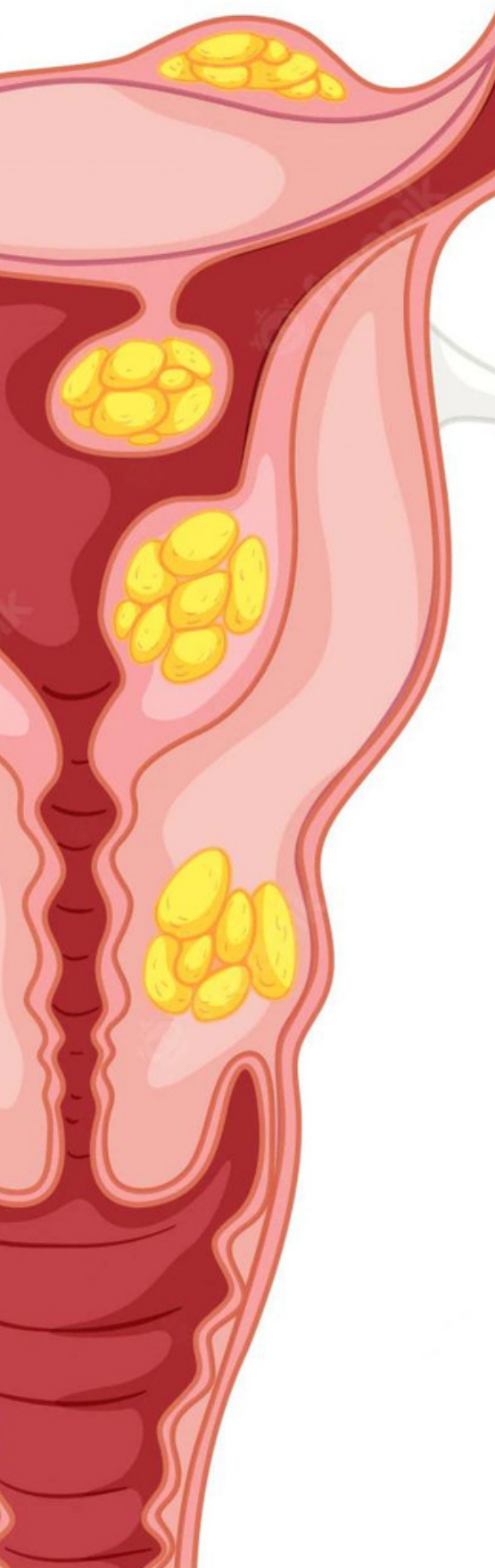


*Victoria*  
O'SULLIVAN



*The Complete  
Naturopathic  
Guide to  
**Fibroids***



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# Introduction

Women undergo many changes in their body throughout their lifetime. Many of the most natural facts of life can unfortunately trigger medical conditions that leave them with pain and discomfort and many times without a clue as to what is going on inside their bodies.

Fibroids are one such medical condition that can affect women of all shapes, sizes, and age. It can be a painful condition that is not easily diagnosed.

There are still many questions in the medical community about the different factors leading to the development of fibroids in the uterus.

Doctors suspect hormones like oestrogen are the root cause of these non-cancerous tumours, but careful research shows it may be more involved than that.

The good news for women who suffer from fibroids is that there are treatments which are both effective and natural in the shrinking of fibroid tumors.

This book was compiled to help you cope with the symptoms of possible fibroids and handle a diagnosis.

It is also full of treatment options that are safe for your body and can help prevent another occurrence of fibroid growth.

As women, we already understand the multitude of stress factors that can negatively affect our health. Fibroids are the result of many of those stressors and our environmental influences. We can help to prevent fibroids by changing our diets and lifestyles.

If you are suffering from fibroids or are genetically predisposed to developing them, this book is for you. I too have suffered from fibroids and understand what it is like to deal with the symptoms and treatments.

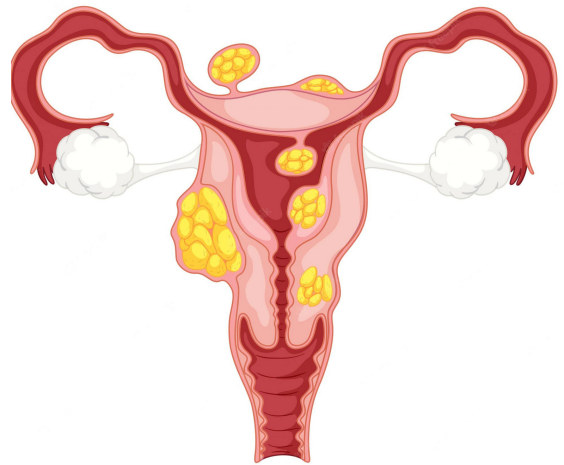
I know this book will help you understand the complexities of the condition and help you prevent another occurrence in the future.

I look forward to taking this journey with you.

Sincerely,

**Victoria O'Sullivan**

*Victoria*  
O'SULLIVAN



# e-Book Disclaimer:

The information and advice contained in this e-book, though well-researched, is not meant to be a substitute for licensed medical advice or treatment. This book is meant to provide insight on the condition and treatment of fibroids and should not be used in place of professional advice by your licensed medical provider.

If you suspect you have fibroids, or are at risk for developing the condition, immediately seek the advice of your own physician. It is also advisable that you consult directly with your doctor before self-treating fibroids or beginning a new regimen of exercise to ensure your own health and personal safety.

## Chapter 01

# What Are Fibroids?

Uterine Fibroids are abnormal growths in the uterus consisting of solid masses of muscle tissue, collagen and elastin. They are considered benign tumors, which means they are not cancerous. While fibroids are not life-threatening, they can cause a number of medical problems and/or discomfort.

### There are Three Types of Fibroids:

- **intramural fibroids** - grow on and inside the uterus wall
- **subserosal fibroids** - grow on the outside of the wall of the uterus
- **submucosal fibroids** - grow inside the uterus

### Fibroid Symptoms

The following is a list of common symptoms associated with fibroids. Just because you may have one or more of the

following symptoms does not necessarily mean you have fibroids. You will need to consult with your gynecologist or trusted physician to confirm whether or not you actually do have fibroids. Also, some individuals experience no symptoms at all but have fibroids that disappear or shrink on their own.

### Common fibroid symptoms include:

- Pain or pressure in the pelvic area. Pain may be infrequent or constant, chronic or a stabbing sensation.
- Frequent and sometimes urgent need to urinate due to additional pressure on the urinary tract and bladder from the presence of fibroids.
- Menorrhagia (heavy menstrual bleeding).
- Dysmenorrhea (painful menstrual bleeding).



- Irregular menstrual periods (spotting during the month).
- Hemorrhoids.
- Constipation.
- Infertility.
- Loss of pregnancy.
- Dyspareunia (pain during intercourse).
- Abdominal swelling or bloating.
- Back pain.

## Causes of Fibroids

Fibroids occur when a single cell reproduces repeatedly from the wall of the uterus. It grows into a rubbery and firm mass that is completely separate from the surrounding tissue of the uterus. Fibroids can grow as just one mass; or in groups - and they greatly vary in size. Doctors are not sure exactly what causes the growth of uterine fibroids, but studies and research indicate that the following factors are involved:

- **Hormones** - oestrogen and progesterone (female hormones) seem to play a large role in the growth of fibroids.

- **Body chemicals** - the body uses a growth factor chemical similar to insulin to maintain its tissue. It's considered that this chemical may aid in the development of fibroids.
- Genetic code alteration - many fibroids contain modifications that provided the change in the walls of the uterus.

## Fibroids' Relationship to Hormones and the Menstrual Cycle

The menstrual cycle occurs about every four weeks. It's the act of blood flowing from the uterus and involved in reproduction. The wall of the uterus thickens in preparation for a possible pregnancy while eggs are produced in the ovaries and travel to the fallopian tube and into the uterus to wait for pregnancy. If you do not become pregnant, the lining of the uterus and the egg is eliminated through your period.

The female menstrual cycle requires progesterone, progestin and oestrogen hormones to take place. Fibroids contain more oestrogen than normal muscle cells in the uterus. This causes a hormonal imbalance which is considered one of the contributing factors to the creation of fibroids.

## Who is at Risk for Fibroids?

Women in their reproductive years are at the highest risk for getting fibroids, while women of colour are more likely than others to develop fibroids. If your mother and/or other female relatives have had fibroids, you are at a higher risk due to genetic predisposition for developing fibroids as well.

Women have almost a 75% chance of having fibroids – which is almost 3 out of every 4 women.

The Mayo Clinic has linked obesity as one of the factors leading to the development of fibroids.

## Chapter 02

# The Western Medical Model

Once you visit a doctor, he or she will begin asking questions to determine what sort of problems you've experienced to try and find out exactly what you're dealing with. After discussing your medical history, most doctors will do a pelvic exam to feel the uterus and attempt to gauge its size in relation to the size of your uterus during previous examinations. A "normal" uterus is about the size of a woman's fist. Any variation from this approximate size can signify there is a problem.

If a doctor suspects fibroids to be the problem, he or she will probably order blood tests to obtain a complete blood count (CBC). Blood tests show iron deficiency anemia (or not), help determine your body's reproductive hormone levels, and can rule out or confirm bleeding disorders. In some situations, your doctor may perform a uterine biopsy to look for causes of bleeding.

The procedure is called an endometrial biopsy and is performed right in your doctor's office without the use of anesthesia.

## Diagnosis

Fibroids are typically found by your gynecologist during your routine physical exam.

When the doctor does your pelvic exam to feel the size and shape of your uterus, an enlarged or irregularly shaped uterus can signify that fibroids are present.

