

Reduce Breast Tenderness

“Neuro-lingual taste testing uses the body to screen neurologically nutrients that may have the greatest therapeutic value.”

Here's a technique primarily for your female patients that can reduce 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 this time. But it worked every time and continues to work in clinical practice.

Let me tell you about how to perform the test first, 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 a substance 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? It drains into the bowel. Obviously, tasting the nutrient provided momentary relief, but with the right therapy, we can open the drain, and the fluid will begin to move. One of the roles of the liver/gallbladder is to keep the bowel moving. The nutrients we sampled first

were ones to optimize gallbladder function like Beta-TCP or Phosphatidylcholine. If that didn't seem to make a difference, we tested nutrients for bowel health and cleansing. Often emulsified oregano as ADP, or even garlic, would make a big difference. Both are valuable to normalize either bacteria or yeast overgrowth. Sometimes, essential fatty acids would be the nutrients that would make the biggest difference in pain or tenderness reduction. 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 Neuro-Lingual Taste Testing. Neuro-lingual taste testing is a familiar concept for many of you, but for those who are not familiar with it, let me give you a brief explanation. 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 used with range of motion testing as well. To identify a nutrient for therapy, a nutrient is tasted to evaluate whether it increases range of motion.

Also, tasting foods and finding a way to measure the reaction is done with the modified Coca Pulse Test. We can help identify possible sensitivity to foods and supplements by taking

ones' pulse for 60 seconds to establish a baseline; tasting the substance for 30 seconds to allow the body to react; and with the substance still in the mouth, retesting the pulse for 60 seconds to measure the reaction. If the reaction is 4 points or higher, that substance is not recommended, at least for a short time until it can be reevaluated. The brain made a decision regarding a food, and the reaction was an increased pulse.

Neuro-lingual taste 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 neuro-lingual taste 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. Breast tenderness is quite common with many of your female patients. You'll be surprised how effective this type of testing can be. It may sound silly, but when scheduled properly, doing this kind of testing really brings fun back into practice. We are truly fearfully and wonderfully made, and this type of testing demonstrates it.

Thanks for watching, I look forward to being with you again next Tuesday.