

BREAST PROTECTION DETOX PROTOCOL

**A Six Month Comprehensive
Protocol for Women to
Detox and Reduce Harmful
Environmental Estrogens
While Optimizing and
Restoring Breast Health**



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INTRODUCTION

As a clinical breast thermographer, I see more and more fibrocystic breast cases than any other abnormality of the breast.

Unfortunately, fibrocystic syndrome is highly prevalent in today's industrialized nations. Thermography testing is one way to access the severity of this syndrome and response to lifestyle changes. Fibrocystic Syndrome can be seen by thermal activity due to inflammation. Fibrocystic syndrome has been associated with estrogen dominance.

There are many kind of Estrogen that are not tested in routine hormone profiles. Environmental contaminants known as xeno-estrogens and Bisphenol-A(S) attach to the receptor sites and mimic biological estrogens that show up thermographically in this process. This inflammation shows up as mottling patterns and classically like leopard spots.

A growing body of evidence from experimental, body burden and ecological research indicates that there is a connection between environmental factors and breast cancer.

If we are to succeed in stopping the breast cancer epidemic, the important contribution of environmental chemicals to the development of the disease must be an integral part of cancer prevention strategies.

Fibrocystic disease and estrogen dominance are common, but not normal and the risks of cancer does increase.

This should be dealt with through lifestyle changes, diet, pro breast health supplementation with a strong emphasis on detoxing.

This detox program gets results if you are compliant. Time is of the essence. Toxins do not take a vacation. You wouldn't leave toxins and poisons lying on your kitchen table, so why leave them on your breast? Honor your body and enjoy the process over the next 6 months.

HEALTH SHOULD BE YOUR NUMBER ONE PRIORITY

The Importance of Reducing Estrogen Dominance

Thermal imaging can show the heat associated with the backup of estrogens and **xeno estrogens**, or environmental estrogen in the body. This is a very common problem and should be dealt with.

This program consists of a combination of products from **Designs for Health®**, **NOW® Foods**, **Terry Naturally®**, and **Quality of Life**. It is important to properly cleanse the liver along with this program.

This program is combined with lifestyle and nutritional changes. Begin with the 14-day purification concurrently with this plan.

During the next 6 six months, you are encouraged to eat more than 50% raw vegetables in your diet. Since cancer feeds on sugar, eliminate refined sugars and carbohydrates as well as caffeine and nicotine from your diet.

The following pages describe the 6-month protocol using the 14-day detox program and recommended supplements.

Anything that is underlined throughout this document is hyperlinked to that reference.

Many of the supplements can be found at:

DESIGNS FOR HEALTH PRODUCTS

www.designsforhealth.com/u/luccardi

You can shop the entire site if you wish

TERRY NATURALLY VITAMINS

Visit www.terrynaturallyvitamins.com

NOW FOODS

Selenium 200mcg

www.nowfoods.com

QUALITY OF LIFE

AHCC® - Kinoko® Platinum

www.qualityoflife.net/products/

ahcc-kinoko-platinum

SIX MONTH PROTOCOL AT A GLANCE

“Unless you live on another planet, know you are toxic....”

Dr. Piana, Medical Thermologist

SUPPLEMENT RECOMMENDATIONS



Plant Protein Cleanse Plus™ 14 Day Detox Program	Follow program instructions with a 3-month repeat
Designs for Health® Curcum-Evail™	2 softgels per day with a meal (2 gram daily)
Designs for Health® BroccoProtect™	1 capsule per day with a meal
Designs for Health® DIM-Evail™	1 softgel per day with breakfast
Designs for Health® Vitamin D Supreme	1 per day
Terry Naturally® Tri-Iodine™	1 12.5mg capsule per day with a meal
NOW® Selenium 200mcg	1 per day

OPTIONAL

- Immunotherapy to boost the immune system - AHCC® - Kinoko® Platinum
- Lymphatic Drainage Massage
- Bio Identical Hormones

LIFESTYLE RECOMMENDATIONS

- Receive a Lymphatic Massage
- Do a Thermography 6 month follow up or optional 3-month scan to monitor changes
- Support natural hormone testing with saliva and /or urine
- Use organic-safe beauty care and makeup to avoid exposure to endocrine disruptors. References can be found on Environmental Working Group “Skin Deep” data base (www.ewg.org)
- Avoid wearing an under-wire bra
- Do regular self-breast massages for lymphatic drainage
- Do regular self-breast exams
- Strive for at least one bowel movement a day
- Be grateful, pray, or meditate and avoid dwelling on negative emotions

