

Jeannie Nelson is a Certified Thermography Technician and owner of *Medical Thermography Northwest*. Additionally she is a Certified Nutritional Therapy Practitioner with Live Well Health, PC. Her journey into health and wellness started 30 years ago when she noticed her parents struggling with their health, only to pass away in their early 50's, Mother of breast cancer and Father of heart disease. It was then that she became passionate about learning how she could assist family and friends in living a longer and healthy life.



"I always provided my children with the understanding that one should look for the cause of any ailment and remove the obstacles thereby allowing the wisdom of the body to heal itself." She became a Certified Nutritional Therapy Practitioner in 2007. She continues to subscribe to the quote from Hippocrates, "Let food be thy medicine and medicine be thy food."

In honor of her mother she became passionate about women's health and breast health in particular. She became a Certified Thermography Technician in 2010.

Medical Thermography in general and Breast Thermography is currently in a renaissance as more and more women want safer alternatives to mammography, without the exposure to radiation and the pain associated with the procedure.

"I thoroughly enjoy assisting women to better health through education in health and wellness principles. I only promote conventional and alternative diagnostic methods and therapies that are evidence based and have been proven to be safe and effective. I look forward to being of service to you, your family and friends and our community."



Safety & Peace of Mind

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FQA:

Does Digital Infrared Thermal Imaging replace mammograms?

Absolutely not! Thermography is not a standalone device and does not replace mammography or any other diagnostic procedure and/or examination. The consensus among health care experts is that no one procedure or method of imaging is solely adequate for breast cancer screening. However, DITI may pick up some cancers missed by other tests and may be the single most important marker of high risk for developing breast cancer. Adding DITI increases the chance for early detection.

Is Digital Infrared Thermal Imaging 'DITI' (body and breast thermography) safe?

The procedure is completely safe

Is Digital Infrared Thermal Imaging 'DITI' (Thermography) costly?

No, DITI of any body part and particularly the breast is very reasonable. Our center's fee for a DITI breast scan is \$195.00. An even better value is the Women's Health Screening that includes in addition to the Breast, a Dental, Thyroid, Upper Back, Carotid Arteries and Chest for Cardio Vascular screening for \$295.00.

Is Digital Infrared Imaging approved by the FDA for breast imaging?

Yes, in 1982 DITI was approved by the FDA as a breast imaging procedure to be used in addition to other imaging tests and/or examination procedures.

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Health Tips

Tip # 1: Sleep is absolutely essential to your overall health. Sleep metabolizes stress hormones better than any other known entity. Many, many women are NOT getting enough sleep.



Tip # 2: Check you vitamin D Level. It's important to regularly measure your vitamin D levels to make sure you're maintaining **therapeutic levels of 50-70 ng/ml year-round.** There are two vitamin D tests -- 1,25(OH)D and 25(OH)D. The correct test is 25(OH)D, also called 25-hydroxyvitamin D. This is the better marker of overall D status, and is most strongly associated with overall health.

Health Tips

Tip # 3: Get plenty of high quality animal-based omega-3 fats, such as those from fish oil. Omega-3 deficiency is a common underlying factor for cancer. Flax seed added to your diet has been shown to reduce breast cancer up to 30%. Golden organic flax seed is best. You can grind it and put it on your morning cereal, in a protein shake or smoothie. It has added benefits of keeping you more regular too. Make sure you always store the ground seed in the refrigerator so it will not go rancid

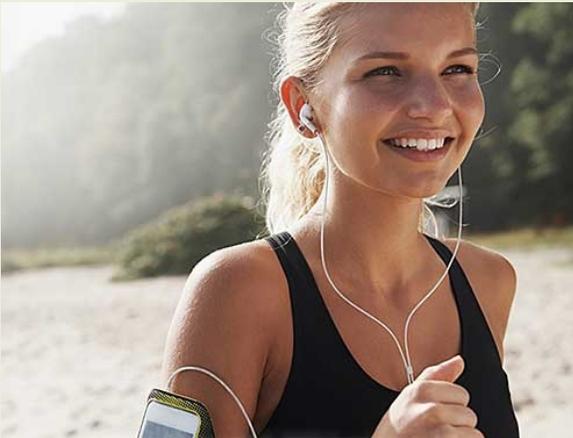


Tip # 4: Maintain a healthy body weight. It's important to lose excess weight because estrogen, a hormone produced in fat tissue, may trigger breast cancer. A healthy diet of unprocessed foods and lots of purified water will do wonders and make you feel great!

