

# McKenzie's Food for Thought

Informed insight on the latest medical & health news & what it means for you

## Mammograms?

**Also in this issue: Homoeopathic remedies workshop and "Parting Thoughts".**

Mammograms are rather controversial. It would seem that there aren't many alternatives to Mammograms but women are not being given the whole picture about the pros and cons of them. Some people will argue that their or a friend/relative's breast cancer would not have been found but for Mammograms. Nonetheless it is also said that 9 out of 10 breast tumours are found through self examination. In addition Medical Digital Infra-red thermal Imaging will detect problems much earlier than a mammogram will.

It would seem that the procedure of Mammograms might not be as safe as the NHS leads many of us to believe. The Nordic Cochrane Centre describes the leaflet sent out with the invitation to have a mammogram as "inadequate and manipulative" and that the information was "inadequate as a basis for informed consent".

The general public is encouraged to believe that the levels of radiation women are exposed to during a routine mammogram is safe and often described as being about the same amount of radiation you would be exposed to on a long haul flight.

In actual fact mammography uses levels of ionising radiation that are known to cause cancer in humans. The dose of radiation in routine and diagnostic mammography is approximately 1 Rad (radiation absorbed dose) which is approximately 1000 times greater than that of a chest x-ray.

In the Canadian Radiology magazine (January 2011) it was reported that women are routinely exposed to 3.7jGY of ionising radiation per breast per exposure which is the equivalent of 0.37 rad.

It is accepted that the usual number of exposures per mammographic session is four. That equates to 1.48 rad, or c. 1480 chest x-rays. The report went on to state that for every 100,000 women screened 'it is predicted that there will be 86 cancers induced and 11 deaths due to radiation induced breast cancer'. Women in the UK are exposed to 4.5 mGy per dose or c. 1800 chest x-rays, though I don't know why it's higher in the UK.

So why do doctors wonder why breast cancer has risen to a level where it is expected that one in eight women will get it? Dr. Russell Blaylock, oncologist, brain surgeon and neuroscientist is quoted as saying "if I were a woman I'd never have a mammogram". Obviously mammograms are not solely to blame for such rise. Other factors such as chemicals in body lotions/shampoos; poorly fitting bras, underarm aluminium based deodorants, poor diet, stress etc. all have a role to play.

In addition, breast examinations are meant to be gentle so as not to rupture a tumour and cause metastasis, the spread of cancer. Pressure of up to 40lbs can be applied to the breasts when they are compressed between the plates during mammography.

All that mammography can do is detect a tumour, not tell if it is malignant or benign. Consequently biopsy is required. This involves removal of some tissue. This risks angiogenesis, a natural process that is necessary for the repair of tissue in wound healing and the formation of new blood vessels. This can then provide a blood supply to the tumour which actually encourages growth, or an 'escape route' for cancer cells to travel to other organs.

What of doctors oath to "first do no harm"?

### A SOLUTION?:

Medical Digital Infra-red thermal Imaging.

## McKenzie's Food for thought

This is a medically recognized screening procedure that is non invasive, 100% safe and can detect cancers years earlier than other mainstream screening procedures. At present it is completely ignored by oncologists, GPs and every orthodox breast cancer clinic in the UK. It is recognised in the USA (and has been since the 1970s) and the MHRA in the UK recognizes it as a class one screening procedure. It is 100% safe, no exposure to dangerous levels of ionising radiation, non invasive and has no painful clamping of the breasts and it is able to detect abnormalities including cancer an amazing 8- 10 years before it is possible with mammography. In addition it can indicate by showing neovascularity, angiogenesis whether a tumour is active or not so could rule out need for unnecessary and potentially dangerous biopsies.

[www.wholisticmedical.co.uk](http://www.wholisticmedical.co.uk) provides this service in Harley Street, London W1. 020 75807537. Quote: FMCK10% to receive 10% off your initial consultation fee.

Write to your MP and ask why this isn't available on the NHS – "patient power" - for only by our pressure can things start to change.

### OTHER ISSUES:

Dietary – think about how acid/alkaline your diet is. What supplements you take – are they beneficial or harmful to your body?

As a woman do you wear non wired bras some of the time at least? What deodorant do you use? All these issues contribute to the health of your breast tissue.

Contact Fiona McKenzie to learn more about how you can take better care of your body and keep it in a healthy state.

**Learn how to use homœopathy at home for simple problems. Do you really believe that you can safely continue to resort to anti-biotics time after time?**

Attend this limited-numbers-only class and discover:

- **How to easily prescribe the most effective homœopathic remedies for you and your family**
- Homeopathic remedies specifically for children and their common health complaints
- **How to treat simple illnesses such as coughs, colds, onset of flu, sprains, upset stomachs, digestive complaints... and even hangovers!**
- Using homeopathic remedies for stress-related issues such as anxiety and nervous anticipation (e.g. prior to exams)
- **Scientific proof that homeopathic remedies work!**

- How often to prescribe and what strength/potency to choose (this is important!)
- **PLUS - Find out about 18 different remedies** suitable for treating anything from food poisoning to a common cold!

You'll get all this and loads more in a value-packed 2 ½ hours!

Your ticket is just £75 – so **call me on 020 7229 6689 NOW to make sure you get a place!**

**\*SPECIAL OFFER\***

**Get your ticket for just £55 if you enrol a friend on the same course. Enrol two others and get your course for only £25!**

**Here's all the info you need...**

Location: 27 Chapel Side, London W2 4LL.

Date: **Thursday 16<sup>th</sup> June 2011**

Time: **10.00am until 12:30 p.m.**

Here's what just a few previous attendees have said:

*"The course completely changed my attitude to addressing illness and symptoms. Fiona made it so clear that homœopathy investigates and treats the specific symptoms experienced by an individual rather than merely trying to identify the illness."*

(Mrs A. H., Norfolk)

*"This short course was very instructive. I hadn't realised it was so holistic, with wide-ranging remedies for a variety of physical and emotional problems. I am really pleased to have a good alternative to chemically based medication"*.

(Mrs H.M., Wilts)

### Still got questions?

Please feel free to call me on 020 7229 6689 to find out more and decide if this course is right for you! P.S. If you're a little sceptical about the effectiveness of homeopathy – this is the **perfect** opportunity to try it out! If you attend and don't think it was a valuable 2 ½ hours, just let me know and I'll give you a full refund – no questions asked!

### PARTING THOUGHTS.

**"I am have never been especially impressed by the heroics of people who are convinced they are about to change the world. I am more awed by those who struggle to make one small difference after another." Ellen Goodman, Pulitzer Prize winning columnist.**

**What are you going to do this week, this month, this year for the planet and not just for humans? Without helping planet earth to be healthy it doesn't matter how many humans we help if we have no place left to live that is vibrant and viable.**