EXERCISE

- Move your body 3 hours a week minimum
- Go out in the sunlight
- Reduce stress

DIET

To ensure optimal success on this protocol, here are your diet recommendations:

- Eat organic vegetables
- Eat organic, antibiotic and hormone-free animal protein
- Increase eating raw vegetables
- Increase your intake of cruciferous vegetables such as raw cabbage, cauliflower and broccoli
- Ensure you have 20% of healthy fats in your daily diet
- Increase your fiber intake with ground flax and chia
- Drink clean, filtered water. Avoid drinking plastic bottled water
- Keep morning pH at 6.4-7.0. - Go alkaline
- Avoid sugar and aspartame (Nutra Sweet and Equal). Use Stevia
- Avoid all products with partially hydrogenated fats and oils like margarine and lard
- Eliminate/reduce coffee intake and drink organic only
- Take digestive enzymes
- Vitamin C (L-Ascorbate) 1000 – 2000mg per day
- Drink organic green tea daily

Your goal is to have at least one bowel movement a day to help eliminate excess estrogens.

THE 14 DAY DETOX

Plant Protein Cleanse Plus™ Detox Program

14 and 21 Day Detox Programs with Organic Pea Protein

Contains USDA certified organic pea protein!

Plant Protein Cleanse Plus™ is a comprehensive, science-based nutritional program designed to support safe and effective detoxification. This is accomplished by providing the nutrients needed to support and balance phase I and II metabolic pathways and to promote healthy liver function and elimination. Everything is consolidated into packets to make the program easy to follow and to ensure that individuals on the program do not miss any necessary nutrients.

Each 14 day kit provides:

- 28 - single serving **Plant Protein Cleanse Plus™** functional food powder drink mix packets
- 28 - capsule packets containing:
 - **3- Amino-D-Tox**

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

DRINK PLENTY OF WATER



SUPPLEMENT INFORMATION

Take for 6 months or until changes are seen on thermographic follow-ups.

Along with taking the 14-day VegeCleanse Plus™, you are also encouraged to take the following supplements:

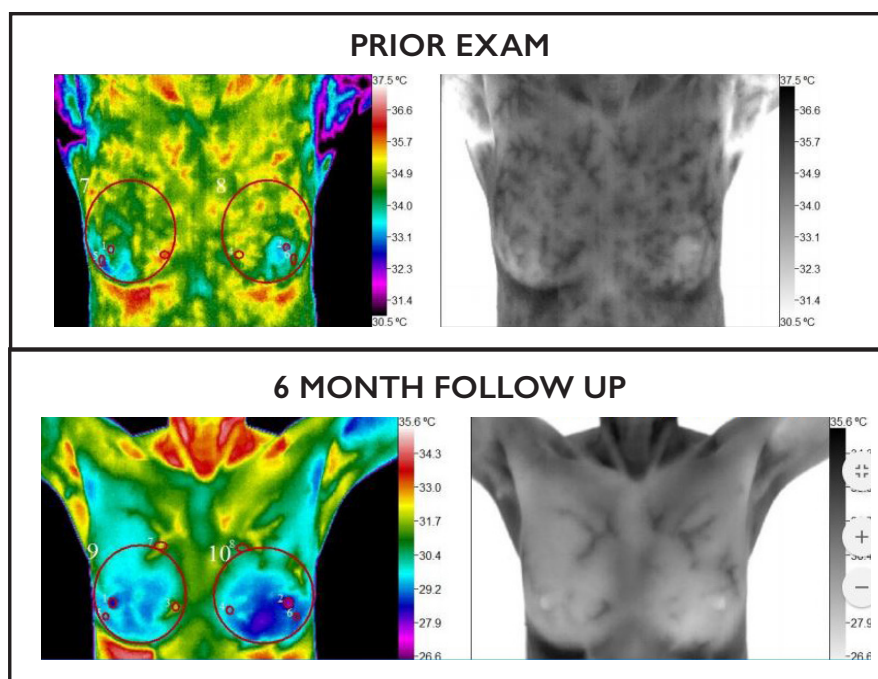
- 2 Designs for Health® **Curcum-Evail™**
- 1 Designs for Health® **BroccoProtect™**
- 1 Designs for Health® **DIM-Evail™**
- 1 Designs for Health® **Vitamin D Supreme** (5000 IU)
- 1 Terry Naturally® **Tri Iodine™** 12.5mg
- 1 NOW® **Selenium 200mcg**

OPTIONAL for Immune Health:

- **AHCC® - Kinoko® Platinum**
2 Capsules (1500 mg) to maintain the body
4 Capsules (3000 mg) for acute issues

The following provides detailed information about each of the above supplements and why they are imperative to your detox success.

