



OCTOBER IS BREAST CANCER AWARENESS MONTH

Breast cancer is a disease which originates in the breast tissue. It occurs when breast cells mutate and grow out of control, creating a mass of tissue (tumour). Treatment options may vary, depending on the type of breast cancer.

What to look out for

- Thickening, swelling, or lumps in the breasts or armpits – hard, soft, or even movable.
- Changes in skin texture – including dimpling.
- Pain in the breasts or nipples that persist for more than 2 weeks.
- Swollen lymph nodes under the arm or around the collarbone.
- Sudden shape, size or texture changes in just one breast/nipple is usually not a good sign.

Did you know?

- 18% of breast cancers occur in the nipple area.
- Cancer is 5-10% more likely to develop in the left breast – reason unknown!

Treatment options – Radiotherapy, chemotherapy, lumpectomy, mastectomy, or removal of affected lymph nodes.

- The lymphatic system removes toxins and drains excess fluid.
- Removed lymph nodes can impede lymph drainage, that can lead to swelling and discomfort as a result of excess fluid build-up (lymphedema).
- *Zingiber officinale* root extract, found in *CEL-U-LITE GEL*, is anti-inflammatory and helps to promote blood circulation.
- Massage to help relieve swelling and discomfort caused by lymphedema, using a combination of *CEL-U-LITE GEL* and *HAND & BODY LOTION*. Always massage toward the heart.

Aloe does not cure cancer, however, there is scientific proof that it inhibits the growth of certain tumorous cells.

- NB: Immune boosters may not be used during chemotherapy.
- Use *ALOE FERROX JUICE* during chemo to combat nausea and exhaustion.
- Aloe can aid the digestive tract lining to combat development of ulcers, etc., during chemo.
- Use *OMEGA-3* during chemo to help ease inflammation.
- Use *WINTER FIGHTER* and *BODY BASICS* after chemo to quickly help build the immune system.
- Use *VAL-U-LIFE* after chemo to help improve appetite.
- Apply *SUPER ALOE GEL/ FERROX GEL* before radiation therapy starts, to strengthen the skin, and immediately after. Repeat several times per day and maintain throughout treatment.
- Studies have shown that the antioxidants in vit C improves the efficacy of radiation. Vit C aids the repair of damaged skin cells as well as the body's natural collagen syntheses.
- *FABULOUS FIBRE BITTER* caps/tabs provides relief for constipation during cancer treatment.
- *NUTRI HAIR* capsules and the *HL* hair products stimulate new hair growth.





ENGLISH: I underwent a lumpectomy on 27 February 2019 to have a malignant tumour removed from my right breast. After the operation, 36 radiation sessions followed. Unfortunately I didn't know about *SUPER ALOE GEL* at the time. Towards the end of the radiation, the skin under my arm, where the treatment was done, was so raw and sensitive that I had to hold my arm above my head. It felt like my armpit was on fire, and I couldn't help but cry from pain. Someone told me about aloe gel and within 10 minutes of the first application I already experienced slight relief. Even the pain I experienced at night started improving with the use of *SUPER ALOE GEL*. This was a sign to me that not only was *SUPER ALOE GEL* healing the skin on the outside, but also the tissue inside the breast. During a visit to the oncologist a few months later, he was amazed at how nicely my skin had healed after the radiation. Usually, radiation causes permanent brown marks on the skin. The photo clearly shows that the skin is not discoloured, and the scar is hardly visible. Anonymous.

