Introduction to Breast Cancer and Dr. V

Hi, everyone. Welcome back to Mastering the Menopause Transitions Summit. I'm your host, doctor Sharon Stills. I am excited to be here with you today.

We are talking about a very important topic. And so often we think of menopause and we just think of hot flashes and our hormones. But we need to be thinking big picture as we've been doing all throughout the summit.

And today we're going to be talking about breast cancer, which is something that is important and relevant, and what I want you to be educated on, not to fear, but to be educated so you know how to prevent and what to do if you were to get a diagnosis.

So I invited my dear friend and colleague, doctor V, to discuss with me today. And you to educate you. She is the founder of the Breast Cancer Conqueror.

So there you go for empowerment around breast cancer and also the seven essential system. And she's the co-founder of My Breast Friend, which I love, that name, which we're going to talk about what exactly that is today, because that's something you're going to want to know about.

She is a bio energetic chiropractor by profession, and she's personally conquered breast cancer. Not once, but twice. She has a bestselling book called Heal Breast Cancer.

Naturally, she's out there. It is. She's featured all over the media with her wisdom. She's a guest contributor to many frequent media outlets, and today we are going to talk and learn from her.

So welcome, doctor V to the summit. It's a pleasure to have you here. Thank you so much for inviting me on your summit and sharing my message of hope with your community.

And I right off the bat, I think, because that's such a big thing when I work with breast cancer patients and they recover, there's that fear. And is it going to come back?

And here you've conquered it twice. So I'd love if you just start off telling us about your history, because I know you're a chiropractor and a bio energetic one, and that I'd love for you to explain that, because many listeners might not know what that means.

Dr. V's Cancer Journey and Bioenergetic Chiropractic

That's not a commonly term associated with chiropractic. And then just tell us your very inspiring journey. Well, thanks. Thanks so much. Yeah. Bioenergetics. Practic.

Basically it goes beyond just the spinal structural pain relief, but it looks at the whole body. I did a lot of bioenergetics testing when I was in my practice to be able to balance the meridians and really go deep into the root cause of what was happening.

And again, in my patients. But, you know, my journey with cancer just started. I was 23 years in practice and was doing a breast exam in the shower and bam, you know, felt that lump that changed the course of my life forever.

I mean, professionally and personally and, you know, was one of those things, you know, here I was doctor V, the wellness warrior and, you know, how could something like that happen to me, right?

How could I get sick? I'm doing everything right. So I thought, so I had to do a lot of soul searching and and really try to figure out, put the pieces of the puzzle together.

And what was I missing? I mean, I, I breastfed my kids, had a home birth, you know, was under chiropractic care. I mean, you know, I was just a very healthy person, or so I thought.

And, you know, cancer came knocking on my door. And so I had to really, you know, understand that I knew that cancer was just the tip of the iceberg, but there was a bigger root cause behind it.

So as I was going through that first healing journey, you know, I was kind of all over the map. I mean, I, I knew basically what to do to heal my body.

But I felt like I needed a process. And so I just literally sat down with a pen and a pad and said, okay, what are the steps that I need to take in order to really heal fully?

And it was like a download, you know, it's like, okay, bam, seven steps. Here you go. You know, the seven essential system. So I started, you know, two years later I'm I'm doing well, happy and healthy again and started sharing my healing journey online.

And one thing led to another. Now, you know, we coach women 60 countries. And I wrote a book. And, you know, we've supported, you know, a lot of women through this.

But the interesting thing, you know, how did, develop how did I develop cancer again, a second time if I was doing everything right the second time? And so, you know, basically, I was so engrossed in helping these women with breast cancer.

I mean, I was working from sunup to sundown and I was doing one on one coaching. You know, I was going through hormonal changes. I had some cavitation, I had some cavitation issues.

I had a thyroid issue, wasn't sleeping well, I was stressed out. And I created the perfect storm for cancer to show up a second time. That was 2015. And, you know, talk about, a slap in the face and, you know, really feeling, almost like a hypocrite, you know, how could I be the breast cancer conqueror?