Prior exam / 6 month follow up
Less estrogens on hormonal sites



Designs for Health® Curcum-Evail™

REDUCE INFLAMMATION

We all have it, like rust in your car and is the start of chronic disease.

Curcum-Evail™ from Designs for Health® is a patent pending, highly bioavailable curcuminoid formulation. It contains a unique combination of three bioactive, health-promoting curcuminoids: curcumin, bisdemethoxy curcumin and demethoxy curcumin, along with turmeric oil. The three curcuminoids are the strongest, most protective and best researched constituents of the turmeric root.

Curcum-Evail™ is manufactured utilizing the Designs for Health Evail™ process, which helps to optimize the absorption rate of the curcuminoids while reducing their absorption time. This proprietary process uses all-natural ingredients, including Vitamin E, medium chain triglycerides (MCT) and lecithin without the use of potentially harmful surfactants.

Made with non-GMO ingredients.

DETAILS

Curcum-Evail is unique in that it has been shown to increase tetrahydrocurcumin as well as curcumin, demethoxycurcumin and bisdemethoxycurcumin in plasma. Tetrahydrocurcumin is a major metabolite of curcumin and demonstrates remarkable antioxidant properties exceeding those of curcumin alone*

Curcum-Evail™ may help to support*:

- A healthy inflammatory response
- GI health
- Immune system
- Endocrine system
- Brain health
- Cardiovascular system
- Liver health

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Designs for Health® BroccoProtect™ SULFORAPHANE

One of the components in the human diet is a specific glucosinolate called Glucoraphanin the pre-cursor to Sulforaphane. Sulforaphane has been identified by many scientists as the strongest known inducer of **Phase II enzymes**.

Phase II enzymes has the ability to neutralize the chemical toxins, electrophiles and free radicals, that are responsible for the initiation of carcinogenesis. This enhancement to the body's immune system is a proactive step one can choose to follow for Dietary Chemoprotection.

There are over 500 journal publications, as well as documented epidemiological evidence showing that diets rich in broccoli promote a wide range of health benefits.

BroccoProtect™ contains a specially cultivated form of broccoli seed known as BroccoRaphanin™, which is standardized to contain 10% Sulforaphane glucosinolate, the direct precursor to sulforaphane. Designs for Health chose this superior standardized extract because it supplies a large number of beneficial components from high quality broccoli.

You would have to consume 500 grams of fresh broccoli or 100 grams of sprouts to acquire the same level of sulforaphane that you can get from one capsule of BroccoProtect™, containing 500 mg of BroccoRaphanin™!

BroccoProtect™ benefits not found in any other sulforaphane product:

- All-natural vegetable concentrate
- Supercritical CO2 extraction of broccoli seed; no chemical solvents are used in the extraction
- Unmatched stability
- Free of maltodextrin coating

Glucoraphanin is most commonly found in certain species of the Broccoli.

Designs for Health® DIM-Evail™ HORMONE BALANCE

Research shows that a low level of 2-hydroxyestrone, and a high level of 16 alpha-hydroxyestrone is associated with an enhanced risk of breast cancer. DIM increases 2-hydroxyestrone and therefore improves the 2/16 hydroxyestrone ratio, making it very protective for women and men at high risk for this condition.

Research by Dr. H. Leon Bradlow shows that DIM also reduces availability of 4-androstenedione for aromatization to estrone, a more dangerous form of estrogen. He concludes that DIM is potent in protecting against breast cancer due to decreased formation of 16 alpha-hydroxyestrone from estrone.

DIM supplementation improves the estrogen ratio in a favorable direction that protects both men and women without the negative effect of raising 4 hydroxyestrogen, as seen with I3C. DIM does not block ovulation the way I3C does, and unlike I3C it can be used safely along with Tamoxifen.

USES:

DIM should be considered as a first line therapy for hormone imbalances that can lead to negative conditions such as PMS, PCOS, endometriosis, fibroid tumors, menopausal symptoms, weight problems and the list goes on.

Recent research suggests that DIM may improve weight loss resistance that occurs due to hormonal imbalance.

Designed by **Dr. Devaki Lindsey Berkson, Receptor Detox** contains carefully selected nutrients shown to gently, effectively and safely “detox” and clear hormone receptors, ensuring healthy hormone signaling.

Receptor Detox is recommended daily for optimal receptor functioning for both females and males, and highly recommended for mature people on hormone replacement.

