



995: Breast Health, Salt and Simple Health
Strategies For Women With Linda Bamber-Olson

Child: Welcome to my mommy's podcast!

Katie: Hello and welcome to the Wellness Mama Podcast. I'm Katie from wellnessmama.com, and this episode round two with Linda Bamber-Olson is all about breast health, salt, calcium, and health strategies for protecting breast health. And we get to go into some fascinating directions with this one today. Including her personal story and why this is such a passion for her.

As well as some counterintuitive strategies that are really helpful for, as she talks about, protecting breast health ahead of their being problems. As well as some things like the calcium myth and some things we've been told that were incorrect about salt. Even about screening for breast cancer and so much more.

There's a lot of links in the show notes for this one. This is round two with Linda, who has a fascinating story and a wealth of knowledge, so let's join her now. Linda, welcome back. Thank you for being here again.

Linda: Well, thanks for having me again. It's very fun to talk to you back and forth. I actually don't know where you're located at, but I'm in Kansas City, so...

Katie: Oh, nice. I love, I have some of my favorite memories in Kansas City at a little children's museum with my kids when they were little. I'm in Florida. And if you guys missed it, Linda and I already got to have a fascinating conversation about sound and frequencies and how those can be extremely safe and incredibly effective and health supportive as well.

I'll link to that in the show notes if you missed it, highly recommend it. And in this conversation, I wanted to go deep on something, Linda, that you touched on briefly in our first episode that I feel like is really relevant to a lot of the female listeners, which is the topic of breast health. And I know this is a topic that is close to home for you because of some, your personal experience with some of your loved ones.

So I would love for you to kind of walk us deeper into that story of how did you become interested in this, what you built because of your family's experience with this and what you wish had existed then that now does exist, thanks to you.

Linda: Well, I don't want to repeat too much, but basically I'm very passionate about women's breast health. I started a business called BRAS, Breast Research Awareness and Support. And that was directly a result of my mother and sister being diagnosed with breast cancer about six months apart. And then my medical doctors just wanted me to have a double mastectomy and go on with my life. And I just thought it was ridiculous. And I know

there was a lot more words that I was thinking in my mind when they told me that I should do that. Because they hadn't tested me at all. I did not have anything wrong with me.

And so I chose to complete my teaching career at that time and go ahead and get an ND certification and bought some different types of testing tools and begin working with women's breast health. And so for the last 18 years or so, I have worked with breast health and tried to educate women on some natural things that they can do to protect themselves. And the medical community is not telling us any of this.

All they are telling us is, you know, cut, you know, all kinds of ideas. I don't want to go into that too much. I, you know, I can if we need to... But I see so many women who come in and they are in the, in a quandary, because they have been told some of the same advice and they're not quite sure what to do. Now I'm not necessarily talking about the C word, I'm just talking about basic ideas, you know?

I know when I was 18, I came up with a lump in my breast and I went to the doctor and it was in a small country town. You know, in eastern Kansas. And seriously, I was in the hospital that night having that lump removed. Now how scary is that? You know? And that's the kind of thing that they still do 50 years later. They do those kind of things to us. And someone might come in and say, well, I have stage zero breast cancer, but they want me to do, again, a double mastectomy or whatever.

So what are some things that women could be doing? What are they, what are they not teaching us? That's a huge component of what my business does. And you can look us up online, BRAS. And then there's one more word to it. Thermography, BRAS thermography. And so what I learned, those 18 years ago, is that there is a different way for us to monitor our breast health. And it's called thermography.

So it is a camera system that's a heat seeking camera or you know, video, pictures, images, that kind of thing. I kinda stutter there a little bit. But it is definitely heat seeking and it takes pictures that are definitely, telling us information about your body without being invasive and without x-rays.

So, any woman that's ever had a mammogram knows how scary a mammogram is. For instance, my mother had had about 30 mammograms. My sister, the exact same age, I shouldn't say that, who was a year and a half older than I was. I don't know where that came from. Anyway, she'd had 20 some mammograms and I had had one.

And we were so close together and age, and I'm going, why would you have all of those? You know, I went for my very first mammogram when I was 40 and said I would never do that again. I did not like being squished, you know, to a quarter of an inch thick. I intuitively knew that if I had a tumor or something that it was going to pop.

