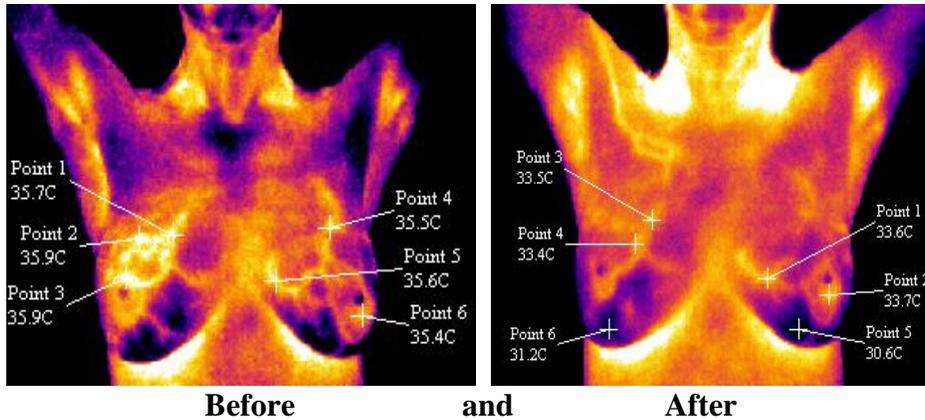


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IMMUNE SUPPORT PROTOCOL FOR DUCTAL CARCIOMA IN SITU



BACKGROUND AND RESEARCH USING THERMOGRAPHY: The following Immune Support Protocol was developed by Nancy Gardner-Heaven TMT to help her patients with atypical breast Thermography results reverse that condition. After monitoring her patient's progress with Thermography over a 5 year period the results of which was 80% of patient's following this protocol reversed these atypical features within a three to six months. The abstract from this research was presented at the American Academy of Thermography Medical Conference at Auburn University in March 2003, and was published in the Townsend Letter Medical Journal in November 2004. The other patients who took a little longer to improved due to prior excessive use of synthetic estrogen hormone supplementation, continued to stay on the protocol because they were seeing gradual improvements by monitoring their progress with a Comprehensive Breast Thermography using Standardized Medical Thermography. This procedure allows the detailed analysis of comparing the exact emission levels (noted temperatures) of the atypical feature to that of the contra-lateral or healthy breast so these comparative emission levels can be use in to monitor improvements. Not all Thermographer's use this procedure so compromised versions of this tools usage can diminish accuracy.

OTHER OBJECTIVE MEANS OF EVALUATION: If an atypical or abnormal breast health issues shows no progressive improvements to the protocol over a three to six month period, then a follow up evaluation with targeted ultrasound can reveal if the lump is fluid filled, indicating a cyst, or solid filled, which could be scar tissue if the margins are clean or it can be an indication of malignancy, is if the margins are shadowy indicating it's invading surrounding tissue. Research shows a 99% accuracy with Targeted Ultrasound for this evaluation. If it is fluid filled then continuing on this protocol should also be effective on improving a cyst or mammary duct infection. If however there is an indication that it is malignant, then having the lump removed before it spreads is essential for a much better prognosis. If a malignant tumor is removed before the lymphatic system is involved or before it spreads to other organs (metastasize), then only a lumpectomy is necessary. Chemotherapy is contra-indicated in the treatment of breast cancer, only if it has spread into the lymphatic system should chemotherapy be recommended. It is important to understand that Mammography, Thermography or Ultrasound can only give a percentage of risk for being atypical or abnormal ratings. Only a biopsy, where cells can be examined under a microscope, it be confirm with 100% accuracy if cells are malignant. Therefore it is very important to when doing a lumpectomy to also do a sentinel node biopsy (placing dye into the tumor before its removed) to see which lymph nodes are directly connected to the tumor. If the first or sentinel node is clear, then all the others nodes down that pathway will also be clear. If the lesion is surrounded by a significant blood supply or neo-angiogenesis, then that should be removed at the time of the lumpectomy. The patient should be informed of the results of post-surgical histology report, which indicates if the malignancy is estrogen, progesterone and HER2 receptor positive or negative so the Comprehensive Immune Support Protocol can be adjusted to meet those needs. See: *Development of Breast Cancer and Ductal Carcinoma in Situ*©.

