

Protect Your Breasts

**Freeze and Cure Your Breast
Cancer with Cryoablation**

**Reduce Your Risk
or Reoccurrence**

*"A Tour de Force
of valuable
information"*

—Dr. Max Chorowski, MD, FACOG

Ingrid Edstrom, FNP, M.Ed.

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Protect Your Breasts: Freeze and Cure Your Breast Cancer with Cryoablation



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Every woman fears breast cancer.s future health risk than the problem of her family history. Freeze"" Learn self-care techniques, lymph-drainage massage, exercise and mind-body relaxation techniques. Figure out how to " PBW is heart healthy— and Cure your Cancers with Cryoablation. We feel that knowledge is power and "Your environment may have a greater impact, perhaps as much as 91% to 93% on a woman' and remedy your breast cancer with 92% to 100% effectiveness! Prevention may be the Cure. Find out about cryoablation that may "The Proactive Breast Wellness Program (PBW) empowers you with practical suggestions to help embrace an anti-estrogenic diet and lifestyle management program to lessen your risk of developing breasts cancer and empower breast cancer survivors. Learn about health supplements, hormone tests and balancing, dietary and environmental changes. Identify environmental poisons, plastics and the risks of GMOs, bovine growth hormones and antibiotics in your food. Learn What YOU can Do to Reduce Your Risk of Developing Breast Cancers or its Reoccurrence! Freeze" women lose stubborn belly fat, their libido improves and menopausal/thyroid symptoms decrease. The PBW SUPPLEMENTS Protocols and Worksheets are easy to follow.



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Comprehensive Breast Prevention Guide After a long time of hearing about Thermography, I decided to have the procedure. I have been seeing Ingrid for 9-10 years and have been following her Breast-Wellness protocol. Ingrid is thorough in her explanations of historical breast care, how diet and lifestyle affect breast health and treatment options that are becoming a growing number of accessible. Understanding is power, and this publication provides such a complete overview of screening, preventive protocols and upcoming newer and more effective and much less invasive therapies. There is a whole chapter in her book about this that each woman should read and share with her friends and family. Read Ingrid's book and find out for yourself concerning this impressive option for treatment of many breast cancers. She is a pioneer and forerunner in this competitive and economically driven area of healthcare. Her goal is to provide us with equipment to prevent or better deal with any breast abnormality. I have already been seeing Ingrid for 5 years for thermograms. Ingrid spent some time working for 35 years while a Nurse Practitioner and comes with an additional Masters in Health Education and has worked extensively in neuro-scientific holistic medicine.. I would and do refer her providers, her wondrous publication and CD tools she's masterfully created to anyone seeking support, help, encouragement and enlightenment with breast health. Christine A. After studying the Proactive Breast Wellness Program from Ingrid, I've reversed the trend entirely. Specifically, I have switched to purchasing only organic milk and grass fed beef, taking health supplements as Ingrid suggests in her book, and added a fitness program (walking, yoga exercises and weight training exercise) to my routine. Incredibly informative book and testing support from Ingrid Edstrom Last winter I found a lump in my own breast and went into shock in regards to what it was about. Outstanding book! Learned a lot. Felt better after reading it. Among the better books out there on cancer. Would recommend it. Ingrid has worked for 35 years seeing that a Nurse Practitioner Her insight and knowledge into a woman's health and well being has exceeded any of the teachings I have received from my primary care physician. She has been trying to bring breast cryoablation to the Pacific Northwest. That is a strategy to freeze and get rid of breast cancer without surgery. All the changes have already been easy to include and painless. All my questions and points of misunderstandings have already been answered and I've greatly improved my breast health as well as reduced my risk factors for developing breast cancer I have already been seeing Ingrid for 9-10 years and have . I still left her office feeling significantly less fearful and empowered with a wonderful arsenal of self treatment information. This is the future of breast malignancy care! Knowledge is Power After receiving a short diagnosis of breast cancer, We consulted with Infrared Breast Health. I found Ingrid Edstrom's publication very helpful in understanding and defining risks to breast health, and, after experiencing an examination, was happy with the thoroughness and explanations of what the thermogram demonstrated, and how that details can be very helpful, going forward. These details helped to guide my decisions about treatment. A diagnosis of breast cancer tumor is a frightening encounter, and understanding is power. Thank you, Ingrid! Ingrid Edstrom is not only a specialist in explaining what's observed in the images, she is also an excellent educator on organic health insurance and nutrition. One go to to Ingrid and you will be armed with the best information on all areas of women's health. I recommend these services. I highly recommend purchasing this reserve, and encourage the addition of thermography, as another welcome tool for ladies's health care. She is a smart compassionate getting with grace and humor most appreciated. The thermography images provided more information that could not be seen from regular medical imaging, including ultrasound and MRI. Specifically appreciated learning more about Cryoablation as a treatment option to treat some cancers. Reducing Your Risk With Knowledge I

