

Breast Thermography: *A Complementary Tool to Traditional Chinese Medicine*

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Although breast thermography has been an available technology since the 1970s, few people understand what a significant tool it can be for treating breast health and hormone balance. Breast thermography monitors the blood flow/circulation in the breasts. Blood vessels tend to form specific patterns, which can signal an abnormality for early detection. The evaluation of these patterns can determine potential risks as well as excesses and deficiencies with regard to hormones.

Breast thermography is usually advertised with colorful images, but this is not the proper imaging used to determine breast health risk. Color imaging does have its place, but it is reverse grey/black hot images, which reveal the vascular patterns. Vascularity is stimulation of the blood vessels.

Color images can also be misleading. Imagine a company who wants to sell a breast health cream. They take an initial color image, and then apply a cream, followed by another image minutes later. Because creams are reflective, they will cause a change in measurements, thereby resulting in a different color pattern when there has been no change in the underlying condition. It is vital to use a camera with a minimum 480 optical line resolution with interpretations in black hot.

Breast thermography is a visual assessment where the patient and provider can see with their own eyes specific vascular patterns. One can visually compare the progression or

regression of breast health conditions over time and, therefore, evaluate which treatments are effective, and more importantly, which treatments are harmful. In this way, the breasts can be a window to women's health.

Breast thermography has demonstrated that exogenous estrogens are increasing vascularity and risk. This is appropriate during menstrual years, but is a risk factor after menopause. Constant stimulation from exogenous estrogen creates chronic vascularity which can possibly stimulate neoangiogenesis. Angiogenesis is necessary for neoplasia to move from in situ to an invasive cancer.

As Chinese medical physicians, we are capable of transforming our patients' health; however, practitioners may experience unsatisfactory results in treatments as they are not aware of the harmful effects of exogenous estrogens. We do not need lab reports to tell us the state of our patients' health; we are trained to read the body. This is what makes breast thermography so spectacular, yet simple for our profession. We are used to monitoring subtle changes in the tongue and pulse; monitoring subtle changes in the blood vessels of the breasts is an effective tool to add to our arsenal.

Before we can venture into the field of breast health we need to be re-educated, as many of us have fallen victim to propaganda. Exogenous estrogens are increasing many health conditions including PMS,

infertility, symptoms of menopause, accelerating aging, weight gain, hair loss, irritability, insomnia, etc. Excess estrogen can create a cascade effect compromising other organs/systems of the body, such as the thyroid, and is contributing immensely to the increase in breast and uterine cancers.

Breast cancer has increased by 210 percent since 1970.^{1,2} Combine this statistic with the fact that 80 percent of breast cancers are estrogen-driven and there should be a great concern when every female health issue is addressed with a form of estrogen therapy. Essentially, the number of women diagnosed with breast cancer is senseless since many women can treat their breast health if simply given the correct information rather than the very thing which contributes to their risk.

Propaganda has spread misinformation like wildfire throughout the medical community. Falsehoods are accepted as truths while the number of deaths should be evidence enough to the validity of these erroneous claims. The effects of exogenous estrogen are so prevalent that I rarely see a "healthy" or "normal" thermogram; this includes other physicians and their patients.

Exogenous estrogens are synthetic estrogens and eco-estrogens. Synthetic estrogens include birth control pills, IUD with hormones, estrogen shots and rings plus hormone replacement therapy. Eco-estrogens and commercial grade estrogens, are found in most non-organic everyday products.

The most surprising and difficult to believe fact is the harmful effects of phytoestrogens. These plant derived estrogens include flax, soy, black cohosh, red clover, evening primrose, bio-identical estrogen creams, patches, and pellets. Bio-identical is a term that deceives women into believing this form of estrogen is safe because it is "natural." This is not true. Bio-identical is defined as having a similar molecular structure. HRT's and BCP's are bio-identical hormones.

