

WEBVTT

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Matthew & Michelle Einsohn: All right. Well, we really appreciate everybody being here today. We are talking about Ideology and Breast Health.

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Matthew & Michelle Einsohn: This is a really fun topic for us. We do a breast health-related topic every year in October to honor Women's Health Month.

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Matthew & Michelle Einsohn: And Breast Awareness Month? Which one?

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Matthew & Michelle Einsohn: Should I do screen 2, or the... No, that one, yeah.

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Matthew & Michelle Einsohn: And so, that's what we're going over today. Before we get started, we have to read our little required disclaimer.

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Matthew & Michelle Einsohn: This presentation is for educational and informational purposes only. It is not intended to diagnose, treat, cure, or prevent disease, and does not replace professional medical advice. We are not medical doctors. We are traditional naturopaths and international iridologists.

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Matthew & Michelle Einsohn: So we do not provide medical diagnoses, treatments, or prescription medications. Therefore, always consult a licensed healthcare provider before making health-related decisions.

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Matthew & Michelle Einsohn: We are here to educate first and foremost. And tonight, obviously, it's an ode to Breast Health Awareness Month, Breast Cancer Awareness Month coming in October. When we first started... when I first started.

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Matthew & Michelle Einsohn: about 8... 8 or 9 years ago with the Thermography Center of Dallas. Our main niche is breast health.

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Matthew & Michelle Einsohn: So that's some of the most experience that we have when we kind of came into health, and then it obviously broadened up into a lot of different things, like iridology, so now we're just kind of smashing everything together and having some fun. To kind of show you some information. Yep.

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Matthew & Michelle Einsohn: And if you don't know, I'm Michelle. And I'm Matthew. And we are a husband and wife, traditional naturopathic team, and we love to educate. We love to grab information on natural health and natural health approaches from all over the world.

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Matthew & Michelle Einsohn: And see all the different unique ways that those things overlap, because there's a wealth of knowledge out there, and we want to capture it all and pass it along to you guys in, hopefully, a very useful and applicable way.

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Matthew & Michelle Einsohn: Yeah, so we're traditional naturopaths, like Michelle said, we're also iridologists, international iridologists, and Bernard Jensen certified iridologists.

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Matthew & Michelle Einsohn: We just... we also do a little bit of sclerology. We haven't gotten fully certified in that yet, but that's a lot of fun, which is seeing the whites of the eyes. We do voice analysis. We do frequency testing. Muscle testing. A lot of different, things that we... We incorporate traditional Chinese medicine. Yeah.

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Matthew & Michelle Einsohn: A lot of fun stuff.

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Matthew & Michelle Einsohn: And speaking of, you know, Chinese medicine and reflexology and tongue analysis and hand analysis, which all comes from that kind of side of the world, but, you know, they were doing it for, like, thousands of years! Over 2,000 years, they've been, you know, looking at the body and saying, well, how...

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Matthew & Michelle Einsohn: is the body's superficial look going so that we can see what the internal world is, right? Like, almost like a hologram of health, right? So it's...

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Matthew & Michelle Einsohn: You know, when you're looking at your tongue, it's not saying, you know, that it knows all. It's a reflex to that organ, right? So to the kidneys or liver or spleen or your foot where you, you know, have different sensitive spots.

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Matthew & Michelle Einsohn: there's a lot of, interconnection in the body, as we know, right? Like, the teeth.

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Matthew & Michelle Einsohn: We know connect to all the different parts of the body. Even the face can be a reflex of what's going on inside. Even the exact places on your face where you collect wrinkles.

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Matthew & Michelle Einsohn: Tells people things about your lived experience and what actually happens inside your body as well. So once you learn the language of how your body communicates on the outside, you can start to understand what it's trying to communicate to you from the inside, from organs that can't express themselves like your liver and your gallbladder and your kidneys.

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Matthew & Michelle Einsohn: And that's why we like iridology. We really enjoy iridology. You know, there's a lot of overlap between iridology and thermography, because that's showing heat, and your fibers also show different nerve energy, except, you know, what's really interesting about iridology, at least the iris side, right, just the color side of it.

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Matthew & Michelle Einsohn: which you're seeing here, is the fact that there's so much genetic information in the eyes, right? I mean, there's even a whole new oculometrics

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Matthew & Michelle Einsohn: industry coming out of being able to see inside the eye with high-powered microscopes.

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Matthew & Michelle Einsohn: And they can really see and start diagnosing a lot of more interesting things on, you know, hearts and lungs.

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Matthew & Michelle Einsohn: And liver, I mean, just all sorts of things that they're starting to explore now. And with iridology, it's been around for about 150 years back in Europe. I think it was originally in Hungary, this guy.

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Matthew & Michelle Einsohn: He, he saw the iris change in an owl.

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Matthew & Michelle Einsohn: That's how it started. And so then it grew into really seeing genetic information. We can see over 180 different points, so 90 in each eye, and they're different. It's not like your right eye is going to be the same as your left. There might be some general tendencies that are the same, but...

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Matthew & Michelle Einsohn: There's so much different. And that's because the right eye reflects your paternal genetic line and paternal potentials, and the left eye reflects maternal potentials, which is from your mother's side. They've traced this back over three generations.

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Matthew & Michelle Einsohn: So you could have had someone in one of your grandparents that had tuberculosis, and it shows up as a lung pattern in your eye. Which is what happened with Lenard Jensen when he started... Yeah, he shared that information. Yeah, when he started learning, he actually came across that for his own family lineage. So again, there's a lot of, you

know, again.

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Matthew & Michelle Einsohn: genetic potentials of strengths and weaknesses. You know, when you're dealing with breast health.

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Matthew & Michelle Einsohn: That's actually can show up in the eye of genetic potential. A lot of things can. And so we learned everything, you know, a lot of what we know today is from Ellen Jensen.

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Matthew & Michelle Einsohn: You know, she's the daughter of Bernard Jensen. She's been carrying on his work for a long time.

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Matthew & Michelle Einsohn: She has incredible knowledge.

