

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.

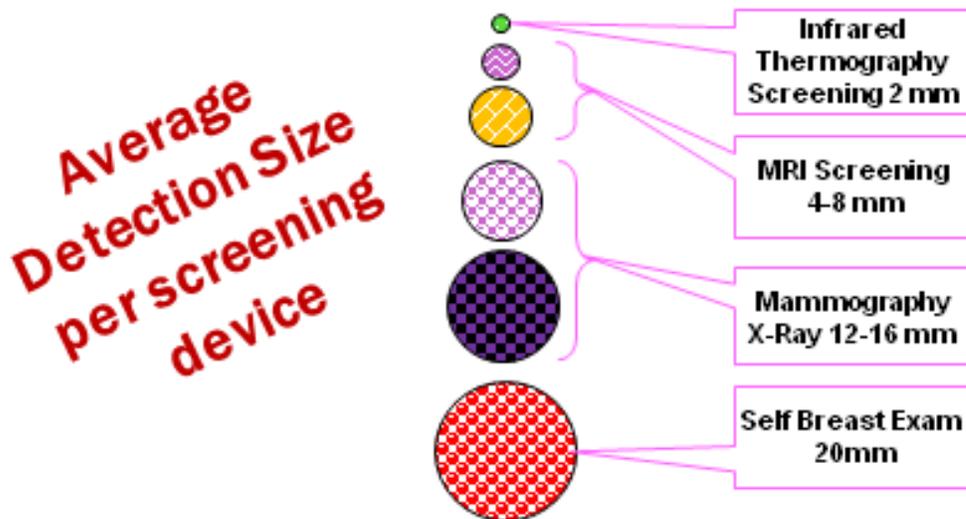
We are in an Epidemic! It's breast cancer. All you hear from the medical machine is, we're looking for the cure. There's no push for preventative or proactive measures, it's all reactive. It makes perfect sense, that's how they make their money, cancer treatment. Who stands to profit from this, Radiologists, Big Pharma, MDs, Hospitals, Research Universities, and the Pink Industry who funnel all the women into the system through their mammogram mantras, it's all a symbiotic relationship. The Medical Money Machine has done the job well by conditioning all the women to get their mammograms; even if it is killing a good deal of women who do not have cancer.

Mammograms are anatomical screening devices. There needs to be a large enough tumor or mass to be seen, about 12mm in size. Since cancer is a 15 year disease that can be a long time. Mammograms don't necessarily find cancer, if they find a mass, it could be dense breast tissue, cystic or fibrocystic breast tissue, scar tissue, an infection or possible cancer. Because the radiologist reads the mammography x-ray and finds a suspicious area, he'll call for a biopsy to see if it's cancer.

First, you must reevaluate and get the facts on mammograms. The medical profession is constantly contradicting themselves on when a woman should get her mammogram. You ask one group they tell you in your 50s another group 60s; 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 60 lbs of pressure squashing your breasts if you had an encapsulated cancerous tumor, it could rupture it. But, as John Gofman MD, PhD, who specialized in Nuclear Medicine said, "There are no safe amounts of radiation especially the direct contact type used in mammograms." He also believes that half of breast cancer could be attributed to chest radiation. Dr. Richard Besser MD, of ABC News recently talked about, "A recent study found

that 1.3 Million Women have received an “in-situ” Breast Cancer Diagnosis for a possible lesion that would never hurt them in their life time”. These women went through one or all of the cancer protocols up to and including losing a breast. Any one of these medical protocols has side effects that could kill them in time. Concerning studies on the effectiveness of mammography “Whenever one of these studies comes out, medical studies that have unequivocal evidence, ones in peer reviewed Medical Journals,” states Dr. Braum MD, one time director and developer of Britain's Mammography Screening Program. Says the Radiologic Groups along with the Medical and the Pink Groups form ranks putting pressure on all the media, hitting the air waves and advancing their letter campaigns, countering acting the negative truth at the cost of Women. A Danish study of more than 58,000 women found those who had false positive mammograms had a 67% higher risk of developing breast cancer later in life, compared with women who had negative mammograms.

