

Table 1

	PMPs Soft Tissue	PMPs Itching	PMPs Nerve Pain	Cancer prevention	Fitness	Immune system	Fatigue	Weight Loss	Lymph edema	Depress ion	Success ? Y/N/S	Dr. OR Self	Comments
<b>SUPPLEMENTS</b>													
Aloe Vera 4oz				✓		✓		✓				Self	
Magnesium Citrate - 500mg	✓			✓		✓					Y	Pain Dr.	prescribed and regular blood tests for levels
D3 - 5,000iu				✓		✓	✓			✓		Pain Dr.	prescribed and regular blood tests for levels
Calcium - 1,800mg				✓								Pain Dr.	prescribed and regular blood tests for levels
Omega 3 w/ EPA & DHA	✓		✓	✓			✓			✓		Pain Dr.	prescribed and regular blood tests for levels
Selenium Organic - 100 mg	✓		✓	✓								Pain Dr.	prescribed and regular blood tests for levels
Zinc - 100mg	✓		✓	✓								Pain Dr.	prescribed and regular blood tests for levels
Alpha Lipoic Acid			✓	✓		✓						Pain Dr.	prescribed and regular blood tests for levels
B12 Shots - 1,000mcg month	✓		✓	✓		✓	✓	✓		✓	Y	Dr.	prescribed and regular blood tests for levels
B complex	✓		✓	✓		✓	✓			✓		Dr.	prescribed and regular blood tests for levels
Apple cider vinegar 2tbls				✓		✓	✓	✓				Self	
Lemon						✓	✓	✓	✓	✓		Self	
Honey						✓						Self	
Turmeric - 500mg			✓	✓		✓	✓					Dr.	
American Ginseng - 500mg							✓			✓		Self	for pain
Alpha Lipoic Acid - 250mg	✓		✓	✓		✓						Pain Dr.	
Vitamin E - 400iu	✓		✓	✓								Pain Dr.	
Acetyl-L-Carnitine - 500mg	✓		✓	✓		✓						Pain Dr.	
Inositol - 500mg	✓		✓									Pain Dr.	

Co-Q 10 - 200 mg	✓		✓	✓									Pain Dr.	
Vitamin C - 500mg				✓		✓	✓						Pain Dr.	
Canibols - topical & edible	✓	✓	✓										Pain Dr.	
<b>ACTIVITIES</b>														
LEAP MRT Anti Inflammatory Diet - last test 11/2014				✓	✓	✓	✓	✓		✓	S		Dr.	
Yoga	✓			✓	✓	✓	✓		✓	✓	Y		Self	
Meditation Guided	✓		✓	✓		✓	✓	✓		✓	Y		Self	
Meditation Blank	✓		✓	✓		✓	✓			✓	Y		Self	
Laughter yoga	✓		✓	✓		✓	✓			✓	Y		Self	
Restorative yoga	✓		✓	✓	✓	✓	✓	✓	✓	✓	Y		Self	
Walking				✓	✓	✓		✓	✓	✓	Y		Self	
Biking				✓	✓	✓	✓	✓		✓	Y		Self	
Weights					✓			✓		✓	?		Self	
Dry Brushing	✓		✓			✓		✓	✓	✓	Y		Self	
Manual Lymphatic Drainage	✓						✓		✓		Y		Dr. & Self	
Wrapping	✓						✓		✓		Y		Dr. & Self	
Arm/Hand Compression garments									✓		Y		Dr.	
Trunk/Breast Compression garments	✓						✓		✓		Y		Dr.	
Physical Therapy	✓						✓		✓		Y		Dr.	
Ice		✓	✓						BAD		S		Self	I Use, but Contraindicated for Lymphedema

Heat	✓	✓	✓						BAD		S	Self	I Use, but Contraindicated for Lymphedema
Slapping		✓									Y	Self	Always Compliant
Radio Frequency Ablation			✓								YES!!	Pain Dr.	INCREDIBLY SUCCESSFUL especially off Arimidex
Qi Gong			✓								Y	Self	works but too costly
Chiropractor											Y	Self	
<b>OILS</b>													
Wintergreen	✓		✓				✓				S	Self	Use regularly
Lavendar	✓	✓									S	Self	Use regularly
Rosemary	✓										S	Self	
Peppermint	✓	✓									S	Self	
Sweet Marjorum									✓		S	Self	
Sandalwood	✓									✓	S	Self	
Ginger	✓	✓	✓			✓	✓		✓	✓		Self	Just learned of efficacy in pain treatment - trying it
Any Citrus							✓				S	Self	
Coconut	✓	✓	✓	✓		✓			✓		S	Self	
Emu Oil	✓	✓									S	Self	
<b>OTC MEDS</b>													
Aleve 4/day	✓		✓								Y	Dr.	
Cortisone Cream		✓									Y	Dr.	
Aspirin 81mg (factor v)				✓								Dr.	