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Matthew & Michelle Einsohn: And so, it was, an incredible time working with her and learning from her, but she's... she's amazing. She's... I think she's still in recovery right now, and moving through recovery stuff, but...

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Matthew & Michelle Einsohn: You should, you know, if you're ever wanting to learn, this is who to learn from, in my opinion. Yeah. She quite literally wrote the textbook on iris analysis that's used worldwide. Yeah. Including updating.

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Matthew & Michelle Einsohn: the primary chart for all the different iris zones. So, as you can see, this is a ton of information, and this is just one eye. So this is...

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Matthew & Michelle Einsohn: an initial examination of almost 90 different points that we can see, and you can see that big blue area to the left. That whole zone, that whole reaction field, covers

breast health.

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Matthew & Michelle Einsohn: And then there's so many things in the eyes tied to breast health that we can also see. So if, say, you've got 3 women in your family that all have very strong signs in their breast reaction field.

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Matthew & Michelle Einsohn: then that's one of the areas that you're going to want to pay attention to and nurture and support, because that's an area where your body might have a tendency to get out of balance more easily than someone who doesn't have those genetic signs. And one of the ways we like working, obviously, is going from the inside out, and so the eye also represents going inside

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Matthew & Michelle Einsohn: Going all the way to the outside, right? So it starts off with stomach zone, which is near the pupil, which is the black circle.

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Matthew & Michelle Einsohn: Right outside of that, you have something that envelops the entire area, that stomach and colon area, which is called the cholera.

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Matthew & Michelle Einsohn: And it gets really interesting, because you can see a lot of things, your strengths and weaknesses, even within your cholera, because again, this is all nerve energy.

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Matthew & Michelle Einsohn: Is there energy going to this place or not? Do you have a propensity for weakness there or not? It doesn't mean something's going to happen. It doesn't mean, oh, I have a weakness in my breast, so that means I'm going to develop something. It's like, no, no, no. You have a weakness in your breast. Good to know. What can I do to support that? Because nothing might ever happen. These are not foregone conclusions. This is your body giving you a heads up. Of what's going on.

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Matthew & Michelle Einsohn: Saying, hey, pay attention to this.

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Matthew & Michelle Einsohn: And here's a way that we do it. Bernard's colon reflexology chart, like we said, there's so... and why we love the eyes, because there's so many layers upon layers.

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Matthew & Michelle Einsohn: And this is one of them.

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Matthew & Michelle Einsohn: So this is just that tan area that you saw outside the stomach area and the pupil. So the colon itself is actually also a reflex organ.

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Matthew & Michelle Einsohn: And Bernard proved this when he was working on his ranch, where he would have parents bring children who had chronic ear infections, and they had gone to all the ear nose and throat ear, nose, and throat specialists, and they had tried to treat just the ear.

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Matthew & Michelle Einsohn: But Bernard looked at their pupils and looked at the children and said, you know what? I don't think this is an ear problem. We know that the ear is connected to the areas of the colon that bend.

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Matthew & Michelle Einsohn: So there's a chance for food and things to get stuck in those little pockets where the colon bends. And so, let's help cleanse the colon, and then see what happens to the ear.

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Matthew & Michelle Einsohn: And sure enough, most often the child got rid of their chronic ear infection and it didn't come back.

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Matthew & Michelle Einsohn: Because the problem was never actually the ear, it was the colon. But the colon couldn't communicate, so it tried to communicate through the ear. And you might have felt this at times, like, if you've ever done a reflexology and someone presses something, you might feel it up somewhere in your body that's not your foot. Right. Or if someone's massaging your stomach and you start feeling it on your shoulders, like, you feel this weird twinge.

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Matthew & Michelle Einsohn: Right? I mean, the body is pretty fascinating. It's all very interconnected in ways we don't often expect. And we try to look at all these moving parts. What's your genetics saying? What's your digestion saying? Right? Because you can answer a lot of these questions for us on the digestion part.

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Matthew & Michelle Einsohn: And then, obviously, the eyes can tell us what you have just a natural propensity for, right? Where's your weakness? And so, it gets really interesting to have all this information at once, to overlap it and see what to really start on and what to really do.

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Matthew & Michelle Einsohn: Now this is a fabulous. If you haven't picked up.

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Matthew & Michelle Einsohn: A book of hers, specifically this one, especially during this month.

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Matthew & Michelle Einsohn: It's an incredible read, and I strongly encourage you to go find it and or park yourself in a Barnes and Nobles and find the book and spend, you know, half a day reading some of the chapters, specifically ones that she wrote on Breast Health.

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Matthew & Michelle Einsohn: So she has chapters on specific areas of the body that you can just go to kind of like a dictionary or a thesaurus and look it up.

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Matthew & Michelle Einsohn: So, I would strongly recommend doing that. Yep, and in case you're on a phone and can't read the quote, this is Dr. Christine Northrup, and she wrote

Women's Bodies, Women's Wisdom.

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Matthew & Michelle Einsohn: She's a fantastic gynecological resource, and she says, the secret to thriving is the knowledge that we are never simply victims of our bodies. It's very reassuring to know that we all have within us the ability to heal from anything and go on to live joy-filled lives.

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Matthew & Michelle Einsohn: That's why...

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Matthew & Michelle Einsohn: we as practitioners love chasing knowledge so much, and love exploring all the different ways that the body communicates, because we really do believe that the body has the ability to heal itself and heal from within. We just gotta learn the language on how to help it do that.

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Matthew & Michelle Einsohn: And she's really good in this area, in that, in that topic. Again, strongly encourage. Yeah.

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Matthew & Michelle Einsohn: So we pulled some facts from her book specifically, in case you don't end up going and reading the book.

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Matthew & Michelle Einsohn: And we're gonna go through them. Some of them you may already know, and some of them may surprise you.

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Matthew & Michelle Einsohn: The first one is that breasts are often sensitive to hormone changes, and so you might experience different levels of breast sensitivity according to your menstrual cycle. This is more common in some women than others, it just kind of depends on you.

