

Beyond Self-Examination: The Importance of Natural Breast Health

with Jillian VanNostrand, RN

October 3, 2023

Audio Transcription

Jessica Frank, Marion Institute · 1:43 - 1:56

Today's topic's all about natural breast health and recognition of breast Cancer awareness month and letting us know why it's important and showing us what we can do to keep those ta-ta's healthy is Jill Van Nostrand of Seacoast Breast Health.

Jessica Frank, Marion Institute · 1:56 - 2:27

Jill has been a professional medic, medicinal herbalist, registered nurse, certified midwife, sex counselor, sex educator, counselor, and colon therapist with advanced certification and a 45-year private practice. She is the European Thermographer at Seacoast, and has been a follow-up provider there since 2014. Her treatments focus on lymphatic drainage, energetic rebalancing, and nutritional counseling.

Jessica Frank, Marion Institute · 2:27 - 2:50

She has 50 years of practical knowledge and teaching experience in natural wellbeing and regulation, herbs, nutrition, and women's health. And we are very happy to have Jill here with us today. So, I'm going to go ahead and click a few buttons to screen share, and then I'll hand the mic over to Jill. So, standby.

Jessica Frank, Marion Institute · 2:56 - 3:06

All right. Great. Can everybody see that? Okay. And then I'll pass it over. Awesome. Take it over, Jill.

Jill VanNostrand, RN · 3:07 - 3:41

Okay. Hello everybody, and welcome to the sovereign realm of your very own body. Nobody knows it better than you, and I'm going to be talking a lot about general principles of, of health and healing today, and I want you to just take what resonates for you and leave the rest. I promise you there'll be some pearl in here for you. And, I'm very, very happy to have this for to talk about the same thing I've been talking about my whole life, which is natural women's health.

Jill VanNostrand, RN · 3:42 - 4:11

And today it's from the perspective of our lovely breasts, which, nobody knows better than we do. I'm going to talk a lot about, what's called European

thermography. It's called European because they don't, they've done this kind of thermography in, in Europe for over 40 years now. And in this country, there's a different kind of thermography that's often offered, which is digital thermogram.

Jill VanNostrand, RN · 4:11 - 4:48

Or thermal imaging thermography, which is like an infrared camera picture of your body, which shows from where your body's projecting heat, and that's associated with inflammation and certain courses of treatment for that. But, European thermography is also called regulation thermometry, or thermography regulation thermometry, because it's talking about the tendency of your body to regulate and reregulate, for temperature changes.

Jill VanNostrand, RN · 4:49 - 5:32

And, and so what this test does is it, I have a wireless digital thermometer that is recording your skin surface temperature over various meridians, points, and giving you an indirect reflection of the functional capacity of organs and tissues and systems underlying those points. So, the reason it's so useful as a tool for breast health is because it's not just a static image that you're provided with.

Jill VanNostrand, RN · 5:32 - 5:56

You get six pages, which shows not just your first set of readings, which is your baseline or your warm readings, but then I'll deliberately cold stress you by having you dress down to your undies and stand there for 10 minutes in the room by yourself and just allow your body to thermal regulate the way it naturally will.

Jill VanNostrand, RN · 5:57 - 6:31

And then I come back and take the second readings over all the same points. And the dynamic between the first and the second measurement is the actual test result. And it shows us in all of 13 zones across the body, 102 points that we're measuring, where your autonomic or your automatic nervous system is caving under stress, or what is the functional capacity of your, your nervous system to withstand stress.

Jill VanNostrand, RN · 6:32 - 7:09

And, and why? Also, it will give us over 40 signatures of, patterns that will show up. Things like sensitivities or allergies, you know, injuries, dental problems, weak organs, or, you know, all kinds of things, parasites, metal or pesticide poisoning, all kinds of things which may be contributing factors to whatever issues you're bringing into the table there.

Jill VanNostrand, RN · 7:10 - 7:19

And, so it's very useful. Everyone goes away with homework, because nobody's regulating perfectly.

Jill VanNostrand, RN · 7:19 - 8:00

We all have, some percentage of what's going on in our blind spot, as it were. You know, we don't, we're just not fully conscious beings as much as we'd like to think we're in full control and that we're really cognizant of all the variables in our health equation. The truth is that in the autonomic nervous system, most of the information is incoming, not through your eyes and through your brain, but through your energy field, through your gut, and through your heart, through these chakras.

Jill VanNostrand, RN · 8:00 - 8:28

These are your first feelings here, and the second ones are here. And this is where we form the reaction formation. This is where we form the opinion about it. This is where we form resistance to it, all of it. And, so thermography is giving us a way around that and a really look a really good look into the blind spot so we can see the maybe why of what's happening and what to do about it.

Jill VanNostrand, RN · 8:28 - 8:58

It does provide protocols and, suggestions, for in, in a Western medicine version of those protocols. And then we, in our office, we are offering more energetic and natural pathways because that's the way we roll. Shout out to Joanne Monteiro, my, immediate supervisor and the doctor of chiropractic in Seekonk Family Chiropractic. And I have been, she's been my mentor.