Health Tips

Tip # 5: Reduce your exposure to toxic chemicals.

While some environmental toxins are so omnipresent in our culture that it is difficult to avoid them, each individual can reduce her toxic load through careful choices. Avoid using personal care products and foods, which are little more than cocktails of industrial poisons. Educate yourself, via articles on NaturalNews.com and Mercola.com, ewg.org as well as other publications and websites, about the dangers of pesticides, GMO's and fake-food ingredients



Tip # 6: Exercise for at least 30 minutes a day. If you can't do that, at least do some. Some activity is better than none, but the more, the better. Ideally, aim for a comprehensive program that includes high intensity exercises and strength training along with core-building exercises and stretching.

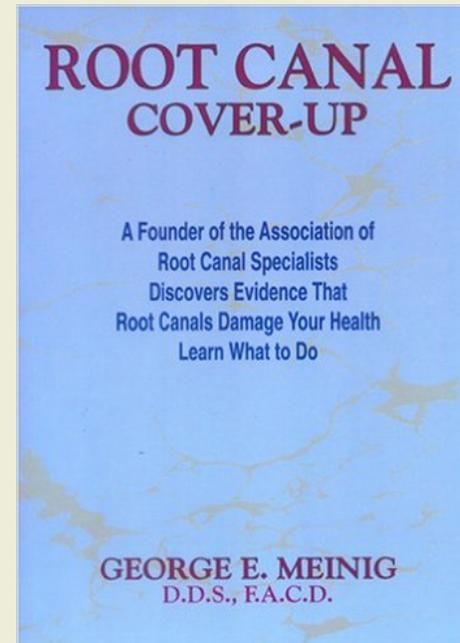
Health Tips

Tip # 7: Root canals may also be a cancer connection.

Dr. Robert Jones, a researcher of the relationship between root canals and breast cancer, found an extremely high correlation between root canals and breast cancer. He claims to have found the following correlations in a five-year study of 300 breast cancer cases:

- 93 percent of women with breast cancer had root canals
- 7 percent had other oral pathology
- Tumors, in the majority of cases, occurred on the same side of the body as the root canal(s) or other oral pathology

A book worth reading is **Root Canal cover-up** by: George E. Meinig D.D.S., F.A.C.D



Tip # 8: Watch out for excessive iron levels. This is actually very common once women stop menstruating. The extra iron actually works as a powerful oxidant, increasing free radicals and raising your risk of cancer. All you need to do is measure your ferritin level and if it is above 80, donate blood, which will

reduce the amount of iron that you have and thereby lower your cancer risk.

Health Tips

Tip # 9: Breast-feed. New mothers should breast-feed exclusively for up to six months -- the evidence is convincing that mothers who breast-feed reduce their risk for breast cancer.



Tip # 10: Drink Green Tea. A study reported in the January 2009 edition of Cancer Epidemiology Biomarkers and Prevention; found that consuming three or more cups a day of green tea results in a 37% reduction in breast cancer risk for women under the age of 50. Researchers compared data from 5,082 women with breast cancer between the ages of 20 and 74 alongside 4,501 age-matched controls. An earlier Japanese study demonstrated that green tea could halt the progress of breast cancer among premenopausal women. The Japanese researchers, working with a population sample of 472 women with stage I, II and III breast cancer, found that increased green tea drinking was correlated with lower incidences of recurring cancer. Health experts believe the polyphenols in green tea inhibit the growth of breast cancer cells. Make sure it is Organic (Trader Joes) has a good organic brand.

Health Tips

Tip # 11: Underwire and tight fitting bras. Many physicians and researchers now agree that wearing a tight fitting bra can cut off lymph drainage, which can contribute to the development of breast cancer, as your body will be less able to excrete all the toxins you're exposed to on a daily basis. Aluminum from antiperspirants, for example, is one potentially dangerous source of toxins that can accumulate if your lymph drainage is impaired.



