

# Your Body Your Breasts

## Episode 4: Got Breasts? Screen Them!

### JOURNAL YOUR JOURNEY

How do you feel about touching your breasts? Do you feel anxious or afraid? If so, spend some time writing out those fears and worries about your breast health. Then consciously clear that fearful energy.

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If you don't already do a regular self-exploration of your breasts, how can you make it a priority to learn how? And what will it take for you to put that on your calendar and do a self-exploration without fear?

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Are you mindful of your thoughts and how they affect your breast health or life?

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How often are your thoughts fear-based? What can you do to become more aware of that pattern? And how can you shift that fearful pattern?

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How can you begin to tune into love – for yourself, your breasts, and your future?

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Notes from The 3 Fphs

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Notes from Mind Food

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Notes from Your Emotional Brew

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After watching this episode, how does your mindset about screening your breasts need to shift? And how will this shift improve your health... both breast health and overall health?

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## 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**



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