



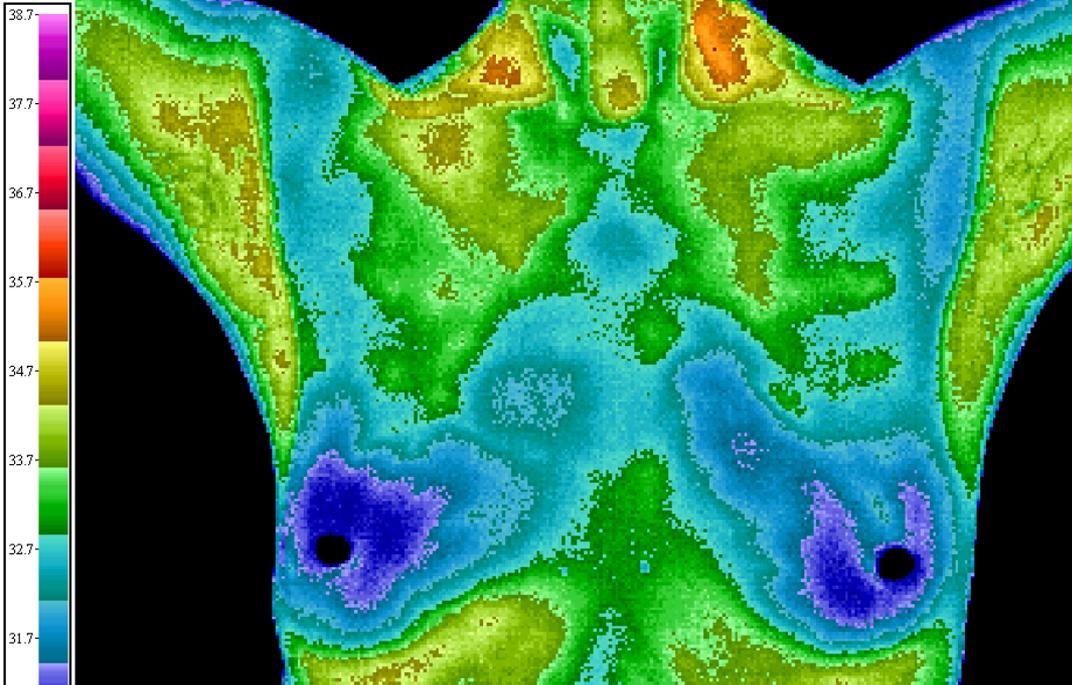
Proactive
Breast
Wellness
just call "them" mine

*Thermography Scans of Women with
Herbicide & Pesticide Exposure*

Ingrid Edstrom FNP, M.Ed.

Normal Thermogram Scan





69 years old

Eugene, Oregon

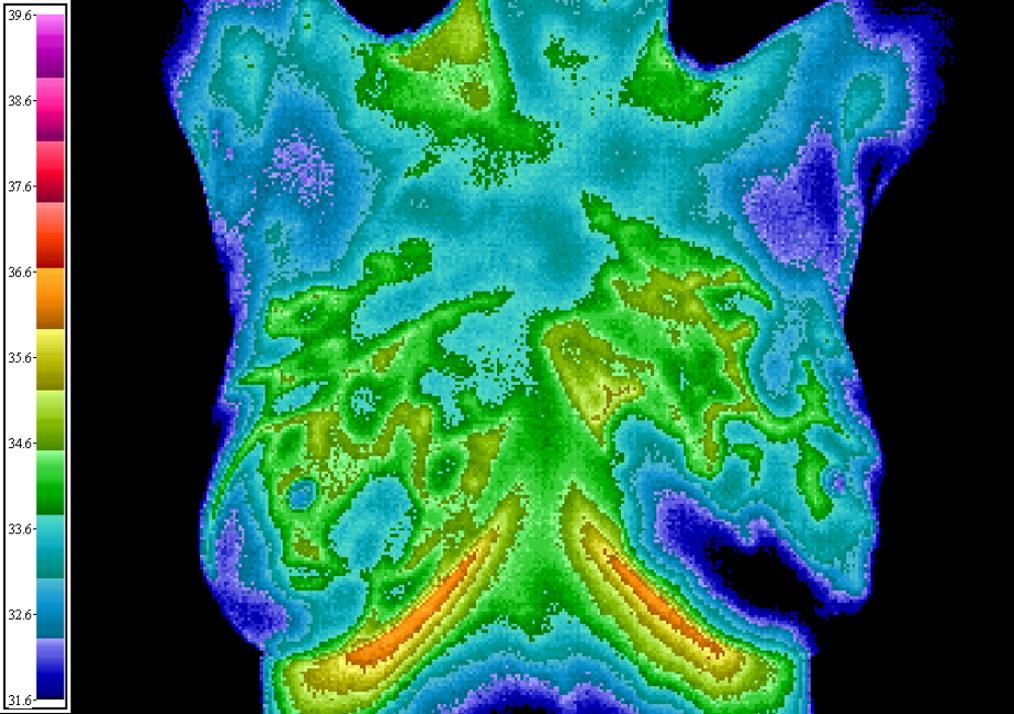
Top scan is a normal TH1
image on both sides

Blue = cold or less
metabolic activity

- ❖ Lower image is the
same woman but you
can see quiet small
vessels that are scattered
with a normal patterning
- ❖ Healthy Lifestyle
- ❖ Organic eater
- ❖ No Herbicide Exposure

Normal Metabolic Activity in a Pregnant or Nursing Woman

These women have increased breast activity simply due to their maternal state



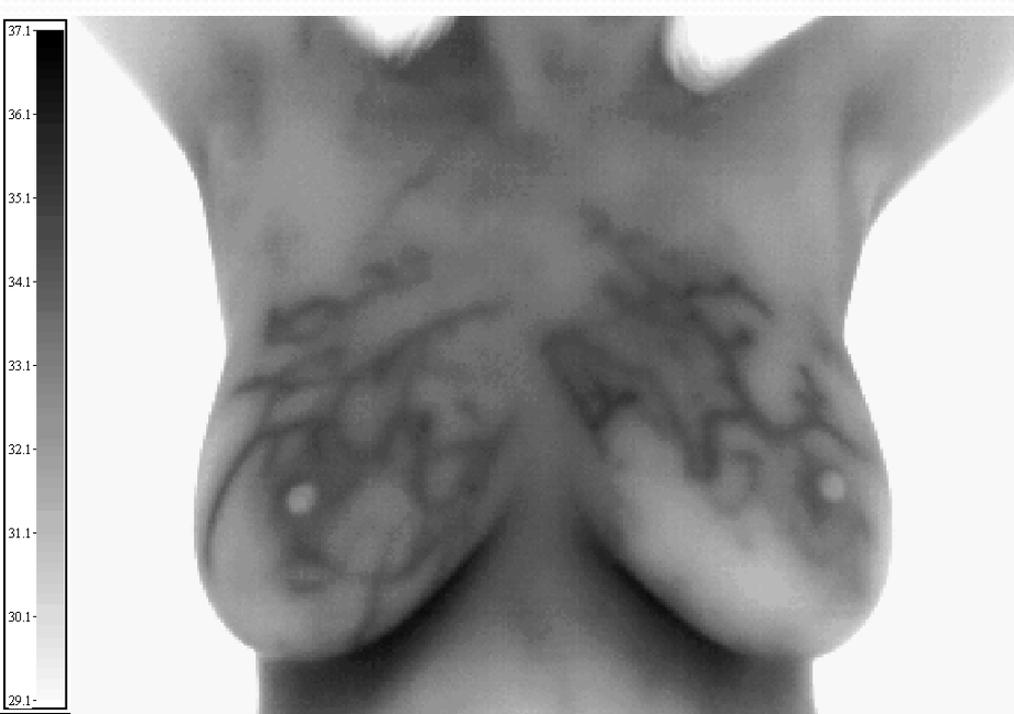
32 years old

Brownsville, Oregon

Six months pregnant

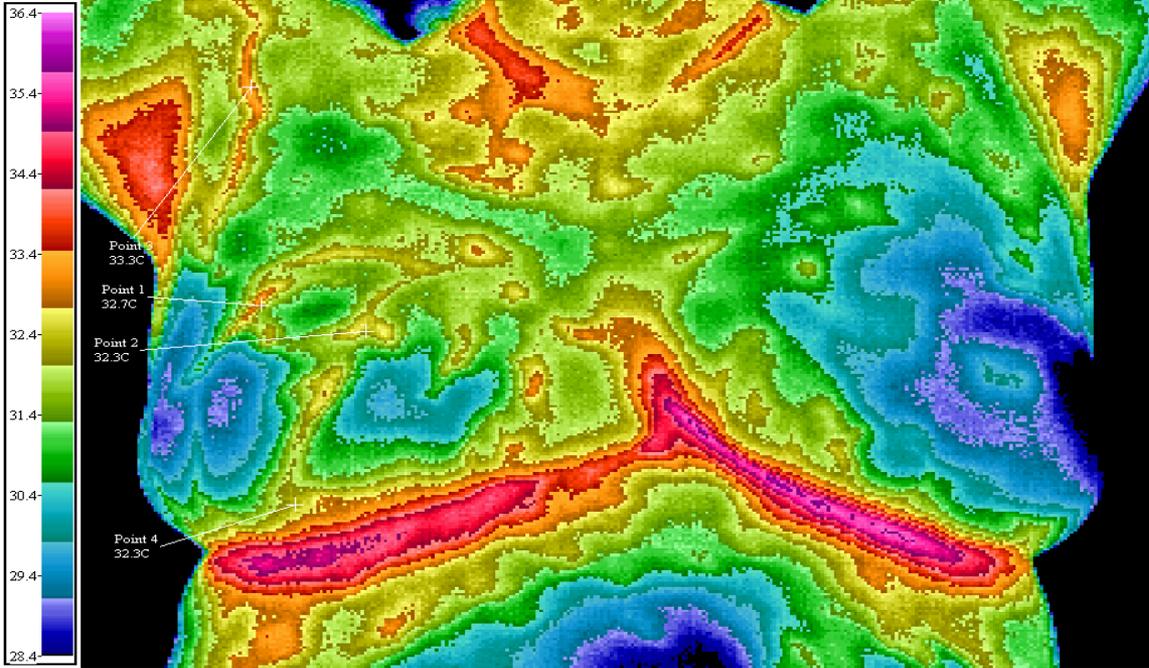
Yellow/Green areas in the upper image are warmer over the vascular patterns; blue regions are colder