And I've got cancer again. So that was that was tough. You know, I kept it in the down low. I did not, you know, share it with anybody except for my, you know, close friends and family.

But I went to work and for three years I worked very hard at it. And I knew one day I'd be able to come out on the other side and say, hey, you know, this works.

You know, it really does if you do the work. And there was a lot of work involved. But, I got through it and that was, 2018 and everything was clear. And I've been happier and healthier since, well, I'm happy to hear that.

And so happy to hear your story, because I think that this is something that I find when I'm working with patients dealing with cancer, that when they get cured and they're on the other side that often they forget that they still have to work on their health.

And I've seen it one too many times where they fall off the wagon, they leave the train, they jump off at the station, and then whether it be two years or five years or eight years later, the cancer returns because they weren't paying attention to their home.

And the cancer was like, oh, this looks like a good place to set up shop again. And so that's such a good reminder. Not that you need to live in fear of cancer returning, but that you always have to be taking care of your body.

That's a long time. It's a full time job. It is. It is, you know, and and you brought up a good point there, Doctor Sharon, is that I think a lot of women put a lot of stock in.

The Seven Essential System: Food and Toxic Exposure

You are cancer free. You know, when their doctors tell them, oh, your blood test looks good. There's nothing on your skin. You're cancer free. Go live your life. Don't worry.

But that's really a disservice because they're not telling them that there's circulating tumor cells or there's breast cancer stem cells, you know, that are more resistant, perhaps as a result of some of the treatments that they've done.

And so you really have to be vigilant and keep testing going and, you know, staying on top of your health going forward. I had at a patient just yesterday who has actually appendix cancer, which is a very rare where and he's going in for a surgery.

They saw a lymph node that looks cancerous. And there's they said if it's just that lymph node will remove it and you'll be you'll be free of cancer. And I said, well, that's where our work really is going to begin.

Because now we have to take care of your terrain and balance you and make sure that cancer doesn't want to come back and so it is a very different way, a different paradigm of looking at cancer.

And so your seven essential system I know, I want to know and I'm sure everyone else does. Please. And you take us through it sir. All right. So we'll start with number one.

And feel free to jump in and interrupt or whatever. But enter. Essential number one is let food be your medicine. And I'm sure your audience is very familiar.

There's so much information on on good eating. You know, to put it simply, a you're, you know, organic as much as you can and raw, you know, 80% of the time, if you can, clean lots of veggies, minimal fruits.

I don't recommend grains or carbohydrates, clean protein if you choose protein and, you know, there's no cookie cutter diet, you know, there's no it's only plant based or it's only meat based.

We're all bio individuals. And so we always recommend to our clients to do testing like the nutrition genome, for example, which we'll look at, you know, the your genetic snips and weaknesses.

So you know how to best support your body nutritionally. Yeah I love that. And I agree some patients do really well on a keto diet and some do well on a vegan diet.

And sometimes it changes as their metabolism is changing. And so but organic eating clean those are things that go across the board. You can't go wrong.

I've been doing a lot of glyphosate testing. Oh yeah. And and I see pretty consistently if someone has been eating an organic diet, predominantly their glyphosate levels are much lower than someone who has not been following an organic diet.

So it really does make a difference. Absolutely. All right. Essential number two is to reduce your toxic exposure. Speaking of glyphosate, you know, I mean, we live in a toxic world.

We can't live in a bubble, but there's a lot of things that we can do to reduce our exposure. So look at your environment from a macro level. You know, look at what you put out in your yard as far as fertilizers, pesticides, herbicides, that sort of thing.

And change those, because you, you know, you can use organic and biodegradable things. You know, vinegar will get rid of weeds. You know, something as simple as that.

And then bring that inside your home and look at what's happening in your home. Are you using artificial candles and artificial sprays and cleaning with toxic substances?

You know, there's there's over 150 chemicals in the cleaning agents that can cause breast cancer. So you have to be very, very careful about what you're doing.

And it's so easy now. I mean, you can go to the local grocery store and find whatever you need, you know, that's nontoxic. So it's much easier than it was 20, 30 years ago.