Some women experience symptoms which lead her to her doctor who will conduct an exam to determine whether or not fibroids may be the cause of the symptoms.

After the exam, if a doctor suspects that you have fibroids, he or she will order tests to confirm the diagnosis. The first exam is normally an ultrasound.

If there is any doubt after an ultrasound has been performed, more specialised testing may be done to help the doctor recommend treatment options.

## Testing for Fibroids

**Ultrasounds** - most people know ultrasound technology for its use in pregnancy to look at the growing fetus. The ultrasound also allows doctors a safe way to view the uterus and ovaries to look for fibroids through the use of sound waves to create a picture. There is no radiation involved in an ultrasound procedure. You can expect an ultrasound to take between 30 and 60 minutes to complete.

There are two types of ultrasounds - external and internal. The external ultrasound is performed with a probe placed on top of your abdomen; while the internal ultrasound requires that a probe be placed in the vagina. It is not normally painful and is inserted in the same way as a tampon.

The internal ultrasound allows for close up pictures of the lining of the uterus and ovaries.

**Sonohysterography** - another type of ultrasound technology which does not use radiation, a sonohysterography is used to identify submucosal fibroids and polyps inside the uterus and endometrium. The exam will take about 30 minutes and is done in the gynecologist's office.

The patient will be positioned the same as when having a pelvic exam, and a small catheter is inserted through the cervix. A small balloon is inflated to hold the catheter in place. Once positioned, a sterile saline will be injected into the uterus to enable clear ultrasound pictures to be taken. There is sometimes mild cramping (similar to what you may experience with menstrual cramping) for a short time during and after the procedure.



**MRI** - in some cases, a doctor will order an MRI to obtain detailed photographs of how many fibroids you have, where they are located and their size. Not all patients will need an MRI. There is no radiation used in this procedure. You can expect the MRI to take between 45 minutes and an hour, and photographs are taken through the use of special magnets. Most MRIs require that you have an I.V. Inserted so that contrast material can be injected to help get clear pictures.

**Hysteroscopy** - this procedure can be performed either in your doctors office or an operating room. It takes about 30 minutes to complete and helps identify submucosal fibroids and polyps. The procedure involves a speculum and a long, slender telescope.

The telescope (called a hysteroscope), is inserted through the cervix into the uterine cavity. A TV monitor then displays the image of the uterus lining, the openings of the fallopian tubes, and if they

exist - any polyps and submucus fibroids. Some women experience mild cramping during the procedure.

## Fibroid Western Medicine Treatment Options

For the majority of patients with fibroids, treatment isn't required other than regular evaluation by a health care provider to ensure the fibroids aren't growing or causing disabling symptoms. Fibroids will normally grow in size at each annual visit until menopause - but unless the fibroids are accompanied by symptoms, most doctors will not begin any treatment plan. It's only if the fibroids are causing excessive bleeding, bladder problems or severe discomfort that treatment options will be considered.

## Medical Therapy for Fibroids

Medical treatments for women with heavy bleeding will relieve symptoms temporarily but they don't actually cause the fibroids to go away.

Before surgery, a variety of the following medical therapy treatments may be tried to relieve symptoms:

### ***Oral contraceptive pills -***

Women who have fibroids and heavy menstrual periods will typically be given hormone pills (birth control pills) to attempt to reduce the amount of bleeding and to regular the menstrual cycle. The pills will not reduce the size of fibroids or cause them to grow faster. If after three months of taking oral contraceptives your bleeding hasn't been reduced, check with your doctor again. Common side effects for individuals taking birth control pills include acne, breast tenderness, spotting between periods, nausea, eye changes, bloating, headaches and a decrease of sex drive.

***Lupron(r)*** - Lupron(r) is a GRH agonist medication which will temporarily shrink the size of fibroids and stop heavy bleeding. It works by blocking the production of oestrogen. Lupron(r) causes menopausal symptoms which are unpleasant, including hot flashes and in cases of long-term use, it can also lead to bone loss.

Lupron(r) should only be used by individuals who will be having surgery because the shrinking of fibroids is only temporary and as soon as the medication is discontinued, the fibroids grow back to their original size and symptoms return.

Some people experience severe allergic reactions to Lupron(r), which may include itching, rash, difficulty breathing, swelling of face, lips or tongue, fainting, numbness, seizures, dizziness, mood changes, or irregular heartbeat, among others.

More commonly experienced side effects of Lupron(r) include constipation, body aches and pain, headaches, hot flashes, nausea or vomiting, trouble sleeping, feeling weak, loss of appetite, and stuffy nose.

***Intrauterine Devices (IUD) -***

IUDs are normally used to prevent pregnancy, but are also useful in decreasing bleeding related to uterine fibroids. IUDs are not without side effects. The most common side effects for individuals with an IUD include cramping, discomfort and pain, increased spotting between periods and bleeding, and in 10% or less of cases - expulsion of the IUD is experienced.

***Androgens*** - a male hormone that is created in your ovaries and adrenal glands (located above your kidneys). When androgens are used as a medical therapy, they can help relieve some fibroid symptoms. Side effects of androgens in women include

an increase of body hair growth, increased sex drive, infertility and severe acne.

***Danazol*** - this drug is similar to testosterone and may stop menstruation, correct anemia and shrink fibroid tumors or reduce uterine size. There are some unpleasant side effects that some people experience from this drug, including weight gain, depression, anxiety, acne, hair growth, headaches, or the development of a deeper voice which make many women hesitant to start using this drug.

## **Surgical Options for Treating Fibroids**

In extreme cases, people with fibroids may require surgical treatment. There are a number of surgical procedures used to treat fibroids, including:

***Myomectomy*** - during a myomectomy, fibroids are physically removed from the uterus. Stitches are then used to bring the walls of the uterus back together.

Myomectomy is the best surgical option for women of childbearing age who have symptomatic fibroids as most women will be able to have children after the procedure. Myomectomy's are effective at removing fibroids but it is possible for fibroids to re-grow. The chance of fibroids regrowing is higher for younger women; while women reaching menopause age are least likely to experience fibroid regrowth.

Many women who have a myomectomy have trouble getting pregnant after the procedure. Long term studies show that pregnancy rates after myomectomy are between 40 and 60%. If you do get pregnant after having a myomectomy, a cesarean section may be required to deliver the baby.

There are several different procedures used for myomectomy: abdominal, laparoscopic, hysteroscopic and hysterectomy:

**Abdominal myomectomy** is a major surgical procedure where an incision is made near the bikini line to remove fibroids. Blood loss during the procedure sometimes requires the patient to receive a blood transfusion. Babies born to women who have had an abdominal myomectomy are usually delivered via cesarean section to avoid the chance of the uterus breaking open again during labor. New fibroids can grow after the procedure, requiring it to be repeated.

**Laparoscopic myomectomy** is used for small fibroids. Four x one cm incisions are made in the lower abdomen, so long instruments can be pushed through to remove fibroids. The recovery time is less than that of an abdominal myomectomy. Laparoscopic myomectomy is not recommended for women who may wish to have babies in the future since it weakens the uterus.



### **Hysteroscopic myomectomy**

is an outpatient procedure performed for women with submucosal fibroids. Patients are asleep and a telescope is placed into the uterine cavity. Instruments are passed through the hysteroscope and used to shave off submucosal fibroids. Most patients experience cramping and light bleeding for a few days after the procedure. This procedure does not leave any visible scars.

**Hysterectomy** is a major surgical procedure for women who want to definitively stop all fibroid symptoms and the chance for recurring symptoms. It involves the removal of the entire uterus, which also stops menstrual bleeding and prevents a woman from becoming pregnant.

## **Alternative to Surgery**

### ***Uterine Artery Embolisation***

**(UAE)** - embolisation is the process of blocking blood flow to fibroids, which will cause

the fibroids to shrink and die. A radiology department of a hospital can perform this procedure. An IV will be placed before the procedure to sedate you (but not completely put you to sleep). A needle is placed in an artery in your leg, and a small catheter is placed into the artery to inject dye. Doctors find the arteries supplying blood to the fibroid and then block the flow of that blood.

Recovery is approximately 6 hours, with an overnight stay in the hospital. Over the next few days to a few months, the fibroids will shrink in size approximately 40 to 50%, the uterus shrinks by approximately 30-40%, and about 90% of patients experience improvement in their symptoms. This process has been used for more than a decade in the treatment of fibroids.

## Chapter 03

# The Natural Way

### ***Fibroids - What Is Really Going On?***

The development of uterine fibroids is not fully understood, but ongoing research does indicate there are some factors that stand out when it comes to the development of fibroids in women. An excess of oestrogen is pinpointed as the leading cause of fibroids, but there are many factors that influence the disruption of oestrogen and other hormones in the body.

Fibroids are most noted in women between the ages of 30 and 50. In many cases, the factors that are believed to contribute to the development of fibroids can be changed to reduce the occurrence of the condition. Diet and exercise as well as avoidance of excessive stressors can be just the start of preventing fibroids from occurring. Our environment, eating habits, diets, emotional stability, and

our overall health all play an important role in preventing fibroids from developing. For some, genetics is also a factor that may be controlled by treatment or changes to the lifestyle in which we live.

Here is a closer look at the leading triggers of fibroid development and growth:

### **Oestrogen Dominance**

Oestrogen Dominance occurs when the growth-promoting effects of oestrogen are not balanced with the other hormones of the body, including the progesterone hormone.

When women are diagnosed with fibroids, it is commonly thought to be caused by high levels of oestrogen for long periods of time.

