

## CONTENTS

### Part One: Anatomy, Physiology, Classifications, Demographics

- Chapter 1 Breast Anatomy
- Chapter 2 Chronological Breast Development
- Chapter 3 Pregnancy, Lactation and their Relationship to Breast Cancer
- Chapter 4 Noncancerous Pathophysiology of the Breast
- Nonproliferative Changes
  - Proliferative Changes without Atypia
  - Proliferative Changes with Atypia
  - Breast Infection or Mastitis
  - Mammary Fat Necrosis
  - Granular Cell Tumor
  - Hamartoma
  - Breast Calcifications
- Chapter 5 Types of Breast Carcinoma
- Intraductal Carcinoma
    - Ductal Carcinoma *in situ* (DCIS)
      - DCIS Increased Incidence
      - DCIS Invasive Potential
      - DCIS Nomenclature Controversy
      - Low Grade Ductal Carcinoma *in situ* (LGDCIS)
      - High Grade Ductal Carcinoma *in situ* (HGDCIS)
      - DCIS Conventional Treatment
    - Invasive Ductal Carcinoma (IDC)
  - Lobular Carcinoma
    - Lobular Carcinoma *in situ* (LCIS)
      - Observation for LCIS
      - Hormone Management for LCIS
    - Invasive Lobular Carcinoma (ILC)
  - Inflammatory Breast Carcinoma
  - Inflammatory Breast Carcinoma Conventional Treatment
  - Paget's Disease
  - Paget's Disease Conventional Treatment
  - Phylloides Tumors
  - Breast Cancer Cell Lines: their origins and properties simplified
- Chapter 6 Cell Physiology and Voltage

- Acid Base Balance and its Relationship to Cellular Voltage
  - Free Radical Pathology and Cellular Energy
  - Adenosine-5'-triphosphate
- Chapter 7 Cellular Pathology and the Extracellular Matrix
- pH and the Extra-cellular Matrix
  - Development of Cancerous Cells and Genetic Abnormalities
  - Angiogenesis and the Extracellular Matrix
  - Matrix Metalloproteases (MMP) and Metastasis
  - Insulin-Like Growth Factors
- Chapter 8 Tyrosine Kinase Cellular Receptors and Breast Cancer Pathophysiology
- Pharmaceutical Manipulation of TK Receptors
  - Sea Cucumber - Philinopside A and Frondoside A
- Chapter 9 Overview of Immune Regulation
- The Innate Immune System
  - The Adaptive Immune System
  - Gc-MAF (Group Complement Macrophage Activating Factor)
  - Nutrients and Immunity
  - Immune Surveillance or Immunoediting
    - Immunoediting - Elimination
    - Immunoediting - Equilibrium
    - Immunoediting - Escape
- Chapter 10 Overview of Metastasis
- E-Cadherin Loss
  - Surgery and the Potential of Metastasis
  - Galectins and Metastasis
  - Modified Citrus Pectin (MCP) and Galectins
- Chapter 11 Medical Records and Understanding Pathology Reports
- Pathology Reports
  - Cell Type and Size
  - Histological Grade – The Nottingham Histologic Score System
    - Glandular (Acinar)/Tubular Differentiation
    - Nuclear Polymorphism
    - Mitotic Count
  - DNA Cytometry – Aneuploid versus Diploid Status
  - S-phase Fraction (SPF)
  - Ki-67 Labeling Index

- E- cadherin
- Estrogen and Progesterone Receptor Status
- Tyrosine Kinase (HER2/neu) Receptor Status
- Triple Negative Breast Cancer (TNBC)
- Lymph Node Status
- Microscopic Vascular Invasion
- Tumor Margins

Chapter 12 Prognosis

Chapter 13 Conventional Oncological Staging Systems

- Primary Tumor (T)
- Regional Lymph Nodes – Clinical (N)
- Lymph Nodes – Pathologic (pN)
- Distant Metastasis (M)