And then bring it in to the micro level, you know, what are you putting on your skin? Because everything you put on your skin is being absorbed directly into your bloodstream.

So there's great websites like the Environmental Working Group, EWG forum, where you can look up your cosmetics and your sunscreens and your shampoos to see where they are on the toxicity scale, and start replacing them with things that are less toxic because so many of the chemicals that we're exposed to and this is very important for breast cancer are, hormone disruptors, you know, and they're called xeno estrogens or foreign estrogens.

Chemical estrogens. So plastics bpas all this stuff that's in the cosmetics and the lotions and all of that, those things can overload the body with those aggressive chemical estrogens, which can trigger some, some some cancer.

Yeah. So important. And that's something ladies like we really have control over. We can really control what we're doing in our yards and in our homes and in our bodies.

And I'm like it's one of your top seven essentials. And I see it all the time. It's one of the first things when someone has a cancer diagnosis. It's like, okay, we need to look at the toxicity that's in your body.

And so it it's such an opportunity if you don't have breast cancer, if you're not worried about breast cancer, that's fantastic. But to detox your life at any time, preventatively is always such a empowering step to take towards creating health and healthy aging.

Yes, and the good news is, even if we're exposed just as clean as we try to be, we're still exposed because of the environment. You know, you can do things like sweating.

You know, there was a a study, they call it the bust study where they looked at blood, urine and saliva, and they found that sweat contained the highest, levels of environmental chemicals and heavy metals.

And so get a sauna, get a bio mat, you know, run outside and get a sweat going on, you know, really get your body going and do some dry skin brushing, coffee enemas, I mean, colon cleanses, liver cleanses.

There's a lot of things that you can do to really clean that toxicity out of your body. Yeah I, I think sweat is the best prescription you can get. I think you have to get your sweat on every day.

And you just mentioned coffee enemas and I'm sure some ladies went What. What is that. So you could just tell a little bit about what that is. Okay. So coffee Enema is about four cups of a special kind of blond coffee that is designed specifically for coffee enemas.

And, you know, you insert it, you lay on the floor and sort it, and you hold it for about 15 to 20 minutes, and you're not doing it for the purpose of cleaning out your colon, but you're doing it to stimulate the liver because the, phytonutrients in that kind of coffee and the caffeine go in through the back door, through the portal vein, into the liver, flush out the liver, stimulate the bile production, increases your glutathione production by 200%.

Balancing Energy, Hormones, and Emotional Healing

So it's it's a great cleanser to really get those chemicals out of your body, right? Yeah. I my actual first introduction to natural medicine, way back in 1989 was from a neighbor who is a colon anhydrous therapist who taught me about coffee enemas.

Okay, there you go. First I was like, you don't drink that stuff. You. I'm not. But it is such a powerful tool and a powerful cleanser. So wonderful. Okay, so we've got our diet, we've got toxicity.

What is essential number three is balancing your energy. You know, we are one billionth physical matter. The rest is all energy. So how do we keep that energy balanced.

So chiropractic care is extremely important to balance that nerve system. Acupuncture to balance the T energy through those meridians. Getting grounded.

You know, we're so removed from the planet, from the Earth, we don't walk barefoot anymore. But you know, getting grounded, looking, getting some sunlight on our body in our eyes, using things like pencils that, you know, pulsed electromagnetic frequencies to get those Earth frequencies that we don't get anymore, massage.

You know, all those things really help to balance our energy. And then most of all, especially since we're on the topic of, you know, hormones and menopause as balancing our hormones.

And unfortunately, conventional medicine has really vilified women's hormones when it comes to breast cancer. You've got breast cancer, so you've got to shut down your hormones and, you know, don't do this.

Don't eat that, because it's going to cause some, you know, some excessive growth. But we need our hormones for our immune health, for our bone health, for our brain health, you know, everything.

And so it's not your hormones that are causing the cancer, but it's these chemical estrogens and things in the environment that are triggering it. And then secondly, if you have a genetic weakness that keeps you from metabolizing or methylated your hormones, breaking them down properly so you can excrete them, then it may be a problem because those aggressive estrogens are going to keep circulating.

