

# Reduce Breast Tenderness in 5 Minutes

*"This is one of the most dramatic things I have witnessed in clinical practice, a technique that can reduce patient breast tenderness in about 5 minutes."*

I'd like to share with you, a technique that can reduce patient breast tenderness in about 5 minutes right in the office. This is one of the most dramatic things I have witnessed in clinical practice.

For years I taught a course on in-office tests to assess patients through the Nutritional Therapy Association. One of the tests involved having physicians (they were the patients in the class) ... do a self breast examination. If they felt tenderness above a certain pain threshold they were to come forward so we could demonstrate how to reduce or fix the problem.

Now keep in mind, they came forward expecting results, meaning the demonstration had to work. No matter how confident I appeared, I was always nervous whether the demonstration would work in front of the class. But it



worked every time and continues to work.

Let me tell you about how to perform the test before we go into why it works. Participants would rate their breast tenderness on a 1-10 scale with 10 being the most painful. Then the ones with the most pain, usually 5 or higher, would taste different nutrients for 30 seconds and re-evaluate the tenderness, meaning if the pain lessened.

Sometimes the pain would become greater, signaling that was not a good nutrient

for that particular patient. You'll see why in a moment. After tasting anywhere from 1 - 5 nutrients all participants discovered one or two substances that would dramatically reduce their breast pain.

I must confess it was always amazing to watch the body decide which substance would fix the problem. Sometimes it would be one of my favorite products and predictable, but often the product that would take the pain away was one I would never think to give.

So why did it work? It worked because breast tissue is honeycombed with lymph nodes. When the lymph system gets sluggish and the fluid gets congested and can't drain. The nodes become painful and often small cysts can develop. Where does the lymph fluid drain? The bowel. So if we open the drain, the fluid will begin to move.

Taking the next step, one of the roles of the liver/gallbladder is to keep the bowel moving. So the nutrients we sampled first were things to optimize gall bladder function like Beta-TCP or Phosphatidylcholine. If that didn't seem to make a difference, we tested nutrients for bowel health and cleansing. Often the emulsified oregano product ADP or garlic would make a big difference. Other times Iodine, EFAs, Chlorophyll Caps or some form of prebiotics / probiotics blend like Biodoph-7 Plus would make the difference in pain or tenderness reduction. Sometimes it was a hydrochloric acid product to digest food more effectively.

I have provided a form that lists the nutrients that are most often used to reduce breast tenderness. Tasting nutrients to see if they affect certain functional issues is called neurolingual testing. Whenever we taste something, immediately nerve signals in our mouth transmit a signal to our brain about the substance. The brain identifies properties in the substance tasted and makes a lightning fast decision about what it will do to the body. This type of testing is also used to see which nutrients increase range of motion, balance as well as reduce pain or trigger points. If the

nutrient is tasted and increases range of motion, balance or decreases pain, we use it therapeutically for 30 days and retest. This helps both doctor and patient understand when a nutrient is needed and when it is time to stop supplementation. Neurolingual testing uses the body to screen neurologically, nutrients that may have the greatest therapeutic value.

The point for our discussion on breast tenderness is that neurolingual testing can have rapid responses for many situations and can help us assess which foods or nutrients can benefit our patients. There are so many nutrients to choose from, if we can individualize which one works for a specific patient, it dramatically increases patient compliance and effectiveness. Yes, they may have to come back for multiple visits while you peel away the causes of the problem with repeat testing, but this kind of individualized detective work is really appreciated by patients who have had chronic conditions.

If you would like to learn more about this type of testing, Dr. Greg Peterson teaches a series called "Without a Doubt" and the Nutritional Therapy Association teaches classes nationwide. You can click the links below to get more information.

Breast tenderness is common with many of your female patients. You'll be surprised how effective this type of testing can be... give it a try.

Thanks for reading this week's edition, and thanks for your comments each week. It's always encouraging to hear from you.