



ENHANCING IMMUNE AND BREAST HEALTH

Certain foods, nutrients and good practices have been highly researched and found to be effective for enhancing immune function and preventing serious immune and degenerative diseases. Some doctors don't realize this and therefore their patients do not get informed. We have created this list to inform you of very do-able ways to build your mighty immune system and enhance breast and body health.

Food to eat:

- Omega 3-containing foods: deep sea fish + flax + hemp oils
- Other good fats: avocados + their oil, almonds + their oil, olives + their oil
- Broccoli sprouts
- Foods with high carotenoids: dark green leafy vegetables, carrots, tomato
- Other high antioxidant foods: spinach, kale, romaine lettuce, leaf lettuce, mustard greens, collard greens, chicory, Swiss chard. These are excellent sources of fiber, folate and a wide range of carotenoids such as lutein and zeaxanthin, along with saponins and flavonoids.
- High ORAC foods: blueberries, blackberries, prunes, plums, spinach, kale, Brussel sprouts, alfalfa sprouts
- Foods with polyphenols: green tea, red & purple grapes
- Foods with allyl sulphides: onion, garlic, leeks
- Food with Indoles (DIM)(cruciferous) broccoli, cauliflower, cabbage
- Fermented soy products with Isoflavones = tempeh, miso (not soy milk)
- Lignans and fiber foods - fresh, ground flax & hemp seeds, also fruit pectins, beans and legumes
- Wasabe and horseradish
- Medicinal mushrooms (with polysaccharides): Shitake, reishi, maitake, coriolus
- Foods with B17 – nitrillosides: apple seeds, apricot kernels, flax and hemp seeds, millet, garbanzo beans, all sprouts, berries, bamboo shoots, barley

Food to eliminate:

- Drinks: Caffeine, coffee, sodas, sports drinks
- Alcohol
- Food additives: MSG, aspartame, flavorings, preservatives, colorings
- Sweeteners: white sugar, high fructose corn syrup + artificial sweeteners
- Food with pesticides – they can promote harmful estrogen levels
- Foods that promote yeast/mold in the body: alcohol, sugar, white flour

Specific Nutrients and Products – can enhance immune and breast health

- Drainage Millieu + Trifolo Intrinsic – breast lymph drainage & support
- Vitamin D3 – 1,000 – 5,000 IU's daily
- Vitamin E – helps prevent heart damage from chemo drugs
- Calcium D-Glucurate: blocks excess estrogens that can lead to breast cancer
- Chem Detox – modified citrus pectin
- Digestive enzymes & Proteolytic enzymes
- Probiotics – important for gut and immune repair + post chemo
- B vitamins – anti-stress, support adrenals and brain
- GALT Fortifier – immune strengthening with colostrums, whitefish proteins
- Immunocidin ND - whole food selenium, powerful immune booster
- Sterols 117 – help balance T helper & natural killer cells, research-backed
- Mycellia Intrinsic - medicinal mushrooms, immune & T cell rejuvenators
- Poptosin – whole food resveratrol
- Coenzyme Q10 – breast & heart health – 100-200 mg
- Glutathione – transdermal, not oral
- Oncaplex or other product with broccoli sprouts – powerful antioxidant
- DIM (I3C) – from cruciferous vegetables (helpful for estrogen-related cancers), take orally or transdermally
- Customized adrenal + immune creams

Good practices:

- Eat organic food
- Increase Vitamin D – supplementation and/or sunlight
- Avoid underwire bras
- Avoid getting breast implants (silicone or saline)
- Avoid mold exposure
- Avoid deodorants, anti-perspirants and other underarm products
- Watch blood iron levels. An excess can lead to serious immune problems.
- Be conscious of yeast/candida/fungus and other infections that can cause ongoing immune suppression
- Get estrogen and progesterone levels evaluated yearly through saliva testing to insure proper hormone ratio (avoid estrogen dominance)
- Use custom adrenal and/or natural hormone creams
- Relieve stress, relax, breathe

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