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# Breast Cancer BOOT CAMP

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Dr. Hobbins's Breast  
Thermography Revolution



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## *The Battle*

Women today are caught in a battle for our breasts and our lives. Every year, more women fall victim to breast cancer, and the United States leads the way with one of the highest occurrences of this horrific disease as well as other cancers. It is time to take up arms and expose the deceptions surrounding breast health.

Unfortunately, we are inundated with propaganda that tells us we can “stay young” with bio-identical estrogen, flax, and soy-based products, when in fact, these recommendations are literally killing women. Excessive estrogen is the main culprit of breast cancer, yet estrogen therapies have become the mantra of breast health. When a statement is repeated enough times, people believe it to be fact, even without evidence to support it. If these types of estrogen are truly “healthy,” why are breast cancer numbers rising, even amongst men? Do not let our fallen comrades become more statistics to fill headlines and further the “cause” for more walks.

This information may be overwhelming, but it is vital to understand the causes and conditions of breast cancer so that they can be treated and defeated. The first signs of overexposure to estrogen include the onset of menstruation before age fourteen, premenstrual syndrome (PMS), weight gain or inability to lose weight despite diet and exercise, abnormal hair loss, fibroids, menstrual disorders, infertility, irritability, insomnia, and hot flashes among many others.



This book will evoke powerful emotions. The images and facts stated within will show women the opposite of what they have been told by trusted professionals. It will anger many, while some may not want to believe the evidence. We have been touted the benefits of estrogen for so long that we actually believe it. Some of us even question and flinch when a specialized physician, like Dr. Hobbins and myself, tells us that estrogen isn't helpful but harmful.

It is socially challenging to argue that excess estrogen is harmful, but we all know that discovering the truth can be scary. In order to defeat an enemy, we must know who or what they are. To shun the truth only promotes failure to take control of our health and future.

Let's return to the basics when estrogen wasn't prescribed and we were actually healthy. This book is meant to serve as a reminder of how in the past we didn't turn to a pill to solve our issues, but instead employed common sense.

Breast cancer causes fear. This fear is the chain that keeps us locked in the cold manipulation of propaganda's promise of a cure. Prepare—be strong for the battle. Join the revolution. Arm yourself with knowledge—with knowledge comes power, and with power, victory is attainable. This book will change your breast health and your life.

Don't focus on a cure to an illness; focus on strengthening your health to prevent it! The only sure cure is prevention.

## How to Understand a Breast Thermogram

- Left vs right

Thermograms are mirror images; left breast is on the right side of the image and right breast is on the left side of the image.

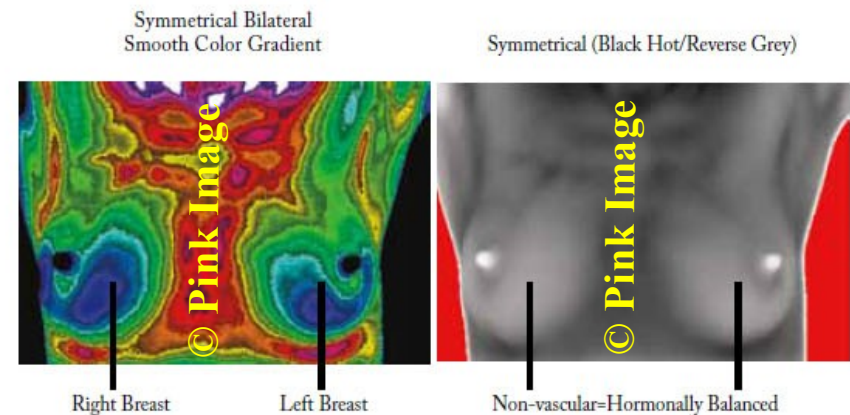
- Bilateral (both breasts) vs. unilateral (one breast)

Healthy thermogram patterns should be bilateral symmetrical versus unhealthy thermograms which have unilateral and asymmetrical patterns.