Jill VanNostrand, RN · 8:59 - 9:41

I've been her student and apprentice for over 10 years now. And, and my other teachers also, Lucia Roncalli, my old midwife partner, and, LA Keane and Russell Jones, my somatic experiencing, mentors who have really, really helped me, in understanding and self-regulating the autonomic nervous system, to increase its functional capacity. and so let me just give you a quick flyover of history of how thermography has been used, because it's not brand new in this, or even the last century.

Jill VanNostrand, RN · 9:42 - 10:12

Probably our most modern antecedent, in the last century would be the folks like, Ted Mortar, also his, his daughter, Susan more recently. But he, was the chiropractor who developed the system of best. B E S T was the acronym for bioenergetic synchronization technique, which was the beginning of soft touch of, opposite, you know, bilateral points in the body.

Jill VanNostrand, RN · 10:13 - 10:57

He discovered, ways and techniques to rebalance the system very gently, by just giving signals to muscles and points, meridian points. And, it was so effective that he was able to outline it and validate it. And that was one of the antecedents of thermography. There are others too. I mean, the, it goes back as far as you could go back as far as 400 BC in ancient Egypt, where they, the folks were very aware in the, in the priestess healing temple, they would cover people with a thin layer of mud just to see where, it dried quickest.

Jill VanNostrand, RN · 10:57 - 11:28

And that would show them where the areas of inflammation were. So they knew, that they needed to treat inflammation, and they also knew that mud was a healing, modality that would draw stuff out through the skin that was toxic to the system. So, there's nothing new under the sun. And as we rediscover it, and it falls under scientific, scrutiny, still this test is not considered diagnostic of breast cancer or any other disease.

Jill VanNostrand, RN · 11:28 - 11:55

What it's doing is showing us, what you may be programming for, and how you can change the course of that before it actually turns in to a, a diagnosis. And also, we, we just, okay, autonomic nervous system, we began to talk about this. if you look in at the back view, you see the brain and spinal cord there. That's the central nervous system, essentially.

Jill VanNostrand, RN · 11:55 - 12:31

And the autonomic nervous system is the one that's, you know, it's more in your whole body. It has reflex arcs to the spine, and it's not conscious. You don't, it's all the stuff that you do automatically without thinking about it. So it's your kidney function, your digestion, your, sleep cycle, your hormonal and glandular regulation, all of your, the ways that you, your body just regulates itself automatically without you even knowing.

Jill VanNostrand, RN · 12:32 - 13:04

And the more you learn about it, the more you realize you're just a walking miracle. And there's very, there's very little we actually have control over, except things like our breath and our ability to move, and, and express ourselves. So we have, a tendency as a culture and tend to tell a lot of story and make a lot of drama about where it hurts and why, and what happened to us.

Jill VanNostrand, RN · 13:06 - 13:37

And, this can play into, a bunch of giving our power away. And when we look at the autonomic nervous system in breast health, we have to understand the, that, stress is one of the hugest factors in breast health, because it's harder,

much harder for the autonomic nervous system to self-regulate normally when it's under undue stress.

Jill VanNostrand, RN · 13:37 - 14:21

It just makes it very, very difficult. We don't have, a large enough container to hold that. And so a lot of the work, a lot of the somatic work that's very, very useful in, gaining and retaining and reclaiming breast health, has to do with ways of reducing stress and reactivity in the system so that we learn over time by practice to approach all of our stories, all of the things that happened to us with an open curiosity and a more playful attitude, so that our possibilities are widened and we're not so afraid to go forward.

Jill VanNostrand, RN · 14:21 - 15:03

The, the, the autonomic nervous system is, essentially the autonomic nervous system is, so old. It's the oldest part of the nervous system, and it has, it has the function, of, you know, saving our lives. But it's dating back to, you know, even cave and pre cave living times. You know, it's the ability to orient towards danger and basically find the exits, make a decision about what incoming stimuli is, if it's, you know, if are we going to make a choice?

Jill VanNostrand, RN · 15:03 - 15:32

We're going to have to make a choice to fight, flee, drop and roll, play dead, or sometimes just do nothing. Just stand there and try and become invisible. and there are other, there's a lot of other stuff about the autonomic nervous system that I could tell you. But something that's important to understand for development is that it, it's, it's two, it has two branches.

Jill VanNostrand, RN · 15:32 - 16:04

The autonomic nervous system has, you know, the vagal nerve, the 10th cranial nerve coming outta the back of the head, ha has two branches. One goes down the back. That's the dorsal, the dorsal branch is the one that is, has to do with defense. it has to do with like a tight curled fetal position. It was the first one to develop when we were, in utero. And the front one, the ventral one, is much more relational. Picture, holding your baby to nurse, you know, you're 10 inches away from that baby's eyes.

Jill VanNostrand, RN · 16:04 - 16:47

They really need attachment, to develop their nervous system normally. and so, these two ways of being in the world, social and also defensive, are explained so much of women's behavior from, tribal to warlike to, relational mothering. it's one of the reasons I'm so focused on mothers and, and children, mothers and families, because they are the strongest backbone of relational, positive social change for everybody.

Jill VanNostrand, RN · 16:48 - 17:21

So, I'm looking here at the, the, the, poster that's in my office about the five stressors. And, I want to just fix my screen here. There we go. major food allergies are going to really throw off, thermal regulation, and, and be a stressor in the system for, if it's long-term and chronic, then it's going to start affecting other organs to tissues and systems.

