



Whole Body Breast Whealth Part 5 of 5



What you don't know...

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Whole Body Breast Whealth DISCLAIMER



I am not a doctor, I am a massage therapist and wellness coach. This information is provided for educational purposes only. You should discuss any health changes with a medical professional. Please use caution and common sense before making any lifestyle changes that may affect your health.

Aubrey Lesicki, BS, LMT

Who is Aubrey and where did this all come from?

www.breastremedyseattle.com/about-aubrey/



My Breast Care Training includes

- Breast Massage for Healthy Breasts
- Myofascial Release
- Pregnancy Massage
- Oncology Massage
- Pre- and Post-Surgical Massage
- Lymphatic Drainage Therapy (Chikly)
- Lymphedema Therapy (Klose)
- Cranial and Osteopathic massage
- Lactation Consulting
- Hospice Massage
- Presencing/Table Talking
- Heart Centered Transformation
- A Course in Miracles
- Meditation (Vipassana, Realization Process)
- Reiki

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Herstory

- This class is dedicated to all the people with breast disease who went before us, and who continue to teach us with their faith, courage and perseverance.
- Alternative medicine practitioners are also succumbing to the disease (& prostate disease).
- **USE YOUR VOICE. If you don't discuss these things with the people you love, likely no one else will.**

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Whole Body Breast Whealth DISCLAIMER



I am not a doctor, I am a health journalist, sharing the information that I have found. Please use common sense and seek medical advice for any breast health issues you may have.

Aubrey Lesicki, BS, LMT

What we are currently told in the US about “preventing” breast cancer...

- Get a regular (every 1-2 years) mammogram because “early detection is the best prevention” (??)
- Clinicians shouldn’t do routine breast exams
- Breast self-exam is not “proven” to increase life expectancy from breast cancer
- Wear a bra overnight if you have breast pain, because bras have nothing to do with developing breast cancer



What we are currently told in the US about “preventing” breast cancer...

- Have babies and breastfeed
- Eat “healthy” and exercise
- Lose weight
- Avoid alcohol and nicotine
- Avoid hormone replacement therapy
- If you have BRCA gene, you’re screwed, get “prophylactic” mastectomy (and hysterectomy while you are at it...)



What has been swept under the rug in the US...

- HARVARD first had a study indicating a possible bra-breast cancer connection in 1991 (see Part 1)
- Vitamin D is beneficial in reducing breast cancer development
- Iodine is beneficial in reducing breast cancer development, and possibly helping to cure it
- Anaerobic bacteria found in breast tumors reduce tumor growth
- There is a fungus-cancer connection



What has been swept under the rug in the US...

- There is helpful and harmful estrogen
- Progesterone is crucial in reducing tumor genesis
- Cortisol has as much to do with breast cancer development as estrogen (maybe more...)
- Emotional and physical shock can influence cascade of breast disease
- Physical injury to breast tissue can become cancerous



What has been swept under the carpet in the US...

- Poor dental health is highly correlated with breast cancer (especially root canals and mercury fillings)
- 75% (and maybe more) of breast cancers do NOT have any family history
- There are THOUSANDS of chemicals available for use in US that may promote breast cancer with NO safety testing (no longer toxicology performed on tumors)
- Despite BILLIONS spent on breast cancer research, it is still the most prevalent cancer worldwide (equal to lung cancer; 2M cases in 2018) and mostly common cancer in US women (2nd deadliest after lung cancer)



Where do we start?

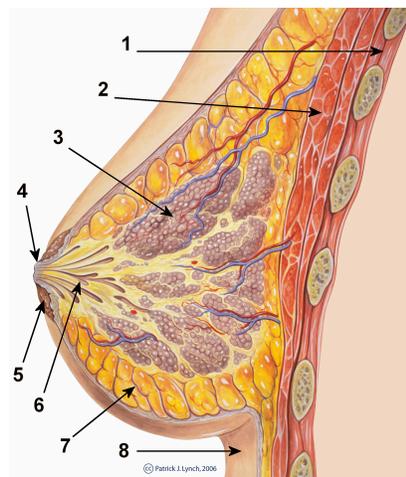
- In 2012 MD Anderson analyzed the histology and biochemistry of all their recent DCIS (ductal carcinoma in situ) breast cancer patients (over 1400 women) and concluded that every person was different.