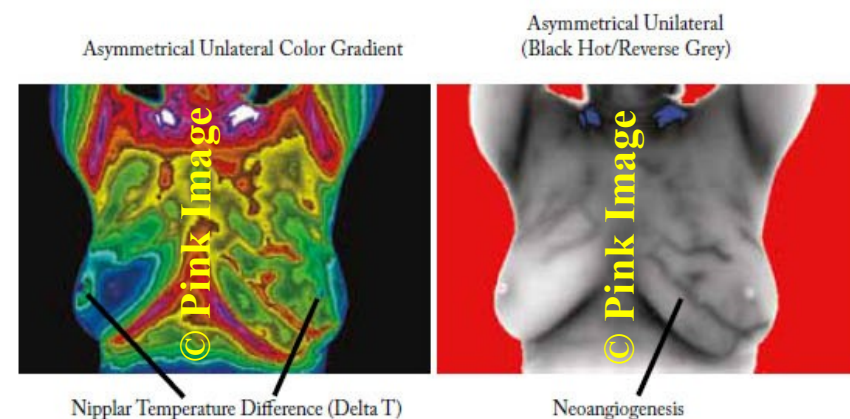
- Vascular Patterns, Neoangiogenesis and Nipplar Delta T

Thermograms analyze vascular patterns in black hot/reverse grey images. Non-vascular, healthy breasts are hormonally balanced. At risk breasts have increased vascularity or neoangiogenesis due to disease or excess estrogen. The strongest indicator of disease is a temperature difference between the nipples, nipplar delta T.

### Example of Healthy Normal Thermogram

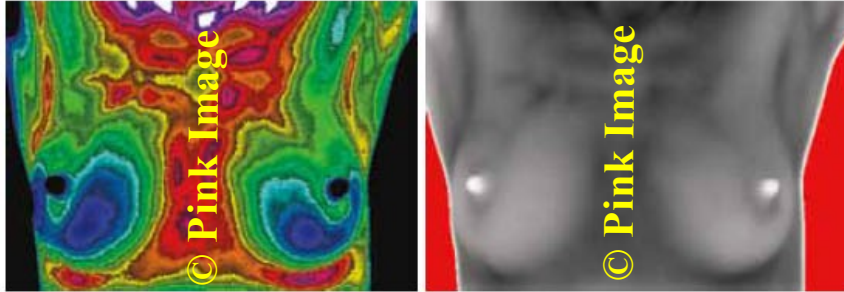


### Example of Unhealthy Abnormal Thermogram

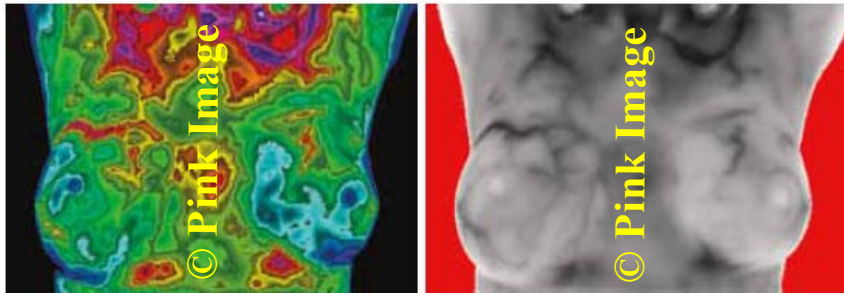




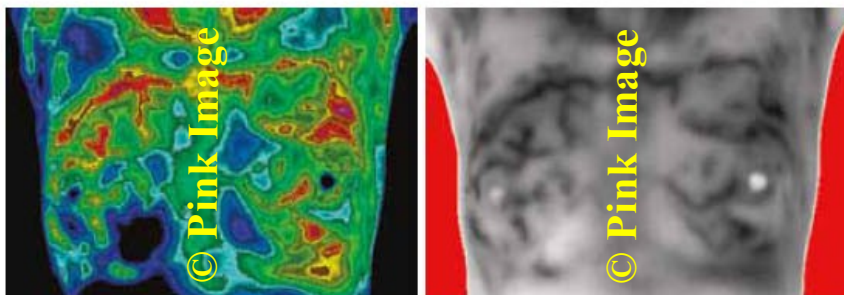
Breast thermography is a safe, non-contact screening procedure that monitors blood circulation in the breasts. Blood vessels form specific patterns which may indicate possible diseases. If a pattern is identified *early* it can be treated. Think of thermography as a thermometer which provides a warning signal to start preventative treatment. Monitoring begins around the age of 25 to detect changes *early*. Thermography is *early* detection.



