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Your Breasts Don't Lie: Using Thermography to Monitor the Effect of Soy, Flax and Other Estrogenic Products

Tired of the pinkwashing yet? Breast Cancer Awareness Month is winding down, and it's high time to think about ways to prevent breast cancer — not just detect it early on but prevent it altogether. One of the best ways to monitor breast health could be thermograms. While most people think of them as a safe and natural way alternative to mammograms, they are that . . . and much, much more. They can help us test diet and supplements too.

Indeed Wendy Sellens, a licensed acupuncturist and the founder of Pink Image Thermography in Solana Beach, CA, thinks thermography can be your “new breast friend.” For every woman who wants to know the state of her breast health or whether those cancer-preventing supplements are working, her answer is simple: “Your breasts can't lie.”

For my guest blog today over at [The Healthy Home Economist](#), I talked with Sellens to discuss vascularization and other adverse effects on the breasts from birth control pills, hormone replacement therapies (including bioidentical hormone replacement), soy, flax, black cohosh and other supposedly “healthy” estrogenic foods and herbs. Thermograms from show that all of these products can promote angiogenesis in the breast, a known risk factor for breast cancer.

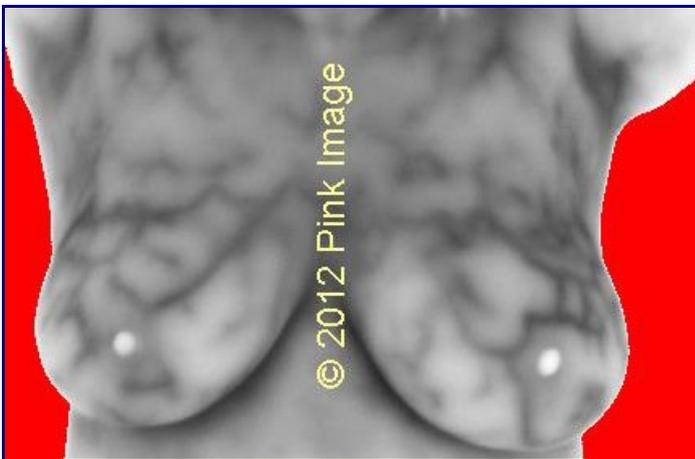
To learn more, get the book [Breast Cancer Boot Camp](#), which contains the compelling evidence of more than 100 before and after photos. Sellens coauthored the book with William B. Hobbins MD, her mentor and the 90-year old former surgeon who pioneered breast cancer detection through both mammography and thermography. Dr. Hobbins urges widespread use of thermography for initial screening and prevention. Sellens is a licensed acupuncturist, president and cofounder of the Women's Academy of Breast Thermography, president of the non-profit Pink Bow Breast Thermography research and education, and an advocate for rigorous nationwide certification standards for thermography.

For more information about quality thermography, [click here to visit Wendy Sellens' website.](#)

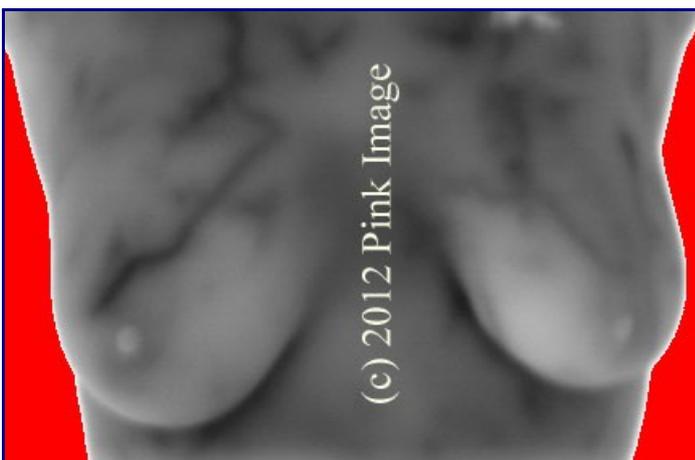
Here are a few of the photos from the book *Breast Cancer Boot Camp Camp*.



