

Breast Tenderness Assessment

1. Have patient palpate and identify the most tender area of the breast.
2. Rate tenderness on scale of 1 to 10.
3. Neuro-lingual challenge the list below to identify the supplements that reduce or eliminate the discomfort.

Note: Often resolution occurs with one supplement. If a partial resolution occurs, use in combination with other supplements until the pain is reduced to zero or near zero.

➤ Baseline tenderness on scale of 1 to 10: _____

<u>Supplement</u>	<u>Tenderness</u>
Colon Plus	_____
Garlic Plus	_____
IPS	_____
ADP	_____

If not resolved with above, consider liver involvement:

<u>Supplement</u>	<u>Tenderness</u>
Beta Plus	_____
Beta-TCP	_____
MCS	_____
Livotrit	_____
Cytozyme-LV	_____