So find out if you have that methylation issue by working with your, you know, your doctor, your natural path. And, and then reduce your, you know, your exposure to all these other things that can cause, excessive hormones in the body.

Yeah. I love that you brought up chiropractic and massage and acupuncture because we haven't really talked about that a lot. And I just came from my chiropractor.

I have a massage later on. And I think we as women have been trained to believe that these body therapies are something you do on your anniversary or on your birthday, and they're not health care.

And I actually started off before I became a physician. I was a massage therapist. And oh, wow. Okay. So massage, chiropractic, acupuncture, these are medicines.

And these are these are not gifts you give to yourself once or twice a year. These are things that are really important to incorporate. You can see they're there in doctor visitor number three in the essentials.

They're important to incorporate as part of your health care plan. So I'm always prescribing acupuncture massage, chiropractic. You can round robin them.

You can find what works for you. But I'm so glad that you have that in there because I think they're overlooked so often, even by natural physicians. And they are they are key because, as you said, what did you say?

We're 1 billion. It was a whole matter. And the rest is all energy. That's that's significant. Powerful. Yeah. Pretty powerful. So you know it's sleep.

Sleep is another important part of balancing your energy. And I'm sure you've seen this in your practice. So many women post-menopausal have problems with sleep and getting that, thyroid balanced.

And the neurotransmitters and those hormones balance the adrenals balance so that you can get a good night's sleep. Because sleep is so restorative. Exactly.

Sleep's one of the first things I handle with patients, because if you're not sleeping, you're just not healing. You're not getting into that parasympathetic mode and you're just, you know, you're fish swimming upstream and making it more difficult.

And it is so true. Okay. So number four is heal the emotional wounds. So that's a that's a tough one for most women. And I think if I were to start over with the seven essentials I put it as number one.

Because you can do all the stuff right. You can do the pills, the supplements, this, the therapies, all of that. But if you don't heal what's in your heart, if you don't heal that little girl, that wounded little girl, if you don't learn to nurture yourself, love yourself.

Forgive yourself, forgive others. You know, you've got that chaotic emotional energy, inside of you, that conflicting energy. And that is not conducive to healing.

It's going to suppress your immune system. You know, with psycho neuro immunology, you know, your thoughts affect your nerves and your immune system. And, so we always recommend a lot of emotional work, books to read, like, Louise Hay, you know, heal your life.

Joe Dispenza, you are the placebo, you know, really believing 1,000% that your body has all the chemistry it needs to to heal properly. So there's, you know, lots of emotional work and things like EFT, eMDR, psychotherapy, you know, whatever it takes to really help alleviate that, emotional cancer in the body.

I think I agree that that could easily be number one. And I think especially with breasts, because breasts are all about femininity and nurturing. And I know I have seen throughout the years working with so many patients dealing with breast cancer, there can be a lot of I see it, a lot happen after women are betrayed, they get cheated on, they get divorced, and then all of a sudden breast cancer develops.

I was taught years ago by Doctor Rao over in Switzerland that a theme of breast cancer in women often is they were born to a father who wanted a boy and got a girl, and they're constantly and they're it's hard to change that.

So in or not having disconnects having with your children or your partner. And so there is such a huge emotional thing with all types of cancer, with all types of diseases.

Like you said, Louise, hey, I'm always like whatever, whatever disease process going on. It's like, let's see what Louise has to say about that. And I like how it's spot on.

And sometimes you're like, that makes no sense. But then you can sit with it and breathe into it and sometimes you're like, oh yeah, I guess that does make sense. So it is super important.

And I find I don't know what you find, but I find a lot of patients sometimes they just want to really focus on the body, and they're willing to take 75 pills or whatever vitamins you want to give them, but they don't want to do the emotional.

And then there's patients who are more like, I want to do all the emotional work, but I don't want to eat broccoli and I don't want to swell up. And it really is.

It really is marriage and healing. You really have to be working in both camps, the body and the mind, because they really are connected. Absolutely, absolutely.