Too much oestrogen does not happen because the ovaries are producing an excess of the hormone, but because there may be a problem with the availability of oestrogen.

Since our bodies operate on a complex system of hormones and glands that determine the aspects of our behavior, our reproduction, and the growth and development of our bodies, any imbalance in oestrogen can disrupt normal hormone behaviour, which results in additional medical conditions such as fibroids.

The symptoms of possible oestrogen dominance include heavier periods than normal, breakthrough bleeding episodes, clotting, PMS, and pain during menstrual periods. Oestrogen dominance may then result, not only in fibroid growth but also endometriosis, polycystic ovarian syndrome (PCOS), miscarriages, fertility issues, uterine cancer, or breast cancer.

One of the chief reasons women are prone to too much oestrogen these days is due to the reality that they are experiencing more menstrual periods in their lifetime than women did in the past. As the average age for the start of menstruation is getting earlier, women are also experiencing menopause at a later point in life. Women are also inclined to have fewer children than their predecessors.

## Good & Bad Oestrogen

Oestrogen is a very powerful hormone. It is a naturally occurring sex hormone that is produced in the adrenal glands, body fat and the ovaries. Oestrogen serves various functions and there are at least identifiable oestrogen hormones that control different organs of the body including the brain, liver, ovaries, and the heart.

The balance of hormones is important to the health and welfare of a female.

Too much of any hormone can have a negative effect. Even after menopause, surges of hormones can be produced, causing a variety of medical problems including:

- Accelerated aging process
- Allergies
- Autoimmune disorders
- Blood clots
- Breast/Uterine cancer
- Breast tenderness
- Decreased sex drive
- Depression
- Dry eyes
- Endometriosis (disorder of uterine tissue)
- Fat gain in abdomen, hips, and thighs
- Fatigue
- Fibrocystic breasts disease
- Hair loss
- Headaches
- Heavy bleeding/irregular bleeding
- Hypoglycemia
- Infertility
- Insomnia
- Memory loss
- Menstruation at early age
- Mood swings
- Ovarian cysts
- Pre-menopausal bone loss
- Prostate cancer

- Slowed metabolism
- Thyroid problems
- Uterine fibroids
- Water retention and bloating

The oestrogens produced by the body would be considered the 'good' in the good/bad scenario. The bad oestrogens are those found outside the body called environmental oestrogens, also known as xenoestrogens. These are foreign substances that are found in plastics, air, water, and foods we consume. These xenoestrogens can act like our natural oestrogen and prevent natural hormones from doing their job. Imposter oestrogens can also accumulate over time and be stored in the body's fat cells, throwing off the body's hormonal balance. They can also be dangerous to our overall health because many of the man-made oestrogens come from pesticides, chemicals, cleaners, and plastics. Even the nail polish we use as part of our beauty routine can contain xenoestrogens.



Too much of these chemicals may potentially lead to serious health problems such as cancer and infertility issues.

While there are twelve known oestrogens produced by the human body, there are three that are the most common and most discussed parts of oestrogen: estrone, estradiol, and estriol.

**Estradiol** - this part of oestrogen is most abundant during our youth and promotes energy, good metabolism, positive sex drive, and low incidence of cancer and heart disease. Estradiol helps us feel great. The levels remain high until our 30s and continue to decrease as we gear up for menopause. Post-menopause levels of estradiol are nearly gone completely.

**Estriol** - this is the oestrogen found most abundant during pregnancy. Large amounts of estriol are produced and released into the blood stream to aid with the baby's nutritional needs as well as the health of the placenta.

After childbirth, the amount of estriol will decrease rapidly and the body will go back to producing mostly estradiol.

Estrone - this is the oestrogen that is found during menopause. This hormone is reactive and generally responsible for leaving us to not feel so great. The increase in production of estrone coincides with increased occurrences of breast cancer, heart disease, and other health effects in women 50 and over.

## Hormonal Imbalance

In today's society, hormonal imbalances are becoming common. Much of the issues surrounding hormonal imbalances are caused by the daily stresses of a woman's life. Demands at work and home, as well as other stress factors, can end up taking a major toll on women's health. It seems more women are having problems with fertility and reproductive health as a result.

The situation is made even worse when there are constant levels of high stress or emotional highs and lows, which can reduce the quality of life and mental or emotional health of women any age.

As stress levels and other factors influence the overall well-being of women, it also can trigger hormonal imbalances that lead to more serious medical conditions including fibroids and polycystic ovarian syndrome. Living in a constant state of stress can also lead to thyroid problems, severe episodes of PMS, and weight gain.

## Thyroid Problems

The thyroid gland can have a big impact on the reproductive organs. If the thyroid is not healthy, it can result in abnormal Pap smears, heavy periods, ovarian cysts, infertility, miscarriages, and fibroids. The job of the thyroid is to stimulate hormone secretions. If the thyroid is not functioning properly, it can result in either too many

secretions or too little. It can result in hyperthyroidism (too much hormone production) or hypothyroidism (too little hormone production). Some women will not experience thyroid problems until pregnant or soon after the delivery of a baby.

Also of note is the condition of **subclinical hypothyroidism**. This occurs when the pituitary gland, which regulates the thyroid, produces too much thyroid-stimulating hormone (TSH) to keep the thyroid stimulated and maintain a normal hormone circulating throughout the body. Hormone levels remain normal but the pituitary gland is working overtime. Eventually the thyroid gland will not respond to the stimulation and subclinical hypothyroidism will turn into hypothyroidism.

## Liver Conditions

When a liver is functioning properly, it will detox the body of harmful substances like waste products, drugs, and other toxins.

It will also assist in the processing of hormones that your body continuously produces. Concerning oestrogen, the liver is supposed to deactivate the oestrogen. If the liver is malfunctioning or suffering from illness, the amount of oestrogen in the body will build up, as it is not being treated or excreted properly by the body. The build up of oestrogen can begin to trigger the growth of fibroids.

The liver can often be taken care of with simple diet changes to ensure it is filtering out the toxins in the body. Organic foods and avoidance of toxic cleaning products, commercial chemicals, and even tainted cosmetics can help to keep the liver healthy and continually breaking down the oestrogen of the body. Incorporating healthy foods into your diet like fresh fruits and vegetables can increase the productivity and efficiency of the liver. On the contrary, overeating and consumer fatty, overly-processed foods

can inhibit the proper functioning of the liver.

## Environmental Factors

There are many suspected environmental influences that may promote the growth of fibroids in women. One such factor is a sedentary lifestyle where there is limited activity. Another may be the consumption of alcohol that prohibits the liver to work effectively.

Fibroids have also been found to affect more African American women and research indicates they are more susceptible to developing larger fibroids at a younger age than other ethnic groups. Asian women have found to present less risk of fibroid occurrences.

As mentioned, environmental stressors are also one of the main reasons women develop fibroids. Living and working in stressful situations can cause the body and hormones to go off-balance.

Pregnancy is also another event where oestrogen levels are on the rise, causing development of fibroids. Psychological stressors can have a deep impact on the reproductive and endocrine systems of the body. For women in particular, tension is often held in the stomach/abdominal region which reduces the normal flow of blood into the uterus.

## Toxins in the Environment

Environmental toxicity is a source of many chronic health problems. Toxins in the air we breathe, the food we eat, and the environment in which we live can also be a cause of fibroids. Different toxins can disrupt the normal functioning of the hormones in the body. They can also be instrumental in the development of abnormal cell growth.

There are oestrogenic toxins that are present in our water supply. The oestrogen is caused by the excretion of urine by women who are on

birth control or hormone replacement therapy. The treatment plants that treat the water are not able to remove oestrogen for the water source. Other toxins commonly found in the environment include pesticides, herbicides, and petrochemical sources including plastics that are used for the storage of water and food.

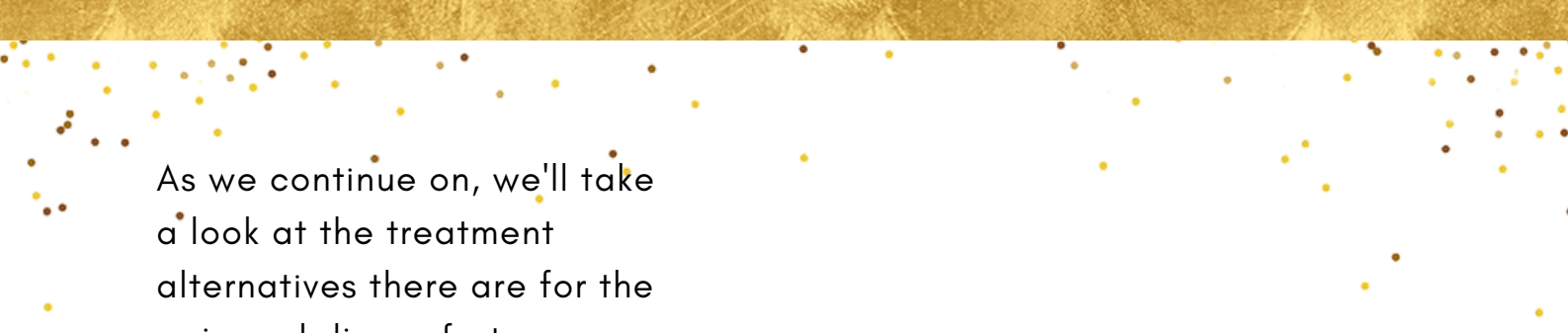
## Reduction of Risks

While there are several risk factors for the development of fibroids, there are also additional factors that can decrease the occurrence of fibroids in the uterus.

These factors include:

- Being in the post-menopausal life stage
- Having five or more pregnancies

While much research is still being dedicated and observed in the medical community about the development of fibroids, there is help for those who suffer from the condition.