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Matthew & Michelle Einsohn: There's also breast pain that can happen that may not happen around your menstrual cycle. It may even feel a little bit random. But what that can actually be pointing towards is things like low iodine.

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Matthew & Michelle Einsohn: estrogen, Too much caffeine, or even chronic stress.

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Matthew & Michelle Einsohn: When that kind of pain happens that's associated with any of those four root causes, that's not a risk factor for breast cancer. That's not your breasts having a problem, that's something in the environment impacting the breast and how they feel, and then the breast tries to communicate that with you.

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Matthew & Michelle Einsohn: The other thing that can cause breast pain that's not related to anything cancerous is going to be inflammation in the body or hormone changes. And this can happen from stuff that we come in contact with in our environment, such as microplastics.

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Matthew & Michelle Einsohn: Those can cause issues with hormone changes and heavy metals like cadmium. Cadmium usually has the most affinity when it comes to research and breast cancer and breast health.

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Matthew & Michelle Einsohn: And then the mineral that you'd want to pay attention to if, you know, cadmium is completely out of balance, right? We're always dealing with heavy metals, but

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Matthew & Michelle Einsohn: We want to know if it's sort of, like, under control or not.

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Matthew & Michelle Einsohn: And the two things I would be looking at doing is, you know.

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Matthew & Michelle Einsohn: Vitamin C, if you have, you know, high cadmium levels from, you know, blood work, or hair analysis.

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Matthew & Michelle Einsohn: And or I'd be also looking at zinc.

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Matthew & Michelle Einsohn: Zinc and vitamin C would be something I'd be looking into because zinc literally is in charge of cadmium in a lot of ways, meaning to get it out of the body.

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Matthew & Michelle Einsohn: And obviously, you know, if it's going to weaken your immune system, then doing something that can strengthen your immune system would be beneficial, which zinc also does. So, you know, just a tidbit there on, you know, cadmium, breast health, zinc, vitamin C, stuff like that was is really good starting place with something like this. Yeah.

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Matthew & Michelle Einsohn: Now, these are some crazy ones. These get even more interesting. This is also from Dr. Northrup's book, and according to her, about 70% of women have been told at one point or another that they have fibrocystic breast disease.

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Matthew & Michelle Einsohn: But what qualifies as fibrocystic breast disease is actually usually normal changes in breast anatomy that are not associated with cancer in any way. And when the National Cancer Association investigated this, they did find that about 70 to 80% of

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Matthew & Michelle Einsohn: What was called fibrocystic breast disease was just a normal change.

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Matthew & Michelle Einsohn: Because it is normal for the areas of the breast to get denser as we get older, especially for women around their 40s, when their hormone levels start changing. Even cysts are very common around the age of 40.

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Matthew & Michelle Einsohn: So then again, we just thought this is interesting information. 75% of physicians usually refuse chemotherapy for themselves.

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Matthew & Michelle Einsohn: 33% of breast cancer cases could be prevented by diet, exercise, and a healthy body weight. And that's according to the American Institute for Cancer Research. And I think, actually.

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Matthew & Michelle Einsohn: 30%, whenever I watched a lecture recently by this medical doctor on inflammation, he said 30%, 35% would just be diet alone.

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Matthew & Michelle Einsohn: Not even exercise.

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Matthew & Michelle Einsohn: just diet. And then obviously 70-80% of all positive mammograms do not, upon a biopsy, show any presence of cancer. And you want to be careful when they're possibly doing biopsies. Sometimes they leave.

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Matthew & Michelle Einsohn: A little piece of metal marker, for the next time.

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Matthew & Michelle Einsohn: Because the surgeon wants to know where they've already biopsied, and so they leave a marker in there, and sometimes that can be made of a material that's not conducive to breast tissue. So just ask all your questions, be careful. And then dense breasts have always been, you know, given mammograms our time, but there's new technology coming out that I've seen, them trying to...

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Matthew & Michelle Einsohn: get around the dense breast concepts, right? Using ultrasound, for example, right? Instead of, in conjunction with mammograms.

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Matthew & Michelle Einsohn: And then nearly half of all women at age 40 get mammograms have dense breasts, so then it's like, okay, so then what do I do? You know, so there's a lot of different things that, you know, you can do. Obviously, self-checks are always very important and actually really healthy for you.

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Matthew & Michelle Einsohn: The other thing, obviously, is looking at blood. Thermography is a great way, and if you're gonna do thermography, I would not do camera thermography. I would definitely try to find someplace that does regulation point thermography, which is what we used to do.

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Matthew & Michelle Einsohn: And so, you know, those are some definitely different great tools to

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Matthew & Michelle Einsohn: To check out and look at, when it comes to that kind of stuff.

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Matthew & Michelle Einsohn: So how does this tie into iridology? Well, we mentioned how much cool information we can see with the patterns and all the different reaction fields, but we can make it even more basic than that. Because we don't want to give you 180 points to think about. We're not here to teach you 180 things tonight. We want to give you 3 easy places to focus, and that's on the eye color.

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Matthew & Michelle Einsohn: So, if you know your eye color, you're in a really good starting place, because we've made so many presentations with so much information just related to knowing your eye color and how to help your body with easy solutions. So most likely, you either have

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Matthew & Michelle Einsohn: Light brown.

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Matthew & Michelle Einsohn: or a hazel. Sometimes people will say green, but green for me

usually means that they're most likely a blue eye. And then the brown, you can definitely see. It's just, it's very dark brown. You have a dark brown eye. Usually where people get mixed up is whether or not they have a, you know, like, a mixed eye.

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Matthew & Michelle Einsohn: or a blue eye, and they just don't know which one, because again, sometimes it plays a little tricks with you, because of how your eyes look, or the different combinations of things, right? You can have, like, a totally blue eye that you see right there.

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Matthew & Michelle Einsohn: But then there's something called pigment that can happen in the central part of the eye that then can reflect and look like it's not so much blue.

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Matthew & Michelle Einsohn: So again, it gets interesting, but for the most part.

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Matthew & Michelle Einsohn: For example, for me, I have blue eyes.