Tip # 12: Keep a gratitude journal. Each night, before you go to bed, write down five things that you are grateful for or five things that brought you pleasure. *"Remember: every emotion is associated with a biochemical reality in your body. So, you want to bring in the emotions of generosity, pleasure, receiving, and open-heartedness. The same things that create heart health create breast health."*

Health Tips

Tip #13: Epsom salts

I always knew that soaking in a tub full of hot water with 2 cups of Epsom salts was good for relaxing muscles and drawing toxins from the body. Epsom salts—made of the mineral magnesium sulfate—are also a sedative for the nervous system. Magnesium plays a number of roles in the body including regulating the activity of over 325 enzymes, reducing inflammation, helping muscle and nerve function and helping to prevent artery hardening. Sulfates help improve the absorption of nutrients, flush toxins and help ease migraine headaches. When magnesium sulfate is absorbed through the skin, such as in a bath, it draws toxins from the body, sedates the nervous system, reduces Swelling, relaxes muscles, is a natural emollient, exfoliator, and much more.

Epsom salt baths (20 minutes, three times per week) are a simple, inexpensive way to get magnesium into your body.

Ultra Bath: Add 2 cups of Epsom salts, 1 cup of baking soda, and 10 drops of lavender oil to bathwater as hot as you can tolerate.

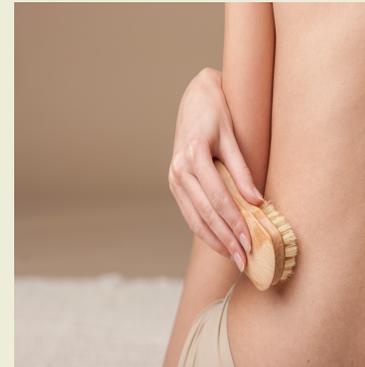
Alkalinization of your body through the use of baking soda (sodium bicarbonate), which promotes an ideal pH for healing, detoxification, and optimal cellular function. Relaxation of your nervous system and lowering of cortisol can be provided through the use of lavender oil, which promotes weight loss and lowers inflammation.



Health Tips

Tip # 14: Dry Skin Brushing. The dry skin brushing technique is used to stimulate the lymphatic system, which is the body's cellular waste removal system. As the cells get nourished they produce a certain amount of waste matter, which must be efficiently removed. This is the job of the lymphatic system. The lymphatic system has no pump like the heart is for the circulatory system, so the lymphatic fluid must move by stimulating reflexes. Aerobic exercise will also stimulate lymphatic circulation by vigorously moving the arms and legs, or even a brisk walk. Jumping on a trampoline is highly beneficial because jumping while moving the arms will pump the lymphatic fluid. A mini-trampoline is excellent for this.

To start skin brushing, get a soft natural bristle brush, which you can



find at a health food store. Find one with a long handle. Mentally divide the body into 2 parts with the belly button being the dividing line. Before bathing you will brush your dry skin in a long, upward stroke that ends close to the collarbone. Brush the left half of the body towards the left collarbone and the right half toward the right collarbone. Encircle each breast;

stroke the breast tissue gently but firmly – always towards the respective collarbone. This is the area where the fluid re-enters the blood circulation for filtering by the kidneys and eventual recycling. Brush each arm upwards from the hands to the respective collarbone. On the lower body, start with the bottoms of the feet and brush each leg upwards with long strokes toward the inguinal lymph nodes in each groin. Brush your abdomen from right to left to stimulate digestion. Brush the backs of your legs upward toward the buttocks; also brush your back and buttocks any way you wish. It can be done 2 - 3 times a week before bathing.

Health Tips

Tip # 16: Safe and effective hormone balancing.

Check with your healthcare provider regarding your hormones with a simple in home testing kit. Your salivary hormone test results will report a ratio between the progesterone and estrogen (Pg/E2). This ratio is very valuable because it allows your practitioner to treat the



estrogen dominance and help your body return to optimal health. The increasingly popular phrase “Estrogen Dominance” doesn’t mean you have too much estrogen but that you may have too little progesterone relative to your estrogen level. Because

estrogen is a proliferative (cell-growing) hormone, too much of it without progesterone to keep it in check, will cause problems such as: Fibrocystic breasts, heavy/ irregular menses, bone/mineral loss, ovarian cysts, low thyroid symptoms, foggy thinking, belly weight gain, tearfulness, water retention, fatigue, breast tenderness, low sex drive, anxiety, mood swings, insomnia, night sweats, hot flashes. Go to Labrix.com to learn more.