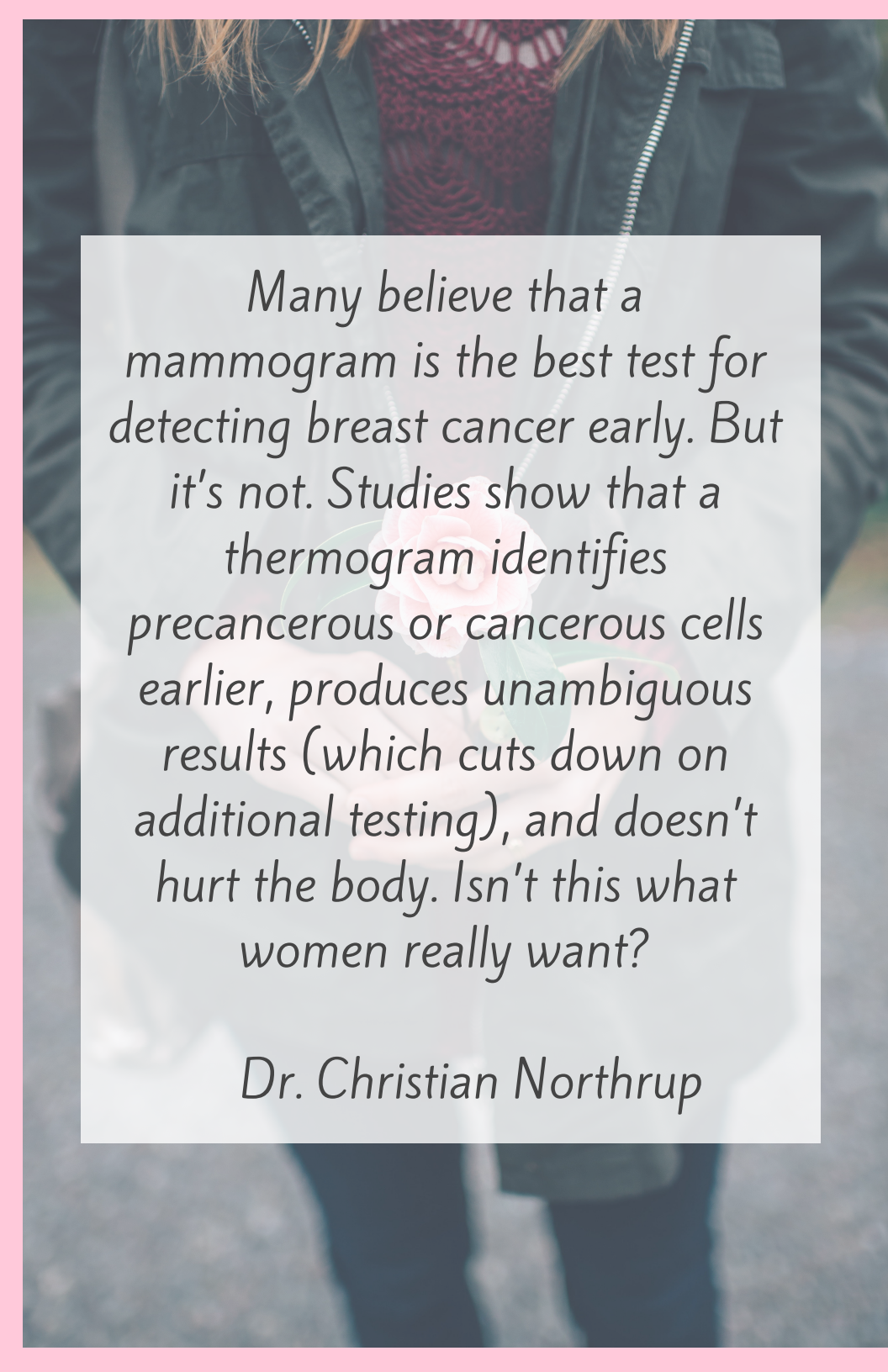




Your complete guide to

BREAST HEALTH

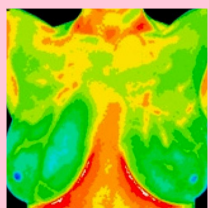
Mend

A background image of a woman with long blonde hair, wearing a black jacket over a red lace top, holding a pink rose in her hands. The image is slightly blurred and has a soft, ethereal quality.

