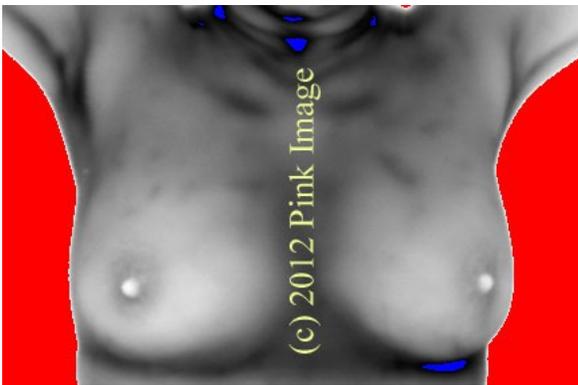




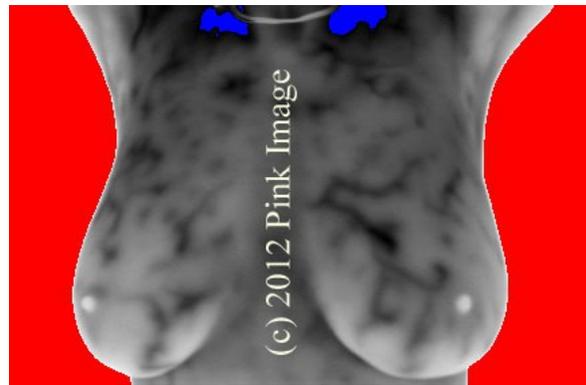
WOMEN'S ACADEMY of BREAST THERMOGRAPHY

Run by women for women

How healthy are your breasts?



Normal non-vascular or “healthy”



“At risk” unusual vascular pattern or “unhealthy”

These tips are especially for women who received a score of TH 2 or above in their thermography report. Breast thermography screens women who are “at risk.” This is true early detection for preventative care. All information supplied in this form is from years of clinical thermographic experience provided by William B. Hobbins M.D., and Wendy Sellens L.Ac. For more information please refer to [Breast Cancer Boot Camp](#) by William Hobbins M.D., and Wendy Sellens L.Ac.

Breast Health Tips-Become Estrogen free

Breast cancer has risen 210% since 1970. 80% of all breast cancers are estrogen driven. Estrogen does not cause cancer; estrogen “feeds” most cancers. The rise in breast cancer correlates to the onset of estrogen therapies prescribed for women. Reduce your risk by removing all estrogens from your diet and life style.

Reduce excess estrogen and become hormonally balanced. Excess estrogen increases breast cancer risk, accelerates aging, promotes weight gain, infertility, irritability, insomnia PMS and symptoms of menopause. Estrogen therapy is approved only for women with a bilateral TH-1.

Avoid all forms of estrogen:

Avoid Synthetic Estrogens

Hormone replacement therapy (HRTs)

Birth Control Pills (BCPs)
IUD with hormones
Estrogen injections
Estrogen patches
Estrogen vaginal rings
Estrogen vaginal creams

Avoid Phytoestrogens (plant-based)

Bio-identical means similar in chemical or molecular structure, it does not mean “natural.”
So, HRTs and BCPs are also bio-identical!

The list below is taken from [Implications of Phytoestrogen Intake for Breast Cancer](#) by Christine Duffy, MD; Kimberly Perez, MD; and Ann Partridge, MD; CA: A Cancer Journal for Clinicians, 2007;57;260-277. To view amounts for each phytoestrogen listed refer to study listed above on research page on website.

Flax—flax milk, flax crackers, flax cereal, flax seeds and flax oils
Soy – tofu, soy, edamame, cheese, soy meats, soy milk, soy cereals, soy crackers and supplements with added soy
Veggie burgers
Hummus/garbanzo beans
Sesame seeds
Multigrain bread

Limit these phytoestrogens

Dried apricots
Almonds
Cashews
Garlic (tbsp)
Alfalfa sprout
Black Tea
Green Tea
Red wine

Also avoid these phytoestrogens - the following-supplied from thermographic studies and images

Bio-identical estrogen pellets, patches and creams
Black Cohosh
Red Clover
Primrose oil

Avoid Natural Estrogen Blockers or Supplements that Reduce Estrogen These products claim to reduce estrogen, metabolize estrogen in the liver or naturally block estrogen. Years of thermographic evidence have been unable to support these claims; in fact most products contain plant estrogens that increase risk. The only proven effective estrogen blockers are pharmaceutical, Tamoxifen.