As we continue on, we'll take a look at the treatment alternatives there are for the pain and discomfort associated with uterine fibroids, and also how you can potentially shrink your fibroids. Many of these treatments are natural and can be incorporated into your daily health and diet regimen.

## Chapter 04

# How To Treat Your Symptoms Naturally

As fibroids are one of the leading causes of a hysterectomy, it is important that all women take care of themselves before being diagnosed as having fibroids and do what they can to treat and eliminate any symptoms they experience naturally.

Since many women will never even experience an array of symptoms when they do have fibroids, there will often be a delay in diagnosis. Those that do exhibit symptoms can suffer from:

- Heavy bleeding
- Urinary frequency
- Pelvic pressure

These symptoms generally are caused by the added pressure of the fibroids on the kidney, ureter, and bladder. Pain is not usually associated with fibroids but in occurrences where the fibroids grown in a stalk-like formation or upon the breakdown of the fibroids,

there can be severe pain. Doctors will typically recommend waiting to see what happens to the fibroids as many will shrink down at menopause. In cases where shrinking doesn't happen, a hysterectomy is often recommended.

Let's take a look at the main symptoms and how to treat them naturally:

### Heavy Bleeding

Heavy bleeding generally occurs in perimenopausal women. Bleeding can be so heavy that it affects the quality of life and raises anxieties and other emotions. There are several natural ways to help treat heavy bleeding.

**Acupuncture** - often recommended to help re-balance the body. Bleeding heavily may be associated with a hormonal imbalance.



Oestrogen production causes the endometrial lining to thicken. When ovulation stops occurring, it can lead to an even thicker lining than usual and result in heavy bleeding. Acupuncture can help restore the hormonal balance in the body and reduce the amount and consistency of the bleeding. Each patient will require different treatment based on their needs. Typically, patients are asked to complete a three-month treatment course of acupuncture and regulate their diet to ensure hormonal balance is being restored.

**Chinese Herbs** - In traditional Chinese medicine, fibroids have long been a part of gynecology books. In fact, for more than 2,000 years, Chinese medicine has detailed three distinct patterns of uterine fibroids. Each pattern varies based on different qualities associated with having fibroids, such as the status of menstrual periods, changes in the tissue of the breasts, abdominal sensations,

the appearance of the tongue, and pulse qualities. As such, there are many Chinese herbal treatments that relate to treating symptoms of fibroids and treating a fibroid tumour itself.

- **Agrimony** - an herb taken in tea form is used to stop the excessive bleeding of menstruation and pain of cramps.
- **Angelica root** - has been used in traditional Chinese medicine for over 5,000 years to balance hormones and treat issues in the reproductive system. Angelica root is often referred to as the 'female ginseng'.
- **Anjuga forrestii diels** - this herb has been used to treat blood disorders and prevent internal bleeding from trauma or excessive bleeding during menstruation.
- **Beth root** - this herb is used for extended menstrual cycles and heavy bleeding.

(Do not take while pregnant as it can induce labour.)

- **Lemon balm** - prepared as a tea, lemon balm is often used for irregularities in menstruation, especially heavy bleeding.
- **Radix Notoginseng** - this has been used to improve circulation of the blood and prevent clotting, which can help control excess bleeding. It also works as a powerful antioxidant to help reduce inflammation related to menstrual cramps and discomfort. It may also be referred to as tian san qi or tien chi ginseng.
- **Rhizoma dioscoree nipponicae** - one of the most famous Chinese medicines used to stop internal bleeding and improve circulation. It is also used to treat many gynaecological blood diseases.
- **Raspberry leaf** - contains astringent which is used to shrink body tissues and stop excessive bleeding

from menstruation. It is usually made into tea form.

- **Shepherd's purse** - this herb is generally well tolerated by the body and has been known to stop heavy bleeding. (Do not take this herb during pregnancy)
- **Yarrow** - this herb has been called 'nosebleed' because its leaves were used to swab the inside of bleeding noses to encourage clotting. Using this herb in a tea has been wisely used to stop bleeding and disinfect wounds. This herb is also one of the most popular for treating fevers.

## Dietary Changes

Iron deficiency is a byproduct of heavy blood loss, so anemia is always a risk for women suffering from heavy bleeding often associated with growing fibroids. Anemia is treatable and women can often use iron fortified vitamins and supplements to regain lost iron.

Nettle, a common Chinese herb is very rich in iron and can also be used to slow bleeding of excessive periods.

Additionally, women who suffer from heavy bleeding can alter their diets to ensure they are rebalancing their hormones and taking in the right nutrition to keep the body healthy.

There are dietary changes that can be incorporated into every day life and they include:

- Follow a diet that is high in fibre and low in fat
- Eat fresh vegetables especially broccoli, kale, and cabbage
- Consume whole grain foods
- Exercising
- Avoid soy products because they contain oestrogens leading to hormone imbalance
- Get plenty of sunshine, which converts to Vitamin D in the body which is essential for hormonal balance

- Avoid alcohol as it interferes with oestrogen levels

## Urinary Frequency/Pelvic Pressure

Urinary frequency and pelvic pressure are often the result of fibroids that grow large. If these symptoms do occur, it may signal the need to have fibroids removed. However, there are some natural relief methods for helping to keep the bladder, liver, and the kidneys strong to prevent further incontinence and medical conditions.

Here are some tips to treat these symptoms:

**Acupuncture** - used to release the flow of energy in the body and help find balance among the internal organs to keep them functioning properly. Acupuncture is also good at relieving stress associated with urinary incontinence which can cause other medical conditions.

**Meditation** - relaxing the mind and the body regularly can help create a more centred state for the body and promote overall wellness.

**Dietary Changes** - kidney-friendly foods like seafood, black beans, and walnuts should be eaten to maintain strong kidneys.

**Chinese Herbs** - Jing Gui Shen Qi Pian is a classic Chinese herb that is beneficial for treating urinary frequency and incontinence.

**Habits and Lifestyle** - get to sleep earlier to allow your internal organs to get proper rest. The longer you remain awake, the more energy is required of your body's organs. Better sleep habits can mean healthier organs. You should also practice reducing your stress because it also requires so much energy.

## Treating Fibroids Naturally

There are several natural ways you can treat fibroids directly, using natural products to help restore the balance of the body. These methods have been known to prevent existing fibroids from growing larger, and in some women, they can also shrink the fibroids that are present. None of the techniques and practices mentioned here will bring about immediate results. Treating fibroids can take a while, as the body needs to heal itself and remove existing toxins in the body.

## Lower Oestrogen in the Body

Your liver is the organ that is important here. If it is not working properly, you will likely suffer from a build up of oestrogen. You can stimulate the function of your liver by eating dandelion greens and endive as a salad. You can also include the variety of herbs that help support a healthy liver.

Milk thistle, artichoke, burdock, and tumeric are all natural products that can increase liver health. B complex vitamins can also be added to your daily diet. There are also natural progesterone creams available that can be applied daily that will help reduce the imbalance of oestrogen in the body.

## Improve Pelvic Circulation

Improving the blood circulation in the pelvis region can be done using hydrotherapy and hot and cold packs. Regular exercise can also keep the blood moving throughout the body.

## Detox and Cleanse

Your body is filled with toxins that can interrupt proper functioning of the various organs and promote growth of fibroids. You can detox the body to eliminate these potentially harmful toxins. A 'detox diet' can be planned based on your own individual needs. Typically, a detox diet

includes avoiding chemical foods like refined foods, sugar, caffeine, tobacco, and alcohol. A regular diet should include fresh fruits and vegetables. Whole grains and fish are good but avoid red meats and dairy products like milk and eggs. Organic products are also recommended. Women should drink a lot of filtered water to help flush the toxins more quickly from the body. After steadily cleansing the body, your overall energy levels will be higher. Your body will also help to adjust hormonal imbalances.

## Supplement Your Diet

There have been a number of herbs mentioned that are thought to help treat the symptoms of fibroids. Adding supplements can certainly help to reduce existing fibroids as well as preventing the occurrence of new ones. (See also Chapter 5 on additional supplements and herbs to assist with treating fibroids)

- **Chaste tree** - this herb can help reduce the amount of oestrogen produced in the body and can help to balance out hormones and reduce inflammation.
- **Echinacea** - this herb is known for controlling benign tumour growths, reducing inflammation, and helps to heal wounds of the body.
- **Goldenseal** - this herb is used to strengthen the immune system. It is also used to treat the uterus and keep it healthy.
- **Licorice Root** - this herb helps the liver detox extra oestrogen from the body and reduces bloating and water retention.
- **Motherwort** - this herb relaxes the uterine muscles so cramps and menstrual pain is reduced. This is also great for palpitations.
- **Siberian Ginseng** - this herb is used to increase energy so you can deal with stress. It is also good for hormonal balance since it supports the pituitary gland.