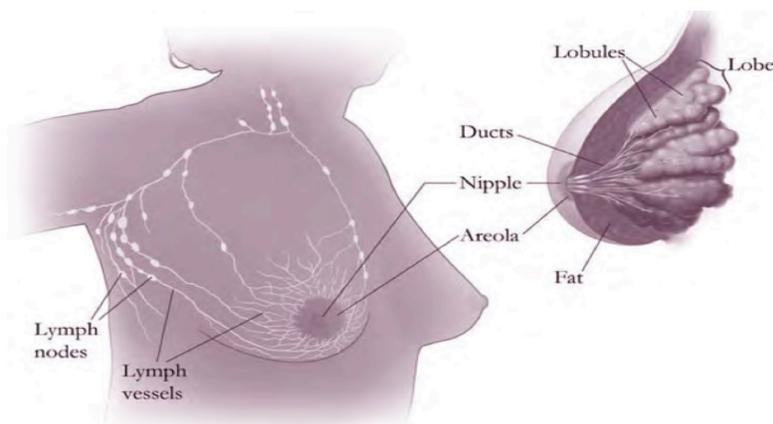
Breast Anatomy

- 1- Rib muscle
- 2- Chest muscle (pectoralis)
- 3- Mammary gland/lobe (champagne grapes)
- 4- Nipple
- 5- Areola
- 6- Mammary Duct
- 7- Mammary Fat
- 8- Skin (Inframammary fold)

© Patrick J Lynch 2006
Courtesy Wikimedia Commons



Breast Anatomy



Look at the texture of the glands and location of the lymph nodes in neck and armpit. Courtesy Cancer.gov

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Vitamin D

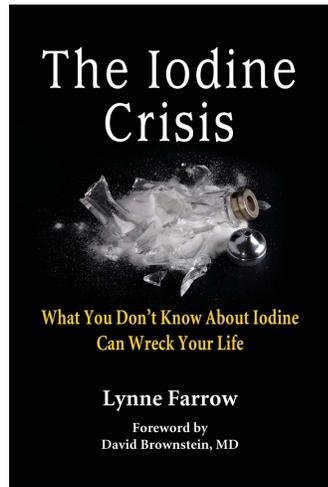
- <https://www.VitaminDSociety.org/benefits.php>
- Recommending “optimal” levels of vitamin D at 100-150 (not 50-100 as is currently practiced in US).
- Due to genetic “snip” variations, required dosage may highly vary...

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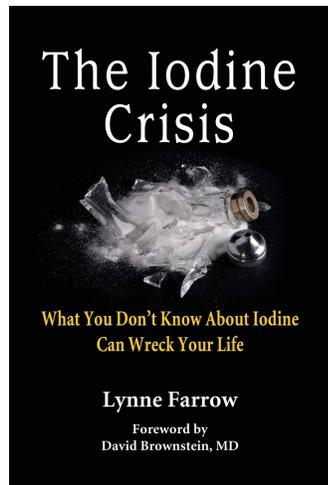
The Link Between Breast Cancer and Iodine Iodine Crisis by Lynn Farrow



- Treating MANY diseases with Lugol's 2% iodine (contains iodine and iodide) including fibrocystic breasts and breast and prostate cancers
- Doctors are currently taught iodine is dangerous
- BreastCancerChoices.org



The Link Between Breast Cancer and Iodine Iodine Crisis by Lynn Farrow



- Breast cancer most prevalent in iodine-poor regions
- Japanese eat 3-12mg/day iodine and have lower incident breast cancer
- CAUTION if you have thyroid-related diseases
- 1-2 drops/breast is plenty...



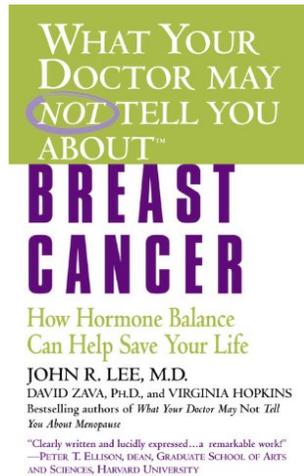
Breast Cancer and Bacteria

- « Microbial Dysbiosis Is Associated with Human Breast Cancer »
- <https://doi.org/10.1371/journal.pone.0083744>
- Anaerobic bacteria found to REDUCE growth of breast tumor tissue
- We don't understand our microbiome...