The vascular activity in the lower breast scan is due to normal metabolic activity while she is pregnant or nursing. If the woman isn't in a maternal state, these vessels should not be present or enlarged



Increased Vascular Patterns in Women Exposed to Herbicide and Pesticide Spraying

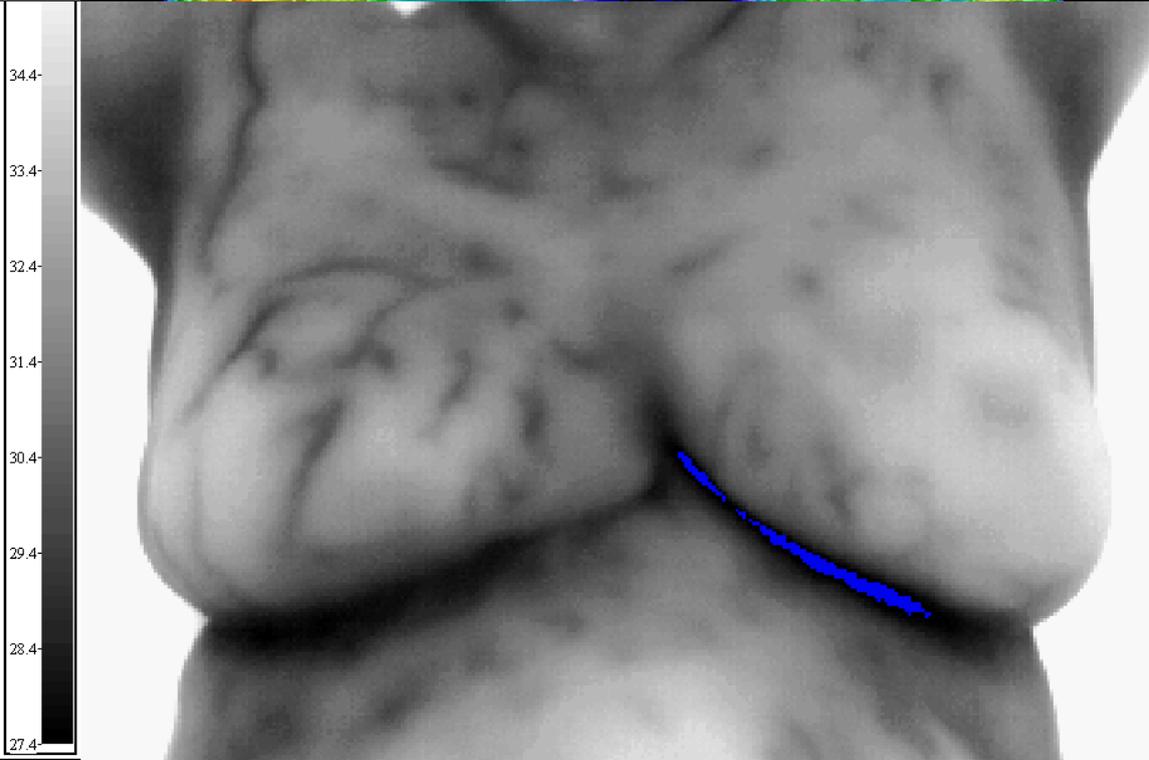
These women, due to their ages, should not be naturally estrogen dominant which increases metabolic activity. Hormone imbalance confirmed by their physicians.



62 years old

Eugene, Oregon

Biopsy proven
invasive ductal
cancer in her right
upper breast.



On the lower image
blood vessels are
feeding the tumor
from different
directions

Normal vs. Biopsy Proven Cancer

Healthy Lifestyle

Organic Diet /On Supplement Program

Balanced Hormones

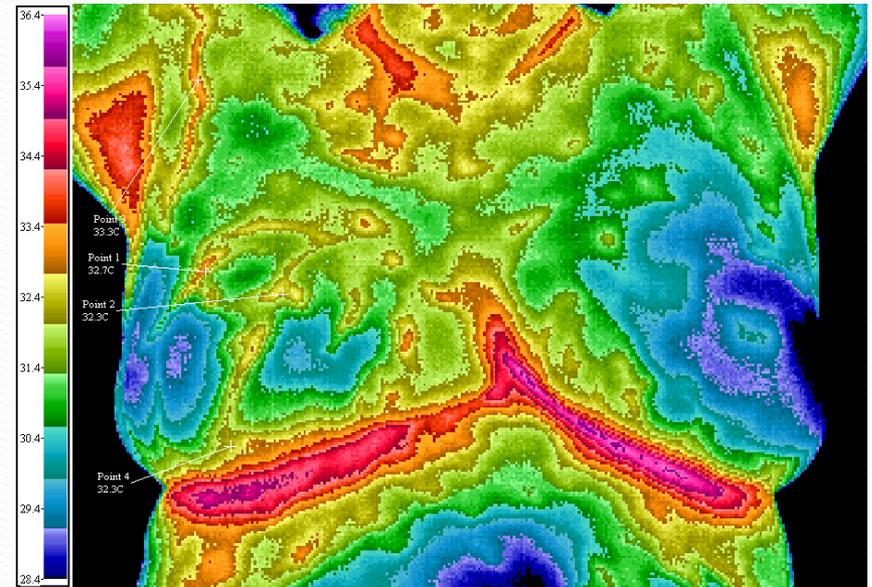
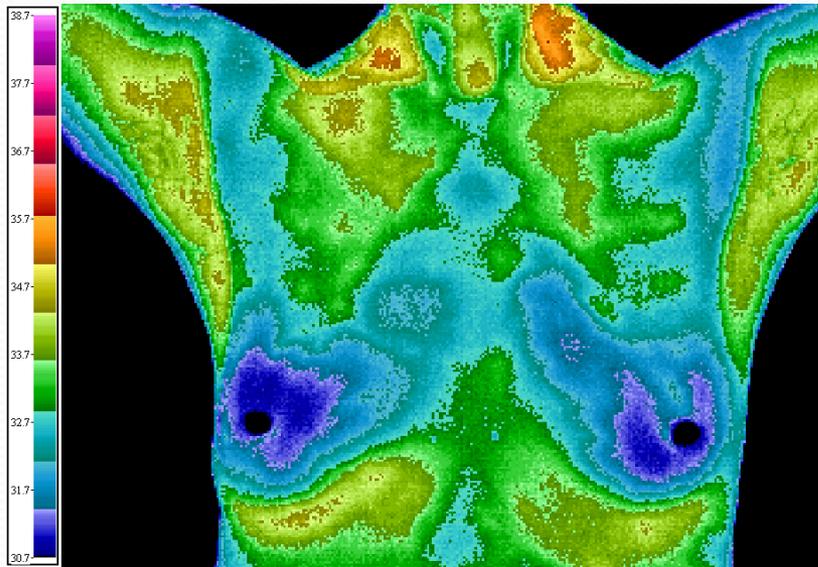
No Herbicide Exposure

Herbicide and Pesticide Exposure

Non- Organic Diet

Imbalanced Hormones

Sedentary Lifestyle



Breast Cancers Tend to Grow Faster In Women Under The Age of 50

Age of Women	Average Tumor Doubling Time
Under Age 50	80 Days
Age 50 – 70	157 Days
Over Age 70	188 Days

Source: Cancer 71:3547-3551.1993

Breast Cancer is a National Epidemic

- ❖ 1 out of 8 women in the U.S. may expect to have a cancer diagnosis in their lifetime
- ❖ Estimated to be 1 in 5 in the next 10 years
- ❖ Only 7- 9% of breast cancers occur because of inherited genetic traits
- ❖ 91- 93% of your risk is related to environment, dietary, hormone balancing and lifestyle choices

American Cancer Society, 2007

13 states with the highest incidences of breast cancer

- ❖ Connecticut
- ❖ Delaware
- ❖ District of Columbia
- ❖ Maine
- ❖ Massachusetts
- ❖ Minnesota
- ❖ New Hampshire
- ❖ New Jersey
- ❖ Oklahoma
- ❖ Oregon
- ❖ Rhode Island
- ❖ Vermont
- ❖ Washington

Centers for Disease Control 2007

Breast Cancer is a Regional Epidemic

- ❖ Washington State is currently number 1
- ❖ In Washington State each week 78 women are diagnosed with the disease and about 14 will die
- ❖ Oregon now has the 2nd highest breast cancer rate per capita in the nation
- ❖ Oregon was number 3 the year before
- ❖ Each week 47 Oregon women are diagnosed with breast cancer; 10 will die

American Cancer Society, 2007

Cancer & Men

- ❖ 2% of men develop Breast Cancer annually

The American Cancer Society

- ❖ An estimated 2,030 men will be diagnosed with Breast Cancer, and an estimated 450 will die in 2007

The Susan G. Komen Breast Cancer Foundation, 2007

- ❖ Prostate Cancer has been linked to Agent Orange exposure in Vietnam Veterans

The American Cancer Society

Early Detection Holds Promise for Prevention

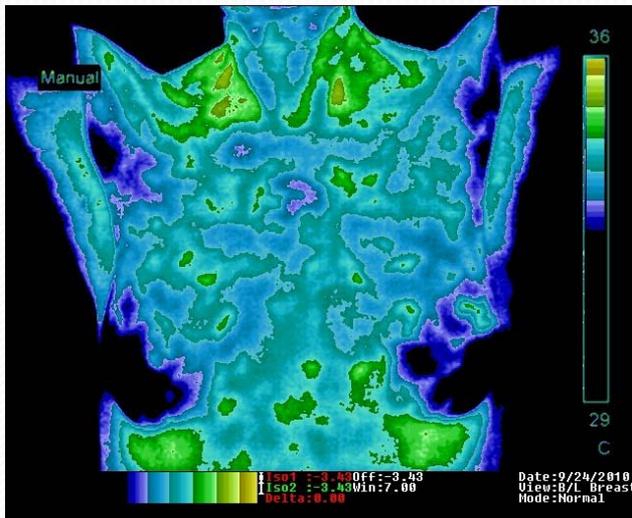
Thermography or Infrared detects the subtle physiological / heat changes that accompany breast pathology, whether it is cancer, infection or fibrocystic disease.