Jill VanNostrand, RN · 17:22 - 18:03

Immune challenges can be also, put forth to us in bacterial viral yeast, fungal, parasitic. some of the other things I mentioned, also, scars can dysregulate the system. and some of these things are easy to reregulate. this test will, you'll, and you'll see pictures later of all the points that we take. But, the dental connection is, is really, really important because the root of every tooth is lying on top of a, meridian and system organs that, are, are connecting to your breasts.

Jill VanNostrand, RN · 18:04 - 18:40

This back molar, the one in the, in the way back, if all of your wisdom teeth were extracted, those, those are your third molars, they're gone. But the second molars, the ones that are your new back teeth after the wisdoms are gone, or even if the wisdoms are still there, that second molar, the, the root of that, the nerve goes through your breasts, through your heart, through your stomach, through your colon, and so it can, anything that lights up along that pathway, can, can become ill and damaged just because of a bad tooth.

Jill VanNostrand, RN · 18:41 - 19:30

And I wanna particularly note that the way that people's thermography have presented, and this is not a scientific study, this is mine, is a small anecdotal, sample that I'm talking about, but it's so obvious that I need to mention it, which is that since the time of, the pandemic, since the three years around the time when we, we had forced isolation when we had, were masking, when we were terrified of dying, when we had to deal with all of our scarcity, scarcity principles, our, our, our strange consumerism society, which is geared for profit and not, our wellbeing.

Jill VanNostrand, RN · 19:31 - 20:06

A lot of, we just, we saw mental health deteriorate sort of globally. And, autonomic stressors in the system just shoot way high. And to this day, in, when I'm taking thermograms, I'd have to say nine out of 10 people are showing, possible problems with their teeth, with, that second molar with T M J, with, not just bone loss in the mouth, but also periodontal disease, which is a biome issue.

Jill VanNostrand, RN · 20:07 - 20:38

And it's, so when, when we say you have, you have, you're dysbiotic or there's something wrong with you, your, the biome in your body, there are many biomes in your body. There's one on the surface of your skin in different places. There's one in your, there's in your guts. They're, they're all over the place, and there's a really significant one in your mouth. And, breathing our own c o two under masks, mouth breathing, biting back, due to stress.

Jill VanNostrand, RN · 20:38 - 21:20

All of these things have really jammed up a lot of energy in the head of people in general. And, that we're all carrying a viral load and a bacterial load. We're still doing it. We're still carrying a load. And these are extra added stressors that I didn't use to see as much as I see now. and I'm just starting to see maybe one out of 10, maybe two out of 10 we'll have resolved this. And the folks who are doing the very best are folks who are very proactive about, lifestyle changes that have to do with, learning self-regulation.

Jill VanNostrand, RN · 21:20 - 21:43

In other words, they're engaged in somatic practices of everything from yoga or walking. Regular exercise gardening is huge for people just getting their hands and feet in dirt in the earth, which has its own biome and is known to have, excellent bacteria for your own gut and for your own lungs that you breathe in when you're gardening.

Jill VanNostrand, RN · 21:43 - 22:15

Who knew? But they figured out a lot since they figured out the gut biome in, you know, the last 10 years or so. And, during that time, they also figured out here, you can see this beautiful picture of all of the little lymphatic nodes. There's at least 600 in the body, and there's probably a hundred oh well over a hundred that go right down the front of the body. And you're used to feeling 'em in your neck when you get, ill, in your, or in your armpits when your breast ache, in your groin.

Jill VanNostrand, RN · 22:15 - 22:35

If you ever have an outbreak of herpes or, or, or genital herpes or anything like that, you're, your, your lymphatics. You're, you're going to carry a wide lymphatic load than you usually do wider. And it stresses out the system. And, we're never taught really how to balance that, how to work it out.

Jill VanNostrand, RN · 22:36 - 23:07

And, western medicine, frankly didn't even address it for us as part of, taking care of covid. And so, whether you had the disease or not, whether you were vaccinated or not, whether you masked or not, I still see these things, all this energies, it's energy and it's stuck energy. And so this test that, that we do is

really, although it's not diagnostic, it's real useful in, figuring out where the energy's blocked.

Jill VanNostrand, RN · 23:08 - 23:34

And we have lots of tricks to unblock it, right, while we're sitting right there, which is why I allow, an hour and a half, two hours for every, client, every patient, because first of all, everybody's got a story. And sometimes it's really important to hear it because that you just saw a slide about the history of you. And that's, that's what this is about, is your story and all the things that happened to you.

Jill VanNostrand, RN · 23:35 - 24:06

And when I take the history here I am, taking care of Jess, and we were really having a good time in there. But, she, I'm, I'm, I got in her history, every single scratch that ever happened to her. We, we wanted to know if we needed to reregulate scars. We needed to know if there were head injuries, we needed to know, all kinds of things, childhood illnesses, whether she had mono. 'cause we know that morphs to E B V or Epstein Barr virus, which carries its own load of stresses into the system.

Jill VanNostrand, RN · 24:06 - 24:28

And, so her history goes all the way back into, whether her mother had a normal birth or was there forceps involved, or was it a cesarean or was she a preemie? we want to know all these things. if there's no story that they ever heard about their birth, then chances are they had a normal birth.