Chapter 14 Staging Illness: Phases of Homotoxicosis as Described by Hans-Heinrich Reckeweg

- Excretion Phase
- Reactive Phase
- Deposition Phase
- Impregnation Phase
- Degeneration Phase
- Neoplastic Phase

Chapter 15 Statistics and Demographics of Breast Cancer

- World Wide Breast Cancer Incidence
- United States Breast Cancer Incidence
- Survival Statistics
- Etiology Statistics

### **Part Two: Etiology of Breast Cancer**

Chapter 16 Radiation and Cancer

- Ionizing Radiation
  - The Linear No-Threshold Model (LNT)
  - Nuclear Weapons Testing - Studies of Atomic Bomb Survivors
  - Workers and Communities Exposed to Nuclear Power-Plant Reactor Meltdowns
  - Medical Radiation Risks
  - Ionizing Radiation Effects
  - Substances to Optimize Internal Defenses Against Ionizing Radiation
- Non-Ionizing Radiation

- Extremely Low-Frequency Electromagnetic Fields (ELF-EMF) and Breast Cancer Occurrence
- Cell Phones and Cell Towers
- Reducing Exposure to Non-ionizing Radiation

Chapter 17 Estrogen and Progesterone's Relationship to Breast Cancer

- Estrogen Physiology
- Types of Estrogen
- Sites of Estrogen Biosynthesis
- Estrogen Metabolism
- Estriol and the Estrogen Quotient
- Oral Estrogen vs Transdermal/Vaginal Transmucosal
- Xenoestrogens
- The Women's Health Initiative (WHI) Study
- Provera (medroxyprogesterone acetate)
- Premarin and Equine Estrogens
- Oral Contraceptives
- Infertility Treatment Drugs
- Bioidentical Hormones and Progesterone

Chapter 18 Environmental Toxicity and Tobacco

- Endocrine-Disrupting Compounds
- Polycyclic Aromatic Hydrocarbons
- Organochlorines
- Parabens
- Benzene
- Phthalates
- Avoiding Phthalates
- Polyvinylchloride (PVC)
- Formaldehyde
- Styrene
- Cosmetics and Breast Cancer
- Carcinogenic and Potentially Carcinogenic Toxic Elements
- Tobacco

Chapter 19 Food Contaminants and Breast Cancer

- Food Packaging and Bisphenol A (BPA)
- Ways to Avoid Food Packaging Toxins
- Herbicides, Insecticides and Food Carcinogens

- Triazine Herbicides
  - Agricultural Insecticides - Dieldrin and Aldrin
  - Household Insecticides
  - Genetically Modified Organisms
  - Ways to Avoid Herbicides, Insecticides and Toxins in Food
  - Carcinogenic Hormones in Meat and Milk
    - Zeranol ( $\alpha$ -zearalanol)
    - Recombinant Bovine Somatotrophin (rBST) or (rBGH)
- Chapter 20      Mechanistic Theory in Conventional Medicine
- Chapter 21      Biology of the Psyche
- Chapter 22      Dr. Ryke Geerd Hamer's Theories of Cancer Causation
- Dirk Hamer Syndrome (DHS)
  - Phases of Illness
  - Embryonic Tissue Correspondence
  - Laterality
  - Metastasis
- Chapter 23      The Pineal Gland and Melatonin's Relationship to Breast Cancer
- Chapter 24      Dental Mercury Amalgams and their Health Consequences
- Dental Mercury Exposure and Body Burden
  - Current Politics of Dental Mercury
  - Dental Mercury Toxicology Research
  - Pathophysiology of Dental Mercury
  - Oral Galvanicity
- Chapter 25      Oral Microbes and Viruses and their Association to Breast Cancer: Periodontal Infections, Root Canal-Treated Teeth, and Dental Cavitations
- Oral Toxicology and Cancer
  - Periodontal Disease and Systemic Disease
  - Root Canal Treatments and their Potential Health Consequences
  - Cavitations and Osteonecrosis of the Jaw (ONJ)
    - Cavitation Causes and ONJ
    - Cavitation and Periapical Periodontitis Diagnosis
    - Cavitation Treatment
  - Viruses and Breast Cancer
  - Vaccine Contamination and Viruses
- Chapter 26      Hereditary Genetic and Epigenetic Factors in Breast Cancer
- BRCA1 and BRCA2