Infrared is FDA approved as an adjunctive tool as an increased risk indicator.

The Infrared images of all these women in this presentation showing examples of breast cancers were sent to their physicians and had positive biopsies.

Breast Thermography

- ❖ 100% safe with a 90% sensitivity
- ❖ No radiation / No radio waves
- ❖ Completely painless / No compression
- ❖ Safe for pregnancy / Nursing
- ❖ Our Camera is FDA Registered
- ❖ Used for implants, fibrocystic & dense breasts
- ❖ Detects increased blood vessels or angiogenesis that may be the first indicator that a problem exists
- ❖ For women with abnormal ultrasounds & mammograms



Infrared cameras detect changes in heat and physiological changes

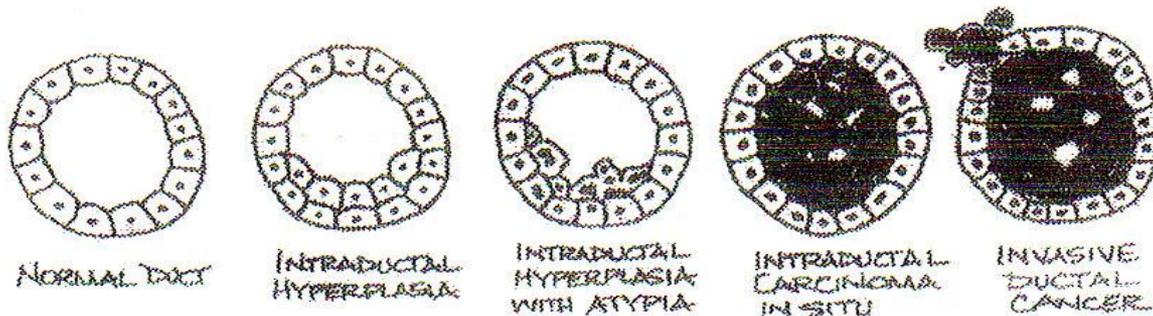
Diagram shows changes in cell structure and cellular activity.

When there are more cells producing heat, the infrared temperatures are higher.

Breast cancers take 10-12 years to grow to the point where there is a palpable dime size mass.

Infrared images may detect temperature changes prior to lump formation while there still may be time to alter the inflammation and increased metabolic activity.

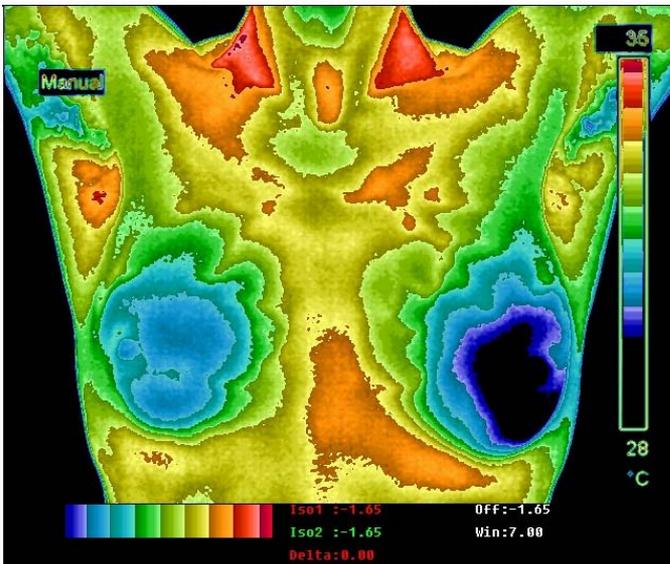
Infrared is the best risk detection tool available



Positive Thermograms of Biopsy Proven Cancers are Compared



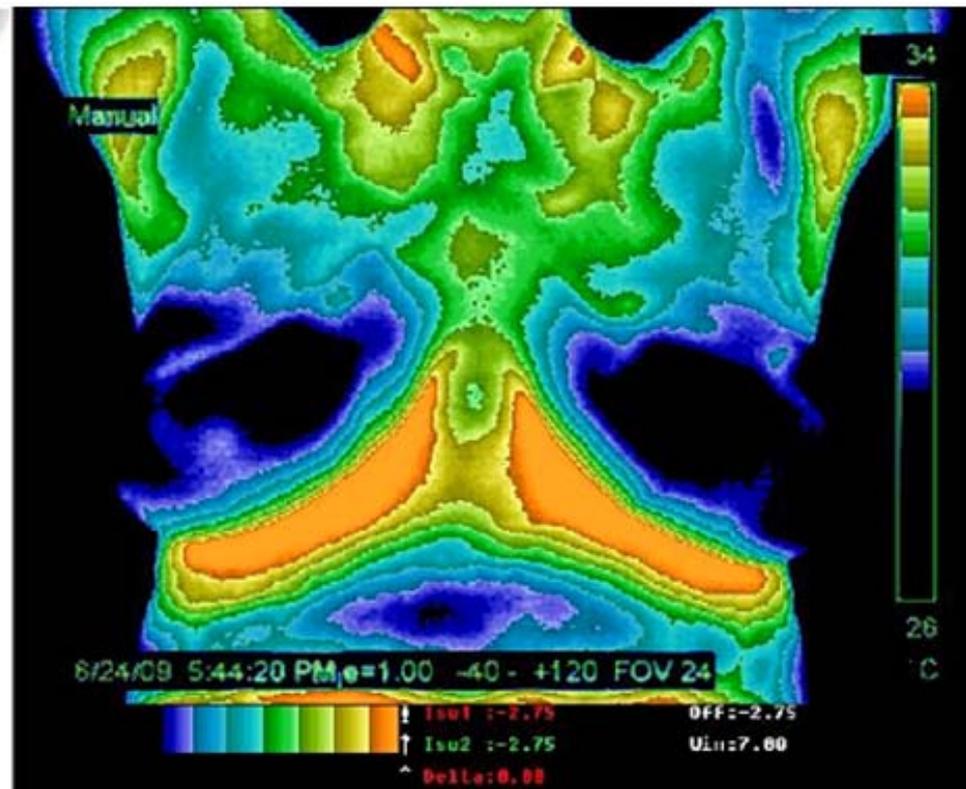
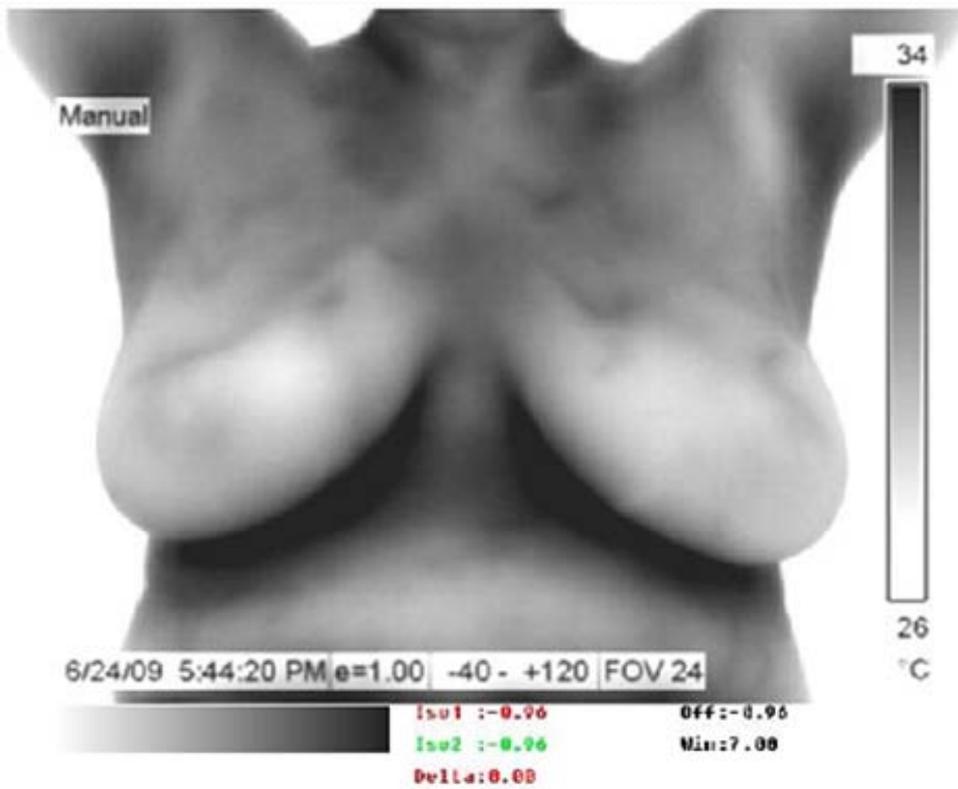
- ❖ Increased estrogen /metabolic activity in tissues seen as black vessels
- ❖ When increasing abnormal cells begin to form a tumor, blood vessels begin to feed the tumor with increased blood flow and nutrition. These areas will also appear hotter or red/orange.
- ❖ Dark blue is colder and is not cancer
- ❖ In my clinical practice, women exposed to herbicides and pesticides are developing abnormal vascular patterns