Many believe that a mammogram is the best test for detecting breast cancer early. But it's not. Studies show that a thermogram identifies precancerous or cancerous cells earlier, produces unambiguous results (which cuts down on additional testing), and doesn't hurt the body. Isn't this what women really want?

Dr. Christian Northrup

breast thermography

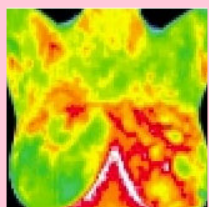
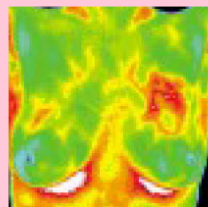


NORMAL

Thermal symmetry throughout the breasts. This baseline pattern will only change due to pathology.

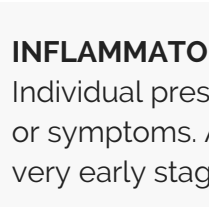
DUCTAL CARCINOMA IN SITU

Vascular asymmetry indicated a need for further testing. A biopsy revealed a DCIS of 2 cm.



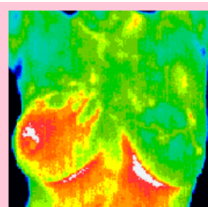
FIBROCYSTIC BREASTS

Individual presented with lumpy breasts. Vascular activity correlated with fibrocystic disease of the breast.



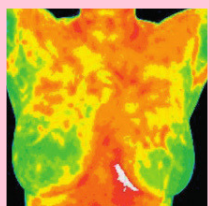
INFLAMMATORY BREAST CANCER


Individual presented with no signs or symptoms. A biopsy revealed a very early stage of IBC.



ESTROGEN DOMINANCE

Thermal indicators of excess estrogen found throughout chest. Natural treatments showed effective results in subsequent scans.





10

tips for

breast health

This book is not intended as a substitute for the medical advice of physicians. The reader should regularly consult a physician in matters relating to his/her health and particularly with respect to any symptoms that may require diagnosis or medical attention.

#1

Balance *Hormones*

All hormones work together to keep the body functioning. When hormones are balanced, optimal health can be achieved. This section will discuss estrogen & progesterone and their effect on breast health.

Estrogen

Estrogen has over 400 critical functions in the body, including protecting the brain, reducing heart disease risk, regulating blood pressure, and maintaining bone density. Estrogen also promotes cell growth and division. These functions make it possible for estrogen to regulate the menstrual cycle, grow and replenish the uterine lining, stimulate egg maturation, and stimulate breast development. Though estrogen has many important roles, too much estrogen can be dangerous.

Progesterone

Progesterone is known as the natural protector. It plays a large part in creating a favorable environment for a fetus to thrive and has an important job of counterbalancing estrogen. For example, while estrogen stimulates breast tissue, progesterone opposes it to protect against excess proliferation.

Estrogen Dominance

Estrogen dominance occurs when there is a low progesterone to estrogen ratio. This can be caused by overproduction of estrogen, excess exposure to exogenous estrogens, underproduction of progesterone, or a reduced ability to metabolize or excrete estrogen. Symptoms of estrogen dominance include:

- Mood swings, Depression, Anxiety
- Cervical dysplasia
- Poor sleep, Fatigue, Headaches
- Cramping, Heavy periods
- Weight gain, Water Retention
- Fibrocystic breasts, Uterine fibroids
- Thyroid dysfunction
- Breast Cancer

did you know?

- ★ Approximately 80% of breast cancers are ER+, meaning they grow in response to estrogen. [1]
- ★ Pre-menopausal women deficient in progesterone have 5.4 times the risk of breast cancer compared to healthy women. [2]

Keeping these hormones in balance is an important step in maintaining good breast health. Unfortunately, this is easier said than done. The following tips explain some of the factors that can influence these hormones!