- BRCA1 and BRCA2 Mutations
- BRCA Testing
- Bilateral Prophylactic Mastectomy and Prophylactic Salpingo-Oophorectomy
- Options Other than Surgery for BRCA Mutations
- PALB2
- Tumor Protein 53 (TP53, p53)
- Single Nucleotide Polymorphisms (SNPs) that Affect Estrogen Biosynthesis and Metabolism
  - Cytochrome P450 1A1 and 1B1 Enzymes and their Polymorphisms
    - CYP1A1 (Cytochrome P450 1A1 - Polymorphisms: Msp 1, I462V)
    - CYP1B1 (Cytochrome P450 1B1 - Polymorphism: V432L)
  - Phase II-Conjugating Enzymes and their Polymorphisms
    - COMT (Catechol-O-methyltransferase - Polymorphism: Val158Met)
    - GST (M1 and P1) (Glutathione S-transferase - GSTP1 polymorphisms: Ile105Val, A114V)
    - 5,10-methylenetetrahydrofolate reductase (MTHFR) Polymorphisms

Chapter 27 Putting Etiology All Together

### **Part Three: Diagnostic Techniques**

Chapter 28 Breast Examination – Self- Breast Exam Technique

Chapter 29 Laboratory Testing

- Estrogen, Progesterone and Testosterone Testing
- S-Phase Fraction
- Genetic / Genomic Testing
- HER-2/neu “Human Epidermal Growth Factor Receptor 2”
- Gene Expression Assays
  - *OncoType* DX
  - MammaPrint
  - Breast Cancer Gene Expression Ratio
- Micronutrient Testing
- Urine Iodine/Iodide Loading Test
- Urinary Organic Acid Testing
- Amino Acid Testing
- Oxidative Stress
- Toxicological Testing
- Cytological Testing - HALO Mamo Cyto Test
- Tumor Antigen Testing – Serum Tumor Markers

- Carcinoembryonic antigen (CEA)
- Cancer antigen 15-3
- Cancer Antigen 27.29
- Cancer antigen 125 or CA125

Chapter 30

Breast Biopsy

- Fine Needle Aspiration Biopsy
- Core Biopsy
- Vacuum Assisted Core Biopsy
- Open Surgical Biopsy
- Invasive Concerns of Percutaneous Needle Biopsy

Chapter 31

Imaging Diagnostics of the Breast

- Mammograms
- Mammography and X-ray Computed Tomography (CT) Scans: Balancing Benefits and Risks
- False Positives and Over-diagnosis
- False Negatives
- Newer Mammography Machines: Are they better?
- Nuclear Medicine Diagnostic Procedures
  - Molecular Breast Imaging (MBI) and breast-specific gamma imaging (BSGI)
  - Positron Emission Tomography
- Non-Radioactive Diagnostic Scans
  - Sonomammography (Breast Ultrasound)
  - Diaphanography
  - Magnetic Resonance Imaging (MRI) of the Breast
  - Digital Infrared Thermography Imaging

Chapter 31

Contact Regulation Thermography (CRT)

**Part Four: Politics of Cancer**

Chapter 33

The Cancer Industry

- A Brief History of the Medical Industry in the United States
- Financial Burden of Breast Cancer
- Financial Funding of Cancer
- Limitations and Corruptions of the Patent Process
- Conventional Oncology's Avoidance of Complementary and Alternative Therapies
- Research Bias and Conflicts of Interest
- Chemotherapy Concessions and Late Stage Use of Cytotoxic Chemotherapy
- Cancer Industry Corporation Misdeeds and Wrongdoings

