

## Nancy Gardner-Heaven's TMT Life Story



**Nancy Gardner-Heaven** TMT Board Certified Thermologist - Auburn University is a pioneer in the field of Medical Thermography with 30+ years experience in preventive health care. Her research on reversing DCIS, proven effective in 80% of cases studied, has saved hundreds of women unnecessary surgery. Her **Comprehensive Breast Thermography Screening** sets the standard a step above the rest. By teaching manual breast exam 'mapping' and a free consultation to discuss your breast health anytime, you feel empowered to make informed decisions about your breast health.

### Humble Beginnings

Nancy was born in Daily City and raised in Sunnyvale, California with her six other siblings, her mother, Charlotte and father, Peter Resinkin. Her father having come with his mother, Olga from Russia escaping the revolution, had health problems from poor nutrition as a child. His love of gardening and quest for learning about nutrition and organic foods was a strong influence on Nancy from a very young age. She read every book on health and nutrition they could get their hands on alongside her father while growing up. Their bond was really cemented by attending the local gym from a very early age and growing a beautiful vegetable garden together in the back yard each year. Summers were spent with the entire family, at her Grandma Olga's property full of lovely fruit trees, on the Stanislaus River by Yosemite. There the family camped out in nature for the whole month of August every year. When Nancy was 12 years old, she lost her maternal Grandmother, Elaine Hughes to metastatic breast cancer. It was painful to see the extent of the disease ravage the once strong matriarch of the family. The experience set precedence for her commitment that: If there is anything she could do to prevent such a thing happening to someone else, then she wanted to learn how that could be done so she could help others.

### Laying the Foundation

She attended Fremont High School and DeAnza JC, where she learned to speak Russian and became infatuated with biology, science and nutrition. Her favorite hobby as a child was training her Dalmatian for dog shows where she earned Sabrina's championship. It was her love of animals that landed her a job as a Veterinarian Assistant to Dr. Julian Henry at Sun-Clare Veterinary Clinic in Santa Clara. Dr. Henry saw her potential and enrolled her at Stanford University evening program, to get a degree as a Laboratory Technician, skills she used in his clinic. She loved college and learning so much that he agreed to continue to cover her school enrolment expenses so she could continue with a Surgical Nurse degree, a skill much used as his surgical assistant even before graduating. She took every nutrition course allowed at the University level but was disappointed as to the limited understanding about building health and preventing disease. At the Sun-Clare Clinic



**Thermo Tech Inc. P.O. Box 891 Knights Ferry CA 95361 (209) 881-3044**  
**Nancy Gardner-Heaven TMT personal email: [drnancygardner@yahoo.com](mailto:drnancygardner@yahoo.com)**

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Nancy was authorized to take and develop X-rays, give IV, IM and SC injections, prep for surgery, administer anesthesia for surgical and dental procedures, administer dental cleaning as well as provide all the lab work for the clinic.



### Quest for Spiritual Depth

Five years later she moved to a little town on Lake Saint Clair just outside of Olympia Washington to raise milk goats, grow a garden. She started teaching dance at the Evergreen State College in order to earn an income. It was at the college library she found a great book that started her on her spiritual path learning about meditation. It wasn't long that her desire for a deeper understanding of life took her on a spiritual quest to study with a Hindu Meditation Master on the Hawaiian Island of Kauai, where she lived a monastic lifestyle. After leaving the monastery she moved into a bamboo tree house on the north shore of Kauai, where she was delighted to live out in the mild elements of nature that the Hawaiian Islands provided, in a small community of nature loving people, who grew their own food organically, like herself. Her continued quest for a deeper sense of spirituality eventually took her to a Zen Buddhist Monastery on Maui where she stayed for two years in silent meditation. Opportunities unfolded and she moved to the Big Island living first in Hilo and then, was given the wonderful opportunity to share an experience of running a 5 acre organic farm in Kealahou on the Kona side of that island. Living on the Big Island was peaceful and fruitful. The organic farm provided produce for all of the health food stores on the island and networked her into the community of like minded people. A chance meeting with a midwife, Linda, who was facilitating an Advance Midwifery Training Seminar on the island, took Nancy in a new direction as her assistant and birthing coach. She was very happy with how much she learned even if the long hours were exhausting. She especially enjoyed helping women and their new infants into the world and teaching new mothers how to nurse for the first time was so fulfilling and she continued being a doula for four years.

