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### **Protocol for Reversing Ductal Carcinoma in Situ**

The following protocol was developed by Nancy Gardner-Heaven to help her patients who Atypical Breast Thermography results and wanted to see improvements. Some of these patients had received a positive biopsy for DCIS and some did not, but all of them followed this protocol and the resulting study was presented at Auburn University in March 2004 and published in the Townsend Letter Medical Journal in November 2004 and stated that 80% of patient's following this protocol reversed these atypical features within a 3 to 6 month period. The other patients who took a little longer to reverse continued to stay on the protocol because they were seeing gradual improvements by monitoring their progress with a Comprehensive Breast Thermography. Most of the patient who took longer than 6 months to improve had taken many years of synthetic hormone supplements.

Monitoring any atypical or abnormal breast health issue with a Comprehensive Breast Thermography will be extremely helpful to note progressive improvements or if in fact they are not responding, then to act fast to have the lump removed before it spreads. It is very important to have invasive cancers removed before the lymphatic systems gets involved because at that point it can spread to other organs or metastasize. It is important to understand that neither mammography nor Thermography can confirm with 100% accuracy if cells are malignant. Only a biopsy, where cells can be seen under a microscope, can confirm this. Chemotherapy is contra-indicated and of no use at all in the treatment of breast cancer or DCIS where the atypical cells are still contained within the duct, so only if it has spread outside the duct and become invasive will chemotherapy be recommended. Therefore it is very important to remove a lump if it is surrounded by a significant blood supply indicating neo-angiogenesis. A follow up evaluation with targeted ultrasound and skilled manual palpation is preferred over a mammogram (which lacks accuracy) and a biopsy when indicated. The following suggestions are guides to optimum health and should never take the place of a qualified physician's advice. (See Article: *Development of Breast Cancer and Ductal Carcinoma in Situ*)

Other factors in the development of degenerative or immune deficient disease are poor diet/eating habits, use of recreational drugs/medication or alcohol, lack of exercise with fresh air, exposure to toxic chemicals or impure/inorganic food or water supply, exposure to radiation or electro-magnetic fields from computers, wireless internet or cell phones. Another factor frequently overlooked as an underlying cause of degenerative disease is stress, adrenal burn-out and lack of sleep. For more information so you can avoid the known causes of breast cancer and other degenerative diseases ready the following. (See Article: *Top 10 Ways to Lower Your Risk Factors of Breast Cancer*).

**DIET:** High fiber and low saturated fat diet is preferred but be sure to get plenty of omega oils. Lots of fresh, organic fruits and vegetables and their juices, are essential for the live anti-oxidant enzymes needed to build the immune system. Eat organic whole grains, nuts, seeds and legumes (sprouted or soaked for 8 hours if possible). If you do feel the need to eat animal protein, it is important to eat kosher, organic meats and seafood that don't have synthetic hormones, antibiotics and chemicals in them. Avoid excessive use of dairy as it can congest the lymphatic system. The fats in dairy products store fat-soluble chemicals such as DDT, so make sure it is organic. Avoid caffeine and sugar as they compromise the immune system and cancer uses sugar to grow. Drink lots

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of purified water to flush-out the kidneys and hydrate the lymphatic system. Don't drink water stored in plastic containers that have been exposed to heat as this releases estrogen mimicking toxins that increases the blood supply to feed abnormal cell growth.

**SUPPORT THE IMMUNE SYSTEM:** Atypical cells, that is cells which are no longer functioning properly because they are too old or have been damaged from radiation or injury, should have a natural 'cell apoptosis' a 'self-destruct mechanism' to keep it from reproducing with dysfunctional DNA. This is our body's natural function. When we go into deep states of sleep at night our sympathetic nervous systems involuntary mechanism gets busy to clean out the debris from our system. When we are under stress, hyper-adrenal and/or not sleeping well we keep this natural process from doing its job and so these atypical cells continue to accumulate and possibly reproduce other dysfunctional cells. We can deduct from this that long term stress or adrenal exhaustion is a major contributor to cancer and other immune deficient diseases. (See Article: *Healing Adrenal Burn-Out* on this website)

