



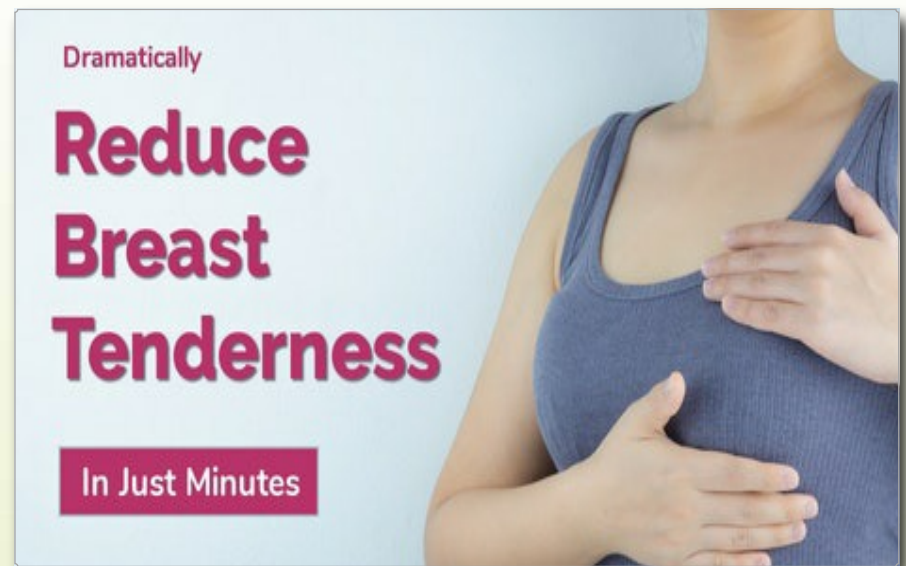
THIS WEEK'S TOPIC

Reduce Breast Tenderness In Minutes

"This simple in-office procedure can dramatically reduce breast tenderness and pain in just minutes!"

For years I taught a course through the Nutritional Therapy Association about the different in-office tests doctors can use with their patients. One of the tests involved having the patient (the physicians 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 in a matter of minutes and continues to work in clinical practice. Let me tell you how the test is performed



first before we go into why it works.

Participants rate their breast tenderness on a 1-10 scale with 10 being the most painful. The ones with the most pain, usually 5 or higher, are asked to taste different nutrients for 30 seconds and re-evaluate the tenderness, meaning if the pain had lessened.

Sometimes the pain would become greater, signaling the nutrient tested was not

the right nutrient for that particular patient. You'll see why in a moment. After tasting anywhere from 1 - 5 nutrients all participants discovered 1 or 2 nutrients 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 a predictable nutrient, but often the substance that would take the pain

This is a transcript from a "video magazine" we send out each week called the Wellness Minute, if you're not getting our Wellness Minute videos each week, sign up at the front desk

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 gallbladder function. If that didn't seem to make a difference we tested nutrients for bowel health and cleansing. With some patients a prebiotics/probiotics blend would make the difference in pain or tenderness reduction. Sometimes it was a hydrochloric acid supplement taken to digest food more effectively.

Tasting nutrients to see if they affect certain functional issues is called neurolingual taste 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 it in-

creases range of motion, balance or decreases pain, we ask the patient to take 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 taste testing uses the body to screen neurologically, nutrients that may have the greatest therapeutic value.



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The point for this Wellness Minute on breast tenderness is that neurolingual taste testing can have rapid responses for many situations and can

help your clinician assess which foods or nutrients can benefit you. There are so many nutrients to choose from; if we can individualize which one works for a specific patient, it dramatically increases the effectiveness of their treatment. Yes, you may have to go in for multiple visits while you peel away the causes of the problem with repeat testing, but this kind of individualized detective work can be life changing for those who have chronic conditions.

Breast tenderness is common with many women. You'll be surprised how discerning this testing can be for breast tenderness and other conditions such as low energy, stiff joints, limited flexibility and movement, headaches, digestive disorders, vitamin and mineral deficiencies and others.

Ask your clinician about neurolingual taste testing especially for breast tenderness. It works in just minutes; you'll be impressed.