### The Start of a New Career

Studying Sitar at Ali Akbar School of North Indian Classical Music brought her from the Hawaiian Islands, back to the bay area at first just for the summer season then eventually on a more permanent basis. Here she opened her first holistic clinic called *The Center for Natural Health Care*, offering colon hydrotherapy, lymphatic massage, sound basic nutrition and cleansing with juice fasting. She started the non-profit *California Colon Hygienist Association* to certify the Colon Hydro-therapists in California and started teaching basic anatomy and physiology of the gastro-intestinal track in 1983. This was a requirement to pass the CCH certification test for all of the participants. In 1989 she expanded her business to a 4,000 sq ft facility, changing the business name to *Le Spa of Marin*, thus opening the first day spa in Marin County. It offered individual steam baths, Jacuzzi tubs with seaweed and salt, clay body wraps, colonics, lymphatic massage among many other services. It had a lovely large classroom where Nancy began the first in a series of educational classes on health and the prevention of disease. She started the

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California Preventative Medicine Foundation a non-profit to do research and educate the public on the prevention of disease.



### **Along Comes the Family**

Nancy gave birth to her first child, Heather in July of 1984; she was born premature at 32 weeks due to the stress of a broken marriage and was only 4lbs 4 oz. Her career took the back burner so she could focus on this new bundle of joy. When Heather was 18 months she married a Jamaican, Ricky Heaven 'Rickman' and they had two sons together, in 1986 Anthony was born the year after they were married

and Kristopher followed two years later in 1988. They lived in Mill Valley in a lovely 4 bedroom home with a huge back yard where the entire extended Jamaican family came to live with them and loved to help in the garden.



### **An Introduction to Cutting Edge Medical Diagnostics**

Turning 40 was a big turning point in Nancy's life. Nancy had a health care practice in the holistic field and had been attending the American College of Advancement in Medicine aka ACAM, holistic medical conferences to keep up on the latest in the field of holistic medicine. Finding ACAM was a dream-come-true because they were teaching about the 'cause and prevention of disease' the key to health that she had been looking for in order to expand her knowledge. She continued her education as a Clinical Nutritionist for 10+years.

She knew the only option for women to diagnose breast cancer at that time was mammography and felt it was not only barbaric but had very poor accuracy and the radiation had an accumulative effect which could cause the cancer that they were met to detect. Her quest for a better option for breast screening brought her to Philip P. Hoekstra III. PhD, who was an honorary member of ACAM and was on the board of directors and certification board of the American Academy of Thermology. Dr. Hoekstra trained Nancy as a Technician of Medical Thermology and set her up as the first Thermography Practice in her Holistic Clinic in San Rafael. Later she changed the name of her business to Optimum Health Clinic Inc. by incorporating and patented and trade marked her intellectual property. She also started to teach her health education classes with a series of power-point presentations, especially the class on Preventing Breast Cancer at UC Berkeley, San Francisco State and later at the University of Hawaii at Hilo as well as to the public for free. This class was way ahead of its time, pointing out the harm of synthetic hormone supplementation causing neo-angiogenic blood vessels to develop

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around feeding cancerous tumors and the carcinogenic harm from mammography. Instead she introduced teaching about a safe and more accurate option of Thermography.