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REVERSING DUCTAL CARCIOMA IN SITU: Ductal Carcinoma in Situ is a pre-cancerous condition that is non-invasive and response well to the immune support protocol. Most cancers are years in the making and can include many factors in the development of degenerative or immune deficient disease. Some of these factors are long term stress including unhappy relationships or work overload, lack of deep sleep, poor diet and eating habits, use of recreational drugs or medication, excessive use of caffeine, tobacco or alcohol, lack of exercise with fresh air, exposure to toxic chemicals or inorganic food, impure water or air quality, exposure to radiation or electro-magnetic fields from computers, wireless internet or cell phones. For more information so you can avoid the known causes of breast cancer and other degenerative diseases read the following: *Top 10 Ways to Lower Your Risk Factors of Breast Cancer* ©.

DIET: Include lots of fresh organic leafy vegetables and their juices for the live anti-oxidant enzymes needed to build the immune system. Limit fruits to those low in sugar like berries, plums, kiwi, lemons, limes and grapefruit because elevated blood sugar feeds cancer. Use real olive oil (not canola or other oils mixed in) or coconut oil or butter made from organic milk. Protein from animal sources should be only from grass fed or finished on organic non-GMO grains and only wild caught seafood (not farm raised). Eat organic non-gluten whole grains such as rice, millet or quinoa as well as organic beans or legumes. Be sure to sprout all grains, beans and legumes by soaking for eight hours, then rinse well and cooked at high temperature to release lectins. Lectins are a protein found in beans, legumes and grains that can cause red blood cells to clump and thereby not perform their normal function of carrying nutrients to cells and it can also cause leaky gut leading to an inflammatory condition throughout the body. Nuts and seeds should also be sprouted to release the enzyme inhibitor and make them more digestible. If you do use dairy products make sure it is organic and use it in moderation as it can congest the lymphatic system. A healthy lymphatic system is necessary to carry 'T' cells and 'B' cells or lymphocytes to clean out the atypical cell before they get a chance to reproduce. Avoid caffeine as it gives you a false sense of energy when you really need to rest and heal. Sugar feeds cancer so sodas, soft drinks including sugar free chemicals in so called diet drinks should be avoided. Green tea is a great substitute for coffee as it is full of antioxidants but limit it to one cup a day. Drink lots of purified water to flush-out the kidneys and hydrate the lymphatic system. Don't drink water stored in plastic containers that have been exposed to heat as this releases estrogen mimicking toxins that increases the blood supply to feed abnormal cell growth.

SUPPORT THE IMMUNE SYSTEM: Atypical cells that are found in DCIS, that is cells which are no longer functioning properly because they are too old or have been damaged from radiation or injury. These atypical cell should have a natural 'cell apoptosis' a 'self-destruct mechanism' to keep it from reproducing with dysfunctional DNA or RNA. When we go into deep states of sleep, our sympathetic nervous systems involuntary mechanism should clean out this debris. When we are under stress or not sleeping well, this natural process stops performing this function so these atypical cells continue to accumulate and reproduce other dysfunctional cells. We can deduct from this that long term stress or adrenal exhaustion is a major contributor to cancer and other immune deficient diseases. See Article: *Healing Adrenal Burn-Out* and *Seven Steps to Curing Insomnia* ©. The liver is an essential part of the immune system. If it is overloaded with chemicals and a toxic diet or environmental pollution, it cannot do its job of filtering out malformed cells such as cancer. In addition, the xeno-estrogens from the breakdown of dioxin and other toxins found in the environment accelerate cancer growth. The liver, lungs, kidneys, skin, colon and lymphatic system are all part of the eliminatory system. Keeping them functioning correctly relieves the burden placed on the immune system. Colon Hydrotherapy is recommended to keep the bowels clean and healthy. See Nancy's book: *Staying Healthy in a Toxic World* for a more comprehensive overview of supporting the immune system and eliminatory organs. *Liver Support™* supplement, which supports both phase I and II of the liver's function and is recommended if exposure to chemicals, long term use of medication or substance abuse is a factor. *Calcium 'd Glurcarate™* (1) also helps to eliminate excessive estrogens and estrogen mimicking toxins which can cause neo-angiogenesis (blood supply to feed tumors) and is recommended if any form of synthetic hormones have been use in the past or if testing estrogen or progesterone positive from post surgical histology report. Avoid use of all synthetic hormones during this treatment plan. If symptoms indicate low estrogen or progesterone then Chinese Medicine and Acupuncture is recommended to regain your natural balance. *Indoplex™* or Indol-3 Carbonyl (1) with DIM is

