



# NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare

Susan L. Levy, D.C., DABCO, FIACA

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## **DON'T LET THEM OPERATE ON YOUR BREASTS, IT'S ALL A MISTAKE!**

By

Dr. Burt Espy, BSI MS, DC, FIACA

### **ABSTRACT:**

Everyone knows the danger of breast cancer. Mastectomies are frightening whether for "saving your life" or "prevention". Breast cancer is the most commonly diagnosed cancer and the second leading cause of cancer death among women in the U.S.

This paper presents an entirely new thesis based on sixteen years of private clinical research. Treating the breasts is only treating symptoms. The breast symptoms, i.e., pain, lumps, discharge, etc., etc., *are actually caused by HEART STRESS!* Thus, proper treatment would involve treating the *HEART CANCER* or *STRESS, NOT THE BREASTS!*

This paper also includes treatment techniques plus two case studies.

### **INTRODUCTION:**

I wrote my first paper on breast cancer, *Breast Cancer Answer - A New Approach*<sup>1</sup> in 1994. But now I must present a better understanding of breast problems.

My original paper, discussed above, concluded that *living a healthy lifestyle before cancer develops* was the answer, and *it still is*.

Have you ever heard of "Heart Cancer"? Yes, you have - only under another name, "Breast Cancer".

It is normally called breast cancer because that's where the symptoms occur. Symptoms such as redness, swelling, breast lumps, discomfort or pain, and discharge. And naturally a biopsy will normally show cell changes as the imbalance in the body becomes cancerous.

The left breast is normally involved due to its proximity to the heart, (i.e., one two inches). However, since the right breast is on the same acupuncture circuit, it is frequently involved.

Breast cancer is a cancer all right, but it's only a symptom. And if you treat the actual cause of the breast problem you won't have to treat the breast at all. No surgery, chemotherapy, or radiation is required because as you begin treating the heart (the cause), the breast symptoms will rapidly begin to disappear.

*The breasts are NEVER primary, they just happen to be in an unfortunate location (over the heart).*

The heart is like a powerful battery that powers your body. It also gives off harmful energies under certain stressful conditions or when it's out of balance. These can impact negatively on other body parts, especially those in close proximity, such as the breasts.



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## **Nothing to Kill:**

The following conventional cancer treatments<sup>2</sup>, recommended by the American Cancer Society include:

- Lumpectomy
- Mastectomy
- Radiation Therapy
- Chemotherapy
- Hormone Manipulation Therapy
- Reconstruction

The six above are the same as 1993<sup>3</sup>, however *these are not required because there is nothing to kill or repair.*

When a disease is active in the body, there are many active pathogens present, such as bacteria, virus, and fungus. And these are proliferating because the body's energy is out of balance.

It may sound too simple, but you don't have to kill anything. It requires only mild, non-invasive measures to bring the body back in balance. Measures such as acupuncture, personalized nutrition and low-force adjusting are adequate (unless the cancer has progressed too far and the patient is near death).

## **Balanced Meridians and Your Health:**

“Since the meridian system unifies all parts of the body, it is essential for the maintenance of harmonious balance.” The Nei Jing says: “The meridians move the Qi and blood, regulate Yin and Yang, moisten the tendons and bones, and benefit the joints.”

Meridian theory assumes that disorder in a meridian creates imbalance in the pathway and creates disharmony along the meridian. Disharmonies in an organ may also manifest themselves in the corresponding meridians.

“*The goal of all treatment methods in Chinese medicine is to rebalance those aspects of the bodies Yin and Yang whose harmonious energies have become disordered.*” Substances that accumulate inappropriately must be drained - such as to correct excess of fluids anywhere. If Qi is lacking in the lungs, it must be replenished so the patient does not continuously catch cold. Movement must go in the proper direction. If the Qi of the spleen descends, causing chronic diarrhea, it must be lifted.