Healthy, normal thermogram.

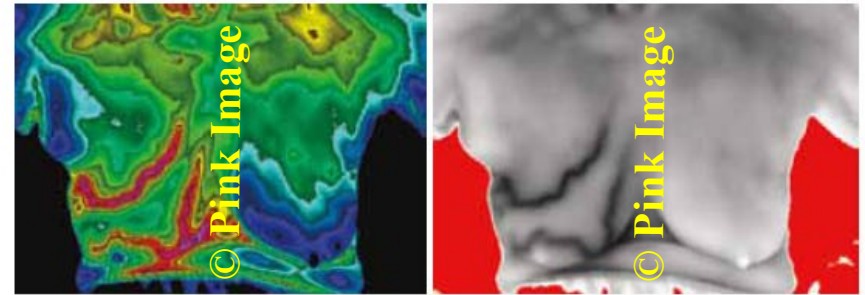


Unhealthy, "at risk" thermogram. Undetectable with mammogram or ultrasound.



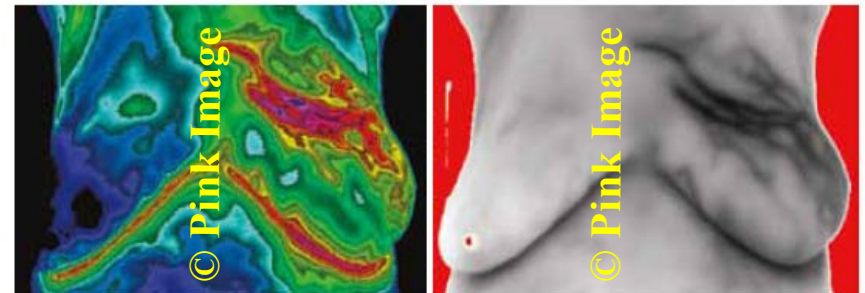
Unhealthy, abnormal thermogram. Undetectable with mammogram or ultrasound.

Breast cancer tumors cause neoangiogenesis (new blood vessels) which is necessary for neoplasia (abnormal growth of tissue) to move from *in situ* (inside duct) to an invasive cancer. Neoangiogenesis forms specific vascular patterns seen in the black hot images.



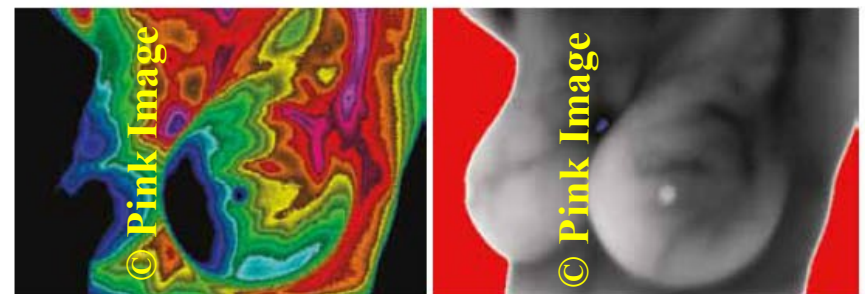
Breast Cancer – Note unilateral warm colors.

Breast Cancer – Note neoangiogenesis.



Breast Cancer – Note unilateral warm colors.

Breast Cancer – Note neoangiogenesis.



Breast Cancer – Note unilateral warm colors.

