

YOUR BREAST HEALTH PREVENTION GUIDE

WHOLE-BODY WISDOM.
PERSONALIZED ACTION.





WELCOME & CONGRATULATIONS

You've just taken a powerful step toward protecting your long-term health by completing the TERS™ assessment — and that matters. Most breast health decisions are made reactively. But by showing up, getting informed, and committing to prevention, you've stepped into a proactive role — one based on clarity, insight, and self-trust.

This guide will introduce you to key areas that influence breast wellness — from hormone imbalance and nutrition to lesser-known but vital connections like dental health, gut health, and chronic stress. Each section offers insight and encouragement to help you navigate your next steps with confidence and compassion.



MIND–BODY CONNECTION TO BREAST & OVERALL HEALTH

Why it matters?

Your thoughts, emotions, and beliefs shape more than your mindset – they impact your physical health. Chronic stress, emotional trauma, and repressed emotions can manifest in physical tension and can lead to inflammation, particularly in hormone sensitive areas like the breasts.

What's Happening in the Body?

Stress hormones such as cortisol can disrupt immune balance, circulation, and hormonal signaling, creating conditions that affect breast tissue over time.

Supportive Actions You Can Take

- Practice breathwork or meditation daily
- Journal to process emotional stress
- Engage in gentle movement (yoga, Tai Chi, walking)
- Prioritize rest and emotional boundaries





NUTRITION AND BREAST CANCER PREVENTION

Why it matters?

Food sends powerful signals that can either promote inflammation or support hormonal balance and cellular repair.

What's Happening in the Body?

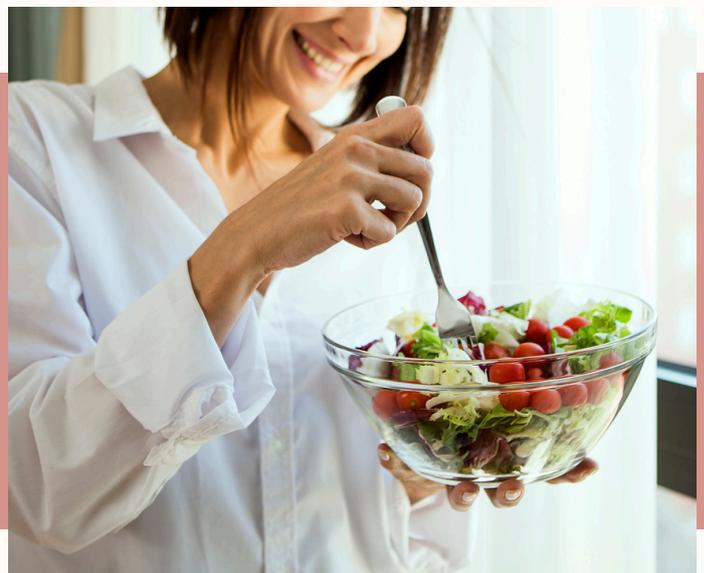
Diets high in processed sugars, trans fats, and chemical additives can disrupt hormones and increase oxidative stress, while anti-inflammatory, plant-rich diets help regulate estrogen metabolism and reduce processes in the body that support tumor growth.

Supportive Actions You Can Take

- Emphasize cruciferous vegetables (broccoli, kale, cabbage)
- Include berries, flaxseeds, and omega-3 rich foods
- Reduce alcohol, processed meats, and excessive dairy
- Choose organic foods when possible



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HORMONAL BALANCE & BREAST HEALTH

Why it matters?

Hormones – especially estrogen, progesterone, and cortisol – play a direct role in breast tissue behavior.

What's Happening in the Body?

Hormonal imbalance may contribute to cysts, dense tissue, and increased long-term risk when estrogen is not properly balanced or cleared.

Supportive Actions You Can Take

- Understand your hormonal history (birth control, menopause, HRT)
- Reduce exposure to plastics and parabens
- Support natural detox pathways
- Work with a qualified practitioner



Thermography Insight:

Thermography may reflect stress-related inflammatory patterns, offering early feedback before symptoms appear.





THE ROLE OF GUT HEALTH IN BREAST HEALTH

Why it matters?

Your gut plays a key role in hormone detoxification and immune function. A specific group of gut bacteria, known as the *estrobolome*, helps regulate estrogen levels by breaking it down and metabolizing it properly.

What's Happening in the Body?

When the gut microbiome is out of balance, estrogens that should be eliminated can be reabsorbed, which may increase cancer risk.

Supportive Actions You Can Take

- Eat fermented foods (sauerkraut, kimchi, kefir)
- Increase fiber intake
- Avoid unnecessary antibiotics
- Support digestive regularity



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🦷 DENTAL HEALTH & BREAST WELLNESS

Why it matters?

Oral health is linked strongly to lymphatic and immune systems that affect the breast health.

