



## FOODS AND BEVERAGES TO AVOID IF YOU HAVE FIBROCYSTIC BREAST DISEASE

- Coffee
- Tea **Including Decaffeinated**
- Colas/Sodas
- Chocolate
- **CIGARETTES**
- Wine/Beer
- Cheese (foods containing cheese, e.g., pizza)
- Bananas
- Nuts/Peanut Butter
- Mushrooms
- Spices (oregano, cinnamon, garlic, chili powder, thyme, curry, basil)
- Sausage
- Sauerkraut/Pickles
- Raisins/Dried Fruits
- Estrogen-containing medications

Women with fibrocystic breast disease have been shown to have a deficiency of an enzyme called catecholamino-methyl-transferase. This enzyme breaks down the hormones dopamine, epinephrine, and norepinephrine. The above foods contain caffeine, tyramine, or xanthines, which promote excretion of dopamine, epinephrine, and norepinephrine.

Women with fibrocystic breast disease have an impaired ability to break down these hormones. These hormones stimulate the breast to become fibrocystic. Therefore, avoidance of these foods, beverages, estrogens, and cigarettes will decrease the amount of irritating hormones released and hence decrease the fibrocystic breast disease.

Of equal importance, however, is the amount of stress in the woman's lifestyle. Thus, in addition to eliminating the above food, she must make a conscious effort to limit the stress in her life.