



## Disclaimer

This webinar is not to be used instead of going to a competent doctor. I do not directly nor indirectly dispense medical advice nor prescribe in any way alternative treatment.

In the event you use this information, which is only of historical value, you are prescribing for yourself which is still your constitutional right. I assume no responsibility.

I am independent in my attempt to educate the public. Although I do endorse some top quality products. I receive no financial support from any health or herb company for producing and sharing this information.

I also believe it is a crime that we have to pussy foot around the truth because there is a law that says that I cannot declare what changing your lifestyle and diet can do for your health, but I love this great country and will do my best to try to obey their law, even if I strongly disagree with them..

Natural health works slowly. I suggest that you do not stop medication without guidance of a doctor. I say this not only because it is the law, but because I BELIEVE STOPPING MEDICATION WITHOUT THE GUIDANCE OF A DOCTOR IS UNWISE AND DANGEROUS.

If you would like to make healthier changes in my diet and my doctor was not willing to help you while you work with a natural health practitioner, I suggest you find a doctor who values and respects his patient's rights and fire the doctor who would not!

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## Ounce of Prevention...

1. Keep liver healthy – balance hormones
2. Avoid xenoestrogens
3. Eat a good diet – Indole-3-Carbinol
4. Keep pH balanced
5. Proper elimination
6. Natural underarm deodorant only
7. Proper fitting bra
8. Avoid GMO foods (especially corn products)
9. Dry Skin Brushing or Pot scrubbers
10. Mini-trampoline
11. Balanced Calcium
12. Cavitations
13. Gene
14. Consistently monitor the health of the breast and surrounding tissue

12.4 percent(1 in 8) of women born in the United States today will develop breast cancer at some time during their lives

<https://www.cancer.gov/types/breast/risk-factor-sheet>

April 4, 2001 -- Actress Suzanne Somers

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## Symptoms of a Weak Liver

- If you bloat or pass gas more than 1 time a week
- You should sleep the whole night through and not wake up, not to look at the clock or even to urinate. If you do it is a symptom of a weak liver.
- Any female problems or prostate problems.
- Tight trapezoid (Trapezius muscle)

How I took Liver Cleanse... I started with recommended amount and increased 1 capsule a day per week until I slept the whole night through. (back down the same way)

**Trapezius**

Some people also do castor oil packs... Put a castor oil soaked gauze or flannel material directly over the liver. Then you cover with wax paper and tape it on. Leaving it on all night and washing the area in the morning

**Do not reuse castor oil packs.**

**Warning: Do not use plastic wrap for Castor oil packs.**

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## Liver Nutrients and Health

Dandelion  
Asparagus  
Zucchini  
Red Beets

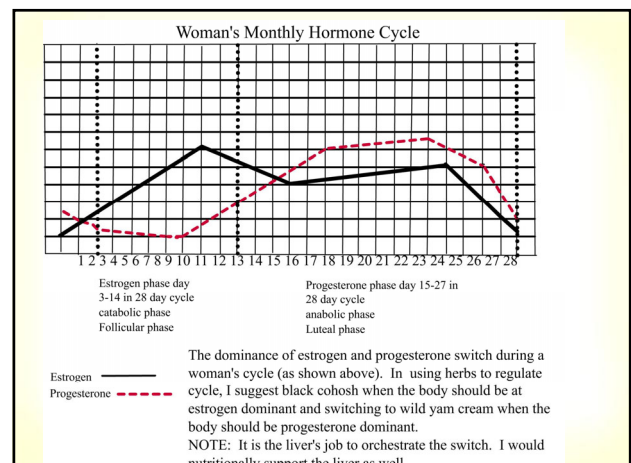
Liver Cleanse Formula  
Castor Oil Packs

Drink plenty of water  
Keep bowels moving 2 to 3 times a day  
Magnesium

<http://www.laurelleaffarm.com/>

**Unbleached non-dyed flannel material**

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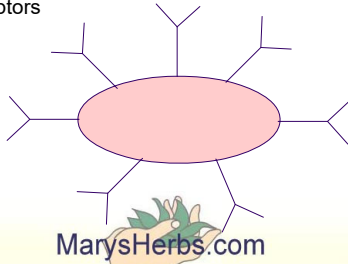


## XenoEstrogens

It is an artificial hormone which imitates estrogen. Found mostly in industrial products. Can be inhaled, consumed or absorbed through the skin.