Breast Cancer is a 15 year Disease



MAMMOGRAPHY, Ultrasound, MRI and Self Breast Exams.

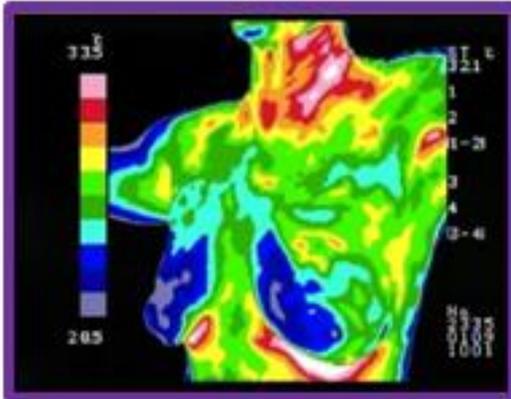
- **Anatomical:** A tumor-mass that is either benign or malignant???

THERMOGRAPHY

- **Physiological:** Cellular changes creating different heat signatures and vascular patterns such as... cancer cells, angiogenesis, hormone imbalance and fibrotic cysts.

Two different screening methods

Thermography



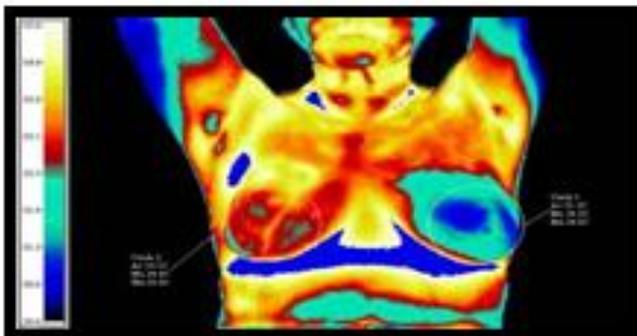
Mammography



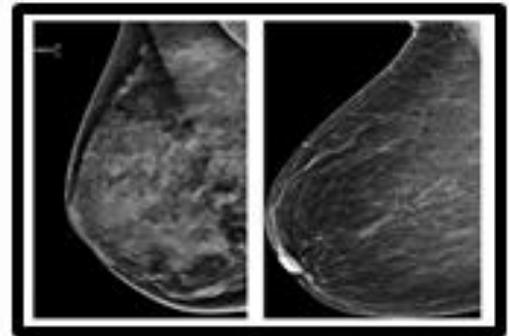
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Two Different Screening Views