What's Happening in the Body?

Hidden infections in root canals, cavitations (bone infections in the jaw), and metal fillings can create ongoing immune stress and inflammation in the lymphatic system.

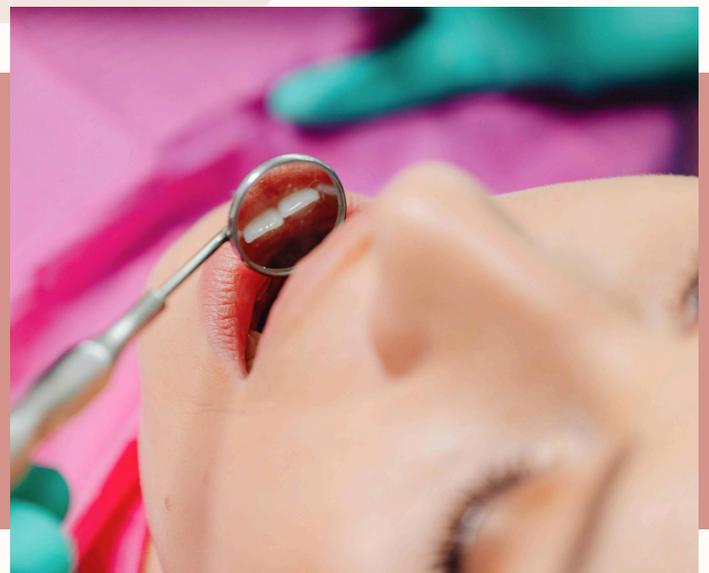
Supportive Actions You Can Take

- Consult a biologic or holistic dentist
- Evaluate past root canals or jaw pain
- Address hidden infections when present



Thermography Insight:

Thermography may detect inflammatory patterns associated with dental stress.



VIRAL OVERLOAD AND CANCER PREVENTION

Why it matters?

Certain viruses have been associated with a higher risk of various cancers, including breast cancer. Chronic viral exposure can burden the immune system and promote inflammation.

What's Happening in the Body?

Viruses such as EBV, HPV, and CMV may interfere with cellular repair when immune defenses are weakened.

Supportive Actions You Can Take

- Prioritize sleep and stress reduction
- Support immunity with vitamin C, zinc, and medicinal mushrooms
- Address chronic fatigue or recurring illness



Thermography Insight:

Thermography can often detect the subtle inflammation associated with chronic viral load, long before you feel symptoms.



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ELECTROMAGNETIC FREQUENCY (EMF) EXPOSURE, SLEEP & REPAIR

Why it matters?

Deep, restorative sleep is one of the most powerful cancer-prevention tools available.

What's Happening in the Body?

Constant exposure to wireless signals (phones, routers, smart devices) has been shown to affect melatonin production, disrupt circadian rhythms, and contribute to oxidative stress — all of which interfere with the body's natural ability to repair itself, especially during sleep

Supportive Actions You Can Take

- Keep phones out of the bedroom
- Turn off Wi-Fi at night
- Avoid sleeping near electrical panels or smart meters



TOXIC OVERLOAD AND DETOXIFICATION

Why it matters?

Modern life exposes us to hundreds of chemicals daily – from cosmetics and cleaning products to food packaging and air pollution. Many of these toxins are lipophilic, meaning they store in fat tissues like the breasts.

What's Happening in the Body?

When detox pathways are overwhelmed, toxins may accumulate and contribute to inflammation.

Supportive Actions You Can Take

- Drink clean, filtered water
- Support sweating (exercise, sauna)
- Practice dry brushing or lymphatic massage
- Maintain regular bowel movements



Thermography Insight:

Thermography can help visualize where your body may be struggling to detox – guiding you toward what needs attention.





BREAST SCREENING MODALITIES

No single breast screening tool is perfect – but when used together, they provide a much more complete picture.

Understanding Your Options

- **Mammography** shows structural changes in the breast.
- **Ultrasound** helps assess breast density and fibrocystic tissue.
- **Thermography** detects early functional changes – often before structural changes appear.

Choosing What's Right for You

Thermography is especially valuable for women aged 35–65+, those with dense breasts, implants, or those limiting radiation exposure.

It's most effective when combined with healthy lifestyle prevention strategies and other imaging methods when needed.





TRUST YOUR INNER WISDOM



Your **TERS™** score is a guidepost – not a sentence. Trust your body, your instincts. You are the expert of your own wellness.

With awareness, prevention, and the right tools, like **thermography**, you can see what your body is telling you before symptoms appear, shift your path toward health, confidence, and long-term vitality.

STAY CONNECTED

For more information on breast health and thermography:

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-  [/thermographyclinic](https://www.facebook.com/thermographyclinic)
-  [@thermography_clinic](https://www.instagram.com/thermography_clinic)

We look forward to supporting you on your wellness journey.

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