

# BREAST HEALTH

# EXPOSED!



**21 Secrets**  
*most doctors will never  
tell you about your breasts*

Jan Janzen

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# The Journey Begins

I was 31 years old when the words “breast cancer” first struck a chord of terror in me. I was sitting in the oncologist’s office with my 70-year-old mother, who had just learned her biopsy was positive. As the doctor calmly informed her of the mastectomy date he had booked for her, he next turned to me and said, “And now young lady, you’re at high risk.” A mixture of anger and fear hurried us both out of his office.

My mother cancelled the surgery the day before she was due to have her breast removed and chose an unconventional course of treatment. Really quite amazing, considering she did it without the knowledge and resources the Internet would have afforded her today. Mom passed away in 2005 of natural causes, her breast cancer a forgotten issue.

For me however, it has been a different story. Just six years after hearing those ominous words in the oncologist’s office, my husband found a lump in my right breast. I was terrified. I had recently watched a 32-year-old friend die of breast cancer. The following morning, I raced to the doctor who confirmed the lump. I then had the prescribed mammogram and a follow-up ultrasound, which indicated the lump was benign.

I breathed a sigh of relief and wondered if this was an indicator of negative things to come. Thankfully, over the last 12 years, I’ve learned a thing or two about breast health.

In 2008, while president of Plexus Worldwide, a network marketing company dedicated to breast health, I saw firsthand the pain and anguish of women diagnosed with breast cancer. I felt the passion of men and women on a mission to educate, inform and empower women to take breast health back into their own hands. It was a life-changing time for me, which has resulted, in part, in the writing of this book.

*Breast Health Exposed* is the first of a series of books on breast health. It is the foundation that every woman (and man) needs to understand about how we can eradicate breast cancer. It really is so unnecessary that every day, every 12 minutes, a woman dies of breast cancer. Lack of education, fear and greed are creating a travesty that future generations will surely look upon in horror.

As you read this book, you may be shocked or even skeptical as to whether these facts could really be true. Surely, if what I am telling you is the truth, your doctor, oncologist, a major cancer charity or the media would have advised you long before now. It may be easy to dismiss these 21 secrets as either completely outrageous or too easy to believe they can actually help.

Unfortunately, the biggest obstacle to getting the word out is that these secrets don't make money for the drug companies, doctors or big corporations. Most of them are free or cost very little money. Breast cancer is big business. Breast health is not.

To date, we have spent billions of dollars on research and treatment since the "war on cancer" began. Yet breast cancer is still a threat that countless women face and fear every day. Obviously, there is something missing.

Scientists, the medical community and even the drug companies claim that breast cancer is a very complex problem with no single solution. What they are currently recommending for breast health is what they see as the best answer for women. However, it would appear that while it is putting money in their coffers, it isn't keeping women's breasts healthy and where they belong—on their chests! The global statistics on breast health are solid proof of that.

Women, too, have contributed to this situation. Reluctant to assume responsibility for their breast health, many are much more inclined to turn their breasts over to the medical system. As long as you believe that everyone else has your highest and best interests at heart, you are not only fooling yourself by putting the blinders on, but are actually putting your breast health in a very precarious position.

Complicating matters further is the fact that women are NOT being given critical information that would help them to have healthier breasts. Healthy breasts, just like any other organ of the body, don't get cancer or other debilitating diseases. Most women don't really understand what their breasts need to stay healthy, and breast health is rarely a priority until the word cancer is connected to them.

Part of the reason for this lack of interest and responsibility in breast health is that women are usually excluded from any active participation in their own breast health. There is little to no emphasis placed on breast health and breast cancer prevention through diet, exercise, stress management or regular breast massage. Breasts are more than sexual objects of pleasure for men or a nutritional source of food for babies. They are beautiful, sacred and precious. We need to protect them, love them and cherish them. We need to learn how to take care of them.

So what can you do to educate and protect yourself? In this book, I present to you 21 secrets that you can put into action, today, to increase your breast health. What is so amazing is that many of these are simple, and the majority of them are free or very affordable. Yes, they will require a few changes in your life, but staring breast cancer in the face would require a major change, as any woman or man with breast cancer will attest to.