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Matthew & Michelle Einsohn: But in different lighting, or on different days, they'll look a bit more green, or, you know, a different kind of blue, but for the purposes of iridology, his eyes are considered blue.

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Matthew & Michelle Einsohn: And interestingly, in Iridology, your color on your driver's license for your eyes is not always the same as your Iridology color, so that's just something to be mindful of.

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Matthew & Michelle Einsohn: Yeah, and so with this, you're gonna be looking at, like, rheumatoid arthritis, you're looking at stiff joints.

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Matthew & Michelle Einsohn: Gout.

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Matthew & Michelle Einsohn: An overactive immune system. You know, so that means you might get sick a little bit more than others, Colds might find you first. Yeah, sinus stuff, you know, again, any, like, lung.

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Matthew & Michelle Einsohn: you know, breathing, lung, or lymph kind of congestion. Psoriasis, eczema. Yeah. All these things are more common to blue eyes than other eye types. And again, it's because they have weaknesses, just because they have that... they might never... I've never... I've never had eczema.

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Matthew & Michelle Einsohn: Ever. Again, it doesn't mean that you're gonna get it, even if you have certain patterns of weaknesses that we can see with that. Yeah. Which there are.

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Matthew & Michelle Einsohn: There are. And this is not exclusive, because, for example, I'm a mixed eye, and I have had eczema. So, you know, none of these things are going to be

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Matthew & Michelle Einsohn: entirely exclusive to this eye type. It's just over thousands of different eyes observed in this color, they've seen a pattern of which areas the body is more prone to weaknesses. Yeah, and so the... at the end of the day, no matter what, even if you're...

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Matthew & Michelle Einsohn: symptom gets revealed similarly to other eye colors, we still can use your patterns of your eye to determine very quickly what needs to be supported, and what to actually even look into first. And so it, again, it allows the investigation

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Matthew & Michelle Einsohn: To quickly hone in, and just by a couple of different questions, we could pretty much reveal, oh, here's the thing we probably, you know, need to do.

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Matthew & Michelle Einsohn: So why is this important for breast health and a blue eye?

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Matthew & Michelle Einsohn: Well, blue eyes are primarily lymphatic tendencies, and your breast tissue is lymphatic tissue. All of it. All of it. It's filled with lymph nodes. It's a collection point for toxins that are draining through the body across that lymphatic highway of lymphatic fluid. So making sure to support your lymphatic system is important for anyone working on breast health, but especially for blue eyes who already have lymphoma.

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Matthew & Michelle Einsohn: lymphatic congestion tendencies? You know, because again, the body is going to prioritize.

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Matthew & Michelle Einsohn: It's gonna try to figure out what to do with toxicity that can't be removed out of the body. Well, one place it's gonna do is it's gonna try to find, fat.

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Matthew & Michelle Einsohn: Right? And then you become, you know, obese or overweight or whatever. Then the other place that it likes to dump toxicity into is gonna be the breasts.

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Matthew & Michelle Einsohn: And usually, there's a huge connection between breast health.

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00:22:14.830 --> 00:22:24.839

Matthew & Michelle Einsohn: And lymphatic health, and breast health, lymphatic health, and emotional health, because there's usually a huge tie between breast cancer and an emotional component.

122

00:22:24.850 --> 00:22:32.609

Matthew & Michelle Einsohn: So all these things, and as we know from Dr. Emoto's work, from a lot of other people's health work.

123

00:22:32.610 --> 00:22:49.860

Matthew & Michelle Einsohn: Emotions play a critical role. They did a study way back in the day

during Vietnam War with healthy 20-year-olds, after, during the... I think it was either after or during the war, they would do a physical, and they found that they had blocked

124

00:22:49.950 --> 00:22:53.480

Matthew & Michelle Einsohn: Arteries up to anywhere between 50 and 70%.

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00:22:53.670 --> 00:23:09.440

Matthew & Michelle Einsohn: At that age of 20 years old, they should be at, like, 20 or 30% at most. So, obviously, stress can, you know, as we know, can create a major component of blockage in the body, which then will create a store of toxicity.

126

00:23:09.650 --> 00:23:17.089

Matthew & Michelle Einsohn: Which then the body says, well, we gotta envelop it, because it's getting out of control. And then, hence, the growth factor.

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00:23:18.770 --> 00:23:28.700

Matthew & Michelle Einsohn: And in the case of lymphatics, if there's not an area for your body to drain these toxins, it's easier for them to get built up in certain places.

128

00:23:28.930 --> 00:23:41.849

Matthew & Michelle Einsohn: And that's why, in one study, they surgically reconnected lymph vessels that had been disrupted in breast cancer treatment, and it actually reduced the relative risk by 69%.

129

00:23:42.190 --> 00:23:46.139

Matthew & Michelle Einsohn: Why does this happen? Well, think of your lymphatic system like a highway.

130

00:23:46.460 --> 00:23:57.899

Matthew & Michelle Einsohn: And this highway, if it gets backed up with a whole bunch of cars, then all of a sudden you've got big traffic jams in all these different areas. Think of those traffic jams like toxins getting stuck in your lymph nodes.

131

00:23:57.900 --> 00:24:07.849

Matthew & Michelle Einsohn: If there's no place for them to go and to drain to, then that's where

stuff gets way out of balance and the body starts walling things off to protect itself.

132

00:24:08.080 --> 00:24:12.439

Matthew & Michelle Einsohn: So, keeping these lymphatic pathways open is going to be really key.

133

00:24:15.510 --> 00:24:18.370

Matthew & Michelle Einsohn: Then there's also an inflammation component.

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00:24:18.470 --> 00:24:29.069

Matthew & Michelle Einsohn: And we actually did a talk on inflammation, and we're gonna drop the link to... actually, all of our replays, in case you guys want to check those out at any point in time.

135

00:24:30.040 --> 00:24:37.840

Matthew & Michelle Einsohn: But inflammation is also a really other important marker to a lot of disruption in the body.