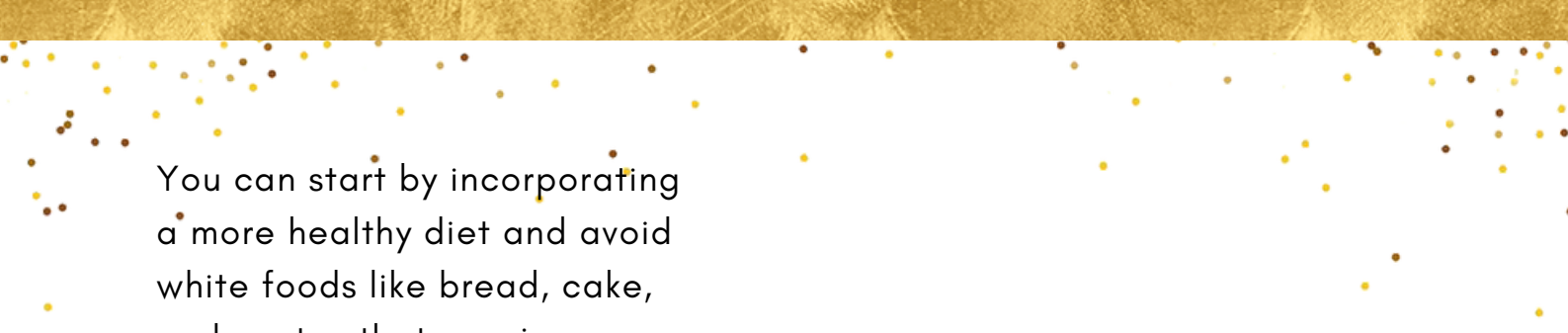
## Deal With Stress

While there are many toxins we add to our body through food products, there are other factors that influence the bad things happening internally. Stress is one of the leading causes of medical conditions, including fibroids. If you want to eliminate or prevent fibroid growth, you need to deal with the issues in your life causing you stress. Examine your relationships, job and daily lifestyle, and work to reduce the amount of stress involved. Professional therapy may be necessary for those unable to deal with stress on their own. For others, daily long walks, regular exercises, organisation of schedules and environments, and meditation may be used to re-balance the emotional and spiritual components of life.

## Lose Weight

Treating fibroids may also involve weight loss, as body fat is another site for the production of oestrogen. Excess weight can trigger a hormone imbalance.





You can start by incorporating a more healthy diet and avoid white foods like bread, cake, and pastas that may increase insulin in the body, which changes the metabolism of oestrogen. You should also add in at least 30 minutes of exercise a day to keep the heart pumping and the blood circulating.

## Chapter 05

# Shrink Your Fibroids Fast

Women who have been diagnosed with fibroid tumors have several treatment options available from which to choose. Fibroids occur in varying sizes. They can be as small as a pea or in extreme cases the size of a large melon. The size and severity of symptoms associated with fibroids plays an important role in deciding which treatments should be considered.

Surgical removal of fibroids is an option, however it is important to weigh the pros and cons carefully before opting for this method of fibroid removal. Depending on the size and location of the fibroid tumors surgery can range from a relatively non-invasive minor surgery to major procedure such as a hysterectomy. This can be a double-edged sword for women in their childbearing years who wish to have children in the future.

Some fibroids affect a woman's ability to conceive, while surgical removal of fibroids can also hinder future attempts at pregnancy. This is one of the reasons many women seek less invasive, natural treatment options to control the growth of fibroids.

Fortunately, there are several ways women can adapt their lifestyle to include natural treatment of fibroids. These changes do not eliminate fibroids, however they can stop growth, and in some cases, shrink fibroids to a more comfortable size. As fibroids grow, the symptoms associated with the condition increase as well, making it vital to control the growth of fibroids to manage symptoms.

As more and more people show an interest in the natural treatment of fibroids, it is important to remember that each situation is different.

While many doctors do not always embrace natural treatments, it is always advisable to speak with your doctor about any changes to your diet, exercise regimen or if you intend to use supplements or herbal remedies. Based on your medical history and unique situation, your doctor can offer advice as to whether or not natural remedies will be successful in reducing the size of your fibroids.

It should also be noted that managing your fibroids naturally involves a combination of efforts that work together to stop growth and reduce the size of fibroids. This process does not work overnight and often requires a considerable amount of lifestyle changes in order to be successful. This is not mentioned to discourage the natural approach, but rather to remind women that it is not an effortless process. Of course, the benefits often outweigh the drawbacks, as in many cases treating fibroids

naturally eliminates the need for surgery or prescription medications and the risks and side effects that go with each.

Here we look at several natural alternatives to manage the growth of fibroid tumors. When used in conjunction with one another they can improve your overall health and stop the growth of fibroids.

## **Nutrition and Diet**

What you eat has a profound impact on your overall health. It is common knowledge that eating a well-balanced, healthy diet is the first step in improving or maintaining a healthy body. By supplying your body with healthy foods packed with nutrients, you improve the efficiency of all systems, making it possible for your body to be an ally instead of an enemy. Let's take a closer look at your nutritional needs and what changes can be made in your diet to reduce the size of fibroid tumours.

- **Hydration** - One of the first steps in keeping your body in good health is making sure you are properly hydrated. Drinking plenty of clean and filtered water each day is the easiest way to ensure your body remains hydrated. By drinking a lot of water, you give your body the tools necessary to flush toxins from the body. It is believed that toxins accumulating in your organs can be one of the factors that contribute to fibroid tumour growth and other health issues.
- **Fruits** - Eating a well balanced diet including fresh fruits is good for your body. While there are no single fruits that are going to shrink fibroids on their own, it is advisable that you incorporate a diet that includes fruits known to have a high level of concentrated nutrients. Kiwi and blueberries have been considered superfoods, which are high in nutritional value.

However, eating a wide range of fresh fruits is recommended. Look out for superfood options like goji and acai berries; these are packed with antioxidants. Whenever possible, purchase organic fruits and be sure to properly clean and store all foods before consumption.

- **Vegetables** - Include plenty of raw or properly cooked vegetables in your diet. Raw vegetables contain the highest level of nutrients, therefore adding a salad to your daily routine is a great way to add vegetables to your diet. When you are cooking vegetables, opt for steaming as your method of cooking to help retain as many nutrients as possible. In the world of vegetables the brighter the better, so make every effort to eat a rainbow of coloured vegetables daily.

- **Meats** - Anyone with fibroid tumours should do their best to steer clear of processed or fatty meats whenever possible. Eating more fish, lean white and red meats is recommended as well as incorporating vegetarian substitutes for more fatty meats.
- **Antioxidants** - Garlic and onions are excellent sources of antioxidants that have been known to balance female hormones in the body. As with vegetables, consuming these foods in their raw form will give you the most nutritional value.

When adjusting your diet as part of reducing your fibroid tumour/s, try to avoid saturated fats and add more beans, nuts and seeds to your diet. In general, changing your diet to one that includes plenty of fresh fruit and vegetables as well as limiting or reducing saturated fat content is the best way to build a healthy and strong body.

## Supplements

While eating a well-balanced diet is the first step in building a healthier body, it is not the only step. Despite your best efforts, you may be unable to find all the necessary vitamins and minerals in the foods you eat. Many people have discovered the benefits of adding supplements to their daily intake. This is especially true for women dealing with fibroid tumours who often experience heavy bleeding and hormonal imbalances which can rob the body of vital vitamins and minerals.

It is advisable that women taking supplements to treat fibroids check fibroid growth after three months of using supplements. This will determine whether or not the supplements you are using are helping to manage fibroid growth.

Even if you eat the healthiest of diets, there is a good chance that you still aren't getting all of the nutrition you need from food alone.

When you're dealing with fibroids, you'll want to supplement your nutritional intake with key vitamins and minerals to help rid your body of free radical damage.

Free radicals contain unpaired, odd numbers of atoms caused by the mixing of oxygen with certain molecules. Free radicals are very reactive in the body, and create chain reactions that cause trouble with your body's DNA. Free radicals are thought to age our bodies quicker, including reproductive organs, which need to be healthy to operate efficiently.

Our bodies naturally defend free radicals with antioxidants. Antioxidants work hard to damage free radicals and the chain reaction they cause throughout the body. While the body has its own enzymes serving as antioxidants and doing battle against free radicals, it's been found that we can help provide additional defence through antioxidants coming from

Vitamin A (Betacarotene), Vitamin C and Vitamin E. Many experts encourage women especially to take these supplements for about three months, and then receive a medical evaluation to determine if these supplements can effectively deal with your fibroids.

- **Vitamin A** - Betacarotene protects cells against damage and also helps cells reproduce normally. The production of red blood in your body depends on having adequate supplies of Vitamin A. For women who experience heavy bleeding with their fibroids, there's a good chance that you also have a Vitamin A deficiency. Supplementing your body with Vitamin A can offer significant improvements. As long as you are not pregnant, you should take 25,000 I Vitamin A per day.
- **Vitamin C** - assists the body absorb mineral iron.



Taking Vitamin C with Bioflavonoids will strengthen your small blood vessels, and reduce heavy bleeding caused by fibroids. Bioflavonoids are natural compounds found in plants, and regulate the body's oestrogen balance and therefore inhibit fibroid growth. The recommended dosage of Vitamin C with Bioflavonoids for women with fibroids is 1000 mg daily. As a side benefit, Vitamin C is beneficial in handling stress and emotional difficulties.

- **Vitamin E** - Symptoms caused by high levels of oestrogen within the body are often alleviated by Vitamin E supplements because they equalise the level of oestrogen hormone within your body. Other benefits of Vitamin E include promotion of a healthy immune system, brain and heart. The recommended dose of Vitamin E is 400 to 800 IUs per day, taken with food.

Vitamin E is oil-soluble vitamin and is absorbed better by the body when taken with a meal.

- **Iron** - Many women who experience heavy bleeding because of their fibroids may commonly have an iron deficiency. Iron and red blood cells are lost during a heavy menstrual flow, and iron is also lost during fibroids that bleed slowly. An iron supplement will bring iron levels back into balance. Eating foods rich in iron is the best method for increasing your iron levels - including oysters, meats, beef, clams, poultry and fish. Green leafy vegetables and dairy products are also a good source of iron. For anemia caused by fibroids, iron in foods will not be enough, and a daily supplement is recommended.