So number five, what's number five is to embrace biological dentistry. So what do you have in your mouth is going to affect the rest of your body. So if we look at it from a chemical of salt first of all, silver fillings.

Well silver fillings are not silver. And, you know, they're 50% mercury. And, mercury is known as a metal or pasta gin, which mimics and stimulates absorption in the body.

And they find high levels of heavy metals in breast tumors when they analyze them. And so that those things are very, very toxic. So you want to work with the biological dentist that has been trained in the, you know, smart technique, safe mercury amalgam removal technique, or they're certified, you know, in some technique to make sure that, you know, they're not harming you when they're doing the drilling and replacing, those fillings with things that are compatible and nontoxic.

Look at a root canal. You know, a root canal is like a dead appendix or dead gallbladder in the body. No matter how aseptic they try to make it, there's always a bucket of anaerobic bacteria that's dripping toxicity, weakening your immune system.

And so you you know, when you work at the biological dentist, you can really, clean up your mouth and get rid of, you know, those, those toxins, from, energetic point of view.

You know, we've talked about acupuncture. So our teeth are connected to all our organs through the acupuncture meridians system. And there specific, meridians that deal with the breast tissue up here.

There's four teeth up here and two down here. And and when we see the correlation all the time, you know, fillings, root canals, cavitation, which is an infection in the bone, on the same side, you know, the breast meridian on that tooth.

And I know my experience. Same thing, you know, both up and down breast meridian, you know, and the tumors are on the left breast. So it's, there's definitely a correlation there.

And, you know, dental is difficult for people. The price, for one thing, because biological dentistry is not cheap. But then the the pain and the emotional aspect of going to the dentist, not too many people look forward to that.

But I see that every time when they, you know, start working on the dental things and their numbers go down and their health improves. And so it's a big piece of the puzzle that you really have to focus on.

Biological Dentistry and Oral Health

Ladies, I want you to rewind and listen to that again and again and again, because this needs to be talked about more because it is a huge piece. And when you talk about the price, I thinking how many patients I've kicked out of my office because they said, well, I can't afford you and the dentist.

And I've been like, bye and go see the dentist. I'm not going to be able to clean up your terrain in your body until you get rid of the the root cause.

And the root canals on those upper molars. And that's connected is we see it time and time and time again. And that's why I run thermography scan. So I can measure the teeth.

And I see it time and time and time again. And it's one of the criteria we look at in seeing if someone is, you know, more worrisome that they're going to be developing a breast cancer.

So I, I love that you have your essentials. I wish everyone and that's such a European way of thinking. When I got trained over in Switzerland and Germany early on in my career, that was what they taught me.

And I remember I had one of my mentors, Doctor Hartman from Austria, who unfortunately is no longer on the Earth plane with us. But he came to my clinic at my little clinic on the island in New York and saw patients with me.

And he's this big Austrian man and definitely a different vibe than me. And he said, I'm going to watch you see patients. And I said, no, you see the patients.

I want to learn from you all. You're and my patients would come in who had just been given a cancer diagnosis, and he would just take out a piece of paper, start drawing their mouth, and just and I had to kind of talk a lot of them down because they were like, I thought I was coming on a natural path, and now I have like seven things to go do it just.

But it really drilled it into me that it is so, so important. And like you said, a lot of us understandably, we don't want to deal with it. It's we all have not many people like, oh, I can't wait to go to the dentist.

Going to be say, okay, we're an important, essential, you know, number six now, number six has to do with all the therapeutic plants and herbs and supplements that support the healing.

So some are basic nutritional things like, you know, magnesium, zinc, selenium, vitamin C, vitamin D, you know, making sure that your vitamin D levels are optimal.

And I'm sure you've seen this so many times. They've been to their oncologist and they say, oh, your bloodwork looks good, your vitamin D is fine. And it's like 25 or 30.

It's like, no wonder you have breast cancer right. And so you know, those are basic things. And then you get into immune support you know, immune essential.

So medicinal mushrooms and then high dose vitamin C and there's, there's so many things I'm just kind of going blank right now. But then there's, there's also the, you know, the ones that target the cancer specifically.