Jill VanNostrand, RN · 24:28 - 25:04

And most babies are born normally. and, most midwives know this, and so they have great faith in practicing. But you can see, here's a picture of thermography, and you can see that this person had the first baseline readings are over here. and you see there, the, the blue and orange, she started a little warm. She was a little overregulated there. Those are lymphatics. just above the clavicles, the clavicle left, these are the, the, the left clavicle has the largest lymphatic drainage pathway in the body.

Jill VanNostrand, RN · 25:05 - 25:33

And the, the breasts drain towards the armpits and up over the clavicle and down and centrally, and then are eliminated. It's really hard for them to do that. Number one, if you're dehydrated. And number two, if you having a tight bra strap cover those pathways and tuck your breasts in so tight that the whole area around your armpit is basically cut off from energetic circulation, underwires make it even worse.

Jill VanNostrand, RN · 25:34 - 26:06

So, and compression fabric is toxic. We'll get into brass later, but, we have solutions. And, he, so anyways, you see the warm readings on the first side, and then I left her for 10 minutes, undressed down to her underwear, and then came back and took all the, the second readings. And the places that are black, you see, are completely blocked energy. It's where when it's blocked, it means the temperature didn't even change between the first and the second readings.

Jill VanNostrand, RN · 26:07 - 26:26

So she was unable to thermal regulate at those places. Those are the places we're going to pay the most attention to and try and reregulate, right, while she's in the office. And we're going to try and do that energetically. And then she leaves with a whole list of stuff she can do referrals for, lymphatic drainage for how to do that or for who, who to see, who will teach you that.

Jill VanNostrand, RN · 26:27 - 26:57

More about it. It could be anything from, from dry brushing to Epsom salts baths to castor oil. There's so many, many ways. And, or, you know, people who don't show a lymphatic blockade, they're going to tell me probably a history of, oh, that's because I work in a store where I'm, I'm putting things on shelves all day. Or I'm, I'm working in a library and I'm putting books away all day, or I'm doing something that, functionally makes me move the lymph in my system. It doesn't have a pp to drive it like the heart does.

Jill VanNostrand, RN · 26:58 - 27:14

It's contiguous. It's right above, the circulatory system all over, throughout the body, and it's right near the surface too. So when you're working it, you don't have to push hard. And, so when you are working your lymphatics, you do it very, very gently.

Jill VanNostrand, RN · 27:14 - 27:51

And we'll, we'll go over some of that later on. so, regulation thermometry or thermography, we're not saying it should replace diagnostic methods. I don't even offer people insurance codes because I don't want insurance companies determining my health protocols. I'm much more used to going around insurance companies and offering people, something more like, a non-invasive method of, looking at healthy breast tissue, and one that, won't irradiate them unnecessarily.

Jill VanNostrand, RN · 27:52 - 28:27

, and so, we can, we're going to get a lot of information from this test about not just acute, but chronic disease. And it's useful even if people present with a diagnosis. So they come in and say, well, I have MS, or I have, a breast lump, or I've been told that I have cancer already, and it's this stage and it's this

lump and it's over here. Still we can look at the results and see what can we do to reverse those pathways that have been clogged, poisoned or blocked in ways that that can be corrected.

Jill VanNostrand, RN · 28:27 - 28:57

Because we're working in the terrain underlying the inflammation. We're not just trying to correct the symptom, which in western medicine is very much the focus. They're focused on, surgically surgical removal and, treatment with chemo and radiation to try and clean things up and, and, and, and start again, you know, so that you have a fresh start. But it's not really a fresh start if you haven't done anything to change the terrain out of which those things happened.

Jill VanNostrand, RN · 28:58 - 29:22

Okay, here's the data page. You can see a thermography data page that shows, the 13 areas which are listed on one page as hallmarks of breast health. And if you get flagged on more than five of those, you're going to have extra homework and maybe come back for, you know, in less than a year for a review of, of how you're doing with all that.

Jill VanNostrand, RN · 29:23 - 29:54

And you can see the underlying ones show, in area 10, where the, energy is most blocked. So she's only working on 40% of functional capacity in her jaw and her teeth. And, you know, there's no surprise there. There've been a lot of head injuries, a, a broken jaw. And, even though she's not telling that like it's a big dramatic story, the body keeps the score. We know that, you know, it's a great book. You've heard Dr. Thom and others refer to it.

Jill VanNostrand, RN · 29:54 - 30:20

It's in the Marion library, and you can Google it, get it on audio books. It's great for a long drive. but it talks about the, the role of the autonomic nervous system in determining health, and how, 80% of incoming information to us, that means ideas, thoughts, actions, images, all sensational things coming in are, are, they're unconscious.

Jill VanNostrand, RN · 30:20 - 30:55

We don't even, we don't, we don't even know we're registering them, and the body's doing this and that about it. And we are all 20%, like we're multitasking. We got the phone going, we got the music on, we're picking up the kids, we're doing the dinner, we're having the, hmm. You know, and so we're feeling like we got, we're right in step and we're in full control. And not really, no, on a good day, you're lucky if you can control your breath. And the best thing we can do is slow down. I don't know if you can, in the back, you'll see, in the back here, there's a picture of me standing in a wave.

Jill VanNostrand, RN · 30:56 - 31:15

And that's because energy goes through us. Like waves, just like sounds goes through us in waves light. There are light waves, there are magnetic waves. And when we are activated by a hard feeling or a, a shock, any impact, it goes through us like a wave.