“If the Qi of the stomach ascends, causing nausea, it must be lowered. Stagnant Qi must be moved, while reckless movement of the blood must be stabilized. Too much cold in the kidney must be warmed, while extra fire in the lungs must be cooled. Whatever is out of balance must be rebalanced. The complementary aspect of Yin and Yang must be maintained harmonious.”<sup>5</sup>

Drugs and surgery, the only treatment modalities of western medicine, may save your life for the short term, but still harm you long term.



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## **Megafood—Yet Nutrient Deficient:**

In this country of plenty, the health of the American people is declining. Most people are working so hard and long to pay their bills that they don't have time to prepare natural, quality food. They don't even have time to shop for it. Thus, too many people rely on highly processed "fast foods" containing excess fat and salt while most of the nutrient value has been processed out. Overeating for satisfaction is the result.

Microwave cooking<sup>6</sup>, although extremely popular and convenient, is a major contributing factor to poor health. It removes essentially all of the nutrients from the food and adds "bad" energy, so that our body tests kinesiologically "weak" with it. Foods prepared in this manner only fill your stomach and definitely harm your health and wellbeing.

This short article from *The Health Freedom News*, by Johnny "Papaya" Burns, "How Food is Sabotaging Our Nation", pretty well sums up the health issue.<sup>7</sup>

### **How Food is Sabotaging our Nation**

By Johnny "Papaya" Burns

"The American people are supposed to be the best fed in the world, but they're overfed and undernourished."

"...is a crash course on how to eat fresh, wholesome organically grown fruits, vegetables, seeds, nuts and grains thereby preventing all types of degenerative diseases caused by malnutrition!"

"The food we eat is the essence of every cell and organ in our bodies, our blood, bones, muscles, heart, liver and our brains."

"If we eat mostly this nutrition less food instead of fresh organically grown fruits, vegetables and grains, then we are sure to have aches and pains, heart trouble, arthritis, fatigue, headaches and sleeplessness."

"By not knowing what causes our aches, pains and ill health, we turn to drugs, but these drugs are only temporary relief. When these no longer help us or relieve us, we turn to our doctors for prescriptions and stronger potions. Sometimes we turn to alcohol. We only feel progressively worse, so the weaker of us turn to street drugs."

"...80% of the world's production of cocaine is now sold in our own USA."

"All degenerative diseases are promoted by malnutrition."

"I believe the teaching of Hippocrates, 'Let your food be your medicine and let your medicine be your food.' I believe that sickness and health is derived from the food we eat."

"If we had better food habits, better nutrition, we would 'need' fewer drugs, doctors and hospitals. I do not believe any drug ever cured a degenerative disease. Better nutrition would cut back on crime, fights, robbery, assaults, accidents, divorce, etc. If we eat good,



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nutritionally balanced food, we feel better and have fewer fights and also fewer accidents as we are not so nervous, irritable and impatient.”

“The food must be grown naturally without chemicals or poisons. It must be fresh and not processed or preserved, then we won't get the aches, pains and ulcers which cause our problems and send us to turn to street drugs, alcohol and crime.”

“When our children are fed fresh, unprocessed organically grown foods, they feel better, think better, have fewer aches and pains and are more self-disciplined.”

“The big junk food eaters of sugar, cokes, ice cream, potato chips, candy and cookies were absent more often, in trouble more often and had the lowest marks in school. The infrequent junk food eaters had the lowest absentee rate and the highest marks.”

“...drug abuse and drug addiction are often caused by foodless food or malnutrition.”

“The junk food eaters were very hyperactive.”

“Socrates said, ‘Taking medicine after you are sick is like starting to dig a well after you are thirsty.’ Cancer is not caused by a germ or virus. These creatures are always with us. They are all around, in, on, outside and inside of our bodies.”

“Where the people were on a primitive diet, they were healthy but where they had come into contact with civilization and white man's food they were malnourished and sick. The same thing in Alaska, Australia, Switzerland, the South Pacific and all over the world.”

