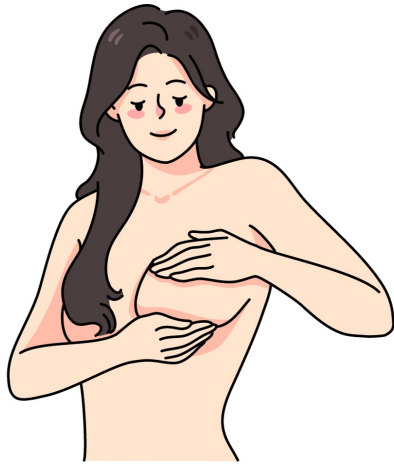


Beyond Self-Examination

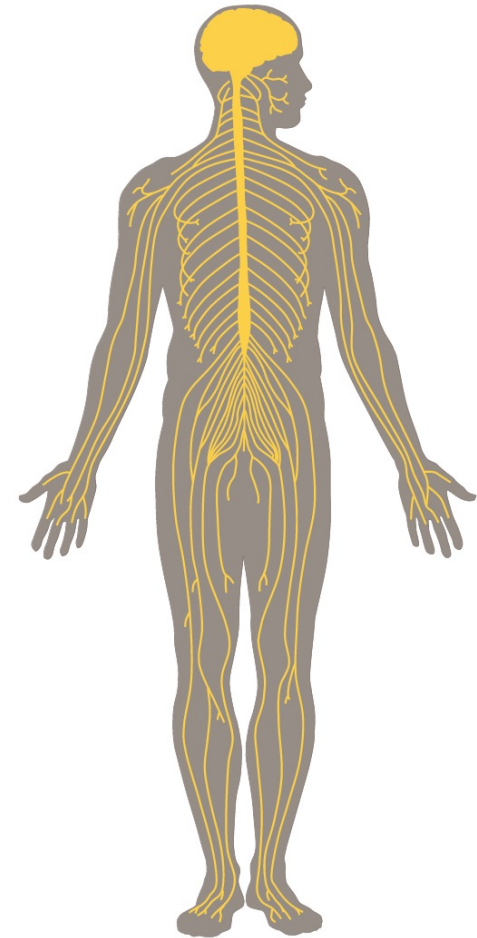
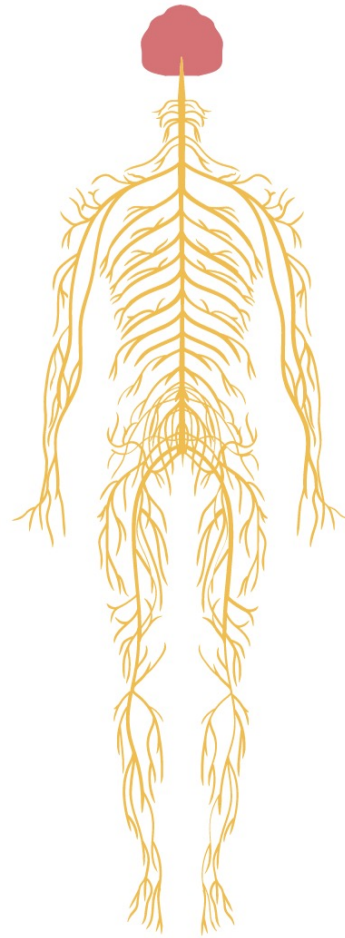


Natural Breast Health
Jillian VanNostrand, RN

What is Breast
Health Care?



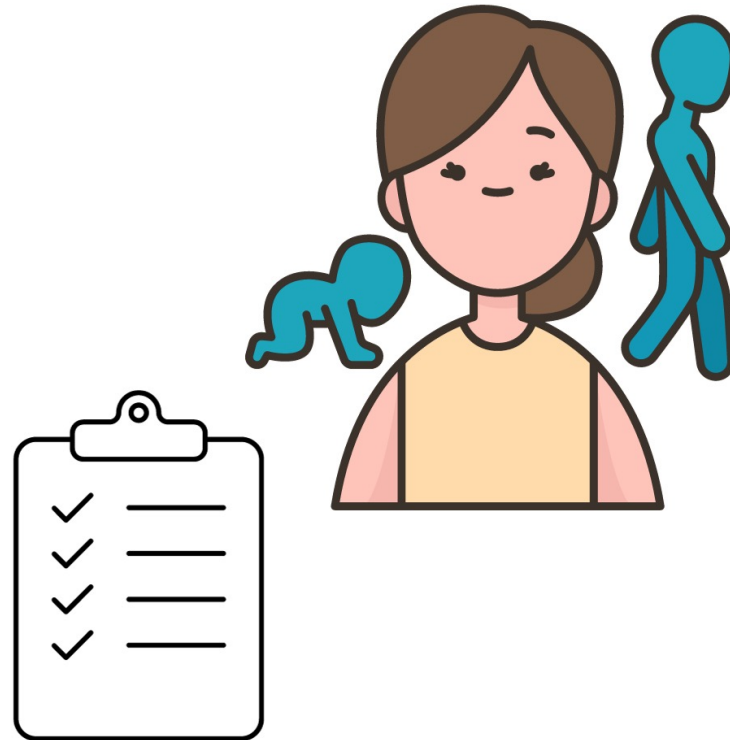
Autonomic Nervous System



The ANS and Breast Health



The History of
YOU!



5 Stressors

5 STRESSORS

- 1.) Major Food Allergy**
- 2.) Immune Challenge**
Bacterial
Viral
Yeast / Fungal
Parasitic
- 3.) Heavy Metal Toxicity**
- 4.) Chemical Toxicity**
- 5.) Scars**

The background features a series of concentric, curved lines in shades of gray, some solid and some dashed, creating a sense of depth and movement. In the center, there is a large orange speech bubble with a white outline and a small triangular tail pointing downwards. The text "The Dental Connection" is written in white, sans-serif font inside the speech bubble.