Jill VanNostrand, RN · 31:16 - 31:46

And the best thing we can do is slow way down, not react, but just let it go through us. Let the wave go through, say, aha, that just happened, one of my teachers, one of my somatic teachers, was Russell Jones, is fond of saying, look, if you fall down, stay down. Don't be all jumping up to first see who saw you, and then laugh and make a joke about it. Stay down.

Jill VanNostrand, RN · 31:47 - 32:18

Take an inventory of, you know, orient where you are. Are you dizzy? Can you see? Are you in pain? Did you break? And, get up really slowly and pay attention to your breath. And all of these things that we've, we, we, we feel so much shame about not being in control as women in general, because it's the way we've been trained. And, nobody ever told us this stuff.

Jill VanNostrand, RN · 32:18 - 32:51

It's not true that we needed to, we learned everything we needed to learn in kindergarten, not at all <laugh>. unless you were lucky enough to go to one of those kindergartens, like a Montessori or some other school where they were teaching Qigong, functional meditation and, stuff like that, you know. So here's a nice picture of lymph drainage in the breast, and you can see the pathways that are getting blocked by, certain clothing that we wear.

Jill VanNostrand, RN · 32:51 - 33:22

It's really important, realization for the whole world, that, compression clothing, the stuff that we wear for sports and, sports bras and, and, and, and bike shorts and all, you know, anything that's, that's, that stretchy fabric that is compression clothing is very toxic. It all comes from the same place. It doesn't matter how high end it is, if it's north face, it's still toxic.

Jill VanNostrand, RN · 33:22 - 34:02

And, so the best thing you can, one of the best things you can do is go organic cotton clothing or linen, which has a much higher vibratory rate anyway than any kind of synthetic or acrylic in clothing. and will raise your own, vibration, in your energy field. by the way, your field is generating, your own heart is generating a field 12 feet, nine to 12 feet wide, projecting out in every direction when you're at your highest rate of vibrating, in your best mood, in your best health, in your best self, in your most grounded.

Jill VanNostrand, RN · 34:03 - 34:24

And if it's less than that, then it's because your autonomic nervous system is blocked and need some attention, and that, that's your body talking to you. If you wake up, dizzy, clogged, plugged, unclear, so on. Okay, so here's your, here's your lymphatic massage for your head and neck.

Jill VanNostrand, RN · 34:24 - 35:01

And so you, the, the instructions are right here, but this is an, these are old, Qigong, a medical Qigong exercises that I learned from Master Woo. You'll see on the resource sheet I've listed way of the dragon, and there's many YouTube videos you can get that are three minutes, seven minutes, 12 minutes, that will help you with this kind of, movement of energy blocks. They don't encourage you to focus on where it hurts. They encourage you to just get the whole system to regulate itself by these gentle movements and breaths and visualizations, and the knots will take care of themselves.

Jill VanNostrand, RN · 35:02 - 35:28

So all my friends and, and my people know I'm famous for telling 'em to ditch their bras. And, about half of them just laugh at me and go, yeah, yeah, yeah, no, I mean, you have no idea how many people cannot even show up to my office without like a full bra on full makeup, you know, hair done everything, even though I've sent them the guidelines and ask them to show up with a bedhead.

Jill VanNostrand, RN · 35:28 - 36:00

Don't brush your teeth, don't use lotions, just come in. I don't really want you overregulated when you get there, because your first readings will be overregulated and warm. And if we start warm, then the warm places are going to get even warmer, in, in, in the cold stress. And by the way, that test, one of the reasons it's working is it's sort of mimicking your mammalian dive reflex. That's when, that's, if you fell off an iceberg, all of your head points would immediately heat up.

Jill VanNostrand, RN · 36:00 - 36:18

Your heartbeat would slow way down, and all your body points would get really cold. And that's to spare your central nervous system, your brain. It's why a lot of, near drowning victims don't have, brain damage when they, when they're finally brought to slowly <laugh> with cold and then warm water over a long time.

Jill VanNostrand, RN · 36:19 - 37:00

Anyway, Kegel exercises, here's your, your sacral point right here. And it's, most of us will remember Kegels, but this is the muscle that you activate to

stop the stream of peeing. We're told to do it when we're pregnant to, in order to, really tone up the birth canal so it has much less chance of, tearing when it needs to stretch to 10 centimeters. And here we go with, I, I made just include these pictures because I made a beautiful bosom buddy Sav, to give away his party favors for everybody who comes to see me this October, this fall.

Jill VanNostrand, RN · 37:01 - 37:16

The calendula came from my garden and also from the, the garden at Regan's Care in, in, at Westview, in Fairhaven, where there was a beautiful, beautiful garden this year that I got to, to help tend.

Jill VanNostrand, RN · 37:16 - 37:51

And they're being infused here in, St. John's wort oil. And the yellow flowers are the, evening primrose flowers, which are very, very high in, essential fatty acids. And very good for you. You could eat these flowers too. The petals of them are great in, I just had calendula petals in my oatmeal this morning. Awesome. And, there's strong immune systems stimulators. They really help regulate, the autonomic nervous system around the breasts.