***Other supplements that have been shown to have positive effects for women with fibroids include:***

- **B Complex Vitamins** (B1, B2, B3, B6, B12, etc. These vitamins help your body resist infection, regulate the body's hormonal balance, and improve energy levels.
- **Zinc** - allows the body to absorb enzymes and decreases inflammation caused by fibroids. Zinc also helps regulate hormones, boosts production of white blood cells and strengthens the immune system. Recommended dose is 30 to 60 mg per day.
- **Indole 3 Carbinol** - Encourages a healthy metabolism and conversion of oestrogen. Has a strong anti-cancer effect.
- **Calcium** - the uterus is susceptible to calcium deficiency. If calcium is deficient in the muscles of your body, the uterus muscles can become hyperactive, which causes cramping. A calcium supplement helps the

uterus muscle maintain their tone, which will help with uterine fibroids. Recommended dose is 800 mg per day if you're menstruating, and 1,500 mg per day for post-menopausal women.

- **Magnesium** -assists with detoxification of excess oestrogen from the liver. Bonus benefits of magnesium in the body is that it can alleviate tension caused by nerves and stabilise the blood sugar. Recommended dose is 400 to 800 mg daily (or half as much as the calcium supplement you're taking.)
- **Bromelain & Quercetin** - Bromelain is an enzyme that comes from pineapples, while quercetin naturally occurs in plant compounds. Onions are an excellent source of quercetin. Both support the body to increase resistance to allergic responses.

Recommended dose is 300 to 500 mg of quercetin three times a day and 2,000 to 3,000 MCU of bromelain. These supplements are typically found together in one bottle.

- **Selenium** - a trace mineral antioxidant that helps the woman's body fight the damage caused by free radicals. Selenium helps provide an effective shield and is advised for women with fibroids. The recommended dose is 200 to 400 mcg daily. Selenium is also essential for the thyroid gland.
- **Fish oil** - A strong anti-inflammatory.
- **Calcium-d-glucarate** - Allows the body to excrete used hormones, like oestrogen before they can be reabsorbed.

## Herbal Remedies

There is no doubt that medicine and medical procedures have

come a long way over the years. In some cases, advances in medicine have completely replaced traditional methods of treating physical ailments. Nevertheless, some natural remedies that have been used for centuries remain in use today. Various herbs are found throughout the world with specific properties that aid the body and improve health. Herbs should not be overlooked as they are very powerful against fibroids. Herbal remedies help balance the body's hormones and reduce heavy bleeding, alleviate pain and cramping that come from your menstrual cycle, and can serve as anti-inflammatory agents.

Herbs come in a variety of formats, from herbal teas and broths to capsules, extracts, infusions or tinctures.

***The following herbs have been used with success in managing the growth and in the shrinking of fibroid tumors or reducing symptoms caused by fibroid tumors:***

- ***Vitex*** - (also known as Chaste Tree Berry or Chasteberry). This herb increases women's luteinizing hormone (LH) production, which triggers ovulation and promotes progesterone production. It helps balance the body's oestrogen and progesterone and normalises hormone secretions during perimenopause. Vitex has been reported to prevent excess bleeding and to shrink fibroids. Recommended dose is 225 mg daily of Chaste Tree Extract or 400 mg Vitex fruit 2 or 3 times per day for 8 weeks followed by one 400 mg capsule daily.
- ***Black Cohosh*** - fibroids can make uncomfortable symptoms of menopause or

perimenopause even more uncomfortable. Night sweats may be eased to help you get a good night sleep, and pain and cramping caused by heavy bleeding is reduced. Side effects of large dosages may include nausea, headaches, dizziness or pain in the abdomen. Recommended dosage is 40 mg per day of standardized extract.


- ***Evening Primrose Oil*** - helps the body balance hormones, increasing production of prostaglandins and reduces cramping. Recommended dose is 1,000 mg softgel twice a day taken with food.
- ***Licorice Root*** - tones and energises the body and normalizes oestrogen balance. Ideal for prevention and treatment of fibroids. Will also assist in cleansing the colon. You should not take licorice root if you have high blood pressure or kidney failure.

Recommended dose is 3 capsules of 1.35 grams, 2-3 times per day.

- **Goldenseal** - Controls and reduces inflammation while keeping tissues in the uterine healthy. Known to relax the muscles of the uterus. Recommended dose is 500 mg capsule of goldenseal root powder twice per day with water.
- **Burdock root** - Helps the liver metabolise excess oestrogen.
- **Red clover** - Reduces excess oestrogen and is thought to stop growth of fibroids. Recommended dose is 125 mg capsule 1-2 times daily with water.
- **Motherwort** - Balances female hormones, prevents cramping and relaxes the muscles in the uterus.
- **Red raspberry** - Aids in the control of excessive bleeding. Red raspberries are also helpful in replenishing vitamins and

minerals. Take two 750 mg capsules of red raspberry leaf 1-3 times daily with water.

- **Echinacea** - Reduces inflammation while controlling benign tumour growth. It is a toner for the immune system and stimulates the lymphatic system. When fibroids are shrinking, using Echinacea will rid the body of the toxic substances caused by fibroids. Recommended dose is 300 mg capsule taken 3 times per day with food for 8 weeks.
- **Siberian ginseng** - strengthens a woman's overall gynaecological health and hormonal balance. Boosts the functioning of the adrenal gland, which makes it a "healing herb" for fibroids. Recommended dose is 2-3 capsules of Siberian ginseng from root, two or three times daily.



It is important to use caution when using herbs to treat fibroid tumours or other conditions.

Despite the fact that herbs are found in nature, many have powerful properties which can be harmful if used incorrectly. You must also consider all medical conditions as some herbs can be used for a variety of ailments. What may be considered helpful in managing the growth of fibroid tumours may in fact be harmful for other conditions.



## Chapter 06

# Removing Environmental Triggers

Many women with fibroids are shown in scientific and medical studies to be suffering from an excess of oestrogen. This excess of oestrogen can be traced back to environmental factors – chemicals in the environment that mimic the actions of oestrogen in the body and are called Xenoestrogens. Our bodies become overloaded with this artificial oestrogen, which causes a hormonal imbalance and promotes the growth of fibroids, fibrocystic breasts and endometriosis.

### ***Typical sources of xenoestrogens in the environment include:***

- Plastic containers, including water bottles, Tupperware-type food storage, microwavable dishes
- Cleaning fluids, such as dishwasher soap, bleach, laundry detergents, fabric softeners

- Cosmetics and hygiene items like soap, shower gel, moisturiser, toothpaste, mouthwash, makeup, makeup remover, hairspray, nail polish and nail polish remover
- Pesticides sprayed on fruit and vegetables, including fungicides and herbicide
- Hormones in meat and dairy products

The best way to eliminate potential environmental triggers that cause fibroids is to remove plastic containers, cleaning fluids and unnecessary cosmetics from your home. Look for products that will perform the same function using all natural ingredients.

Xenoestrogens should be avoided wherever possible, although that may be easier said than done.

We encounter so much of it every day while filling our vehicle, drinking water from a plastic bottle, and taking over the counter medications. These xenoestrogens can interfere with the natural hormones of the human body and potentially cause a disturbance to our health including fibroids, cancer, infertility, and reproductive problems.

## Understanding Oestrogen Dominance

The shrinking of fibroid tumors is a process that involves several steps. On one hand, you can adapt your lifestyle to incorporate a healthier diet. You can also supplement your diet with vitamins and minerals as well as natural herbs that aid in reducing the size of fibroid tumours. In addition, you must also understand how oestrogen dominance affects your fibroids and what you can do to better manage your oestrogen levels.

As the name suggests, oestrogen dominance is a hormonal condition that occurs as a result of an improper ratio of oestrogen and progesterone in the body. More specifically, it is a condition where a person is deficient in the amount of progesterone in the body creating an uneven balance of hormones.

The name suggests the condition occurs as a result of excessive oestrogen in the body, which may be the case, however it is also possible to have oestrogen dominance with normal or even low levels of oestrogen if those levels exceeds progesterone levels. In any event, when oestrogen levels are out of sync with progesterone levels, the body struggles to deal with the hormonal imbalance.

When the body has an excess level of oestrogen, the liver has to work overtime to metabolise these hormones.

In addition to dealing with naturally produced oestrogen, our bodies are also bombarded by environmental oestrogens. Xenoestrogens are chemicals that we are routinely exposed to that mirror the properties found in oestrogen.

Phytoestrogens are found in foods and plants. When dealing with a hormonal imbalance such as oestrogen dominance, it is imperative to be aware of outside sources of oestrogen that further alter hormonal balance in the body.

There are certain habits and practices you can incorporate in your day-to-day life to control the amount of foreign oestrogen that enters your body. The following tips will help you manage oestrogen levels:

- ***Wash food thoroughly before eating.*** There are produce washes available that remove pesticides from food, or you can opt to soak your food in ozonated water to ensure

it is free of chemicals that may contain xenoestrogens.

- ***Limit the use of plastic food storage containers.***

Plastic containers have been found to leach dangerous chemicals that can be damaging to the body. Whenever possible, use glass or ceramic containers to store food.

- ***Do not drink water out of a plastic container that has been exposed to***

***heat.*** When plastic is heated, it releases properties into the environment.

- ***Opt for laundry and dish detergents that are free of dyes and other chemicals that are not needed to clean clothes or dishes.***

Fabric softener should be eliminated as it contains chemicals which literally rubs against your skin all day and night.

- ***Avoid cosmetics, creams, perfumes and other products that come in contact with your skin that contain chemicals or other toxic***

***ingredients.*** As a general rule, the less expensive a product, the higher amount of unnatural ingredients used to make the product.