You know, there isn't one woman who doesn't think that instinctively. And then when you do that, it can spread, all kinds of things. So the thermography is a system that does not do that. And then doctors can give you more and more information. So my business actually takes those images, sends them to medical doctors to interpret, and then they send them back for us to share with you. So in the meantime, when somebody comes into my office, I'm giving them all kinds of things that they can do to protect their breast health.

So it's very important and it doesn't take a lot of time to do this particular idea. So I encourage you all to look up thermography. I do have about 12 different franchises around the US, BRAS thermography. And it has the different locations for those. But it is so important for us to learn several ideas about our breast health, and I'm not sure if I should go on with those yet or not. I'll let you.

Katie: Well, I'll definitely link to the things you're talking about in the show notes for any of you guys listening on the go or if you're out walking. All those links will be at wellnessmama.com. But yeah, I love that thermography is an option. I'm at the age where I have not yet gotten to the age where they would be pushing mammograms, but I had through research already decided when I get there, thermography is gonna be the direction I go, or like the non-invasive options.

And I love your approach in talking about protection. I think that's the perfect word for this. Rather than waiting till there's a problem and rather than doing these kind of invasive things that might actually lead to more problems than they solve. So I have a feeling you were about to jump into this, but what are some of the often overlooked ways that we can support and protect our breast health before there's a problem?

Linda: Well, that is a big question. Because as I worked with women, I was just blown away on all the things that were in their lives. You know, just basic day-to-day things that could cause a problem. So I took some images of a woman and her breasts were just bright red. They're not supposed to be, they're supposed to be light green or blue on our imaging system.

And so just talking to her, I'm asking about her daily life, you know, lifestyle. She was drinking eight cans of diet pop a day. That's all she drank. Well, that's all I needed to know. It's like, oh, okay. Can you stop drinking that and, you know, give it a couple weeks and come back in? Sure enough, she came back in two weeks and her breasts were fairly normal looking with just two weeks of staying away from aspartame. You know, that's, that was, that's a huge problem that women are not realizing.

Now. A different example is a lady who was going through a lot of trauma. She had lost her father, she had lost some other people. There was all kinds of emotional trauma, and her

breasts were the same. They were giving us clues that something was going on. And so I was able to note this to the medical doctors when they did her interpretation. And we were kind of on a wait and see idea. And sure enough, once she got through the trauma, you know, the overload with losing someone special in her life, that problem went away.

But many women are not able to get over that trauma, you know. And so they can, you can see how our breasts do react to emotions, how the, it just gets worse and worse. And then we can have all kinds of very, very heavy problems with our breasts. We also have people who do not realize anything is going on. Their breasts may be sore. And they come in and I do a different kind of testing on them.

Which is some of the information that I was able to harness to put together for the WAVwatch that we talked about earlier. But I could see from my testing on a machine called an MSA, and you could look that up at ihtbio.com. And it is a tool that has about 50,000 frequencies on it. And one lady, it told me that she might have E. coli in her system. And I said, you know, that is really connected with breast problems.

So we actually had E. coli as a selection on the WAVwatch at that particular point in time. I could narrow it down. And she put the WAVwatch on and she immediately felt it go, you know, in her body, felt some energetic, you know, connections. Kind of went through her stomach and then it zipped up into her left or her breast that was giving her trouble at that time.

And then she said it just felt like a worm, just kind of slowly just, you know, going all through her breast and then it just zipped off. Now what woman wouldn't think that something had changed, you know? So something as different as a bacteria is connected with breast cancer and they're not telling us that, so we're not getting rid of it.

The same way with Epstein Barr virus. Women come in all the time and they know sometimes that they have Epstein Barr virus. So a couple of women used the WAVwatch on Epstein-Barr virus and definitely, you know, felt something, you know, move through their body and then into their breast area. And seemed to, their feeling, was that it seemed to have cleaned it out or changed something, reacted with it, rebalanced it, whatever words you might want to say.

But the list goes on and on. I had a woman come in who was bit by a horse, you know? And it didn't heal correctly, so she was having all kinds of problems. So the list is endless of things that we are having trouble with. Now, the one that I find the most, that is the most interesting to me because it's the easiest to teach, is that there are eight teeth connected with our breast health. Two up and two down on each side towards the back, and these teeth can drain down into our breast and be problematic. Is that something you knew?