Jill VanNostrand, RN · 37:51 - 38:18

And, and St. John's work too, is used topically. People know very often that if you take it internally, it can help with emotional stuff. And, if you use it topically, it's not just a painkiller, it's antiviral antibacterial. And, it's a muscle relaxer. So it's a very, very nice, nice way. I think, we must be coming to the end because she's listing all the resources here.

Jill VanNostrand, RN · 38:18 - 39:03

There are others too. I really, wanted to, talk a lot about the books I've been reading lately, but they're all on here. And, maybe people have questions too about that. I don't know. I have, I've been doing this for a long, long time, and everybody who presents is different. we can take care of men too, by the way. the 13 hallmarks of breast health are switch to the algorithm of the nine hallmarks of prostate and testicular health and, and don't measure their breasts at all, because really only 4% of the breast cancers that happen, are happening to men.

Jill VanNostrand, RN · 39:03 - 39:04

Most of them happen to women.

Jessica Frank, Marion Institute · 39:06 - 39:35

So, thanks. Thanks for ending on that note. Actually, that was a question I had <laugh>. great. I appreciate that everybody, and that wonderful presentation, Jill. And we do have a couple questions that came in that were previously

submitted. So let me bring that up. besides, the mammogram, what other tests should someone with dense breast tissue have and

Jill VanNostrand, RN · 39:35 - 39:37

Dense breasts or yeah, dense breasts or,

Jessica Frank, Marion Institute · 39:37 - 39:44

Yeah, what, at what timeframe later in life, could you kind of slow it down or curtail those tests?

Jill VanNostrand, RN · 39:45 - 40:37

Yeah. that's really very individual. There's actually more of an incidence of breast cancer postmenopausal, but it's generally not the kind of breast cancer. It's a slower growing one, and it's generally not the ones that kill you. Part of the problem with, aggressive diagnosis of, lobular or, ductal breast cancer is that cancer in C two does not always metastasize. And, I think it was Christiane Northrup or one of the, really famous doctors who was taking care of women for a long time, who figured out that on, on autopsy, for other reasons, something like 40 or a little over 40% of women had NC two breast cancers that were never, symptomatic.

Jill VanNostrand, RN · 40:38 - 41:00

And so there's no telling how, I mean, your body makes some cancer cells come on. We are a process. We're not just a person. We are a process of over 300 trillion cells changing second by nanosecond 24 7, and a lot of the replications get screwed up for whatever reason, you know, chemicals in the soil and in the water.

Jill VanNostrand, RN · 41:01 - 41:41

Solar flares, five G stress, illness, viral low parasites, who knows? All, all of these things can trigger, a growth of a cancer that would otherwise just not be a problem. And so, I, I think there, the things that are really diagnostic would be a blood test and a biopsy. And, if you have a screening mammogram that looks suspicious, then they're going to haul you, they're going to want to haul you back for a really serious mammogram that takes a lot more pictures and then all those other things too.

Jill VanNostrand, RN · 41:41 - 42:15

You might end up with PET scans, MRIs, you know, all kinds of things depending on, your doctor. But right now, insurance companies have us all set up to, accept mammography as our first diagnostic, test for breast cancer. And the truth is, ultrasound is also diagnostic, and so are the other things I mentioned. and some of those things, don't have radiation.

Jill VanNostrand, RN · 42:15 - 42:44

So these things are worth considering in, in your sovereign realm before you turn your power over to someone who said something really scary to you. let's treat what happened when you got a violent diagnosis. Let's treat that, that blocked energy before we react to it and do a thousand tests, which may or may not be helpful to you. So, thanks. Yeah.

Jessica Frank, Marion Institute · 42:44 - 43:05

There was a kind of a similar question that came in, and please feel free, everybody in the room who, if you have something on your mind, go ahead and chat that into the, the, chat box and we'll get to it. for someone who's had a mastectomy, are there any therapeutic home remedies care for that, that scars in in particular? Oh, yeah. Can you stick to that <laugh>? Oh,

Jill VanNostrand, RN · 43:05 - 43:37

Let's talk about castor oil and h. Yeah, actually, while I got the castor oil going, let me tell you, you can apply it to your breast tissue and then put on your wilted cabbage leaves, because cabbage has a tremendous amount. It's like one of the strongest anti-cancer foods there is. And you can use it, see how it looks, makes little bra cups. It actually, I, I forget the Latin name of it, but it starts with bra and, you can put them right over your breasts.

Jill VanNostrand, RN · 43:37 - 44:00

I won't take my shirt off 'cause it's just too sensational. But, here's my shout out to Anthroposophical Medicine here. Can you see the wound reveals the cure? Hygeia said that I've been wearing this t-shirt since the seventies, by the way. And, you can put the cabbage leaves directly on your skin, or you can put your bosom buddy Sav on there, or some castor oil.

Jill VanNostrand, RN · 44:01 - 44:40

Olive oil is also very healing. You can just put it on your skin. And, I wilted these in a little bit of steam, but any port in a storm, if you just have a raw cabbage leaf, you can squish it up in your hand or chew it, macerate it, and get, you know, break down some of the cell walls and put it right on there like a poultice. And it can stay on for hours. You can put it on, on right on your skin under a tight little t-shirt, or if you have to wear a bra, you could put it inside a bra. but there are companies, I want to just say, there are companies that make organic cotton bras, and they're a couple listed in your resources.