#2 Healthy Lifestyle

Healthy Weight

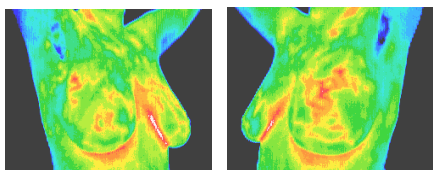
Being overweight is a huge risk factor for breast cancer, especially in post-menopausal women. Fat cells contain enzymes called aromatase. This enzyme converts androgens into estrogen, throwing off the estrogen-progesterone balance. Excess estrogen can also contribute to weight gain, leading you into a vicious cycle [3].

Exercise

Research indicates that exercise can reduce the risk of breast cancer by an average of 25% [4]. Physical activity also significantly increases the good estrogen metabolites [5].

Clean Water

Today's water supply is contaminated with chemicals and medications that expose us to estrogen mimicking compounds (xenoestrogens). A high-quality water filtration system can help protect you from these unnecessary exposures.



Cell Phones

Multiple cases of breast cancer have been found in young women (ages 21-39) that carry their smart phone in their bra for up to several hours per day. Each of these women had no genetic predisposition and were considered low risk for breast cancer [6]. Avoid carrying your cell phone in your bra or shirt pocket and use an EMF neutralizer on your device.

Alcohol

Studies show that drinking just 3-6 drinks per week increases your risk of breast cancer up to 10%. The risk increases with additional alcohol consumption [7].

Caffeine

Studies on caffeine intake and breast cancer risk have been inconclusive. Although, studies have shown that women who consume 500 mg or more of caffeine (sourced from coffee) daily produce 70% more estrogen than women who drink less than 100 mg of caffeine per day [8]. From these studies, it is advised to limit coffee consumption to 1-2 cups per day.

Smoking

Both active and passive smokers have an increased risk of breast cancer. Women who begin smoking early in life show the highest risk among smokers [7].

Sugar

There is a positive association between the consumption of sweet foods and breast cancer risk, with the most pronounced risk among lean, physically active women [9]. Breast cancer cells also have significantly more insulin receptors than regular breast tissue; which means breast cancer cells are particularly sensitive to blood sugar levels. Aggressive tumors present with the most insulin receptors [10]. High consumption of sugar is also linked with increased breast density [11].

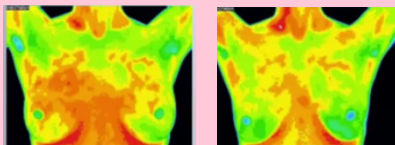
Medications

Use of birth control pills and synthetic hormone replacement therapy can increase women's risk of breast cancer by up to 20-30%. Studies show women have an increased risk during therapy and up to 10 years after stopping their birth control pills [12]. Birth control can also promote the growth of pre-existing tumors in the breast [13]. Synthetic HRT is associated with risks, whereas, bioidentical HRT can be protective [14].

Healthy Diet

FOODS TO AVOID

- Processed foods
- Artificial sweeteners
- Dairy from rbGH treated cattle
- GMOs
- Produce exposed to pesticides
- White flour
- Unfermented soy
- Refined sugar
- Charred meats
- Foods from BPA lined cans
- Inflammatory foods



Effects of 3 month dietary change.

FOODS TO EAT

(Reminder: All foods are best in moderation!)

- Organic fruits & vegetables
- Grass fed meats
- Fiber
- Omega 3s
- Plant based foods
- Cruciferous vegetables
- Shiitake mushrooms
- Turmeric



#3 Healthy *Products*

Many of the products we know and love are filled with carcinogens and xenoestrogens. While occasional exposure may not cause problems, many of these products are ones we come in contact with daily. Repeated exposure can cause a build up of these chemicals in your body, increasing your risk of estrogen dominance, breast cancer, or other symptoms.

Personal Care Products

The average woman uses 12 products containing 168 unique ingredients each day. By law, companies do not have to test cosmetics for safety. This means it is vital to know what's in your products! Here are some commonly found chemicals that affect breast health!

