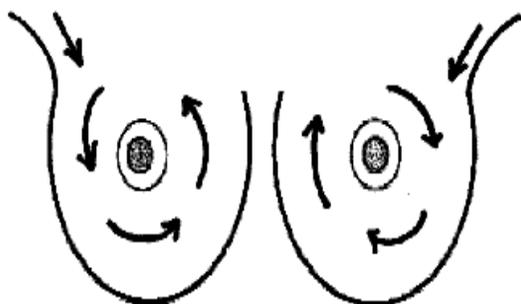


Thermo-Tech Inc.

Self Administered Breast Exam



Breast Exam is best performed at the same time of the month, about a week after your period is over. This is a time when the breasts are less sensitive. For postmenopausal women choose a time of the month that is easy to remember.

Women finding a suspicious lump early and having it removed before it spreads into the lymph will give a much better prognosis and helps avoid chemotherapy.

Start your breast exam standing in front of a mirror. Observe your breasts turning right then left. Lift the arms over head and then down to sides and lean forward. Look for dimpling of the skin or nipple an indications that there is a lump under the surface. Notice any rashes, raise areas, unusual textures of the skin or a newly inverted nipple.



Place your right hand on your head and use the left hand to start the exam in the right armpit. Take your time to feel for any lumps in the armpit first before moving down into the softer breast tissue. If there is a lump in the armpit it is usually a swollen lymph node but can be indicative of something developing in that breast. Using your fingertips gently massage the breast in each spot in a small circular motion with three different touches each one going deeper and deeper. If you start out too deep you may push the lump away and miss it. All through out the exam you will be going in a spiral direction towards the nipple (see diagram above). Cover each area slightly overlapping so you don't miss any area in between hand placement. Be sure to examine under the nipple too. Do the same on the other side and map what you find in your breast even fibrous lumps so you remember where they are and their size for the next time so you can note any changes on the map.



Remember to be loving to your breast. Your exam should be an enjoyable experience not one of fear or anxiety. Nearly everyone has lumps in their breast so get familiar with your lumps. Notice any changes and map them on the chart to see if they get bigger or go away. Fibrous lumps are sinewy and movable. Lumps that are suspicious are usually hard and seem rooted firmly due to the blood supply anchoring them in place like the roots of a tree. If you do find something suspicious get a Thermography for a safe and accurate breast screening. Finding early signs of Ductal Carcinoma or pre-cancerous conditions have been proven reversible with an Immune Support Protocol in 80% of studied cases.

Thermo-Tech Inc. at: www.HealthyBreasts.info

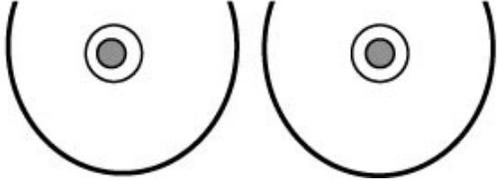
P.O. Box 891 Knights Ferry CA 95361 (209) 881 3044

All rights reserve Internationally © 8-2007 by; Thermo-Tech Inc. & Nancy Gardner-Heaven

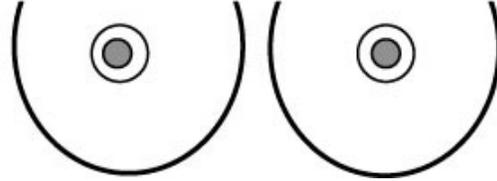
Thermo-Tech Inc.

Monthly Breast Exam Mapping

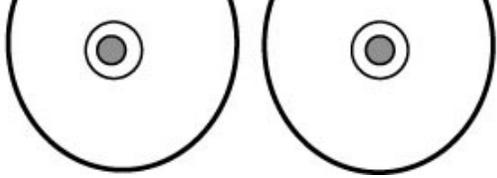
Date _____



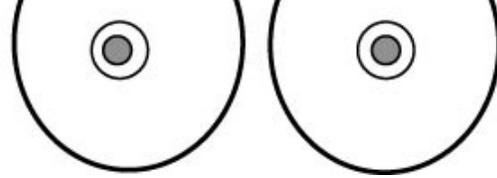
Date _____



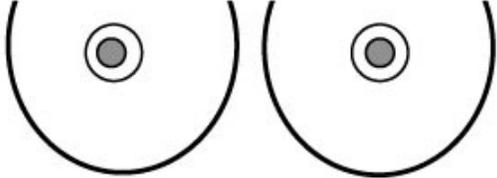
Date _____



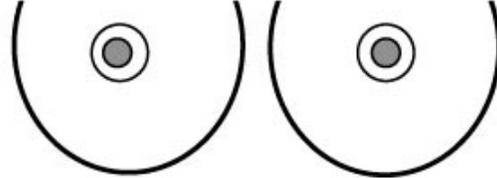
Date _____



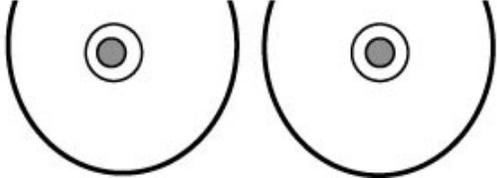
Date _____



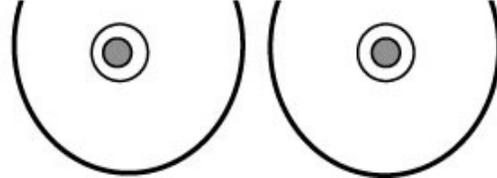
Date _____



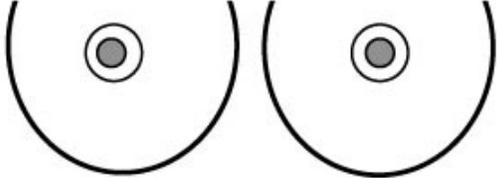
Date _____



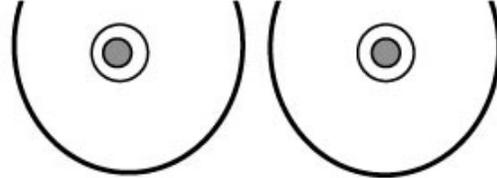
Date _____



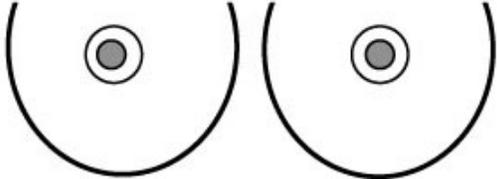
Date _____



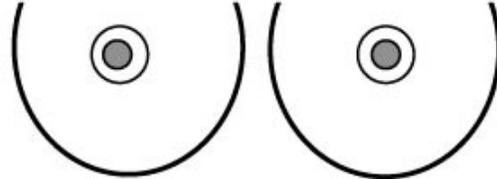
Date _____



Date _____



Date _____



Thermo-Tech Inc. at: www.HealthyBreasts.info
P.O. Box 891 Knights Ferry CA 95361 (209) 881 3044

Copyright © 1-05 All rights reserved internationally by Thermo-Tech Inc & Nancy Gardner-Heaven TMT