The xenoestrogens and mutated hormones can attach to hormone receptors

Liver job is to also pull out mutated hormones



## Protect Yourself from xenoestrogens

- Fungicides, Herbicides and pesticides
- Plastics... especially for poultices, storing food or water. Which means No Microwave foods, no plastic wrap.... (use glass or no lead ceramics instead) --- Use stainless steel water bottles instead plastic containers.
- Use biodegradable laundry and household cleaning products.
- Use only chlorine-free and unbleached paper products (be it menstrual pads, paper towels, or toilet paper).

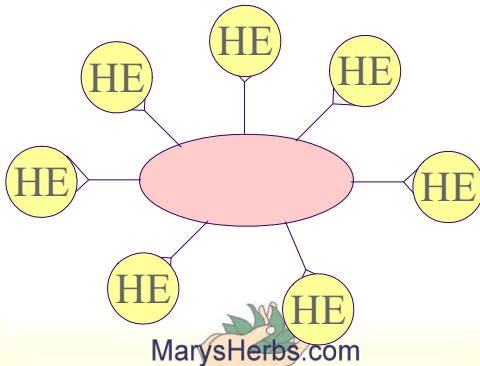


- Use chlorine filter on shower heads and R.O. water. Use coconut oil for lotion, creams and lubricants. Never use anything containing parabens or stearylalcohol chloride.
- Use non toxic gel on your fingernails only.
- Use essential oils as perfume.
- Avoid outgassing from carpets, office equipment, furniture or bedding and turn away when getting gas at the pump.
- Birth control or HRT

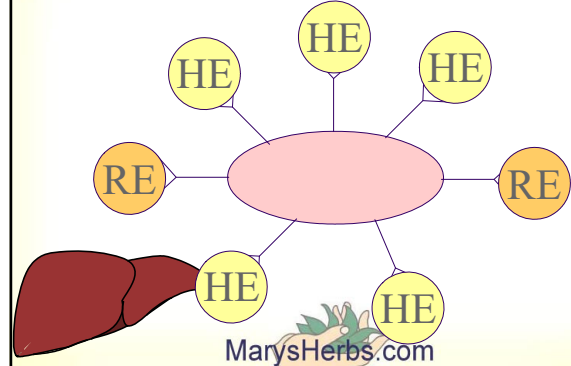
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## Healthy Estrogen

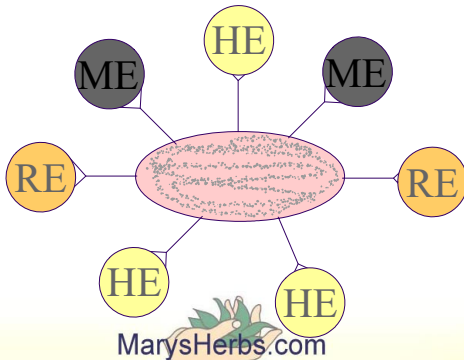
Healthy hormones help promote proper function and replication of tissue mainly found in the breast, ovaries, uterus and bones



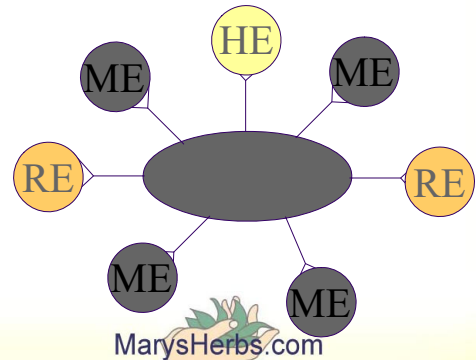
## After the Hormone Does Its Job, the Liver Either Recycles or Discards the Used Hormone.



