

Breast Healing- Testimony

By Ann Heusted, RN, CNC, CTTH, CLE

I was shocked when the lumps in my breasts were gone in December 2014. I had been checking them since 1975; I had nine Mammograms and four surgical procedures over the years and figured they would always be there like scar tissue. For 30 years I have been eating organic as much as possible, drinking purified water and limiting sugar. I never drink pop or coffee and seldom have brown/black tea. The pain of the lumps (fibrocystic disease) has been gone for decades, especially since I take Iodine supplementation. When I went gluten free in 2010, I was amazed to see 17 symptoms disappear within six months, but the lumps stayed the same.

Since 2009, my breast health has been monitored using thermography through the Therma-Scan Reference Laboratory in Birmingham, MI. In March 2012, the inflammation reading went up to the highest degree which could indicate cancer growing. The report summary said, "Multiple and additive thermology signs are discerned in the left breast that provides probable risk for confirming malignant disease: graded TH-4." A week later, I had breast Magnetic Resonance Imaging (MRI) which showed the tissues were the same as the imaging from 2010. Because thermography can indicate a cancer growing environment years before it actually can be detected via other testing methods we started some therapies.

I started taking oral supplementation of UBQH, Black Current Seed Oil, Fish Oil, Curcumin, Broad Spectrum Vitamin E, Salvestrol, Indol 3 Carbinol, Healthy Cells-Breast and Zinc Picolinate. I started using a compounded Co-Enzyme Q 10 cream on my breasts and taking a high dose Vitamin C IV regularly. By November 2013, the Thermascan report said "Atypical thermology sign with minor risk for malignant disease in the cranial lateral quadrant and medial aspect of the left breast graded TH-3". We decreased the therapies.

In May 2014, TH-3 appeared in the other breast, so it was bilateral. I decided this was showing systemic tissue inflammation which could be decreased by avoiding food allergies and detoxifying heavy metals. My blood was tested with an IgG food panel and I started avoiding the allergic foods in August. In August, I also had another Breast-MRI to see it was still okay. So, in December I was planning my January Thermascan appointment which lead me to checking my breasts and finding the lumps were gone!

The lumps hadn't changed in any way before or during all of the therapies. The thermoscan pictures looked better to me and the numbers were improving but I couldn't tell by checking the lumps until now. The other therapies could only help improve my breast health, but I think following the IgG Food panel was a huge contributor for the elimination of the lumps. When researching this topic to write the May 2015 issue of the "Holistic Herald," I discovered the booklet "*Healing Breast Cancer with IgG Testing*" by Steve Nenninger, NMD. I will read the booklet, start the detoxification program and continue the holistic health adventure of avoiding breast cancer.

Join us and bring others to the presentation on May 19, 2015 - "*Bosom Buddies: Breast Health or Cancer Detection -Which Do You Choose?*" and to join the Michigan Holistic Nurses Association mission.