(Breast) Cancer and Candida

- https://www.bibliotecapleyades.net/salud/salud_defeatcancer30.htm
- www.SimonciniCancerTherapy.com
- Dr. Simoncini recommending sodium bicarbonate treatment to control candida, which will diminish any cancer

The Link Between Breast Cancer and Iodine Iodine Crisis by Lynn Farrow



- Estriol is cancer preventative (vs estrone and estradiol used in most hormone replacement) but not easily available in the US
- DHEA reduces tumor angiogenesis
- Cortisol increases tumor angiogenesis (see Polyvagal nervous system lecture)

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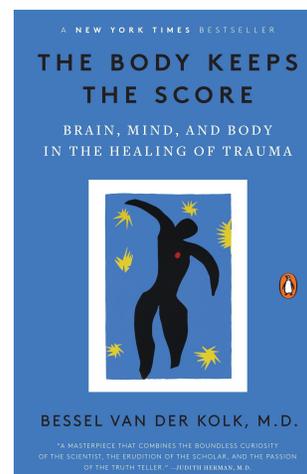
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Bessel Van Der Kolk, MD

- Creator Developmental Trauma Disorder diagnosis (2005)
- ACE score (adverse childhood events) over 6 reduces life expectancy by 20 YEARS



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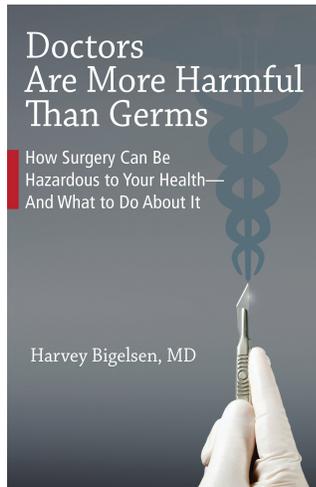


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The Link Between Emotions and Breast Cancer by Harvey Bigelsen, MD



- Holographic blood microscopy
- Cancer clinic in Arizona, Mexico, California
- Traumatic event 1-2 years before cancer diagnosis
- Persecution...



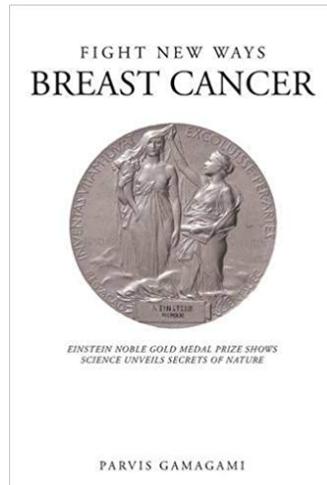
The Link Between Emotions and Breast Cancer by Ryke Geerd Hamer, MD



- “shock” event seen in brain CT scan prior to development of cancer in many cancer patients
- Persecution...



The Link Between Injury and Breast Cancer Fight New Ways by Parvis Gamagami



- Multiple case reports of women with breast injury (blunt force) growing tumor in exact area of injury within 2 years
- Old (1940s) medical journals assumed that serious injury would later develop cancer in same area. This information has disappeared from our modern (insurance) narrative.

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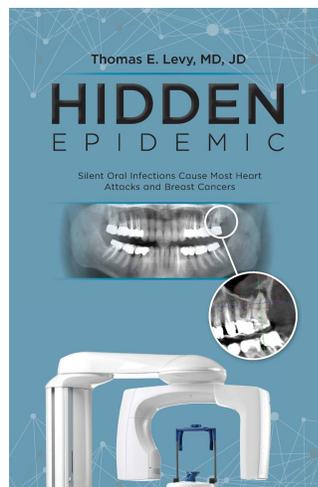


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The Hidden Epidemic: Silent Oral Infections by Thomas Levy, MD



- Both Heart disease and breast disease have a high correlation with root canals and cavitations
- <https://www.paracelsus.com/bio-dentistry/references->

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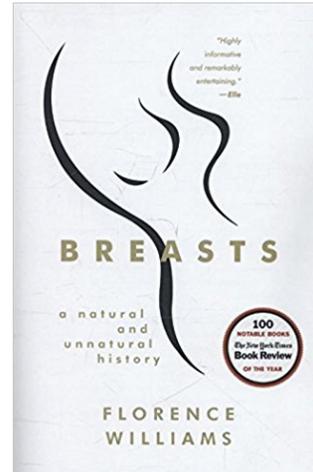
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The Herstory of Breasts by Florence Williams

- **Breasts: A Natural and Unnatural History**
- Pollutants found in breast milk?
- Breasts responsible for the evolution of the species?
- How did breast surgery come to be?
- Much, much more!