### Research Projects Evolve

Nancy was approached by Dr. Maile Pouls a naturopathic doctor who had manufactured a nutritional supplement called: Oral Chelation™, to reverse the level of stenosis of the carotid artery. Using thermography as the detection device and the criterion established by a research study called: Stroke Detection by Non-Invasive Testing by Margaret Abernathy, MD she was able to conduct a research project on these products. This proved that the Oral Chelation™ product reduced the level of stenosis of the carotid artery 20% in almost all of the patients within a 6 month period. The study was published in the Townsend Journal. After 5 years of offering the women of Marin County, Thermography for breast screening, Dr. Hoekstra who diagnostic laboratory ThermoScan™ had been providing the Thermography Reports for Nancy at the time, had noticed that a good portion of Nancy's patients with atypical readings were improving, something he hadn't seen from the reports he did for other clinics. She told him about her protocol to reverse atypical breasts. He encouraged her to present these case studies in the next Medical Conference of the American Academy of Thermology. She presented her abstract for this research project, with numerous case studies documented by Dr. Hoekstra with Thermography, as well as the research on the various products that Nancy had included in her study, at the AAT conference in 2003. The research was well received and an article on reversing atypical thermography and pre-cancerous conditions such as DCIS was published in the Townsend Letter in: Nov. 2004. Nancy was the first to be certified by the American Academy of Thermology in 2003. This research project on Nutritional Protocols Reversing DCIS in 80% of the cases in the study, was the first in this field and became instrumental in saving hundreds of women from unnecessary surgical procedures. Before this study came out the breast surgeons were treating DCIS like cancer, even giving chemotherapy which is actually contra-indicated unless it has spread to lymphatic nodes. Education about prevention – a simple concept that was the underlying cause of establishing her non-profit had turned out to be instrumental in changing the paradigm of women's health care and specifically breast health in the US.



### Spreading the Good News around the World

Through her non-profit she secured funds and volunteers to produce a lovely DVD with actual footage of *How to do Your Own Breast Exam*. Mr. George Lucas of Lucas Films donated funds and allowed his staff that filmed Star-Wars™ to use his camera equipment and volunteer to film the DVD. It turned out to be a very professional DVD (now available on her website: [www.healthybreasts.info](http://www.healthybreasts.info), teaching women to be comfortable knowing how to examine their own breasts and what a normal and suspicious lump in their breasts feels like. Nancy has been invited to teach about Thermography and Preventing Breast Cancer all over the world. Elunid

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Hern president of the *Wales Assembly of Women*, sponsored Nancy to teach in numerous Universities across Wales. Dr. Daya, an Oxford graduate MD paid Nancy to set her up in practice with Thermography and uses Nancy's protocols for breast health at her clinic on Harley Street in London. Nancy has shared her power point presentation on *The Clinical Application of Medical Thermology* as continuing education credit for MD's and Nurses at hospitals all over the world including the only Holistic Hospital started by Earl Bakin (who invented the heart pacemaker), in Weimea Hawaii. Nancy has also taught her class "The Clinical Application of Medical Thermology" all over Italy to groups of OBGYN and continues to teach about prevention, show her DVD on *How to do Your Own Breast Exams* and offer Comprehensive Breast Thermology all over the continental US and Hawaii.

### Setting a Standard a Step above the Rest

Since starting the first Thermography Clinic in Marin County the field has opened up and numerous other clinics are now offering Thermography. Many of the technicians (who take the thermal-images) have no medical background, do not do a manual breast exam or even look at the women's breast or do a breast exam to see if there are signs of Padgett's disease or Inflammatory Breast Cancer (neither of which is a lump present), or to look for changes such as dimpling or inverted nipple or suspicious lumps. This incompetence is very concerning to Nancy as it diminishes the value of Thermography as a professional screening tool.