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00:24:37.960 --> 00:24:48.649

Matthew & Michelle Einsohn: And it just so happens that with blue eyes, one of the areas where your body alerts you first can be with inflammation in the immune system or disruption of the immune system.

137

00:24:48.910 --> 00:25:08.139

Matthew & Michelle Einsohn: So when they were doing some testing on women with breast cancer, especially early stages of cancer, they did look at their C-reactive protein or inflammation markers. And the ones who had quite high inflammation markers had a higher disease event risk and a higher fatality risk.

138

00:25:08.140 --> 00:25:12.319

Matthew & Michelle Einsohn: It's because when your body is in chronic inflammation, it makes it harder for it to heal itself.

139

00:25:12.320 --> 00:25:28.599

Matthew & Michelle Einsohn: And that CRP comes from liver numbers, usually when you're

doing a liver panel. And, you know, that has a huge connection not only to inflammation, but obviously breast health because you're usually also dealing with some kind of hormonal potential imbalance as a possibility. And you shouldn't just be looking at your thyroid.

140

00:25:28.630 --> 00:25:40.799

Matthew & Michelle Einsohn: It should also be looking at your liver. What's your liver doing? Because that's what's processing all your hormones or a lot of your hormones. So you really want to pay attention to, you know, that liver.

141

00:25:42.690 --> 00:25:48.399

Matthew & Michelle Einsohn: So if you just want to get started at home, I love dry brushing. And your blue eyes. I love dry brushing. Support your breast health.

142

00:25:49.160 --> 00:26:03.290

Matthew & Michelle Einsohn: Have I mentioned... Can you tell that he likes dry brushing? I love dry brushing. So, I do it before a shower, or if I'm doing a sauna, I'll do it before a sauna, because again, it just helps kind of start moving things. But dry brushing is so great.

143

00:26:03.390 --> 00:26:15.890

Matthew & Michelle Einsohn: And that brush in the picture is a dry brush. It's a little bit thicker bristled than a normal brush. You know, you could you're you're doing the neck, under the arms, you're doing everything. And you want to brush towards the heart.

144

00:26:15.890 --> 00:26:29.739

Matthew & Michelle Einsohn: So that means from the top of the face and the head down towards the heart. And you can do the head. You can do the hair. And then from the feet, you start from the feet and you go up towards the heart. And you should do the bottom of the feet, right? Because the reflexology, again, if...

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00:26:29.810 --> 00:26:30.630

Matthew & Michelle Einsohn: If...

146

00:26:31.040 --> 00:26:44.319

Matthew & Michelle Einsohn: The pressure point of a foot can tell you, possibly, not only, oh yeah, I might have a weakness there, meaning on the foot, but then also, I might have a weakness somewhere along the line of that nerve, all the way to that organ connection.

147

00:26:44.680 --> 00:26:56.699

Matthew & Michelle Einsohn: Right? There might be something that's disturbed there that the body is telling me through palpation, right? Palpation has been around a long time in the medical field of use for observation.

148

00:26:56.850 --> 00:26:58.219

Matthew & Michelle Einsohn: And understanding.

149

00:26:58.430 --> 00:27:14.730

Matthew & Michelle Einsohn: So palpating is a great thing. If you're tender, that's a great... Okay, why... where's the other connection? If I have it on my knee, if I have it on the back of my knee, my calf, you know, there's a lot of information out there that connects those dots back to possible, you know, organs.

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00:27:14.730 --> 00:27:22.050

Matthew & Michelle Einsohn: And if it connects to something, then maybe you do that kind of massage. So in this case, even a self-breast massage, you should be doing

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00:27:22.140 --> 00:27:31.210

Matthew & Michelle Einsohn: That every day, 25, right? Yeah, I believe Dr. Northrup recommends 25 massage, essentially.

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00:27:31.740 --> 00:27:50.990

Matthew & Michelle Einsohn: what would you call it? Pumps a day when you're massaging the breast to stimulate it and just get that lymphatic area moving. And then celery juice is really great for the lymph in particular, right? Even when you see a celery stalk, that actually has a lot of the components to the lymph.

153

00:27:51.090 --> 00:27:57.970

Matthew & Michelle Einsohn: It has a lot of sodium, and so that's gonna be really great for the Lymph because that's pretty much what it's made out of.

154

00:27:57.970 --> 00:28:13.559

Matthew & Michelle Einsohn: Cod liver oil is great for inflammation in general. We've tried

several, and this is the one we like. I love this company, for sure. So we're gonna drop a link to this particular supplement in the chat, so if you guys are interested.

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00:28:14.910 --> 00:28:17.920

Matthew & Michelle Einsohn: The other thing, also for...

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00:28:18.140 --> 00:28:26.429

Matthew & Michelle Einsohn: Breast health and lymph drainage in particular, there's a company that we work with called, Physica Energetics. They're actually

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00:28:26.490 --> 00:28:43.460

Matthew & Michelle Einsohn: No, they're not based in California anymore, but they're... I think they're up in... yeah. They have some really amazing homeopathics. They have really unreal... they have a particular one that we love for this specifically for breast lymph drainage, is something called Trifolo, which is, again.

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00:28:43.680 --> 00:28:45.000

Matthew & Michelle Einsohn: a great thing.

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00:28:45.130 --> 00:29:03.009

Matthew & Michelle Einsohn: If you don't have an account with them, or you're not a practitioner, you just need us to order it for you. If that's something you're interested in, just shoot us an email. We're happy to do a little consult, and then do that, if that's something you're interested in. But if I... if I had a... what is it? If I had any tenderness or any, like.

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00:29:03.780 --> 00:29:11.060

Matthew & Michelle Einsohn: spidey senses on my Breast stuff, I would be immediately doing Self-rest massage.

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00:29:11.360 --> 00:29:15.849

Matthew & Michelle Einsohn: And, Probably dry brushing.

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00:29:16.300 --> 00:29:29.340

Matthew & Michelle Einsohn: And then something probably like, actually, Trifolo, even more so than the celery juice and the fermented, just because I know that, you know, you have to kind of,

like, go out of your way for celery juice sometimes. And the cod liver oil is really more for tackling the inflammation piece.

