

Breast Cancer Prevention Protocol

1. Screening:

- a. Brevagen genetic screening for sporadic cancer risk (90% of all cases)-insurance billable.
If not covered \$250 out of pocket
- b. BRCA 1 and 2 for hereditary cancer risk (10% of all cases)-insurance billable.
- c. Thermography: <http://brasthermography.com/>
- d. Mammography: <http://www.bmirad.com/services/womens-imaging-screening-bellevue-washington-wa.php>
- e. Ultra sonography: <http://www.bmirad.com/services/womens-imaging-screening-bellevue-washington-wa.php>
- f. MRI: <http://www.bmirad.com/services/womens-imaging-screening-bellevue-washington-wa.php>

2. Testing:

- a. Estrogen metabolism (make sure your estrogen is not being metabolized into a carcinogen): <https://www.gdx.net/product/estrogen-metabolism-assessment-hormone-test-urine>
- b. Food sensitivities (to prevent inflammation): <http://nowleap.com/>
- c. Genetics (how well do you make your energy, cells, detox?): www.23andme.com
- d. Adrenal stress index and expanded hormone panel (health of the endocrine system): http://www.accessmedlab.com/saliva_adrenal_testing.html
- e. Urine Organix (for complete metabolic testing): <http://www.metametrix.com/test-menu/profiles/organic-acids/organix-comprehensive>
- f. Iodine patch test: free in my office
- g. See Erin Dudley for a nutritional consultation and bio impedance analysis testing.
- h. NutrEval testing for micronutrient levels and absorption testing.
- i. Learn your **Ayurvedic** dosha type and balance. Make an appointment with Dr. Keesha to do a pulse diagnosis and start your journey toward learning your own body and how to get it back into balance when it's gone sideways.

If you have had or have breast cancer please check out **Harmony Hill** for the next retreat:
<http://www.harmonyhill.org/>