Avoid these natural blockers or supplements to reduce estrogen

Calcium d-glucarate – made from broccoli and cauliflower (real food-broccoli and cauliflower is beneficial NOT supplements). Thermographic study showed increased vascularity and abnormal thermogram with use for only 1 month.

DIMM- made from broccoli and cauliflower (real food-broccoli and cauliflower is beneficial NOT supplements). Hundreds of thermographic images report “no reduction in vascularity” or risk with use.

Myomin-is a Chinese herb formula that contains Xiang Fu, which is a plant estrogen and increases vascularity or risk.

Angio-Stop Thermographic study showed “no reduction” in vascularity or risk.

Avoid Ecoestrogens Only use organic or petrochemical free products on the skin and in the house. “Natural” is not healthy, it can still contain petrochemicals and phytoestrogens. Stop being seduced by the word “natural.”

The following products and practices should be avoided by everyone, but especially by pregnant women, babies and developing children:

Hand sanitizer and wipes

All anti-bacterial products

Scented products, including perfumes and air fresheners. They readily reach the brain and lungs.

Fabric softener and laundry detergent.

Cosmetics, including non-organic makeup.

Skincare products (moisturizer, cleanser, serums, sunscreens).

Hair care (shampoo, conditioner, hairspray, gels, waxes, mousse).

Bath and body products (soap, bath wash, lotion).

Pesticides (gardens, lawns, produce).

Pesticide bombings for homes.

Out gassing of new clothes, paint, carpet, furniture and fiberboard.

Spermicidal gels and condoms.

Non-organic food.

Genetically Modified Organisms (GMOs) in food.

Pasteurized and homogenized dairy products, milk and cheese.

Hot liquids placed in plastic or Styrofoam cups.

Teflon pots, pans and grills.

Canned foods, including baby formula.

Never freeze foods in plastic.

Bottled water, tap water, reverse osmosis and most filtration systems. Look for alkaline system that does not use an additive (water becomes acidic after 2 days with additive), does not use electricity, special filter that specifically removes chlorine, fluorine and medical waste.

The skin is the largest organ—everything placed, rubbed and buffed into it is absorbed and delivered directly into the bloodstream, bypassing the cleansing effect of the liver. Why eat organic

and then place poisonous products on the skin? Save yourself and your family's health; only use *organic and petrochemical* free body and household products.

Treatments:

Progesterone:

Reduce risk by balancing hormones. Apply compounded progesterone cream *directly* to the breasts daily. Progesterone receptors are found in the breasts. Do not waste money applying progesterone anywhere else, as application elsewhere results in it dissipating as it is not local. There are *no* progesterone receptors in the arms, thighs or abdomen.

For progesterone deficiency grade 1-3 (relative) apply progesterone cream *daily*. Reduction of progesterone cream is determined by reduction in progesterone deficiency (hormone balance) and vascularity detected in repeat thermogram.

Every woman has different size breasts thus every woman has a customized application amount. How to determine your amount – Take some progesterone cream on your fingertips, start on the upper aspect of your breast (above your nipple) and from the sternum to the lateral aspect rub in progesterone cream. One swipe is from your sternum to the lateral aspect back to sternum. The correct amount is 20 swipes. If cream goes dry before 20 swipes you need more, if there is excess after 20 you need less. Apply to both breasts.

Do not use wild yam or “natural” progesterone as they may contain estrogenic factors. Only use a compounded progesterone cream which is fat soluble and will accumulate in the breasts to reduce hormone imbalance and vascularity.

Do not use sublingual, gel or pill forms of progesterone as they are not local and will dissipate in the circulatory or digestive system. These forms will not reduce vascularity in the breasts.

Progesterone does not cause breast cancer. When a woman is tested for breast cancer, one of the tests they run is a receptor test called immunohistochemistry. They test to see if the breast cancer is affected by hormones:

1. Estrogen receptor positive.
2. Progesterone receptor positive.
3. Hormone negative (meaning that the cancer has no hormone receptors).

Around 80% of breast cancers are estrogen receptor positive. Twenty to around forty percent of breast cancers that are estrogen receptor positive are *also* progesterone receptor positive.