- Mammography Industry Politics
- Monsanto Politics and Breast Cancer
- The War on Cancer
- Increasing Cancer Treatment Cost
- Purchasing Medications from Overseas
- The National Cancer Institute
- The American Cancer Society
- Further Reading

Chapter 34 Parkinson's Law and its Relationship to the Cancer Industry

### **Part Five: Conventional Breast Cancer Treatment**

Chapter 35 Surgery

- Lumpectomy
  - Lumpectomy and Radiation Therapy
  - Complications of Lumpectomy plus Irradiation:
- Types of Mastectomy
- Lymphatic Evaluation
  - Sentinel Lymph Node Biopsy (SLNB)
  - Axillary Lymph Node Dissection (ALND)
- Timing of the Surgery
- Avoiding Opiate Narcotics after Surgery

Chapter 36 Reconstructive Surgery and Breast Implants

- Tissue Expansion Technique
- Breast Implants
  - Saline-filled
  - Silicone gel-filled
  - Breast Implant Safety
  - Implant Rupture
  - Silicone's Effect on the Immune System
- Muscle Flap Reconstruction
  - TRAM (Transverse Rectus Abdominis Muscle) Flap
    - Pedicle TRAM Flap
    - Free TRAM Flap
  - DIEP Flap (Deep Inferior Epigastric Perforator Flap)
  - Latissimus Dorsi Flap or LD Flap
  - Gluteal Free Flap or GAP Flap



- Inner Thigh or TUG flap
  - Final Stages of Breast Reconstruction
- Chapter 37 Conventional Hormone Therapy
- Selective Estrogen-Receptor Modulators (SERMs)
    - Tamoxifen Citrate (Nolvadex)
    - Raloxifene (Evista)
    - Toremifene citrate (Fareston)
    - Fulvestrant (Faslodex)
  - Aromatase Inhibitors
    - Exemestane
    - Letrozole
    - Anastrozole
  - Aromatase Inhibitor Side Effects
- Chapter 38 Natural Aromatase Inhibitors
- White Button Mushroom (*Agaricus bisporus*)
  - Flavonoids as Aromatase Inhibitors
    - Chrysin
    - Quercetin
    - Apigenin
  - Resveratrol
  - Oleuropein
- Chapter 39 Biologic Response Modifiers and other Palliative Drugs
- Herceptin (trastuzumab)
  - Kadcyla (ado-trastuzumab emtansine)
  - Tykerb (lapatinib)
  - Bisphosphonates
  - Xgeva (Denosumab)
- Chapter 40 Cytotoxic Chemotherapy
- Goals of Cytotoxic Chemotherapy
  - Mechanisms of Cytotoxic Chemotherapy
  - Cytotoxic Chemotherapy Resistance
  - Clinical Outcomes in Early Breast Cancer
  - Clinical Outcomes in Advanced Metastatic Breast Cancer
  - Cytotoxic Chemotherapy Side Effects
  - Dosage and Genetically Targeted Fractionated Chemotherapy
  - Types of Cytotoxic Chemotherapy used in Breast Cancer Treatment

- Anthracyclines
    - Doxorubicin (Adriamycin)
    - Epirubicin
  - Alkylating Agents
    - Cyclophosphamide (Cytosan)
    - Thiotepe (triethylene thiophosphoramide)
  - Antimetabolites
    - Gemcitabine
    - Fluorouracil (5FU or 5-Fluorouracil)
    - Capecitabine (Xeloda)
  - Taxanes
    - Taxane Side Effects
    - Taxane Resistance
    - Paclitaxel (Taxol, Onxol)
    - Paclitaxel Side Effects
    - Paclitaxel Administration and Dosage
    - Docetaxel (Taxotere)
    - Docetaxel Side Effects
    - Docetaxel Administration and Dosage
  - Non-Taxane Microtubule Inhibitor
    - Eribulin mesylate (Halaven)
    - Eribulin mesylate Side Effects
  - Antifolates
    - Methotrexate
    - Methotrexate Side Effects
    - Methotrexate Dosage and Administration
  - MTHFR Gene Variations, Methylation Defects and Folate Supplementation during Antifolate Chemotherapy
  - Drugs Used for Bone Marrow Suppression Side Effects
    - Neupogen (filgrastim)
    - Neulasta (pegfilgrastim)
    - Epoetin alfa (Procrit; Epogen)
    - Darbepoetin alfa (Aranesp)
  - The Future of Cytotoxic Chemotherapy
- Chapter 41 Cell Culture Drug Resistance Testing and Weisenthal Cytometric Profiling
- Cell Culture Drug Resistance Tests (CCDRT)