Thermography View



Mammography View

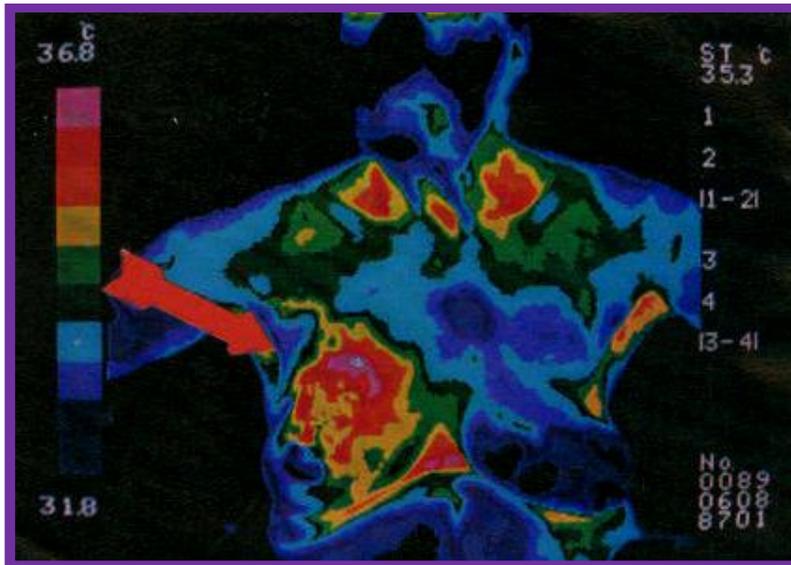


Thermography

- 97% accuracy Cornell University Study (New York 2008)
- FDA approved for over 3 decades.
- Radiation free – Noninvasive.
- Screens the whole chest area where 70% of Cancers are missed by Mammograms.
- Research indicates that breast thermography can pick up cancer 5 years before digital mammography.
- When compared to mammography, 7 out of 10 times, infrared imaging is the first alarm showing something abnormal is happening.
- Thermography provides significant data for interpreting risk of developing or presence of breast malignancy.

Thermography Shows

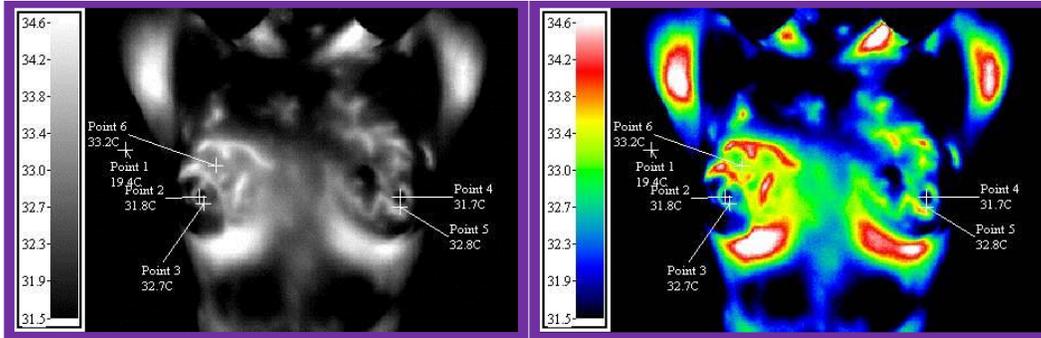
Hyper metabolism



Arrow: Cancer site

Hypervascularization

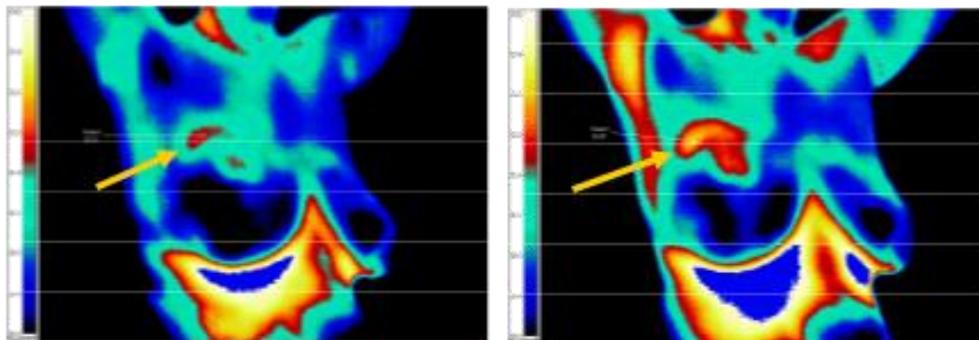
- Angiogenesis
- Release of Angiogenic factors



Thermoregulatory Dysfunction

- Presence of Nitric Oxide
- Host immune response

**Thermal increase of 0.7°C
following Stress Study
Nitric Oxide release**



Breast Cancer
(arrow)

Women keep a watchful eye on estrogen!

Estrogens are a large problem in Breast Cancer today, as Samuel Epstein, MD and John R Lee, MD have been writing and speaking on it. Estrogen mimicking chemicals are everywhere. Fibrocystic breasts are thought to be an overgrowth of normal breast tissue as a result of excessive exposure to estrogen over a prolonged period of time. According to John Lee, MD, this is referred to as "estrogen dominance" and is reportedly a sign that the ovaries are not producing enough progesterone compared with estrogen intake.

