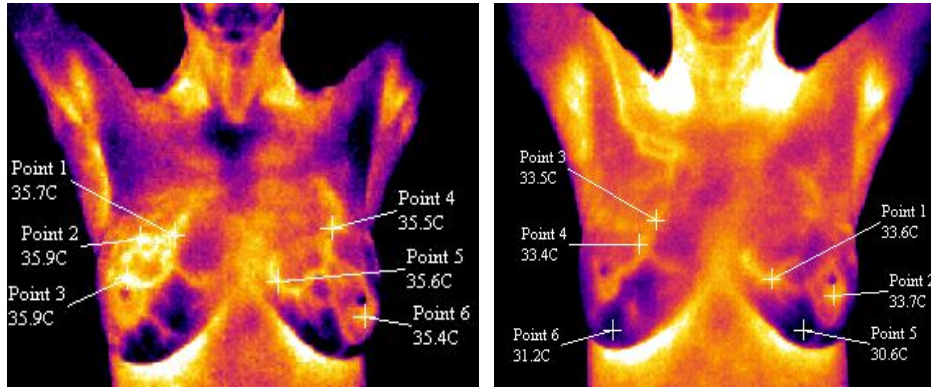


Thermo-Tech Inc. IMMUNE SUPPORT PROTOCOL FOR DUCTAL CARCIOMA IN SITU

THERMAL IMAGES SHOWING THE BEFORE AND AFTER FOLLOWING THIS PROTOCOL



Before

After

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 most of them within a three to six month period. 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. See example in the images above.

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 a lumpectomy is highly recommended before it spreads and 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 can confirm with 100% accuracy if cells are malignant. Therefore it is very important to when doing a lumpectomy to include a sentinel node biopsy, placing dye into the tumor before to see which lymph nodes are directly connected to the tumor. If the first or sentinel node is clear (no cancer), 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.

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REVERSING DUCTAL CARCIOMA IN SITU: Ductal Carcinoma in Situ or DCIS, 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 article: *Top 10 Ways to Lower Your Risk Factors of Breast Cancer* ©.

DIET: Include lots of fresh organic vegetables especially, berries 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, grapefruit and avocado because high sugar even in fruit elevates blood sugar feeds cancer. Use real olive oil or pure avocado oil or coconut oil or organic butter but avoid canola or other seed oils. 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 immune compromising conditions. 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. Sugar feeds cancer and mammary duct infections or breast cyst so it should be avoided as should sugar free chemicals in so called diet drinks as they destroy gut integrity. 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 are cells which are no longer functioning properly because they are too old or have been damaged from radiation, date expiration or injury. These atypical cell should have a natural 'cell apoptosis' or '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 these out. 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 *How to Establish a Natural Circadian Rhythm*. The liver is an essential part of the immune system. If it is overloaded with chemicals and a toxic diet or environmental pollution or excessive use of alcohol or drugs, it cannot do its job of eliminating DCIS. 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 made with both Artichoke and Milk thistle. 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)

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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 Homeopathy, Chinese Medicine and Acupuncture is recommended to regain your natural balance or bio-identical hormone supplement if absolutely necessary. DIM or Indol-3 Carbinol is made of the broccoli sprouts which have 6,000 times more indols than broccoli itself, that helps the pathways of estradiol not convert to estrone (which can cause neo-angiogenesis blood vessels to develop around feeding a tumor). *Liposomal Glutathione* is a high anti-oxidant that increases cell apoptosis the 'self-destruct mechanism' to clean out dysfunctional cells or DCIS. A note that Glutathione is made in the small intestines but poor gut integrity destroys it and taking it as a supplement is difficult because the stomach acids destroy it, so liposomal is delivered under the tongue where the PH is alkaline helps absorption, but if you do take it in a capsule do so on an empty stomach. *Turkey Tail mushroom* extract as it can triple your natural killer cells. I recommend a high dose for treatment 2 tablets 2X a day. Actually and all of the above products should be taken at least 2X a day morning when you are physically active moving the lymphatic system and night so it is supporting your immune system that kicks in while you sleep. I recommend www.hostdefence.com as the best quality of Turkey Tail mushrooms, because you need to know you are getting a pure product with no additives.

LIFESTYLE: Exercise out of doors 30 minutes a day can reduce your risk of cancer of any kind 35%, the 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 property if they are dehydrated so give them sufficient pure water need daily. Avoid stress by establishing clear boundaries with friend, family and work related issues. 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 behind for the next day. Make sure you have the time for spiritual fulfillment in your life and a supportive community/family life..

EMOTIONAL SUPPORT: Seek the advice of qualified professionals. Get the tests needed so you have the information necessary to make informed 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 every 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 support for all women. Our goal is to help you find the information to make intelligent decisions about your health care!

ESTABLISHING YOUR NATURAL CIRCADIAN RHYTHM

Don't underestimate the importance of 8 hours of restful sleep every night. So much healing and regeneration happens while you sleep as well as the neurotransmitters healing your brain and nervous system. Sleep deprivation can lead to all kinds of immune deficiencies and illness. Over the years of helping women successfully reverse early signs of breast cancer or DCIS it has become so apparent that the ones who don't heal and go on to get breast cancer are those who have not made an effort to change bad sleeping habits. If this applies to you then read my article on *Establishing Your Natural Circadian Rhythm*.

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IMMUNE SUPPORT PROTOCOL FOR BREAST HEALTH

The following 3 products are an essential part of the Immune Support Protocol.

1. Brocco Protect take 1 tablets 2X a day (morning and night) That is at least 200 mg daily double that if you have active Breast Cancer that is estrogen or progesterone receptor positive.

2. Lyposomal Glutathione also from designs for health (see website). 1 dose 2X a day away from food due to stomach acids destroy glutathione. **To order Brocco Protect or Glutathione:**

<https://healthybreasts.ehealthpro.com>

3. Turkey Tail Mushroom 1 cap 2X a day morning and night. To assure you are getting pure products with no fillers. **To order:** [Peak Performance.com](http://PeakPerformance.com) or www.hostdefence.com.

Be sure to massage your underarms and breasts daily to increase circulation to the lymphatic system which delivers these immune building products into the area it needs it most. **Frankincense Essential Oil** mix in coconut oil 1-4 ratio is very helpful at increasing circulation.

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. 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 and presented her research on a Nutritional Protocol Reversing Ductal Carcinoma in Situ at Auburn University in 2003. It was published in 2004. This research has saved hundreds of women from unnecessary surgical procedures for DCIS, a pre-cancerous (atypical) condition. She is a pioneer in the field of Medical Thermography teaching about preventing disease at: UC Berkley, San Francisco State University and University of Hawaii at Hilo. She offers thermography screening all over Northern California and Hawaii for 30 years.

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