Another claim in the medical community is that phytoestrogens are weak. One study, [Implications of Phytoestrogens Intake for Breast Cancer](#),³ measured several phytoestrogens. They found that high levels of phytoestrogens are present in flax (163,133 PE per ¼ cup) and tofu (8,688 PE per ¼ cup). After decades of thermographic evidence, flax and other "natural blockers" are not considered weak estrogens and do not block estrogen receptors, but rather, stimulate them.

The theory of blocking the body's estrogen receptors to prevent endogenous estrogens from binding is illogical. If endogenous estrogens were the problem, the body would cease to manufacture them. Rather, the exogenous estrogens bombard the system, creating an imbalanced endocrine system, which confuses the pituitary leading to numerous health issues.

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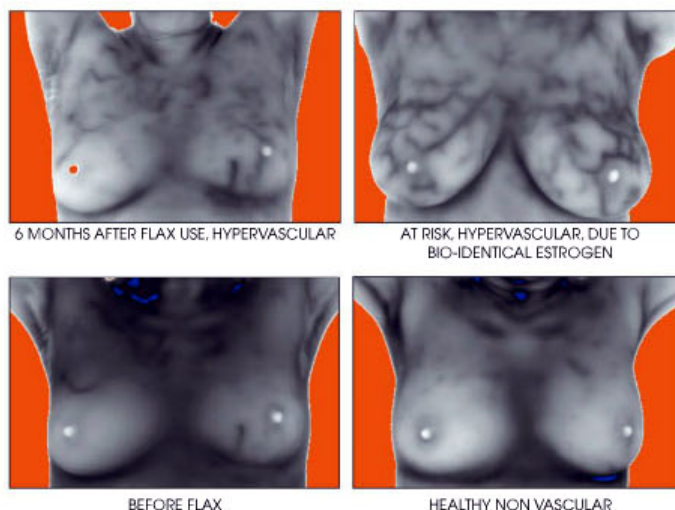
When specializing in women's health, it is vital to understand physiology. At around the age of 35, the breasts begin to involute (gradual shrinking/maturing), and continue until the ages of 60-70, when breast tissue is reduced to about 35 percent.⁴ Normal healthy breasts should be non-vascular, especially after menopause when the breasts are mature. There should be no stimulation, vascularity, as the body has stopped producing estrogen.⁴ Stimulation after the breasts have involuted increases breast risk.

When the ovaries stop producing eggs, estrogen and progesterone are no longer produced in the body.⁴ There is a belief that the fat cells can produce bio-identical estrogen, but these simple storage units lack the internal mechanics to biosynthesize such complex molecules. It is also believed that the adrenals can manufacture bio-identical estrogen. This may be possible, but it's typically a response to an emergency condition in the body. For example, a man can be castrated and still grow a beard. Therefore, the adrenals should not be producing bio-identical estrogen in the majority of women; it would only be used as an emergency organ and only during the menstruating years. The body will not produce estrogen after menopause as there is no longer a need to in this new phase of life.⁴

Many physicians believe estrogen must be stimulated to maintain youth. Sadly, this theory has killed thousands of women. As Chinese medical physicians we should recognize the yin-yang balance needed between progesterone and estrogen. If this natural balance is skewed with exogenous estrogens, then the body must strive to maintain homeostasis, putting an unnecessary burden on the body and resulting in premature aging and risk of cancer. In Western terms, this is progesterone deficiency. Estrogen deficiency is extremely rare and if breast thermography is not an option for your patients, medical history and patient evaluation should be used to determine if a patient is progesterone deficient.

Many patients are self diagnosing and are self administering treatment methods which unfortunately involve exogenous estrogens and are most likely countering beneficial treatments. Just as you read this, you may be running through a list of patients who are not corresponding to treatment as expected. Until this is addressed, (removing all exogenous estrogens) there is little hope for effective treatment, let alone preventative care.

Since today's woman is continually exposed to exogenous estrogens, treatment must address all aspects that involve such external influences. Utilizing thermographic images, breast health risk can be determined



by evaluating the progesterone deficiency a woman presents with graded from mild to severe. A baseline is established to compare effectiveness in treatment. Breast health begins at puberty and monitoring with thermography begins at the age of 25, but can be used earlier if treatment diagnosis is needed. Breast exams can be performed to monitor treatment.