“Cancer, arthritis, heart trouble, drug abuse, diabetes, brittle bones, etc., our food contributes to them all.”

*Nutrition and Physical Degeneration*, Price Pottenger Nutrition Foundation, PO Box 2614, Mesa, CA 92041, (714) 582-4168.

This above book should be read by all individuals before they are parents, all doctors and dentists before they are licensed to practice, all teachers before they are certified to teach, all nurses before they are licensed and all of our political candidates before they take office. The book should be in every single school and city or county library.

## **SUMMARY:**

In our basic diet, there must be a fresh organically grown, unprocessed - not preserved - nutritious food that will build our bodies, our every cell and organ. Ideally, all stores must be health food stores, pretty much like when I was a child. If this happens there will be more self-discipline. People will be able to think more clearly. They, or we, will be able to think and reason. People will eat less food, as the food will be more satisfying. They won't eat themselves into obesity. They will be calmer and more tranquil. Children won't be so hyperactive. More mothers will breast feed their children. Research shows that breast fed babies have over a 10% higher IQ than bottle fed babies.

Seneca the Roman said, “We dig our graves with our teeth.” “It's all in the Food – Sickness and Health,” says Johnny Papaya.<sup>7</sup>



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## **Our Culture Also Influences Heart Cancer ("Breast Cancer"):**

"Women are ultimately responsible for their personal attitudes and feelings toward their breasts. However, it would not be fair to place all the blame on the victim. Women are indoctrinated by this culture in which they live—and American culture sees breasts as subjects of fashion or objects for display. Their primary purpose as a source of love and nourishment for a baby has all but been forgotten by a large majority of women as well as men. One of our major enemies is the way we see and treat women, and the way we condition women to see and treat themselves. Contrary to our cultural viewpoint, a woman is not a collection of parts, i.e., breasts, hips, legs, face and hair, but a whole human being."<sup>8</sup>

When a woman learns to treat her breasts as objects for appearance sake, they then belong NOT to her, but to her viewers. Thus, a woman becomes alienated from herself, from her own body.

This is what alienates a woman from her own body. By creating the cultural fixation on breasts, society has created a potentially self-destructive standard on which a woman established her own self-identity and esteem.

The following is a major idea on cancer from Sidney Singer and Soma Grismaijer from the book, "Dressed To Kill"<sup>8</sup>.

"Cancer is a disease of alienation."

"Urbanization is spreading like a cancer across the globe, leaving cement where there once was a field, smog where once there was freshness, polluted water where once there was pristine spring, and engine noise where once there was bird song. Crime, the alienation of neighbor from neighbor, is spreading like a cancer across the United States. And we, the people, stand and watch helplessly as the times change. We are the cells of our society. As the parts of the whole of our culture, the signs of a sick culture will be felt within us all. Cancer is one symptom."

"It doesn't take billions of dollars of research to realize that the human body was not constructed for the artificial world we have come to inhabit. How can our bodies know how to detoxify themselves when we subject them to such unnatural toxins? Can our bodies operate naturally and healthfully when stressed to meet the pressures of modern life? What is our culture doing to biology and environment? Who can you trust when your culture is the biggest enemy of your health?"<sup>8</sup>

## **Fear:**

When you think of cancer, you automatically think of death. And that fear can be devastating. Fear is one of the primary emotions. It deals with the WATER ELEMENT, i.e., the kidneys and bladder.

Thus, as the cancer takes its toll, the emotion, the fear, makes matters worse by putting significant stress on the kidneys and bladder. And causing symptoms such as low back pain, hemorrhoids, sciatica, hernias, knee problems, etc.