- Opposition of Cell Culture Drug Resistance Tests
  - Clinical Studies of Cell Culture Drug Resistance Tests
  - Weisenthal Cytometric Profiling
- Chapter 42      Insulin Potentiated Therapy (IPT)
- Insulin Potentiated Therapy Mechanism of Action
  - History of Insulin Potentiation Therapy
  - Insulin Potentiation Therapy Research
- Chapter 43      Radiation Therapy
- Physiological Effects of Radiation Therapy
  - Radiation Therapy Efficacy
  - Types of Radiation Therapy Techniques
    - External Beam Radiation Therapy (EBRT)
    - Intensity Modulated Radiation Therapy (IMRT)
    - Brachytherapy
      - High-dose rate (HDR) brachytherapy
      - MammoSite® brachytherapy
      - Low-Dose Rate (LDR) Brachytherapy
      - Low-Dose Rate (LDR) Brachytherapy
    - Proton Beam Radiation Therapy
    - CyberKnife®
  - Strategies that Aid Radiation Therapy

**Part Six: Cross Cultural Complementary and Alternative Medicine (CAM) Treatment of Breast Cancer**

- Chapter 44      Immunotherapy Therapy: Thymus and Spleen Peptides; Gc-MAF (Gc-Macrophage Activating Factor) and PNC 27
- Thymus Extracts and Peptides
  - History of Thymus Therapy
  - Commercial Purified Thymus Extracts (pTE) and Thymic Peptide Preparations
    - Thymex-L
    - TFX-Thymomodulin
    - Thymus Peptide C
    - Thymus Peptide M (LUPEX)
  - Side Effects of Thymus Extract and Peptides
  - Thymus Extract and Peptides Availability
  - Spleen Peptides
  - Commercial Spleen Peptides Preparations

- Group Complement Macrophage Activating Factor (Gc-MAF)
- Alpha-N-acetyl-galactosaminidase
- Gc-MAF Immunotherapy
- Gc-MAF Methods and Timing of Administration
  - Route of Administration
  - Frequency and dosage
  - Duration of treatment
- Monitoring Gc-MAF Treatment
- Gc-MAF Side Effects
- Colostrum and Immunity
- Colostrum MAF
- PNC-27 Peptide Therapy

#### Chapter 45

##### Medicinal Mushrooms

- Bioactive Chemicals and Medicinal Properties
- *Coriolus versicolor* (*Trametes versicolor*)
- *Grifola frondosa*
- *Ganoderma lucidum*
- *Agaricus blazei* Murill
- *Inonotus obliquus*
- Medicinal Mushrooms in Medicine

#### Chapter 46

##### Mistletoe Therapy

- Commercial Mistletoe Extracts
- Mistletoe Constituents and their Effects
- Mistletoe Extract Research
- Application and Dosages
- Desired Reaction
- Length of Treatment
- Mistletoe Extract Side Effects
- Politics and Legalities

#### Chapter 47

##### Paw Paw (*Asimina triloba* and Related Species)

- Research on Annonaceous Acetogenins
- Pawpaw Anti-Cancer Mechanisms
- Multiple Drug Resistant Cells and Annonaceous Acetogenins
- Pawpaw Administration and Dosages

