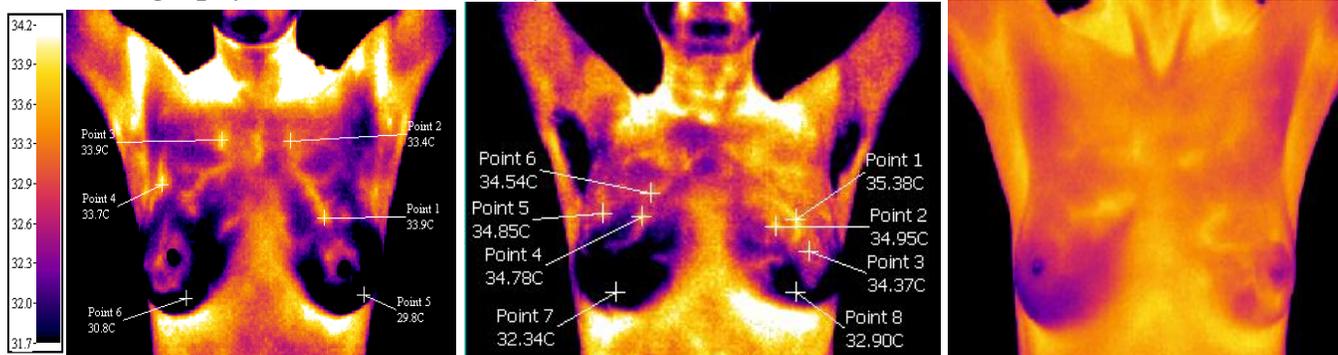


# THERMO-TECH INC.

## Healing Mammary Duct Infection, Acute Cyst or Atypical Cells

### 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 or DCIS

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 to 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 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 breast cancer, Ductal Carcinoma in Situ or DCIS 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 4 to 5 servings (1 serving =1 cup) a day, 1-2 servings daily of low-glycemic index fruits like all berries, kiwi, lemons or limes, if you do eat grains choose non-gluten grains such as brown rice, quinoa or millet. All grains as well as beans and legumes should be soaked for 8 hours then pour the water off and cooked at high heat in fresh water to reduce lectins which can cause a dysbiotic condition of the gut, add salt only after cooking so the skins are soft and easy to digest. This soaking process removed the lectins and thus reduce inflammation in the small intestines and overall body). Meats should be hormone free, grass fed or if grain finished it should be on organic, non-GMO grains. Eat only wild caught fish. Drink plenty of purified water.

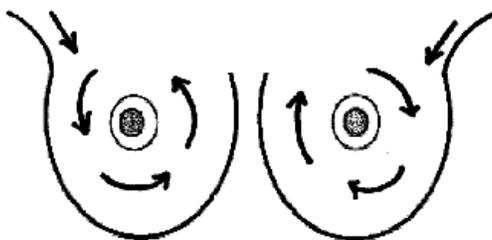
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**Nutritional Supplementation:** There are three products that build the immune system. (Stay on them until a follow-up Thermography Screening confirms a benign condition). The first is **Turkey Tail Mushroom** to fight infection and increase natural killer cells to eliminate atypical cells before they get a chance to reproduce with dysfunctional DNA. Dosage is: 2 capsules 2X a day. [To order: [www.hostdefense.com](http://www.hostdefense.com)] The second product is Indol-3-Carbiol or **DIM-Evail** made out of broccoli sprouts the function to help the pathways of estrogens like estradiol (which is what HRT and BC Pills are made from) not to convert to estrone which can cause neo-angiogenesis (blood vessels to develop around feeding a tumor). Post menopausal women may choose another version of this produce specific to their needs called: **FemGuard+Balance** both should be taken 2X daily. [To order go to <http://healthybreasts.ehealthpro.com>] The third product can also be ordered from this company called: **Liposomal L-Glutathione**, which is something that we should produce if we have ideal gut integrity. It helps with the natural cell apoptosis (self- destruct mechanism) so cells don't reproduce with dysfunctional DNA causing Ductal Carcinoma in Situ or pre-cancerous cells. This product is a liquid, taken a dose once daily, under the tongue before food or drinks.

To increase circulation to the breasts use alternating warm 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 that needs healing. Massaging Frankincense oil or a mixture of diluted essential oils with castor oil or coconut oil (see diagram below) allowing it to soak in all day is very healing. [To order an Ayurvedic Breast Massage Oil call: Darcy (808-635-9726)]. Castor oil packs and massage can be used with painful breasts, a cyst or Mastitis especially if a woman is lactating as it softens up encrusted milk ducts and allows better milk flow. This is an Edgar Casey remedy to help to decongest clogged lymphatic glands, nodes and ducts. 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 and underwire bra 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 30 years.