Hormone Effecting Products:

- Hormone Replacement Therapy (synthetic)
- The Birth Control Pill (any use, young girls menstrual cycle, pain, cramps & acne control)
- Soy Products (all food use)
- Beef & Chicken (unless Hormone Free)
- Medicines that affect hormones

Surgeries

- C-Sections – Hormone Imbalance
- Hysterectomies – Hormone Imbalance
- Breast Removal – Hormone Imbalance

Foods We Eat

In our busy lives today we are living a balancing act. Balancing our foods, what we put in our bodies, what we put on our bodies and balancing all these and what our doctors tell us. It's all about our choices that we make to keep us healthy. We can only do this with well informed choices. We need clear information on what can increase our cancer risks. What's in our foods, body care products, homes, gardens, and work. So we can make informed choices that can implement in our chosen life styles.

Pesticide:

Pesticides have a place for concern in the United States. They are in our foods, in our ground water and in our bodies. According to our President's Cancer Panel, Atrazine is the leading pesticide contaminant in our groundwater, surface water and the tap water. Produced in Switzerland and developed to kill grassy broad leaf weeds, it's banned by its own country and continent. The European Union has found it dangerous and no longer allows its use, however, we still use it in the US and there's no action at present to stop it.

GMOs

Genetically Modified Organisms (GMOs) are developed in the laboratory for human consumption. There's nothing normal about it, it's artificial, according to "Earth Open Source" an organization that claims watch dog status over the sustainability, security and safety of the global food systems. Although not dangerous, GMOs will continue to reproduce itself. The average American eats an average of one hundred and ninety pounds of genetically modified foods over a twelve month period.

I believe we do not have enough safe guards, controls or oversight concerning Genetically Modified Foods in the US. It seems to be controlled by the corporate dollar through lobbyist power affecting FDA choices.

Bovine Growth Hormones (BGH& IGF-1)

Bovine Growth Hormones (BGH) are naturally occurring hormones in milk producing cattle that promote growth and cell replication. BGH is also produced in other animals including humans. BGH increases milk production in lactating cattle, more milk more money. So biotechnology companies like Monsanto, Eli Lilly and Upjohn developed genetically engineered versions of BGH becoming rBGH, a synthetically reconstituted BGH. Injecting it into your milk producing cattle you could receive a boost of milk production of 10 to 15 percent. The FDA does state that cattle receiving rBGH hormone can exhibit several side effects, swelling in the injection site can be permanent, clinical mastitis. Also, it is affecting reproductive abilities, lower pregnancy rates, retained placenta, cystic ovaries or other disorders of the uterus.

Of course, the FDA determined that cattle treated with rBGH and IGF-1 is perfectly safe for United States consumption. However, the European Union (EU) put a ban on rBGH use. The Canadian researchers found a risk approximately 25% of developing clinical mastitis. They also found reproductive problems with cystic ovaries, twinning, retained placenta, and fetal loss. These lead to the banning of all use of rBGH and IGF-1 hormones in Canada. The United Nations rejected the use of all genetically modified foods on scientific grounds leaving the United States alone with rBGH, IGF-1 and GMOs.

Women are unduly affected by hormones in our food sources. The 2010 British Medical Journal Lancet reported that women with IGF-1 in their systems had a positive association with **breast cancer risk**. IGF-1 has an effect on the body's natural defense system against cancer cells. It shuts down the natural process of cell death. This allows the cell to hang around the body longer than they should and not allowing naturally, the blocking and elimination of cancer cells. In some of our conventional cancer treatments, rBGH has a decreasing effect on how they work. It is troubling to me that Japan, Australia, New Zealand, Canada and the European Union all banned rBGH in their milk. **America Wake Up!**

Antibiotics (in Food)

Antibiotics are in wide use in our food source system, whether in chicken or beef. Cattle ill with mastitis or any of the other disease states, talked about in the above paragraphs in their use. The Veterinarians will give a full range of antibiotics to cure the animals, including many other drugs. The Director of the Center for Adaptation Genetics and Drug Resistance, Stuart B. Levy, MD., published a study in the Journal of Antimicrobial Chemotherapy. Finding that to promote growth in farm animals, ranchers and veterinarians will use about seven billion kg of antibiotics, mostly penicillin and tetracyclines. A 2004 study showed that a majority of dairy farmers gave 10% of their cattle antibiotics. Ranchers will give the cattle and chicken antibiotics prophylactically. (Protection)

