

October, 2019

# My Journey with Breast Implant Illness....

## Greetings!



### My Journey with Breast Implant Illness...

By Karen Weigand

In February of 2007 I made the decision after breastfeeding my last child to get saline breast implants. What I did not know at the time is how sick they can make you.

After several months of having implants I started feeling some hormonal changes in my body. Within months my body stopped producing testosterone. I started experiencing many other symptoms and this began my over 10 year journey to find out what was going on with me.

In the summer of 2017 I learned about something called Breast Implant Illness and a facebook page that I could join to see if this is what I was experiencing. I joined a private group called Breast Implant Illness and Healing By Nicole. When I joined this group there were 21K members.. Today there are almost 95K members and rapidly growing

I explanted in October 2017 and immediately most of my symptoms went away. I have a ways to go with my healing as they say it can take 2-5 years to get back to normal but I have no doubt that I will make a full recovery from breast implant illness.

DON'T MISS OUT ON THE BIGGEST DISCOUNTS OF THE YEAR!

*Book your scan today!!!*

**MEDICAL THERMOGRAPHY**  
Wellness is a journey...

- HOLISTIC HEALTH BREAST SCREENING
- NO RADIATION
- NO SQUEEZING
- START BY AGE 20
- PREVENTION
- FIND AREAS OF CONCERN EARLY
- PERFECT FOR DENSE BREAST TISSUE AND IMPLANTS
- SAFE FOR EVERY AGE AND STAGE OF LIFE including Pregnancy and Breastfeeding
- EARLY DETECTION

**OCTOBER SPECIAL**  
Call Before October 31, 2019

<b>\$50.00 OFF</b> FULL BODY SCAN* Now \$449.00	<b>\$35.00 OFF</b> HEAD & TORSO SCAN* Now \$294.00	<b>\$25.00 OFF</b> BREAST SCAN* Now \$224.00
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\*Cannot be combined with other offers.



www.MindfulWellnessMedicalThermography.com  
www.HolisticHealthMobileThermography.com  
Member of Breast Thermography International  
West Chester, Ohio Lab - Jacky - 513-382-3132  
A mobile location near you - Robin - 513-443-5161



## Moving from Breast Scare to Breast Care Introduction to Whole Body Breast Health

Starts Thursday, January 9, 2020, 8pm - 9pm EST

For decades conventional medicine has been ringing the bell of early detection and screening of breast cancer for the 12% of

While you can choose from a variety of implants please know that all implants are incased in silicone. When an implant goes into your body a capsule is formed around the implant and this is your bodies way of fighting against the foreign object that was placed in your body.

One of the biggest problems of Breast Implant Illness is that it's a silent disease. It can manifest itself as a laundry list of symptoms, which can start immediately after the surgery or, in some cases, not for years and years. There is also a link between breast implants and cancer. As of September 2018 660 reported cases involving breast implants and BIA\_ALCL just since 2015.

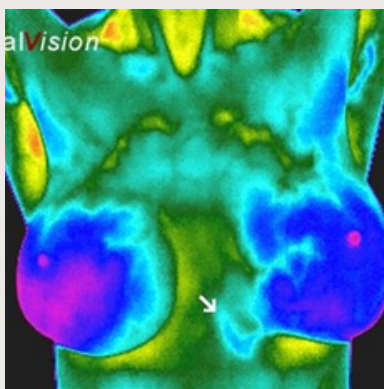
If you would like to learn more about breast implant illness please go to [healingbreastimplantillness.com](http://healingbreastimplantillness.com) and join the private FB group Breast Implant Illness and Healing By Nicole.

Are you eating Enough Fruits and Veggies?

Kids eat Free - Ask me how!

[Karenwiegand.juiceplus.com](http://Karenwiegand.juiceplus.com)

[Karenwiegand.towergarden.com](http://Karenwiegand.towergarden.com)



If you  
didn't  
read Dr.

Boynton's article "To Implant or Not that is the Question..."

*Click to Read Dr. Boynton's article*

David Boynton DC, CCEP, BS is the owner of Sycamore Chiropractic and Nutrition located in the heart of downtown Blue Ash. He has been in practice for 11 years. He graduated from Palmer College of Chiropractic in 2008 and he has been "living the dream" ever since. He has 3 amazing kids and is blessed with an amazing wife. His faith in God is evident in his practice as he prays with many of his patients for healing

women who may be afflicted. But what about the 88% of women who won't have cancer? What about breast pain, mastitis, and other benign breast complaints that affect an estimated 75% of women?

Many have been told there is nothing to be done. Many believe they must grin and bear their discomfort. Many are ignorant that these minor complaints are the body's way of asking for help, before it's too late.

There is a wealth of knowledge buried in the alternative press that provides your best chance for breast wellness. These are often simple ways to make positive changes in breast tissue. Implementing new habits for better breast health impacts the whole body. This **5-week online class** will explain common sense approaches to better breast health using tools that are affordable and already in your grasp. Topics will include

- Breast massage and breast self-check
- Inflammation and the lymph system
- Bra do's and don'ts
- Essential oils and nutritional support
- Alternative and avoidable causes of breast cancer

These lectures will include time for questions and discussion for live participants. Recordings of the lectures and electronic copies of handouts will be provided after each weekly session.