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made of the cruciferous vegetables that helps the pathways of estrogen not convert to estrone which in large quantities and causes neo-angiogenesis blood vessels to develop around feeding a tumor. Also *Recancostat 400™* (1) with Reduced L Glutathione is a high anti-oxidant can be used for anyone who has regional inflammation, atypical breast thermography, signs of DCIS, or with a history of breast cancer. This product helps to make L'Glutathione available in the gut where it should be made naturally. Those with long term degenerative disease usually have poor gut integrity so taking a digestive enzyme like *BV Simalace™*(1) and friendly bacteria like *Spectra Pro-Biotic** is essential to digest and absorb your nutrients. Other products that are specific for degenerative diseases is *Turkey Tail* or *Mataki mushroom* extract as it can triple your natural killer cells. Lane Lab's Shark Cartilage is the purest and strongest and is recommended in a liquid rectal implants providing maximum absorption of its anti-angiogenesis properties. Other brands are not as effective as the research on this specific product only uses the part of the shark with the active anti-angiogenesis ingredients and processes it without heat that can destroy this ingredient.

LIFESTYLE: Exercise out of doors 30 minutes a day can reduce your risk of cancer of any kind 35% results of a study out of Switzerland. Make an effort to oxygenate your body by deep breathing on a regular basis. Cancer can not live in a highly oxygenated environment. The lymphatic system which carries off abnormal cells and brings nutrients and oxygen to the inner-cellular tissue, does not have a heart to pump it so it needs exercise and muscles moving to increase circulation of the lymphatic system See Article: *Detoxification of the Lymphatic System©*. Drink plenty of purified water to hydrate the body and increase its ability to cleanse out unwanted toxins. None of your essential organs can perform properly if they are dehydrated so give them the pure water that they need daily. Avoid stress from other people and avoid putting pressure and demands on yourself. Restructure your life to be enjoyable, fun and most of all nurturing. Manage your time so that you are efficient in your work mode, then take time off to relax and heal by leaving the work for the next day. Make sure you have the time for spiritual fulfillment in your life - be it going to church, a supportive community, the company of a loyal empathetic friend, reading inspirational thoughts, walks in nature or meditation.

EMOTIONAL SUPPORT: Seek the advice of qualified professionals. Get the tests needed so you have the information necessary to make intelligent decisions. Never make a decision out of fear nor allow someone else to make a decision about your body because you haven't enough information to make it yourself. If you are in an unhappy or in an abusive relationship make the decision you need to create a healing environment in order to regain your health. Out of all the people who have left an abusive situation or relationship not one has ever said that they wish they had put up with it a little longer but instead have said that they should have done it sooner. If you need support please call the office we offer free counseling for any women with breast related concerns. Our goal is to help you find the information to make intelligent decisions about your health care!

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 doctor's advice 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 in the numerous locations for 25 years.

(1)To order these products call: Integrative Therapeutics Inc. (877) 628-3477.

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