Self-Paced Online Course for Women:

The 8 Secrets to Optimal Breast Health

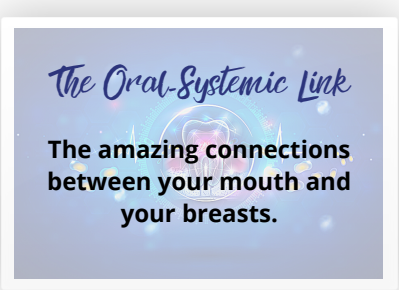
There Is So Much More To Breast Health Than Your Annual Mammogram!

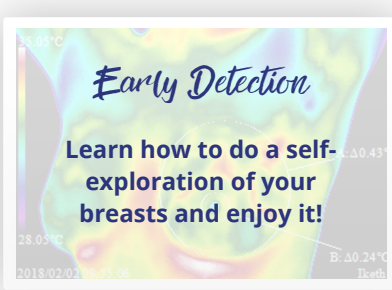
ALL Women Have The Same Goal:

To Enjoy Optimal Breast Health Throughout Your Entire Life!

Learning The 8 Secrets to Optimal Breast Health will change your life for the better.

You are in control of your breast health!





Bonus Secret: Dreams!

Dreams are the playground of our subconscious. We heal in our dreams. Learn how your breasts intertwine into dreamtime.

Get Lifetime Access to This Empowering Online Course:

BreasthealthNY.com

Questions? 212.838.8884

Hello@thermographyforhealthny.com

Thermography for Health NY

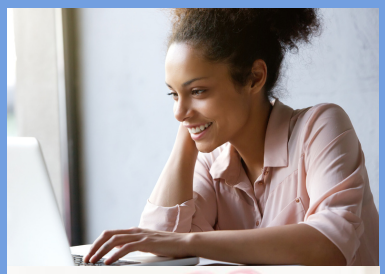
I am always interested in information that will help make me healthier.

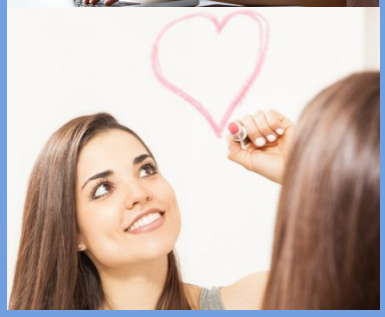
I learned SO much!! Even more than I expected to learn! It was a great course.

The course goes way beyond breast health to include whole body health. Tammy is passionate about health and helping others to get healthier.

The whole course was very well put together.

Karen





This course was shaped with such care, wisdom, and heart.

It has consciously and unconsciously made a difference in my life very quickly. This course has showed me it's time for me to break free of bondage and live free as my most confident and magnificent self. My world just got brighter, lighter, and healthier. Tammy is a genuine source of wonder and knowledge.

Pearl

The 8 Secrets to Optimal Breast Health

Here's What You'll Learn:

- **The 8 Secrets to your optimal breast health** … In-depth exploration and application (PLUS two more Secrets I've added as BONUSES)
- **Daily Rituals of Attention** with activities to help you apply the information shared
- How to **create your own Optimal Breast Health plan** with daily rituals and practices for health and wellbeing
- A variety of **resources to boost your immune system** and your breast health
- Teachings on the **mind-body-spirit connection** to breast health
- **Protective measures** that will keep your breasts healthy
- **Easy-to-do lifestyle changes** that have a positive impact
- Supplemental **suggestions to boost** your mind, body, and spirit
- **And much more!**

Here's What You'll Receive:

- **8 10 Complete and Distinct Teaching Modules** – One for each of the original 8 Secrets PLUS two more for the BONUS modules
- **Immediate online access** to all of the course materials and bonuses
- Each Secret's module contains a **video teaching and workbook** – plus a variety of supplemental information, bonuses, and Tammy's personal recommendations
- The workbook for each of the 8 10 Secrets contains all of the teaching shared in that module's video lesson, as well as … **ample space to take notes, dedicated space to journal, track your lifestyle changes, suggested action steps, and more**
- **Guidance** for creating your own Optimal Breast Health plan with daily rituals and practices for health and wellbeing
- **Special BONUSES** included throughout the course

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Questions? Email or Call Tammy
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212.838.8884