

CERVICAL DYSPLASIA

1. Pre-Disposing Factors and Clinical Indicators: Irrespective of the fact that this can be a pre-cancerous or cancerous condition, the serum CEA, CA-125 and squamous cell carcinoma antigen are almost always normal. Pap smear is the only reliable means of identifying cervical dysplasia. Cervical dysplasia is characterized by the presence of abnormal cells in the cervix, generally indicating either a pre-cancerous or cancerous condition. Most often the problem is classified as low-grade or high-grade, depending on the severity of the cell changes. Low-grade progresses slowly and can resolve on its own. High-grade tends to progress quickly and can lead to cervical cancer.

- a. Genital warts.
- b. Abnormal bleeding.
- c. Spotting after intercourse.
- d. Vaginal discharge.
- e. Low back pain or bowel changes.

2. Dietary Suggestions:

- a. Eliminate mucous producing foods (dairy products and gluten).
- b. Drink, cook and bathe with pure water (no chlorine or fluoride).
- c. Decrease refined foods and increase raw complex carbohydrates and high quality proteins.
- d. Avoid soy and products containing soy.

3. Primary Supplemental Support in order of need:

- a. **5-MTHF Plus Forte**— 1 tid..
- b. As a douche (retain for 7-8 minutes), 100 drops of **Liquid Iodine Forte** in 3 ounces of distilled water (use a rectal syringe). Douche should be used 3 times a week along with the supplements for 30 days. A tampon soaked with the **Liquid Iodine Forte** can be used in lieu of the douche (insert immediately before the tampon swells). At the end of 30 days, complete another Pap smear.
- c. **Iodizyme-HP** — 1 tablet daily if the vaginal iodine is not used.
- d. **Bromelain Plus CLA** — 5 tid on an empty stomach.
- e. **Cytozyme-THY** — 5 tid.
- g. **IAG** — 2 teaspoons full tid.

Continued On The Following Page:

4. Other Considerations:

- a. **Castor Oil Packs** – Use a piece of natural flannel (synthetic material will not work) with castor oil and place over the cervix, cover with a heating pad, and use for two hours daily.
- b. **Bio-Trophic Plus** – 6-9 tid or **Pro-Multi Plus** – 2 tid.
- c. If the Pap smear indicates that the problem is high-grade, consideration should be given to referring the patient for cryosurgery, leap (hot or electrified wire) or laser ablation.