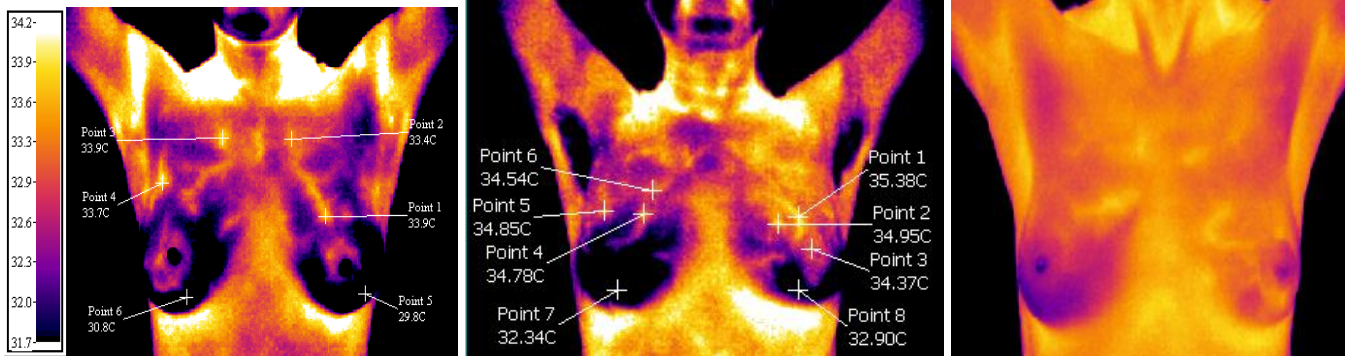


THERMO-TECH INC.

Healing Mammary Duct Infection or Mastitis

Thermography Can Show Mammary Duct Infection or Mastitis with Elevated Emission Levels



Bilateral Mammary Duct Infection

A Cystic or Infected Fibroadenoma
Of the Left Breast at points 1-3

Mastitis or Whole Breast
Hyperthermia on Left.

Protocol for Healing a Mammary Duct, Cystic Fibroadenoma or Mastitis Infection

Infections of the mammary duct, mastitis and breast fibroadenoma that have become cystic or infected are more common than we think. Most of the complaints about painful breast or tender lumps in the breasts are in fact exactly that. To reverse this process it is important to look at what may have caused it in the first place. An infection is opportunistic bacteria finding a place to grow where the circulation is poor and the blood sugar is elevated to feed bacteria growth. Another factor that is often overlooked is stress. Lack of sleep or having stressed out adrenals for a long period of time can compromise your immune system. (See Article: *Healing Adrenal Burn-Out* and *Seven Steps to Curing Insomnia*).

First and of utmost importance is to stop the use of caffeine especially coffee as it has xanolmetholine which is an acid that blocks fibronase production. Fibronase is a natural enzyme produced by the body to break down fibrous tissue in the breasts, ovaries, uterus and other organs where they may accumulate. Most breast lumps can be contributed to high estrogen or use of caffeine. Alcohol especially red wine can block the livers ability to clean hormones out of your body thus leading to excessive estrogen. As mentioned before this can cause fibrocystic uterus tumors and breast fibroadenoma but can also stimulate the development of neo-angiogenesis (the blood supply that feed cancerous tumors) thus elevating your risk factors for cancer and therefore should be avoided. Avoiding drinking water out of plastic bottles that have been sitting in a hot car or microwaving in plastic as it can release xeno-estrogens (estrogen mimicking hormones) to the same effect. Avoid eating animal products from animals that have been fed hormones and avoid taking synthetic hormones yourself. (See Article: *Top 10 Ways to Lower Your Risk Factors for Breast Cancer*). Lower or eliminate if possible the use of sugar including high sugar fruits like grapes or melons as this can elevate your blood sugar and feed the bacteria.