Katie: Only from like a reference in a book a long time ago. And I had read this stat that there's a link between root canals and certain teeth, potentially, and breast cancer. So, and I helped found an oral health company. I've, love, that's one of my pet research topics. And the oral microbiome and the interplay between that and our whole body. It's so fascinating to me. But I would love for you to give us an in-depth explanation of that. because I feel like this is not talked about nearly enough.

Linda: No. And so, like, you're one of the, you work in the field. But like 99.9% of the women who come into my office have never heard of that idea. So I had a younger lady, seriously, about 20 who came in and she had a lump in her breast. Well, all we had to do was take one thermogram image of her and we could see that her tooth was white hot and that there was a trail of white down to the breast lump.

Same thing with a man who came in and he came in because his wife had done thermography and he now had a, you know, something in his chest and easy to see. You take a picture and you can see that their teeth or one tooth is infected and that is draining down to the chest area for men. So many times men do have breast cancer because of their teeth you know? It is very amazing the materials that have been put in that can drain down, whether it's mercury or whether it's the ceramics. Or whether it's just an infection and it can be there for many, many years.

Now, I had another gentleman whose wife had actually died of breast cancer, and he said, oh, no, I don't say that. He said she died of dental cancer. And he said when they went to the dentist in the middle of her breast treatment, which was, you know, a medical treatment, she was doing the chemo and radiation, whatever. But at that point in time, she just went in. She wasn't having anything wrong with her teeth. She couldn't feel a thing going on at all. But when they started looking at it, he said basically, pus shot out and hit the ceiling with force from a tooth that she wasn't even having any trouble with.

And he told me and he, you know, he looked it up and it was the one of the eight teeth that women can have trouble with. So we need to be so very careful with our teeth for our breast health. But for every organ in our system because every tooth will affect 8 to 10 different organs as it drains through our body. So it is a huge problem, and the more materials that they put in our mouth, the worse it can be. So that is something that women need to be educated about.

Katie: And that's super fascinating and I feel like another one you briefly mentioned, that it seems very important to understand in depth, is the connection with emotions as well. I know this is not as understood in maybe the western world, but I've heard that in Chinese

medicine for instance, there seems to be a connection in an understanding of breast health being connected to certain emotions.

And kind of like, I believe I read ones like overgiving, like there's certain emotions connected to kind of struggles with breast health. Like I said, that's not as common here in the West, but from what you've researched and what you've seen, is there an emotional connection as well that can show up when women are having breast related issues?

Linda: Oh, I definitely think so. I don't know if any of you have seen Louise Hayes. She you know, has written several books and she basically has it listed in her book, every area in Your Body. And what, if you are having an ache or pain with it, what emotion it is tied to. And our breasts are tied to being over, you know, over caring kind of like a type A personality.

You know, a person who is very minutely into every detail in their life plus other people's lives. You know, they are so in that, that they are losing track of some of the things that they need to be doing for their own health. So an overachiever sometimes can be also in that area. But over caring, overwhelming, you know, there's probably a couple different other classifications, but I can't think of the exact word that I wanna say. But that definitely ties into... over nurturing, I think that was the word I wanted to say, over nurturing.

And then we think about it with our breasts and how as a mother we're nurturing, you know, but we don't let that go. Sometimes when our kids start to grow up. We are still over nurturing them and tied to too much and giving ourselves health problems.

Katie: Yeah, it seems like we're also gonna find, just like as we're learning more and more and how Einstein said the future of medicine is frequencies, I think also we're gonna learn more about the really important connection between our emotions and our like kind of spiritual, emotional, mental health and our physical health. And how those things are not separate at all.

And I love that you bring this into the conversation as well. Another topic I love to delve into anytime I get the chance, and it sounds like we might be aligned on as well, is the topic of salt. Especially, like, unrefined sea salt and how this can be beneficial. I feel like this is something that's gotten a completely undeserved, bad rap from the medical community in past decades.

And if anything, from what I've seen both in my own anecdotal experience and some, the reading I've done is we might be actually doing ourselves a tremendous disservice by avoiding some things like salt, like sunshine that I would love to really delve into the salt topic today because I feel like a lot of women have perhaps been told to keep their sodium low.

And it sounds like there's more to the story even when it comes to protecting our breast health.

