



Greetings!

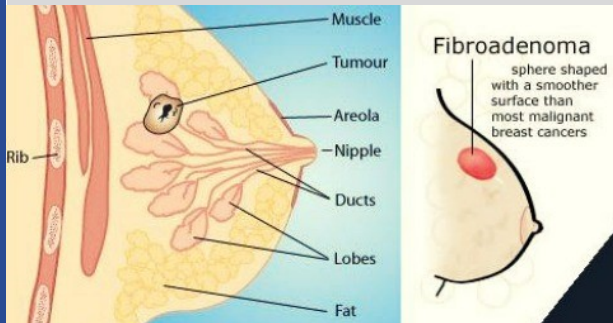
Speaking of Mindful Wellness...

All about improving your Breast Health

- Thank you Dr. David Boynton of Sycamore Chiropractic and Nutrition for sharing information about What is fibroadenoma and what can be done about them?
- Check out the Breast Care Corner - Breast thermography is an invaluable tool for women's health. However, to take full advantage of its usefulness, patients must follow-up regularly. This is best illustrated in the case of a patient who failed to follow through.

Yours in health & Wellness,
Jacky

What is a fibroadenoma and what can be done about them?



Fibroadenomas are noncancerous breast lumps

By Dr. David Boynton of Sycamore Chiropractic and Nutrition

Fibroadenomas are noncancerous breast lumps usually occurring in young women between 15 to 35 years of age. The lump will be firm, feels smooth and moves under the skin. Fibroadenomas do not turn into cancer which means they don't need to be removed even if they are enlarged. Sometimes they can be very large and cause pain. I do not recommend removing them unless they are extremely painful.

There are several natural supplements like iodine, fenugreek, and systemic enzymes away from food which can reduce them in size. When the pain is more significant around menses hormone balancing therapies need to be implemented. I recommend a DUTCH hormone test to determine the imbalances.

There are several ways to identify fibroadenomas which include physical self-exam where you will find a



“lump.” If a lump is identified, diagnostic testing should be considered. I recommend a diagnostic ultrasound and/or a thermogram to determine and track the fibroadenoma.

You should be more concerned if you notice any breast changes, more or new pain, nipple discharge, inverted nipple, change in breast/nipple skin or rash.

[How To Fight Breast Fibroadenomas Naturally Without Surgery \(eatlove.live\)](http://eatlove.live)

The best course of action is to avoid fibroadenomas all together. Following a “paleo” like diet free from grain, dairy and processed foods, which create inflammation and can be the root cause of all health problems. Drink plenty of filtered water, consume organic, non-GMO foods as much as possible, use organic cleaning products, self-care products and consider an air filter for your bed room.

For some women, consumption of too much animal protein can be a problem and if you are compliant to all of the a fore mentioned things, reduce or eliminate meat and reevaluate after a month or two.

Stress makes everything worse because it impacts cortisol which then adversely affects most systems of your body, including breast tissue. Don't be overly concerned about any lump or bump but keep an eye on them. Tumors do not come and go, they come and grow. Lumps and bumps do come and go based on many factors like diet, hydration, hormonal imbalances, stress and weight changes.

Dr. David Boynton is the owner of Sycamore Chiropractic & Nutrition, the leading pediatric and family chiropractic practice in Cincinnati, Ohio. Dr. Boynton specializes in Pediatrics and Functional Medicine in his practice.

Dr. Boynton grew up in West Chester and graduated from Lakota High School in 1995. He attended Wright State University in Dayton, OH, and graduated in 2001 with a degree in Education and Athletic Training. After graduation, he taught junior high health before pursuing his dream of being a chiropractor. Dr. Boynton graduated from Palmer College of Chiropractic in 2007 and is now "living the dream" with the establishment

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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 to schedule your scan at a convenient location near you.

513-443-5161

The Wellness Lounge - Lebanon, Ohio

Integrative Hormone Center & Pharmacy ~
Centerville Office

True2Form Chiropractic - West Chester, OH

Covenant Natural Healthcare - Florence, KY

Fully Alive Chiropractic - Springboro, OH

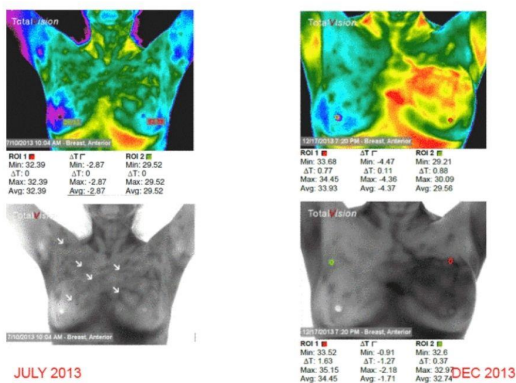
Advanced Chiropractic & Nutrition - Eastgate, OH

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



Watch for our new lab locations! In February we are adding a new Mobile Lab Location on the West Side Cincinnati! Watch our newsletter for more information about this exciting location and the Zoom event to kick off the opening!

Following Up Can Make A Difference



Following Up Can Make a Difference

Breast thermography is an invaluable tool for women's health. However, to take full advantage of its usefulness, patients must follow-up regularly. This is best illustrated in the case of a patient who failed to follow through. The thermographic image on the left was taken in July of 2013, which shows signs of subtle inflammation around the right breast. Because of this, a three month follow-up was recommended.

However, the patient neglected to follow through, and because of this her condition significantly worsened over a five-month period (as can be seen in the right image). If the patient had followed through with her recommended follow-up, this pathological process could have been verified sooner, and thus treated with more time.

Medical thermography needs to be accepted as a more routine procedure in annual health screenings for women. One in five mammograms provide a false negative, meaning that one in five women hold a false sense of security that there are tumors present. Combining thermography with mammography or other forms of screening ultimately yields the best results. In the case of wishing to forgo mammography due to radiation, thermography still remains a valid and rational choice for health screening.

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.



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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!

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Get your Thermography or Massage Gift Certificate.

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Schedule an Appointment

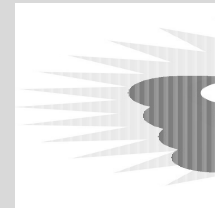
Schedule your Thermography scan online. Contact Jacky or Robin for more times!

Our Mobile Locations

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



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.*



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

Make a Donation



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Website

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