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00:29:29.340 --> 00:29:39.169

Matthew & Michelle Einsohn: than the lymphatic piece. Because most likely, if you're dealing with toxicity buildup, you're probably dealing with inflammation, an overstimulated inflammatory response.

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00:29:39.170 --> 00:29:41.109

Matthew & Michelle Einsohn: In your body somewhere. Yeah.

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00:29:43.470 --> 00:29:57.950

Matthew & Michelle Einsohn: Alright, so now, what if you have brown eyes? Blood! This is all about blood, and circulation, and glands. Glands are gonna be your adrenals, your pancreas, pituitary, pineal, all those good areas.

166

00:29:57.950 --> 00:30:15.380

Matthew & Michelle Einsohn: So, people with brown eyes tend to have more challenges with the blood, the circulation, the glands, and then holding on to minerals. So you might experience, again, like, tingling, right? Because, again, you're dealing with... Neuropathy. Neuropathy, circulation, sickle cell, so you're also dealing with the pain side of...

167

00:30:15.380 --> 00:30:26.380

Matthew & Michelle Einsohn: you know, blood, kind of becoming too active, and so on and so forth. So again, those are sort of some of the things that, you know, you'd be looking out for.

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00:30:26.380 --> 00:30:33.780

Matthew & Michelle Einsohn: But it gets really interesting because also the glands play such an important role for...

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00:30:33.800 --> 00:30:42.650

Matthew & Michelle Einsohn: Right? Obviously, all the pathways and movement. So, you know, you kinda need to pay attention to that, but blood is really the primary. Yeah.

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00:30:42.810 --> 00:30:56.469

Matthew & Michelle Einsohn: So just, like, Lymph was primary for fluids. Blood and minerals are primary for brown. So it's kind of interesting, because both are dealing with flow and fluid in the body in different ways, the emphasis is just in a different place.

171

00:30:58.440 --> 00:31:18.050

Matthew & Michelle Einsohn: So they actually looked into thicker blood and how it impacted breast cancer, and it kind of makes sense logically, because your blood is the thing that helps nutrients and oxygen travel throughout the entire terrain, or the entire environment. So if you have thicker blood or higher plasma at diagnosis.

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00:31:18.050 --> 00:31:26.489

Matthew & Michelle Einsohn: Then it makes sense that you're not going to be able to heal that area as easily if you can't get nutrients and oxygen to the area to change the environment.

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00:31:26.670 --> 00:31:28.399

Matthew & Michelle Einsohn: Related to the cancer.

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00:31:32.990 --> 00:31:45.209

Matthew & Michelle Einsohn: The other thing that a lot of times we look at, now this is more of a sclerology thing, it's getting into sclerology a little bit, but we also want to look at iron levels because low iron was found to

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00:31:45.310 --> 00:32:01.130

Matthew & Michelle Einsohn: correlate to about a 32% higher incidence in breast cancer than women with higher iron stores. This doesn't mean that we want a ton of iron. We're not trying to go the opposite end of the spectrum. The body is all about balance. So we want to look for

176

00:32:01.130 --> 00:32:17.899

Matthew & Michelle Einsohn: clues that the body gives us that its iron is in balance. One of the ways you can check this at home yourself is to look in the mirror at your eyelid, the inside of your eyelid in particular. So you see in this picture how the inside of the eyelid is quite pale.

177

00:32:18.120 --> 00:32:33.180

Matthew & Michelle Einsohn: When it's quite pale like that, when it's not a nice pinky color and you can't see all of the nice red vessels, that's an indicator that you might want to get your iron checked at some point. And then there's another sign, iris sign,

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00:32:33.750 --> 00:32:43.049

Matthew & Michelle Einsohn: That can also potentially also be an indication for low iron, or iron absorption, or maybe too much iron.

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00:32:43.050 --> 00:32:55.209

Matthew & Michelle Einsohn: That we don't know. Again, you'd want to get tested for that, but there are some different genetic signs that can show up in the eye that give us some different clues to ask and to further investigate.

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00:32:56.480 --> 00:33:06.999

Matthew & Michelle Einsohn: So if you have brown eyes... Nepronol! Nepronol's great. It's hands down... We'll drop the link. Again, I... and we're dropping... these are not, like, some, like.

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00:33:08.030 --> 00:33:09.410

Matthew & Michelle Einsohn: What do you call them?

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00:33:09.810 --> 00:33:33.200

Matthew & Michelle Einsohn: links where you're, Exclusive? Yeah, they're not exclusive. Yeah, these are things that we've come across over years of testing, lots of stuff. Other than the physical one? The physical you'd have to get from us, but all these that we're trying to drop into here, you know, you can get on your own, they're not some special link from us or anything. No. This is just... We like Nepronol. It's great, it has...

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00:33:33.200 --> 00:33:37.800

Matthew & Michelle Einsohn: Special enzymes specifically for fibrin in the blood.

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00:33:38.060 --> 00:33:54.670

Matthew & Michelle Einsohn: again, I'm blue-eyed, and I still take it. You know, because again, you're always kind of dealing with that possibility. And then, specifically though, if you want to really feed brown eyes just as, like, a long-term habit, I would also... like, cayenne pepper and garlic is not a bad...

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00:33:54.670 --> 00:34:03.000

Matthew & Michelle Einsohn: Option. Cayenne is great for helping to promote and open up blood flow, and garlic is great for inflammation and viscosity of blood.

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00:34:03.010 --> 00:34:07.980

Matthew & Michelle Einsohn: And then this is a great blend. I would try it. There's a lot of different recipes that we've

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00:34:08.340 --> 00:34:27.299

Matthew & Michelle Einsohn: Move through. You know, we have like a liver smoothie. We have a beet lemon juice. Liver. You know, we got a lot of, but I would definitely try this, you know, within the scope of your routine. So if you're brown-eyed and interested, snapshot it.

188

00:34:27.679 --> 00:34:34.429

Matthew & Michelle Einsohn: Grab it. It's a good recipe. It's simple. It's tasty. Yeah, and on the replay, you'll get access to the slides.