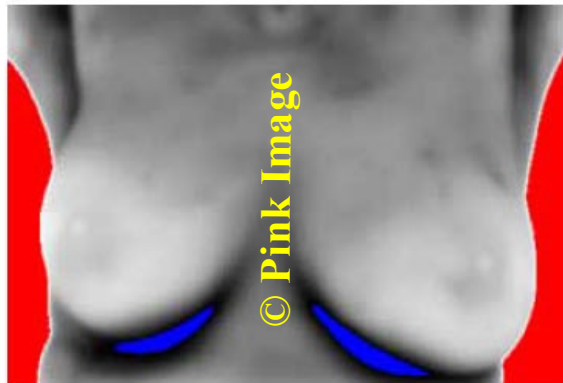
Breast Cancer – Note neoangiogenesis.



Around age thirty-five, the breasts begin to involute which means a gradual shrinking or maturing and continues until the ages of sixty to seventy. Normal healthy breasts should be non-vascular, especially after menopause when the breasts are mature. There should be *no* stimulation causing vascularity since the body has stopped producing estrogen. Stimulation after the breasts have involuted increases breast health risk!

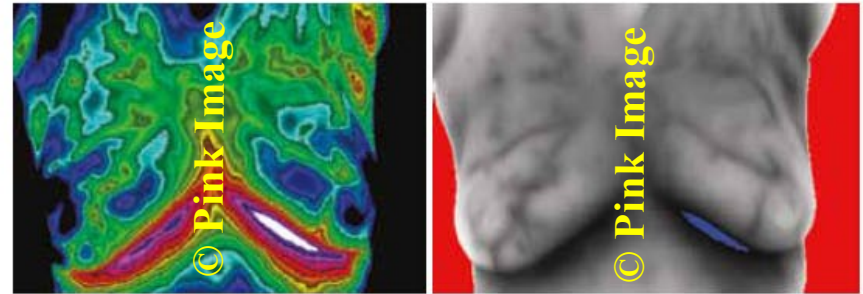


Normal, non-vascular healthy breasts.

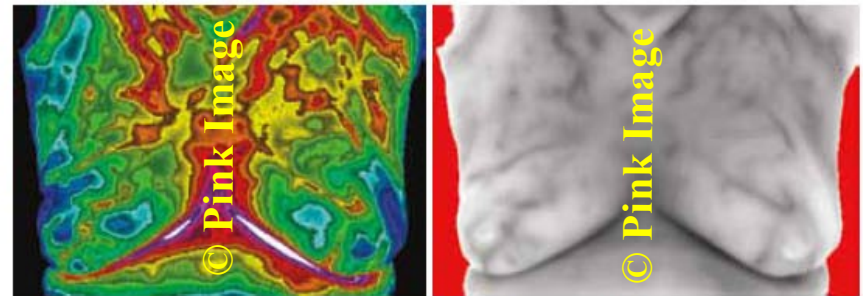


Normal, non-vascular healthy breasts.

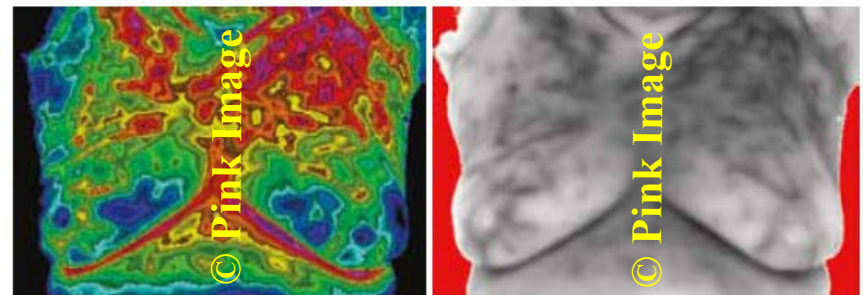
Vascularity is increased stimulation to existing blood vessels which is evidence of increased risk. Constant stimulation may lead to neoangiogenesis. In this woman view the progression from vascularity to neoangiogenesis over 3 year's time. Thermogram reported risk 3 years before positive mammogram and ultrasound. Stimulation of the breasts increases risk.



First thermogram is reported as a potential risk due to unusual vascular pattern.



