

# 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. Neurolingual 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: \_\_\_\_\_

<b>Supplement</b>	<b>Tenderness</b>
Colon Plus	_____
Garlic Plus	_____
IPS	_____
ADP	_____
Biodoph-7 Plus	_____
Chlorocaps	_____

If not resolved with above, consider liver involvement:

<b>Supplement</b>	<b>Tenderness</b>
Beta Plus	_____
Beta-TCP	_____
MCS	_____
Livotrit	_____
Cytozyme-LV	_____
Phosphatidylcholine	_____
HCLPlus	_____
Iodizyme-HP	_____
Optimal EFAs Caps	_____