- ***Install a quality water filter for tap water at home.***
- ***Buy organic whenever possible, including meat and dairy products, to limit the amount of hormones ingested via food and drink.***
- ***Avoid caffeine as it has properties which mimic oestrogen.***

By limiting the amount of oestrogen absorbed from the environment, you reduce the number of toxins your liver must break down in order to be healthy. If your liver is unable to break down

excessive levels of oestrogen or other toxins, they can build up in your body and fuel the growth of fibroid tumours, as well as lead to other health problems. Avoid alcohol and drugs which are known to tax the liver.

## Chapter 07

# The Ongoing Hormone Balancing Diet

As we have learned, hormones are vital to a woman's health. Maintaining hormonal balance is especially important when trying to prevent or eliminate fibroid growth. As women, we understand that fluctuating levels of hormones also cause issues with our mood, sex drive, and even fertility. It is important then to ensure our hormone levels stay balanced, and there are easy ways to ensure that happens.

Dietary and lifestyle changes are at the heart of controlling and balancing the hormones in the body. These changes can also help with other issues exclusive to women approaching menopause, including weight gain. Incorporating a healthy, balanced diet along with making better life choices can keep your hormones in line and prevent the growth of fibroids in the future.

Here are some tips for maintaining an ongoing hormone balancing diet:

### Eat Regularly

Three meals a day is important to a healthy diet. If you skip meals, your metabolism slows down, making it harder to lose weight. Incorporate healthy snacks such as raw vegetables between meals.

### Get Fresh

Fresh fruits and vegetables are a must. Five servings a day (about a half cup each) is necessary. Choose fresh produce that is bright in color as they have been shown to provide the most amounts of antioxidants.

### Get Protein

You should plan every meal to include protein.

Protein-rich foods help to increase a woman's metabolism. Good protein sources include chicken, fish, eggs, and low-fat dairy foods in moderation.

### Consume Healthy Fats

There are healthy fats that do good things for the body. You need healthy fats like those found in fish, walnuts, and eggs to maintain healthy skin, nails, and hair. Your nervous system also uses healthy fats to function properly. These fats are also essential in perimenopause.

Incorporating healthier food choices is important to your overall diet. When dealing with hormonal balance, there are a number of other things to consider. Adding the following components to a regular diet plan will help to keep balanced levels of hormones and prevent the growth of fibroids:

- **Green tea** - full of necessary antioxidants
- **Bioflavonoids** - powerful antioxidants commonly found in cherries, blueberries, cranberries, grapes, and whole grains
- **Calcium** - High in cruciferous vegetables, nuts, seeds. Calcium is also found in dairy products or can be taken as a dietary supplement
- **Flaxseed** - rich in antioxidants and a source of fiber, flaxseed also can bind to estrogen receptors and limit its overproduction

### Supplements

Some people may have issues incorporating certain foods into their daily diet due to allergies, general dislike, or due to medical reasons.



If you cannot partake in a total healthy diet because of food restrictions, you can supplement your daily diet with herbs, vitamins, and minerals to be sure your body has the proper nutrition.

Here are some natural herbs, minerals, and vitamins you can take to improve the balance of your hormones (See chapter 5 for additional supplements and herbs to assist with hormone balance):

- **Alfalfa** - very nutritious herb that contains eight essential amino acids, vitamins A and K, iron, calcium, potassium, and magnesium.
- **Kelp** - this herb is high in iron, potassium, and iodine which are essential minerals women need, especially during menstruation. It also contains essential vitamins B, magnesium, and calcium.

- **Parsley** - is a high source of iron and has more vitamin C than citrus fruit. It also contains vitamins A and B and can be instrumental in regulating menstrual periods.
- **Sarsaparilla** - this is a natural hormone-balancing herb that is a natural source for progesterone, testosterone, and cortin. It is also used to stimulate the action of oestrogen.

### What To Avoid

As mentioned, processed and refined foods should be avoided because they can contain harmful toxins that may promote the growth of fibroids and throw hormones off balance.

Here is an additional list of things you should avoid in a healthy hormone-balancing diet:

- Tobacco products
- Caffeine
- Alcohol

- Chocolate
- MSG
- Aspartame (found in artificial sweeteners)

To date, over 100,000 known chemicals present in the world can negatively affect the hormones of our body. While it may be impossible to totally avoid these toxins, you can make the effort to limit your contact. For instance, choosing certified organic foods over non-organic can limit the amount of pesticide chemicals that enter your body.

## Chapter 08

# The Role of Exercise

Exercise is necessary to maintain a healthy body weight and prevent a number of health issues that result from being overweight. As more men, women and children struggle with obesity, the negative health consequences of being overweight are becoming more apparent. While fibroid tumours may not necessarily be a direct result of being overweight, women who have fibroids are encouraged to incorporate daily exercise in their life.

## The Role of Exercise in Managing Fibroid Growth

Fibroid tumours are diagnosed in as many as 77 percent of all women.

Despite the fact that fibroids are benign (non-cancer causing) tumours, they can have a significant impact on

the quality of life due to the symptoms associated with the condition.

Excessive bleeding and pain or pressure in the pelvic region are common symptoms reported by women who have fibroid tumours. Depending on the size of the fibroid tumours, symptoms can become extremely uncomfortable and difficult to deal with for many women. Approximately 45 percent of hysterectomies are due to fibroid tumours.

Many women are seeking alternative methods to deal with fibroids and the symptoms that go hand-in-hand with this condition. Changes can be made to your diet as well as incorporating supplements and herbal remedies to manage the growth of fibroid tumors. This can result in fewer symptoms without opting for surgery.

Another important factor in managing fibroid growth is exercise.

It has been found that women who are overweight have a higher risk of having fibroids. If you have already been diagnosed with fibroids and are currently overweight, you can significantly reduce the future growth of fibroid tumours by incorporating daily exercise into your schedule. It is not uncommon for women who are overweight to have other health issues associated with obesity. Diabetes and high blood pressure are common problems with overweight women, both of which can contribute to fibroid growth.

By adding even a light exercise regimen to your schedule, you will improve blood flow and encourage regular ovulation. Since women with fibroids typically experience more frequent and heavy bleeding during their menstrual cycle, exercise can help regulate menstruation

while reducing the symptoms of fibroids. Exercise is also helpful in maintaining even levels of oestrogen in the body.

## Exercises That Help Manage Fibroid Tumours

It is important to consult with your doctor before beginning a more active exercise program if you do not regularly exercise. This is especially true for people who are overweight and unaccustomed to physical activity. It is important to build up stamina and allow your body time to adjust to physical exercise.

The good news is that there are plenty of options available to get in better shape without taxing your body. The following exercises can be very effective in reducing weight and strengthening your body. In doing so, you can reduce the growth of fibroids while enjoying the benefits that come from being in better shape.

- **Walking** - The positive benefits of simply walking each day can not be overlooked. This is an exercise that is low impact and is very helpful for individuals who are currently not in the best shape. The health benefits of walking are numerous. Research has shown that walking is a great way to reduce the incidence of diabetes, cancer, heart disease and strokes. It is also good for your spiritual and mental health. Once your body is conditioned to daily walking, you can incorporate other moderate or high impact activities that increase your overall physical health.

- **Swimming** - Swimming is often considered one of the best forms of exercise. Here is one activity that conditions the entire body while improving the functions of all major systems. Swimming is perfect for people who can not withstand high

impact activities, as there is little risk of injury to bones, joints or connective tissues. This is due to the fact that when you are in water, you weigh 1/10th of your normal body weight due to buoyancy.

Swimming increases blood flow and improves the conditioning of your heart, lungs and all major muscle groups. Swimming also improves blood pressure, which has been known to contribute to fibroid growth. Last but not least, swimming is an excellent stress reducer, and stress reduction plays a vital role in managing the growth of fibroids.


- **Cycling** - Whether you opt for riding a stationary bike or hitting the road on a regular bicycle, the health benefits of cycling are numerous. Cycling has been found to minimise heart disease, improve lung function and blood flow and increase muscle mass. Muscle burns more calories than fat.

Therefore, increasing muscle mass will help you achieve weight loss goals. Cycling helps maintain a lower blood pressure and alleviates stress, anxiety and depression. All of these benefits can contribute to fibroid growth management.

- **Yoga** - Millions of people and centuries of practice prove the fact that yoga is a very efficient form of exercise. Yoga improves flexibility, strength, posture, breathing and mental health. There are specific yoga poses such as the Frog Pose or Bhikasana that are believed to target the uterus, liver and pancreas. The Frog Pose provides nourishment to the uterus and is believed to actually aid in the prevention of fibroids. For women who already have fibroids, this exercise can improve blood flow and reduce continued growth of current fibroid tumors.

- **Belly dancing** - Dancing is a great way to get in shape and lose weight. The best part about dancing to improve your health is the fact that it is a fun and social form of exercise. Research has found that dancing can reduce stress, increase energy, improve strength, muscle tone and coordination. In addition dancing also improves heart health, decreases blood pressure, strengthens bones and aids in weight loss. Considered an aerobic activity, the health benefits of dancing are many. Women with fibroids can benefit from a specific type of dancing. Belly dancing is not only a spiritual dance but one that targets the pelvic region. Increased blood flow to the pelvic region can help manage fibroid growth as well as control pelvic pain and pressure that is common in women with fibroids.





As you can see, there are a variety of exercises that you can incorporate into your daily schedule that will not only improve your overall health and conditioning, but also reduce the dangerous effects of being overweight. By managing your weight and improving body health you increase your own ability to control fibroid growth, as well as their associated symptoms.