Receptor Detox contains carefully selected nutrients shown to gently, effectively and safely “detox” and clear hormone receptors, ensuring healthy hormone signaling

Dosage: Two (2) capsules, two (2) times per day for one month

[Purchase here.](#)



Designs for Health® Vitamin D Supreme

Have you had your levels tested? Get your blood tested; Insurance may pay for this. If not www.lifeextension.com will do the testing for a small fee.

Optimal levels, not normal levels, are between 50-70ng/ml. With cancer the levels should be higher 100ng/ml.

Researchers at Georgetown University Medical Center in Washington, DC discovered a connection between high Vitamin D intake and a reduced risk of breast cancer. These findings presented at the American Association for Cancer Research, revealed that increased dosage of the “sunshine vitamin” was linked to 75% reduction in overall cancer growth and 50% reduction in tumor cases among those already having the disease.

Vitamin D supplementation helped control the development and growth of breast cancer, especially with estrogen – sensitive breast cancer.

Rochester Medical Center examined Vitamin D levels in 155 breast cancer patients in the months before and after surgery. They found suboptimal levels to be highly predictive of the biological markers associated with more aggressive tumors.

Vitamin D prevents and reduces 75 percent of all cancers. Vitamin D suppresses growth of breast cancer by blocking and enhancing signals that inhibit cancer cell growth and by altering gene regulators of the cell cycle. A University of Birmingham study also found that Vitamin D3 encourages healthy breast cell growth while making cells more resistant to toxins.

Vitamin D Supreme provides a clinically useful dose of vitamin D3, 2000 IU per veggie cap, and vitamin K in both K1 and the MK-7 form of K2. This formula contains higher therapeutic doses than Vitamin D Synergy for situations where more aggressive repletion is required. Vitamins D and K are essential for optimal bone and arterial health and for maintaining the immune system in proper balance.** The amount of vitamin D and K in this formula may be beneficial for those who do not get adequate sun exposure and/or dietary sources of these vitamins. Vitamins D and K work as a team. Thus, increasing doses of vitamin D will increase the need for vitamin K.

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ADDITIONAL RECOMMENDED RESEARCH:

For the most updated research on Vitamin D or numerous articles on Vitamin D www.grassrootshealth.net/project/breast-cancer-prevention (all on Vitamin D)

Terry Naturally® Tri-Iodine IODINE 12.5 grams a day

Our breasts thrive on iodine. There is growing evidence linking iodine deficiency and breast cancer, fibrocystic breast, uterine fibroids, thyroid nodules, breast cysts, pancreatic cancer, prostate cancer, thyroid cancer and lower IQ's.

Results obtained in studies of breast health noted that all forms tested: molecular iodine, sodium iodide and potassium iodide produced beneficial results; the best results were achieved with molecular iodine.

Women with breast cancer can possibly take 100mg daily but under a doctor such as Dr. Fleshas from the iodine lab listed below.

If you have a hyperthyroid condition, please consult with your healthcare practitioner before taking iodine.

THREE FORMS OF IODINE ARE BEST

Terry Naturally® Tri-Iodine

1. **Terry Naturally® Tri Iodine supplements** provide three forms of iodine to ensure optimal absorption and use throughout the body. For example, the thyroid gland absorbs potassium iodide best, while breast tissue utilizes molecular iodine. Additionally, there is evidence that using sodium iodide enhances absorption of other forms of iodine.
2. **Potassium Iodide and Sodium Iodide:** Utilized for hormone balance and immune health.
3. **Molecular Iodine:** Utilized for breast, prostate, colon and cellular health.

Iodine Urine Load Test
Hakala Research
www.Hakalalabs.com

You can test for iodine for \$70 and or all the other halides, bromide, chloride, fluoride for \$35 each.

Out of 6000 iodine urine load tests done by Dr. David Brownstein 96% were clinically low.

NOTE: You cannot do this in New York State. This must be sent to an out of state address and mailed back to you. (There is no problem mailing FROM a New York State address.)

ADDITIONAL RECOMMENDED RESEARCH:

- [Iodine Research Introductory Video](#)
- [The Iodine Crisis](#) by Lynne Farrow

ADDITIONAL SUGGESTIONS:

- Lugols Liquid Iodine can be applied topically to the breast. Use 2% solution. Add a few drops to a carrier oil such as coconut oil to the breast. This can stain fabric, use powered vitamin C to remove the stain.
- 10 drops of Lavender oil in coconut oil can also be used topically on the breast where there is a lump or pain.
- Frankincense is also excellent for breast health. Use several drops in a carrier oil and massage into your breast.