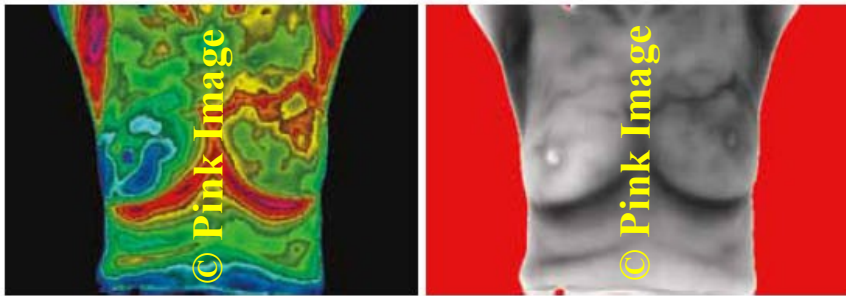
Repeat, 2nd, thermogram is evidence of increased vascularity.



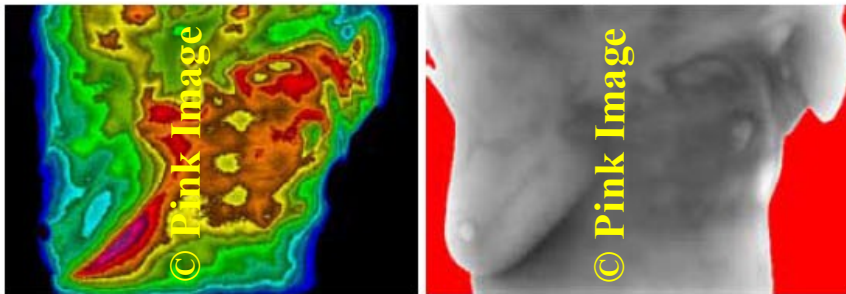
Repeat, 3rd, thermogram is evidence of neoangiogenesis in the upper left breast.

Around 80 percent of all breast cancers are estrogen driven, which means estrogen stimulates the cancer. Estrogen does not cause breast cancer but rather “feeds” the receptors of the cancer. Decrease your risk for cancer by being estrogen free.

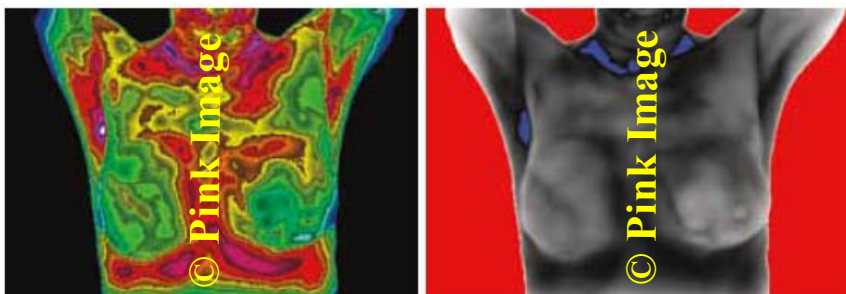
Do you think it is possible estrogen therapies could have “fed” these cancers receptors?



Current diagnosis of DCIS with history of bio-identical estrogen pellet usage for last two years.



Recurrent breast cancer with history of flax use.

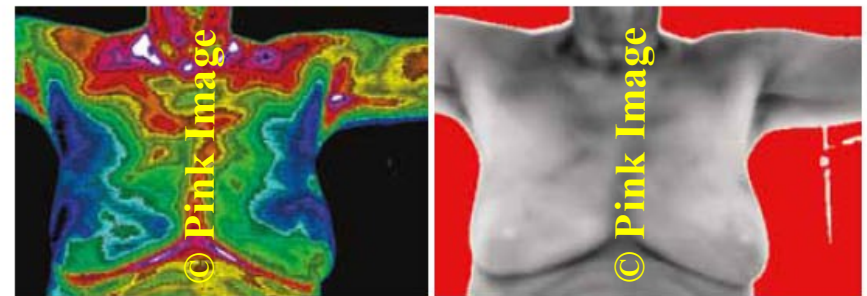


Breast cancer survivor – right breast. Woman has history of eighteen years of HRT usage and is currently using bio-identical estrogen. Note unusual vascular pattern.