##### Cannabis and Breast Cancer

- Cannabis Cancer Research

- Medical Cannabis Legalities
  - Cannabis Dosage for Cancer
- Chapter 48      Amygdalin
- Amygdalin Anticancer Mechanisms
  - Amygdalin Laetrile Controversy and Politics – Forbidden Fruits
  - Amygdalin Research
  - Amygdalin Sources and Dosage
  - Laboratory Monitoring
- Chapter 49      Oral Proteolytic Enzymes and Cancer Therapy
- History of Proteolytic Enzyme Therapy
  - Proteolytic Enzymes Anticarcinogenic Mechanisms
  - Oral Proteolytic Enzyme Sources, Absorption and Dosage
- Chapter 50      Oxidative Therapy with Oxygen-Ozone
- Oxygen-Ozone (O<sub>3</sub>) Therapy Mechanisms
  - Oxygen-Ozone Therapy Research
  - Oxygen-Ozone Application
    - Major Autohemotherapy (MAH) or Recirculatory Autohemo Perfusion
    - 10 Pass Ozone Therapy
    - Intravenous Injection and Intra-tumoral Injection
    - Ozonated Water
    - Ozone Societies
- Chapter 51      Ultraviolet Blood Irradiation; Photoluminescence Therapy
- Ultraviolet Blood Irradiation History
  - Physiological Mechanisms of Ultraviolet Blood Irradiation
  - Ultraviolet Blood Irradiation Application
  - Ultraviolet Blood Irradiation Side Effects
- Chapter 52      Photodynamic Therapy, Sonodynamic Therapy and Sono-Photodynamic Therapy
- History of Photodynamic Therapy
  - Photodynamic Therapy Mechanisms in the Treatment of Breast Cancer
  - Photosensitizing Agents in Breast Cancer
  - Sono-dynamic Therapy
  - PDT and SPDT Administration
- Chapter 53      Hyperthermia
- History of Hyperthermia
    - Bacteria Induced Fever Therapy - William Coley and Coley's Toxins
    - The Modern Development of Hyperthermia

- Types of External Hyperthermia
- Hyperthermia Societies
- Hyperthermia's Anticancerous Mechanisms
- Whole Body Hyperthermia Toxicity and Side-Effects

Chapter 54

Detoxification Therapies

- Liver Detoxification
  - Phase 1 Detoxification
  - Phase 2 Detoxification
- Intestine Detoxification (Phase 3 Detoxification) and Altered Bowel Permeability
- The Microbiome - Intestinal Ecology and Probiotics
- Colon Hydrotherapy
- Enemas
  - Enema Procedure
  - Coffee Enemas
  - Enema Safety Tips
- Sauna
  - Steam bath
  - Dry-heat sauna
  - Infrared saunas
  - Far-infrared (FIR) saunas
  - Sauna Safety

Chapter 55

The Bioregulatory Milieu or Terrain Treatment (Tissue Alkalization)

- Acid Base Regulation
- Demographic Evidence of Alkaline Diets and Low Cancer Rates
- Alkaline Therapy
  - Cesium and Rubidium Alkalizing Therapy
  - Alkaline Therapy Safety
  - Alkaline Therapy Dosage and Availability

Chapter 56

Traditional Chinese Medicine and Breast Cancer

- TCM Breast Cancer Etiology
- TCM External Factors Affecting Breast Cancer Genesis
- TCM Emotional and Sociological Concepts
- TCM Internal Factors (Patterns of Disharmony Related to Breast Cancer)
  - Disharmony of Qi/Blood
  - Zang Fu Deficiencies
  - Disharmony of Chong and Ren Meridians

- TCM Tumor Differentiation
- TCM Energetic Anatomy
- TCM Cancer Therapy
  - Herbal Therapy
  - Commonly Used TCM Herbal Formulations for Breast Cancer
    - Shi Quan Da Bu Tang
    - Jia Wei Xiao Yao San
    - Xiang Sha Liu Jun Zi Tang
    - Gui Pi Tang
  - Formulas Used for Symptomatic Relief of Conventional Treatment Side Effects
    - Ban Xia Xie Xin Tang
    - Bu Zhong Yi Qi Tang
    - San Zhong Kui Jian Tang
  - Acupuncture
  - Qigong and Taichiquan