Now here is the misunderstanding. Estrogen receptor positive cancers *may* be progesterone receptor positive, 20-40% of the time. There is no breast cancer that is estrogen receptor negative with a progesterone receptor positive result. What this means is that, if a cancer is progesterone receptor positive, it is also estrogen receptor positive, and therefore, progesterone by itself cannot cause cancer, this only occurs in conjunction with estrogen.

Testosterone therapy

Testosterone can be used in menopausal women to treat night sweats, hot flashes, low energy and low libido with great success. Testosterone *cannot* convert into estrogen; this is evident as transgender women are given large amounts of testosterone to shrink their breasts. Just as estrogen counters testosterone in prostate cancer, testosterone will counter estrogen in the breasts. Dr. Hobbins treated breast cancer and shrunk tumors with high levels of testosterone. Testosterone reduces vascularity and risk in the breasts.

Nutrition:

Food is medicine. You are what you eat.

Only eat organic to reduce exposure to petro-chemicals and hormones. Estrogen is the hormone added to fatten up livestock.

Organic meat, grass fed beef, lamb, wild-Bison, venison and fowl.

Avoid eggs and chickens fed flax and soy.

Organic vegetables and fruit.

Raw and organic dairy products.

Organic butter. Cholesterol is the precursor for all your hormones, so eat and cook with healthy cholesterol, organic butter and eggs, especially the yolk.

Normal table salt is great for the adrenals and does not cause hypertension.

Only drink organic wine. Grapes are sprayed with pesticides. Wine is made by reducing large amounts of grapes to achieve a single glass of wine. That means the pesticides are concentrated into high levels. I believe this is why red wine may be high in phytoestrogens, see list above.

Avoid sugar, grains, and carbohydrates. When not utilized by the body, they cause inflammation. Inflammation creates insulin resistance (diabetes), heart disease (nope, it's not from cholesterol, ladies) and cancer. Think about what carbohydrates or grains such as pasta, oatmeal, bread, and rice look like when cooked—soggy. That is what they do in your gut—they create a swamp that stops the absorption of vitamins and minerals.

Eat clean whole foods that move effortlessly through the intestines. Grains, even organic, are carbohydrates that turn into sugar, and remember, cancer feeds off sugar.

Grains are hard on the intestines. The lectins in grains are mildly toxic, inflammatory, resistant to digestive enzymes and they have the ability to sneak out of the intestines. They have actually been found in the organs. Phytates in grains block the absorption of minerals. Don't worry! All the same nutrients in grains are found in meat, veggies, fruits and nuts and are more bio-available (easily absorbed into the system) than those found in grain. Many people are sensitive to gluten; this is just another sign that the public doesn't need grains. They keep people sick, fat and at risk for many diseases.

Avoid beer. Grains make you fat and formaldehyde is used in the bottling process. If you are craving a beer go organic.

Avoid non-organic coffee. Coffee is one of the most highly sprayed crops. Dr. Hobbins and I have not found coffee to increase vascularity, so enjoy. Want a sweeter cup? Add REAL organic sugar and raw milk.

Avoid legumes, peanuts, lentils and soy—they are naturally found to be toxic. Try alternatives to peanut butter, like raw almond butter. Remember almonds have a small amount of estrogen, use in moderation.

Avoid smoked nuts due to rancidity.

Avoid polyunsaturated oils including sunflower, safflower, cottonseed, peanut and canola oil. These oils have low temperature stability and therefore easily become rancid and toxic to the body by introducing free radicals. Avoid sesame due to phytoestrogen content.

Only use centrifuge organic coconut oil, all other coconut oil is processed. Don not cook with coconut oil as it may become rancid.

Avoid cooking with olive oil. Heating olive oil makes it rancid. Only consume olive oil if it is “first cold press.”

Avoid soy milk. It’s toxic and loaded with phytoestrogens.

Avoid almond milk. The processing yields a rancid product that can increase free radicals and therefore increase the risk of cancer.

Avoid rice milk. It is high in sugar, or carbohydrates.

Avoid juices. They are high in carbohydrates or sugar.

Avoid synthetic sugar products. There is more and more evidence indicating that these substances are highly carcinogenic, meaning they cause cancer and many more issues, including weight gain! If you have to use sugar, use organic raw-sugar or honey—something real.