Health tips



DO

Check labels

Make DIY products

Use quality essential oils for fragrance

Store in glass containers

Use trustworthy brands



DON'T

Assume safety

Think cheaper is better

Forget about accumulated effects

Microwave in plastic

Avoid breast changes

Ingredients to Avoid

PARABENS

- Other label names: ingredients ending in -paraben
- Commonly found in shampoo, conditioner, lotions, soaps
- Are known to mimic estrogen, disrupt the endocrine system, and can interact with breast cancer cells causing faster, more aggressive growth of tumors [15].

PHTHALATES

- Other label names: DEP, DBP, DEHP
- Commonly found in nail polish, hair spray, soaps, lotions, color cosmetics
- Even in low concentrations, phthalates display estrogenic activity and can induce proliferation of human breast cancer cells [16].

PTFE/PFOA

- Other label names: Teflon, DEA-C8-18 Perfluoroalkylethyl Phosphate, Polyperfluoromethylisopropyl Ether, Polytetrafluoroethylene
- Commonly found in foundation, powders, blush, eye shadow, mascara, shaving cream, lip balm, lotion
- PTFE products are often contaminated with PFOA. PFOA is an endocrine disruptor, most notably causing delayed puberty and early menopause. Exposure may also increase risk of breast tumors and abnormal breast maturation [17].

FORMALDEHYDE

- Other label names: quaternium-15, DMDM hydantoin, imidazolidinyl urea, diazolidinyl urea, glyoxal, polyoxymethylene urea, sodium hydroxymethylglycinate, 2-bromo-2-nitropropane-1,3-diol (bromopol)
- Commonly found in nail polish, hair products, baby shampoo, soaps, color cosmetics
- A known carcinogen and strongly associated with both reproductive and developmental toxicity [18].

HEAVY METALS

- Other label names: lead acetate, chromium, hydrogenated cotton seed oil, sodium hexametaphosphate
- Commonly found in lip products, whitening toothpaste, eye shadow & liner, foundations, powders, eye drops, lotion, sunscreen, nail polish
- Metalloestrogens activate estrogen receptors, increasing the risk of breast cancer. Cancerous breast biopsies also reveal higher accumulations of heavy metals than benign biopsies [19].

POLYACRYLAMIDE

- Other label names: acrylamide, polyacrylate, polyquaternium, acrylate
- Commonly found in moisturizers, lotions, anti-aging products, color cosmetics, hair products, sunscreen
- Acrylamide exposure through cosmetics exceeds the amounts found in most foods and the amount obtained from smoking a pack of cigarettes. Acrylamide is linked to several types of cancers [20].

FRAGRANCES

- Other label names: perfume, parfum, essential oil blend, aroma
- Commonly found in soaps, lotions, sunscreen, deodorant, perfumes
- Fragrances can contain hundreds of undisclosed chemicals that are linked to cancers, reproductive toxicities, and other issues [21].

did you know?

- ★ Ingredients used in fragrances are considered “trade secrets” so they do not have to be disclosed on a product label.
- ★ Unscented/fragrance-free products can contain fragrances to mask or suppress scents.

TRICLOSAN

- Other label names: TSC, TCC, triclocarban
- Commonly found in antibacterial soaps, toothpastes & whitening products, deodorants, shaving cream, color cosmetics
- An endocrine disruptor and breast cancer cell proliferator [22].

Household Products

Many household products contain some of the same or worse chemicals. Be sure to check your dish soap, laundry soap, dryer sheets, cleaning supplies, air fresheners, candles, cookware, water bottles, shower curtains, food, and more for harmful ingredients. Some other common household offenders include:

- BPA
- BHA/BHT
- Fire retardants
- Benzenes
- Alkylphenols
- SLS/SLES

#4

Move that *Lymph*

Lymph contains nutrients, oxygen, hormones, and immune cells, as well as toxins and cellular waste products generated by cells. The lymph system lacks a pump, therefore lymph movement is largely dependent on muscle contraction. The breasts aren't muscular, so they become extremely vulnerable to lymph congestion. When lymph stagnation occurs, the breasts receive less oxygen and nutrients, and accumulate waste products and excess hormones. This can lead to swelling of the breasts or the development of cysts, lumps, or masses.