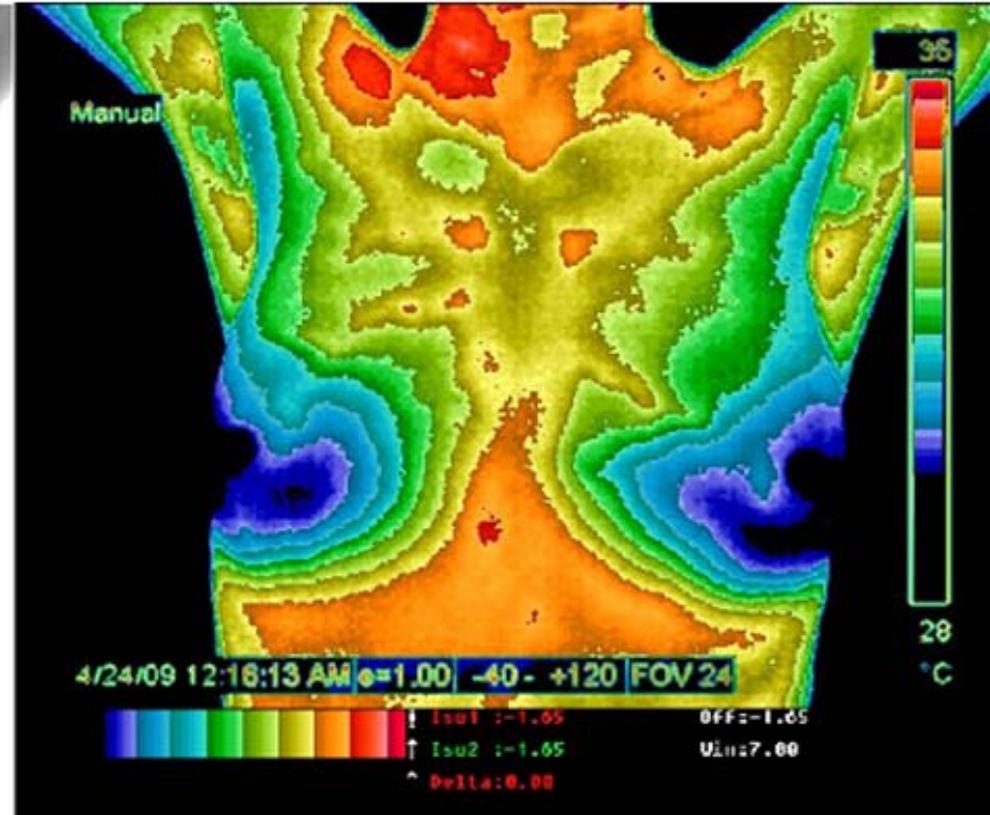
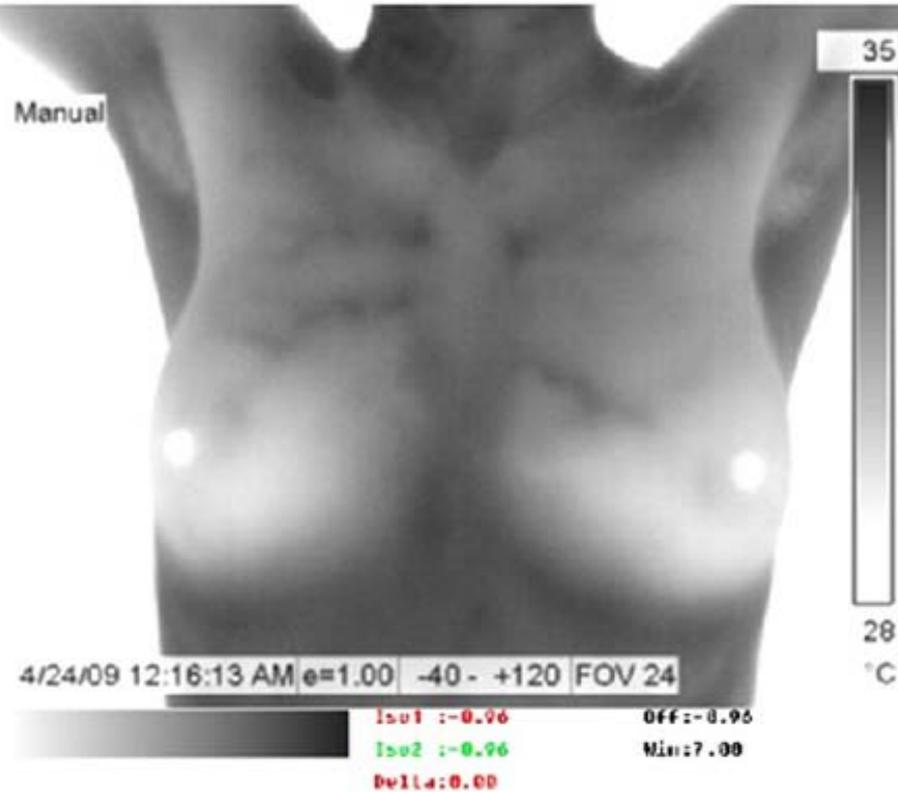
Thermography is rated TH1 to TH5

- ❖ TH1 and TH2 are “Normal”
- ❖ TH2 may indicate dense fibrocystic breasts with hormone influences/estrogen imbalance/dominance
- ❖ TH3 is “Borderline” or “Equivocal”
- ❖ TH4 is “Abnormal”
- ❖ TH5 is “Very Abnormal”

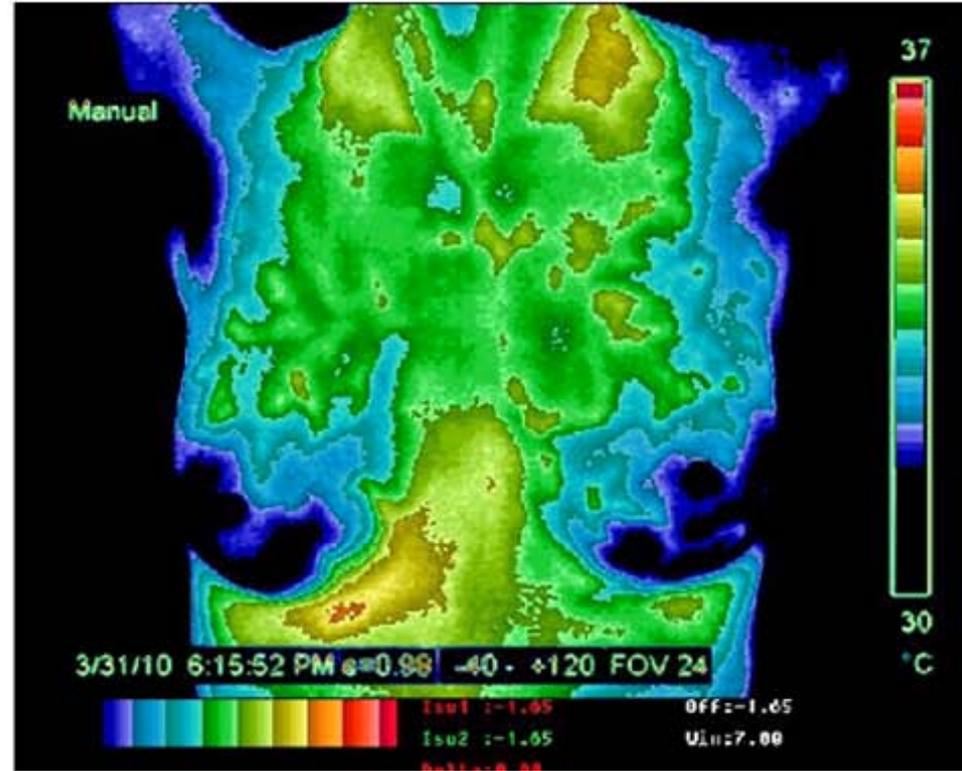
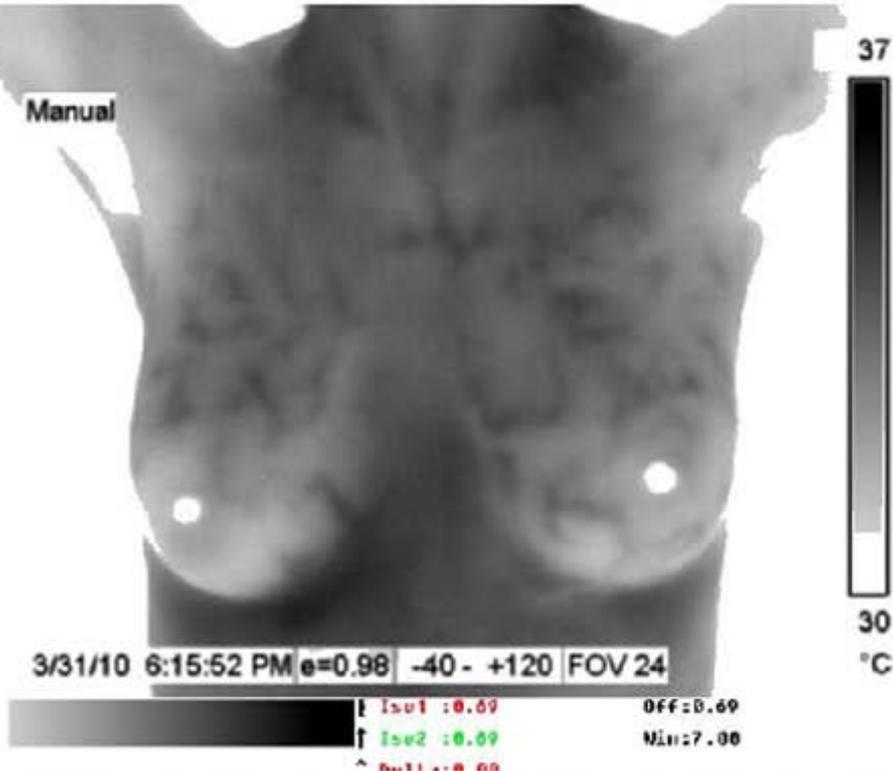
TH1 Normal Non-Vascular



