

Greetings!

## Speaking of Mindful Wellness...

With so much going on in the world we thought we'd provide...

- **"Change your Breast Health By Changing your Diet"** thank you Melissa Dyer for sharing the foods you should enjoy and the foods you should avoid to support your breast health.
- On November 11th, we are partnering with Dr. Glenn Pertuset to open our newest mobile thermography lab location in Eastgate, Ohio.
- Check out the Breast Care Corner for Cold Stressing Breasts and Why We Don't Do It. And never have.
- Dr. Piana's stance on Cold Stressing..."The bottom line is that the vasoconstriction from the Cold Hand Challenge covers up underlying heat and creates false positives."

Yours in health & Wellness,  
Jacky

## Change your Breast Health By Changing your Diet



### Best & Worst Nutrition for Breast Health

Melissa Dyer is a registered nurse and proud owner of Covenant Natural Health Care in Florence, Kentucky. She has a passion for helping people get healthy and feel their best. Being aware that this is a journey, she takes pride in offering her patients the support and guidance necessary to make the best lifestyle changes that will promote optimal health and healing. She and her associate practitioners use Nutrition Response Testing to find the root cause of symptoms that are occurring in the body and affecting daily life. Organic, whole food supplements and homeopathics are used to help the body with health restoration. The results are amazing, long lasting, and life changing.

At Covenant Natural Health Care, we educate all of our patients on the importance of journaling their daily food



intake. It's not a homework assignment that we encourage simply to be controlling and see who follows directions. It is the best way to help people who are trying to take control of their health to get the best nutrition possible to maximize their progress, and assist their efforts. This nutrition journaling is especially important for women who are concerned with abnormal mammograms (that I don't recommend), thermography results, or even self examinations. We have a lot of women who struggle with fibrous breast tissue, dense breast tissue, tenderness, and an array of other complaints. My suggestion is always to look at what you are putting in the body and see what needs to be re-evaluated.

So, what is the best and worst nutrition for warding off breast cancer and other issues associated with our wonderful breasts? Well, it's simple...eat real food that promotes life and avoid those things referred to as food that promote death.

You're now wondering what foods are the best and worst for your breast to flourish!!

#### ENJOY THESE FOODS:

1. Green leafy vegetables
2. Cruciferous vegetables
3. Berries
4. High fiber foods (like beans, avocados and beets)
5. Fatty fish (such as wild caught salmon)

#### AVOID THESE FOODS:

1. Alcohol
2. White refined sugar
3. Processed meats
4. Fast food
5. Refined carbohydrates (such as breads, pastas and baked goods)

In addition to proper nutrition is vital for our overall health and healing, it is always recommended to get a thermography scan in order to have early detection of current issues and future prevention.

Call Covenant Natural Health Care TODAY to regain control of your health and feel your best. The new year is right around the corner, so don't go any longer feeling sluggish, tired, irritable, sleep deprived, hormonal, and frustrated. The initial consultation fee is currently being waived for the month of November. This is normally a \$300 two-part service that they are offering to those wanting to take the journey to better their health for FREE.

## Upcoming Events

We hope that things will return to some normalcy after months of fending off COVID-19...

### Mobile Thermography Scans...

Please contact Robin Hanson-Gobell directly for dates and locations for the month of September.

**513-443-5161**

Dates TBD:

The Wellness Lounge  
Integrative Hormone Center & Pharmacy ~  
Centerville Office  
True2Form Chiropractic  
Covenant Natural Healthcare  
Fully Alive Chiropractic  
Advanced Chiropractic & Nutrition

Click to find out how to schedule at one of our mobile locations!



### New Thermography Mobile Lab Partnership

Starting November 11th we will be working with

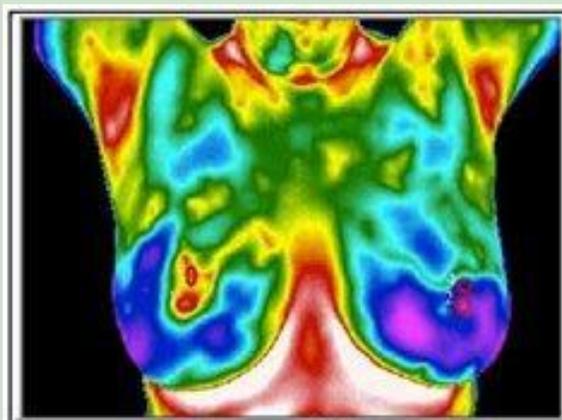
### Advance Chiropractic & Nutrition

Dr. Glenn Pertuset is a chiropractor In Cincinnati, OH just off I-275 @ Batavia exit just off St. route 32.

792 Eastgate South Dr. Suite 750,  
Cincinnati, Ohio  
45245

Dr. Glenn Pertuset is a chiropractor located in northeast Cincinnati, OH. If you are struggling with neck or back pain, headaches or migraines, carpal tunnel, sciatica, or any other health condition please call us today (513) 843-7323.

## Breast Care Corner



## Cold Stressing Breasts and Why Don't We Do It Anymore

A position paper and discussion.  
By Peter Leando

Cold stress testing of the breast was performed on the assumption that thermography would identify angiogenesis and that angiogenesis could be correlated with the development and existence of breast cancer.

