

Your Body Your Breasts

Episode 2: Free Your Breasts

JOURNAL YOUR JOURNEY

Answer these questions about your current bra-wearing habits:

How many hours a day do you wear a bra?

How often do you wear a bra with an underwire?

Does your bra leave a red mark or indentation on your skin when you take it off?

If you currently wear a bra most of the day, how can you start wearing your bra less?

Notes from The 3 Fphs

Notes from Mind Food

Notes from Your Emotional Brew

What type of beautiful ritual can you create for the end of your day that will allow you to free your breasts and honor the goddess within?

Do you realize when you are feeling pressured? Does that awareness happen during the event or conversation that creates the feeling of being pressured? Or does that awareness happen later? Why do you think that is?

When you feel pressured, what type of resistance does this create in your body? Or in your mind? Spend some time discovering how this feels. Then explore ways to shift that resistance when you feel it.

After watching this episode, how does your mindset about wearing a bra need to shift? And how will this shift improve your life and your health?



Meet Tammy

Tammy Kohlschmidt, RDH, CCT, CBP

Tammy Kohlschmidt is a well-rounded practitioner in multiple healing disciplines – Certified Clinical Thermographer, Licensed Dental Hygienist, Certified Body Talk Practitioner, Tibetan Tones Sound Healing and Nutritional Evaluations using the Zyto technology.



She has integrated Thermal Imaging, Periodontal Therapy, Energetic and Spiritual Healing with Nutritional Evaluations, as a better way for sustaining health and well-being.

Tammy believes that health and well-being are a reflection of spirit, belief systems, energetic fields, body structure and body chemistry.

Tammy has a special interest in the Oral Systemic Link. She believes the mouth and body share an ecosystem that must be treated as a whole to obtain sustainable health.

She has intertwined her intuitive healing abilities and her love for energetic medicine as a Certified Body Talk Practitioner. She has created Empowerment Weekends for Women as well as online classes.

Tammy's mission is to bring women together to support, enhance and encourage the healing of the feminine. Her work creates a ripple effect of empowerment as women share new knowledge with their mothers, daughters, sisters, friends—helping all women RISE.

She has attended courses and workshops from The Holistic Dental Association, The International Academy of Oral Medicine and Toxicology, Zyto, Premier Research Labs, Energetix College, doTERRA, The Integrative Health Symposium, Chirodantics, IntegraMed Academy, Body Talk Modules, Carolyn Myss, The 5 Rhythms, Sharon Salzberg, Eckhart Tolle, Debra Ford and Krishna Das. She has also completed the Mastery and Creation courses from The School of Womanly Arts.

Tammy's free time is spent as a dancer, choreographer/teacher and of course riding her Harley Davidson motorcycle.



Your Body Your Breasts

DISCOVER . EXPLORE . ACTIVATE . HEAL

Your Body Your Breasts is a deep exploration of whole-body healing with an emphasis on breast health integration.

You are invited to learn more and purchase additional episodes [HERE](#).



The 8 Secrets to Optimal Breast Health

THERE IS SO MUCH MORE TO BREAST HEALTH THAN YOUR ANNUAL MAMMOGRAM!

Learning [The 8 Secrets to Optimal Breast Health](#) will change your life for the better.

There are many simple-to-do lifestyle changes you can make that have a positive impact on your breast health. And all of this can be done by you very easily on a daily basis.

You are in control of your breast health!



LEARN MORE



*The course is about breast health and much, much more!
Because all of our systems are so interconnected the course is a holistic
how-to on optimizing one's mental, emotional and physical self.*

Tammy is one of a kind!

*She delivers the content from her very core and her desire to parlay and
empower women is really palatable during each minute of each lesson.*

*She's in it 100%, speaking from personal experiences and commitment to
her pursuit of better of health.*

Her energy is raw and infectious – talk about raising one's vibrations!

Natasha