[Monoterpenes such as perillyl alcohol](#) found in lavender have been shown to prevent mammary, liver, lung, and other cancers. These compounds have also been used to treat a variety of cancers in rodents, including breast and pancreatic carcinomas.

RECOMMENDED READING:

What Your Doctors Fail to Tell You About Iodine and Your Thyroid. Dr. Robert Thompson, based on studies from David Brownstein MD, Jorge Fleshas MD
www.iodineresearch.com

The Iodine Crisis by Lynne Farrow. This is an excellent reference on iodine. Do not expect your doctor to be iodine literate.
www.stopthethyroidmadness.com

NOW® Selenium
90 Veg Capsules / 200 mcg
L-Selenomethionine – High Bioavailability

HOW IT WORKS:

Selenium is possibly the most powerful anticancer nutrient there is. Selenium is an essential trace mineral that is necessary for the production of the enzyme glutathione peroxidase, a potent free radical scavenger.* Selenium is important for endocrine health, and is especially critical for proper thyroid and prostate function. Research shows women with breast cancer have been found to have low levels of selenium. Therefore, if you are already hypothyroid, taking selenium supplements while iodine deficient will make you MORE HYPOTHYROID.

Please note that Brazil nuts are not a reliable source for selenium. You have no way of knowing if the soil they are grown in is sufficient in this mineral.

It is also known to support the maintenance of normal immune system function and colon health. This product is in its naturally-occurring form and is appropriate for vegetarians.

Suggested Usage:

Take 1 capsule daily, preferably with a meal, or as directed by your healthcare practitioner.

Cautions / Interactions:

Persons living in areas of high soil selenium, such as the Dakotas, should consult a healthcare practitioner prior to use. Do not exceed recommended dose unless directed by your healthcare practitioner.

NOW Selenium
www.nowfoods.com

*Let food be thy medicine
and medicine be thy food.*

- Hippocrates



THE IMMUNE SYSTEM

Quality of Life

AHCC® - Kinoko® Platinum

www.qualityoflife.net/products/ahcc-kinoko-platinum

BENEFITS

- **Maintains optimal NK cell activity.*** Natural killer (NK) cells are the immune system's first line of defense.
- **Enhances cytokine production.*** Cytokines are chemical messengers that help white blood cells communicate and coordinate an immune response.
- **Promotes optimal T cell and macrophage activity.*** As part of the secondary immune response, T cells provide backup to NK cells. Macrophages engulf and ingest foreign particles and cellular debris.
- **Increases the activity and number of dendritic cells.*** Dendritic cells provide defense in tissues exposed to the exterior environment.

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ORAL HEALTH

Oral Health Impacts Your Systemic Health. Thousands of studies have linked oral disease to systemic disease. Inflammation is well-known as a “ravaging” and disease-causing force, and gum disease and other oral diseases produce chronic low-grade inflammation in your body.

Oral disease is linked to systemic disease, including Alzheimer's, stroke, heart disease, and diabetes. Autoimmune disorders are linked to toxic dental materials. Root canal procedures increase your risk of cancer and other degenerative diseases. Seek out a Biological /Holistic Dentist.

The oral microbiome has a protective component that protects you from deadly viruses and bacteria in the environment, provided you maintain homeostasis in your mouth. For oral health, eat an alkalizing, antioxidant-rich, and anti-inflammatory diet, and replace toothpaste and antibacterial/alcohol-based mouthwashes with an oral rinse and or toothpaste that nourishes your oral microbiome.

Designs for Health® PerioBiotic™ Silver Toothpaste

Introducing Science-First™ toothpaste. The same way probiotics work to promote gastrointestinal health, beneficial oral bacteria may also help maintain dental health. This is why PerioBiotic™ Silver proudly features Dental-Lac™, a probiotic that research shows supports a healthy balance of bacteria in the mouth for sparkling results.

Hydroxyapatite is the primary mineral component of healthy tooth enamel, which can be worn down over time by acidic foods and drinks, harsh orthodontic glues and braces, and microbial imbalances within the mouth. PerioBiotic™ Silver incorporates whitening hydroxyapatite to promote healthy tooth enamel and overall brightness.

This product is free of fluoride and sodium laurel/sulfate (SLS).

[Purchase here](#) from Designs for Health.



HEALTHY HORMONES

Hormones are to women, what water is to a plant.