Nancy has created ***Comprehensive Breast Screening*** using Thermography in combination with a manual breast exam where she teaches the woman how to map the lumps in her breast to help her remember from one exam to the next and to recognize new developments. When considering that a large portion of women actually find breast cancer through their own or their partner's palpation, this step is extremely important. After 13 years of working with Dr. Hoekstra, Nancy upgraded to a state-of-the-art high-resolution medical grade infrared camera and a \$6,000 diagnostic program so she could do her own reports with Dr. Hoekstra's blessings. She formed a corporation Thermo-Tech Inc. a diagnostic thermology laboratory and school of medical thermology. With her corporation Thermo-Tech Inc. she can train other practitioners to do Thermography by providing them with a written reports. For her own patients she provides a two page written report for Breast Thermography and three page report for Full Body Thermography, both with colored images noting every temperature of concerning features and following thermography report she offers a complimentary phone consultation is provided to discuss the report including suggestions for nutritional support. In all the following annual breast thermography reports she compares right under the previous images the new images so a *comprehensive comparative analysis* can show changes or improvements. Nancy never charges her patients to schedule a phone consultation to go over their health concerns and has followed most every patient who has had other necessary procedures by actually going into the doctor appointment with them as an advocate. **As a matter of fact she offers any woman a free phone consultation if they have concerns about their breasts.** Nancy's set the standard for breast care above the rest offering women the best in quality care possible.

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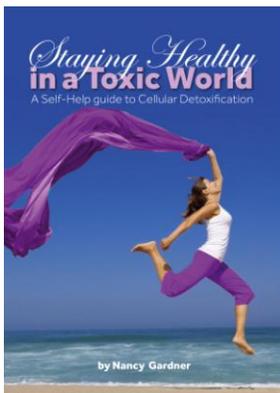
### More Current Life Choices

After raising three children for 15 years, for the most part single handedly, while running three different corporations she has some idea how much stress the average woman deals with on a day to day basis. Being that research is such an integrate part of her life she couldn't help but notice that the patients who were getting breast cancer had been under a lot of stress, poor nutrition and/or had chronic insomnia. She has written articles and created power-point classes for her Health Education Series to help women deal with all the issues in an effort to stay healthy and still offers these classes for free around the bay area.

With her children grown and on their own she has closed the Optimum Health Clinic Inc. that was in Marin for over 30+ years and moved out to her Grandmother Olga's cabin and property on the Stanislaus River. Here she enjoys a simple life raising chickens, Friesian Milking Sheep, taking her Saluki Dogs lure coursing and hunting, and organic garden. She has continued to offer Mobile Thermography Breast and Full Body Screening all over the San Francisco Bay Area including Sacramento and down to Fresno, including the Hawaiian Islands. Her passion is helping women and has been quoted to say: "I treat each woman like she is my family by encouraging her to take better care of herself, help her to create a strategy to handle her specific stress and to turn the love she gives to those around her back into healing herself. It is a great job and I really love my work!"



### 2017 The Launching of Nancy Gardner-Heaven's two books!



*Staying Healthy in a Toxic World - A Self-Help Guide to Cellular Detoxification*, is a culmination of the 30+ years experience in educating her patients on the cause and prevention of disease as well as a step-by-step guide to how to cleanse and build the important organs and glandular systems that make up the immune system.

Truly a valuable learning tool for anyone interesting in striving for Optimum Health! The Health Evaluation™ lets you assess each and every organ so that you can focus on the type of self-help treatments that are specific to your individual needs.

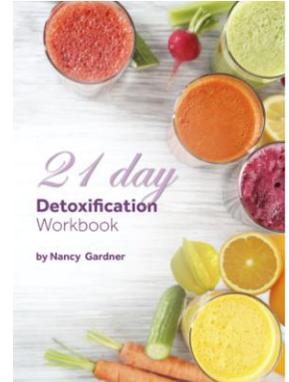
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***Twenty-One Day Detoxification Workbook*** is a companion to her book: *Staying Healthy in a Toxic World*. This Workbook is designed to walk you through a step-by-step program of cleansing your body with charts to guide you in your treatment plan and diet /fasting program.

Designed for those who have never fasted or have undertaken a cleansing program before, it will teach you how to care for yourself properly - tools that you will use throughout your life time of caring and nurturing your body in order to maintain Optimum Health!



**Nancy Gardner-Heaven TMT** offers *Comprehensive Breast and Full Body Thermography Screening* around the Bay Area. Visit our website at: [www.HealthyBreasts.info](http://www.HealthyBreasts.info) look under <**Timeline for Events**> to find a location near you or call the office at (209) 881-3044.