Food for thought

Our ranchers, farmers and corporations raising chickens, beef and dairy cattle want to make a profit. So they shoot up the animals with rBGH, IGF-1 and antibiotics to get larger chicken, beef and more milk, all at a cost to the consumers' health. The average consumer doesn't look at any labels, heck they couldn't decipher the label anyway. Today the label is NOT required to show what was given to the chick or cow to make them grow and ward off disease. So when you eat that beef, chicken or consume any dairy, know that

there is a great possibility that whatever you consume has some Growth Hormone, Insulin-Like Growth Factor-1 and or antibiotics. Antibiotics and growth hormones are not destroyed in the pasteurization process which means it is passed on to you, the consumer, through what you eat and drink. The overuse of antibiotics, whether in our foods (meat or dairy), or prescribed by our family MD, helps with creating the super bug of the future.

Eat organic foods at every opportunity, especially organic milk and dairy products.

Organic Cancer Defender

Researchers have found the powerful role that phytochemicals play in a body's natural ability to defend itself against cancer and especially that of breast cancer. Phytochemicals are specifically found in different plant sources and prove beneficial to one's overall health. They also help to significantly reduce an individual's potential for developing cancer. Phytochemicals are naturally derived from whole grains, fruits and vegetables, so it's easy to incorporate them into your diet every day. Some of the most beneficial phytochemicals are: beta carotene and other carotenoids in fruits and vegetables. Generally, the deeper the color of the fruit or vegetable is an indication of a higher concentration of carotenoids. Green, leafy vegetables such as spinach, asparagus, and broccoli also contain large amounts of carotenoids, but their intense green pigment, courtesy of chlorophyll, masks the tell-tale orange-yellow color, like that of Yams, cantaloupe, squash, apricots, and carrots, which are especially a good source of beta-carotene.

Genetically Modified Organisms (GMOs) are part of many foods sold in the USA. Safety is not a guaranty in consuming GMO products. At this time GMO products have insufficient oversight and controls on production by our government.

Go with organic foods

However, organic might not mean organic

Today organic foods can be purchased at most City, Grocery Stores in the US. Organic products have national standards.

Organic crops. The USDA organic seal verifies that irradiation, sewage sludge, synthetic fertilizers, prohibited pesticides, and genetically modified organisms were not used.

Organic livestock. The USDA organic seal verifies that producers met animal health and welfare standards, did not use antibiotics or growth hormones, used 100% organic feed, and provided animals with access to the outdoors

Organic multi-ingredient foods. The USDA organic seal verifies that the product has 95% or more certified organic content. If the label claims that it was made with specified organic ingredients, you can be sure that those specific ingredients are certified organic.

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
• Toothpaste	• 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.

Household & Electromagnetic Pollution:

- 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 – affect estrogen receptors!
- Moderation in all

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

- Keep Vigilant on what you put in and on your bodies
- Follow Your Chiropractors', Natural paths' and Thermographers' treatment protocols, along with their Nutritional and Supplement plans
- Exercise
- Distress whenever possible

Breast Cancer 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

Books To Read For Excellent Information:

What Your Doctor May Not Tell You About BREAST CANCER

Dr John Lee, M.D., David Zava, Ph.D., and Virginia Hopkins

The Breast Cancer Prevention Program

Dr Samuel S Epstein, M.D., and David Steinman with Suzanne LeVert

Dr Susan Love's Breast Book

Dr Susan M. Love, M.D., with Karen Lindsey

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.

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.

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

Thermography Wellness Centers



Los Angeles – 323-662-2891

Newport Beach – 949-250-0600

San Diego – 619-269-8360

ThermographyWellnessCenter.com