The best way to find out the exact state of your hormones is to get tested for Bio Identical Hormones. The Happy Hormone Cottage (www.happyhormonecottage.com) has extensive information on Bio Identical Hormones.

They use Precision Analytical Inc. for The Dutch Dried Urine Test, one of the most advanced test available for sex and especially adrenal hormones.

You can buy the test from them and receive the test yourself or be sent to your doctor and your doctor can sign up as one of their providers.

Visit www.dutchtest.com for details.

PROGESTERONE

For an over-the-counter option to balance excess estrogen, use natural bio identical progesterone in the form of a cream that is absorbed through the skin.

See the work of Dr. John Lee who pioneered progesterone and its place in healthy hormones at www.johnleemd.com.

PROGENSA COMPLETE

Each press of our pre-measured pump provides approximately 20 mg of USP Progesterone derived and converted from wild yam.

Apply once or twice daily by dispensing one pump into your palm and rubbing cream onto the skin of your chest, abdomen, inner arms or thighs, rotating area each time. Use three weeks on and one week off each month.

Formulated with shea butter, sunflower oil and other emollients, this cream is gentle, non-sticky and quickly absorbed.

Can be found at: www.life-flo.com



LYMPHATIC DRAINAGE MASSAGE

THE LYMPHATIC DRAINAGE MASSAGE TECHNIQUE

Within us all there is a silent system working to keep us healthy: the lymph system. Without it our bodies would swell up like balloons, swamping our cells with stagnant fluid.

The lymph system's impact is so far-reaching that many don't realize that minor aches and pains, low energy or susceptibility to colds and flu may be due to a sluggish lymph system and a compromised immune system.

Find a Lymphatic Massage therapist near you. It is highly valuable for your breast health.

You can also perform self-breast massages for lymphatic drainage. Visit www.breasthealthproject.com for lymphatic massage instructions and an abundance of information to regain and maintain breast health.



PSC® Plant Stem Cell extracts are scientifically formulated to support your highest lymphatic function, and help your body eliminate toxins and pathogens to inspire your highest health and energy.

The combination of traditional herbs, like Sweet Chestnut and Service Tree, combined with Black Currant, and White Birch support your body's lymphatic system to boost energy, banish stagnant toxins and support energy and well being.

This potent, energetically balanced formula contains herbs and essential oils specific to lymphatic drainage. This formula helps promote healthy breast tissue by encouraging circulation and enhancing lymphatic drainage. Can be used for post-op lymphedema. Rub into breast tissue and groin to create or maintain wellness.

www.health.nature-provides.com/patricia

Keeping Abreast of It! Deodorant with a Purpose

www.simplydivinebotanicals.com/product-page/keeping-abreast-of-it-deodorant

Formulated with Angstrom Zinc and Silver which kills odor caused by bacteria. They have used many of the herbs and essential oils from the KEEPING ABREAST OF IT CREAM. This encourages lymph drainage.

HEALTHY EMOTIONS AND UNRESOLVED EMOTIONS

HEALING THE MIND-BODY-SPIRIT

The mind, body and spirit are each interconnected and affect the health of each other. Typically, those diagnosed with cancer spend most of their energy seeking to bring healing to the physical body, with much fewer seeking to heal the mind, and even fewer seeking to heal the spirit.

Yet each is equally important to maintain perfect health. If the spirit is sick and afflicted with blocked negative energy, this will naturally affect the mind (the thoughts) to think more negatively, and if not corrected, these chronic negative thoughts can lead to the manifestation of physical illness such as cancer.

DR RYKE GEERD HAMER: HOW UNRESOLVED TRAUMA CAUSES CANCER

www.alternative-cancer-care.com/dr-ryke-geerd-hamer.html



SUGAR

Due to the anaerobic respiratory mechanism exhibited by ALL cancer cells, **sugar is cancer's favorite food!** What this means is that cancer feeds on sugar. And since half of the white sugar in the USA comes from sugar beets, you should remember that most beets are now genetically modified with all the associated risks of GMOs. This is another reason to keep the "White Death" out of your diet and reduce your risk of various cancers, isn't it?

Whether you are currently healing from a type of cancer such as breast cancer or prostate cancer, or are simply trying to maintain good dietary principles, I personally recommend that you **avoid white sugar, brown sugar, agave, and all artificial sweeteners such as aspartame/AminoSweet, sucralose, and saccharin.** If you have a sweet tooth, it's best to stick with 100% organic green stevia, xylitol, raw honey, pure maple syrup, molasses, and coconut sugar.

