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**The Healing Protocol below is after a comprehensive visit. We had just found that her fibrous breasts were not cancerous after ordering ultrasound exam at the first visit. Blood work showed minor anemia and some concern with thyroid function, however the center of the case was with liver function and elevated estrogen levels. As her mother had recently died of breast cancer and also had multiple chemical sensitivity, addressing the daughter's ability to regulate estrogen better was paramount for breast cancer prevention as well as resolving hormonal concerns with her menstrual cycle that have been problematic since her teenage years. Six weeks later she relayed by email her happiness with the care she received:**

“Dr. Steve, I just want to say a big thank you for helping me and taking so much time, thought, and care in helping me. I appreciate the time you spent really investigating and asking questions trying to get to the root. That is special and seemingly more rare these days.

I feel great! I feel more energetic , my skin is clearer, and I feel I know what is going on with my body more. I have been eating better as well--I feel more proactive.  
 Thanks again--enjoy your weekend.”

<b>PROCEEDURES</b>	
Writing - Three letters assignment First write your letter to them; break; then you write there response to your letter; break; then you write a letter in response to them. Start process with ceremony – however that looks to you (prayer, sage, candle, etc.)	Perhaps for dad and mom
<b>MEDICINES</b>	
STOP <u>Herbal Medicine</u> Phytoprogestrone	Better understand menstrual function
STOP <u>Dietary Supplement</u> Thyrofem	Better understand thyroid function
STOP <u>Dietary Supplement</u> – Iodine Perhaps do a test in 6 months taking TSH blood levels before and after	Detox elemental halides; treat fibrocystic breasts; breast cancer activity; action of thyroid
FINISH OFF <u>Dietary Supplement</u> – B12 & Folate Just blast through the rest of what you have so that this creates a new plateau that will be maintained by the multivitamin.	B12 & Folate deficiency
START <u>Dietary Supplement</u> Calcium D-Glucarate 2 (500mg) caps 2x/day	Directly increase net glucuronidation (phase II) and inhibits beta-glucuronidase from deconjugating toxins
START <u>Dietary Supplement</u> – I3C	Induced cytochrome p450 enzymes related to

Indole 3 – Carbinol one (200mg) cap 2x/day for first 16 days of cycle	estrogen metabolism. Breast cancer prevention; Help liver in detoxification; hormonal regulation
START <u>Herbal Medicine</u> Liver Cleanse – one cap in morning day 16 to day end of cycle. (increase to 2 caps as appropriate)	Liver cleaning: to help increase Phase 2 detox
START <u>Dietary Supplement</u> - Multivitamin Basic Nutrients II– 4 caps at breakfast and at lunch (or afternoon snack, but not after 6pm) [With meals]	Contains higher nutrient amounts in a form that is easy absorbed and of a quality that is required.
START <u>Herbal Medicine</u> Ashwaganda or Chickweed	Sleep & yin xu (when feeling drained, but thoughts racing, and especially if forehead is hot)
CONTINUE <u>Dietary Supplement</u> – Essential Fatty Acids 2-3 caps 2x/day	Everything
<b>FOOD</b>	
If drinking coffee will need to increase fiber on that day to compensate.	Your P450 enzymes make their toxic products too fast for your glycation to handle. Another way to say is that your Phase 1 is more efficient than Phase 2 thus symptoms after coffee.
Avoid all processed food.	Anything in a box is suspect. Avoid anything that has added dyes or synthetic chemicals. The ingredients list should be items that you easily recognize - can taste or picture in your mind.
Please get as <u>many different vegetables and fruits</u> in your diet as you can. Raw, in salads and juiced vegetables are most useful; cooked are okay too. In fact, all foods should be whole, not processed, because of all the synthetic chemicals in the packaged foods.	All frits and vegis are not good for all people, but there phytonutrients, minerals, and vitamins are a better choice for health than the sugar and bad-fat laden options.
<b>LIFESTYLE</b>	
Exercise	Is even more important than nutrition.
Water	Please make a point of drinking water that is <b>not</b> bottled. Bottled water is filtered by reverse osmosis and does not have any minerals in it that requires your body to use its stores. You can also purchase liquid minerals at health food stores that allow you to add a single drop to a bottle restoring minerals.
Get 20+ minutes on average of sunlight per day. If that is impossible, let me know.	You are getting enough Vitamin D supplemented in the Multivitamin, but nothing beats the real thing