anything, it has this huge response.

So, looking at the medical research when I was doing my book, it was astounding to me when I found that almost every single thing that I found that has statistically significant influence on protecting against breast cancer, almost everything cuts your risk in half.

Going to bed by 10:00pm cuts your risk in half. Drinking green tea and turmeric cuts your risk in half. Exercising can cut your risk in half. And if you start combining some of these healthy things and you get half the synergistic effects with each other, the protective effects actually multiply. They don't add up.

Green tea and turmeric is the great example where if you can take both in the same meal or take them as a supplement, research shows that green tea will enhance the anti-cancer effect of turmeric by three times and turmeric will enhance the anti-cancer effect by eight times.

You get this phenomenal multiplication of protection even if you just have a crappy diet lifestyle but you one thing you can reduce the risk in your body. It just shows how unbelievably responsive our body is.

DR. KEESHA: It's the word resilient. I keep coming back to that. Our minds are so resilient. Our bodies are so resilient. Our hearts are so resilient if we practice being resilient.

I love what you're saying because it doesn't take a lot. The body is very forgiving. It gets really excited "Oh thank you."

DR. CHRISTINE HORNER: Yes, it says "Give me anything that isn't crappy."

DR. KEESHA: "I'm trying."

DR. CHRISTINE HORNER: "Just anything. Come on."

DR. KEESHA: It's very true. You can watch your tongue as a barometer and note what the body is trying to do. Your bowel movements will change when you've made improvements down the road. You'll get gas. You'll get bloating as your body constitution is starting to move out of its home and go other places in the body. You'll start to have pains your body as it moves. All these things are the tells, attention getters.

If you're taking Advil because you have lower back pain and you've been constipated for six months and you had a yellow tongue, it's not a time for Advil. It's not the time for that.

It's time to look at the real problem. Maybe it's the two glasses of red wine that you're having every night when you're making dinner are not doing what they need to do for your body? I find in my office I have women burst into tears if I say something like that.

We all know what we have to do to get back to balance and then we can play a little bit with what we can get away with it.

I always liken this to an ATM. This happened to me. This is true story. I take groups to Peru and one year I was in Peru. For some reason this particular ATM — I had this one account that I was drawing from— but apparently I didn't have money on the other side of it.

DR. CHRISTINE HORNER: Fine. That's my kind of ATM.

DR. KEESHA: I know. It was the one that I really like. So I got on the phone and I found out I had a penalty. I thought "This is exactly just like your health. If you overdraw, you have to go on a budget." You have to now start budgeting your resources and allocating them wisely and pay your penalty.

Then the next time I went to Peru, which I do every year, I was a lot more conscious of that. I paid attention to how much I had when I left and I've got a budget now in place instead of just randomly taking money out of my account.

It seems logical and rational, but sometimes we have to be taught this. I call it the misery to motivation quotient. However miserable you are, the more motivated you are to get this in balance.

It doesn't mean you can't ever go on vacation again. Now you have to take the precaution of a backup. That's exactly how Ayurveda approaches it. Let's get our body in balance. Get a nice little precaution built up and then you can do this little dance and see what you can get away with. Keep staying in balance, then you can have those days where you can splurge and do what you want to, and your body will not yell at you because you built up this nice little precaution.

Nothing is forever when you're doing this balancing. If you get yourself deep into a hole, it means you're going to have to do a little climbing to get out.

DR. CHRISTINE HORNER: Right. I'm a big fan of giving yourself a jump start by doing a detoxification program. In Ayurveda it's called panchakarma, the five actions.

I can't believe the effectiveness of this. Often when people have not done any detoxification and they live a very out of balance toxic life, nothing works until

you get these toxins out. So going to one of these panchakarma clinics will help. There are new ones all the time showing up all over the place.

It's an incredibly powerful program to get these toxins out. To me, it really jump starts your health. I've seen miracles when I've been at these clinics with other people there. They've had radical transformations occur in their health, even if they have things like lymph nodes, cirrhosis and other diseases that we traditionally don't think are treatable by the Western model.

Restoring that balance the profound way by doing these panchakarma techniques, people are making incredible improvements in many of these different diseases.

DR. KEESHA: In Sanskrit, pancha is five and karma is actions, panchakarma. These five actions that Dr. Horner was just talking about include sweating and oiling.