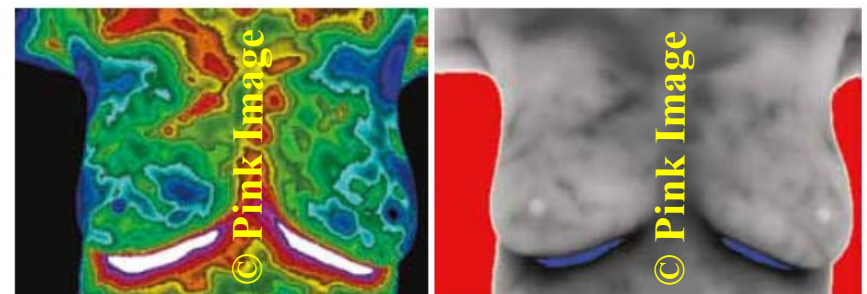
This woman started using a bio-identical estrogen patch after her first thermogram. Notice the increased stimulation or vascularity which increases her risk.

Looking at her images do you think a bio-identical estrogen patch is healthy?

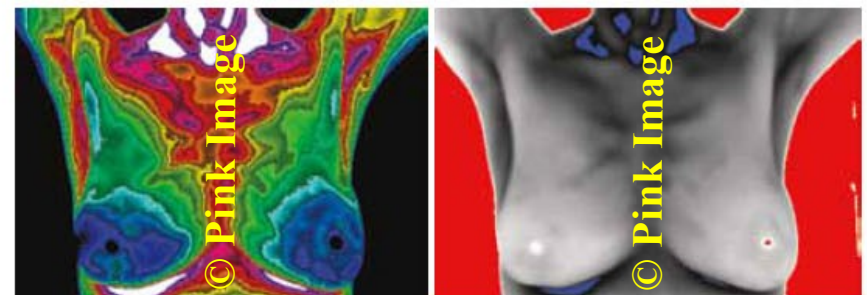
Do you think exposure to bio-identical estrogen may increase risk?



First thermogram. Normal thermogram. Healthy breasts.



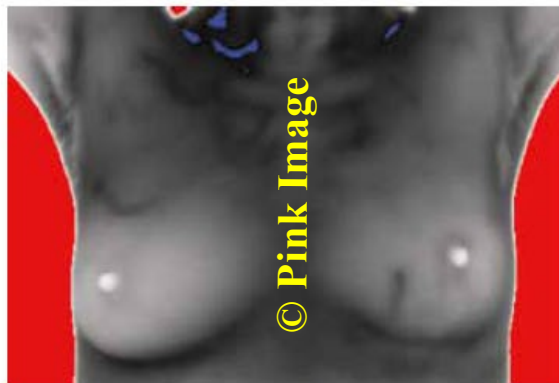
Repeat, 2nd thermogram after bio-identical estrogen patch use for eight months. Abnormal thermogram. Progesterone deficiency imbalance. (right) Note evidence of vascularity in black hot.



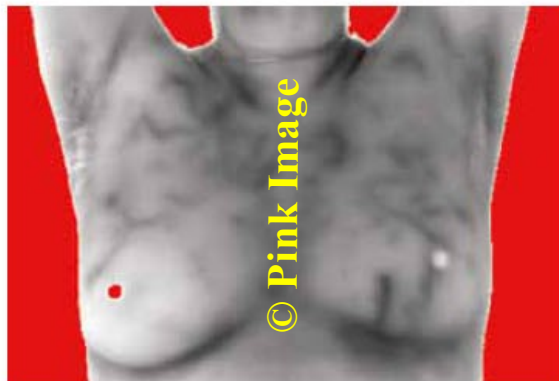
Repeat, 3rd thermogram. After stopping bio-identical estrogen patch use. Normal thermogram.