AFRIKAANS: Op 27 Februarie 2019 het ek 'n lumpektomie ondergaan en is 'n kwaadaardige gewas uit my regterbors verwyder. Na die operasie het 36 bestralingsessies gevolg. Ongelukkig het ek toe nog nie geweet van *SUPER ALOE GEL* nie. Naby die einde van die bestraling was die vel onder my arm waar die behandeling gedoen is, so rou en sensitief dat ek my arm bokant my kop moes hou. Dit het gebrand soos 'n kool vuur en ek het gehuil van pyn. Iemand het my van aalwynjel vertel en binne 10 minute na die eerste aanwending het ek reeds effense verligting ervaar. Selfs die pyn wat ek ervaar het wanneer ek op my regtersy probeer slaap, het verminder. Dit was vir my die teken dat *SUPER ALOE GEL* nie net besig was om die vel aan die buitekant te genees nie, maar ook die weefsel in die bors. Met 'n besoek aan die onkoloog 'n paar maande later, was hy verstom oor hoe mooi my vel genees het na die bestraling. Gewoonlik veroorsaak bestraling permanente bruin vlekke op die vel. Die foto wys duidelik dat daar geen merk of vlek op die vel sigbaar is nie en die snit is skaars sigbaar. Anoniem.



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OKTOBER IS BORSKANKER-BEWUSTHEIDSMAAND

Borskanker is 'n siekte wat in die borsweefsel ontstaan. Dit vind plaas wanneer borssele muteer (verander) deur buitengewoon vinnig te groei en 'n massa weefsel (gewas) te vorm. Behandeling kan wissel, afhangend van die tipe borskanker.

Waarna om op te let

- Knoppe, verdikking, of swelling in die borste of onder die arms – hard, sag of beweeglik.
- Enige verandering in veltekstuur – insluitend dimpels.
- Pyn in die borste/tepels wat langer as 2 weke duur.
- Geswelde limfknope onder die arms of rondom die sleutelbene.
- Skielike verandering in grootte/vorm/tekstuur van slegs een bors/tepel, kan op gevaar dui.

Het jy geweet?

- 18% van alle borskankers kom voor in die tepel-area.
- Kanker is 5-10% meer geneig om in die linkerbors te ontwikkel – rede hiervoor is onbekend!

Behandelingopsies – bestraling, chemoterapie, lumpektomie, mastektomie, verwydering van aangetaste limfknope.

- Die limfatiese stelsel verwyder gifstowwe en dreineer oortollige vloeistof.
- Verwyderde limfknope kan limfdreinerig belemmer, wat kan lei tot swelling en ongemak a.g.v. die oortollige opbou van vloeistof (limfedem).
- Die *Zingiber officinale*-wortelekstrak in *CEL-U-LITEGEL* is anti-inflammatories en help om bloed-sirkulasie te bevorder.
- Masseer wanneer nodig om swelling en ongemak van limfedem te verlig. Gebruik 'n kombinasie van *CEL-U-LITEGEL* en *HAND & BODY LOTION*. Masseer altyd in die rigting van die hart.

Aalwyn genees nie kanker nie, maar daar is wetenskaplike bewyse dat aalwyn die groei van sekere kankerselle kan vertraag.

- NB: Immuunopbouers mag nie tydens chemoterapie gebruik word nie.
- Gebruik *ALOE FEROX JUICE* tydens chemo vir naarheid en uitputting.
- Aalwyn versterk die spysverteringstelsel-voering omdat seertjies, ens. tydens chemo voorkom.
- Gebruik *OMEGA-3* tydens chemo om inflammasie te help verlig.
- Gebruik *WINTER FIGHTER* en *BODYBASICS* na chemo om die immuunstelsel vinnig te help opbou.
- Gebruik *VAL-U-LIFE* na chemo om eetlus aan te wakker.
- Wend *SUPER ALOE GEL/ FEROX GEL* aan voordat met bestraling begin word om die vel te versterk, en weer na bestraling. Herhaal 'n paar keer per dag en hou aan tot die behandeling verby is.
- Studies toon dat die antioksidante in vitamine C die effektiwiteit van bestraling verbeter, en behulpzaam is met die herstel van beskadigde velselle, sowel as natuurlike kollageen-sintese.
- *FABULOUS FIBRE BITTER*-kaps/tabla help met hardlywigheid tydens kankerbehandeling.
- *NUTRI HAIR*-kapsules en die *HL*-haarprodukte stimuleer nuwe haargroei.