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## **Cancer Statistics:**

"The National Cancer Institute (NCI) announced that the breast cancer death rate in American women continued to decline through 1993, a finding that suggests improved breast cancer management, from early detection to treatment."<sup>9</sup>

However, although the death rate may be declining, the following figures from the American Cancer Society are even more disturbing. New cases and incidence rates are increasing! The American Cancer Society (ACS), Facts and Figures – 1993 and 1996<sup>2,3</sup> have published the following breast cancer statistics:

	Incidence Rate Deaths	New Cases	Death Rates	30 Year Trend Cancer Deaths per 100 M* Population
1993	107/100 M	142 M	46.3 M	
1996	110/100 M	189 M	44.3 M	
1960 - 1962				25.9/100 M
1990 - 1992				26.9/100 M

\* M = Thousand

## **Exercise Factor and Breast Health:**

The following three studies concerning exercise and breast cancer conclude that regular physical activity may cut the odds of developing breast cancer:

1. A new study of more than 1,000 women in California, reported in the September 21, 1994 issue of the Journal of the National Cancer Institute by Leslie Bernstein and her colleagues at the University of Southern California's North Cancer Center, has found that moderate but regular physical activity can reduce a woman's risk of developing premenopausal breast cancer by as much as 60%.<sup>10</sup>
2. Results of a study of over 1,000 women age 40 and younger indicate that regular physical activity may cut the odds of developing premenopausal breast cancer.<sup>11</sup>
3. New evidence has been found to suggest that physical activity may help protect women against breast cancer. Moderate, regular physical activity may reduce a woman's risk of developing premenopausal breast cancer up to 60%.<sup>12</sup>

It is well documented that exercise diminishes heart disease. My clinical findings show the relationship between breast and heart. Thus, the exercise helps the breast because it is helping the heart.





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## **Miscellaneous Factors and Breast Health:**

The following studies may or may not contribute to your health:

1. "The International Agency for Research on Cancer ruled that there is sufficient evidence that Tamoxifen caused endometrial cancer in humans. Tamoxifen is a drug used to halt or prevent breast cancer."<sup>13</sup>
2. "Research indicates that flaxseed makes it more difficult for breast cancer to get started in rats and that it also reduces the growth of existing breast tumors in rats."<sup>14</sup>
3. "A study published in a book that claims that most breast cancer in the U.S. resulted from high doses of medical x-rays that women often received prior to the dangers of radiation became known, is discussed."<sup>15</sup>
4. "According to a new study, taking birth control pills increases a young women's risk of developing breast cancer."<sup>16</sup>
5. "A study of women in Greece found that those who used olive oil more than once a day had a 25.9 lower risk of breast cancer than women who used it less often."<sup>17</sup>
6. "Dr. John W. Gofman claims that up to 75% of all breast cancers seen today may be attributed to the ionizing radiation from medical x-rays."<sup>18</sup>
7. "Research suggests that soybean consumption is associated with lower levels of estrogen, which means less risk of breast cancer. Consumption of olive oil also reduces the chances of having breast cancer."<sup>19</sup>
8. "A new study has raised serious questions about radiologists' reliability in reading mammograms and making recommendations about what to do when a suspicious lesion is found in the breast."<sup>20</sup>

## **Treatment:**

Treatment first consists of a good specific diagnosis based on a wholistic approach. We test kinesiologically to find the body's needs because each body is very unique and then we retest to check the effectiveness of the treatment. We generally find that the body wants the ACUPUNCTURE system corrected first, followed by NUTRITIONAL needs, and finally we finish treatment with STRUCTURAL balance. Any muscle or ligament work would also be addressed before organ work. However, the muscles are most generally NOT primary.

We do NOT guess when it comes to your health. The body knows because it's a very intelligent biocomputer, and "Your Body Can Talk."<sup>21</sup> Thus we process the body like a computer starting with the most serious symptom, then proceeding towards a solution.

**Clinical Kinesiology** is the diagnostic method used to communicate with the body. A strong muscle is used, usually a straight arm for convenience (group muscle test). However, surrogate testing is used with young children or someone without a strong muscle.