Jill VanNostrand, RN · 44:41 - 44:49

And I, I just, I just want people to be aware that yes, there is, there are things, there are plenty of things you can do at home.

Jill VanNostrand, RN · 44:50 - 45:21

One of my first teachers, Susan Weed, and also, Janine Parvati, she was even before Susan. and that's where I got this quote from Hygeia, the Greek goddess of health, said, the wound reveals the cure, meaning, that's my shout out to Anthroposophical medicine. Meaning we're going to look at all, we're going to see ourselves as a holograph of all, natural forces and all of the ways, all of the formative factors that went into making us who we are in this moment.

Jill VanNostrand, RN · 45:21 - 45:49

And we're going to realize that it's just a passing moment. It's just another day. It's, and, and tomorrow's going to be different, and we're going to have new resources and different resources. And, instead of making the story static and saying, well, I have cancer, it's like, I have a process that I'm working through and this is my journey. And, every day I'm open and curious to receiving the best medicine for me today.

Jill VanNostrand, RN · 45:49 - 46:25

And so, when you're applying a poultice or when you're eating that bar of chocolate that's forbidden from your diet or that piece of cake, or whatever it is that you're feeling really bad about, be careful how you message yourself when you're taking energy into your body. Make it a good story, this is the best possible medicine I could use right now. If you're using it for a resource, then make sure you're resourcing yourself with love and, and be very careful about sending yourself negative messages, and or sending them out to other people.

Jill VanNostrand, RN · 46:26 - 46:52

My favorite, teacher Joanne Monteiro, is fond of saying, if you knew the power of a negative thought, you'd never have another one. And, it's really important to practice that as much as you can. And it's a practice, you know, everybody does it. Everyone goes, oh, that <inaudible>, you know about the guy who, whatever, cut us off in traffic or we all, we all react.

Jill VanNostrand, RN · 46:53 - 47:31

And the point is to try and learn to catch ourselves before the reaction and give our ourself a moment of choice so that we can really know, how can we contain that? Can we just feel that uncomfortable feeling in the body and see where it lands and what energy in us is stuck, that, that pisses us off so much, because that's the energy we need to move. We can't change anybody else's behavior, only our own. And so, in Anthroposophical medicine, Rudolph Steiner was the big proponent of it in our most recent history.

Jill VanNostrand, RN · 47:32 - 47:53

and he's the same guy who figured out just by like, sort of daydreaming and observing nature and being really curious. he saw the relationship between missile toe in, in oak trees, and, he figured out that missile toe is actually a really good, cancer for breast medicine.

Jill VanNostrand, RN · 47:53 - 48:26

And it stands up to this day, as, extending women's lives and, as a cancer treatment. So, you know, I, I do think that the, you have to look at everything and feel everything. And if you end up with a lump or a, a mastectomy, I, I think it's really important to deal with, body image dysmorphia and shame that we've all been made to feel because we don't have perfect breasts.

Jill VanNostrand, RN · 48:27 - 48:54

Mine are too small, hers are too big. This, this, my nipples don't go the right way. I need implants. I need this, I have to be perfect. I need more cleavage. You know? no, what if you're perfect? And can we just let that in because we make food with these things? Men can't do that. We create life with these bodies. We're so powerful. It's scary <laugh> to a lot of people.

Jill VanNostrand, RN · 48:55 - 49:27

And it's also an amazing, amazing realization. what a walking miracle you are. What if you're just a tower of, color and light and electromagnetic love? What if you are, because that's my latest theory, and it's not just mine. there are a lot of people who are practicing, medicine this way in the new world. the new world, meaning since covid, okay, things are changed.

Jill VanNostrand, RN · 49:27 - 50:01

They're not going back to the same way. We have to, adapt to all the stressors of recent change. And they're not done. You know, we've never been exposed to this much radiation before, in such short order. And the stress adaptation may make us stronger. And in, in, in biological medicine, that's part of its tenet. It, which is this, it, our tendency is not just to heal, but to heal stronger in the places we were hurt, and become more resilient.

Jill VanNostrand, RN · 50:01 - 50:14

We're, we're, we're evolving species. We're not. What, what if we're not wiping ourselves out? What if we're actually evolving? And let's entertain that idea. Hmm.

Jessica Frank, Marion Institute · 50:14 - 50:27

That was awesome, Jill. I did have some questions about the process that you would go through as if I were a new patient. what would someone expect as they, want to come in for a European thermography?

Jill VanNostrand, RN · 50:27 - 50:58

Well, I send them guidelines and a link to the website, which will show them also the forms that they can download to, create, to record their own neural history. And a neural history is the history of what happened to their nervous system throughout their lifetime from the time they were conceived. And it will also have some, questions about family history. if there was family trauma or intergenerational trauma, if that was violent or sexual.

Jill VanNostrand, RN · 50:59 - 51:42

If someone was part of the great migration, I want to know about it. You know, if someone, became homeless or jobless or, you know, spent, has been through three divorces, in the last six years, you know, or if they're going through a divorce now, all of these, all of these processes are going to really deeply affect, your system of health. and a lot of it's unconscious, but it's going to disturb your sleep, it's going to disturb all of your patterns of living, and how it's gone through and how it's experienced is, is a big, big input into the autonomic nervous system.