I want to see you with happy, healthy breasts, so you never have to hear the two words "breast" and "cancer" together in one sentence. I believe that is totally possible. These 21 secrets are a fabulous place to start.

## Secret #2:

# Wear Your Bra As Little As Possible

Have you ever thought about how much time your breasts spend in a bra? I never did until I read the book *Dressed to Kill: The Link Between Breast Cancer and Bras*, over two years ago. That was when I liberated my breasts and I now rarely wear a bra. I have never had such happy, healthy breasts as I do now that they know freedom.

What made me go from a woman with a bra to match every outfit to the camisole queen I am today? I learned some facts that made me stop and think very seriously about my breast health. Then I proved to myself how uncomfortable bras really are by wearing my bra as little as possible over the last 24 months. We've simply grown accustomed to the discomfort of wearing a bra and have conformed to a cultural standard. However, you may be surprised at the statistics. In a study completed by two medical anthropologists, Sydney Ross Singer and Soma Grismaijer, it was discovered:

- 3 out of 4 women who wore their bras 24 hours per day developed breast cancer.
- 1 out of 7 women who wore bras more than 12 hours per day but not to bed developed breast cancer.
- 1 out of 152 women who wore their bras less than 12 hours per day got breast cancer.
- 1 out of 168 women who rarely or never wore bras got breast cancer.

Women who wear their bra 24 hours a day have a 125-fold (12,500%) higher percentage of getting cancer than women who do not wear a bra at all. There is a six-fold (600%) greater incidence of breast cancer among women who wear a bra all day and to bed than among the general population.

Why are bras potentially not good for you? How many times have you taken off your bra and noticed red marks or indentations either on your shoulders, under your breasts or on your back? You have been trained to believe that this is just the price you pay for being a woman and having to wear a bra. Nobody has ever told you those marks are indicative of something going awry; but in fact, it is your body's way of communicating with you.



Most people are aware of the immune system—the system that keeps us healthy and strong, fights disease and protects us from all sorts of enemies, both externally and internally. The lymphatic system is an important part of that immune system. Lymph fluid flows through your body, cleansing your tissues of toxins. If you have ever taken off a pair of tight-fitting knee highs or shoes, and your feet or legs are swollen, that is a result of a backup of this lymph fluid.

When a toxin enters your body, it gets flushed away by the lymphatic system. But if the lymphatic system is impaired or restricted from entering certain parts of your body, then the toxins enter, but the cleaners can't get in to clean. Imagine a teenager's messy room as a visual. The garbage keeps on coming in but the cleaners are barred from entering. Pretty soon it's a pig sty.

Toxins are entering your body daily in minute amounts. Today, you can't breathe without taking in toxins. The body in its infinite wisdom, deliberately stores toxins in fat cells for safekeeping. However, when

too much builds up in one area, cancer or other serious diseases can develop. In women, one of the largest areas of fat is found in breast tissue—this is why breast cancer is so prevalent.

Are you starting to see the problem? Our breasts are full of toxins but the toxins aren't able to get out because the lymphatic system is restricted...by our bras. The toxins then pool, trapped in the cage called a bra, which most women wear every day.

Interestingly, in Korea, they have noticed a massive upswing recently in breast cancer in women. A documentary linked the possible increase to more Korean women wearing Western style clothing, including bras. What was also fascinating in this study was that upwards of 80% of women are wearing their bras 24 hours a day. What has seemed like “the thing to do,” as countries mimic a western lifestyle, is proving to be unhealthy.

Dr. Elizabeth R. Vaughan of North Carolina in the U.S. is a strong proponent of going bra-free and has been preaching this message to her patients for over 25 years. She says, “Breasts are loaded with lymphatic tissue. The lymphatic system doesn't have a “pump” like the heart. Movement and massage help move toxins along our lymphatic system. Anything that slows down the clearing of these toxins will increase an individual's risk of developing symptoms and/or disease. Bras, which restrict movement of the breasts, appear to increase congestion in the breasts and slow down clearance of toxins from the breasts, which will increase the rate that women develop breast diseases. Why? Because the toxins remain concentrated in otherwise healthy tissue for much longer.”