TH2 Normal Vascular

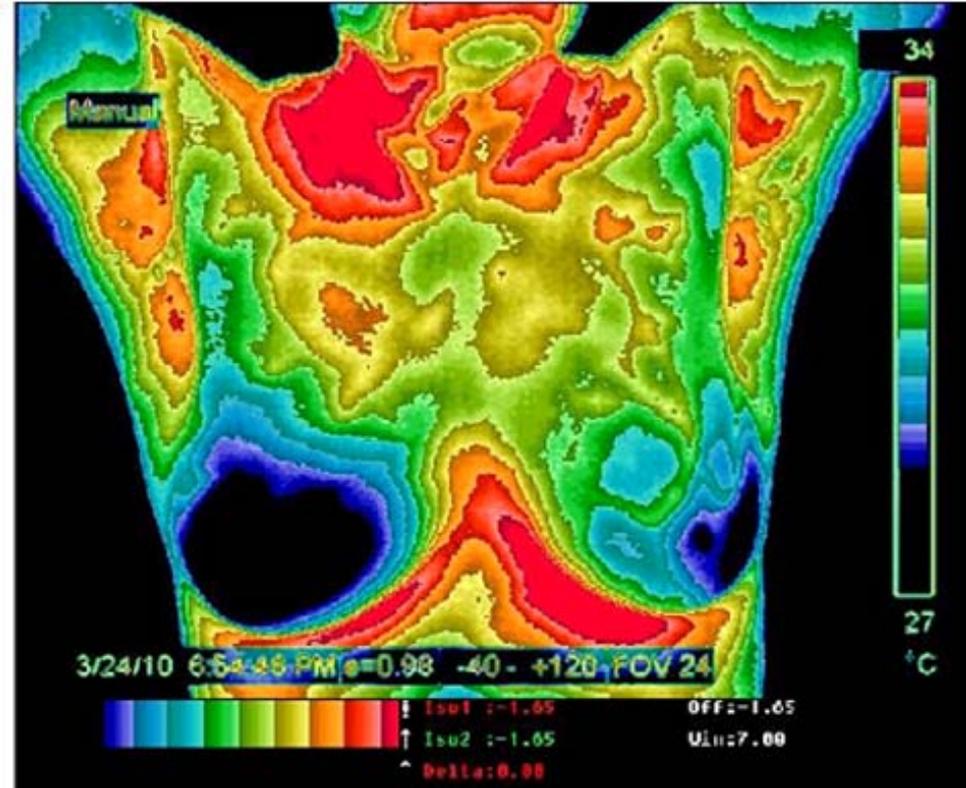
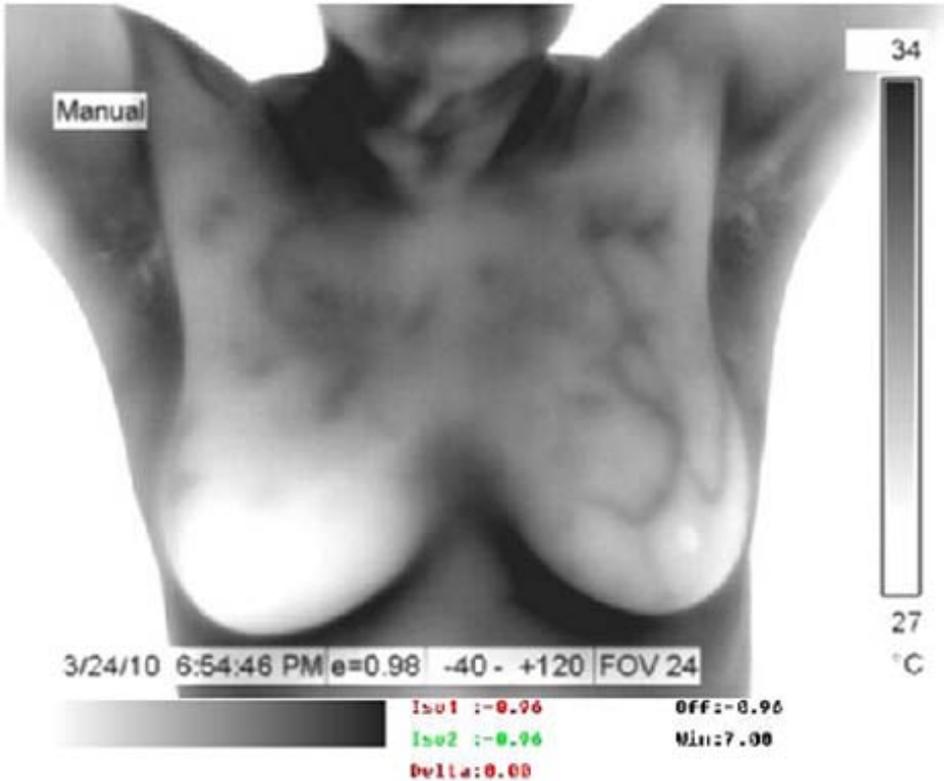


TH3 Borderline

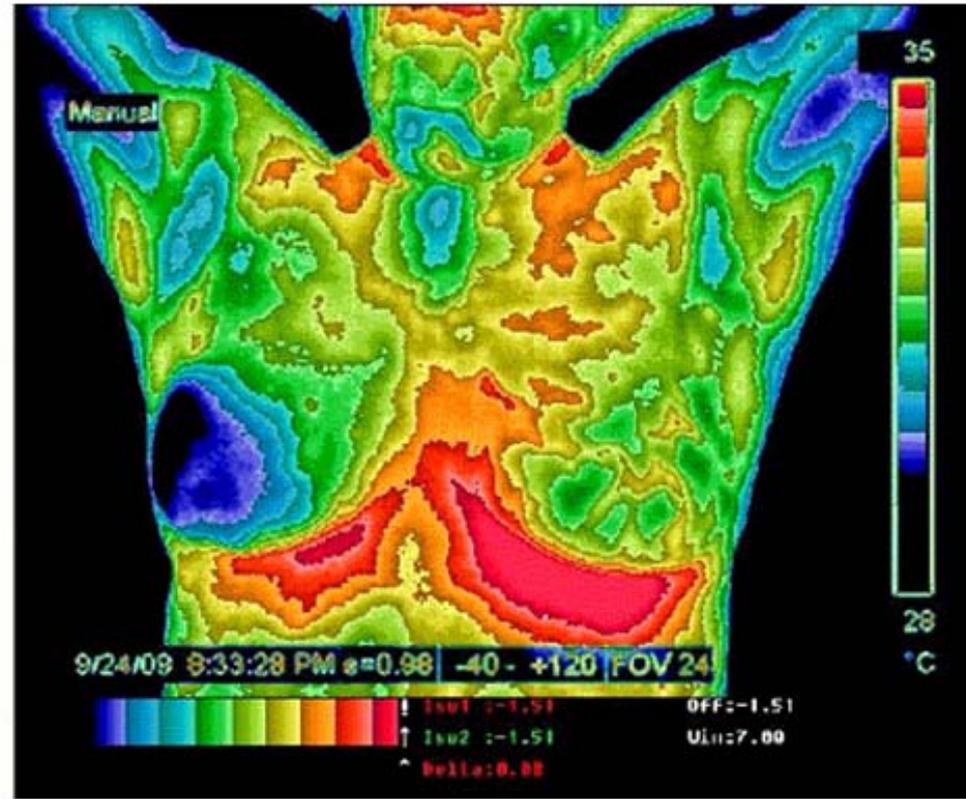
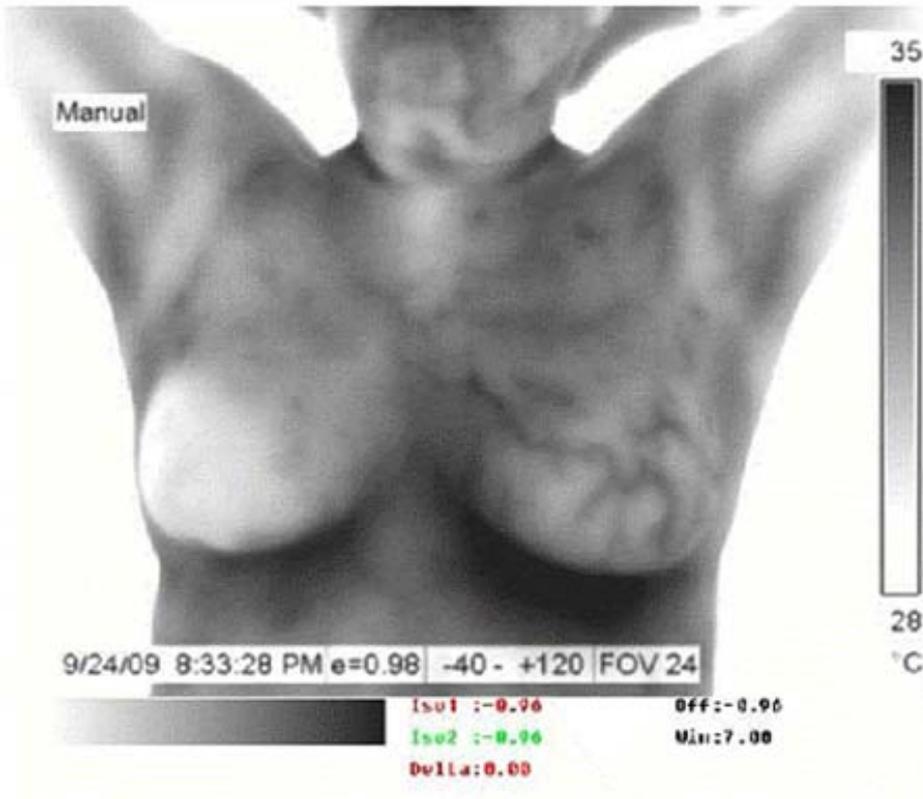