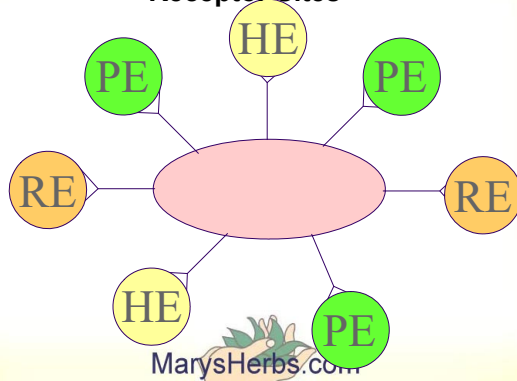
## A Weak or Toxic Liver Might Let Mutated Hormones Back into the Bloodstream



## If Enough Mutated Hormones Fill in the Receptor Sites, it Can Cause the Cell to Turn Cancerous.



### Phyto or Pseudo Hormones Fill in the Receptor Sites



Well known food products made from fermented soybeans include:

Cheonggukjang  
Chunjang  
Doenjang  
Doubanjiang  
Gochujang  
Miso  
Nattō  
Sweet bean sauce  
Tamari  
Tauchu  
Tempeh

**Caution: Whole Soy products contain a mild poison AND can also adversely effect the Thyroid.**

Iodine found in  
#1 the thyroid  
#2 the breast tissue  
#3 the liver

Pseudo estrogens found in red raspberry, black cohosh, blue cohosh, blue vervain etc. is said to never mutate but they function in the body as estrogen would.

### Breast Health ~ Prevention is the Key

Foods such as: broccoli, brussel sprouts, cabbage, cauliflower, collard greens, kale, kohlrabi, mustard greens, radish, rutabaga, and turnip naturally contain Indole-3-Carbinol -- glucosinolates.

These nutrients are water-soluble, all cooking binds nutrients but boiling them in water can leach out 18% - 59%

Indole-3-carbinol (I3C) is derived from the hydrolysis (breakdown) of glucobrassicin, a compound found in cruciferous vegetables.



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### Saliva and Urine pH Usually Registers Between 5.0 and 7.5

4.0 4.5 5.0 5.5 6.0 6.5 7.0 7.5 8.0 8.5 9.0



### Cancer Connection

- When abnormal cells develop, the body's immune system sends an enzyme to open the pores of the cells which then causes fluid to fill up the abnormal cell causing it to burst.
- The immune system can then carry away the abnormal cell fragments.
- Enzymes can not work in an acidic medium.
- So if the fluid surrounding the body's cells are acidic, the acid will kill the enzyme and it can no longer work on the cancer.

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### Elimination

There are 4 channels of elimination: Lungs, Kidneys, Bowels and Skin  
There are 2 supporting channels: Lymph and Liver

Keeping them working in tip top shape keeps the body's tissue clean, including breast tissue.

#### Natural Homemade Underarm Deodorant

- 3 tbs shea butter
- 3 tbs baking soda
- 2 tbs arrowroot powder (Or corn starch)
- 2 tbs cocoa butter or coconut oil
- 2 vitamins E oil gel caps
- 10 to 20 drops essential oil – rose – tea tree – mandarin orange



Melt in double boiler, and pour in 4oz jar. Refrigerate for a couple hours until firm.

Antiperspirant doesn't allow toxins to eliminate through the arm pit

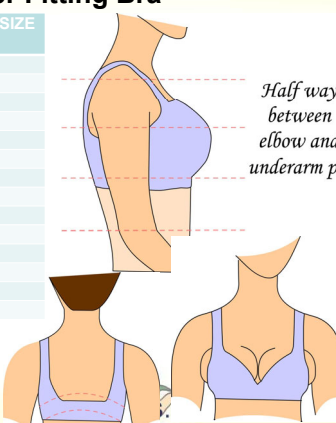
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### Proper Fitting Bra

| DIFFERENCE BETWEEN BREAST AND MIDDRIFT | CUP SIZE |
|----------------------------------------|----------|
| Less than 1 inch                       | AA       |
| 1 inch                                 | A        |
| 2 inches                               | B        |
| 3 inches                               | C        |
| 4 inches                               | D        |
| 5 inches                               | DD       |
| 6 inches                               | E        |
| 7 inches                               | F        |
| 8 inches                               | FF       |
| 9 inches                               | G        |
| 10 inches                              | GG       |
| 11 inches                              | H        |
| 12 inches                              | HH       |
| 13 inches                              | J        |

You should be able to easily put 2 fingers under the bottom band.