The Dental Connection

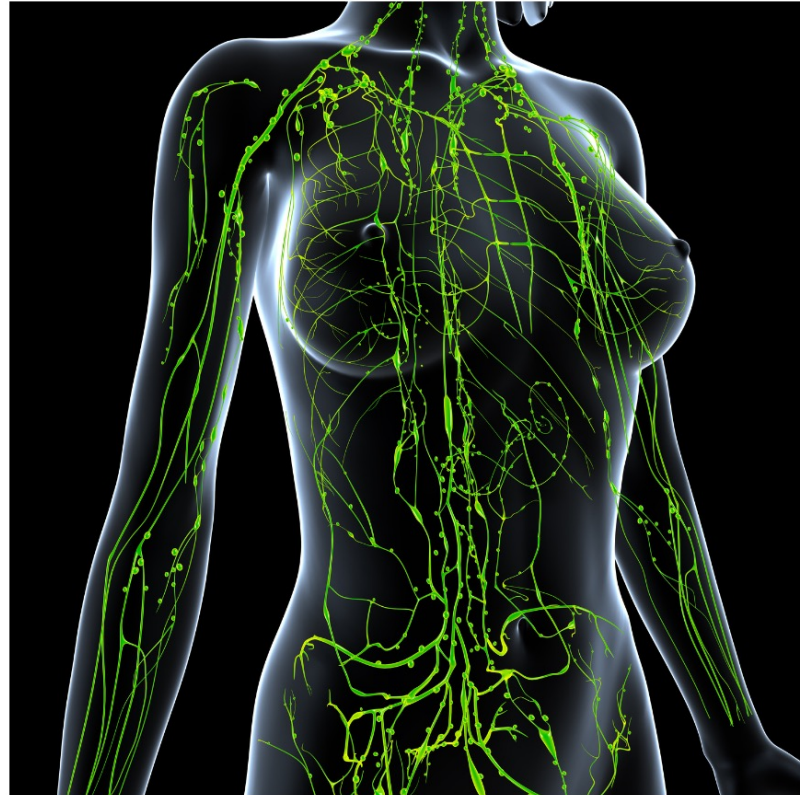
Dental Health and Breast Health



The background features a series of concentric, curved lines in shades of gray, some solid and some dashed, creating a sense of depth and movement. In the center, there is a prominent orange callout box with a white border and a small triangular pointer at the bottom. The text 'The Lymphatic Connection' is centered within this box in a white, sans-serif font.

The Lymphatic Connection

Lymph Health
and Breast
Health



The background features several sets of concentric, curved lines in light gray, some solid and some dashed, creating a sense of depth and movement. In the center, there is a large orange callout box with a white border and a small triangular pointer at the bottom. The text is centered within this box.

What Can YOU Do?

Beyond Your Monthly Self-Examination

European Thermography Analysis



A Unique Tool



Thermography Testing



European Thermography Results

AlfaVue Regulation Thermometry Report



I. PATIENT INFORMATION

Patient Name: Jessica Frank **Report #:** R-000070665v2.0
Practitioner: Dr. Joann Monteiro **Algorithm Version:** 1
Screening Date: 13 Sep 2023 9:25 AM **Report Generation Date:** 13 Sep 2023 1:26 PM **Patient Date of Birth:** 16 Nov 1973
Chief Complaints and Objective Findings: anxiety, generalized

II. SIGNATURE RECOGNITION RESULTS

Over the last 40 years of international use by over 2000 clinics, patterns have been correlated with conventional laboratory and pathology results. Regulation Thermometry cannot replace diagnostic methods but can be a comprehensive enhancement to understanding the origins and contributing factors in chronic disease. In the first statements, the word 'disorder' means that in healthy patients a stress to the body includes a subsequent adjustment and return to the healthy state. If the reaction is one of disorder, there are possibly influences originating from disturbed systems that do not permit a normal recovery from the stress applied. A statement of health is "The disorder decreased", however, there may still be other factors that are in a different assessment category that may reflect disorders or factors of disease.

REGIONS	SIGNATURES
General identifier patterns (By Region)	There is a MINIMAL level of apparent and general toxicity present. There appears to be a MINIMAL signature for heavy metal toxicity.
Head	The disorder INCREASED. There is a MINIMAL degree of viral hint signature identified. There appears a MODERATE sinus problem.
Neck	The disorder DECREASED. There is a MODERATE lymph block apparent.
Chest	The disorder DECREASED. There appears a MODERATE sternum block, -see chest and breast sections. There is a MINIMAL indication for further investigation and analysis of heart muscle integrity and function. There appears to be a SEVERE chest block (bronchi, lung, esophagus) indication.
Upper Abdomen	There is a possible Pancreas toxicity.
Lower Abdomen	There appears a SEVERE general dysbiosis (mycosis, bacterial imbalance) indication.
Lower Abdomen - Pelvis	The region appears to be open and clear (ideal) .
Kidney/Back	The disorder DECREASED. The region appears to be open and clear (ideal) .
Cubital Fossae	The disorder DECREASED. There appears identified a problem residing on the left side of the body. Investigate further.
Dental	There appears to be a MINIMAL indication of dental toxicity in the Left Lower Jaw quadrant(s).
Breast	The disorder DECREASED in Left Breast. The disorder remained high in Right Breast. There appears 4 blocked spot(s) in the right breast. This may be benign. There appears a MINIMAL side-to-side difference (R-L).

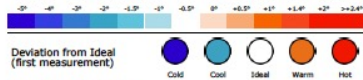
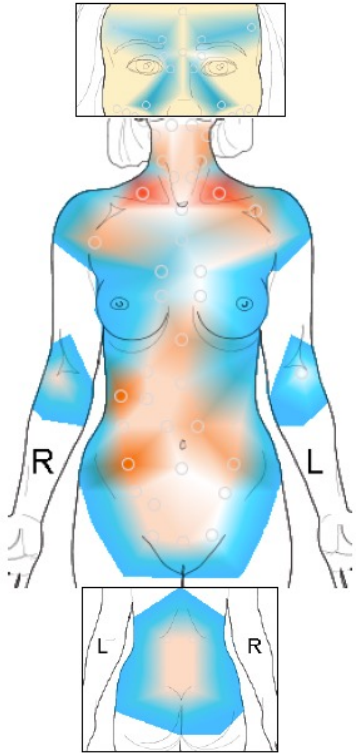
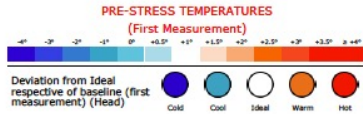
III. PRIORITIES FOR TREATMENT

By placing disorder highest priority, blocked regulation second, and proximal radical differences (within the same region) third, priority for treatment can be established with providing the best strategies and patient benefits. Any therapies recommended are intended as general guidance for the physician and do not in any way represent qualified therapeutic decisions that may substitute for more appropriate directions of care determined by the treating physician or practitioner.