DR. CHRISTINE HORNER: [00:31:08]

DR. KEESHA: Oiling every orifice. I've had rigid panchakarma in our clinic and we oil our patients. One of my patients one time said "I feel anxious" and I said "Why?" She said "I'm waiting for the oil douche." I said "Okay, well it's not oil in every orifice."

DR. CHRISTINE HORNER: Yes.

DR. KEESHA: Ghee in your eyes and oil in your nose – that really draws out imbalance. Toxins love fat. That's why they like to store right inside your tissues. They love it.

So when they give you all that familiar oil with the massage and the sweating and the things that we're doing with panchakarma, then it comes out. It adheres to the oil that you've just given it so that you can rid of it.

It's such a wonderful feeling. You feel like a queen by the time you're done.

DR. CHRISTINE HORNER: Yes, you do.

DR. KEESHA: It's addressing the emotion, the mental, the spirit, and the body.

DR. CHRISTINE HORNER: Yes. This is something that I normally forget about. I've done it about 20 times but while it's a physical thing, it affects everything. It's all connected, your mind, your body, your spirit and so forth.

So at the end of every panchakarma that I did, all of a sudden I'd have some incredible insights that I was being someone or doing something that was no longer acceptable for me. It's just gives you a lot of clarity and insight.

DR. KEESHA: When I was diagnosed with rheumatoid arthritis some 20 years ago, I did panchakarma. I discovered Ayurveda after my diagnosis when I was looking for an alternative to Western medicine. I discovered Ayurveda and started practicing it on myself and, of course, the rheumatoid arthritis was gone really quickly.

I did panchakarma four times in that year and it was going through these deep layers, these seven tissue layers in our body, and helping with getting that amma, that toxicity out of every single layer.

Every time I did it, it would go a little deeper. It was so profoundly healing that year. I can't even put it into words. It was staggering the level of mental and emotional insights that I have from doing panchakarma. I don't know if I held onto anger so easily, I calmed down doing panchakarma.

DR. CHRISTINE HORNER: It's humbling isn't it?

DR. KEESHA: Yes. Resentment: all those goodies that we're not supposed to express.

DR. CHRISTINE HORNER: That's right.

DR. KEESHA: They just go right into your tissues and sit there.

DR. CHRISTINE HORNER: Yes they do.

DR. KEESHA: And cause diseases. It's really not good for you, so panchakarma is great.

Now, the era we live in right now, I always think, is the most exciting time to be in medicine, the time of genetics.

I think, in breast cancer in particular, there's been a lot of overemphasis on certain genes and misinformation about this.

DR. CHRISTINE HORNER: Yes, there is.

DR. KEESHA: The liberty is having mastectomy is profile actively. How do you address that?

DR. CHRISTINE HORNER: Sure. You know the really amazing thing, as you were saying, is going on right now. After they announced the human genome, then a huge area of that research is looking at how virtually everything is affecting our genes.

They're looking at foods and supplements, lifestyles, exercising, seeing what effect it has in store, turning certain genes on and turning certain genes off.

What they've actually discovered is that it pretty much doesn't even matter what you were born with, you are able to manipulate how your genes are read by your diet and lifestyle and certain supplements.

They estimate, and this conservative, but they estimate that about 95% of the cases of breast cancer could be prevented just by diet and lifestyle alone.

There is this thing called epigenetics. Basically, it's recognizing that all these chemicals from either our emotions or things that are produced by certain activities, like exercise or meditation, and our diet insofar as one that we metabolize our food, they're also coming into the DNA and that has an effect on our genes.

What we looked at are that the genes that are primarily responsible for going to a higher incidence of breast cancer are called the BRCA, which stands for breast cancer, and there are 1 and 2 genes.

There was a lot of world awareness of it because of Angelina Jolie coming out and saying she had mastectomy done because she has this particular gene mutation.

Interestingly what they did was they looked at these families that have this BRCA1 gene mutation. First of all they found out it's extremely rare. Like, in the United States less than 1% of the population has this gene.

If we put way too much emphasis on this and say "Oh, we better go and get tested" what we'll find is that less than 1% of the population has it.

If you do have it, what they found when they looked back in the family lineage is that 100 years ago in the families that had the BRCA1 gene mutation, the incidence of breast cancer in those family was one third of what it is today.

I wondered why it's two thirds higher in these people.