*The bottom line... if you want to be and stay healthy, you **MUST** take control of your sugar intake so that it doesn't take control over you and your health!*



EARLY BREAST CANCER DETECTION

Tests Your Doctor May Not Be Familiar With

If you feel you need further testing, the tests below are advanced early detection of cancer, hopefully allowing you time for less aggressive treatment and lifestyle changes. These tests can be ordered through an Integrative Health Practitioner.

DATAR CANCER GENETICS www.datarpgx.com

Breakthrough Technology: Datar Cancer Genetics is a leader in developing blood-based diagnostics that can detect cancer early, offer non-invasive investigations for better treatment options, and track the progression of the disease or its recurrence.

In the realm of contemporary cancer wellness, liquid biopsy has emerged as a pivotal player, reshaping the landscape of cancer screening and diagnostics.

GUARDANT HEALTH www.guardanthealth.com

Get a more complete view of cancer with Guardant Infinity.

Guardant Infinity is a single platform that can both quantify and characterize cancer with genomic and epigenomic analysis, powering multiple applications in precision oncology.

THE CANCER PROFILE www.testingcancer.com

Using sensitive technology, a Cancer Profile can detect broad spectrum cancer tumor markers, such as ascertain hormones, before they run rampant. HCG is such a marker. HCG levels are elevated 80 percent of the time when a malignancy is present anywhere in the body. The enzyme PHI is also a common marker that is often measured in a Cancer Profile. PHI is an excellent marker for existing cancers since it is responsible for channeling cells into low-oxygen states and states of actual fermentation.

THE BREAST CANCER RISK ASSESSMENT TOOL www.bcrisktool.cancer.gov

The Breast Cancer Risk Assessment Tool is also known as the “Gail model” (named after Dr. Mitchell Gail, Senior Investigator in the Biostatistics Branch of NCI’s Division of Cancer Epidemiology and Genetics). The model uses a woman’s own personal medical history—including the number of previous breast biopsies, the presence of atypical hyperplasia in any previous breast biopsy specimen, reproductive history (such as age at the start of menstruation and age at the first live birth of a child) and history of breast cancer among first-degree relatives (mother, sisters, daughters)—to estimate the risk of developing invasive Breast Cancer.

The Gail model has been tested in large populations and has been shown to provide accurate estimates of breast cancer risk especially for white and Asian women. It may underestimate the risk for African American women and the model still needs to be validated for Hispanic women and other subgroups. In addition, women with special risk factors, such as those who carry gene mutations, should consult with a qualified health care provider regarding their results.

GREAT RESOURCES TO RESEARCH

Use natural beauty care products. Visit www.ewg.org for a comprehensive list.

The Environmental Working Group is an exhaustive resource for environmentally safe products. Visit www.ewg.org for an excellent resource for the Dirty Dozen and Delightful 12 of fruits and vegetables for your fridge door and the toxicity or safety level of each.

RECOMMENDED READING:

- ***Heal Breast Cancer Naturally: 7 Essential Steps to Beating Breast Cancer*** by Dr. Veronique Desaulniers
- ***The Metabolic Approach to Cancer*** by Dr. Nasha Winters ND FABNO L.Ac Dipl.OM, Jess Higgins Kelley MNT
- ***No Ma'amograms!: Radical Rethink on Mammograms*** by Dr. Ben Johnson MD, DO, NMD
- ***The Naked Truth About Breast Implants*** by Dr. Susan Kolb
- ***Mammography Screening: Truth Lies and Controversy*** by Peter Gotzsche
- ***Busting Breast Cancer*** by Susan Wadia-Ells, PHD
- ***Dressed to Kill-Second Edition: The Link Between Breast Cancer and Bras*** by Sydney Ross Singer and Soma Grismaijer
- ***Wheat Belly*** by Dr. William Davis. This is on gluten and why so many people are sensitive
- ***Iodine, Why You Need it and Cannot Live Without It*** by Dr. David Brownstein
- ***What Your Doctor May Not Tell You About Breast Cancer*** by Dr John Lee
- ***The Iodine Crisis*** by Lynn Farrow (This is a great reference on iodine.)
- ***Safe Hormones, Smart Women*** by Dr. D. Lindsey Berkson
- ***Your Body's Many Cries for Water, You Are Not Sick, You Are Thirsty*** by Dr. F. Batmanghelidji
- ***Winning the War on Cancer: The Epic Journey Towards a Natural Cure*** By Sylvie Beljanski

THE TRUTH ABOUT CANCER

9 episodes on the Internet.