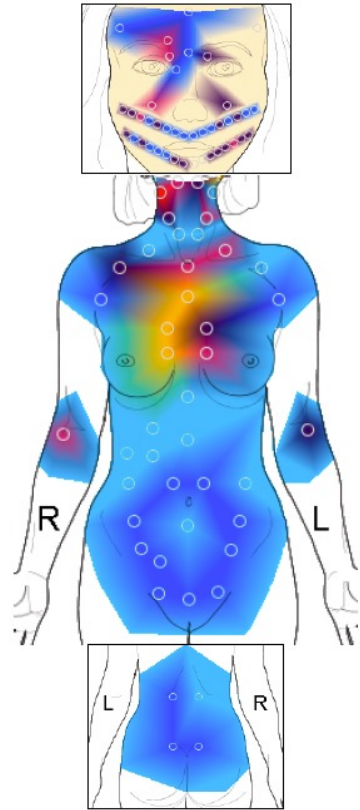
#	PRIORITIES	RECOMMENDATIONS FOR CONSIDERATION
1	Dysbiosis (Microbial Imbalance)	Stool analysis for yeast, bacterial, parasitic infection; Alkalinization, antifungals, probiotics, dietary restriction of carbohydrates.
2	Side difference - Left	Investigate problems e.g. teeth, tonsil, sinus, organ on applicable side.
3	Lung/Bronchi Suspicion	Evaluate by exam and consider further chest evaluation (X-Ray, Auscultation). Consider adrenal and kidney function contributions, viral or fungal contributions.
4	Lymph System Blockade	Palpation of lymph (neck, chest, axillae, inguinal) with cbc and possible throat culture, viral panel. Supplement with lymph meds such as Astragalus, thymus, phytolacca, etc. Also recommend to probiotic therapy.
5	Sinus Block/Inflammation/Dysfunction	Consider ENT referral as well as preliminary local examination of tissue; Consider acid/base regulation, allergy and dysbiosis remedies, bioflavonoids, probiotics.
6	Heavy Metal Signature	Consider chronic toxic metal or environmental chemical exposures such as mercury poisoning (long term); If tests are positive, consider chelation therapy, dietary restriction, Urinary challenge or hair element testing.

IV. GENERALIZED OVERVIEW OF SUSPICIOUS REGIONS

Indications for point behaviors (normal, hypo, hyper, blocked, paradox) are not referring to disease or other health states: They are descriptions of particular points or regional behavior in relation to the stress-response only.



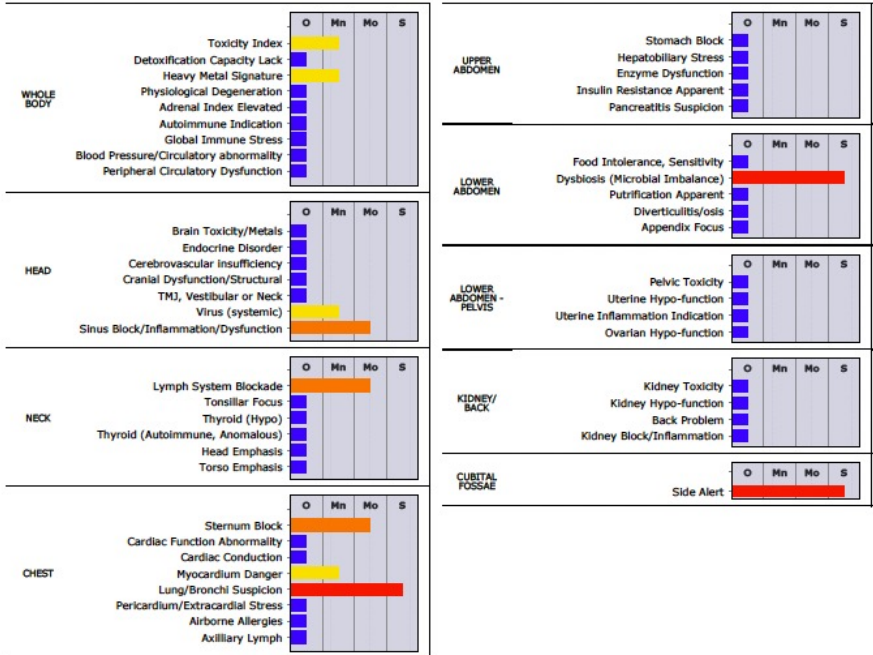
Initial cold points/regions:
Initial warm points/regions: Co3, IJ3, L5, Co4, L6, L8, T2, mP2, mP1, Kid2



Blocked: CF4, L2, L3, Ic2, L7
Paradox: Ste, Ic1, Ic3, CF2, CF1

V. SEVERITY EVALUATIONS PER SIGNATURE PATTERN ACC. TO REGION

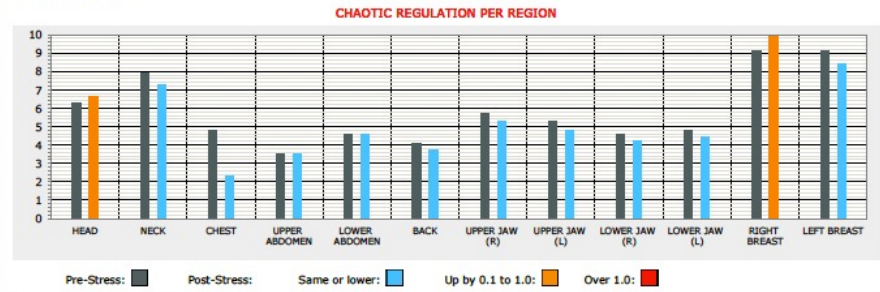
Optimal(O): MINIMAL(Mn): MODERATE(Mo): SEVERE(S):



VI. CHAOTIC REGULATION

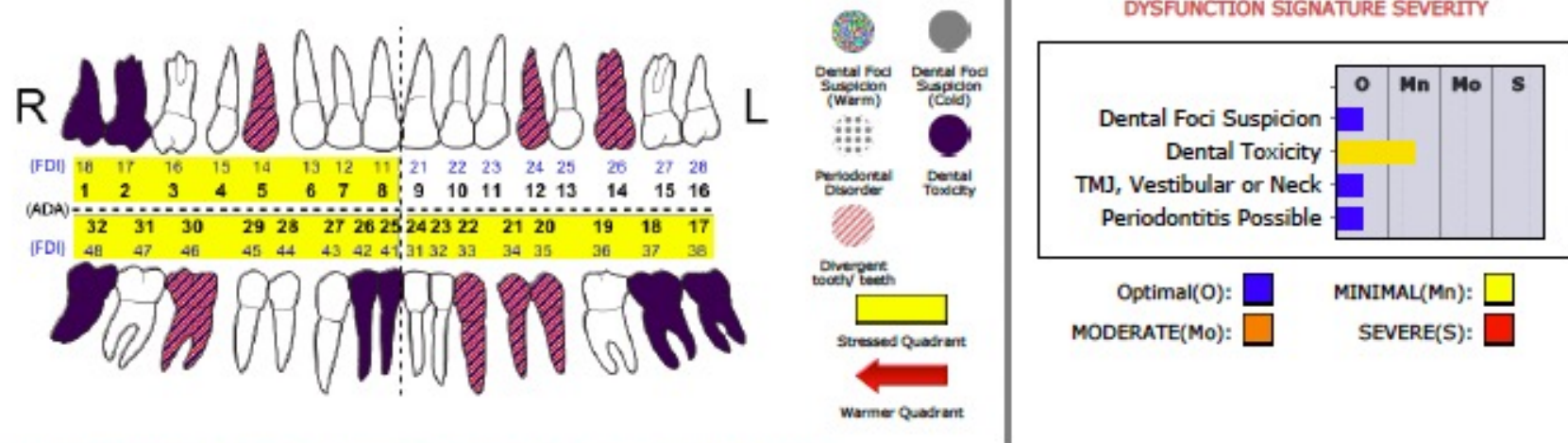
To the extent by which the body tissues and viscera convey a response that is appropriate to achieve an eventual recovery from stress, any chaotic response will be minimized.