Everything that I found that had a specifically significant influence on your risk the other things you need to avoid is things you need to favor, those are the same things that affect the BRCA1 one gene in women, but even more so than what it does with a normal person.

The BRCA1 gene produces what we call a tumor suppression gene. It produces proteins that will suppress the growth of tumors. However, when it has mutated, it produces the protein that won't function very well as far as running your risk of different cancers.

The other thing that it does is that it is involved in the DNA repair mechanisms. Our DNA is getting damaged all the time from oxygen, free radicals and toxins, and so we have all these mechanisms in place that will recognize the damage and repair it. In women with the mutations of the BRCA1 gene the repair mechanisms don't work very well.

What they did was they tested the blood of women with the BRCA gene mutation and they found that there is an increased amount of DNA fragments because they weren't being repaired so well.

So they started looking at what could they do to specifically address the BRCA genes using this concept of epigenetics. They started testing all these different things and the effect that they have with the BRCA genes.

The first thing that they did was they realized the DNA repair mechanism is not working well and the one thing that we know that's involved in the DNA repair mechanisms and in the enzymes that's involved in it is the mineral selenium.

Selenium is found in our soil, how much selenium depends on the soil and the different places. Around the world they've actually found a relationship between the selenium level and the incidence of cancer. If the selenium in the soil is depleted, then the incidence of cancer in those areas can be higher.

They conducted double blind placebo control studies. That's our golden standard. It was done in Europe to check 100 women with the BRCA1 gene mutation. Half of them were given selenium supplementation, half of them were given a placebo.

Two years in to the study they took the blood levels and they found that in the women who were taking selenium, the number of DNA fragments had gone down to normal and that the incidence of breast cancer in those women was two times lower than the women who were receiving a placebo.

Simple selenium, that costs nothing, that can be taken as a supplement, can radically change the problem with that particular gene when it comes to the function of the DNA repair mechanism. Not only that, but they've also seen things that we traditionally know are good in preventing breast cancer in those women will have a specific effect on the BRCA gene and help to make it less abnormal. Things like omega3 fatty acids, cruciferous vegetables, and melatonin is something that has a direct effect.

So another reason for going to bed before 10:00pm is that you can maximize your melatonin levels. Vitamin D will have a direct effect on it.

One of my favorite things is coffee. They found that caffeinated coffee has this direct effect on the BRCA1 gene and that women who drink, say, one to three cups a day have a 10% lower incidence of breast cancer. Four to five cups a day they have a 25% lower risk of developing breast cancer. And if you have the BRCA1 gene mutation and you drink more than five cups of coffee a day the risk is down by 70%.

DR. KEESHA: You're going to burn your adrenals down to hell, but that's okay!

DR. CHRISTINE HORNER: I just said that's what it is in relationship to having the BRCA1 gene in the risk of breast cancer.

That's another thing to really be aware of with this condition. Often we think that it's just breast cancer. Ovarian cancer is the other thing that's elevated. So we need to cut those things out.

The BRCA1 gene is not just specific for breast and ovarian cancer. It's a generalized malfunction as far as your tumor suppression and your DNA repair.

They found that in these individuals, say if a man has it, they have the increased risk of prostate cancer. It also increases your risk of pancreatic cancer, skin cancer, colon cancer, stomach cancer. You're not going to be cutting out all these things in your body.

Even if the therapy you decide you're going to have is surgery, you still have to do all these things to help to correct what your gene is doing so that you don't get these other cancers because those are incredibly elevated.

DR. KEESHA: I think also the packaging that someone's attention is only 10% of their variability that 90 to 95% of people that are getting breast cancer is not hereditary and so I love the direct to consumer genetic to consumer genetic testing I used that a lot with my patients.

You can actually tell how well the liver works with estrogen. Are they friends or is there a problem? All of these things show up in other parts of your genetic material, other parts of your DNA. So the focus on that one gene becomes a little magnified. How well do you deal with metabolizing? Do you have a lot of what we call metabolites left over in the body? Detoxification becomes so important. Is your liver working correctly? Are you taking up the trash everyday by pooping once a day at least?

All of these things are so important for us. I love looking at that because I think probably the reason coffee works so well is probably the person has a methylation deficit. We know so much about methylation. It's so fascinating to look at this and to take each person as an individual instead of identifying this one gene and saying "Well it looks like you're screwed."