Here's a few ways to keep the lymph flowing:

1. **Rebounding:** or "vertical exercise" increases lymph flow by 15 to 30 times.

2. **Dry Brushing:** Best performed before showering. Many tutorials can be found online, but always start at the feet/hands and work your way toward the heart!

3. **Exercise:** Muscle contraction promotes lymph movement.

4. **Deep breathing:** Expanding the diaphragm and breathing with the belly stimulates the lymphatic system.

5. **Earthing:** Studies show improved lymphatic circulation with as little as 20 minutes of grounding [23].

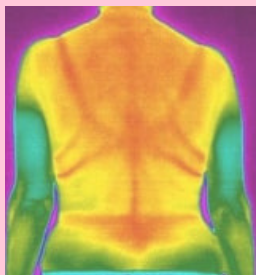
6. **Infrared Saunas/mats:** Sweating out toxins helps the lymph system function more efficiently.

7. **Acupuncture:** Stimulates lymphatic drainage.

8. **Massage** (see tip #6)

Ditch the *underwire*

#5



Underwire bras, push-up bras, and bras that are simply too tight can impede lymphatic flow. Statistics from *Dressed to Kill: The Link Between Breast Cancer and Bras* reveal that:

- The tighter and longer a bra is worn, the higher the incidence of breast cancer (12+ hours dramatically increased the incidence)
- 24/7 bra wearers have over 100 times the incidence compared to bra-free women
- A bra-free woman has about the same incidence of breast cancer as a man

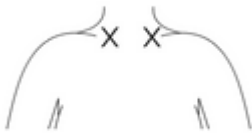
#6

Breast Massage

A breast massage can be performed with a massaging oil or in a warm shower. These exercises are meant for women with healthy breast tissue. If you have recently undergone surgery, please seek out a professional.

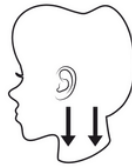
Always use a slow, light touch and stop if you experience any pain.

STEP 1.



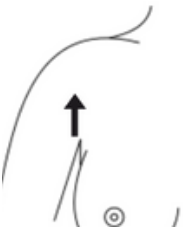
Pump the soft tissue underneath the collarbone. 15-20x

STEP 2.



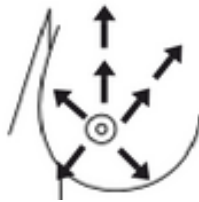
Lightly stroke from the base of the ears down to the collarbone. 15-20x

STEP 3.



Pump up through the armpit. 15-20x

STEP 4.



Lightly stroke away from the nipple all around the breast.

STEP 5.



Lift breast away from chest wall. Then compress against chest. 15-20x

STEP 6.



Lift breast away from chest & sweep towards the armpit. 15-20x

STEP 7.



Gently rotate the breast in both directions. 15-20x

STEP 8.



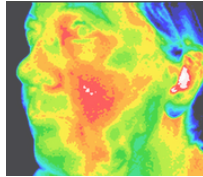
Use a knead-like motion. Lift and press throughout the breast.

#7

Dental Health

Maintaining good oral health is essential to protecting your overall health. Several studies have linked periodontal disease with breast cancer and a myriad of other diseases [24, 25]. Special attention has also been placed on the safety of root canals, which are suspected to harbor bacteria that produce toxins and cause chronic immune suppression [26].

Thermography offers an easy and safe way to monitor for unknown dental infections that may be contributing to symptoms throughout the body.

*Tips for your oral health*

- Brush regularly
- Regular dental check-ups & cleanings
- Diet: Eating fermented foods helps replenish healthy bacteria in the mouth and may suppress pathogens in the oral cavity. Avoid sugary beverages and foods which contribute to tooth decay.
- Oil pulling: an Ayurvedic technique that involves swishing oil in the mouth for oral and systemic health benefits

The liver acts as a filter, helping the body detoxify from toxins. When the liver is congested or impaired, hormone clearance becomes compromised. During the menstrual cycle, estrogen peaks twice a month. Without proper liver function, estrogen metabolism is slowed; allowing excess estrogen to continue to circulate. Once estrogen is metabolized, it is dumped into the intestine for excretion through the stool. If bowel movements do not occur regularly (constipation), estrogen can be reabsorbed into the bloodstream.