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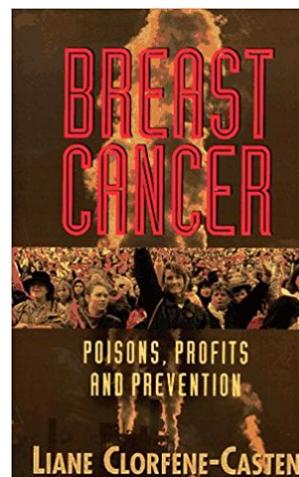
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The Herstory of Breast Cancer by Liane Clorfene-Casten

- **Breast Cancer Poisons, Profits and Prevention**
- MANY pollutants linked to breast cancer
- Monsanto is the devil
- American Cancer Society does not deserve your money
- Much, much more!



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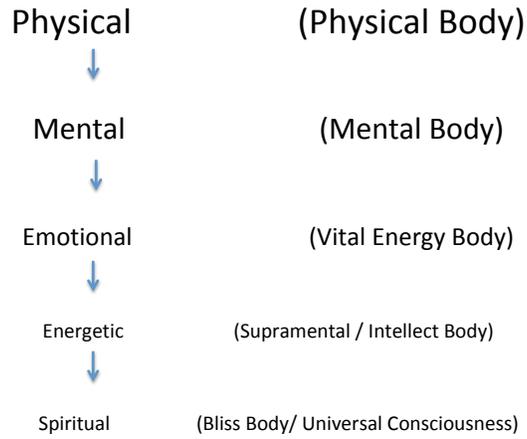


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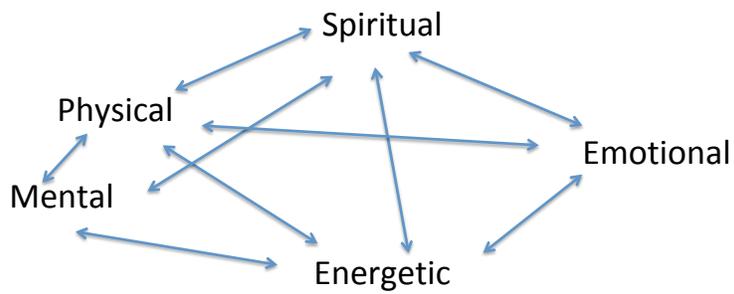


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5-Dimensional Breastwork (old)



5-Dimensional Breastwork (new)



References and Resources (includes affiliate links)

- <https://amzn.to/389c1eg> - what doctor may not tell you about breast cancer, Dr. Lee
- <https://amzn.to/2v8xXYs> - iodine crisis book, Lynn Farrow
- https://www.bibliotecapleyades.net/salud/salud_defeatcancer30.htm - cancer and candida by David Icke
- <http://www.simoncinicancertherapy.com/> - cancer and candida by Tullio Simoncini
- [https://www.academia.edu/36287546/](https://www.academia.edu/36287546/HOW_BRAS_CAUSE_LYMPH_STASIS_AND_BREAST_CANCER)
HOW_BRAS_CAUSE_LYMPH_STASIS_AND_BREAST_CANCER



References and Resources (includes affiliate links)

- <http://breastcancerchoices.org/> - Lynn Farrow
- <https://doi.org/10.1371/journal.pone.0083744> - microbiome and breast tumor
- <https://amzn.to/39c4hsb> - Hidden epidemic root canals by Dr. Levy
- <https://www.paracelsus.com/bio-dentistry/references-> Biological dentistry group with many root canal references
- <https://amzn.to/373LCgS> - Breasts- A natural history by Florence Williams
- <https://amzn.to/371gyyh> - Doctors are more harmful by Harvey Bigelsen, MD