This can be possible if a number of factors are present but there are too many variables that we now know make this an unreliable procedure. We don't know at what stage angiogenesis begins but we do know that it does not continue throughout all stages of breast disease. No studies have been done to find out how long it takes for new (angiogenic) blood vessels to establish sympathetic fibers which then let the vessel behave like a normal vessel (contract when cold stressed) but even if we did have a better understanding of this physiology it would still not be a reliable test as many patients would undoubtedly fall outside of the window of detectable angiogenesis.

Considerations, the logic and philosophy of performing a cold stress test:

1. If there are no suspicious thermal patterns to test, (negative thermogram) the test is not justified.
2. If there are suspicious patterns (positive thermogram) then the patterns remain suspicious irrespective of the results of cold stress testing..... A cold stress test does not and should not affect the thermographic opinion and resulting report.
3. A cold stress test might offer results relating to a particular suspicious pattern but if there is no way of correlating this information to a clinically valid or plausible rationale to act on this information then the test is not justified in the first place.
4. If a cold stress test is performed and the results are reported, this changes the status of the test and the report, both of which make claim to diagnostics and will carry the associated increase of liability and issues of scope of practice and medical licensure (practicing medicine without a license).
5. The disservice to patients who suffer unnecessary mammography, biopsy, and other tests as a result of positive thermography generated by the attempt to produce diagnostic results from a single study is unacceptable.
7. Reporting vascular change over extended periods of time by comparative analysis of thermal testing may be enhanced by the inclusion of a cold stress test if ordered specifically by a licensed physician who can integrate the results into decision making or a differential diagnosis.

Historically, it was the way breast thermography was used with protocols that included cold stress testing (and the diagnostic claims that were made) which generated the criticism that thermographers still suffer from today. The accusations of unreliability and the clinical trial results showing false positives and false negatives were all generated by the protocols that included cold stress testing. Cold stress is a test of sympathetic function which has good utility in many areas of medicine and is the definitive diagnostic test for CRPS / RSD. These tests were used before it was tried in breast screening.

In the mid eighties many people, including myself got excited by the potential offered by breast thermography performed with cold stressing. I was lucky enough to be working in France where the concept originated and I did a lot of cold stress thermography with a liquid nitrogen cooled NEC Sani and a Hues Aircraft Probeye, both of which were excellent cameras at the time. My own observations regarding the low rates of correlation between the results of cold stress tests and case histories and the growing evidence of false positives and false negatives led me to abandon cold stressing of breasts in the early nineties. I learned a more logical and more efficient approach which still relied on the detection of changes in the breast over time but was far more objective and reliable.

We have advanced significantly in our

understanding of physiology and how thermography can be effectively used. No technology stands still, we expect science to advance, medical knowledge to improve and evolve and we have to be prepared to learn from experience..... both our own and others. I have no doubt that there will be ongoing advances in thermographic imaging and they may even include new forms of stress testing but the best way to move forward is to learn from experience and then look ahead rather than back.

First published August 2003 ACCT Thermology Times.

## Hostess Incentive

Invite your breast friends to learn more about thermography....

Hostess receives \$50.00 for providing the space for Robin to come and do her presentation. (To be put towards her thermography scan.)

It can be virtual or in person.

Then she also receives an additional \$25.00 (to be put towards her scan) for every scan booked and performed as a direct result of the presentation.



## Can you help me?



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Of course, we hope you enjoyed the level of service you received. If so, we would love if you could leave your feedback on our Google Business Page or Facebook so we can help others on a health journey like you! Every review helps build credibility for future customers and your feedback would be greatly appreciated.

Thank you for taking time out of your day. We greatly appreciate it!

# Looking for more....

## Buy a Gift Certificate

Get your Thermography or Massage Gift Certificate.

Every penny counts! Remember that you can avoid paying Sales Tax for massage therapy by getting a prescription from your doctor or chiropractor. All it needs to say is "Massage as needed." The doctor then signs and dates it and TA DA, it's good for an entire year!!!

## Schedule an Appointment

Schedule your Thermography scan online. Contact Jacky or Robin for more times!



Women's Health Initiative Foundation, whose mission is to empower women and guide them to the truth about natural options which prevent, treat, and defeat cancer and other diseases is proud to announce its newest offering. WHIF is accepting applications for financial assistance with the cost (full or part) of diagnostic thermography screenings for men and women on the full upper body through Mindful Wellness Medical Thermography and Holistic Health Medical Thermography. *Click here for more information and access to the application.*

## Our Mobile Locations

Bringing Thermography to you! Click to find a location near you!



Like me on *Facebook* to receive short therapeutic wellness tips to help your mind and body feel better.

## Make a Donation



### Contact Us

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Phone: 513-443-5161 Robin

*e-mail Jacky*

### Website

[www.MindfulWellnessMedicalThermography.com](http://www.MindfulWellnessMedicalThermography.com)

[www.MindfulWellnessMassageandBodywork.com](http://www.MindfulWellnessMassageandBodywork.com)

[www.HolisticHealthMobileThermography.com](http://www.HolisticHealthMobileThermography.com)



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