Lisa: I have a, I think it's a 16 page booklet for breast health. And one page in there is all for salt. It's all about salt. Because salt connects with your breast health. So if you are low in minerals, you're gonna have some breast problems of some kind, that's for sure. And we have not been taught where our minerals should come from. Minerals are the most important thing in there, in your body if you ask me. Because nothing works unless we have those minerals in the correct balance. So our ancient cultures knew about salt. My goodness. Why did they have wars over salt? Why did they trade salt? Why did they pay wages in salt? The list goes on and on.

And so today we have been taught that salt is bad and we put better salt on our highways than we put in our body. You know, that's the kind of idea I like to throw out, you know? So in my office, I teach women how to muscle test or do kinesiology. And the product I do it with is salt. To prove to them how low they are on basic minerals. Now if you've ever looked at Himalayan salt, you'll see it's a red color. If you look at a Celtic or Celtic salt, it's gray. And if you look in my, these are my favorite three salts. And another one is the Redmond's Real Salt. It's kind of a pinkish, you know, sand color, a little bit different.

And why are they different colored? We haven't even been taught the basics. They are different colored because they have mineral, different mineral combinations. So in my testing over thousands of women, and I've never seen this written in anywhere else, but the Himalayan salt seems to be the best for women who are still having their cycle. Why? Because the red, dark, pinkish color is iron that we need. Okay? So women my age, I developed my WAVwatch when I retired, you know, right during COVID. And when I retired, well, so I'm 72. I don't need that salt. I need the Redmond's Real Salt for the mineral content in it. And so I've seen that correlation.

Anyone who has passed their cycle needs the Redmond's Real Salt. And men usually tend to need the Celtic salt. And so that is very important that they have the right kind of salt for the right proportion of minerals. Now, today, we're all into, take this mineral, buy this mineral, you know, and you've got 80 bottles of minerals, right? If you would listen to how they want us to do it. And that is exactly wrong because that puts something all outta proportion, you know?

I mean, I even hate to take magnesium by itself because I don't wanna put something outta proportion. That's what we did with calcium. We decided that calcium was a great mineral, and so we put calcium in anything. So now calcium is what? Building up in our veins. And so what are they testing for when they're doing all this testing to see if there's calcium

deposits in your veins, in your heart, because we have over compensated for calcium. So that's why the salt is so important.

God gave it to us. He gave it to us in correct proportions. And if you have muscle tested and, you know the salt that is the best for you at that point in time, it could change. But if, you know, that proportion, you are better off to take a type of salt that has up to 80 minerals in it. Rather than buy a mineral component that might have five minerals in it. It's going to throw something outta whack eventually. So be very careful with just buying, you know, minerals here and there. Buy a multipurpose mineral product that you believe in that your body tests for. And I just do it simply. I use salt. I use a quarter to a teaspoon of salt at different times during the day.

Katie: I love this. Yeah, I've talked before about how I feel like some big missing pieces when we started talking about calories and macros is we forgot about micronutrients and minerals. And I think if we just switched our focus instead of, like, trying to restrict calories, but how do I really, like, just, like, bombard my system, load up on micronutrients and minerals, like, how do I maximize the nutrient density of the foods I'm going to eat?

Our body tends to respond really well to that, at least in my experience. And one tip I've found personally helpful is that I keep a quart sized mason jar on my nightstand with some salt in it so it dissolves completely overnight. And then first thing in the morning before I touch a screen, before I drink caffeine, before I do anything else, I go outside in the morning sunlight and drink that water and stand on the ground.

And it is drastic how much your hormones and your energy levels respond when you start the day with natural light and minerals. And those are essentially almost free because salt is so inexpensive. I love that there's, like, simple tips like this that really do make a profound difference. I even did a solo episode recently on how there's evidence that even just a tiny pinch of baking soda in that water as well actually can have a really profound effect on the body.

But all of these things are not, like, really talked about that much because there's not a lot of profit in them. Like nobody's going to become wealthy making a pharmaceutical to sell you salt. But it's available to all of us.

Linda: Our ancient cultures, and even our grandparents knew all of this. I mean, I keep looking at things that my mother taught me, you know? And it's like, wow, how did she learn that? You know? I mean, she had an aloe vera plant, you know, 50 years ago and taught us to use it for burns, you know? And what did her grandparents teach her, you know?

So we have been taught different things. They use baking soda. They use salt, they use vinegar, and we should go back to all of those things. Definitely.