Flax is a popular “women’s health” supplement. Flax has a plant estrogen in the seed and oils which increases vascularity and risk. But what about all those flax studies? A study’s theories need to be implemented into a human body’s system with success in order to be considered valid and not just a hypothesis. There has been no proof showing flax is beneficial when given to women. It is all based on assumptions or hearsay. In fact, thermographic evidence demonstrates that these hypotheses are incorrect! After looking at the images do you think flax increases risk? Do you think flax is healthy for women?

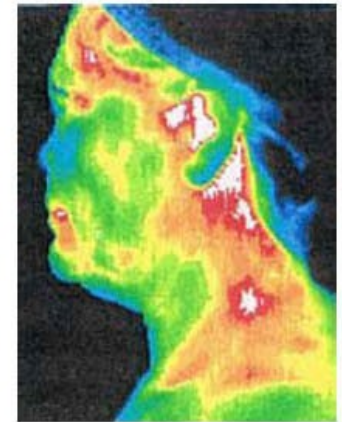


Before use of flax. Slight bilateral vascular pattern seen in black hot.



After six months of flax use, note increase in vascularity, nipple delta T and possible neoangiogenesis of neoplasia is suspected in left breast.

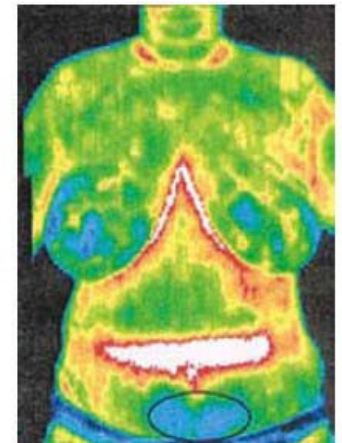
Beware of false claims about thermography. Many clinics recommend full body scans with breast thermography. This is not required. Thermography is a superficial screening procedure that measures skin temperature only. It cannot analyze heat deep in the body directly. Avoid clinics telling you that thermography can directly monitor organs as these are false claims. These false claims below were made by radiologist and interpreters who are M.D.'s. Don't be seduced by titles. Mud packs do not “prepare” the breasts for thermography. Liver, kidney, gallbladder, and colon cleanses do not decrease vascularity in the breast or heat in the body.



Above—Cannot diagnose pre-stroke conditions

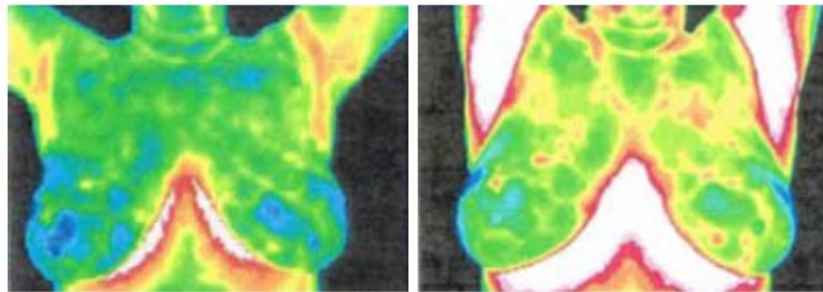


Above—Cannot diagnose fibromyalgia, chronic fatigue, and autoimmune disorders

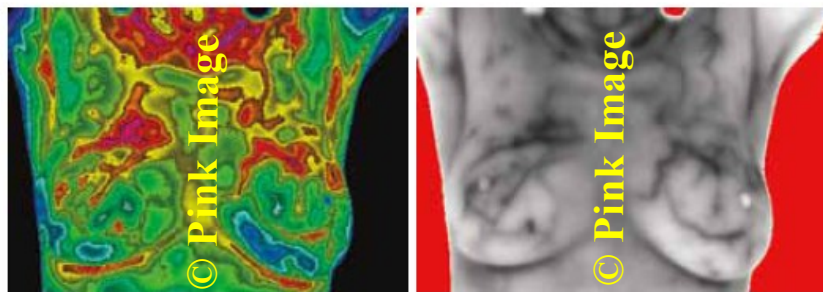


Right—Cannot directly detect heart disease, lung disease, liver disease, gallbladder disease, (kidney disease from back image) uterine or ovarian disease, adrenal exhaustion, all digestive disorders including irritable bowel syndrome, diverticulitis, and Crohns disease.