We can see this by the second measurement in relation to the first, with indications of initial deviations indicating initial dysfunctions. If Chaotic regulation increases, the tendency for a future pathology to occur locally increases. This is influential of the "Neoplastic Conditions" as is validated by conventions and accepted guidelines.



VII. DENTAL EVALUATION WITH CORRELATIONS TO ORGANS AND RELATED SYSTEMS

Blocked teeth indicate possible origins of disturbance fields affecting various organ systems. The teeth listed below are a) blocked and b) located in quadrants of maximum dysfunction. They may be cause to consider their relationship to organs and tissues involved in the case. Any tooth identified is meant to represent the mini-region one tooth on either side of the tooth identified and is not always referring to the exact location of the tooth identified.



IDENTIFICATION FOR FOCAL CONNECTIONS TOOTH-TO-ORGAN/MERIDIAN EVIDENCE

Tooth Number	Organ Correspondence	Meridian Connects to
tooth 5	Lung, Large Intestine	Right: Shoulder, Elbow, Hand (radial), Foot, Big Toe. Sinus: Paranasal and Ethmoid. Bronchi. Nose. Right Lung. Right side of Large Intestine.
tooth 12	Lung, Large Intestine	Left: Shoulder, Elbow, Hand (radial), Foot, Big Toe. Sinus: Paranasal and Ethmoid. Bronchi. Nose. Left Lung, Left Side of Large Intestine.
tooth 14	Stomach, Spleen	Left: TMJ, Anterior Hip/Knee, Medial Ankle. Sinus: Maxillary. Oropharynx. Larynx. Esophagus. Left Side of Stomach. Thyroid.
tooth 20	Spleen, Stomach	Left: TMJ, Anterior Hip/Knee, Medial Ankle. Sinus: Maxillary. Oropharynx. Larynx. Esophagus. Left Side of Stomach.
tooth 21	Spleen, Stomach	Left: TMJ, Anterior Hip/Knee, Medial Ankle. Sinus: Maxillary. Oropharynx. Larynx. Esophagus. Left Side of Stomach. Ovaries. Left Breast.
tooth 22	Liver, Gallbladder	Left: Posterior Knee, Hip, Lateral Ankle. Sinus: Sphenoid. Palatine Tonsil. Eye. Ovaries. Left Liver. Biliary Ducts.
tooth 30	Lung, Large Intestine	Right: Shoulder, Elbow, Hand (radial). Sinus: Paranasal and Ethmoid. Bronchi. Nose. Right lung. Right side of Large Intestine.