Detoxing regularly and supporting these organs through healthy choices may dramatically improve estrogen clearance from the body and help restore a healthy progesterone-to-estrogen ratio.

Bacteria, parasites, yeast overgrowth, and other organisms can also contribute to endocrine disruption. Regular body cleansing can assist in the removal of these organisms.



Regular Detox

#8

Sleep & Relax #9

Improve Sleep

Melatonin may be known as the sleep hormone, but its role in the body extends far beyond sleep. Melatonin is an antioxidant that fights free radicals, reduces inflammation, inhibits cancer proliferation, and interferes with tumor angiogenesis [27]. A consistent sleep-wake schedule can help optimize melatonin levels. Night shift workers or others with disrupted sleep patterns have an increased risk of breast cancer. These individuals may benefit from melatonin supplementation [28].

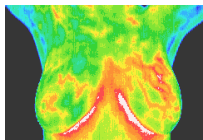
Decrease Stress

It is well known that high levels of stress can exacerbate health conditions. Chronic stress directly affects the hormone levels. Pregnenolone is the precursor to sex hormones and cortisol. During periods of high stress, the body 'steals' pregnenolone to produce more cortisol. This ultimately depletes progesterone levels and increases unopposed estrogen [29]. Stress can also influence poor food choices and decrease quality of sleep which further aggravates health conditions.



Regular thermography screens offer an easy way to monitor your breast health. Research on thermography has revealed these important statistics [30]:

- An abnormal infrared image is the single most important marker of high risk for developing breast cancer.
- A persistent abnormal thermogram carries with it a 22x higher risk of future breast cancer.



For best results, a breast thermogram should be performed yearly. In your initial year of thermography, 2 scans are performed 90-days apart to establish an accurate baseline.

Please note: It is important to remember that no test is 100% accurate. For this reason, we suggest a multifaceted approach to monitoring your breast health. As a reminder, only a biopsy is diagnostic of breast cancer.

#10

Get Screened

Supplements for

Vitamin D

VITAMIN D

Vitamin D deficiency is associated with breast cancer development [31]. Get plenty of safe sun exposure and supplement with Vitamin D3K2 when needed. For safety, have levels checked before/during supplementation.

IODINE

Breast tissue has a high iodine need. Iodine deficient breast tissue is linked to fibrocystic breasts, high estrogen binding, and breast cancer [32].

IODINE

DIM

DIINDOLYLMETHANE (DIM)

DIM helps convert estrogen into protective metabolites, instead of the harmful estrogen metabolites.

OMEGA 3s

Women with high intake ratios of the marine omega-3 fatty acids EPA and DHA relative to omega-6s have been found to have a reduced risk of breast cancer [33].

OMEGA 3

LIVER SUPPORT

LIVER SUPPORT

Supporting the liver is essential for healthy estrogen metabolism. Milk thistle, coffee enemas, and other herbs and vitamins protect and support the liver.

Breast Health

PROGESTERONE

PROGESTERONE

Bioidentical progesterone is used to counterbalance unopposed estrogen or restore healthy progesterone levels. Avoid synthetic progesterone, as it can increase breast cancer risk.

CALCIUM D-GLUCARATE

CDG supports the liver and detoxification pathways. It also works by neutralizing excess estrogen and preventing it from being reabsorbed back into the bloodstream.