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**Acupuncture** - First, we balance the major meridian for the major organ involved. After locating the acupuncture points needing correction (utilizing clinical kinesiology diagnostic techniques), we have a choice of four different forms of acupuncture:

Needle            Magnet            Soft Laser            Acutabs

The form of acupuncture to be used is based on patient desires and physical aspects of the particular point location. My clinical practice has shown all four to be effective, although the needle, soft laser, and magnet have a more powerful and permanent effect.

**Personalized Nutrition** - To get the best response from the body, specific nutrients usually are required for the organ under stress. And most generally, we find that the body requires glandulars.\* Later, as we work through adaptations, the body may also require specific vitamins, minerals, enzymes, amino acids or specific herbs. Generally, we find that the body wants significantly higher quantities of vitamins than the recommended daily requirement (RDA). CK (Clinical Kinesiology) techniques also can be used to determine the daily dose and length of time required for the specific nutrient to build the body's health reserve back to normal.

Since we are working to balance the body's acupuncture energy (meridians), the combination of acupuncture, nutrition, and chiropractic adjusting has proven very effective.

*\* Specific nutrients made from "clean" animal glands or organs (usually from New Zealand). These also contain synergistic vitamins, minerals and/or herbs. I find great success with, and much prefer the CoreLevel™ line of glandulars from NutriWest®.*

**Adjusting** - Normally, after the acupuncture and nutritional requirements are determined, we ask the body for any subluxations... (these usually do not show up initially). Correction is generally made with a low-force instrument since the body is very delicate and my research shows this low-force adjusting to be very effective. Corrections are made where problems are found, whether spinal, extremity or tissue.

Generally, the frequency and length of treatments is very individual. Of course, the more serious the case, both would increase.

## **Electro-Meridian Imaging (EMI)\*\*:**

Ryodoraku acupuncture (a quick test to measure and monitor the health of the patient) was developed by Dr. Nakatani in the 1940's in Tokyo, Japan. His study of electro-acupuncture found that most meridian points of the traditional acupuncture system have lower electrical resistance than the normal body surface.

The Ryodoraku examination is based on the resistance of the skin to electrical stimulation and observes the body function scientifically from the standpoint of the autonomic nerves. The exam consists of measuring the "source points" on the traditional acupuncture meridians. (An exception is the large intestine meridian, where L14 is measured instead of L15.)

*\*\*EMI - term coined by Dr. John Amaro, Instructional Academy of Clinical Acupuncture, Carefree, Arizona.*





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Our clinical research has shown the Ryodoraku examination most helpful in measuring the health profile of the patients as they progress through treatment. It gives both doctor and patient an objective measure of the patient's current health balance. The exam is run initially, and then at periodic intervals of every three to six treatments, depending on the individual case. Thus, the EMI is both an objective verification of the effectiveness of our treatment and the patient's health.

## Clinical Case Histories:

### **Case 1: Cindy**

A 30 year old asthenic female came in May, 1993 by referral. She had the following list of symptoms: pressure base skull (eight months), fatigue, neck pain, poor circulation, varicose veins, allergies, sinus problems, frequent colds, lower back pain and knee problems.

Her particular concern was the pressure on the base of the right skull. Repeated adjustments had relieved the pressure temporarily, but had not resolved it.

Our first diagnosis was heart stress and we treated her heart with acupuncture and heart glandulars. Five days later, she was feeling a lot better and one month later, after only three treatments the pressure was nearly gone and she was doing great. Cervical or cranial adjustments were not necessary as we only adjusted her upper thoracic (nerve supply heart area of spine).

Then in April, 1994, after fourteen treatments, Cindy called with an alarming symptom. Her left breast was red, sore and contained a lump (heart symptoms). She also had pain between the shoulders which is also a heart symptom.