The liver is an essential part of the immune system. If it is overloaded with chemicals and a toxic diet or environmental pollution, it cannot do its job of filtering out malformed cells such as cancer. In addition, the xeno-estrogens from the break down of dioxin and other toxins found in the environment accelerate cancer growth. The liver, lungs, kidneys, skin and colon are all part of the eliminatory system. Keeping them functioning correctly relieves the burden placed on the immune system. Colon Hydrotherapy is recommended to keep the bowels clean and healthy. *Detoxfactors\**, which supports both phase I and II of the liver's function and is recommended if exposure to chemicals, long term use of medication or substance abuse is a factor. *Calcium 'd Glurcarate\** also helps to eliminate excessive estrogens and estrogen mimicking toxins which can cause neo-angiogenesis (blood supply to feed tumors) and is recommended if you have used Hormone Replacement Therapy (HRT) or Birth Control Hormones (Pills, patch or IUD) in the past. Avoid use of all synthetic hormones such as birth control pills or patch or IUD, HRT or fertility hormones during this treatment plan. If you are having symptoms that indicate low estrogen or progesterone then Chinese Medicine and Acupuncture is recommended to regain your natural balance. *Indoplex\** or Indol-3 Carbonyl or DIM is made of the cruciferous vegetables that helps the pathways of estrogen (both indigenous and Xeno-estrogens) not convert to estrone which causes neo-angiogenesis this product is extremely helpful for those with pain in breasts or with fibrocystic breast.

Also *Recanostat\** with Reduced L Glutathione is a high anti-oxidant can be used for anyone who has regional inflammation, atypical breast thermography, signs of DCIS, or with a history of breast cancer. This produce helps to make L'Glutathione available in the gut where it should be made naturally. Those with long term degenerative disease usually have poor gut integrity so taking a digestive enzyme like *BV Simalace\** and friendly bacteria like *Spectra Pro-Biotic\** is essential to digest and absorb your nutrients.

Other products that can be helpful is Matakishi mushroom extract as it can triple your natural killer cells. *NK Stim\** or *Cellular Forte' with IP6 & Inisitol\** that will increase lymphocytes or natural killer cells to clean out the abnormal cells such as cancer. Lane Lab's Shark Cartilage is the purest and strongest and is recommended in a liquid rectal implants providing maximum absorption of its anti-angiogenesis properties. Other brands are not as effective as the research on this specific product only uses the part of the shark

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with the active anti-angiogenesis ingredients and processes it with out heat that can destroy this ingredient. In addition, Lane Lab's MGN3 increases the natural killer cells which destroy cancer cells upon contact in the blood stream and lymphatic system.

**LIFESTYLE:** Exercise out of doors 30 minutes a day can reduce your risk of cancer of any kind 35%. Make an effort to oxygenate your body by deep breathing on a regular basis. Cancer can not live in a highly oxygenated environment. The lymphatic system which carries off abnormal cells and brings nutrients and oxygen to the inner-cellular tissue, does not have a heart to pump it so it needs exercise and muscles moving to increase circulation of the lymphatic system. (See Article: Detoxification of the Lymphatic System). Drink plenty of purified water to hydrate the body and increase its ability to cleanse out unwanted toxins. None of your essential organs can perform property if they are dehydrated so give them the pure water that they need daily. Avoid stress from other people and avoid putting pressure and stress on yourself. Restructure your life to be enjoyable and fun. Manage your time so that you are efficient in your work mode, then take time off to relax and heal by leaving the work for the next day. Make sure you have the time for spiritual fulfillment in your life - be it going to church, a supportive community, the company of a loyal empathetic friend, reading inspirational thoughts, walks in nature or meditation.

**EMOTIONAL SUPPORT:** Seek the advice of qualified professionals. Get the tests and information necessary to make intelligent decisions. Never make a decision out of fear nor allow someone else to make a decision about your body because you haven't enough information to make it yourself. If you are in an unhappy or in an abusive relationship make the decision you need to create a healing environment in order to regain your health. Out of all the people who have left an abusive situation or relationship not one has every said that they wish they had put up with it a little longer but instead have said that they should have done it sooner. If you need support please call the office we offer free counseling for any women with breast related concerns. If we can't help you ourselves, we can refer you to someone who can. Our goal is to help you find the information to make intelligent decisions about your health care.

\* All products noted with this asterisk can be purchased from Integrative Therapeutic Inc. by contacting us at the number below. All other products the companies are mentioned right after the listing.