First, assist the patient in removing all exogenous estrogen from the diet and home. This is difficult for many patients and may take 3-6 months to integrate new foods and products. Be sure your patients read the labels of all processed foods - soy is an emulsifier and is in most food products.⁵ Advise patients to only purchase organic, petrochemical free, estrogen-free foods and products. Avoid "natural" foods, household and body products which are generally not "healthy," but quite toxic.

Before treating, proper digestion must be determined. Digestion is essential to address as nearly all efforts will be in vain if the patient is not extracting the nutrients from their food.

Nutrition is the key to success. Remind your patients that food is medicine. Give each patient Eastern nutrition suggestions for underlying conditions. It is recommended to remove all grains from the diet. Grains are generally carbohydrate and sugar rich (resulting in inflammation) contain phytates (blocking absorption of vitamins/minerals) and are what Li Dong Yuan would refer to as "sodden wheat foods" (dampness engendering).⁶

Suggest organic meats, vegetables, fruit, raw dairy, nuts and seeds. Eggs are essentially a food source closest to *jing*, in my opinion, as it is potential life in a small package. According to Eastern medicine, they engender blood and from a biomedical perspective they contain cholesterol which is the necessary precursor for all hormones. Encourage consumption of egg yolks and butter, healthy

cholesterol, for proper hormone levels. Avoid eggs and/or chickens fed flax and soy. Avoid sesame seeds and hummus, which are high in phytoestrogens.

Every patient receives a specialized herbal formula that usually corrects the underlying conditions in conjunction with acupuncture three times a week. As the ovaries are the only source for progesterone,⁴ one major point to utilize is *Zi Gong Xue*. If addressing breast health specifically, *Hua Tuo Jia Ji* points at T4 - T5 may influence the nerve roots corresponding to the breasts.

Avoid supplements/vitamins, including "whole foods," which are toxic due to preservatives, contaminants and ingredients. Multiple vitamins inactivate each other due to their antagonist properties, alkaline versus acidic, oil based versus aqueous. Studies are demonstrating increases in cancer from supplement/vitamin use. One study exposed a 19 percent increase in breast cancer, *Multivitamin Use and Breast Cancer Incidence in a Prospective Cohort of Women*.⁷ If choosing to supplement, individual vitamins should be taken separately. Encourage patients to get sun daily since Vitamin D can be insoluble.

The majority of women need to be on a progesterone cream due to the constant exposure to exogenous estrogens. A compounded progesterone cream is applied directly to the breasts daily as this is where the progesterone receptors are located. Don't apply cream to arms, legs or abdomen. This is a waste of product and does not reduce vascularity. Pills are ineffective as they get destroyed in the gut; sublingual administration is ineffective as it is not local and dissipates in the circulatory system. Only use creams as they are fat soluble which will accumulate and fight off excess estrogen. Avoid "natural" or wild yam progesterone as they are not extracted properly

and contain estrogenic factors. Don't mix progesterone with other hormones into a cream. Don't be concerned with blood/saliva tests since they are usually inaccurate.

Testosterone can be used for patients with low libido, night sweats and hot flashes. Cream is applied to the clitoris. Testosterone cannot convert to estrogen. William Hobbins, M.D., used testosterone to treat breast cancer. Just as estrogen counters testosterone in prostate cancer, testosterone will counter estrogen in the breasts. Testosterone is effective in decreasing vascularity in the breasts which is evident in transgender therapy when a woman uses large amounts to shrink her breasts.

Treating with an understanding of exogenous estrogens is essential to women's health issues. Re-educating patients on the harmful effects of estrogen therapy, supported through the technology of certified breast thermography, one can expect to improve their health practice and decrease women's risk. To view images of treatments and watch educational videos, please visit my websites and Youtube channel. **OM**

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