When imaging the breasts, a high resolution infrared camera is required. The minimum optical line resolution should be no less than 480. This resolution captures small details which are crucial to proper interpretation. Cancer tends to form specific vascular patterns which are seen clearly in black hot. Many inferior clinics do not provide black hot (reverse grey) images that are required for interpretation in order to view vascular patterns which are a potential risk. Look for cameras FDA approved for breast thermography. Most cameras are only FDA approved for skin temperature variation. As you can see this is a big difference. Which camera would you choose when screening your breasts?

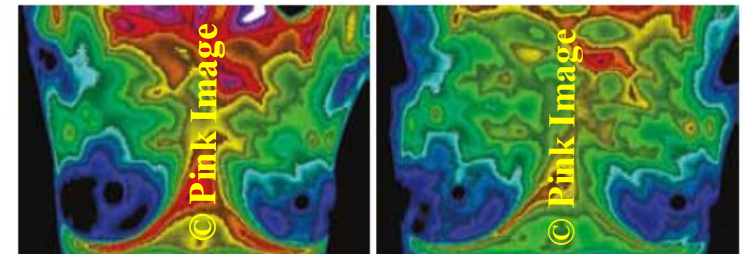


Note lack of detail in inferior camera's color images with optical line of 120. With inferior detail, small changes, which could be potential risks, can be missed. Most clinics do not provide black hot images which display vascular patterns that indicate potential breast health risk.



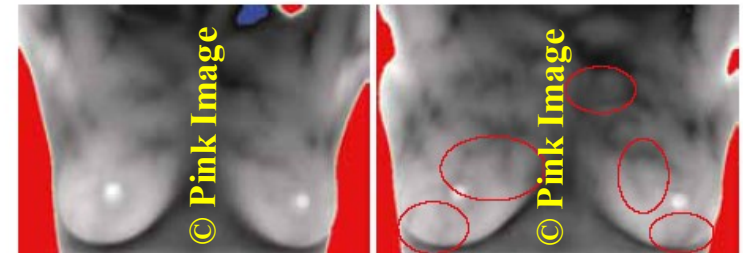
(left) Note rich detailed color gradients in color image. Small changes are easily observed with a 600 optical line camera. (right) Note *specific* vascular patterns which may be potential risk.

Blood vessels can form specific patterns that may signal an abnormality. To view these patterns clearly, it is *vital* for thermograms to be imaged in black hot (reverse gray), but more importantly to compare *all repeats* in black hot looking for changes. Be aware of companies selling products or treatments using before and after color images which can easily be manipulated to deceive consumers. Many false claims will state that treatment cooled the breasts, when in actuality creams, powders, and oils are reflective like a mirror and block heat.



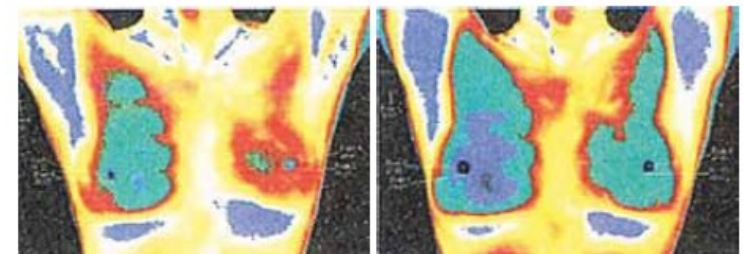
Initial thermogram.

Repeat thermogram. Changes are hardly noticeable.



Initial thermogram before use of flax.

Repeat thermogram after flax. Note small changes in the vascular pattern in just six weeks, cannot be seen in color!



Be aware of false claims selling breast health products with color images. Before application of cream.

Repeat image thirty minutes after application of cream. False claim states that cream is cooling to breasts. In reality, cream is covering vascular pattern and blocking heat.