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## TOP TEN WAYS TO LOWER YOUR RISK FOR BREAST CANCER

Breast cancer is at an all time high especially for women. Listed below are ten preventable causes for breast cancer along with methods to help you reduce your risk factor.

1. Avoid repeated exposure to carcinogenic radiation (x-rays). The amount of radiation needed for dental or bone is minimal as their denseness stands out dramatically from soft tissue but to identify the various tissue in the breasts via mammography it takes a lot higher RADS, contrary to what is claimed. Radiation has an accumulative effect to cause cancer. If you must be x-rayed, either by a dentist or other healthcare provider, be sure to use a lead plate on areas not being x-rayed especially regenerative organs, heart, lungs and thyroid glands which are easily damaged.

2. Avoid all types of synthetic hormones: Hormone replacement therapy (HRT), the morning after pill, fertility drugs and birth control pills as well as the hormones in IUDs, and the patch. There are also hormones found in commercial meat, poultry, eggs and dairy. Synthetic hormones store in our body's fat cells. This increases our levels of estrone which in turn can cause neo-angiogenesis (the blood supply that develops around malignant tumors). If you have taken these hormones you can use the nutritional supplement Calcium d' Glucarate to support liver function in cleaning the excessive hormones out of your system. Those who remain on hormones even bio-identical hormones can use Indolplex (Indo-3 Carbonyl) or DIM to make sure the pathways of these hormones do not convert to estrone which in can cause neo-angiogenesis.

3. You should avoid toxic environmental pollution in the water, air, soil and food. Eat organic, non-GMO foods and drink pure water. Purified water cleanses the kidneys and lymphatic system which in turn aids in immune function of your body. Our city water systems have carcinogenetic chlorine and fluoride in them and the pipes may be made of plastic, asbestos or metal which also has been welded with lead, so be sure you purify your water at home. Never drink water out of plastic containers that have been sitting in a hot car or sun leaks xeno-estrogens into the water making it toxic, so instead use glass for water and food storage. Avoid microwaving foods or drinks as is it also carcinogenic.

4. Avoid carcinogenic chemicals found in household cleaning and cosmetic products. The most common toxic ingredients are ammonia, isopropyl alcohol, fluoride, petroleum, chlorine, aluminum and Sodium Laurel or Laureth Sulfate. Find healthy substitutes in Samuel Epstein's book, *Safe Shoppers Bible*. Note: There is lead in mascara and hair dyes are known cause of lymphoma. Acrylic can absorb through your nails and inhaling the fumes when applying the chemicals is carcinogenetic proven to cause brain tumors. See Article on: *Pure Body* for cleansing options.

5. Avoid prolonged exposure to electrical magnetic fields, power plants, electrical appliances especially microwaves. Move your electric clocks from near your head at night and don't charge cell phones near you while sleeping. Spend as little time as possible in front of your computer screen. Take frequent breaks away from your computer and cell phone avoiding placing the phone by your head or in your pocket and use a wire microphone or the speaker. Turn off appliances when not in use and turn off Wi-Fi throughout night so you have significant time period not exposed to electric magnetic fields, especially at night while sleeping.

6. For women, avoid wearing your bra or other constrictive clothing for more than eighteen consecutive hours. Prolonged wear restricts lymphatic flow which should carry nutrients to our cells and carry off

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toxins and dead cells. Wear all cotton bras instead of synthetic or under wire as they allow the body to breathe. Be sure to massage your breast after removing your bra, daily.

7. Lymphatic or dry brush massage will increase circulation and help keep your breasts healthy. See article *Detoxification of the Lymphatic System*© for a diagram of how to massage or dry brush the lymphatic system and breasts.

8. Some of your favorites have to go or use sparingly: Sugar, coffee, chocolate and other products with caffeine, alcohol especially red wine in large doses (two or more glasses daily) can block the livers ability to clean hormones out of your system which in turn can cause neo-angiogenesis (the blood supply that feed tumor growth). Read all your food labels and avoid anything with chemical names you cannot pronounce! Caffeine can cause fibrous lumps in the uterus and breast so if your breast tend to be lumpy and tender, then back off caffeine related products and notice the improvement right away.

9. Reduce stress as much as you can. Stress compromises your immune system, so take time for yourself to unwind each day by a walk in nature or practice yoga and deep breathing. Get eight hours of sleep each night for adrenal health! Research shows that if you walk in nature 30 minutes a day your risk of cancer of any kind is reduced 35%. One of the major causes of stress is unfinished business so make a practice of noting what needs to get done at the end of the day so you can leave it behind until morning and for a relaxing healing time and restful sleep.

10. Substitute Thermography for your annual breast exam. Thermography eliminates carcinogenic radiation, painful damage from compression and it is far more accurate. Thermography has a 9% error rate for both false negative and false positive whereas Mammography has a 40% false negative and an 80% false positive. Do your own breast exam at the same time of the month a week after your menstrual period if you are cycling. Get familiar with your breast even if they are 'lumpy' what you are looking for is a new development. Most suspicious lumps are hard (the size of a pea or grape) and are not fibrous like the sinewy tissue you are familiar with. Make your exam a pleasant experience and be loving to your breast.

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. She taught about disease prevention at San Francisco State University, UC Berkeley and the University of Hawaii. She is the CEO and head of the research of the California Preventative Medicine Foundation. Her research presented at the American Academy of Thermology Medical Conference at Auburn University in 2003, and published in the Townsend Letter in November, 2004 has proven to reverse atypical breast disease such as DCIS in 80% of patients. This cutting edge research when accompanied with Thermography for early detection has been instrumental in changing

the paradigm of breast health and treatment in the United States and has saved hundred of women unnecessary surgery. She is currently the director of Thermo-Tech Inc. offering Breast and Full Body Thermography Screening in numerous locations for 25 years.