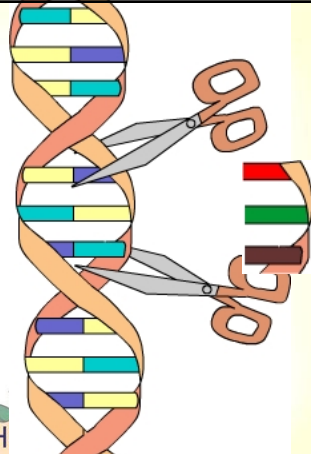
NO underwire



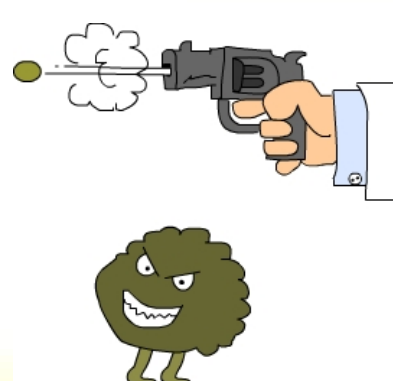
### GMO Danger

#### Baculovirus Infection Of Mammalian Cells

Journal of Virology, January 2001, p. 961-970, Vol. 75, No. 2  
Copyright © 2001, American Society for Microbiology



### DNA of Virus and Bacteria




### Not just labeling.... GMO effects are just too far reaching



### Detoxing Tissue

Fill tub with warm water add 4 cups of Epsom's salt mixed with 3 Tbs of ginger (test skin for ginger irritation)  
Use Loofah or plastic pot scrubber to exfoliate skin  
Soak for 20 to 30 minutes... drinking sage tea....empty tub  
Shower off residue pulled out through the skin



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### Breast Health

Skin Brushing – start at the extremities and stroke as if petting a cat towards the heart. Up both arms, and up both legs



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## Activating the Lymphatic System

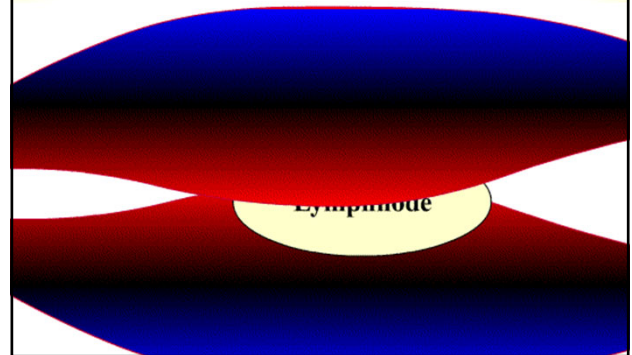
### Lymph Moving Exercise:

- Stand with your feet shoulder width apart
- Bounce up and down
- Do not move your feet off the floor
- Start swinging your arms and shake your hands while you are bouncing
- Do this for 5-7 minutes
- Massage
- Bounce on a Mini Trampoline

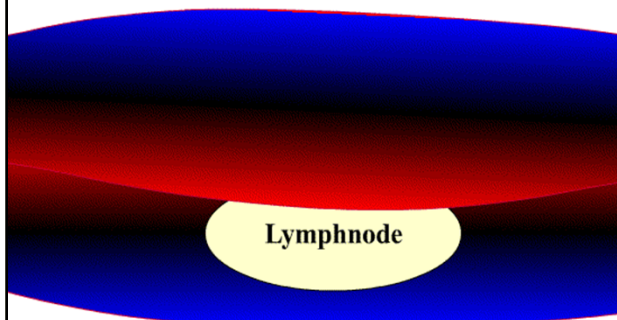


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Lymph nodes have no central pump like the heart.



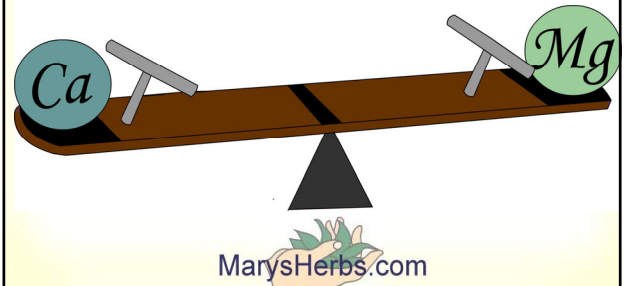
Lymphatic fluid circulates throughout the body due to movement and contracting of the muscles.



## Calcium Balanced with Magnesium and Vitamin D

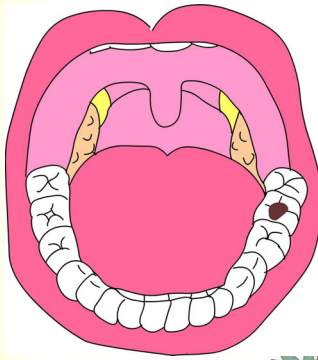
<https://www.peta.org/issues/animals-used-for-food/factory-farming/cows/dairy-industry/>

Formerly <http://www.MilkSucks.com>



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## Cavitations



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Cavitations is an abscess or bacterial infection in your jaw bone.