As we examined her kinesiologically, her breast two-pointed\*\* to the heart and to my surprise tested positive to the CA (cancer) mode. This meant that the energy for cancer was there although it was only in the beginning stages, and would probably test negative to medical cancer tests. The mode system is just much more sensitive than medical tests.

We treated Cindy's heart with acupuncture and heart glandulars (three per day for one month). After the month of heart supplementation, her breast was better, but she felt drained and tired. On diagnosis, that day, her heart then wanted the glandular two per day for another month.

Her breast continued to heal, then again in July, after another two months, her breast again required the heart glandular for another month. Since then she had had no further breast problems.

EMI's were not run regularly during the time Cindy was treated. We do have four tests over a two and a half year period. They do show severe heart stress on the first three tests run, (May 18, 1993 - July 26, 1995), (lung, pericardium or circulation, heart, and small intestine). However, she did show an improved test on September 14, 1995, with only two of the four heart indicator meridians showing stress (lungs and small intestine).

Cindy's husband's work required a move, so I haven't been treating her since September, 1995. However, I talked with her husband in mid-August 1996, and she's doing well with no more heart problems.

*\*\* Two Point - Touch symptom area (left breast) causes a strong muscle to go weak, then using finger modes, see which makes the weak muscle strengthen. In this case, the heart strengthens the muscle.*



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## Case Two: Sona

Sona, a forty-five year old female, presented with breast cancer. She had had a mastectomy a year and a half earlier, but the cancer was positive again and she wanted help.

The left breast area was positive, but it didn't two-point to the breast. As expected, it two-pointed to the heart (Heart Cancer) demonstrating the problem was the heart NOT the breast (unfortunate location).

Sona had no pain or discomfort from the breast scar, but her medical doctor confirmed that the cancer was active again. They were recommending immediate radiation treatments, but Sona didn't want more of that.

The initial EMI on Sona did show eleven out of the twelve meridians were out of balance very badly. Her symptom picture included the following: left breast cancer (mastectomy) - growing again, neck pain, pain between shoulders, fatigue, headaches, indigestion, numbness in chest, elbow pain and eye pain.

She did have some kidney symptoms that are usually associated with heart problems, but we were only concerned with the heart until the cancer was under control. Also, all of the above symptoms are heart symptoms, NOT breast symptoms!

We started treatment routinely with betaine hydrochloride because she had achlorhydria. The left breast was positive and the CA or cancer mode was also positive confirming the medical diagnosis. It two-pointed to the heart rather than the breast as expected. Thus, she needed heart glandulars (three per day for four months) which she started, with meals.

We treated the heart with acupuncture the next two visits plus treated her kidney and thyroid. After two weeks (four treatments), we reran the EMI and it was dramatically improved. Only three meridians were out of balance: heart, small intestine and kidney. Again, after two more treatments we re-ran the EMI (six treatments total) and three were still out of balance.

My opinion is that Sona was much improved, however her medical doctor said that there was no change in the scar. So after only three more treatments, Sona went to Mexico for treatments because I think she was running scared. My reassurance had not negated her fear.

On her return, after three weeks in Mexico, Sona came back for her last EMI. She had continued her prescribed nutrition, but her meridians were worse than before with four out of balance. My opinion is that the treatments in Mexico threw her body more out of balance.

Note: The two previous case histories are not the best examples because circumstances kept both patients from completing treatment. However, we will have more complete cases for our book on heart health which will be available within the next two years.

## **Conclusion:**

Sixteen years of treating patients has convinced me that breast problems are NOT caused by the breast but by the Heart! Thus, all breast treatments only contribute to the problem, i.e., only treating the symptom.

Thus, proper treatment involves treating the Heart or Heart Stress, NOT the breasts. Treatment should involve non-invasive measures such as acupuncture and personalized nutrition, NOT radiation, chemotherapy, or surgery!

**And mastectomies are a TRAVESTY!**



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# NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare

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## **Key Words:**

- Acupuncture
- Breast Cancer
- Breasts
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- Poor Nutrition