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Why Tocotrienols Should Be Part of YOUR Breast Cancer Prevention Program

March 23, 2014 by Luis Constantin — Leave a Comment

If you read *The Nuclear Factor 1*, you'll recall that nuclear factor kappa B (NF-κB) activates genes that promote inflammation. By now you also know that chronic low level inflammation is a cause of degenerative diseases like breast cancer. Breast cancer will develop at sometime during the life of 1 in 8 women in the U.S.

The good news for women with breast cancer is that treatment today is fairly effective. Still, there is much room for improvement, especially in finding less toxic alternatives to standard remedies and in the area of prevention.

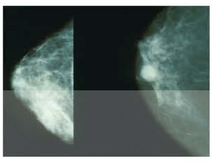
In this Byte I'd like to share with you some info about a nutrient that has real potential to prevent breast cancer as well as to enhance the response to treatment.

We previously noted that the gamma and delta tocotrienols inhibit NF-κB activity. But NF-κB is only one of several cancer causing proteins. And once established, cancer cells produce many others that support their growth, make them more invasive and enable them to migrate to distant sites in the body.

As it happens, tocotrienols have effects that go far beyond their interaction with NF-κB. And although they're potent antioxidants, their anticancer actions may have little to do with directly combating oxidative stress.

So what do they do? In short they:

- induce apoptosis – cell death – in breast cancer via several different pathways,
- interfere with the ability of breast tumors to hide from the immune system,
- downregulate a protein that promotes breast cancer growth and invasiveness, and
- inhibit the production of factors that help breast cancers grow their own blood supply.



Abnormal mammogram positive for cancer

Although tocotrienols may be able to battle all breast cancer types, they may be even more effective against estrogen receptor positive (ER+) tumors. Seventy-five percent of breast cancers are ER+ and as you might've guessed, the hormone estrogen supports their growth.

Of the several different types of ER+ cancers, ERβ+ cancers are particularly susceptible to tocotrienols. That's because tocotrienols bind readily to these receptors. And once that happens, ERβ moves into the cell nucleus to promote the expression of genes that trigger cancer cell death.

If you're at all familiar with breast cancer treatment, you may have heard of tamoxifen. It's one of several antiestrogens that are used in the treatment of ER+ cancer. Although tamoxifen is clearly beneficial, in many cases breast cancer will eventually develop tamoxifen resistance.

Here's another was tocotrienols combat breast cancer. They appear to counter the development of tamoxifen resistance. In a clinical trial in women with ER+ breast cancer, the addition of tocotrienols to tamoxifen reduced the risk of dying by 70% and the probability of breast cancer recurrence by 20%. These benefits were associated with an enhanced immune response evidenced by increased levels of interferon gamma.

One final thing. Tocotrienols are fat soluble, so they accumulate in fatty tissues – and therefore in breasts. In Malaysia, where the diet centers around tocotrienol-rich palm oil, the tocotrienol content was significantly higher in benign breast tissue than in cancer containing breasts.[1] This finding provides further support for breast cancer prevention from a tocotrienol-rich diet. Or from tocotrienol supplements.

BTW, when it comes to fighting breast cancer it's the delta and gamma fractions that really pack a punch. That's right, the same tocotrienols found in annatto seeds… the same ones found in Kyäni Sunset!

1. Nesaretnam, K et al.Tocotrienol levels in adipose tissue of benign and malignant breast lumps in patients in Malaysia. Asia Pac J Clin Nutr 2007;16 (3):498-504.

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