



Plastikos Plastic & Reconstructive Surgery
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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 as directed
- Redoxal HMF one capsule 3x/day.
- 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 and wrap breasts with saran wrap overnight. Apply nightly for one week.

The following 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.