You Tube - The first 2 are free. BUY IT

The 2nd episode is on Breast Cancer

www.thetruthaboutcancer.com/2

The Truth About Cancer: Eastern Medicine, A Journey Through Asia

www.go.thetruthaboutcancer.com/eastern-medicine/

A companion to Truth About Cancer although not the same group: Cancer Tutor

www.cancertutor.org

It gives protocols for every kind of cancer, treatment centers, nutrition, videos. A gift to humanity.

APPENDIX

BENEFITS OF AN ALKALINE DIET AND A RAW DIET

Your body works constantly to keep your acid/alkaline blood levels in balance. Unless you have an underlying medical issue, the pH level of your blood is generally between 7.35 and 7.45. When your body is more acidic, it is more susceptible to disease. You may be able to help your body keep your pH in balance more easily by eating certain foods that have a higher pH than others.

Example: brown rice with veggies is alkaline but not raw. Consuming cold-water fish with out PCBs (PCBs, or polychlorinated biphenyls, are highly toxic industrial compounds) and minimal hormone free meats along with salad and fruit support an alkaline diet.

Read more: <https://www.livestrong.com/search/?search=alkaline>

CANCER CELL KILLING NUTRIENTS IN VEGETABLES AND FRUITS

Raw foods build the immune system, but many fruits and vegetables also have nutrients that kill cancer cells and/or stop the spread of cancer. In other words, to fight cancer, do not use a random selection of uncooked vegetables and fruits, but a very selective subset of vegetables and fruits specifically selected to treat cancer because there are food diets perfectly capable of curing cancer. All you need is a juicer and perhaps a food processor.

A few of the cancer cell killing nutrients (direct or indirect) in vegetables and fruits:

- Raw carrots (alpha carotene, beta carotene, Vitamin E, etc.)
- Raw broccoli (sulforaphanes/isothiocyanate)
- Raw cabbage (isothiocyanates). Compare Brassica vegetables and cancer risk, "Brassica family prevents pre- cancerous cells turning into potentially deadly cancer cells", and Broccoli (Sprouts or Extract) May Halt Growth of Breast Cancer Cells.
- Green asparagus (saponins). Compare Asparagus: recoveries and remissions
- Raw pineapple (bromelain and peroxidase)
- Whole purple grapes with seeds and skins (ellagic acid, catechin, quercetin, oligomeric proanthocyanidins (OPC) or procyanidolic oligomers (PCO), originally called pycnogenol (seeds), resveratrol (skin coloring of purple grapes), pterostilbene, selenium, lycopene, lutein, laetrile (amygdalin or Vitamin B17) (seeds), beta-carotene, caffeic acid and/or ferulic acid (together they kill cancer cells), gallic acid. See "Greatest Hits: Grape Cancer Cure"

- Apricot seeds (laetrile) Strawberries, red raspberries, black raspberries (laetrile and ellagic acid) . See History of Alternative Cancer Treatments: Laetrile
- Blueberries (ellagic acid, anthocyanins, OPC)
- Beetroot (proanthocyanidins (PAC's or OPC's)
- Turmeric (a spice) (curcumin). See Ginger & turmeric fight cancer.

It should be added that there are thousands of phytonutrients (i.e. nutrients from plants that are not otherwise categorized) that have not yet been isolated and studied. In other words, there may be hundreds of phytonutrients that kill cancer cells, but have not yet been identified and tested.

Read more on www.healingcancernaturally.com

Always consult your doctor before starting a new diet.

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Patricia Bowden-Luccardi has been a life-time student of integrative health and wellness, having studied and taught a variety of natural health modalities and therapies. For over 25 years she has been teaching and providing private consultation on health protocols customized to her clientele's personal needs. She has performed thousands of thermographic screenings promoting optimal women's breast health.

Since 2012, Patricia has focused her expertise on the natural prevention of breast cancer. She is a professional advocate for the promotion of radiation-free thermography.

Her public seminars and lectures are designed to educate women about the serious health risks of environmental toxins and endocrinal disruptors. Her natural protocols, including diet, supplementation and lifestyle changes, have revealed extraordinary results that have been later visibly confirmed by thermographic imaging.

Patricia holds licensed certifications in Thermographic technology, Clinical Massage Therapy, Food as Medicine and Whole Health Education™ and lifestyle and wellness coaching. Earlier, she was a Neuromuscular Therapist and Breath Educator at Canyon Ranch Medical Spa in Lenox, MA. Patricia has lectured widely to professionals in the medical field and the public.

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Printed in the United States of America

First Printing, 2018

www.PatriciaLuccardi.com

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