Jill VanNostrand, RN · 51:42 - 52:08

So I want your story. I want your childhood vaccinations. I want your scars. I want your what, what broke and which side. And, if you got poked in the eye or if you, all your hair fell out, or whether your mother, you know, everyone in your family had breast cancer, everyone in your family has thyroid disease, all of these things are going to affect your nervous system. high chance of it. So, and

Jessica Frank, Marion Institute · 52:08 - 52:11

So before I forget, what is the cost?

Jill VanNostrand, RN · 52:12 - 52:43

Oh, this costs, there's a sliding scale, by the way, for people who can show me that they, are on SNAP program or have, are on fuel assistance. I'm going to take 150 off, and the price is 350 for everybody else. So that pays for the test and for your hour and a half to two hours of time. And it also affords you a follow-up, sessions for one week, which I can track you remotely.

Jill VanNostrand, RN · 52:44 - 53:05

We'll talk on the phone if something else comes up after we've treated this and that. And now you call me and go, well, now my left ankle hurts and it didn't hurt before this, and I don't know why. Then we're going to, we'll go to work on that. and that's free follow up for a week because that's the somatic, work that I enjoy doing very much, and I'm learning it.

Jill VanNostrand, RN · 53:05 - 53:52

And then, if it's, if it's more than a week and I've had to put your record away, and I'm going to have to go fish it out and look your test up again, then I'm going to start charging you for those sessions. And that charge is going to be \$45 for 20 minutes on the phone or in person, and \$75 for up to an hour of, tracking and care. So, it's a, an extensive, and I think it's very, very important to spend a lot of time one-on-one with people who have not been listened to well by their physicians, in any specialty or in general, insurance won't allow your doctor to spend more than 10 or 15 minutes with you.

Jill VanNostrand, RN · 53:53 - 54:17

20 minutes is really hard for them. It's going to put them behind the eight ball the rest of the day, and you're going to feel like they're being hurried. They are. It's, it's not a good, it's not a good way for anyone to take care of anyone. and to take care of the whole person, you got to take the whole hour or two, you know, and maybe the whole week, maybe longer, you know,

Jessica Frank, Marion Institute · 54:18 - 54:27

I just, actually put a link in the chat to the actual machine website, so if people want to go and look it up, yeah,

Jill VanNostrand, RN · 54:27 - 55:02

Alpha Thermal, let's, yeah, yeah. I show to Dan Belien who created this machine who's a Chinese medicine doctor. that's why you hear so much talk about meridian points. and he's also does Chinese medicine and, he's the one who figured out this algorithm that's based partly in, old chiropractic work, partly in Chinese medicine, partly in dentistry, the, it's all in there. Every, every part of biological medicine, and biological medicine wants to start with this test.

Jill VanNostrand, RN · 55:02 - 55:44

No matter how you present, I'm presenting it as breast health. But this test is good for looking at any part of the system that's been out of balance and needs rebalancing. And, so it's not just a breast test. You could come in and say, geez, I have G.E.R.D., or I can't. I, I had, I've been told I have I A B S and I don't even know what that means, or, you know, I, my life hasn't been the same since I got dentures and I, I, I'm really depressed since I can't taste anymore or, you know, whatever you say, you know, I never had to have a C P A P before, but now they're making me and I can't sleep or whatever, however people present.

Jill VanNostrand, RN · 55:45 - 56:02

We're going to take a good hard look at it and see what's related to what else. And, and not just what happened, but how can we change, how, how can we,

how can we make a shift in the terrain to support the resolution of blocked energy? Let it move again. Yeah.

Jessica Frank, Marion Institute · 56:03 - 56:11

Wow. That's awesome. And I have a personal question or a personal request, but do you have a recipe for your, bosom buddy salve?

Jill VanNostrand, RN · 56:12 - 56:12

Yes,

Jill VanNostrand, RN · 56:13 - 56:45

Absolutely. Absolutely. Yes. I'll, I'll share that with you and you can, you can post it, right? It resource. Absolutely. It's easy to make. The only thing I'm going to add now, when I heat that, I strained the oil, it's on the stove right now in a, in a stainless steel copper bottom pan. And all I'm going to have to do is put in, because it's a fresh, it was made from fresh herbs, it has a little higher water content in it. So as the oil heats up, I'm going to put in one tablespoon of beeswax for every cup of oil.

Jill VanNostrand, RN · 56:45 - 57:17

And, that should stiffen it up to the perfect, the perfect consistency. And, you can apply it freely, right? This one isn't edible. It has beeswax in it. Well, it wouldn't hurt you. I mean, in fact, they did find beeswax in Neanderthal, teeth and jogs, so even they knew you could use it for a sore tooth. instead of, it was the earliest fillings I think that were used dentally. and, and they were packed with herbs too. So Interesting.

Jill VanNostrand, RN · 57:18 - 57:20

Like I said, nothing new. Great.

Jessica Frank, Marion Institute · 57:21 - 57:54

That's great. So we are just almost out of time. There's just like a minute or two left. Anything really? Wow. Anybody wants to drop into the chat? before we close? I will say, again, we have another bio bites coming up in one month. we also have a wonderful event that's going to take place in New Bedford at the Kilburn Mill building. it is with a speaker named, Tracy Kidder, who's a Pulitzer Prize winning author. He's going to be speaking with, Dr. Jim O'Connell from the Rough Sleepers, that book that was on the New York Times bestseller list.

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