DENTAL CORRESPONDENCE REFERENCE CHART WITH ANATOMIC, PHYSIOLOGIC AND ALFASIGHT CORRELATIONS



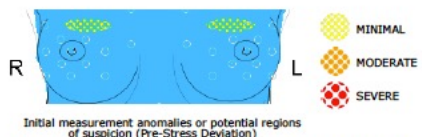
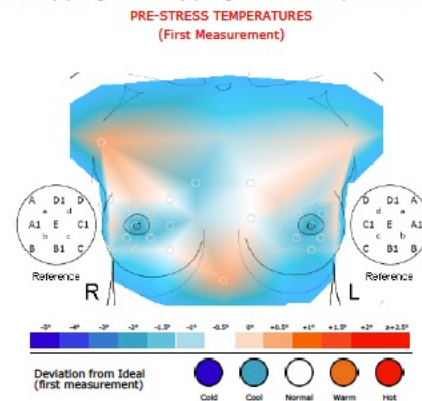
Sense Organs	Inner Ear, Tongue/Taste	Sinus, Oro-ph, Pharynx, Tongue	Sinus, Oro-ph, Pharynx, Tongue	Ethmoid sinus, Nose	Eye, ethmoid, Nose	Eye (posterior), sphenoid sinus	Frontal Sinus, Nose	Frontal Sinus, Nose	Frontal Sinus, Nose	Frontal Sinus, Nose	Eye (posterior)	Nose, Eye, Ethmoid	Nose, Ethmoid	Sinus, Oro-ph, Pharynx, Tongue	Sinus, Oro-ph, Pharynx, Tongue	Internal Ear, Tongue/Taste
Endocrine	Ant. Pituitary, CNS, Psyche, RFs	Parathyroid, Adrenal, Pituitary	Thyroid, Adrenal	Thymus, Thyroid	Post. Pituitary, Thyroid	Int. Pituitary, Thyroid	Pineal gland	Pineal gland	Pineal gland	Pineal gland	Int. Pituitary, Hypothalamus	Posterior Pituitary, Thyroid	Thymus, Thyroid	Thyroid, Thymus	Parathyroid, Adrenal, Pituitary	Anterior Pituitary
Organs	Heart (right), Ileum, Duodenum, adrenal.	Pancreas / Stomach	Pancreas / Stomach	Lung / Colon	Lung / Colon	Liver, Gall bladder, Heart	Kidney, Blad., Urogenit., Rect	Kidney, Blad., Urogenital, Rect.	Kidney, Blad., Urogenital, Rect.	Kidney, Bladder, Rect.	Liver, Heart, Biliary Ducts	Lung, Large Intestine	Lung, Large Intestine	Liver, Kidney, Spleen, stomach	Spleen, Stomach, Blad.	Heart, Duodenum, Jejunum, Ileum
Other Relationships	CNS, autonomic NS, seizures, vitality disorder, headaches, edema, eczema, tinnitus, Periph. nerves.	Breast Periarthritis, bladder, osmotic, sleep disturbance, thermal dysregulation	Breast Nephrolithiasis hepatogenic cephalgia, rhythmicity, hypothalamus, veins.	OB meridians, duodenum, arterial venous diast/const., rhythmicity, motility/trans. colon.	Eye diseases, schizophrenia, cell respiration, fermentation, enzymics, dyspepsia, dysbiosis.	Eye diseases, prothrombin, angina, blood viscosity, fermentation, depression, instability	Lymph system, blood regulation, hemostasis, sexual organs, defensive mechanisms	Mental dynamics, vitality, hormonal capacity, sterility, fear, sadness, anger.	Mental dynamics, vitality, hormonal capacity, sterility, fear, sadness, anger.	Lymph system, blood regulation, hemostasis, sexual organs, defensive mechanisms	Eye diseases, angina, blood viscosity, locks concentration, anger, depression, sadness, irritability	Eye diseases, vegetative dystonia, schizophrenia, enzymics, stomach atony, colon.	Liver/gall, migraine, psoriasis/psuedo al stenosis, motility, peristalsis.	Breast Nephrolithiasis headaches (hepatogenic), thermal excretion, rheumatism	Breast Periarthritis, constability, edema, thermal desreg., sleep disturb.	CNS, autonomic NS, seizures, vitality disorders, spinal tumors, headaches, eczema, tinnitus, scatica, limbic
Meridian(s)	SMALL INTESTINE	STOMACH	STOMACH	LARGE INTESTINE	LARGE INTESTINE	GB / LIVER	BLADDER	BLADDER	BLADDER	BLADDER	GB / LIVER	LARGE INTESTINE	LARGE INTESTINE	STOMACH	STOMACH	SMALL INTESTINE
ALFA POINT CONNECTION	M2, TOOTH 18/1	M52, ST, BREAS T, L3	M51, ST, BREAS T, L3	CO1, S, 5	CO1, S, 5	Te, U1, U3, L3	UT/PR, KD1, OV 1	UT/PR, KD1, OV 1	UT/PR, KD2, OV 2	UT/PR, KD2, OV 2	Te2, U1, U3, L3	CO2, A, 8	CO2, A, 8	M52, ST, BREAS T, L4	M52, ST, BREAS T, L4	M2, TOOTH 28/16
TOOTH NO. (INTL/US)	18/1	17/2	16/3	15/4	14/5	13/6	12/7	11/8	21/9	22/10	23/11	24/12	25/13	26/14	27/15	28/16
TOOTH NO. (INTL/US)	48/32	47/31	46/30	45/29	44/28	43/27	42/26	41/25	31/24	32/23	33/22	34/21	35/20	36/19	37/18	38/17
ALFA PT. RELAT.	TOOTH 48/32, M2	TO1, LY1, ST	LY3, ST	LY3, CO1, S, 5, PA1	LY3, CO1, S, 5, PA1	GB, LY1, 3, OV1, UT/PR	KD1, OV1, UT, LYMPH	KD1, OV1, UT, LYMPH	KD2, OV2, UT, LYMPH	KD2, OV2, UT, LYMPH	GB, LY1, 3, OV2, UT/PR	LY4, CO2, 4, 6, P A2	LY4, CO2, 4, 6, P A2	LY4, ST	TO2, LY2, ST	TOOTH 48/32, M1
Meridian(s)	SMALL INTESTINE	STOMACH	STOMACH	LARGE INTESTINE	LARGE INTESTINE	GB / LIVER	BLADDER	BLADDER	BLADDER	BLADDER	GB / LIVER	LARGE INTESTINE	LARGE INTESTINE	STOMACH	STOMACH	SMALL INTESTINE
Other Relationships	Energy metab. Periph. nerves, rheum & focal, brain, vitality disorders, eye ds., vertigo, sm. int. JP	Lumbago, abdom. Pain, back, pelvis, Sleep disturb., osmotic problems, Arteries.	Lags, sacroiliac, crystallizations, urates, rheumatism, gouty, Veins.	Breast Hip arthritis, hips, hernias, rhythmicity, motility of small and large intest. Lymph	Breast Spleen/pancreas, connective tissue respiration, fermentation, enzymics.	Thrombosis varicosities, esophagus, connective tissue blood density, thrombosis.	Mesenchyme, connective tissue, testes, lymph, aplidyemia, immune mechanisms.	Urogenital adenoma, bladder, tissue hormone metab., Mental behavior.	Urogenital, myoma, prostat. adenoma, blood disorders, hormone metab., Mental behavior.	Mesenchyme, connective tissue, testes, immune syst., lymph congest. lymphedema	Thrombosis varicosities, esophagus, connective tissue blood density, thrombosis.	Breast Periarthritis, inguin. hernias, rhythmicity, motility of small and large intestine.	Breast Periarthritis, inguin. hernias, rhythmicity, motility of small and large intestine.	Lags, sacroiliac, crystallizations, urates, rheumatism, pluitary and veins.	Lumbago, abdom. Pain, sacroiliac, pelvis and groin, Sleep disturbances, constic prob.	Energy/metabol. peripheral nerves, rheumat & focal, brain, vitality disorders, eye disease, vertigo, sm. intestine. JP
Organs	Heart, Small Intestine,	Large Intestine, Lung	Large Intestine, Lung	Stomach, Pancreas	Stomach, Pancreas	Liver, Gallbladder	Bladder, Kidney, Gonads	Bladder, Kidney	Bladder, Kidney	Bladder, Kidney	Liver, Gallbladder	Stomach, Spleen	Stomach, Spleen	Lung, Colon	Lung, Colon	Heart, Sm. Intestine, Adrenal
Fire Element	FIRE ELEMENT	METAL ELEMENT	METAL ELEMENT	EARTH ELEMENT	EARTH ELEMENT	WOOD ELEMENT	WATER ELEMENT	WATER ELEMENT	WATER ELEMENT	WATER ELEMENT	WOOD ELEMENT	EARTH ELEMENT	EARTH ELEMENT	METAL ELEMENT	METAL ELEMENT	FIRE ELEMENT
Endocrine	Pineal	Pineal	Pituitary	Thyroid	Gonads	Gonads	Adrenals	Adrenals, Epid.	Adrenals, Epid.	Adrenals	Gonads	Gonads	Thyroid	Pituitary	Pineal/Upper	Pineal
Sense Organs	int. ear, tongue	Nose	Nose	Tongue	Tongue	Anterior eye	Frontal Sinus	Frontal Sinus	Frontal Sinus	Frontal Sinus	Anterior Eye	Tongue	Tongue	Nose	Nose	Ear, Tongue /Taste

Over the last 40 years of international use by over 2,000 clinics, patterns have been correlated with conventional laboratory and pathology results.