Vitamin D

Our bodies have a very difficult time absorbing vitamin D supplements correctly because it is insoluble, the result is often the creation of toxicity in our body. Therefore, it is not advisable to take vitamin D supplements. The only proper way to obtain vitamin D is to make it, and that means getting sun and eating a balanced diet. Foods high in Vitamin D (from highest to lowest amount) are fish, oysters, ham and eggs.

If your vitamin D levels are too low use a supplement briefly to get your numbers up, while fixing your diet by increasing foods high in Vitamin D and bathing in the sun when you can. For those of you in rainy cold regions, it is much harder. Only use supplements in the winter months and get outside in the summer.

To stimulate vitamin D production naturally, eat Vitamin D foods then sit in the sun for 15-20 minutes a day, exposing most of your body. Do not wear sunscreen; your body will slowly adjust with short increments of exposure, it is called a tan.

Proper sleep and relaxation

Another secret to a healthy life is sleep. Most people need 7-10 hours—if you are not getting enough, attempt to make time for it in your busy life, relax. How can you be healthy if you don’t take care of yourself? Schedule “me time” at least once a week, more if possible. Naps are wonderful if you are able to accomplish this luxury.

Moderate exercise

Excessive exercise, including cardio for more than 20 minutes straight, may be too taxing for the adrenals. To maintain proper weight, one should only work out for about 20 to 30 minutes a day. Many women who over cardio can't drop those last few pounds because the body doesn't know it is trying to shed weight, it thinks it is over worked and holds onto the weight.

Bras

Bras can compress the breasts and reduce vital circulation in the chest region. Take your bra off as soon as you get home and do NOT sleep in your bra.

Massage

Massage cannot reduce vascularity in the breasts! Massage is extremely beneficial to the breasts, but cannot reverse the underlying condition. Breast massage can aid lymph drainage, reduce cysts and promote circulation.

Avoid cleanses

Liver, colon and kidney cleanses do not decrease vascularity in the breasts. There is a belief that detoxifying the liver, colon and kidney will optimize body function. First, most toxins are stored in the fat cells, so cleanses that are specialized for the above organs will not decrease this specific accumulation. Second, the toxins that are most concerning and potentially dangerous to the body are commercial grade petrochemicals from daily household products and foods that will take YEARS to dispel from the body—supplements are too basic to remove them.

Avoid vitamins and supplements

If you are “healthy” avoid supplements and vitamins, eat your medicine. A five year study involving 30,000 women taking a multivitamin increased their risk for breast cancer by 19%. Multivitamin Use and Breast Cancer Incidence in a Prospective Cohort of Swedish Women. American Journal of Clinical Nutrition (2010).

This is because some supplements are acid and some are alkali; some are oil-based and some are aqueous (water soluble). This means that they do not mix well when they are purified and then added back together. Multiple vitamins inactivate each other, making salts of each other and blocking absorption.

Many studies show that vitamins and supplements have virtually no effect and/or are increasing disease including cancers. The American Cancer Society lists vitamins and supplements under risk factors. They state that “Factors with uncertain, controversial or unproven effect on breast cancer risk,” stating “So far, no study has shown that taking vitamins reduces breast cancer risk.”

Women truly believe supplementation and vitamins are nutrition, when actually, supplements are the equivalent of fast food. The ingredients are cheap chemicals that increase the risk of contaminants and toxins entering the body in high daily dosages. This includes “whole food” or plant food supplements and the new “medical foods”; the preservatives that give them a shelf life are toxic to the body. With all the supplements in use, why aren't Americans healthier? Why do most cancer rates, not just breast cancer, continue to rise in America? Why is America not leading the world in healthy individuals?

If you are treating a health concern spread your vitamins or supplements usage throughout the day so they do not inactivate each other.

For more information please visit our website:

<http://womensacademyofbreastthermography.com>

Breast Thermography history

William Hobbins M.D., creator of the breast thermography interpretation model 1971-1975.

Maurice Bales, inventor of the first digital infrared camera in 1979.

Minimum Standard Requirements (MSR) for Accredited Breast Thermography

Images of Accredited Thermograms

Black hot images

Camera with optical line of 480 and above

Thermography Research and Papers

Locations of Clinics meeting MSR

Videos-link to Youtube logo

A handwritten signature in black ink that reads "Wendy Sellens LAc". The signature is written in a cursive, flowing style.

Wendy Sellens LAc WABT-BTI

Founder and President of the Women's Academy of Breast Thermography

President of The Pink Bow co. Breast Thermography Research and Education