Bottom line: Breasts need to jiggle. Going braless does not make breasts sag. It actually strengthens the ligaments you have to support your breasts. They've just gotten lazy—similar to what would happen if you put your arm in a sling and never used it.

I get on my rebounder that sits beside my desk several times a day and bounce for a few minutes to get my lymphatic system revved up. I can feel my energy increase and I can go from feeling tired or sluggish to energized in minutes. By going braless, your breasts can

begin to experience some of that healthy up and down movement, critical to breast health.

You can cut down on your bra usage by removing it when you are at home and not wearing it at night. When you do wear a bra, ensure that it's not leaving red marks on your shoulders, as this is an indication that your lymphatic system is being compromised. Statistically, most women wear the wrong size of bra; so if you're going to wear a bra, then get it properly fitted so it's as healthy as it can be for your breasts. And it is highly recommended by doctors, such as Dr. Christine Northrup, that women don't wear underwire bras.

This is a shift for most women, as we have been taught that we need to cover up our breasts, and there is something wrong or bad if our nipples show. We need to get over that for the sake of our health. Breasts are literally screaming for help, as they are desperately trying to fight off the toxins while having all exit ways blocked. Many breasts are losing the battle and succumbing to diseases such as cancer.

So let your breasts experience freedom as much as possible. They will thank you for it!



### *Remember...*

- ◆ Take off your bra as much as possible when you don't need to wear it (i.e. at home and definitely at night).
- ◆ Get a properly fitted bra that doesn't leave red marks!

## Secret #6:

# Sleep in the Dark

Sleep is one of the most challenging things today. Over 40% of the population has interrupted sleep at night. If you have tossed and turned all night, woken up in the middle of the night and not been able to go back to sleep, or have experienced long-term insomnia, you know how important sleep is. However, it's even more important than you may have realized when it comes to your breast health.

At night your body produces a hormone called melatonin. Secreted by the pineal gland in the brain, it is mostly dormant during the day. It then gets switched on at about 9 p.m. and shuts down around 9 a.m. The peak hours of operation are between 2 and 4 in the morning. Melatonin makes you feel sleepy, less alert and is what keeps you asleep.

Melatonin is called the “dark” hormone and is only made after your body has been exposed to very bright light in the day and then complete darkness at night. You can see why getting a dose of sunshine in the day can help you sleep better at night. But there's an important caveat to the production of melatonin.

It needs to be dark when you sleep. That means no street lights shining into your bedroom, no night lights, bright alarm clocks and no lights shining off of electronic equipment such as TVs, or DVDs. Total darkness is needed to produce optimal levels of melatonin.

If sleeping in a dark room is impossible because of traveling or a partner who needs a nightlight for night trips to the bathroom, then

you can use a mask to cover your eyes. This will take a few nights to get used to but is very effective at creating a dark atmosphere.

If you get up to go to the bathroom at night and turn on the light, your melatonin production stops for the entire night. It doesn't restart once you turn off the light. This interruption has been clearly shown to dramatically increase your risk of most cancers, but especially breast and prostate cancers.

Melatonin also helps control the timing and release of female reproductive hormones, including estrogen. It helps determine when a woman starts to menstruate, the frequency and duration of menstrual cycles, and when a woman stops menstruating (menopause). It is because of this strong link to your hormones, including estrogen, that it is an important element to you having healthy breasts.

Several studies have suggested that melatonin levels may be associated with breast cancer risk. For example, women with breast cancer tend to have lower levels of melatonin than those without the disease. Laboratory experiments have found that low levels of melatonin stimulate the growth of certain types of breast cancer cells, while adding melatonin to these cells slows their growth.

David E. Blask, MD, PhD and an expert in melatonin and cancer, reported that melatonin puts breast cancer cells to sleep, and it also slows breast cancer growth by 70%. When lab mice with human breast cancers were exposed to constant light: **tumor growth skyrocketed**. Eva S. Schernhammer and her Harvard colleague Susan E. Hankinson found that women who happen to have above-average melatonin concentrations are relatively unlikely to develop breast cancer. "Those with higher levels seem to have lower breast cancer risk," said Schernhammer.