Chapter 57 Dichloroacetic acid (DCA) - A Promising Compound

- DCA Anticancer Mechanism
- DCA Research
- Dosage and Availability
- DCA Side Effects

**Part Seven: Nutrition and Breast Cancer**

Chapter 58 Nutritional Approaches to Cancer

- Plant-Based Diet and Bioactives
  - Carotenoids
  - Phenolic compounds
  - Organosulfur compounds
  - Isothiocyanates
  - Monoterpenes
- Ketogenic Diet
- Ketone Testing
- Safe Foods to Consume
- Intermittent Fasting in Addition to a Plant-based Ketogenic Diet

Chapter 59 Catabolic Wasting (Cancer Cachexia) and Nutritional Intervention

- Pathophysiology of Cancer Cachexia
- Supplementation for Cachexia

- Chapter 60 Soy Products
- Chapter 61 Unique Hormones: Vitamin D and Melatonin
- Vitamin D-2 and D-3
    - Vitamin D Testing
    - Vitamin D-3 Dosage
  - Melatonin
  - Melatonin Dosage
- Chapter 62 Antioxidants and Cancer
- Cytotoxic Chemotherapy and Reactive Oxygen Species (ROS)
  - Types of Antioxidants
    - Coenzyme Q10 (CoQ10)
    - Coenzyme Q10 Dosage and Availability
    - Vitamin C (Ascorbate)
      - Intravenous Vitamin C Therapy
      - Ascorbate and Cytotoxic Chemotherapy Controversy
      - Vitamin C Dosage and Availability
      - Riordan Intravenous Vitamin C Protocol
    - Vitamin E
      - Vitamin E Dosage and Availability
      - Vitamin E Safety
    - Alpha Lipoic Acid
      - ALA Preventing Cytotoxic Chemotherapy Side Effects
      - ALA Prevention and Treatment of Neuropathy
      - ALA Improvement of Glucose Metabolism
      - ALA Dosage and Availability
      - ALA Safety
- Chapter 63 Estrogen Regulatory Substances
- Calcium d-glucarate
    - Calcium d-glucarate Safety
    - Calcium d-glucarate Dosage
  - Indole-3-carbinol (I3C) and Diindolylmethane (DIM)
  - I3C and DIM Dosage and Tolerance
- Chapter 64 Important Minerals for Breast Health
- Iodine
    - Types of Iodine
    - Iodine History



- Causes of Iodine Deficiency
- Iodine Research
- Iodine Dosage
- Selenium
  - Selenium and Cancer
  - Selenium Dosage and Availability

### **Part Eight: Maintaining Physical Fitness**

- Tailored Assessment
- Range of Motion Stretching Exercises
- Strength Training
- Exercises and Tips for Lymphoedema

Chapter 65      Yoga

### **Part Nine: Biological Dentistry**

Chapter 66      Biocompatible Materials and Mercury Amalgam Removal

- Dental Amalgam Removal Safety
- The SMART Protocol
- Amalgam Alternatives
- Material Compatibility Testing

Chapter 67      Non-vital Teeth and Cavitations

- Limitations of X-Ray
- Tooth Structure and the Periodontal Ligament
- Tooth Extraction
- Cavitations
  - Identifying Cavitations
  - Cavitation Treatment
    - Surgical Curettage
    - Anti-coagulation Therapy
    - Ozone Therapy
    - Low Level Laser Therapy
    - Shock Wave Ultrasound
    - Limitations and Complications of Antibiotics

### **Part Ten: Creating a Treatment Plan**

Chapter 68      Health and Wellness Monitoring

Chapter 69      Important Wellness Strategies