So everything from, you know, apricot seeds to wormwood to, special formulas like, artemisinin and wormwood and, poly amba and sol Atheneum, you know, all these things.

There's, there's literally hundreds. And when you when you look at the book, there's over 700 references to published studies that show how effective so many of these substances are.

And so, you know, work with somebody who understands how to put protocols together for you because you've got to balance, you know, bring up your immune system, and at the same time, you want to effectively, you know, kill those cancer cells.

And it's, it's a it's a balancing process. Well, and I, I just want to point out, I hope you all get doctor this book and how this is just one of her essentials, because I think because of how we've thought about medical care, we tend to want to see someone natural and we just want to.

What do I need to take? What herbs do I need to take? And so I just want to point out this is one of seven that she's talking about, and the other ones are equally, if not more important.

And so we can expect to heal ourselves just by yes, it's great to optimize our vitamin D and take all the mushrooms and all the things you're talking about.

But we we need to be doing everything. And so I invite you all to step out of that, that thought process that I just need to find out what I need to take.

What what herb do I need to take? It's much more than just taking the right herb. Absolutely. Yeah. It's a whole lifestyle change. You know, it's we tell our clients it's not just about getting rid of that lump or the bone, right?

It's about a complete transformation, because how you've lived your life to this point has allowed cancer to show up in your life. So from this point forward, all of that has to change every aspect.

You know, from your food to, you know, all of the things that we've talked about, the emotions, the how you manage your stress, how you sleep, you know, all of that.

Exactly. And then what is number seven? Number seven is, very early detection and then always keeping a pulse on your health right through, testing different kinds of tests outside of, you know, conventional blood testing.

So let's start with just a typical screening that is recommended by most, traditional doctors is mammography, not telling anybody not to get a mammogram.

Personally, I've never had one. But, you know, the, the studies show us, like, there's a 25 year Canadian study on 90,000 women, 25 years, and it did not reduce breast cancer mortality rate, not by 1%, you know, and then throw in the mix the whole issue with breast density.

And so many times things are missed, you know, by the time they see it on a on an x ray. It's been there for, you know, 2 to 8 years. So, there's much more sensitive technology.

So thermography is is a great tool, as you mentioned. Right. It's not going to diagnose cancer, but it's going to show you physiologically what's happening.

Is there inflammation. Is there blood flow feeding a tumor. You know, what's happening in the body. But regardless of which one you choose, always back it up with an ultrasound because that's another picture, because nothing is 100% effective all the time.

So use ultrasound. There's a new kind of ultrasound now called sono cin, which is like ultrasound on steroids. They do thousands of images. So very, very clear pictures, MRI's of the breast tissue, you know, those are those are all great.

And then looking at your bloodwork, which, you know, doctors like, you specialize in looking at inflammatory markers and your vitamin D levels, there's, now there's screening test, that can detect, you know, 50 different kinds of cancers just by looking in the blood.

Therapeutic Plants, Supplements, and Early Detection

You know, the Grail test by Gallerie. The cancer profile test looks at the hormones that cancer cells give off. There's the r DCC test, known as the grease test, which, you know, filters your blood and looks for circulating tumor cells.

And so there's so many great tests out there now that in really help you, you know, keep a pulse on your health. And you are very involved with my breast friend, which is whenever I forgot, I forgot to pull it out.

Let me get there. It is. Here it is. Awesome. So I'd love if you tell us about that. And I don't know if you can do a little demo, but that would be fantastic.

Yeah. So my best friend, basically comes from Manicare, the Manicare Foundation. It's a model that was created to train physicians and nurses how to do a proper exam.

So the medical model is tan and brown, but, the manufacturer of the model asked me to take this to the public so women could learn how to do it. So we made it look pretty.

And you can see that there's, little nodes in there. And so there's a whole training system that shows you where to feel, how to feel and what to feel for.

Because unless you know what a suspicious or hard cancerous node feels like, you know you you don't know what you're looking for because your your breasts are lumpy anyway.

