

Tamoxifen

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Studies Confirm: Seaweed Outperforms Tamoxifen



You may already know that consuming seaweed and kelp has many health benefits, not the least of which is protection from radiation, oxidative stress and cancer prevention. Several exciting studies over the last few years have also confirmed the power of certain seaweed strains for stopping breast cancer in its tracks, out-performing Tamoxifen in Breast Cancer cell death.

And, unlike the chemo drug, the only side effects of the seaweed were improved immune function and antioxidant protection.

What the Research Says About Seaweed and Breast Cancer



One of the [latest studies](#) to verify the power of seaweed in fighting cancer occurred at the *University Putra Malaysia*. Researchers there administered laboratory rats with Breast Cancer cells (LA-7) and divided them into three groups. The first group was not treated with anything. The second group was treated with Tamoxifen, the most common Breast Cancer chemo drug. The third group was given *Eucheuma cottonii* L. (a.k.a.

Guso) seaweed extract. This thread-like, red-colored seaweed was harvested from the winter waters off the coast of North Borneo and was administered in powdered form in a dosage that would be equivalent to 800 mg for a 110 pound adult woman.

The results were astounding. The seaweed extract proved to be 27 percent more effective than Tamoxifen overall, with a 97 percent decrease in tumor size after four weeks (compared to 71 percent for the chemo drug). Just as important, Guso demonstrated zero toxicity to the kidneys and liver while improving antioxidant status (measured by MDA markers). The Tamoxifen, on the other hand, created visible lesions on the rats' livers and kidneys and decreased MDA levels by 46 percent. Glutathione levels for the chemo-treated rats also decreased by close to 60 percent while these levels increased by 78 percent in the rats treated by the seaweed. Glutathione is vital for immune system function and overall health.

Other studies have verified the effects of seaweed on Breast Cancer cells:

- A [2013 study](#) at Brazil's Federal University Rio Grande do Norte found polysaccharides in the *Sargassum vulgare* seaweed that inhibited Breast Cancer tumor growth;
- Researchers from [Kyushu University in Japan](#) discovered that when Breast Cancer cells were treated with fucoidan, found in all brown seaweeds, it had an effect on caspase activity. Caspase is a special enzyme that lies dormant until triggered to cause cancer cell death;
- A [2001 study](#) conducted at the *Nagoya University School of Medicine* in Japan found that *wakame* seaweed suppressed Breast Cancer mammary tumors and that the dried flowering sprout of *wakame* called *mekabu* had a strong effect on Breast Cancer carcinogenesis

Why Consuming Seaweed Regularly Can Help Prevent Breast Cancer

Regular seaweed consumption is one of the best breast cancer preventatives. Besides its antioxidant benefits mentioned above, most species contain high levels of iodine. In fact, [women in Japan](#) have been reported to have low rates of Breast Cancer in general, owing in large part to their consumption of seaweed.



Remember that [iodine deficiency](#) is one of the first indications that you are at risk of Breast Cancer. Lack of proper iodine in the body means that both the thyroid and the mammary glands have to compete for a shortened supply. Iodine deficiency can also lead to [cell damage](#) because iodine-deficient mammary glands are a target for unhealthy estrogens.

What are the best kinds of seaweed to consume if you want to prevent breast cancer? Research shows that the best sources of iodine are brown and red seaweeds such as *kelp*, *hijiki*, *sagassum*, *dulse*, *gracilliaia*, and *Irish moss*. *Nori* is probably the most well-known of all the seaweeds, but it may not be your best choice for Breast Health since it is not that high in iodine content.

In this post-[Fukushima](#) world, finding a safe source for seaweed is really important. Even though the highest concentration of radiation can be found higher up the food chain in fish and especially in seafood, trace amounts of polonium and other radioactive elements have been found in Pacific water kelps as well. One of the best companies I have found out there is called [GIMME Health](#). They offer USDA Certified organic products that are harvested in the oceans off of South Korea.

Consider seaweed therapy if you are on a healing or preventive journey. Most importantly, consider adding a little bit of this superfood to your meals every day. Eat it toasted, add it to soups and stews, mix it in with other vegetables, eat it as a tasty stand-alone salad or ingest it in capsule form. You can eat as much as you want and your body will thank you for it with vibrant health!

Dr. Veronique Desaulniers, better known as Dr. V, is the founder of The 7 Essentials System™, a step-by-step guide that teaches you exactly how to prevent and heal Breast Cancer Naturally. To get your F.R.E.E. 7 day mini e-course, and to receive her weekly action steps and inspiring articles on the power of Natural Medicine, visit <https://breastcancerco.wpengine.com/>.