These highly neurotoxic chemicals are caused by decayed teeth or root canals that leach from its source the jaw bone and leaches into the blood stream and settles in reflex tissues of the body, including the breast.

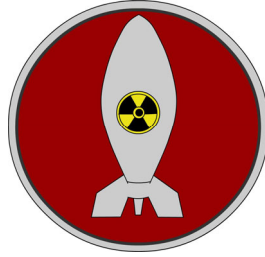
## Tooth / Organ Relationship Chart

|           | RIGHT BRANCH          |                       |                       |                       |                       |                       |                       |                       |                       |                       | LEFT BRANCH           |                       |                       |                       |                       |                       |                       |                       |                       |                       |
|-----------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
|           | Thyroid               | Parathyroid           | Thyroid               | Thyroid               | Thyroid               | Thyroid               | Thyroid               | Thyroid               | Thyroid               | Thyroid               | Thyroid               | Thyroid               | Thyroid               | Thyroid               | Thyroid               | Thyroid               | Thyroid               | Thyroid               | Thyroid               | Thyroid               |
| Glands    | Thyroid               | Parathyroid           | Thyroid               | Thyroid               | Thyroid               | Thyroid               | Thyroid               | Thyroid               | Thyroid               | Thyroid               | Thyroid               | Thyroid               | Thyroid               | Thyroid               | Thyroid               | Thyroid               | Thyroid               | Thyroid               | Thyroid               | Thyroid               |
| Organs    | Small intestine       | Stomach               | Thyroid               | Lungs                 | Liver                 | Small intestine       | Stomach               | Thyroid               | Lungs                 | Liver                 | Small intestine       | Stomach               | Thyroid               | Lungs                 | Liver                 | Small intestine       | Stomach               | Thyroid               | Lungs                 | Liver                 |
| Teeth     | 1                     | 2                     | 3                     | 4                     | 5                     | 6                     | 7                     | 8                     | 9                     | 10                    | 11                    | 12                    | 13                    | 14                    | 15                    | 16                    | 17                    | 18                    | 19                    | 20                    |
| Upper Jaw | 1 <sup>st</sup> Molar | 2 <sup>nd</sup> Molar | 1 <sup>st</sup> Molar | 1 <sup>st</sup> Molar | 1 <sup>st</sup> Molar | 1 <sup>st</sup> Molar | 1 <sup>st</sup> Molar | 1 <sup>st</sup> Molar | 1 <sup>st</sup> Molar | 1 <sup>st</sup> Molar | 1 <sup>st</sup> Molar | 1 <sup>st</sup> Molar | 1 <sup>st</sup> Molar | 1 <sup>st</sup> Molar | 1 <sup>st</sup> Molar | 1 <sup>st</sup> Molar | 1 <sup>st</sup> Molar | 1 <sup>st</sup> Molar | 1 <sup>st</sup> Molar | 1 <sup>st</sup> Molar |
| Lower Jaw | 1 <sup>st</sup> Molar | 2 <sup>nd</sup> Molar | 1 <sup>st</sup> Molar | 1 <sup>st</sup> Molar | 1 <sup>st</sup> Molar | 1 <sup>st</sup> Molar | 1 <sup>st</sup> Molar | 1 <sup>st</sup> Molar | 1 <sup>st</sup> Molar | 1 <sup>st</sup> Molar | 1 <sup>st</sup> Molar | 1 <sup>st</sup> Molar | 1 <sup>st</sup> Molar | 1 <sup>st</sup> Molar | 1 <sup>st</sup> Molar | 1 <sup>st</sup> Molar | 1 <sup>st</sup> Molar | 1 <sup>st</sup> Molar | 1 <sup>st</sup> Molar | 1 <sup>st</sup> Molar |
| Teeth     | 32                    | 31                    | 30                    | 29                    | 28                    | 27                    | 26                    | 25                    | 24                    | 23                    | 22                    | 21                    | 20                    | 19                    | 18                    | 17                    | 16                    | 15                    | 14                    | 13                    |
| Organs    | Small intestine       | Stomach               | Thyroid               | Lungs                 | Liver                 | Small intestine       | Stomach               | Thyroid               | Lungs                 | Liver                 | Small intestine       | Stomach               | Thyroid               | Lungs                 | Liver                 | Small intestine       | Stomach               | Thyroid               | Lungs                 | Liver                 |
| Glands    | Thyroid               | Parathyroid           | Thyroid               | Thyroid               | Thyroid               | Thyroid               | Thyroid               | Thyroid               | Thyroid               | Thyroid               | Thyroid               | Thyroid               | Thyroid               | Thyroid               | Thyroid               | Thyroid               | Thyroid               | Thyroid               | Thyroid               | Thyroid               |
| Elements  | Fire                  | Earth                 | Metal                 | Wood                  | Water                 | Water                 | Wood                  | Metal                 | Earth                 | Fire                  | Fire                  | Earth                 | Metal                 | Wood                  | Water                 | Water                 | Wood                  | Metal                 | Earth                 | Fire                  |