**Non Organic Diet, Premarin & Estradiol
cause Increased Vascular Patterns**

TH4 Abnormal



TH5 Severely Abnormal



NO SAFE Herbicides or Pesticides

- ❖ There are only degrees of toxicity, some worse than others
- ❖ 2, 4-D (a Dioxin/Agent Orange like compound) or other defoliants are at times sprayed in Oregon state parks, timber land (after clear cutting), orchards, and the grass seed industry
- ❖ It is also used along the McKenzie River Basin by farmers. This impacts the water supply and the health of the public
- ❖ Federal parks have outlawed the spraying of Herbicides since 1998
- ❖ Switzerland and Austria have stopped using herbicide sprays in their timber industry due to increased illness in local populations.
- ❖ Socialized medicine countries are more prevention oriented because the state has to pay for treatment

Stopping Herbicide/Pesticide Spraying

- ❖ Herbicides and pesticides contain chemicals called Xenoestrogens or Estrogen mimickers
- ❖ Xenoestrogens bind with the estrogen receptor sites in the breast and prostate causing estrogen dominance. These chemicals act like estrogen molecules and the body cannot tell the difference
- ❖ As per The American Cancer Society, *research has shown that prolonged estrogen exposure is linked to increased rates of both Breast and Prostate Cancers*
- ❖ Research by Infrared Breast Health, LLC convinced Lane County to stop roadside spraying of herbicides which contain Endsulfan Pesticide, Aquamaster, Garlon 3A, Habitat, Milestone or Oust Extra.
- ❖ ALL of these products have chemicals that are estrogen mimickers

Cancer & Men

- ❖ Workers exposed to herbicides in other settings such as herbicide manufacturing workers, herbicide applicators, farmers, loggers, grass seed growers, forest and soils conservationists who often had much higher serum dioxin levels than Vietnam Veterans

The American Cancer Society

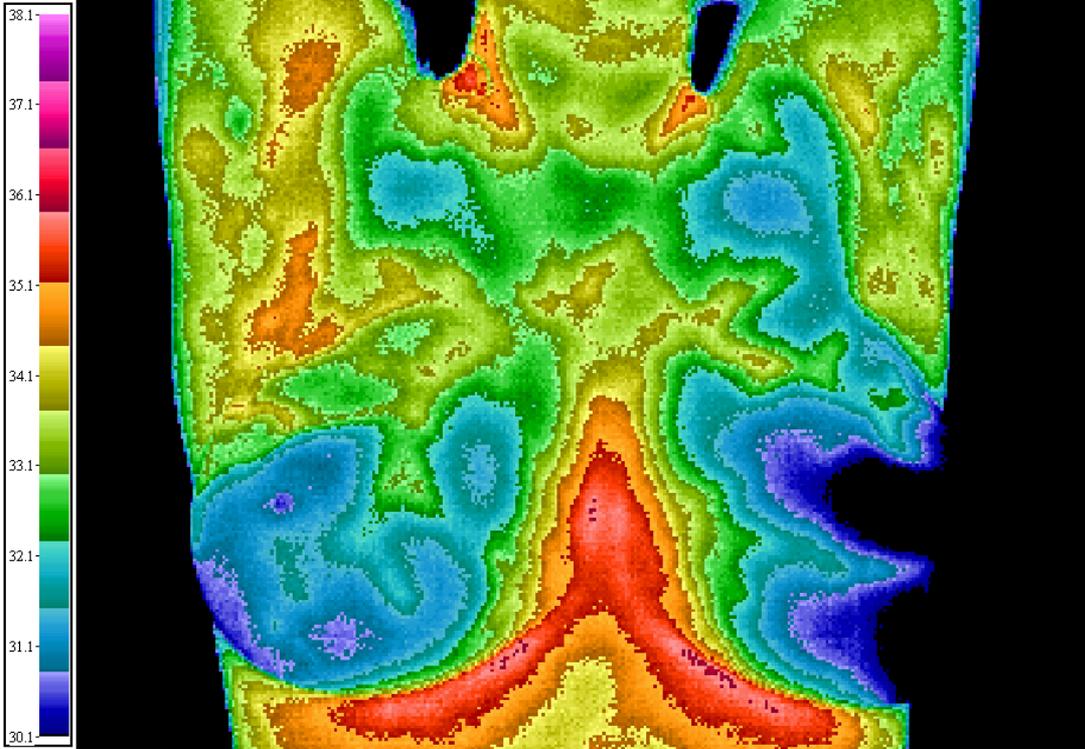
- ❖ Recent studies of pesticide applicators in Florida (exposed to many agents other than herbicides) reported an approximate doubling of prostate cancer incidents and mortality

The American Cancer Society

Women Toxically Exposed to Herbicides / Pesticides

The following images are of women being evaluated for pathology with structural studies by their physician. They have not been biopsy diagnosed yet.

All these women have toxic levels of exposure



34 years old

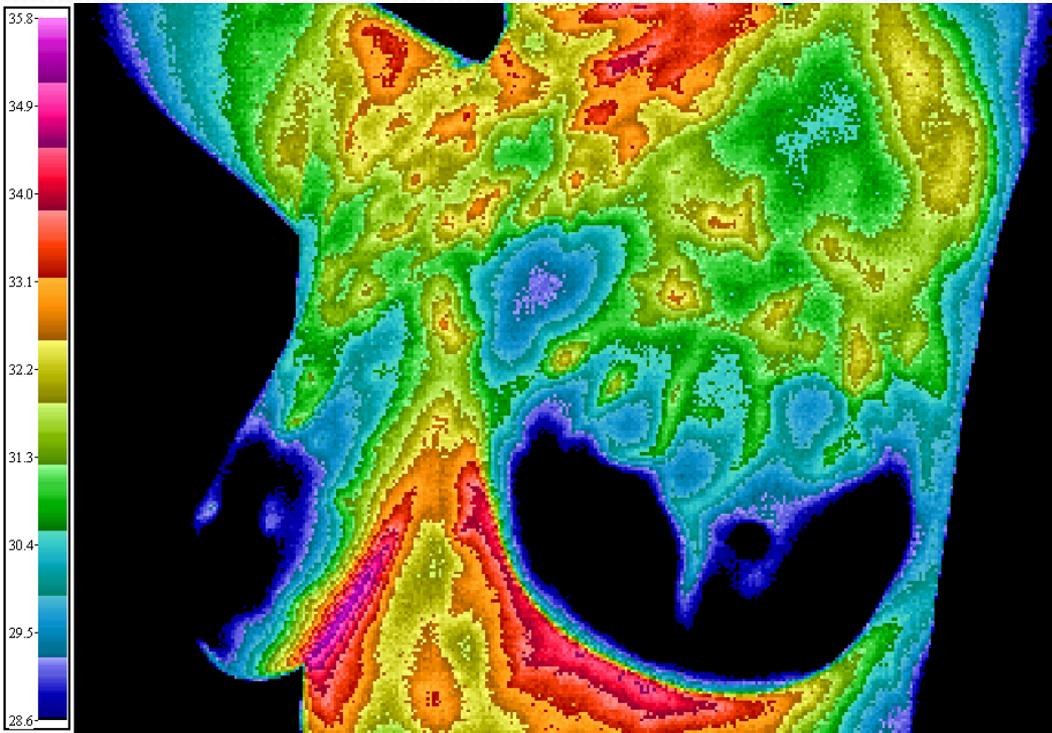
Brownsville, Oregon

Very abnormal TH5 scan on her right (designated by orange). Large vessels leading to a breast mass

She lives on a mint farm with large amounts of herbicide and pesticide spray usage on her property, as well as her neighbor's property

Exposed to nuclear radiation fallout as a child. Her sister has already died from breast cancer

