



## Advanced Thermography Specialists

BREAST, BODY & TEETH IMAGING + EDUCATION

**ATSOFMIDWEST.COM**

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## **Biodentists, Understanding Cancer Diagnoses, Spinal Alignment Tips, Supporting Bone Growth and Preventive Support Resources**

### **About Cancer Diagnoses**

For any friend, pet or family member that gets a diagnosis of cancer, it is important to know at least these three attributes about the cancer before picking a treatment. (Requires pathology, ie biopsy, lumpectomy...) In the absence of good information, people typically think the worst... and may over-react and over-treat cancer.

- Kind:                   - in-situ (pre-cancer) [ At least detox, nourish, supplement, (poop!) etc. ]  
                              - infiltrating or invasive (active cancer) [ Act! ]
- Grade (1-3)         - answers the question, "how aggressive is the cancer, what is its nature, how is it functioning?"
- Stage (0-4)         - answers the question, "how far has it spread / what is its extent?"

Every adult has pre-cancer cells everyday... maybe 1,000, more or less. So we ALL have cancer! Our immune system deals with pre-cancer everyday... Some studies indicate that approximately 90% of pre-cancers go away on their own. Active cancers, not pre-cancers, can metastasize and become life-threatening.

For alternative thinking regarding cancer and treatment, check out:

[thetruthaboutcancer.com](http://thetruthaboutcancer.com), [hope4cancer.com](http://hope4cancer.com), [chrisbeatcancer.com](http://chrisbeatcancer.com), [chriskresser.com](http://chriskresser.com), [healingstrong.org](http://healingstrong.org), [beatcancer.org](http://beatcancer.org), [cancercanbekilled.com](http://cancercanbekilled.com), [cancertutor.com](http://cancertutor.com) and [breastcancerconqueror.com](http://breastcancerconqueror.com).

### **Spinal Alignment**

Two tips that my chiropractor, Dr. Amy Vermilyea at 303-934-3753, shared with me **to help maintain cervical vertebra alignment**, potentially reducing the risk of stroke and the stress/tension in the posterior neck:

**Crown High:** Focus on pushing the back portion of the top of the skull (crown) up and

imagine your spine as a string and pulling the full length of the string/spine to the heavens! Do this while sitting, standing, driving... anytime you think of doing it. It forces your chest out, chin in, and shoulders back. This helps to align the cervical vertebra and release muscular tension in the posterior neck and back. Try it, it really works!

**Wall Angels:** Each day, stand with your back against a wall and do wall angels, like snow angels, but vertically. The back of the heels, buttocks, shoulders, and head should be touching the wall. As you move your arms, make sure they too are touching the wall. Be sure you start with your hands at your hips and then move them above your head. Do this ten times per day. As you do these exercises, you may feel posterior shoulder muscles you don't normally feel. You are strengthening them with this exercise. As you complete the exercise and step away from the wall, pay attention to your posture. This is the Crown High posture that you want to try to maintain throughout the day.

## BioDentists and Preventive Support

If you are in need, consider "**Functional, Genomic & Hormone Resources Along the Front Range**" listing some noteworthy Front Range Functional Medical Doctors, Nutritionists, Naturopaths, Homeopaths and Bio-identical Hormone Specialists that we learned from clients during our first 20 years. Tirza uses:

### Functional nutritionist:

Alissa Obgurn [nutritionthatsrightforyou.com](http://nutritionthatsrightforyou.com) 620-664-3749  
Kaye Collins CNTP, CGP [greensandgenes.com](http://greensandgenes.com) (303) 834-8500

### Holistic Biological Dentists:

Wichita: Boynton Family Dental Arts [boyntondentistry.com](http://boyntondentistry.com) 316-685-8881  
Horton: Dr. Gary Hoschstetler [thenaturaldentist.net](http://thenaturaldentist.net) 785-486-2807

Outside the Front Range? Consider [iaomt.org/for-patients/search/](http://iaomt.org/for-patients/search/) and ask: Do they do 3D CBT for the purpose of diagnosing cavitation in the jawbone? Will they show you your bone density readings in each jaw area of concern? Do they remove bone infection via surgery in house? Do they provide pre-op and post-op patient protocols? Do they have IV infusion referrals? (**We only suggest those that answer affirmatively to all the above.**)

## Supporting Bone Growth

(#1 cause of osteoporosis and osteopenia: acidifying diets)

- eat an **alkalizing diet** (nutrient and mineral rich versus acidifying foods, i.e. white flours, sugars, sodas, most meats) and ensure you **metabolize well** (with enzymes)
- eat a broad spectrum of leafy greens to get a broad spectrum of food-based minerals
- supplement with a high quality, bio-available, food-based multi-minerals with minerals in the right ratio/proportion to calcium (**85+ minerals/co-factors/trace minerals** are necessary to assimilate calcium to the bone, i.e. vanadium, phosphorous, potassium, vit. D, K2, etc.) Tirza uses multiple brands/formulas daily, listed in "Mineralize or Die!" in chapter 3 of the book, [\*Take Back Control of Your Health\*](#)

- perform **weight-bearing exercise**, i.e. isometrics, weight lifting, to grow/maintain muscle mass. Muscles cannot grow without bone growth... grow your muscles, you grow your bone.
- be well **hydrated** and get your **sleep/rest**
- ensure adequate levels of **testosterone and progesterone** to grow bone and **estrogen** to maintain bone.
- Consider [12 Essentials for Bone Density](#)
- Your local OsteoStrong locations not only exist to support healthy bones, but also provide radiation-free bone density testing via REMS Echolight scans.