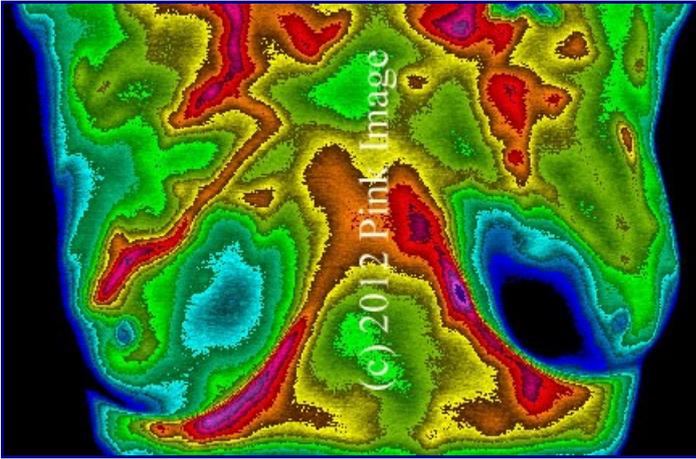
Normal Thermogram. Non vascularized breasts.



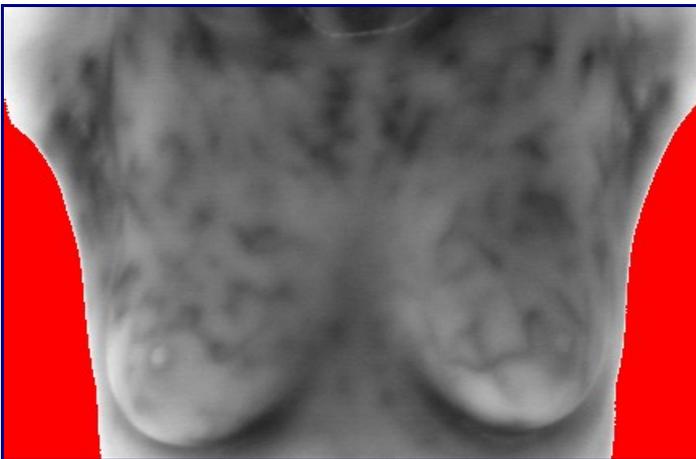
Effect of bioidentical hormone replacement therapy.



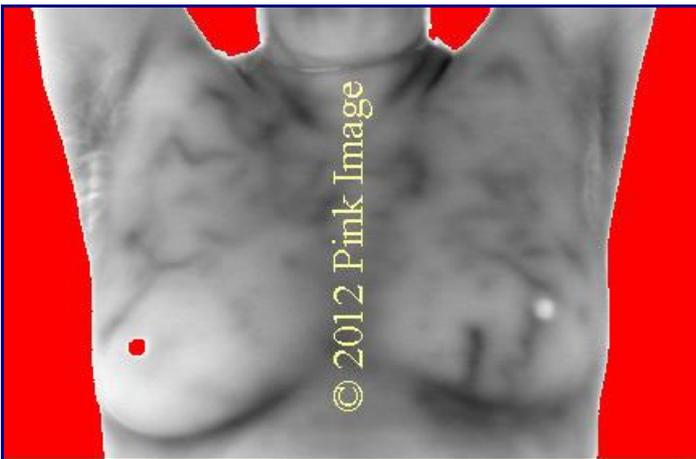
Effect of a diet high in soyfoods.



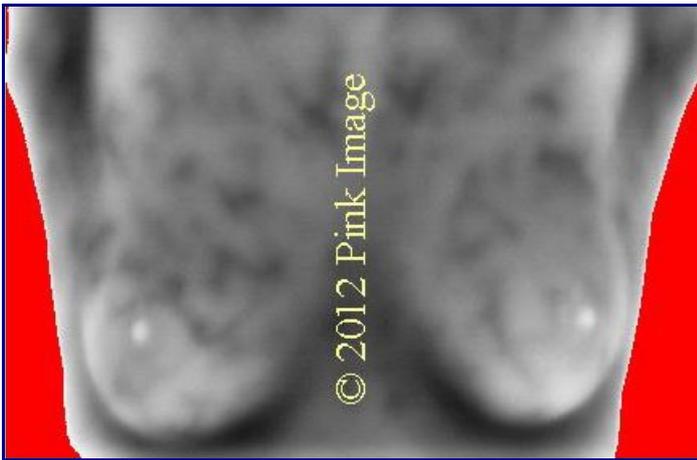
Effect of soy food consumption.



Effects of using the herb red clover for 3 months.



Effect of flax after six months.



Effect of black cohosh

Tags: [bioidentical hormone therapy](#), [black cohosh](#), [Breast Cancer Awareness Month](#), [DIM](#), [flax](#), [pinkwashing](#), [red clover](#), [soy](#), [thermograms](#), [thermography](#)