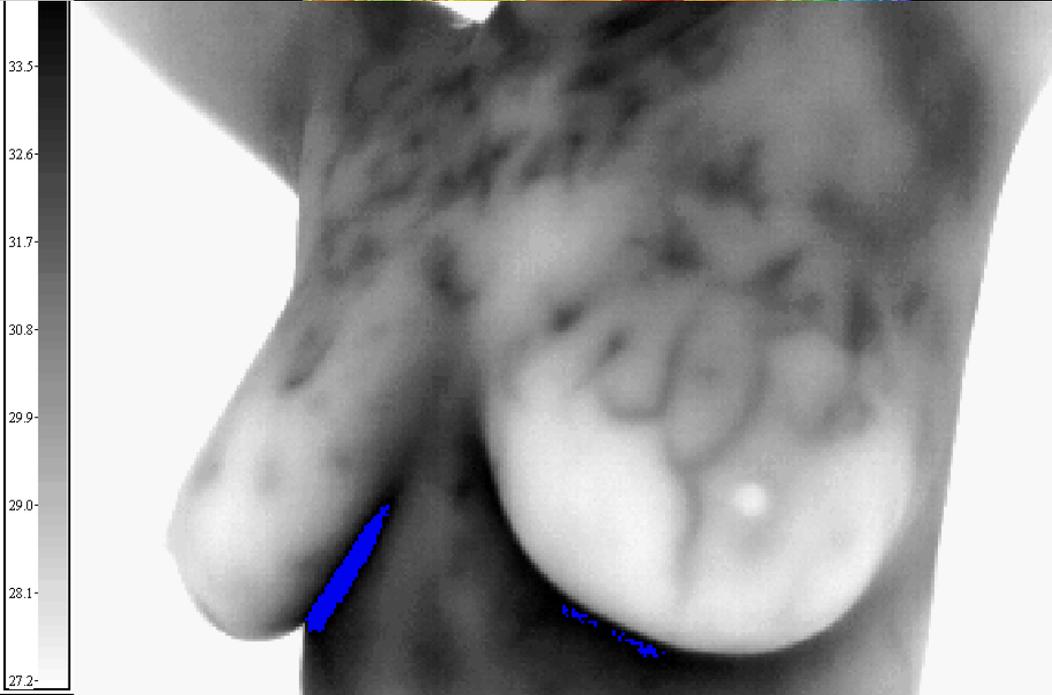


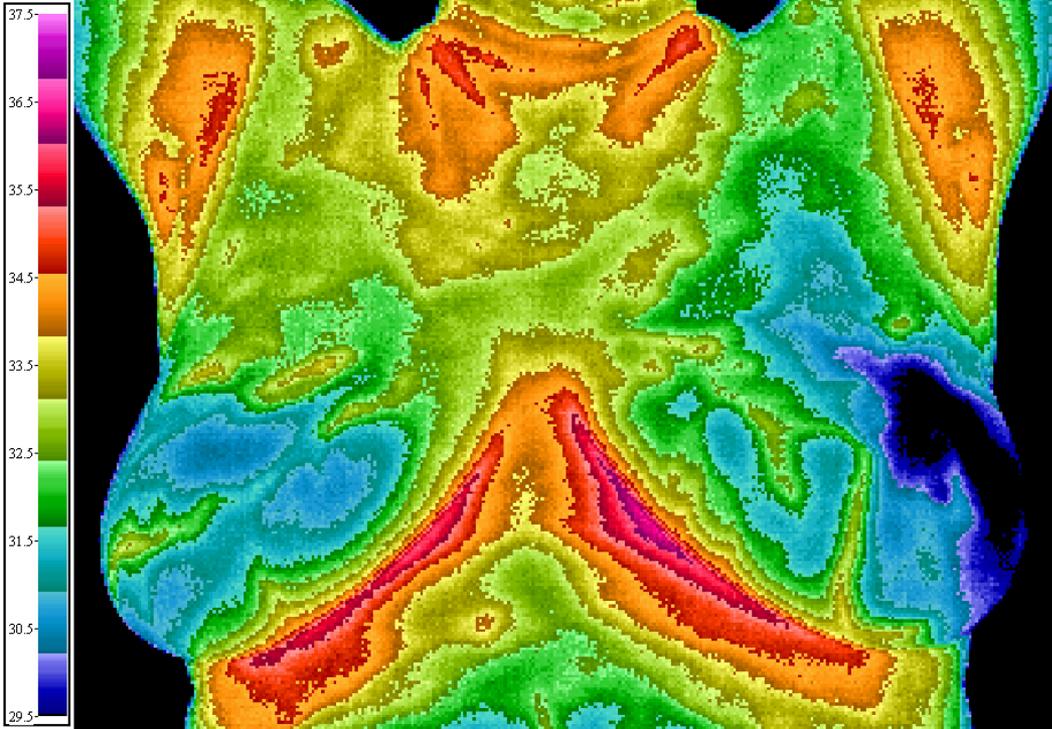


48 years old Farm Owner

Uses Pesticides “Fly Wipe” on horses which is absorbed through the skin

Note: Large vascular patterns and increased heat in the left breast. This represents estrogen dominance and increased metabolic activity. This woman is cancer free at the moment, but she is at higher risk





Menopausal 49 years old

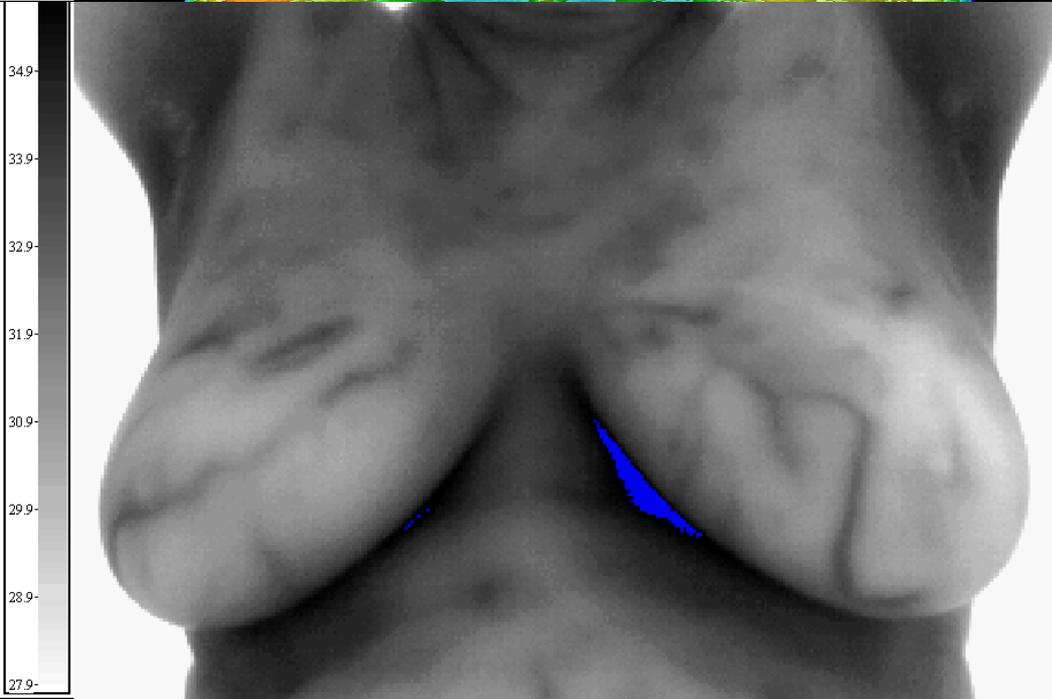
Cheshire, Oregon

Aerial herbicide exposure on
March 2007 by her timber
company neighbors

Her two teenage daughters
were also exposed

Bottom Scan:

Note the increased vascular
changes that show estrogen
dominance and increased
metabolic activity in tissue. She
does not have cancer yet, but
she is at a higher risk



Cancers with Herbicide/Pesticide Exposure

The following images are of women diagnosed with breast cancer by biopsy

All these women have toxic levels of exposure

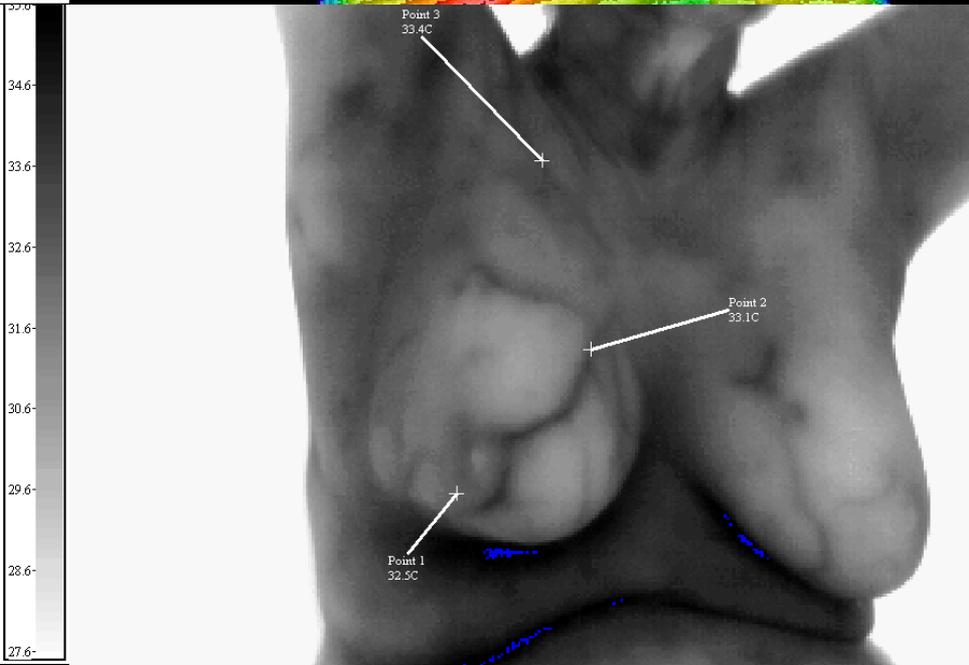
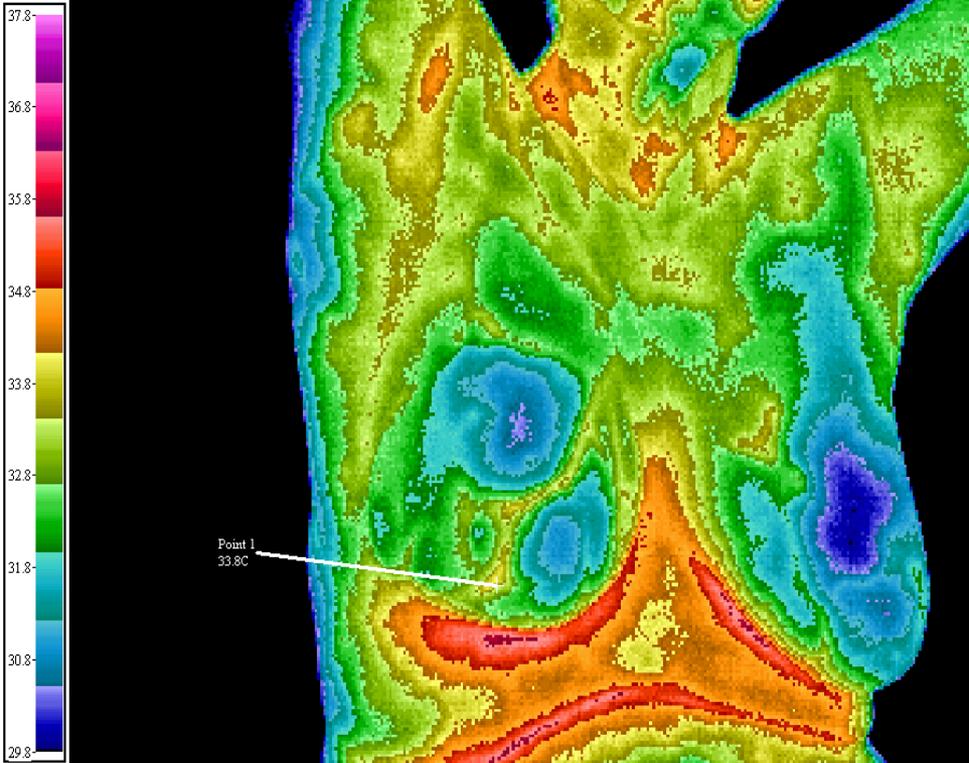
63 years old w/ Lobular Cancer R-Breast