### Breast Cancer Gene

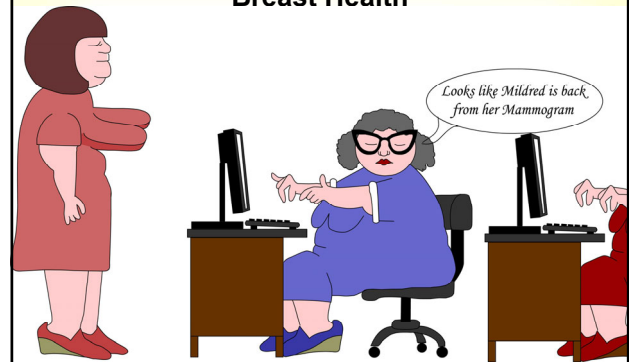
The button to launch a Nuclear bomb is not dangerous as long as no one actually ever pushes the button.

The Gene for Breast Cancer is not really dangerous as long as you never do anything which can turn it on.



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### Breast Health



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### The Worst and Best in Breast Health Assessing

- #4 Mammogram – the LEAST efficient way to determine breast health
- #3 Ultra sound
- #2 Self exam
- #1 Thermogram – The MOST efficient way to determine breast health

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### Pink Ribbons

According to the New York Times:

**"In the new study, mammograms, combined with modern treatment, reduced the death rate by 10 percent, but the study data indicated that the effect of mammograms alone could be as low as 2 percent or even zero."**

**A 10 percent reduction would mean that if 1,000 50-year-old women were screened over a decade, 996 women rather than 995.6 would not die from the cancer — an effect so tiny it may have occurred by chance."**

- Ionizing Radiation in mammograms is 1000 times greater than a typical x-ray of the chest which in itself can increase the risk of developing or metastasizing cancer.
- False positive often lead to biopsy which can allow encapsulated cancer to grow.
- Compressing the breast can also cause tissue damage.

<http://articles.mercola.com/sites/articles/archive/2010/10/15/mammograms-much-less-useful-than-previously-believed.aspx>

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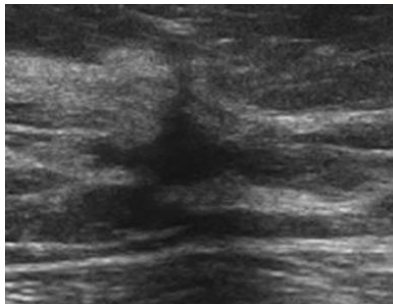
### Ultra-Sound

**Ultra-sound is often used if the mammogram shows an abnormality, because they are more accurate**

A breast ultrasound is used to see whether a breast lump is filled with fluid (a cyst) or if it is a solid lump.

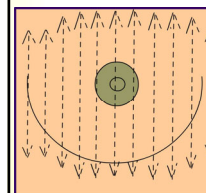
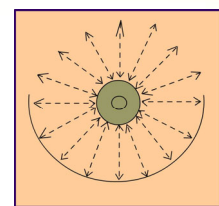
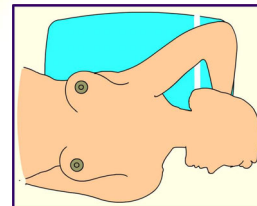
Ultrasound does not use radiation or x-rays.