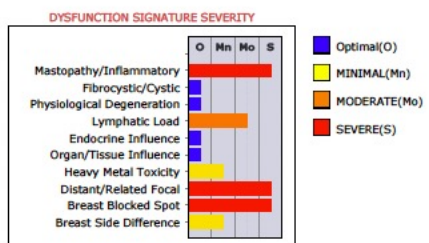
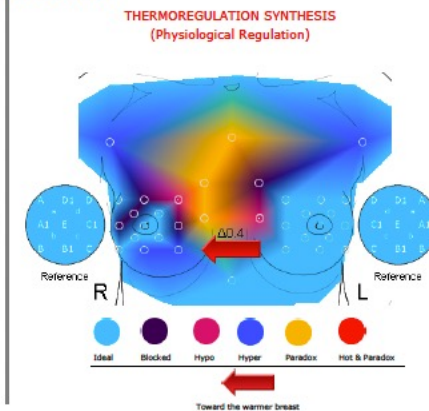
Regulation Thermometry cannot replace diagnostic methods but can be a comprehensive enhancement to understanding the origins and contributing factors in chronic disease.

VIII. BREAST ANALYSIS (BASELINE + DYNAMIC)

Initial analysis of the breast must consider first readings before cooling and then analysis of the dynamic response to the stress stimulus in order to facilitate signature analysis. Initial readings can be said to have significance if there are grouped points deviating from normal patterns. Readings taken from mastectomized or recently operated breasts lose significance in the first readings, as well as in the presence of lactation. When combined with the dynamic view incorporating both first and second measurements, a comprehensive picture can be drawn in a physiological way to perform functional assessments. This information must be combined with imaging such as mammography, ultrasound or MRI in order to create a true diagnosis, however physiological and neurophysiological factors that carry information cannot be under-valued.



There appears to be two MLD (D-r, D1-r), (D-l, D1-l) specific warm zones identified in the pre-test. Consider further investigation and reference to mammographic or other imaging methods, along with the remainder of the breast analysis. (Thermoregulation Synthesis).



REGULATION ANALYSIS

BREAST ANALYSIS SUMMARY

- This 49 year old woman was referred to Dr. Joann Monteiro. The overview appears as a/an Mastopathy/Inflammatory, Distant/Related Focal, and Breast Blocked Spot stress patient.
- There is Breast Blocked Spot and Breast R-L asymmetry apparent.
- According to the established 13 breast criteria, 6/13 were fulfilled. This leaves a concern for influences that could create challenges to breast health.
- Another thermogram should follow within 6 months in regards to the status after appropriate treatment and investigation. There is also a possibility an elevated suspicion may be due to hormonal cycles and therefore should be repeated at another phase of the menstrual cycle.
- These contributing organs and tissues are given in priority of severity of stress and form the basis for treatment or further tests:
 - Breast abnormality (blocked spot, asymmetry) noted.
 - Tonsil/lymph block
 - Breast disorder elevated
 - Sternum Block
 - 2nd Molar possible

BREAST SUSPICION CRITERIA

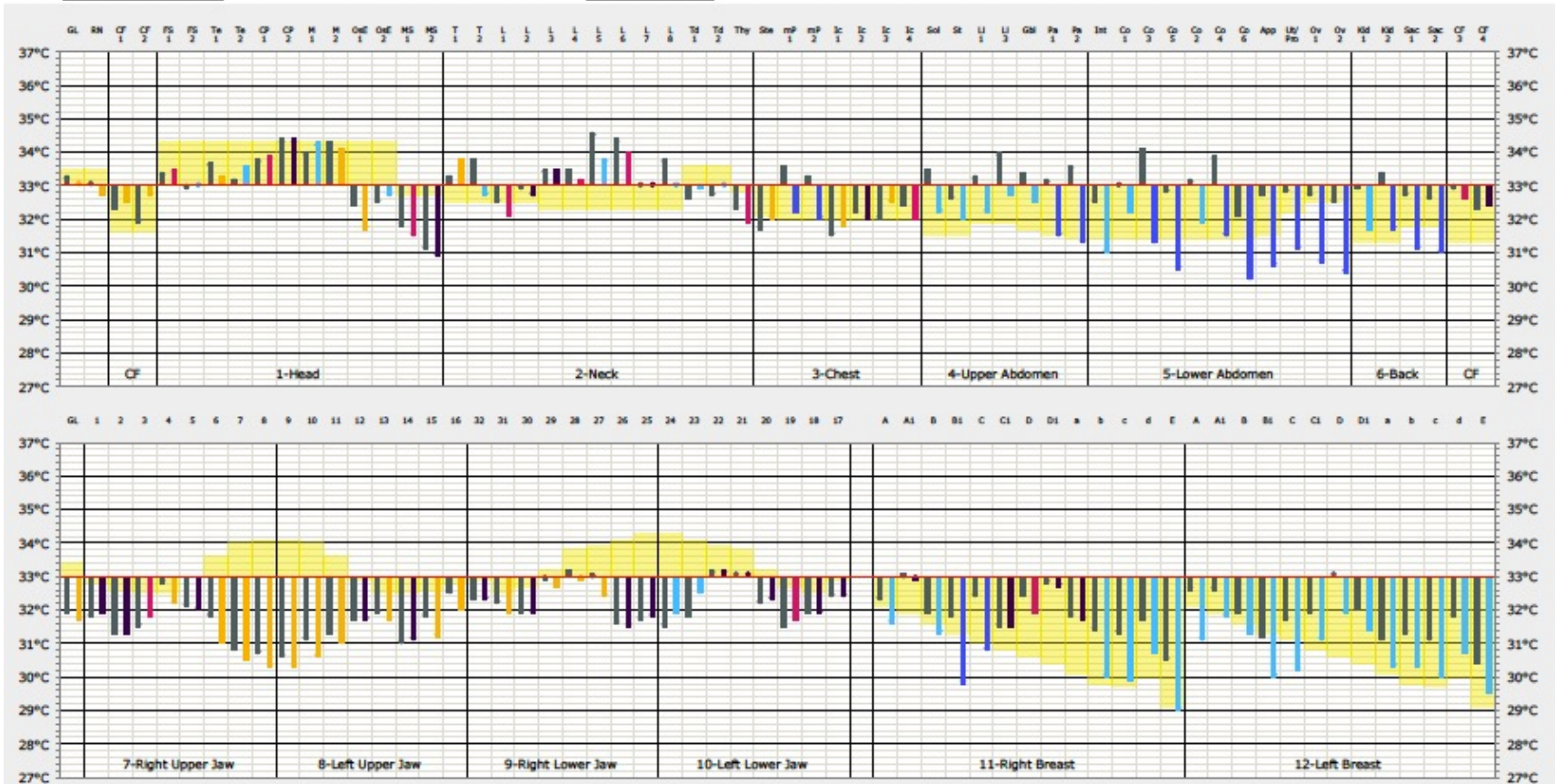
	X
Sternum Block	X
Breast Blocked Spot	X
Breast R-L asymmetry	X
Liver warm/block	
Opp. Ovary Dysregulation	
LyI and Terrain Index high	
Tonsil/lymph block	X
Chest disorder elevated	
2nd Molar possible	X
Lymphatic Index high	
Breast disorder elevated	X
Stomach cold/blocked	
Pre-Stress Deviation	