It has also been found that totally blind women had a 36% lower risk of breast cancer compared with sighted women. Women who became blind relatively early in life (before age 65) appeared to be especially protected against breast cancer, with incidence rates 49% below those of sighted women.

Only total blindness—not visual impairment—seems to protect against breast cancer. According to the study, this supports the theory that increased nighttime exposure to artificial light reduces melatonin levels, altering estrogen secretion rates and upping risks for breast cancer.

The increased risk of breast cancer seen in flight attendants and shift or night workers may be due to disruption of sleep-wake cycles and a consequent reduction in melatonin production.

There are factors that will decrease or stop melatonin production and these are important to avoid if you are having a difficult time sleeping and staying asleep.

- Caffeine
- Tobacco
- Alcohol (may get you to sleep but wakes you up in the night)
- Chocolate (especially dark)
- Aspirin, Tylenol
- Most anti-depressants like Prozac and sleep medications (all promote shallow, not deep sleep)
- Being close to electrical appliances (within 3 feet) especially electric blankets

***What does all of this mean for you and your breasts?***

1. Take getting enough sleep seriously – 7 to 9 hours every night.
2. Sleep in the dark so you have optimum melatonin production.
3. Be exposed to bright light every day, either naturally or through appropriate artificial lighting sources.
4. Avoid the enemies of melatonin as much as possible in your diet.

5. If you're not sleeping well, consider a melatonin supplement after checking in with your health care practitioner.

I find that if I am tossing and turning at night, a melatonin supplement will ensure a good night's sleep so that is always an option and a very affordable one.

Now that you understand the importance of melatonin in your body, commit to a good night's sleep....in the dark. Your whole body will thank you for this one!



## Secret #14:

# Choose Thermography

If every woman could have a wish list when it came to her breast health, surely it would include knowing about any potential problems long before they became serious. It would include pain-free, risk-free detection, and the time, ability and knowledge to eliminate the problem under the guidance of a knowledgeable and supportive medical team.

You may be surprised that something, which fits the bill precisely, does exist and has for some time. It's called thermography. Dr. Len Saputo describes thermography in his report, "Beyond Mammography" this way: "Thermography measures differences in infrared heat emission from normal breast tissue, benign breast abnormalities—such as fibrocystic disease, cysts, infections and benign tumors—and from breast cancers. Modern infrared scanners (cameras) have a thermal sensitivity of 0.05 degrees Centigrade. When the breast is cooled with small fans in a room kept at 68 degrees Fahrenheit, blood vessels of normal tissue respond by constricting to conserve heat while tumor tissue remains hot. Thus, tumors emit more heat than their surrounding tissues and are usually easily detected by heat-sensing infrared scanners."

As cancer cells develop (before a mass or tumor forms), they release chemicals into the surrounding area to stimulate more blood flow. The cancer cells will build a network of blood flow to the areas it plans to call home.

These chemicals help to:

- Keep existing blood vessels wide open,
- Wake up “sleeping” blood vessels, and
- Create new blood vessel growth.

The increased blood flow will increase the heat in these areas. As thermography detects the hot spots in your breasts created by this blood flow, you and your doctor will receive the earliest clues possible as to what is happening in your breasts.

A mammogram can only tell you what is already present in your breast in the form of a lump. A clinical breast exam, or one you do on your own, can only find what has already created a tumor. Thermography is different because it can assess a woman’s risk of developing a tumor up to 10 years BEFORE it actually happens. It is also the only non-invasive test that can assess your hormonal status.

Dr. Ben Johnson, author of *The Secret of Health – Breast Wisdom*, says about this important factor: “As one of the greatest risk factors for the development of breast cancer is total lifetime exposure to estrogen, normalizing the balance of the hormones in the breast may be the first and most significant step in prevention. Breast thermography is the only known non-invasive procedure that can detect estrogen dominance in the breasts.”

