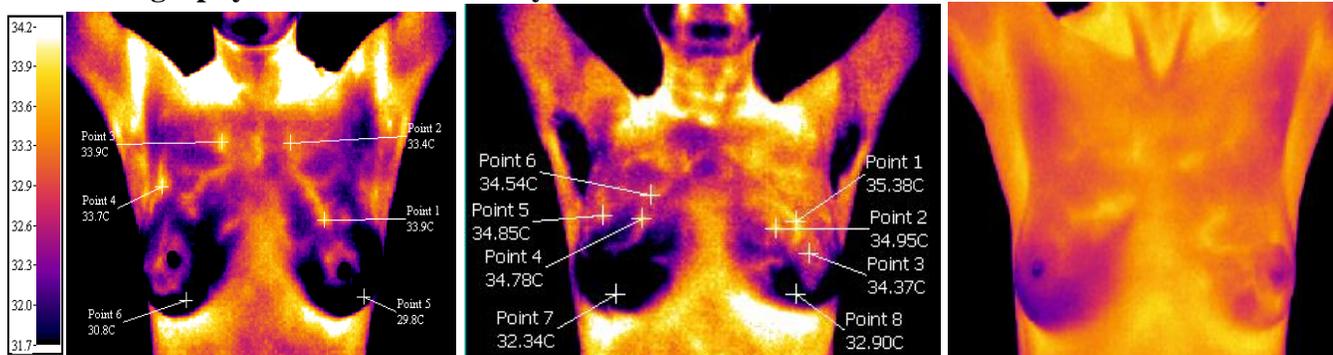


# THERMO-TECH INC.

## 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 by decreased the lymphocytes' circulating that fight infections. See Article: *Healing Adrenal Burn-Out*©.

First and of utmost importance is to stop the use of caffeine especially coffee as it has methylxanthine which is an alkaloid 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 excessive use of caffeine. Alcohol especially hard liquor and red wine can block the livers ability to clean hormones out of your body thus leading to excessive estrogen accumulation. As mentioned before this can cause not only fibrocystic breast or uterus fibroids but can also stimulate the development of neo-angiogenesis (the blood supply that feeds 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 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, 1-2 servings daily of non-sugary fruit like berries or kiwi, non-gluten grains such as brown rice, quinoa or millet, beans and legumes (which should be soaked for 8 hours and cooked at high heat to reduce lectins, thus reduce inflammation in the body). Meats should be hormone free, grass fed or finished on organic, non-GMO grains. Drink plenty of purified water.

### Nutritional Supplementation:

**Protective Breast Formula\*** has a select combination of high quality ingredients to address all aspects of breast related infections. Ingredients are Calcium d' Glucarate(1) which boosts phase 2 of the liver

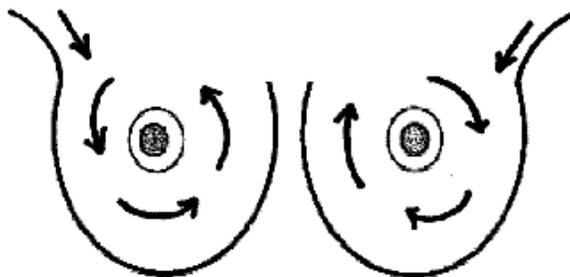
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## Healing Mammary Duct Infection or Mastitis Continued

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(1) Carboniol with DIM helps the pathways of estrogens like estradiol (which is what HRT and BC Pills are made from) from converting to estrone which can cause neo-angiogenesis blood vessels to develop around feeding a tumor. Protective Breast Formula(1) also 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 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 a day. A thermography before and after the immune support protocol with PBF can be used to monitor when the feature is gone. To order call the number below.

During the nutritional protocol it is helpful to increase circulation to the breasts with alternating 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 or a mixture of diluted essential oils as directed in diagram below and allowing it to soak in all day is very healing. 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 decongest clogged 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 removing the bra for the day. Cotton non-underwire bras are best as synthetic bras can hold the bodies heat in and encourage infections to grow and underwire bras can block the flow of lymphatic system to heal infections and carry off atypical cells.

### Direction of Lymphatic Flow for Massaging the Breasts



This article is intended to educate as to the various options available to heal the body and in no way is intended to take the place of a doctors advise or treatment of disease.



About the Author: Nancy Gardner-Heaven TMT is board certified as a Technician of Medical Thermology, at Auburn University by the American Academy of Thermology. After studying as a surgical nurse at Stanford University, she continued her education in Nutrition and Preventing Disease at The America College of Advancement in Medicine. She was the founder and director of Optimum Health Clinic Inc. in San Rafael, California educating patient's on how to stay healthy for 35 years, before retiring. She taught about disease prevention at San Francisco State University, UC Berkeley and the University of Hawaii at Hilo. She is currently the director of Thermo-Tech Inc. offering Breast and Full Body Thermography Screening for 25 years.

(1) To order products call: Integrative Therapeutics (877)628-3477 Pin# iti-5568