It is especially helpful in looking at the breasts in younger women whose breast tissue is more dense or if there are fibroids or breast implants.

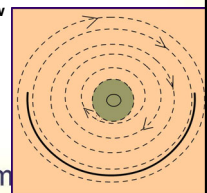


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### Self Breast Exam



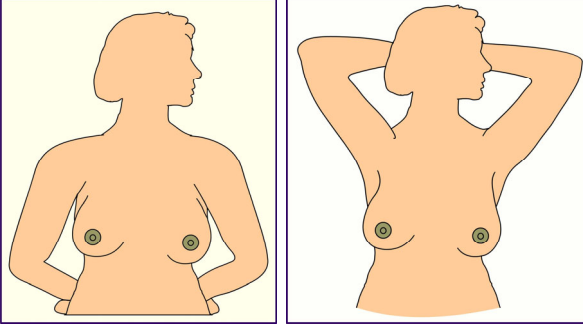
Laying down with a pillow under the shoulder, use coconut oil or use soap while showering. Systematically check for lumps, thickness or dimples in each of the 3 ways.



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### Self Breast Exam

Look in the mirror for any misshaping or dimpling



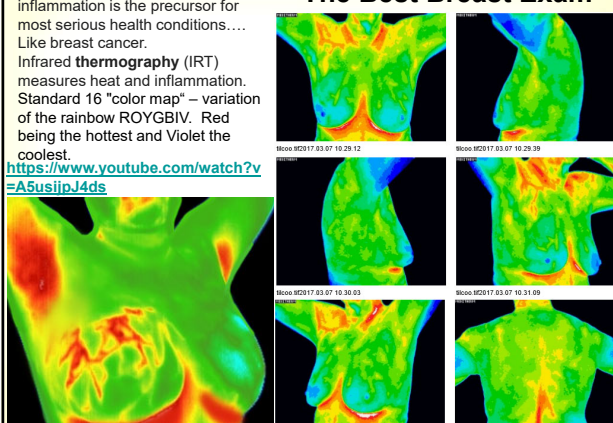
Typically the breast on your dominate side is a little larger than the other side.

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### The Best Breast Exam

It has long been known that inflammation is the precursor for most serious health conditions.... Like breast cancer. Infrared thermography (IRT) measures heat and inflammation. Standard 16 "color map" – variation of the rainbow ROYGBIV. Red being the hottest and Violet the coolest.

<https://www.youtube.com/watch?v=A5usijpJ4ds>



### If You Find a Lump

Get a Thermogram  
No biopsy  
Take a moment of pause  
Research  
Find out why you grew the lump or cancer

<https://www.youtube.com/watch?v=UKTh3iK-UoM> Benefits of thermogram over mamogram

Cancer doesn't scare me anymore... Lorraine Day  
<https://www.youtube.com/watch?v=QIA1o0aaj-k>

Suzanne Sommers - April 4, 2001 announced she was getting the malignant tumor removed from her breast but would not do conventional treatment. Instead she used natural means one of which was a mistletoe extract.

Have Ann tell her story..

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### What I would use to promote Breast Health

- Choose organic, locally-grown and in-season foods.
- Buy hormone-free meats and dairy products to avoid hormones and pesticides.
- Avoid coffee, tea, caffeine.
- Take supplements.



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### If I had Breast Cancer, I would....

If they decide to do radiation... Fresh Aloe Vera to protect the esophagus.



Immune stimulating herbs and vitamin C

It is rarer but men can get breast cancer too.

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### Questions

<https://www.facebook.com/groups/NaturalHealthProfessionals>

Natural Health with Nature's Sunshine



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## Questions



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**HPA**  
 International Holistic Practitioners Association

CERTIFICATE OF ATTENDANCE

This certifies that

*Mary L Reed Gates*

has attended & completed

COURSE IN COMPREHENSIVE IRIDOTOLOGY™ LEVEL I and II

and having completed the practical course of study is hereby recognized as a candidate for professional certification. No return to the association for the Institute's completion system tests.

MAY 17 2024

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## Ann's Story and Protocol

Daily Advantage

David William

Barley green pills

Vitamin C 3000 mg

Vitamin D

Curcumin

Reishi

Turkey Tail mushroom

Indole 3 carbinol

Raw celery juice

6 tbs flaxseed in cottage cheese


Coffee enema

Probiotic

Berries

Rebound

Dry skin brush.



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