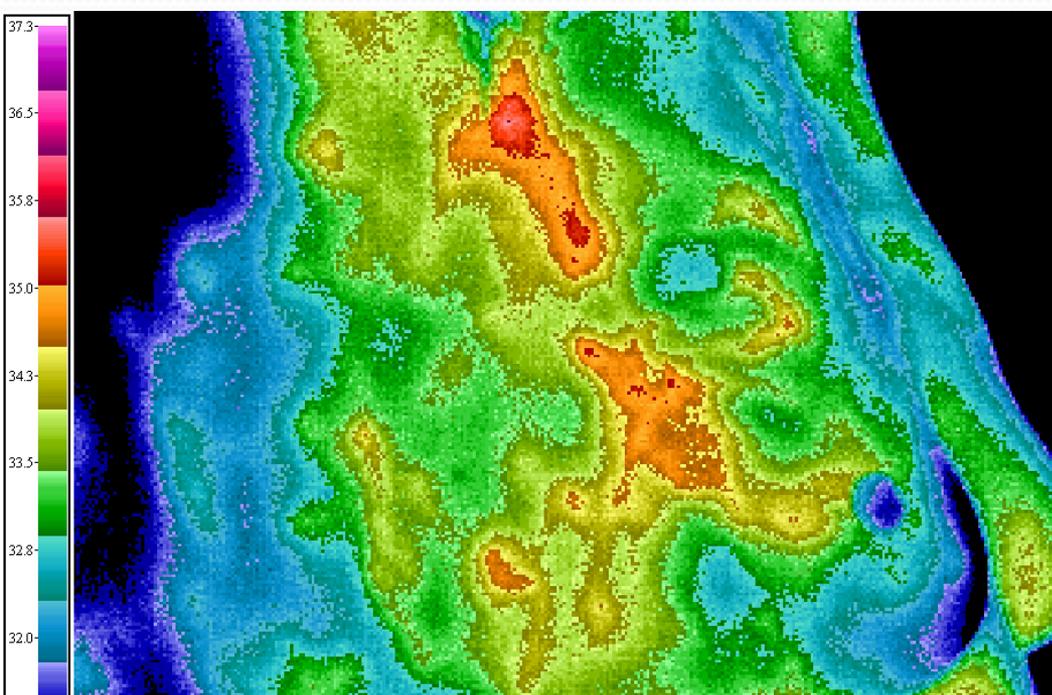
See temperature marker over
cancer on the top and blood
vessels feeding the tumor below

Lives on a ranch using “Fly Wipe”
pesticide spray on her horses

Husband using “Round-Up”
herbicide spray on fence rows.
Timber company has clear-cut
and aerial sprayed herbicide on
western border of their property
within 500 ft of home.

Husband now has prostate
cancer





62 years old

Eugene, Oregon

Pathology report of invasive ductile carcinoma of the right breast.

Note: Hot orange areas over the tumor and on the bottom images the blood vessels are feeding the tumor on her right.

There is estrogen dominance and increased metabolic activity with larger vessels on the left as well



Coming to terms with Environmental Estrogen Risk

The “Estrogenic Soup” has been made worse in recent years. Eight-year-old girls are now fully breasted, which used to occur at 12-13 years of age

As a health care professional in a state with one of the highest breast cancer rates in the nation, I am working to decrease the risk of developing breast cancer and prostate cancer in our state

Please limit the public’s exposure to harmful chemicals

Help preserve the health of your family and our communities

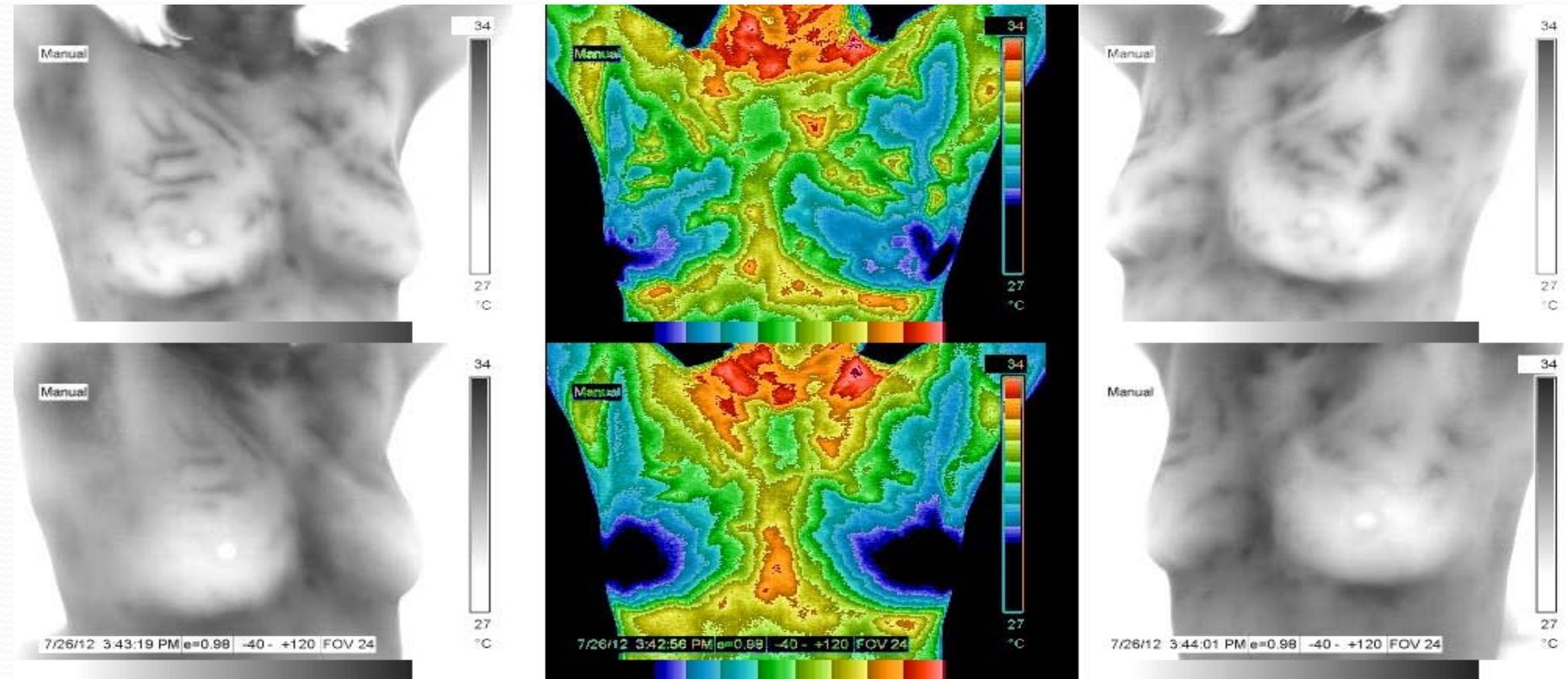
Proactive Breast Wellness™



- ❖ Comprehensive Breast Wellness protocol and education program
- ❖ Reversing inflammation in breasts over a 6-12 month period
- ❖ Instructional CDs and downloadable formats
- ❖ Convenient to use bloodspot and saliva hormone test kits
- ❖ “*Waves of Serenity*” – a relaxation/guided imagery CD/DVD/Download
- ❖ Coming Soon - Customized organic supplements in easy-to-take powdered form

Images before and one year after use of protocol

Vascular patterns have decreased and breasts are cooler and less tender. More than 65% of women have been able to improve or reverse their scan ratings in 6 -12 months after following the Proactive Breast Wellness protocol



For More Information or to Arrange a Lecture

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