And the interesting thing is that the average woman who finds a lump is going to find it the size of a ping pong ball. When she's trained to do a proper exam using this technology, she can find something as small as a pea.

So very, very it's, you know, it's very, sensitive. And it's a great, great, training tool. It comes with a little booklet with, instructional video. And so we really encourage women because there's such a thing, there's such a thing as an interval cancer.

And that's a cancer that appears between year one and year two of screening. So you've gone for your mammogram all clear. So they say six months later, eight months later, you oh, you find a bump or something's not right.

And you get an exam and you, you get an ultrasound mammogram. And they see that there's a cancer that's developed. But if you could do your exams every month, you could notice very subtle changes in your breast tissue and circumvent that possibility of happening instead of relying on a machine, you know, the pads, your fingers are very sensitive and you know your body better than a machine does.

That's that's significant from a ping pong to the size of a pea. And how long does it take for someone to get trained? Is it a long time or is it an hour or two a minute?

You know, the video is 20 minutes long and you know, you do the videos, you know, a couple of times before you start getting comfortable, you use the model, then you use your breast and after you've done it 3 or 4 times, I mean, you get pretty comfortable with, you know, how to do it, where to look.

And it's not just the breast tissue. You've got to get into the armpit. The clavicle, down the sternum. So it's, you know, it teaches you a very, very specific way of, doing an exam because we've never been trained.

Right. Which teaches us how to do an exam. No, exactly. In those areas are so important because of the lymphatic flow. So. And for women. So for women who are watching, who are getting a cycle, is that do they do it right after their period?

When do you recommend they check? Yeah. So if you still have a cycle right after your period, that's the best time. And then if you're postmenopausal then just mark the calendar, you know, first Saturday of the month or whatever, you know, so that you remember to do them on a monthly basis, right?

Yeah. It's so important. And such an hour sparing step you can take for yourself because I don't do, you know, the, like the percentage of how many women actually find their own breast cancer by doing self-exams, on average, it's 60% of women will find the lump either accidentally or by, you know, doing an exam because a lot of women will just, you know, they'll lay on something or they're putting on their bras and they feel something, you know, a lot of times it's just kind of happenstance.

But on average, 60% of the time women will find the the, you know, the lump, which is what the doctor, the machine does is majorly significant. So to get trained and to really raise that percentage and really that's so, so important.

And then you mentioned bras. I'm just curious what you what do you think of bras. Well, I try not to wear them at home. I usually wear a sports bra if I'm out and about.

But yeah, you don't you don't, wear the underwire bras, that's for sure. Because of, you know, the restriction and the, lymphatic flow. And, you know, where cotton doesn't have to be tied can be loose fitting bras.

But, you know, one thing that I like to do, there's an oil called Healthy Girls Breast Oil, and it's the basis of it is a whole bottle, and it has a lot of essential oils in it.

And every night I spray it in my hands. And I do, you know, massage up into the lymph, you know, every night. I can't say that I don't miss once in a while, but it's just a habit that I get into when I put my pajamas on.

And it's it's so important because you got to feel those girls and get that lymph moving every day. We need to. I have my my healthy detox deodorant and my breast creams and my patients.

And exactly. Do I do it every single night? No. Sometimes I miss, but it's part of my. It's on my nightstand. It's by my bioidentical hormones. It's really, really important.

And so the other thing I just want to go back to, I want to make sure, is that you mentioned mammograms and you've never had one, and I've never had one.

And yes, we are we are doctors. We're not your doctor. We're not telling you what to do. But the study you brought up is super important. And we know that mammograms are ionizing radiation and they can actually contribute to cancer development.

So I hope that you walk away from this. If mammograms have been part of your diagnostic care, that you have a, wider understanding and you could speak with your physician about, well, what about thermography?

What about ultrasound rooms, what about MRI? And I know in the past when I have done thermography, some patients and I want them to then go get an ultrasound or an MRI, it can be very difficult with insurance.

And doctors are like, well, I can't write a script for that. And so you have to find the right doctors who are going to work for you, because ultimately, insurance shouldn't guide your health care, your health and your desires.