Aubrey Lesicki, BS, LMT has been studying alternative medicine with a focus on breast care for 10 years. She applies a mind-body-spirit approach to her massage and wellness coaching practice, emphasizing that the body's wisdom is our best teacher. Through teaching hundreds of clients, she has distilled a decade of information into simple instructions to empower women to take their breast health into their own hands. Register at [BreastRemedySeattle.com](http://BreastRemedySeattle.com)

***Click to Register***

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and restoration of health daily.

Dr. Boynton's goal with every patient is to restore proper alignment of the joints to ensure the brain can talk to the body and the body can talk to the brain. He also supports nutritional deficiencies, so the body has the resources it needs to heal. Then restoring biomechanics so the body moves normally and doesn't breakdown to cause joint problems.

All people can benefit from an appointment with Dr. Boynton and the other providers in his office to help restore your body to optimal health. Sycamore Chiropractic and Nutrition is the place for all your family's health care needs, from a newborn baby to a 90-year-old grandparent. We have the right treatment to fit your family's needs.

Visit us online at

<https://www.sycamorechiro.com/> or call us at 513-773-1214 today to make an appointment.

You deserve to be healthy and we can get you there.

### **Sycamore Chiropractic and Nutrition**

9500 Kenwood Road

Blue Ash, OH 45242

(located in the heart of Blue Ash, at the town square)

Phone: (513) 773-1214

<https://www.sycamorechiro.com/>

**Click to buy an instant  
Thermography Certificate**

### **Breast Health Awareness Month Are you at Risk?**



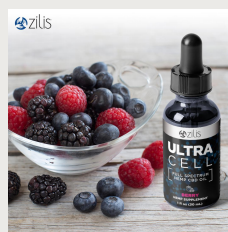
October is Breast Health Awareness month, and this year there's a focus on women under the age of 40 and women with dense breasts, which is a very important area of consideration.



### **Breast Self-Massage - PHAST Technique for Breast Pain**



Don't forget if you purchased your ticket through Eventbrite for Inflammation the Silent Killer you get \$20 off a thermography scan! (Scans must be booked before October 31, 2019 and the coupon can be combined with the Breast Health Awareness special.)



### **Ultra Cell Full Spectrum Hemp CBD Oil**

**CUTTING-EDGE  
FORMULA.  
FABULOUS**

**FLAVORS. ULTRA RELIEF.  
ULTRA CELL—Full Spectrum Hemp  
CBD Oil  
\$35**

There is an intricate group of receptors within the body called the endocannabinoid system (ECS). This complex network impacts many areas of health and is most abundant in the brain and immune system. Studies have shown the ECS

A push is currently underway to use thermography as a method to cover this gap. There are over 20,000 cases of breast cancer in women between ages 20-40 each year in the USA.

When cancer occurs in a younger woman it is usually a much more aggressive form, and less likely to respond to treatment.

There is currently no routine screening test for women under 40.

Make thermography YOUR go-to test no matter your age. Get checked today!

Book your Thermography Appointment today at our West Chester or one of our Mobile Thermography Location's!

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[Schedule an Appointment](#)

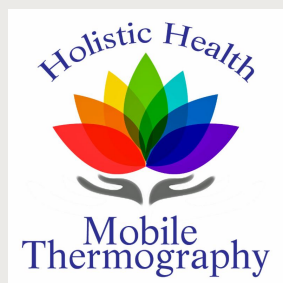
to be responsible for important functions such as....

- Sleep
- Relaxation
- Inflammatory Responses
- Cognitive Ability

*[Click to purchase](#)*

Click here to join our Facebook Group, Holistic Health Practitioners of Greater Cincinnati... We are building a trusted community of holistic practitioners and holistic minded people who are searching for holistic answers.

## Important news...



### Bringing Thermography to YOU!

Holistic Health Mobile Thermography (a subsidiary of Mindful Wellness Medical Thermography) is bringing mobile thermography scans to your area!

Call to schedule your appointment

#### 3rd Monday of Each Month

*Integrative Hormone Center & Pharmacy* Centerville Office (8101 Miller Farm Ln., Centerville, 45458)  
937-773-1778 Option #1

#### 3rd Friday of Each Month

*Happy Hormone Cottage* Vandalia Office (900 S. Dixie Dr., Vandalia,



45377)  
937-773-1778 Option #1

Call to see when we will be at the following locations...

**NEW LOCATION:** *Cole Center for Healing*

7760 W. VOA Park Drive

West Chester, Ohio 45069

513-443-5161

*Covenant Natural Health Care*

7000 Houston Road, Building 400, Suite 47

Florence, Kentucky 41042

(859) 653-4923

Fully Alive Chiropractic

Dr. Nathan Siebenaller

335 North Main St., Suite 2,

Springboro, Ohio 45066

513-443-5161

*The Wellness Lounge*

31 East Mulberry St.

Lebanon, OH 45036

513-443-5161

True2Form Chiropractic

Dr. Jared Bernstein

9393 Cincinnati-Columbus Road

West Chester, OH 45069

513-443-5161

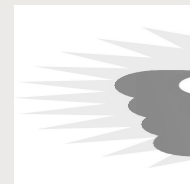


WHIF Individual Grant Program

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.*

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!!!

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



#### Contact Us

Phone: 513-382-3132 Jacky

Phone: 513-443-5161 Robin

*e-mail Jacky*

Website

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

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

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