Thermography detects temperature differences that can occur when cancers have grown to 200-300 cells in size, while mammography detects cancers only once they reach a size of 500 million cells. The difference between finding something 200-300 cells in size compared with 500,000,000 is huge!

Research has shown thermography to be 97% sensitive in finding abnormalities in breast tissue, including the earliest stages of breast cancer. In contrast, mammography is reported to miss 50% of tumors in dense breast tissue, 30% of tumors in fibrocystic breasts, and 10-15% of tumors in fatty (normal) breasts.

A thermogram is an early warning system that will let you know you are on the wrong road, if you want to have healthy breasts, 5, 10, 20

years down the path. As breast cancer can take 15 years to develop, this kind of lead-time to see potential problems could save many lives. Thermography gives you time to look at factors that may be contributing to the problems, such as hormonal challenges, a lifestyle or diet that needs some improving or a major tune-up of your critically important immune system.

Currently, there are thermographers in the U.S. who are having their patients use Dr. Spencer's Breast Cream, which has been effective in eliminating many of the potential problems in their breasts. After only 90 days of using the cream, subsequent thermograms are showing either remarkable improvement or a complete clearing of issues. Needless to say, this could be a huge bonus to women using Dr. Spencer's Breast Cream on a regular basis as part of their daily breast health program.

Unlike mammography, thermography can also distinguish between fibrocystic breasts and cancerous tumors. It can examine breasts with implants, which cannot be adequately screened with routine mammography because the compression could damage the implant and because the implant can actually block the view of deeper parts of the breast. It is effective for breasts of all sizes, whereas mammography can be inaccurate for women with very small or very large breasts. It's also not affected by denser breast tissues, which is a problem with mammography.

It is non-invasive, pain-free and there is no radiation, but has it been proven? If you listen to strong advocates of mammography, especially those with a vested interest in it, you would think thermography was the latest "kid on the block" with no proven track record. That's just not so.

More than 800 research papers have been published on the subject of breast thermography, and a research databank on more than 300,000 women, who have been tested with infrared breast imaging, now exists. The FDA has approved it as a breast cancer risk assessment tool since 1982. Mammography wasn't approved until 1989.

Women who have been given a clean bill of health with a mammogram have used thermography to verify their own intuition that the doctor's statement that "everything is fine" just wasn't true, or to clarify results that were ambiguous. This is precisely what happened with Carol Conti, mentioned in the last chapter. Although Carol's mammogram showed nothing abnormal and she was assured that her breasts were healthy, her own breast self-exam, confirmed by a thermogram, proved otherwise. Carol is now a leading thermographer in the state of Arizona and is working hard to "undo the damage" she feels she contributed to by advocating mammography for decades.

Thermography does an excellent job of providing an early, accurate picture of your breast, and women as young as 25 are encouraged to get their baseline thermogram and then monitor their breast health regularly. These images are unique to each woman and remain stable over time, which is why changes are much easier to see over a woman's lifetime. Men can have thermograms, too, and thermography is ideal for the entire body.

Are you convinced that thermography is a powerful tool for early detection of breast cancer and should be made available free of cost to every woman? So why isn't it?

Dr. Sherri Tenpenny says: "Thermography's only error is that it is 'too early.' The tools to address a positive thermogram include diet, exercise, iodine, and other nutraceuticals that conventional doctors know little, if anything, about. It is in this capacity that the paradigm must shift."

Does Dr. Tenpenny really mean thermography is too early? It's not too early for the woman who now has up to a decade of time to deal with the breast issues before they become a problem, who can have non-invasive, risk-free testing done and get an accurate picture of her breast health. To her, this is a dream come true!

# A Salute to Healthy Breasts!

**H**ave you learned a few things about your breast health? I hope that you got at least one or two “AHA moments.” I encourage you to use this book as a constant reference to regain and maintain breast health.

There’s just one tiny little thing I haven’t yet shared with you. It has been scientifically proven that a vitamin supplement that stays on the shelf does not improve health, as my nutritionist friend Brenda Eastwood reminds her audiences. So too, reading this book without putting any of the 21 secrets into action will do nothing for you either.

Small steps can add up to amazing results over time. So just start with one small implementation and add one little thing each week.

