



Breast Health Education Group  
Better Breast Health – for Life!<sup>TM</sup>

office: 303-664-1139  
toll free: 866-492-2174  
fax: 303-664-1146

P.O. Box 674  
Louisville, CO 80027  
www.BetterBreastHealthforLife.com

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### About the Authors

- **Deborah Breakell, NP** at Helios Integrated Medicine: A family practice medical clinic integrating the healing modalities of the world. To learn more, visit [www.helioshealthcenter.com](http://www.helioshealthcenter.com). For health and wellness tips, visit [www.wellcast.org](http://www.wellcast.org). Deborah helps women make informed decisions about natural hormone therapy and provides testing to assess estrogen metabolites and ovarian and adrenal hormones. She also evaluates the immune system for heavy metals, environmental toxins, and other items to help determine what needs to be detoxified, what lifestyle changes may be needed, and how to support the body nutritionally.
- **Carrie Louise Daenell, ND** at Natural Health and Science, Inc., offers natural health and wellness counseling. To learn more, visit [www.drdaenell.com](http://www.drdaenell.com). A graduate of Bastyr University, Carrie Louise is a Naturopathic Doctor, a licensed primary care physician, and an expert in the use of natural medicine. She specializes in bio-identical hormone replacement therapy and healthy estrogen metabolism. Previously the managing editor of the Journal of Naturopathic Medicine, a director for the American Association of Naturopathic Physicians, and the president of the Colorado Association of Naturopathic Physicians, she practices in Denver, Co.
- **Carol Dalton, NP** at Helios Integrated Medicine, offers self-care alternative methods of treatment with traditional medical approaches. To learn more, visit [www.women-health.com](http://www.women-health.com). For over 35 years Carol has blended self-care and alternative methods of testing and treatment with traditional medical approaches to assist clients in developing their own personal plans for optimal health. Carol has produced over 30 audiocassette tapes on a variety of health issues and a video "Menopause: The Positive Change" and has a large national practice with phone consultations.
- **John R.M. Day, MD, ABHM** at Haelan LifeStream center, offers a heart based approach to improving one's life processes through development and integration of body, mind, emotions and spirit. To learn more, visit [www.haelanlifestream.com](http://www.haelanlifestream.com). Formerly a general surgeon in Boulder for over 20 years, John now works as a board-certified holistic practitioner, providing counseling. The Haelan LifeStream model is based on evolving the development of nutrition, exercise, mental and emotional clarity, self love, spiritual awareness/alignment, and vision work. Emphasis is given to resolving the remains of old emotional and physical trauma. John practices in Boulder, Co.
- **Tirza Derflinger, Founder, CTT** at The Thermogram Center, offers thermal imaging (thermography) of the breast and body. To learn more, visit [www.thermogramcenter.com](http://www.thermogramcenter.com). Formerly a Medical Laboratory Specialist for the U.S. Army, Tirza is now President of The Thermogram Center, founder of the Breast Health Education Group, and lead author of "Better Breast Health – for Life!<sup>TM</sup>". She provides thermal imaging that monitors risk for developing breast cancer, assesses estrogen stimulation, and visualizes the effects of treatment and prevention efforts on breast cancer risk.
- **Lisa High, MS, RD** at Essential Nutrition, a nutrition and health education company specializing in individual consultations and small group workshops. To learn more, visit [www.eatwellfeelgood.com](http://www.eatwellfeelgood.com). Lisa is a Registered Dietitian with degrees in Nutrition and Food Management and Gerontology, the study of Aging, Physiology, and Nutrition. She has counseled clients on diet and health for 10 years. She is the Nutrition Director of the Shape Your Life program, as seen in Shape Magazine, and is co-author of the Bone and Joint Health chapter in the "Nutrition and Alternative Medicine" textbook (CRC Press).
- **Kelly McAleese, MD** at The Women's Imaging Center, offers mammograms, ultrasounds, biopsy, and bone density testing. To learn more, visit [www.fischerimaging.com](http://www.fischerimaging.com). Kelly is a Diagnostic Radiologist with specialization in women's imaging and the Medical Director of the Women's Imaging Center in Denver, Co. The center provides comprehensive, state-of-the-art imaging with a hands-on approach to patient care. She lectures yearly at the Radiologic Society of North America (the largest medical meeting in the world) and anticipates the future of breast imaging may include mammography, ultrasound, MRI, and thermal imaging to enable earlier breast cancer detection.