And what you feel is right should guide it. And so finding someone who will work with you on that is super important. Now. So is there anything else? I just adore you because you just have it all there and there's like everything you say.

So it's like, oh yeah, I'm sitting on the sofa. Well thank you, thank you. That's great. You know, I think, you know, my parting words would be don't fear cancer.

You know, I know when we think of the words, you know, you have breast cancer right away. The first thing you think of as a balding head and sick, and I'm going to die.

Right. And we're really trying to change that because you have a large measure of control of how your body reacts and heals and, you know, there's there's a lot of our clients, almost over half of our clients are doing conventional treatments, but they come to us realizing that, okay, they're going to kill the cancer, but they also want to keep their bodies healthy.

You know, the doctor is going to give them a treatment plan, but their doctor is not going to teach them how to be healthy and how to prevent the cancer from coming back.

And so, you know, regardless of which kind of treatments you use, you know, recognize that, cancer comes and goes and, you know, you have a large measure of control of the outcome by how you live your life, the food you eat, your thoughts, your stress, your sleep.

You know, it's just it's a whole shift in how you've lived your life. And so there's there's always hope. I mean, we've seen stage four cancers and now they're alive and well.

And you know, giving testimonials about, you know, how they've survived and thrive. So there's always hope. Exactly. There is definitely always hope. And I love that you brought that up because it is a it is a fine line between being proactive and not crossing over into fear, which just automatically is such a big immune suppressor that emotion and really managing that.

My Breast Friend, Self-Exams, and Closing Advice

And I too have worked with women who have chosen chosen to go totally natural, don't do chemo, don't do radiation, and we get amazing results. And women who choose to do more conventional and have any supplement.

And a lot of times they'll ask me, doctor stills, what should I do? And I, at the end of the day, I mean, I know what I

prefer internally as a physician, but at the end of the day, you have to make that decision.

And I say you have to when you lie your head down on the pillow to sleep at night, if you've chosen to do chemo, let's say, then you have to believe in your choice and what happens and what the outcome is you have to be okay with.

And the same goes if you've chosen not to. If you lie your head down every night and you're thinking, oh my God, it into chemo and now I'm going to die, and that's just as harmful.

And so you really feel good. Do your research and breast cancer is rarely an emergency. And so when you get a diagnosis, take the time. Read Doctor V's book, do your research, talk to different people so that you can make a decision that really works for you.

That when you lie down at night, you feel good knowing you've made the best decision that you feel, and the outcome will be what the outcome will be, but that you feel good about it.

And don't let anyone pressure you. I have sometimes accompanied patients to the oncologist office, and it's always goes on in there because I find myself getting like listening to them going like, oh my God, we better do the chemo.

And they go way to say, wait a minute, I, they just scare you. And so bring someone with you, have an advocate, don't be scared and take your time making the choice.

That's going to work for you. Absolutely. Yeah. So I've been asking everyone who's been so generous and giving free gifts to the audience. They're going to be very busy learning and I know you have a free gift.

Could you just tell us a little bit about it? Yes. It's, the first couple of chapters of my new book and second edition of my book, and, we'll post the link.

We'll send you the link. And so you just put your name in and, we'll send you a PDF. Fantastic. And that book, I'm assuming it's available on Amazon. It is?

Yeah. Heal breast cancer naturally. Yeah. Available on Amazon. And, a good one on everyone's shelf. A good one to buy for your girlfriends or your daughters are right.

The more we educate and learn, the more we change the paradigm. So thank you, thank you, thank you so much for taking time to be with us and share your amazing, encompassing wisdom with the ladies.

I appreciate it. Thank you Doctor Sharon, thanks for all you do as well. Your wisdom and all the the women that you're supporting as well. Thanks for all you do.

Thank you and thank you to everyone being here. I told you this was going to be a good one. You're going to want to listen to this one again. A lot of times I say in our interviews, you pull out one little nugget, but you've got seven really big important nuggets here that apply to mastering your menopause transition.

Apply to being healthy. So enjoy, enjoy and we'll be back soon with another interview. Till then, be well.