Holistic Protocol for Fibrocystic Breast Disease

• Eliminate caffeine, theophylline, and theobromine found in coffee, tea, soft drinks, chocolate, and some medications.
• Vitamin E 600 to 2000 IU/day. (Unique E)
• Protective Breast Formula 2 tablets daily with food
• Beta-carotene 50,000 to 150,000 IU/day.
• B-complex 50 or Max B-ND as directed
• Vitamin C 500 mg a day.
• Flaxseed oil 2 tablespoons a day or Evening Primrose oil capsule one 3x/day.
• Lactobacillus acidophilus or another probiotic 1 tsp 3x/day.
• Milk Thistle (Super Thistle X by Phytopharmica)
• Iodine 0.25 mg a day or Iodoral.
• Choline 1 gm a day.
• Zinc 15 mg a day.
• Selenium 150 micrograms a day.
• Chasteberry—may help to decrease prolactin levels.
• Progesterone cream. Apply to breasts daily.
• Garlic—two tablets three times a day.
• Indoplex 2 capsules twice a day.
• Chrysin 500 as directed (anti-estrogen)
• Calcium D-Gluconate – one to three capsules orally, three times a day
• Heel Detox Program– add 20 drops of Nux Vomica Compositum, Berberis, Compositum, and Lymphomyosot to each liter of water.
• Lipo-Chord 30 drops orally 2 times a day. (Assists in relief of xenobiotics in fat tissue).
• Endopath F 30 gtt. orally, twice a day.
• Xeno Force – detoxification of xenobiotics.
• Curcumax – one capsule three times a day.

Diet: Avoid meat and chicken with added hormones. Vegetarian, with high amounts of fiber. Avoid caffeine, theophylline, and theobromine-containing food and drinks.

Medications: Avoid estrogen-containing BCPs and hormone replacement therapies.

Other:
• Avoid tight-fitting brassieres and aluminum-containing antiperspirants.
• Use Castor oil compress: Heat oil in hot water bath and apply to breasts, then wrap breasts with Saran wrap overnight. Apply nightly for one week.

The above statements and/or supplements have not been evaluated by the FDA. The FDA suggests that you consult with a health care professional before using any dietary supplement. This product is not intended to diagnose, treat, cure or prevent any disease.