

[Developed by Joseph J. Collins, R.N., N.D.]⁺

Protocol Objectives:

For patients wishing to support breast health. This protocol is designed to support multiple aspects of hormone balance, with emphasis on estrogen detoxification and cellular health.[‡]

Clinical Objective [‡]	Assessment	Select From the Following Recommendations ^{**}	Dosing
Support androgen and estrogen balance	<p>Lab: Assess estrogens (estradiol & estrone or total estrogens)</p> <p>Patient presents with complaints of breast tenderness, and/or concern about breast health</p>	EstroQuench™	2-4 capsules daily with food
Support optimal detoxification of estrogens	<p>Lab: Assess estrogen metabolites, specifically 2-hydroxyestrogens and 16-alpha-hydroxyestrogens</p> <p>Patient presents with complaints of breast tenderness, and/or concern about breast health</p>	DIM® Enhanced	2 capsules daily
Support endogenous methylation processes to promote healthy estrogen metabolism	<p>Lab: Assess estrogen metabolites, including 2-methoxyestrogen metabolites</p> <p>Patient presents with complaints of breast tenderness, and/or concern about breast health</p>	Methyl B12 Plus	2 capsules daily
Support immune balance	<p>Lab: Assess CRP, cytokines</p> <p>Patient presents with generalized body discomfort or other signs of endogenous systemic imbalances</p>	Wobenzym® Plus or Wobenzym® N	2 tablets, twice daily without food or 3 tablets, twice daily without food
Support healthy estrogen function without hormone replacement	<p>Lab: Assess estrogens (estradiol & estrone or total estrogens)</p> <p>Patient presents with symptoms associated with low estrogen, but chooses to avoid all forms of estrogen replacement therapy</p>	EstroMend™	2-4 capsules daily with food

^{**}Please note that patients may not require all supplements listed.

⁺Dr. Joseph J. Collins is a retained advisor to Douglas Laboratories.

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Available for download at douglaslabs.com/breast-health



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[‡]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.

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