Result: 6/13 criteria met for suspicion (X) (0-5 normal)

Body											
Area	T-xA	DI-A	DI-B	Hyper	Normal	Hypo	Rigid	Paradox	T-Rb	T-Lb	T-xB
1	33.1°	6.3	→ 6.6	0.0%	33.3%	25.0%	16.7%	25.0%	33.0°	33.1°	33.1°
2	33.3°	7.9	→ 7.3	0.0%	38.5%	30.8%	23.1%	7.7%	33.2°	33.1°	33.1°
3	32.4°	4.8	→ 2.3	28.6%	0.0%	14.3%	14.3%	42.9%	32.2°	32.0°	32.1°
4	33.4°	3.5	→ 3.5	28.6%	71.4%	0.0%	0.0%	0.0%	32.2°	31.3°	32.1°
5	32.9°	4.6	→ 4.6	72.7%	27.3%	0.0%	0.0%	0.0%	31.1°	31.0°	31.0°
6	32.9°	4.1	→ 3.7	75.0%	25.0%	0.0%	0.0%	0.0%	31.4°	31.4°	31.4°
1-6	33.0°	5.2	→ 4.7	34.2%	32.6%	11.7%	9.0%	12.6%	32.2°	32.0°	32.1°
CF	32.4°	4.8	→ 2.3	0.0%	0.0%	25.0%	25.0%	50.0%	32.6°	32.6°	32.6°

Dental/Breast											
Area	T-xA	DI-A	DI-B	Hyper	Normal	Hypo	Rigid	Paradox	T-Rb	T-Lb	T-xB
7	31.6°	5.7	→ 5.3	0.0%	0.0%	12.5%	37.5%	50.0%	N/A	N/A	31.4°
8	31.5°	5.3	→ 4.8	0.0%	0.0%	0.0%	25.0%	75.0%	N/A	N/A	31.2°
9	32.4°	4.6	→ 4.2	0.0%	0.0%	0.0%	50.0%	50.0%	N/A	N/A	32.2°
10	32.2°	4.8	→ 4.4	0.0%	25.0%	12.5%	62.5%	0.0%	N/A	N/A	32.4°
11	31.9°	9.1	→ 10.0	15.4%	46.2%	7.7%	30.8%	0.0%	N/A	N/A	31.1°
12	31.7°	9.1	→ 8.4	0.0%	100.0%	0.0%	0.0%	0.0%	N/A	N/A	30.7°

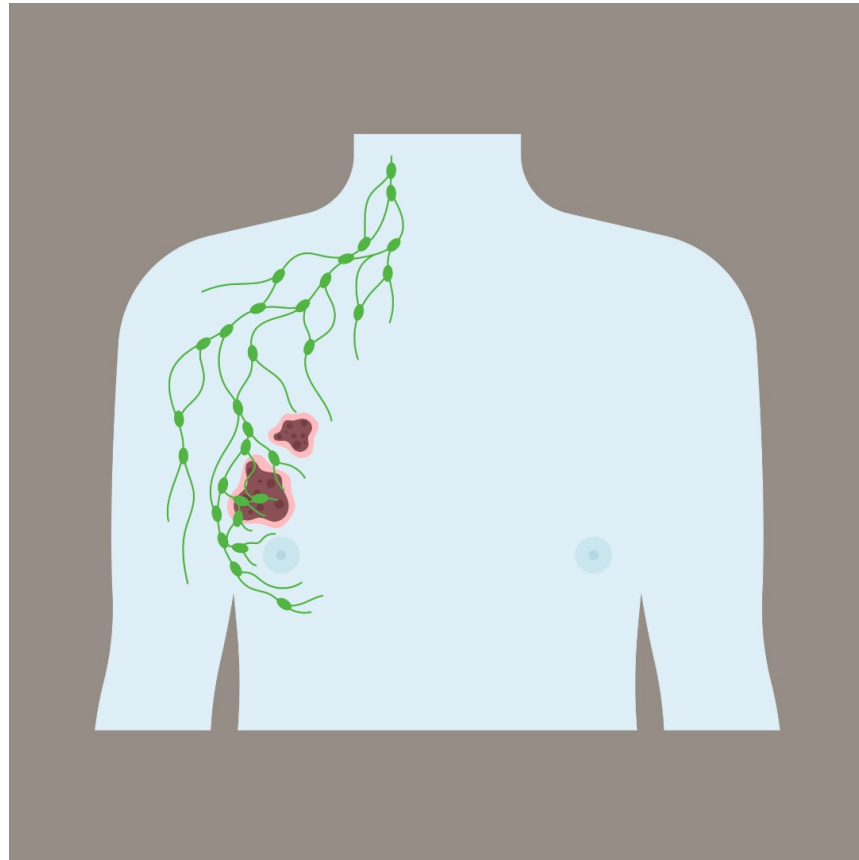
● Normal ● Blocked ● Hypo ● Hyper ● Paradox



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Tips and Tricks for Self-Care

Lymph Drainage





Lymphatic Massage for Head/Neck

Rub **LIGHTLY** and **SLOWLY** up and down on both sides of your nose.

Pinch your eyebrows from center to edge.

Rub down your cheeks from jaw down while you slowly open your mouth.

Open the lymphatic pump by **GENTLY** pressing in & around the ear canal.

Pinch your ears from lobe to top, then **PULL** down and outward the ears by the lobes, then move up to the top of the ears using same movement.

Press the tip of tongue to soft palate and backward toward the throat several time, & spit.



