



## **FIBROCYSTIC BREAST**

### **Nutritional Support Protocol**

#### **Lifestyle Recommendations:**

1. Avoid tight-fitting brassieres.
2. Avoid aluminum-containing products such as antiperspirants and lipstick.
3. Practice good sleep habits and get between 8-9 hours of sleep a night. Take the "Are You Getting Enough Sleep?" questionnaire and follow Insomnia Nutritional Support Protocol if needed.
4. Participate in a regular balanced exercise program that includes wearing a pedometer to ensure that you collect steps and move more. High intensity short bursts (20-60 seconds) of activity during the day is recommended to enhance growth hormone release. Also engage in resistance training that works all major muscle groups (work each group at least 2 times a week).
5. Avoid estrogen containing BCPs and synthetic hormone replacement therapies.
6. Avoid stress and extra obligations.

#### **Dietary Recommendations:**

1. Avoid meat and chicken with added hormones. Choose organic whenever possible.
2. Focus your diet on complex, unrefined carbohydrates such as whole grains, vegetables and fruits with high amounts of fiber.
3. Emphasize omega 3 fatty acids (salmon, mackerel, herring, sardines) and omega 9 fats (olive oil, olives, almonds, hazelnuts, avocados, macadamia oil and coconut oil).
4. Choose lean, clean quality protein at each meal such as chicken breast, turkey breast, lean beef, fish (especially salmon and sardines), eggs and whey protein.
5. Limit or avoid trans fatty acids (hydrogenated vegetable oil, margarine and shortening). Cook with olive oil at a low heat.
6. Drink at least 64 ounces of filtered, bottled or non-chlorinated water every day. In addition, drink 2-3 cups of naturally decaffeinated green tea daily.
7. Avoid or limit caffeine, theophylline, theobromine containing food & drinks, alcohol and other potentially neurotoxic compounds like aspartame and MSG.

#### **Supplement Recommendations:**

In addition to the core nutrient program recommended by your Health Care Professional and/or from the results of your most recent Designs for Health Metabolic Profile:

<b>Iodine Synergy:</b>	1 with any meal
<b>Ultra Gamma E Complex:</b>	1 with breakfast and dinner, 2 per day
<b>Ultimate Antiox Full Spectrum:</b>	1 with each meal, 3 per day
<b>FemGuard + Balance:</b>	1 with each meal, 3 per day
<b>B Supreme:</b>	1 with breakfast daily
<b>Phosphatidylcholine Softgels:</b>	2 with each meal, 6 per day
<b>Milk Thistle:</b>	1 with each meal, 3 per day
<b>DIM•Avail:</b>	1 capsule with any meal
<b>BroccoProtect:</b>	1 capsule per day

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