



Greetings!

Speaking of Mindful Wellness...

What are Fibrocystic Breasts and Why do my Breasts Hurt....

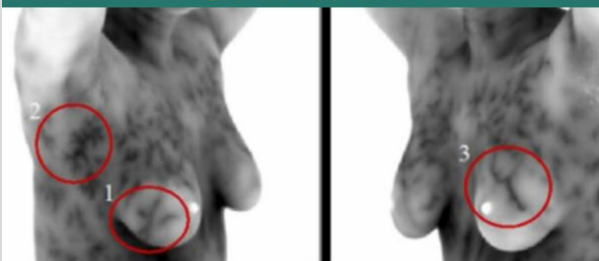
- Patricia Bowden-Luccardi shares information about Fibrocystic Breasts. Is it a syndrome or common condition?
- Check out the Breast Care Corner - Thermography and the Fibrocystic and Dense Breast Book

Yours in health & Wellness,
Jacky

What are Fibrocystic Breasts...

What Are Fibrocystic Breasts?

PATRICIA
Bowden Luccardi



Fibrocystic breast syndrome or disease is a common condition

As a clinical breast thermographer, I see more and more fibrocystic breast cases than any other abnormality of the breast.

Fibrocystic breast syndrome or disease is a common condition. It is also called *cystic breasts* or *mammary dysplasia*.

Breasts can feel swollen or have a different texture, or even feel lumpier than they did yesterday. Lumps, be it of any kind, in the breast, triggers fears of cancer. Both benign and malignant lumps are very different in texture and density.

Most breast lumps that women feel – eight out of ten – aren't cancer.

It's more common for them to be a cyst (a sac) or a fibroadenoma (an abnormal growth that's not cancer). Some lumps come and go during a woman's menstrual cycle.

Mammograms are often performed on women with fibrocystic breasts. Despite a great deal of evidence citing no benefit and much harm from mammograms women are recommended to have them annually. There is disagreement as to the age women should commence this procedure.

Characteristics of Fibrocystic Breasts

Fibrocystic changes are characterized by breasts that are lumpy with many irregularities in the breast tissue itself. Fibrocystic breasts seem to occur when a woman's breasts are overly sensitive to fluctuating hormone levels. Women with fibrocystic changes may have pain and/or lumps.

Over half of all women will experience fibrocystic breasts at some time in their lives, but are fibrocystic breasts really a "disease"?

Many in the medical community say referring to it as a disease is a "misnomer."

Fibrocystic disease or syndrome is highly prevalent in today's industrialized nations. This may be common, but it doesn't make it normal. It is important to note that the symptoms of fibrocystic breasts are different from those of breast cancer.

When you have fibrocystic breasts, you should *not* experience:

[Press here to keep reading this fascinating information!](#)

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Patricia Luccardi does not provide medical advice, diagnosis, or treatment. [See Privacy Policy here.](#)

Upcoming Events

We are working with our lab locations to offer scans and keep everyone healthy.

Mobile Thermography Scans...

Please contact Robin Hanson-Gobell directly for dates and locations for the month of February.

513-443-5161

Dates TBD:

The Wellness Lounge - Lebanon, Ohio

Integrative Hormone Center & Pharmacy ~
Centerville Office Starting September 13th

True2Form Chiropractic - West Chester, OH

Covenant Natural Healthcare - Florence, KY



Save the Date

Click to find out how to schedule at one of our mobile locations!

Our September 14th date sold out so we added a 2nd chance!!!!

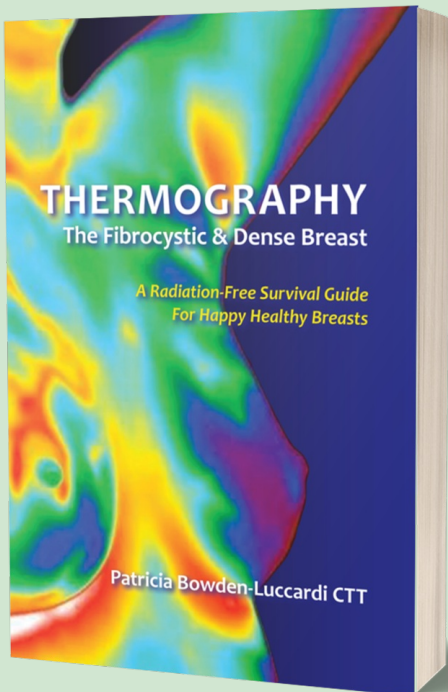
October 12th 7 - 8:30pm....

Integrative Breast Care with Dr. David Boynton and Mindful Wellness Medical Thermography

Sycamore Chiropractic and Nutrition
9007 Fields Ertel Road
Cincinnati, Ohio 45249

Topics include....

- Pitfalls of mammograms*Causes of breast inflammation - what can be done about it
- Dense breast tissue - what is it and what can be done about it - is it a cancer risk
- Breast cysts
- Fibroadenomas
- Supplementation for breast health
- Thermography - The goal is NOT Early Detection, it's PREVENTION!
- Breast massage,
- Breast self-check and bras



Breast Thermography

Thermography and the Fibrocystic and Dense Breast Book

Patricia Bowden-Luccardi CTT latest book introduces clear medical choices that will increase the chances for maintaining healthy breasts.

You'll also get information on making healthy lifestyle choices to lower breast cancer risks through scientifically confirmed plant-based supplementation and detoxification advice.

It's time to take responsibility for your breast health - buy the Thermography and the Fibrocystic and Dense Breast Book today!

[Buy The Book Now](#)

Hostess Incentive

Invite your breast friends to learn more about thermography....

Hostess receives \$50.00 for providing the space for Robin to come and do her

presentation. (To be put towards her thermography scan.)

It can be virtual or in person.

Then she also receives an additional \$25.00 (to be put towards her scan) for every scan booked and performed as a direct result of the presentation.



Can you help me?



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Do you have a few moments to share your opinion?

We're asking for your support?

Thank you for being a loyal customer. As a locally-owned business, we strive to provide the highest quality service and care deeply about how our work affects customers like you.

As such, we would love if you could send us an email and tell us what we can do to better serve you next time.

Of course, we hope you enjoyed the level of service you received. If so, we would love if you could leave your feedback on our Google Business Page or Facebook so we can help others on a health journey like you! Every review helps build credibility for future customers and your feedback would be greatly appreciated.

Thank you for taking time out of your day. We greatly appreciate it!

Looking for more....

[Buy a Gift Certificate](#)

Get your Thermography or Massage Gift Certificate.

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

[Schedule an Appointment](#)

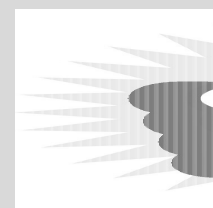
Schedule your Thermography scan online. Contact Jacky or Robin for more times!



Women's Health Initiative Foundation, whose mission is to empower women and

[Our Mobile Locations](#)

Bringing Thermography to you! Click to find a location near you!



Like me on *Facebook* to receive short

and TA DA, it's good for
an entire year!!!

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.*

therapeutic wellness
tips to help your mind
and body feel better.

Make a Donation



Contact Us

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Phone: 513-443-5161 Robin

e-mail Jacky

Website

www.MindfulWellnessMedicalThermography.com

www.MindfulWellnessMassageandBodywork.com

www.HolisticHealthMobileThermography.com



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