We can make a huge impact simply by starting to take action. The healing of this planet is only going to happen with every one of us doing our part.

Breasts symbolize everything feminine, sacred and nurturing in the world. I believe that by committing to total breast health for every woman, man and child, everything will change, because it would have to.

Physically, we would feel thousands of times better, but our emotional and mental health would also dramatically improve. Our spiritual lives would soar and our financial freedom would be unparalleled. Is that all possible through optimum breast health for every woman, man and child? I believe yes. But we will need to take action.

The time has come to raise our voices and bring about urgently needed changes to protect ourselves (and our children) from the toxic,

chemical-laden, hormone-ridden society we have come to accept as normal.

In 1978, Israel experienced a public outcry and was threatened with legal action resulting in the banning of many toxic chemicals such as DDT and PCB's that were directly linked in a 1976 study with breast cancer in women. Once Israel banned these chemicals, they began noting a significant decrease in the level of toxic chemicals found in human breast milk. Over the next 10 years, the rate of breast cancer deaths dropped sharply, with a 30 percent drop in mortality for women under 44 years old, and an 8 percent overall decline.

Stories like this excite me, as well as confirm for me that we can do something. Already so many amazing women and men are doing incredible things to make this world a better, safer place for our breasts and our children's breasts.

Know that you, too, can make a difference. First of all, start by applying one thing you learned in *Breast Health Exposed* to better your breast health. Whether it be eliminating a toxic substance from your daily regime, drinking more water, throwing out the soda pop or taking off your bra when you get home from work, you can have happier, healthier breasts starting today.

Secondly, you can give this book to other women and men that you know and care about. Think of five people you know and love today that you want to have this vital information. Gift it for birthdays and Christmas to women you love.

Thirdly, let people know about [www.breasthealthrevolution.com](http://www.breasthealthrevolution.com), a website where you can take breast health back into your own hands and receive the education so desperately needed.

If someone gifted or loaned you this book, let them know how much you appreciated the vital information. Share your "AHA moments" with them. Tell them you are glad they cared enough to take action.

Together we can make a massive difference. Together we can have healthy breasts for every man, woman and child!

To Your Ultimate Breast Health,

A handwritten signature in cursive script that reads "Jan".

# Healthy Breasts Don't Get Cancer!

***Every 12 minutes, a woman dies of breast cancer, so why does Jan Janzen say every woman can have healthy breasts?***

*Breast Health Exposed* is a “must read” for women. Written in everyday language, it takes medically proven secrets many doctors don't even know about your breasts, and shares them in an enlightening and provocative way. You will wonder why you haven't been told these secrets before.

“Being diagnosed with breast cancer is an experience that is fraught with fear and unknowing. To have someone shining the light, providing little-known information about how **every woman can avoid breast cancer** is a God-send! From someone who's been there, “prevention” is the only answer. Read this information and be informed; the choice and the power is yours.”  
- Reverend Wendy Yacoboski

“This book brings to light **simple tools any woman can easily access to improve their overall breast health**. Informative, clear, easy to read and most of all, inspiring!”  
- Dr. Alexina Mehta, ND

“After 30 years of medical practice, I know that medicine cannot do it all. Women are their own powerful resource for health and healing. In her thoroughly researched book, Jan Janzen guides women in the first steps to tap into these little known resources. **A gem of a book that is sure to make a big impact!**”  
- Dr. Nelia Johnson, MD

“Jan has done a fabulous job of summarizing 21 crucial factors for breast health. Most books talk about one or two of these issues; Jan has created a great resource for women to learn about breast health. **If all women knew about these issues and began practicing them, the rates of breast cancer would decrease dramatically.**”  
- Daya Fisch, Founder Breast Health Project

“This book is a must read for anyone concerned about keeping their family healthy and cancer free. I have been a mammographer for nearly four decades and I have grown increasingly alarmed at the rising incidence of breast cancer. **Jan Janzen has given us the reasons, and thereby the tools, for the prevention of breast cancer** and I believe, all cancers.”  
- Carol Conti, RT, CTT Northern Arizona Thermal Imaging

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