Build good health with a balanced diet: Lots of fresh organic vegetables up to 5 servings a day, 2 servings daily of non-sugary fruit, whole grains such as brown rice, quinoa or millet, beans and legumes, nuts and seeds. Use organic foods when ever possible as this assures that they are not genetically altered. Soak grains, beans, legumes, nuts and seeds before using to release the enzyme inhibitor so they are more digestible. Drink plenty of purified water. If you do use animal protein make sure it is from animals that are grass fed and not shot full of hormones and antibiotics.

Thermo-Tech Inc. and Healthy Breasts at: www.HealthyBreasts.info

P.O. Box 891 Knights Ferry CA 95361 (209) 881 3044

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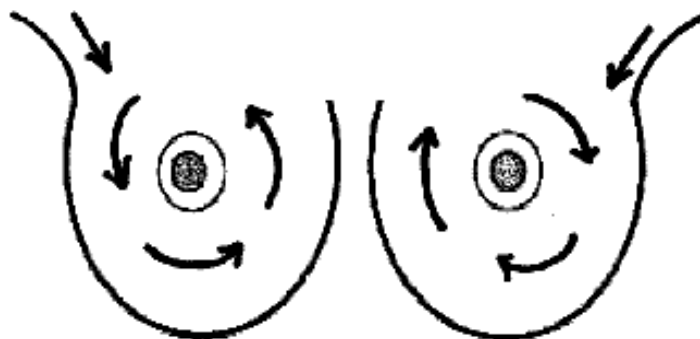
Nutritional Supplementation:

*Protective Breast Formula** has a select combination of high quality ingredients to address all aspects of breast related infections and even atypical breast features like accumulation of dysfunctional cells or DCIS. Ingredients are Calcium d' Glucarate* which boosts phase 2 of the liver function to eliminate excess estrogen stored in the fatty tissue of the breast and elsewhere in the body. It also has Indoplex or Indol-3 Carboniol which helps the pathways of estrogen from converting to estrone which can cause neo-angiogenesis to develop. It has Turmeric which is a natural anti-inflammatory, Vitamin D3 which is a known for breast cancer preventive and lastly it has Mitake' mushroom extract that triples your nature killer cells to clean out any abnormal cells and infections. All the ingredients in this product are the patented version so they are the most effective. Dosage for Protective Breast Formula: 2 Caps 2 times daily until pain is completely gone or thermography shows the infection is gone (usually about 2 months) then back off to 1 tablet 2 times daily for one more month to make sure it doesn't come back. To order call 877-628-3477 and give the pin number: iti5568.

In addition to this you may choose to take high dosage of vitamin C up to 1,000 mg up to three times daily as this anti-oxidant is great for the immune system. Watch that the high dosage does not cause diarrhea but you can just back down the dose if your bowels get loose. Also *Advance Anti-Oxidant** delivers very high quality anti-oxidants that will boost your immune system at a very reasonable price. Dosage for this product as directed on the bottle. *Artic Omega** is a wonderful nutritional supplement that supplies the omega oils essential for good health and is a natural anti-inflammatory. Take as directed on the bottle.

During the nutritional protocol it is helpful to increase circulation to the breasts with hot and cold shower applied directly to the breasts this can stimulate the lymphatic system to carry 'T' cells and 'B' cells or lymphocytes directly to the area we are healing. Massaging Frankincense oil as directed in diagram below, allowing it to soak in all day. Caster oil packs can be helpful in the case of Mastitis especially if a woman is lactating as it softens up encrusted milk ducts and allows better flow of the milk. Instructions: Place a cotton flannel saturated with castor oil on the breast of concern and use a heating pad or hot water bottle at warm temperature for an hour or two. This is an Edgar Casey remedy to help to dislodge clogging of the lymphatic glands, nodes and ducts but also works very well on the breast and mammary glands. Massaging the breasts in the direction of the lymph flow is very helpful especially after taking off the bra at night. Braier especially under-wire can block the flow of lymphatic system in the breast. Cotton non-underwire bras are best as synthetic can hold the bodies heat in and encourage to grow infections.

Direction of Lymphatic Flow for Massaging the Breasts



*All products with this asterisk can be purchase from Integrative Therapeutics Inc. by calling the office number below.

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