

But an even easier recommendation that's proven successful for many patients is cutting ALL caffeine from the diet, and supplementing with vitamin E. In fact, in one study, women with chronic fibrocystic breast disease took 200 or 400 milligrams of vitamin E (which equals roughly 444 and 888 IU, respectively) per day for three months. According to the doctor's examination, 13 of the women showed marked improvement. Similar effects were seen in another group of women who took 600 IU of vitamin E per day.

Dr. Wright usually recommends 400-800 IU of vitamin E each day, since it's nontoxic and seems to help many women.

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Infection prevention

Q: Right now I'm battling the shingles; my second attack in four months. I think I have it pretty much under control, but I'd like to know how I can stop it from happening again.

JW: First, try implementing a general "infection-prevention" program. Eliminate sugar, refined carbohydrates, and allergies (if any). And make sure your vitamin program includes at least 25,000 IU of vitamin A, 25 milligrams of zinc, and 2,000 milligrams of vitamin C, twice daily.

The shingles virus (herpes zoster) is a member of the herpes family of viruses -- which also includes herpes simplex mononucleosis, and cytomegalovirus. So, in addition to the nutrients already noted, lysine and the elements lithium and selenium can also help prevent recurrent outbreaks of this viral family. These (and other infection-fighting nutrients) have been combined into two unique formulations, "HPX" (to aid in prevention) and "HPX-2" (for nutritional support in more acute

situations), by Bio-Tech Pharmacal of Fayetteville, Arkansas. Check your local natural-food store to see if they carry HPX and HPX-2. If not, supplementing with lysine, selenium, and lithium individually will work too, but you'll need to check with your doctor to determine what amounts are best for you.

Lastly, it's been my observation over the years that individuals who develop herpes zoster are more likely than others to have hypochlorhydria (low stomach acid), which leads to poor digestion/ assimilation of nutrients, especially amino acids, and minerals. Uncorrected, hypochlorhydria makes you more susceptible to a variety of problems, including recurrent infections, because of shortages of key nutrients needed to prevent them. For more information on hypochlorhydria, refer to the October 2000 issue of Nutrition & Healing (subscribers can download this issue for free by visiting www.wrightnewsletter.com). Or contact the American College for Advancement in Medicine (949-583-7666; www.acam.org) for information on testing or treatment for this problem.

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One last thing...

Dr. Wright also recommends that women suffering from fibrocystic breast disease take extra vitamin B6, selenium, and primrose or black currant oil. And, remember – it's always a good idea to take a high-potency vitamin-mineral combination if you're following any part of the program above.

Yours in good health,
Amanda Ross
Managing Editor
Nutrition & Healing

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