am newly aware of how thermography is definitely an invaluable tool for early recognition and interpreting changes in breast tissue. The best way to prevent breast cancer and improve general health I've been viewing Ingrid Edstrom for a few years now and have been happy with her preventive system. Through her imaging and the Proactive Breast Wellness I have self-confidence that I'm taking the best treatment of my breasts, am doing everything in my capacity to prevent malignancy, and am also improving the areas of my lifestyle because of her wealth of knowledge. Cryotherapy has a 92% to 100% effectiveness. Plus, due to her front-running knowledge on breast cancers treatment I have self-confidence in knowing if something cancerous should show up, we can look after it without dropping my breasts. Thank you Ingrid for sharing your prosperity of knowledge! Breast Cancer Cryoablation Disclosed! This book offers a wealth of information, as does Ingrid herself for those who have the opportunity to use her services at Infrared Breast Health, LLC. Following information in this reserve will change your life. I chose this program for myself in lieu of surgery and was astonished by the procedure. After several years any office I experienced been going to shifted and I was struggling to find another company. Rose C. More ladies should be insisting that procedure be made open to them. This publication is a summary of what Ingrid shares in her consultations. My only regret is definitely that I did so not start using these services previously in my life before the cancer diagnosis. Often all we are in need of is a simple adjustment in how exactly we are consuming or taking supplements that contain nutrients we may be missing. A lot of things can be performed to save lots of our breasts! The book is a must read for myself and everyone else to open my and their eyes to the future of breast cancer prevention and care which can be for everyone now! So happy! I had learned all about thermography many years ago and had decided to use this way for breast imaging over mammography due to it's accuracy and insufficient radiation. The problem of insurance coverage is discussed. I QUICKLY found Ingrid! Not only is it able to have an infrared scan I was also in a position to make the most of her wealth of understanding of women's health which focuses on healthy consuming, living and hormone balancing.. I favor a natural approach to keeping healthy/taking care of ailments over a strictly medical model. Be not afraid. Doing these exact things can make an enormous difference in how exactly we feel! I recommend Ingrid's reserve and practice. The reserve is very comprehensive, and information the benefits of specific foods and health supplements and changes in lifestyle that protect against cancer. A friend known me to Ingrid Edstrom for help. She actually is the kindest, dearest most understanding helpful person I have ever fulfilled in the medical field.. This book has compiled a comprehensive guide for methods to enhance breast wellness, and how thermography is definitely an important part of that process. Her book, her audio CD's, are really helpful and educational also her gift of a guiding voice in the CD's places one immediately relaxed. I have already been seeing Ingrid for 5 years for thermograms. Thank you Ingrid for your services to us all! My first scans had been trending toward amounts that indicated breast tumor could possibly be in my future. Ingrid is a reliable practitioner I have been to Ingrid several times for infrared imaging and discover her to become a caring and compassionate practitioner. I will continue to return for imaging and evaluation and am looking forward to reading her book. THE guide This book may be the guide for improving breast health. A lumpectomy is only 62% to 80% effective. I right now tell my friends and family all about her system and how helpful she's been for me personally. Because I was especially vulnerable due previous medical issues it was only by the knowledge of Ingrid that I was easily tested and supported in the many measures that followed my preliminary check out with her. It really is far less complicated and more comfortable than mammography and yields information many years

before things is seen on other screening modalities. She not only helped me with my breast inflammation but also with my thyroid, cholesterol levels and improved my thermography scan. I am 75 and have a lot more energy right now than when I was 62 . I especially appreciate her knowledge of and recommendation of breast cancers cryoablation, a procedure I by no means knew existed for breast cancer. If guys can possess their prostate cancers frozen with liquid nitrogen and the insurance companies pay for this accepted standard of care, then women should be able to possess their breasts cancers frozen and save their breasts.



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