

Pro-Active Breast Health Solutions

Be Pro-Active Not Re-Active

Taking care of your health, through knowledge, moderation and Progressive Screening.

Give Your Breasts a rest, STOP MAMMOGRANS, Start THERMOGRAPHY Screening.

Keep a watchful eye on estrogen!

First, you must reevaluate and not get that mammogram. The medical profession is constantly contradicting themselves on when a woman should get her mammogram. You ask one group they tell you in your 50's another group 60's; some will tell you to get an early baseline at 40. The Pink Groups will move around the board with what is fashionable. Whatever they say it's different. Breast Cancer Studies old and new keep coming up with the same answer they are not working, and that mammograms might be part of the problem, Like Direct RADIATION. With up to 45lbs of pressure squashing your breasts if you had an encapsulated cancerous tumor, it could rupture it. But, as Dr. John Gofman MD, PhD specialized in Nuclear Medicine said, there is no safe amounts of radiation especially the direct contact type. He also believes that half of breast cancer could be attributed to chest radiation. A fear I have is that the direct radiation to the breast is spilling over to the lung areas of the chest. As the stats show that women's lung cancer is going up, but the stats for their smoking is going down. I believe there needs to be a study on this phenomenon.

Estrogens are a large problem in Breast Cancer today as Dr. Samuel Epstein MD, and Dr. John R Lee MD have been writing and speaking about it. Estrogen mimicking chemicals are everywhere.

Read the Labels before you buy! The knowledge will save you!

The Danger of Parabens: They Mimic the Estrogen hormone, playing a big role in breast cancer. Found in Breast Cancer Tumors. Methyl paraben, Propyl paraben, Ethyl paraben, Butyl paraben, Isobutyl paraben etc. Parabens can be found in these items:

• Make-up / Cosmetics	• Shaving Gel
• Perfumes	• Tanning Lotions
• Deodorants	• Sunscreens
• Tooth Paste	• Food Additives
• Shampoo	• Moisturizers

Parabens are man-made chemicals that are designed to slow the growth of yeasts, molds, and bacteria. They are used as preservatives. Parabens can affect the body much like human estrogens. ↓

Electromagnetic Pollution: Moderation



- Kitchen Microwaves
- Your Bluetooth Devices – Home, Auto & Person
- Home Networks - Computers, TV, iPads & Phones
- Cell Phone Towers – High Voltage Wires
- Garden – Pesticides, Cadmium leaches into foods from fertilizers – affects estrogen receptors!

Toxins put into the body

- Avoid meats with hormones and antibiotics
- Wash all fruits & vegetables (Pesticides, out of country foods)
- Avoid carbohydrates, white sugars and GMOs
- Plastic wrapped Meats & Vegetables, Plastic Bottles with PBA
- Avoid Soy, Milk products with hormones
- Birth Control Pill !!!!!
- Hormone Replacement Therapy
- Alcohol

What you can do

- Follow Your Chiropractors' Adjustment Protocols
- Follow Your Chiropractors' Nutritional Plans
- Follow Your Chiropractors' Supplement Protocols
- Exercise

Warning Signs

- Unusual or new lump in the breast
- An unusual increase in the size of one breast
- One breast appears unusually lower than the other
- Puckering of the skin of the breast
- A new dimpling of the nipple

HOW TO PERFORM Breast Self-Examination (BSE)

Why should I do BSE?

Along with clinical breast exams and mammograms, performing breast self-examination (BSE) is part of the fight against breast cancer. BSE helps you know what is normal for you and helps you detect any changes in the way your breasts look or feel. Immediately contact your healthcare professional if you feel or see any change in your breasts.

When should I do BSE?

The best time to perform BSE is every month a few days after your period ends, when your breasts are not swollen or tender. If you no longer have periods, do BSE on the same day each month. Women who are pregnant or breastfeeding or who have breast implants should still do BSE.

What is the Basic BSE Method?

The Basic BSE Method is a way of examining breast tissue. Use the flat surface of the three middle fingers to make overlapping, dime-size, circular motions on the breast tissue. Apply light, medium, and firm pressure to examine all levels of breast tissue as you follow a pattern, such as the vertical pattern.



What is the Vertical Pattern?

The Vertical Pattern ensures you use the Basic BSE Method over your underarm area and entire breast. Beginning at the armpit and ending at the middle of the chest bone, move your fingers in an up-and-down pattern from the collarbone to just below your breast.

How should I perform BSE?

1. LYING DOWN



Place a pillow or folded towel under your shoulders. Place your left arm under your head. Using the Basic BSE Method and Vertical Pattern, feel your left breast with your right

hand. Reverse the procedure to examine your right breast. Lying down spreads the tissue evenly over the chest wall, and you can feel all of the breast tissue more easily.

2. IN THE SHOWER

Start by gently lathering each breast. With one arm raised, examine each breast and underarm area with the opposite hand using the Basic BSE Method and Vertical Pattern.



3. IN THE MIRROR



Look for visible changes in your breasts with 1) arms at your sides, 2) hands pressing on your hips, 3) arms over your head, and 4) hands on your hips while you are bent forward.



What changes in my breasts should concern me?

Immediately bring any of these changes to the attention of your healthcare professional:

- A lump or thickening in the breast or armpit area
- Irritation of the nipple or skin of the breast
- Puckering or dimpling of the nipple or skin of the breast
- An unusual change in the size or shape of a breast
- Pain or tenderness of the breast or nipple that does not go away
- Redness or scaliness of the nipple or the skin of the breast
- Any unusual discharge from the nipple
- A nipple that has turned inward

What other breast care steps should I take?

Starting at age 20, a woman should have a clinical breast exam every 1-3 years. Beginning at age 40, a woman should have a clinical breast exam and a mammogram every year. Talk to your healthcare professional about clinical breast exam and mammography schedules that fit your specific needs.