CALCIUM D-GLUCARATE

FLAVONOIDS

FLAVONOIDS

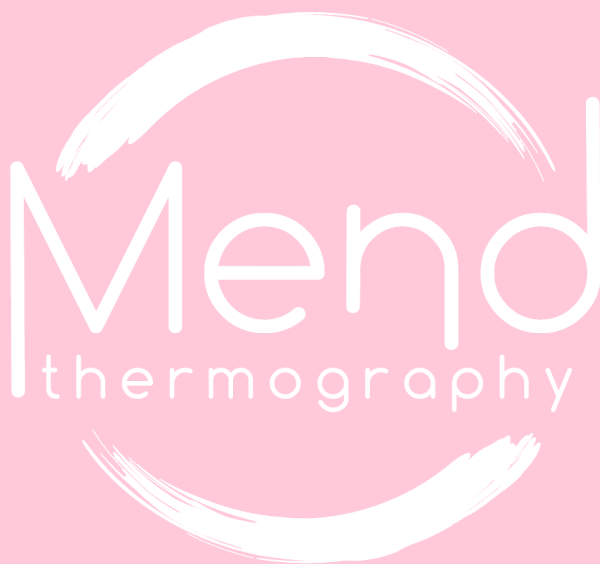
Flavonoids inhibit tumor cell proliferation, inhibit aromatase activity (lowering estrogen levels), and may help prevent the development of certain cancers, including breast cancer [34].

VITAMINS & MINERALS

Look for quality food sources rich in vitamins & minerals to support the body's functions. A supplement may also be needed when dietary sources are insufficient. Excess estrogen tends to deplete B6, zinc, & magnesium, because high amounts of these are necessary for estrogen neutralization in the liver.

VITAMINS & MINERALS

Always consult with your doctor before adding/changing dietary supplements. These products are not intended to diagnose, treat, cure, or prevent any disease.



Prevention. Early Detection. Peace of Mind.

MENDthermography.com

(515) 207-4803

References

1. ncbi.nlm.nih.gov/pubmed/26322178
2. ncbi.nlm.nih.gov/pubmed/7304556
3. ncbi.nlm.nih.gov/pmc/articles/PMC2689796/
4. ncbi.nlm.nih.gov/pubmed/21113759
5. ncbi.nlm.nih.gov/pubmed/23652373
6. ncbi.nlm.nih.gov/pubmed/24151509
7. ncbi.nlm.nih.gov/pmc/articles/PMC4324293/
8. ncbi.nlm.nih.gov/pubmed/11591405
9. ncbi.nlm.nih.gov/pmc/articles/PMC4109805/
10. ncbi.nlm.nih.gov/pmc/articles/PMC296896/
11. ncbi.nlm.nih.gov/pmc/articles/PMC4071328/
12. ncbi.nlm.nih.gov/pubmed/8656904
13. ncbi.nlm.nih.gov/pmc/articles/PMC539508/
14. ncbi.nlm.nih.gov/pubmed/24003037
15. ehp.niehs.nih.gov/14-09200/
16. ncbi.nlm.nih.gov/pubmed/24228746
17. ncbi.nlm.nih.gov/pmc/articles/PMC3682794/
18. ncbi.nlm.nih.gov/pmc/articles/PMC3203331/
19. ncbi.nlm.nih.gov/pmc/articles/PMC4017651/
20. iaff.org/HS/PDF/12th%20Report%20on%20Carcinogens%20-%202011.pdf
21. ewg.org/research/scented-secrets
22. ncbi.nlm.nih.gov/pmc/articles/PMC3945593/
23. file.scrip.org/pdf/Health_2015081716010615.pdf
24. ncbi.nlm.nih.gov/pmc/articles/PMC4713270/
25. ncbi.nlm.nih.gov/pmc/articles/PMC88948/
26. westonaprice.org/health-topics/dentistry/
27. ar.iiarjournals.org/content/32/7/2747.full
28. ncbi.nlm.nih.gov/pmc/articles/PMC3788186/
29. ncbi.nlm.nih.gov/pmc/articles/PMC4684134/
30. iact-org.org/articles/articles-review-btherm.html
31. ncbi.nlm.nih.gov/pubmed/26934299
32. file.scrip.org/Html/25-8901445_25827.htm
33. ncbi.nlm.nih.gov/pmc/articles/PMC4418048/
34. academic.oup.com/aje/article/165/5/514/671110/Dietary-Flavonoid-Intake-and-Breast-Cancer-Risk

Please do not copy, reproduce, or redistribute without permission from MEND Thermography.