Lymphatic
Massage for
Breasts/Chest

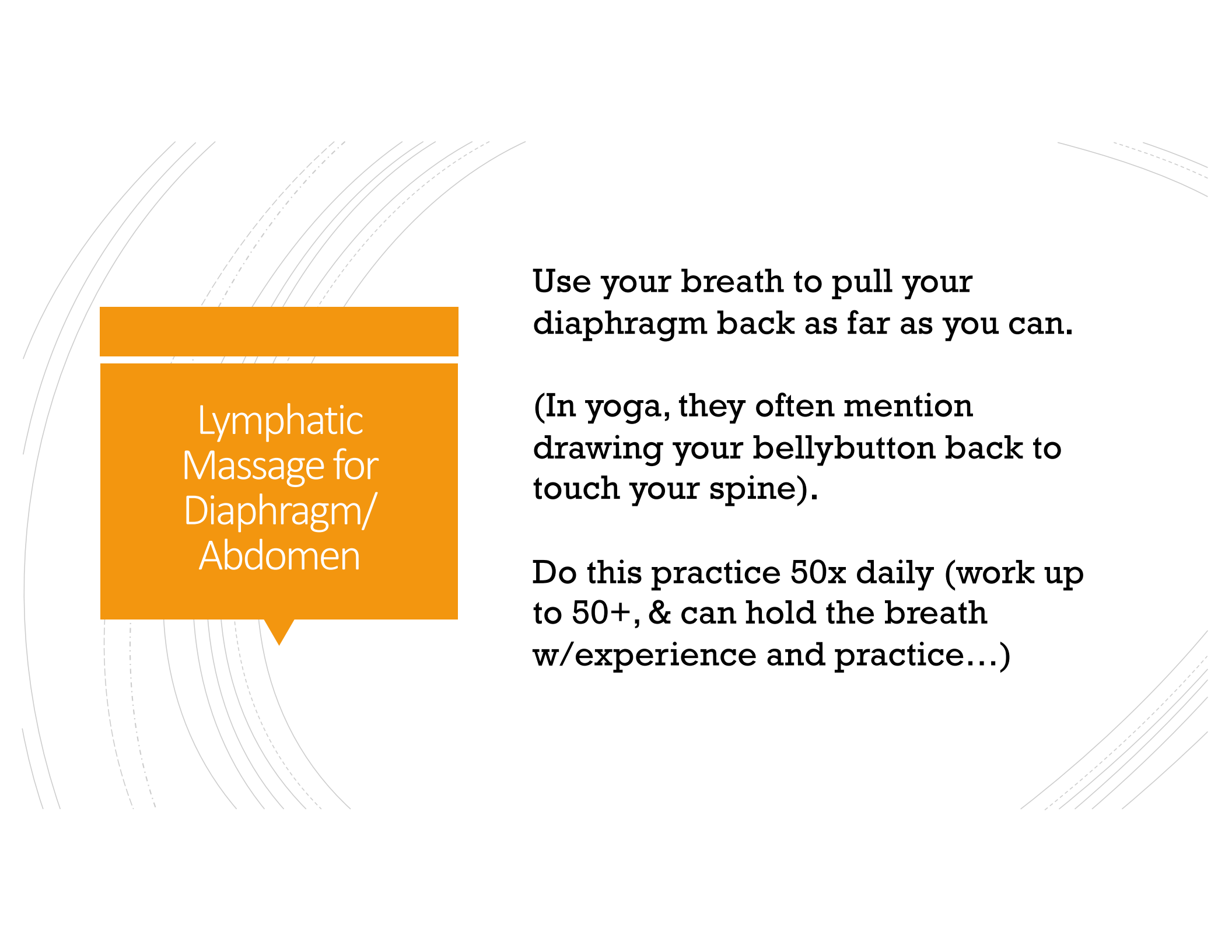
**Try ditching the bra!
NO underwires!
Compression fabric is toxic.**

Fluff the ta-tas: Lift breasts up and out 50x daily.

‘Pump’ the armpits one at a time using straight fingers and gentle pressure inward.

Stretch then swing arms up and out and around.



The background features several sets of curved, parallel lines in light gray and white, some solid and some dashed, creating a sense of movement and depth. On the left side, there is a large orange rectangular box with a white border and a small white triangle pointing downwards at its bottom center. Inside this box, the text 'Lymphatic Massage for Diaphragm/Abdomen' is written in white, sans-serif font.

Lymphatic
Massage for
Diaphragm/
Abdomen

Use your breath to pull your diaphragm back as far as you can.

(In yoga, they often mention drawing your bellybutton back to touch your spine).

Do this practice 50x daily (work up to 50+, & can hold the breath w/experience and practice...)



Lymphatic
Massage for
Legs/Pelvis

“Kegel” exercises, done quickly and in succession, clear lymph from the legs, lower body and pelvis.

Work up to at least 50 at a time, daily (100 is good, 300 is Olympic level!).

DIY!
Bosom Buddy
Salve



Bosom Buddy Salve



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Resources

For further inquiry

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www.Alfathermo.com

Dr. Dan Beilin & Regulation Thermometry

www.Jackiebellnaturalhealth.com

Online Natural Pharmacy

www.Paracelsus.com

Dr. Rau

Book: *The Swiss Secret*

www.Discoverhealing.com

Dr. Bradley Nelson

Book: *The Emotion Code*

www.Morter.com

Susan Morter's book: *The Energy Codes*

www.Traumahealing.org

Trauma Intervention Training & SEP Certification
for Licensed Practitioners—

www.Somaticexperiencing.com

The Egos Institute

Peter Levine's book: *Waking the Tiger*

Herbs that Promote Lymph drainage

<https://herbalismroots.com/herbs-promote-lymphatic-drainage/>

"Big 6" Routine for Lymph Flow by Dr. Perry
Nickelston

<https://youtu.be/JlgqllPKQUA?feature=shared>

www.NICABM.com

Somatic Practices & Resources for Self-Regulation

www.Waydragon.com

Master Wu, International Grandmaster
Medical Healing Qi Gong Training

www.Groundology.com

Book: *Earthing*

www.Heartmath.com

Biofeedback & Self-Regulation for Heart Health
Dr. Mimi Guarneri's book: *The Heart Speaks*

www.Susunweed.com

Herbal Remedies for Breast Health

Susun's Book: *Breast Health Now!* Updated, new
edition.

http://www.susunweed.com/A_press-kit_weed-products.htm

www.Duluthtradingcompany.com

www.Zoeandcompany.com

Organic cotton bras & professional bra fitting

www.Theshiftnetwork.com

Stanislav Groff & Holotropic Breathwork

QUESTIONS?

Seacoast Breast Health

<https://www.seacoastbreasthealth.com/>

breasthealthnow@gmail.com



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