DR. CHRISTINE HORNER: Yes, that's right.

DR. KEESHA: I know.

DR. CHRISTINE HORNER: And you're not at all, no matter what you have. Really, when you do all the different things that we know can lower the risk, and do the things that are very specific for the BRCA1 gene, then you can lower your

risk for that normal population and probably lower. So, it's ridiculous to me, cutting off organs.

DR. KEESHA: They're useless after all, right?

DR. CHRISTINE HORNER: Yes, that's right. They have no function.

DR. KEESHA: No, function, that's right. Oh my goodness.

That's a nice circling back to the beginning here.

I think that the title of your talk is Protecting Yourself From and Recovering from Breast Cancer. You've done a really good job about recovering. I think post-breast cancer, if you have gone the traditional route and you've done the chemo and the radiation and your body is now into recovery from it, panchakarma is amazing. We've talked about that already.

DR. CHRISTINE HORNER: Yes. All the things I like in my book, I based it on Ayurveda and then held up modern research which backed it all up. Talking about all the studies showing what the specific food you need to avoid and supplements and lifestyle and all that kind of stuff.

So it's really looking conceptually at the model of Ayurveda, which is that these imbalances have caused you to have that particular disease.

Usually there's some massive stress that happens within. They say that if you have some really significant stress, like the death of a loved one, divorce, loss of a job, that kind of thing, that in the ensuing five years from that there's a 12 times higher incidence of developing breast cancer.

It happens almost always. I mean, your body is imbalanced and then you have some incredible stress that really knocks out your immune system.

What you need to do then, and I always look at this as a real opportunity which you took on when you were diagnosed with breast cancer, is to look this as an opportunity to really do an inventory of your life and see where something you were doing wasn't working.

That's just the clear fact. Like I said, it's different for different people. So you get to be the investigator and say "Okay, how do I nourish my body? How am I exercising? What do I think about my job? Am I stressed out? What are my relationships?" You get to look at all of that and then you can say "Okay, what can I do now?"

They'll say to upgrade those things. And so you know you can really see enough people and I do consultations are actually for mostly in nearly diagnosed breast cancer patients all over the world, it helps them with an integrative approach.

I was always asking "Why do you think you got this? What do you think is going on?" Almost everybody can identify it. They can say "Oh well, this horrible thing happened in my life" or "I'm a little overweight, I did this."

Then I can say "Well, this is our program. What we're going to do is to reverse that. You want to reverse all the things that created the imbalances and help bring back your body into balance."

It's crucial that you do that as you're doing your cancer treatment, your Western treatment, that you combine it with what we call complementary and alternative medicines, paying attention to your diet and lifestyle with an integrative oncologist.

With all the data that has been collected, invariably what they found is that you have a three times better outcome if you're combining complementary and alternative medicine with Western medicine versus Western medicine alone. It's crucially important to combine those things.

We work with these processes and how to keep yourself incredibly well for the rest of your life.

DR. KEESHA: It's so true. I tell my story in my interview with Gina. I'm going to repeat it here but it was gone in a month.

I knew right away why it was there. I knew exactly what I had to do to get rid of it. It's really fascinating if you can ask the question why and I'm so glad to hear that you did it. Because people usually do know.



DR. CHRISTINE HORNER: Yes.

DR. KEESHA: You're offering a very lovely generous bonus to our listeners. Would you tell them about that?

DR. CHRISTINE HORNER: Sure. I have a really fun lecture that I give that's based on the information from my book "Waking the Warrior Goddess". It's in the format of a DVD but it's uploaded onto YouTube. You'll be able to get to see it for free.

Most people have to pay for it but you'll be able to see it for free. I'll give out the code so you'll be able to what that.

DR. KEESHA: That's Dr. Horner's speaker's page area on the Women's Vitality Summit website. You can download that and view it and the book is fantastic, "Waking the Warrior Goddess". I recommend it for everybody. Give it to a girlfriend, your mom, your sister, your daughter.

Well, Dr. Horner, thank you so much for sharing just a tiny part of your wisdom with us on the Summit. It was really lovely to be able to talk to you again.

DR. CHRISTINE HORNER: Thank you, likewise.

DR. KEESHA: Remember everybody to live, love, laugh. Keep learning and be the most fantastic version of yourself, until next time.