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00:34:36.340 --> 00:34:43.750

Matthew & Michelle Einsohn: Now, what if you are a combo? What if you are a mixed eye, which would be most likely a light brown eye.

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00:34:44.520 --> 00:34:58.889

Matthew & Michelle Einsohn: That means you're going to be focused on supporting your digestive system, and one... yeah, that's all me. She's a mixed eye. Definitely a mixed eye. And so, you're always going to want to support the liver, gallbladder, pancreas pathways.

191

00:34:58.920 --> 00:35:12.369

Matthew & Michelle Einsohn: Because these are individuals who are very common to experience bloating, gas, constipation, diarrhea, and swings in their blood sugar. So you kind of have a combination of both, again. Lymph and...

192

00:35:12.750 --> 00:35:30.299

Matthew & Michelle Einsohn: And on the brown-eyed side, right? So you have a kind of a combination. That's why it's called mix, right? Some are gonna have a little bit more brown than blue, obviously, from this example, and there's plenty of people that we've seen have a lot more blue, in their mixed eye than this.

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00:35:30.720 --> 00:35:36.289

Matthew & Michelle Einsohn: Because there's almost none in here, but because this is a light brown, we considered it mixed.

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00:35:36.670 --> 00:35:43.400

Matthew & Michelle Einsohn: So yeah, it's, it gets interesting to see all these moving parts.

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00:35:43.930 --> 00:36:08.680

Matthew & Michelle Einsohn: So for mixed eyes, the liver is going to become even more important for breast health because there is something called the estrobolome, which is the liver bile gut estrogen system. This is an entire system within the context of digestion that's just used for processing estrogen and utilizing estrogen. This doesn't mean that if you have your gallbladder removed that you.

196

00:36:08.680 --> 00:36:22.479

Matthew & Michelle Einsohn: are now, like, in more trouble within this scope. No, the body's great at compensating. The body can adapt, and again, the liver is where all the bile is coming out of. Obviously, this is a place for it to sit and transition. Again, there's a functional

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00:36:22.480 --> 00:36:33.380

Matthew & Michelle Einsohn: bit to this, but there's definitely no hard research of gallbladder removal and breast cancer, for example. There's nothing that correlates in that level.

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00:36:33.740 --> 00:36:48.219

Matthew & Michelle Einsohn: But you want to keep your gut and your liver happy, because that will go a really long way for processing your estrogen, keeping your estrogen and hormones at ideal levels, and that, in turn, will influence how healthy the breast tissue is.

199

00:36:48.900 --> 00:36:51.670

Matthew & Michelle Einsohn: Yeah, because if you did have the gallbladder removed, you'd want to

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00:36:51.840 --> 00:37:02.029

Matthew & Michelle Einsohn: even more so focus on liver and supporting liver, treating it very nice, talking to it well, all of it. Giving it love. Giving it a lot of love. Love to the liver.

201

00:37:03.110 --> 00:37:20.709

Matthew & Michelle Einsohn: The other thing that we're able to look at in sclerology is in the whites of the eyes, people can develop something called a pinguecula, and it literally looks like little fat globules. And what that indicates is that that person may be having trouble with their liver processing fats.

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00:37:21.010 --> 00:37:27.910

Matthew & Michelle Einsohn: So you even want to more so impact and support the liver if that's the case.

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00:37:28.580 --> 00:37:29.380

Matthew & Michelle Einsohn: What?

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00:37:29.650 --> 00:37:31.589

Matthew & Michelle Einsohn: And the reason for that is because

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00:37:32.000 --> 00:37:36.009

Matthew & Michelle Einsohn: As Matthew walks. I just walked in the water.

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00:37:36.090 --> 00:37:55.210

Matthew & Michelle Einsohn: Go ahead. Okay, so the research has shown they did a study with nearly 12,000 women, and the ones who had fatty liver had a 77% higher incidence of breast cancer than women who didn't have fatty liver. I would be fascinated to know how many of those were mixed dyes, but that's just me.

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00:37:55.290 --> 00:37:58.540

Matthew & Michelle Einsohn: So we want to take care of our liver, especially for mixed eyes.

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00:37:58.940 --> 00:38:01.189

Matthew & Michelle Einsohn: And what's even more interesting

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00:38:01.680 --> 00:38:21.579

Matthew & Michelle Einsohn: Is, actually one of the physical products that we recently came

across was Lipotox. Yes. Lipotox actually helps remove toxicity from the fatty tissues, which is fascinating. Very. So, that's something else that we would consider if we were working with you as a mixed dye.

210

00:38:23.700 --> 00:38:34.189

Matthew & Michelle Einsohn: But in the meantime, here's some really fun, easy things you can do at home. Slantboard is great. The first one is our favorite, and we're gonna drop the link for that one in the chat as well.

211

00:38:34.980 --> 00:38:37.050

Matthew & Michelle Einsohn: It was on Amazon, but...

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00:38:37.240 --> 00:38:44.659

Matthew & Michelle Einsohn: They're not selling them, so we're giving you a link straight to their website. Directly to the company, yeah, because it's like...

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00:38:45.000 --> 00:39:03.570

Matthew & Michelle Einsohn: half off from the company versus what you would find on... But essentially, you want something like this that goes at a 45-degree angle, your feet go at the top, your head go at the bottom. You can obviously grab, like, a little pillow, a blanket, you know, get comfortable, because, I mean, I've definitely just fallen asleep on it. And then bitters is great.

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00:39:03.700 --> 00:39:16.020

Matthew & Michelle Einsohn: And with bitters, you want to take the bitters about 15 minutes before your meal, because it's going to stimulate the bile production and help get that digestive system moving properly. And the only reason why we have two different kinds is.

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00:39:16.020 --> 00:39:29.500

Matthew & Michelle Einsohn: They are different ingredients for sure. Chinese bitters, Swedish bitters. Swedish is like the classic ones that everyone knows about. Chinese bitters, just because we've been getting more into Chinese herbs lately and they do a whole lot of different things.

