

# Save The Ta-Ta's

## 5 Non-invasive Tests Every Doctor Should Recommend - Though Few Do

by Dr. Gary Snyder

October is breast cancer awareness month and you will be bombarded with numerous commercials and radio ads urging breast exams and mammography for early detection. Truth is, neither provides early detection. In fact it takes about 8 years for breast cancer to reach the lump or bump stage that can be detected by palpation or mammography. In addition, several studies over the past few years have all concluded that the cumulative effect of radiation exposure from yearly mammograms carries its own dangers and ironically can cause, of all things—breast cancer.

Because the Alternative Medicine Center is dedicated to finding more effective, healthy and preventative health measures, I felt the need to share with you the 5 Non-invasive Tests Every Doctor Should Recommend. Your allopathic medical doctor may not know of or subscribe to these tests, but we have found that these tests can be life and lifestyle-savers.

### Thermography

Concerned about this ongoing fallacy forwarded by the medical field and faced with the fact that many of my female patients were reluctant to get or refusing mammography, I looked for an answer. Based on

diligent research I purchased a thermography unit in 2002. Thermography, approved by the FDA in the mid 80s, uses an infrared camera that is completely non-invasive, and uses no radiation nor compression. Thermography breast scans can detect vascular patterns indicative of cancer as much as 8 years before detection by mammography. Over the years this has allowed us to provide hundreds of women a safe and effective early detection tool and reduced risk from radiation exposure. Also, in early stages natural therapies are effective in reversing these tendencies before they've progressed to a stage that is difficult for anyone to deal with. The availability of thermography is expanding rapidly across the U.S. and is a procedure every woman should investigate.

### Estrogen Dominance

In his ground-breaking research in the 90s, based on thirty years of clinical practice, Dr. John Lee taught us the direct correlation between hormonal imbalances and breast cancer. His books *What Your Doctor May Not Tell You About Menopause* (1996), *Premenopause* (1999) and *Breast Cancer* (2002) should be a must-read for all doctors and all women (don't wait for your doctor!). I had the privilege of knowing and consulting

with Dr. Lee for 10 years before his untimely death in 2003.

His research has stood the test of time and has been confirmed often, especially involving the relationship between two primary female hormones Estrogen and Progesterone. The delicate female cycle during ovulation should be estrogen dominant half the cycle, from flow to ovulation, then progesterone dominant from ovulation to flow. The problems arise when the female body is estrogen dominant at times of the month when it shouldn't be. This is when breast and other female cancers develop. The most sensitive method of analyzing these imbalances is through salivary hormonal testing which is much more sensitive than serum (blood) testing and allows you to collect multiple samples (11) throughout the month so the lab results include a graph of the entire cycle. This allows us to be specific about dosing with appropriate plant source, bio-identical hormone support. The lab also has panels for perimenopause and post-menopause, for similar risk assessment and to help get women through the "change of life" without discomfort or horse urine doses!

**Estronex**  
(good estrogens vs. bad estrogens)

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Why are some women susceptible to breast cancer but not others? Researchers at Rockefeller University have found that the body metabolizes estrogens into several different forms that can impact cancer development. One form, 2-hydroxyestrone (2-OHE1), tends to inhibit cancer growth. Another, 16-a-hydroxyestrone (16-a-OHG1), actually encourages tumor development. A woman's "biochemical individuality" determines how much of each is produced. Studies have shown that measuring the ratio of these two forms of estrogen, along with other important ratios, provides an important indication of future risk for development of breast cancer. Most importantly, the studies also show that this risk can be modified. This means if you show a high risk ratio we can reverse the ratio with a vegetable source supplement, thus reducing the risk. A simple urine sample test provides a simple solution and a marked reduction in risk.

#### **Iodine Loading Test**

Guy Abraham M.D., former professor of obstetrics, gynecology and endocrinology at UCLA School of Medicine, has shown in his research, a direct relationship between iodine deficiency and breast cancer. In fact, ovarian and uterine cancer, as well as fibrocystic breast disease, share the same

Iodine connection. Japanese women living in Japan consume a daily average of total elemental Iodine that is more than 100 times the RDA in the U.S. They also experience one of the lowest rates of breast, ovarian and uterine cancer.

Through Dr. Abraham's research, a simple urine test was developed that allows us, for the first time, to assess Iodine levels. Once determined, the right type and right amount of Iodine can be recommended for each patient.

Iodine is also essential for proper thyroid function as well as other hormone producing glands.

Once again, a simple test, a simple solution and a marked decrease in breast cancer risk.

#### **Dehydration**

One of the simplest tests and solutions may be one of the most important factors regarding your overall health and well being, including risk of cancer and most other conditions.

As a student in the seventies, I was taught about the importance of water. In fact, over the years it seems all of the true "healers" or alternative medicine gurus I studied under recommended water. I have passed this on to my patients for 35 years. About 15

years ago, we started seeing a new twist with hydration. Patients were testing as dehydrated even when drinking the right amount of water. This led to the understanding that the cumulative effect of environmental toxins were building up and causing a hardening effect of the cell wall, reducing cellular absorption. Water, like any other nutrient, has to absorb into the cell to be effective. If not, you can drink water all day long and still suffer cellular hydration. This research led to the development of homeopathic rehydrating formulas that increase cell-uptake and enhance total body hydration.

Suggested reading about the importance of water is *Your Body's Many Cries For Water: You're Not Sick, You're Thirsty* and *Obesity Cancer Depression: Their Common Cause and Common Cure*, both by F. Batmanghelidj, M.D.

Remember, every cell in the body requires water, so any and everything can go wrong without it. This includes cell inflammation, which precedes all cancer.

These five simple tests and five simple solutions can provide for a decreased risk of cancer. Choose wisely.

For more information, contact the *Alternative Medicine Center* at 954.486.4000, or visit *DrGarySnyder.com*. See ad this page.

## ATTENTION WOMEN!

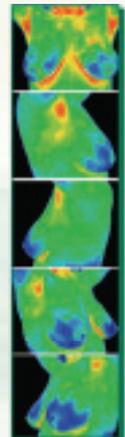
There Is Now A SAFE Method For Breast Screening –

It's Called: *Thermography*



Our special infrared camera measures heat variation of the entire chest area.

- It is entirely safe and appropriate for women of ALL ages
- It is entirely pain free and non-invasive
- There is absolutely no radiation
- It is simple and quick – takes only 15 minutes
- Prevents implants from possible rupture
- Typically detects "abnormalities" as much as 10 years earlier than traditional methods



*Early detection means appropriate treatment can be started much sooner, making it more effective*

All scans include a full written report by a medical thermologist plus a review of findings with Dr. Snyder.

Ask about our breast cancer risk assessment program.

**Alternative Medicine Center**

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