Katie: Agreed. And I love things, even simple tips, like naturally fermented foods like sauerkraut, there's a lot of great salt in there along with some probiotics and that's easy to just add a teeny bit to every meal. Get that nutrient density. I love that you also brought up calcium because I feel like we've heard for too long like, oh, calcium is so important for bones and it's actually seems much more nuanced than that.

Like you said, it's not just calcium. It's actually calcium, collagen, silica, magnesium, the interplay of all the minerals and the right balance. So simply taking calcium alone is not going to protect our bones to begin with. But from my understanding, you read the book *The Calcium Lie*, which I have on my list as well and I'll link to in the show notes.

But I would love to just dispel the calcium myth a little bit more. Because I feel like a lot of people are still being told more calcium is better.

Linda: Mm-hmm. Right. And just like I was mentioning, that book actually probably was one of the most prophetic and, you know, that I've read for years. Because it really just went back to the idea that we need to take balanced minerals. So that's why, you know, the salt is definitely, I talk about frequencies and I talk about salt. Those are my two passionate subjects. But we have not been indoctrinated to the fact that if our minerals are out of balance, then nothing works. I mean, we have to have the right balance of minerals to have our amino acids to work for everything in our body. And we're not paying attention to that.

Kids are getting no salt today. No wonder they have allergies. Guess what one of the worst things is when they're allergic or they have problems with gluten intolerance? Salt. So if you give them more natural salt, they can sometimes get over their gluten intolerance. It's a salt deficiency. How sad.

You know? So even if we are getting salt today in our processed foods, it's the wrong kind of salt. So one of the best things to have on your table is the unrefined sea salt, you know? And it's so huge. I buy big bags of salt for different purposes. It is very important that each child do, does know the difference in the salt and how they can take it. That they should be very, very careful with the white salt that's usually on tables in people's homes, and especially at restaurants.

Katie: Agreed, and I'm putting links to a post I've written as well as resources you have on a lot of these things that we've talked about so people can dive in and keep learning more. And I know we're to the end of our time, but I would love any last minute tips you have that you feel like are really effective that women can implement if simple. Like little lifestyle upgrades like we talked about, just adding salt to your water being huge.

Or, for women listening, if there were only a couple baby steps that women could take. Like, where would you have them start?

Linda: Oh, I got, I have so many, I'm not quite sure how to simplify this down. But I really do, like, I'm just gonna go back to the WAVwatch. And I'm not, I know we haven't talked about it a lot, but it is a product that I developed. And when I was in the prototype stage, you know, and working with women's breast health, nine women came in who just happened to have a breast lump and they wore the WAVwatch for breast health.

Nine times, nine different women, breast lumps went away in about 30 minutes. Now I know that sounds over the top. And it was over the top for me too. I'm going, oh my goodness, the watch is working! This was my prototype stage. So women, we need to be very careful, but look around for some different things that you can do for your breast health. And that would be the easiest one.

One of the ladies who had the, was one of the nine, was a nurse, and she basically said that her lump had been there for six months. It was almond sized. And again, within the 30 minutes it went down to tapioca sized. And so changes can be made with new tools that we might not even think about. So, and then I also have some different tools called, there's one called a BioMat that women have laid on, and it's very important. It has infrared heat and frequencies from amethyst crystals in it.

And another idea would be iodine. I suggest that women get Lugol's iodine. And especially if they're having breast problems, rub it directly onto their breasts. You know, if you know that you are not sensitive to iodine, that is a big, you know, make sure that you know that. And that would be just some easy ideas right there. Look at different tools they are out there. And then iodine would be one to add with the salt.

Katie: Amazing. Well, I will make sure those things are all linked in the show notes. In both of our episodes together I've learned so much from you. I'll link to our first one also, if you guys missed that one, highly recommend it as well. Linda, I'm so glad that our paths crossed and that I now have a WAVwatch that I've been using almost constantly since I met you.

And I'm so grateful for your time today and for all that you've shared for your obvious passion about this and all the wisdom that you have imparted. So thank you so much for your time.

Linda: Thank you.

Katie: And thank you as always for listening and for sharing your most valuable resources, your time, your energy, and your attention with us today. We're both so grateful that you did. And I hope that you will join me again on the next episode of the Wellness Mama Podcast.