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00:39:29.730 --> 00:39:38.949

Matthew & Michelle Einsohn: depending on what's going on. So we would probably recommend different things. And then castor oil pack across the board. You can use it anywhere on the

body.

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00:39:39.230 --> 00:39:45.390

Matthew & Michelle Einsohn: The castor oil pack. But castor oil packs in general is a great habit for any

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00:39:45.630 --> 00:39:53.710

Matthew & Michelle Einsohn: Discomfort long-term or even like acute stuff, you know, so stomach cramps or low back pain. Menstrual cramps.

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00:39:53.740 --> 00:40:00.890

Matthew & Michelle Einsohn: Anything like that. It's really good for. And you want to use heat with it. So you're going to put the castor oil on first.

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00:40:00.890 --> 00:40:23.880

Matthew & Michelle Einsohn: Then if you'd like to put some saran wrap or something to keep the oil in place, you can just 'cause it can get a little bit messy. And then you wanna put a heat source on top of that. That can be an infrared light pad, it can be a heating pad, it can even just be a basic hot water bottle. But that heat is gonna help drive the oil further through the tissue so that it can actually reach the area that you're targeting, like the liver.

221

00:40:25.480 --> 00:40:26.710

Matthew & Michelle Einsohn: Yes.

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00:40:29.090 --> 00:40:46.239

Matthew & Michelle Einsohn: Now, in Dr. Northrup's book, she also looks at the emotional component, because breasts are representations of a lot of female emotions. So, according to her, she says, women with breast cancer frequently have a tendency toward self-sacrifice.

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00:40:46.340 --> 00:41:01.580

Matthew & Michelle Einsohn: Inhibited sexuality, an inability to discharge anger or hostility, a tendency to hide anger and hostility behind a facade of pleasantness, and an unresolved hostile conflict with their mothers.

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00:41:03.290 --> 00:41:21.390

Matthew & Michelle Einsohn: I think actually a lot of women can relate to a lot of those emotions, whether they have cancer or not, because as women, these are the kinds of emotions that we hold close to our chest and in our breast. So just something to be mindful of that those things need attention too.

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00:41:23.770 --> 00:41:29.740

Matthew & Michelle Einsohn: And if you want some emotional ways to help keep these... this breast area happy.

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00:41:30.170 --> 00:41:39.070

Matthew & Michelle Einsohn: Here are some of our favorites. One is definitely have emotional support. Doesn't matter if it's a partner, a family member, or a friend.

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00:41:39.100 --> 00:41:50.869

Matthew & Michelle Einsohn: But they've actually shown that having a support system can help enhance your immune response. So we're not meant to be solitary beings, we're meant to be in communities. So find your people.

228

00:41:51.230 --> 00:41:54.710

Matthew & Michelle Einsohn: Comedy Cures. Again, try a different route.

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00:41:54.920 --> 00:41:59.370

Matthew & Michelle Einsohn: If if They've done...

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00:41:59.510 --> 00:42:08.690

Matthew & Michelle Einsohn: 400 plus episodes over in 7 different continents, 151 countries. If they can convince all these people to

231

00:42:09.070 --> 00:42:16.120

Matthew & Michelle Einsohn: Take a beat and smile and laugh about something, because again, when you do that, it's gonna then create a different response in the body.

232

00:42:16.120 --> 00:42:31.390

Matthew & Michelle Einsohn: The Comedy Cures Foundation was actually set up by a woman going through cancer. She was in stage four. She started it from her chemo chair and she has

been cancer free for better part of a decade, I think.

233

00:42:31.470 --> 00:42:48.000

Matthew & Michelle Einsohn: So she started this organization called ComedyCures.org, where they bring as much comedic relief as they can, as much laughter as they can, all into one place, and it's specifically for people going through cancer or for their caregivers. So it's a great resource.

234

00:42:48.770 --> 00:43:00.540

Matthew & Michelle Einsohn: The other thing is self-love. Simple things. Tell yourself three things you like about yourself every single day. Your body responds to what your brain tells it, so tell it nice things.

235

00:43:00.970 --> 00:43:04.579

Matthew & Michelle Einsohn: And then sometimes we just need to give ourselves permission.

236

00:43:04.760 --> 00:43:10.629

Matthew & Michelle Einsohn: To listen to our body, and to hear its message, and to communicate with it, so it can heal.

237

00:43:12.960 --> 00:43:29.849

Matthew & Michelle Einsohn: So, here's some cool case studies that I found, obviously, of Michelle. These are pretty much... not pretty much. These are all her. She's helped a lot of people. Obviously, I'm a little biased being the husband, but at the end of the day, she's very gifted.

238

00:43:29.900 --> 00:43:39.500

Matthew & Michelle Einsohn: And I don't really keep track of my testimonials and case studies as well as she does, obviously, because these are all hers that I found.

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00:43:40.010 --> 00:43:54.090

Matthew & Michelle Einsohn: You know, different things that you can see about, you know, positive body image, positive body image frequencies, adrenal connections, you know, proactive care, getting off a couple things, getting finally a great night's sleep.

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00:43:54.170 --> 00:44:08.860

Matthew & Michelle Einsohn: You know, all these things matter. And again, we use voice analysis, iridology, frequencies, muscle testing, herbs, homeopathics. We try to hold no limitations.

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00:44:09.020 --> 00:44:10.530

Matthew & Michelle Einsohn: To what could come up.

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00:44:10.580 --> 00:44:26.420

Matthew & Michelle Einsohn: you know, for you in this moment for what we're trying to tackle. At the end of the day, we don't care what the solution is, as long as we know it will be the one that works for you. That's all we want. So, we're constantly learning, studying, gathering.

243

00:44:26.460 --> 00:44:30.940

Matthew & Michelle Einsohn: To make sure that we can narrow things down in a way that makes things simple for you guys.

244

00:44:33.870 --> 00:44:42.639

Matthew & Michelle Einsohn: Yes, and that's our presentation on Iodology and Breast Health, and hang out with us for the Q&A, but otherwise, this ends our recording.