

Growing Together Through Connections



Ladies of Connections...

It's Time to Take MAMMERS Into Your Own Hands!

Here at The Thermography Center we have seen time and time again that breast cancer develops in breasts that are unhealthy! How can you make sure your breasts are as healthy as possible and what can you do to keep them that way?

Step 1

Wear a Wireless Bra (or go bra-free if you can!)

Under-wire bras can cause severe breast constriction. This inhibits breast circulation and breast lymphatic drainage, a condition that traps toxins in the breast instead of allowing the body to flush them out. Victoria's Secret and Champion sport-wear have very comfortable wireless bras available. But wait, don't throw away all those bras that you have at home—simply make a small cut in your underwire bras and remove the wire yourself!

Step 2

Perform a Daily Lymphatic Breast Massage

The lymphatic network is a major part of the body that is responsible for detoxification and immune health. While lymph nodes are located throughout the entire body, many of these are in the chest and underarm area, and are directly in charge of keeping the breast healthy. While most of the body gets adequate movement to stimulate and move the lymph, the chest and breasts are relatively sedentary areas for most people and require some extra help to fully detoxify. Stimulating the breast and underarm with the massage will help to move the old lymph and toxins out of the breast so the new lymph can come in and detoxify more. We have seen this massage rid the breasts of PMS tenderness, cysts, dense tissue, toxins and reverse

the process of unhealthy breast developments, in as little as three weeks!

Simply visit www.breast-health-project.com and watch a five minute video to learn how to do the breast lymphatic massage.

Step 3

Increase Your Alkaline Food Intake

The body has a pH level of around 7.2 when you are born, the desired pH for optimal body functioning and repair. The American diet usually consists of mainly acidic foods (most carbohydrates, sugar, coffee, dairy and red meats). This diet causes the body pH to fall from 7.2 down to acidic levels around 6.0 or below. It has been said

Did You Know? October is National Breast Cancer Awareness Month

that disease and cancer especially, thrive and spread quickly in acidic environments and *die off* in an alkalized environment. Keep your body alkaline and disease can't grow.

Because our bodies are up to 70% water, the water that you drink should be alkaline and most water, even bottled water, is very acidic. Contact Janice Langan (707) 529-3861 for home water systems that not only purify but also alkalize! Here at the center we have seen alkaline diets help to clear up breast inflammation, infection, cysts and even breast cancer.

Want to learn more about pH? Check out the book "The Ultimate pH Solution" by Michelle Schoffro Cook, a very easy read with great recipes. Or

maybe you want to see what your body pH is? You can pickup pH testing tape at Oliver's Market, Whole Foods or Community Market for around \$12 and use urine or saliva to find out.

Step 4

Use Castor Oil Breast Compresses

Cold-pressed castor oil contains a substance that increases T11 lymphocyte function, which speeds the healing of infections and disease, and helps flush toxics from the breast. You'll need cold-pressed castor oil, a wool flannel cloth, a piece of plastic wrap and a heating pad. Fold the cloth into four layers and saturate it with the oil, but make sure it's not so wet that it will drip onto the breast. Put the cloth on the breast, cover with plastic wrap and then apply the heating pad. Turn the setting on the pad to medium and then as hot as you can stand. Leave on breast for up to one hour. (This is great to do while watching a movie or reading a favorite book).

Step 5

Use Breast Thermography to Monitor Your Breast Health and Activity Levels.

Breast Thermography is contact-free, radiation-free, affordable and an FDA approved breast screening. It can find unhealthy condition in the breast years before it develops into breast cancer and when a woman uses the steps listed above, she can find these unhealthy conditions early and clear them up before they get worse.

By Jenna Montgomery and Renee Russo
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Visit thermography-sc.com to learn more, see pictures and read about clients and their journeys. And always feel free to give us a call at the center at (707) 829-1599.