



NUTRITIONAL PROTOCOLS FOR: TH-1, TH-1F, TH-2 & TH-2F

Thermology resulting in a TH-1, TH-1F, TH-2, or TH-2F is a **benign** rating. The following nutritional protocol for optimum breast health and as always if on any medication consult your doctor before taking any supplement:

DIET:

1. A diet high in fiber and low in saturated animal fats is preferred.
2. Eat lots of fresh, organic fruits and vegetables and their juices.
3. Eat organic whole grains, nuts, seeds, beans and legumes.
4. Animal protein with no antibiotics or hormones that are fed vegetables.
5. The fats in dairy products store fat-soluble chemicals so make sure it is organic.
6. Drink purified water to flush out the kidneys and hydrate the lymphatic system.
7. Avoid foods you are allergic or sensitive too.

SUPPLEMENTATION:

1. Support the thyroid function using trace minerals including iodine found in wild (not farmed) seafood and sea vegetables or taken as a supplement.
2. If your report indicates hormonal fluctuation you may want to have a hormone panel to evaluate your progesterone and estrogen levels and supplement only with bio-identical hormones.
3. Take a natural multi vitamin and mineral supplement with: calcium, magnesium, B complex, especially folic acid, B6, A and E.
4. Take essential fatty acids found in borage or evening primrose oils. These should also be taken along with a digestive enzyme that includes lipase to assure absorption of these fat-soluble vitamins (note: all oil based vitamins should be refrigerated so they don't go rancid).

SUPPORT THE IMMUNE SYSTEM: The liver is an essential part of the immune system. If it is overloaded with chemicals and a toxic diet or environmental pollution, it cannot do its job of filtering out malformed cells such as cancer. The liver, lungs, kidneys, skin and colon are all part of the eliminatory system. Keeping them functioning correctly relieves the burden placed on the immune system. Colon Hydrotherapy is recommended to keep the bowels clean and healthy.

Detox-factors from Tyler Labs supports both phases I and II of the liver's function and is recommended if exposure to chemicals or substance abuse is a factor.

If you have taken synthetic hormones such as birth control pills, fertility drugs, hormone replacement therapy or had recent composite dental fillings then Calcium d' Glucarate is recommended. This product boosts phase II of the liver function and eliminate excessive estrogen. The recommended dosage is 1,500 mg daily, one month for each year hormones were taken. Recancostat is a patented formula to make reduce L' glutathione, bio-



available. Also IP6 with Inositol to make abnormal cell growth like DCIS, normalize as well as increase natural killer cell production.

For those with fibro-adenoma cysts, caffeine has methylated xanthenes, which blocks fibronase a necessary enzymes to break down fibrous material. Caffeinated products like coffee, cola and chocolate should be avoided. Indolplex is also recommended for those with fibro-adenoma cysts as it helps the pathways of estrogens including xeno-estrogens (estrogen mimicking toxins) from converting to estrone, which in excess can cause abnormal cell growth and neo-angeogenesis (a new blood supply that develops to feed tumor growth). This product is also recommended for those who are taking synthetic hormones such as birth control pills or synthetic hormone replacement therapy for postmenopausal women.

HERBS AND TREATMENT: Use squaw vine, mullein and red clover, ginger tea or Jason Winters tea to aid to detox the lymphatic system. Place castor oil heat packs on congested lymphatic glands or on the fibro-cystic breast for 2-hour periods. Performance of colon cleansing, daily lymphatic massage or dry brush massage speeds up the detoxification process. Avoid wearing a bra for more than 18 hours a day. If you do need to wear one, take it off when coming home, and massage the lymphatic system surrounding the breast. Don't drink water stored in plastic containers that have been exposed to heat (in a hot car) as this releases xeno-estrogen (estrogen-mimicking toxins) that cause breast cancer. Use only safe cosmetic and cleaning products as a reference: Dr. Epstein's "Safe Shoppers Bible". Visit: www.healthybreasts.info .

To order Integrative Therapeutics™ Products call (877) 628-3477 Pin # ITI 5568

Dosage:

Calcium D-Glucarate (with food is okay) For: TH-1, TH-2 or TH-3, 1 cap TID*

Indolplex (with food is okay) For: TH-1, TH-2 or TH-3, 1 cap BID*

Protective Breast Formula For: TH-1, TH-2 or TH-3, 1 cap TID*

Recancostat 400 (no food with 10 oz H2O) For: TH-1, TH-2 or TH-3, 1 cap BID*

Cellular Forte (IP6 with Inositol) For: TH-1, TH-2 or TH-3 1 cap BID

After receiving your Thermography report:

- 1. Call the clinic where you were screened to schedule a free consultation to review your results.**
- 2. Order any products that are recommended in your protocol from the clinic where you were screened.**