Exercising on a regular basis will increase blood flow throughout the body while decreasing the levels of oestrogen circulating in the blood. Lower oestrogen levels combined with other health benefits will aid in naturally managing fibroid growth tumors.

## Chapter 09

# The Effect of Stress on Fibroids

Stress has been suspected as a cause or contributor to physical ailments for centuries.

As early as the 2nd century, doctors noted a link between emotional problems and physical ailments. Over the years, we have learned without a doubt that stress plays a role in physical ailments and disease. This is true in the case of fibroid tumors, where many patients complain of major stress along with other symptoms associated with fibroids.

Avoiding stress is often more complicated than many people would assume. You cannot simply "turn off" the events in life which are stress inducing. You can, however, learn how to manage stress in a way that reduces the effect it has on your physical health. Before we look at ways to reduce stress or manage it in a healthier way, it is important

to understand how stress effects fibroid tumors.

## Stress and Fibroid Tumors

Stress can influence hormonal balance. Excessive levels of oestrogen in the body is the leading cause of fibroid development, therefore women who have fibroids are already struggling to keep hormone levels in balance. Stress can upset the balance of oestrogen and progesterone, while at the same time delivering excess adrenal stress hormones to the system. This can directly trigger additional fibroid growth. In addition to throwing hormonal balance off track, stress increases the output of cortisone from adrenal glands, depresses the immune system and increases heart rate and blood pressure. All of these can impact fibroid tumor growth.

## Identifying Stress Triggers

Now that you understand how stress physically affects your fibroid tumors, it is important to understand what causes stress. It is not difficult to imagine stress triggers in the fast-paced world in which we live. Many people are suffering from high stress levels as a result of decreased job security, financial problems, marital problems or issues with friends and family members.

For women dealing with fibroid tumours, there are additional stress triggers that come with dealing with the disease itself. Despite the fact that many women can live with fibroids without experiencing a decrease in the quality of life, they can have a significant impact on female health. When fibroids are very large or located in an area that affects fertility or the ability to conceive and carry a baby to term, the impact is not only physical but emotional as well. This alone is a huge

stress trigger for women dealing with fibroids. By identifying what areas of your life are causing stress, you increase the chances of facing these stresses head on and dealing with your feelings in a healthier manner.

## Methods of Stress Reduction

The best way for you to manage your stress may not be the same method used by other women. Women who are diagnosed with fibroids may share common symptoms and stress triggers, however how stress is effectively managed may differ among women in the same group. For example, some women find a great deal of relief in the support and help of their family and friends. Other women respond well to counseling or therapy. There are many options available. Finding the one that works for you is key to successful stress management.

Consider the following techniques to find the method that works best for your unique situation.

**Eliminate the trigger** - It is not always possible to eliminate the cause of stress, however whenever possible, try to address what is causing stress in your life and eliminate the trigger. This cannot be accomplished for all triggers. However, there are situations and relationships in your life that cause stress that can in fact, be eliminated.

By eliminating the trigger you immediately lower your stress level.

**Control stress triggers** - Certain triggers cannot be avoided 100 percent. If the evening commute home raises your blood pressure, you cannot simply quit your job.

You can however, take control of the situation by looking at alternatives that are not as stress-inducing. Car pool or consider public transportation to avoid the behind-the-wheel

stress you experience at the end of each day. This of course can be adapted to meet many stress triggers in your life that you cannot completely eliminate.

**Address unhealthy coping methods** - It is common for both men and women to deal with stress by adopting unhealthy coping methods. These may include but are not limited to smoking, alcohol, unhealthy eating habits, withdrawal from social activities, drugs, sleep and angry outbursts. These are common reactions to stress, however they are certainly not helpful and can lead to additional problems in your life. Make a commitment to yourself to adopt more healthy stress coping techniques.

**Evaluate your schedule** - Most people today are operating at maximum capacity. This is certainly true for many women who combine career goals, family responsibilities and civic duties in a schedule that cannot possibly accommodate all activities.

A major cause of stress is simply having too much to do each day. It may seem impossible to eliminate any of your responsibilities, but when it comes to your physical and mental health, there are times when you simply have to say "no". This may be especially hard for women in today's society, however it is necessary to reduce stress and incorporate a healthier lifestyle. Prioritise what activities are absolutely necessary and pare back on the rest.

**Exercise daily** - For physical fitness and health reasons, exercise does not always have to happen each day. For mental health, however, exercise each day can greatly improve how you feel, which in turn affects how you deal with day-to-day stresses. Daily exercise will not only lift your mood but also give you an outlet to work out the stress you face.

**Manage your diet** - Eating a well-balanced diet is not only good for your overall health,

both physical and mental, but also helps aid fibroid tumour growth management. Avoid caffeine and sugar which serve only to give you a temporary boost of energy, followed by a crash in energy levels. Alcohol, cigarettes and drugs will not eliminate stress and can in fact compound the problems.

**Get plenty of rest** - Just because you can function on fewer hours of sleep, doesn't mean you are functioning at peak efficiency. Your body and mind need adequate sleep to rest and refuel from the day's activities. When you are tired, you are more likely to react to stressful situations in an unhealthy manner.

**Meditation** - Many people have discovered the calming effects of meditation. You need only to find a quiet place to sit and practice meditation techniques. Sit or lie in a comfortable position and close your eyes. Next, focus on your breathing, which should be slow and relaxed.

Pay attention to the movement of your chest and abdomen while you slowly breath in and out. As you focus on your breathing, you will block out all other thoughts and feelings. If your focus begins to drift, bring your attention back to your breathing. By emptying your mind of all stressful thoughts, you will find meditation a great way to reduce stress and feel refreshed and invigorated.


**Listen to music** - Slow, quiet music can actually help reduce your heart rate and lower your blood pressure. Whether you opt for classical sounds or the sounds of nature, incorporating time in your day to simply sit and listen without focusing on other stress triggers can greatly reduce stress levels and help you become more in tune with your body.

**Relieve muscle tension** - Many people walk around each day in a state of tension, both emotionally and physically. Tense muscles can cause a multitude of problems, and in

most cases people are not even aware of the fact that they are tense. Try this exercise to discover where you are tense. Lie down and begin deep breathing. Slowly inhale and exhale deeply while clearing your mind of all thoughts. Next, clench your fists and squeeze tightly for 10-15 seconds. While you are tightening your fists, consciously relax the rest of your body. After 10-15 seconds, relax your fists and envision the rest of your body becoming soft and pliant. Repeat this process with the following body parts; face, shoulders, back, stomach, pelvis, legs, feet and toes. Hold muscles tight for 15 seconds followed by 30 seconds of relaxing the entire body. By the end of this exercise your body should feel completely relaxed helping you identify areas that were previously tensed.

**Hydrotherapy** - There is a reason why people enjoy hot tubs and spas.





The combination of warm or hot water with relaxing ingredients has long been a method used to relax muscles and calm nerves. You can get spa like results by taking an alkaline bath at home. This aids in muscle relaxation and helps soothe tattered spirits.

The key to reducing stress is taking an active role in your how you feel and react to situations. It is also imperative to recognise what causes stress in your life and whenever possible eliminate or reduce these triggers. Clearly not all stress can be removed from your life, however you do have control of how you manage that stress. By taking an active role in stress management, you can reduce stress levels, which in turn improve physical ailments such as fibroids.

## Chapter 10

# Conclusion

We have learned much about fibroids and how they come to develop in our bodies.

Unfortunately, many women will still suffer from fibroids that will grow and cause unnecessary pain simply because they remain uninformed about the natural treatments, herbs, and remedies that are effective at eliminating the growths as well as preventing them in the first place.

We have learned the causes of fibroids and how even the daily stresses of life can be a reason for fibroid growth. We have also learned ways to deal with these negative factors. Meditation, better diets, and exercise are simple ways we can change our lifestyle and have a positive effect on our health.

Incorporating ancient herbs and essential vitamins and minerals can have an impact on our health as women, and we should be open to exploring alternative medicines instead of solely relying on surgical procedures to alleviate the problems. While surgery may sometimes be the only option, you now know you have options.

Fibroid growth and hormones go hand in hand. We now understand that much of our overall health and wellbeing is dependent on keeping our hormone levels steady, which can be accomplished through our diets and herbal supplements. Hormones have a big influence on our body's development, our weight, our mood, our menstrual cycle, and our ability to have children. We now know there are ways to remain balanced and avoid the harmful toxins that can mimic our body's natural hormones.

Eliminating harmful xenoestrogens from our daily lives can go a long way to maintaining good health, especially in women.

Throughout this book, you have been shown some new ideas or treatment plans that may work well for treating fibroid systems and for actually shrinking the fibroids themselves. A trip to your local health food store may now open the doors for alternative treatment options. However, this book is meant to serve as a guide for you to explore alternative methods for treating existing fibroids and preventing potential new ones. While you may not be interested in surgical procedures or Western medicine to cure your fibroids, it is important that you consult with a licensed physician before trying any new treatment.

As women, we are all different and not one solution will work for everyone so it is important we seek out the advice of a medical professional before treating ourselves.

Women have a lot going on in their daily lives and often put themselves last in the line for care and health maintenance. Since many who develop uterine fibroids will never exhibit signs or symptoms of the problem, it is essential that all women get regular check ups to ensure their reproductive health is good.

I hope you have found this book to be informative and you are motivated to find new ways to live your life with fibroids. You are not alone. So many women will be diagnosed with the benign growth and so many more will never know. You now know you have alternative methods for dealing with fibroids naturally and eliminating the symptoms that come with them.

I wish you well on your journey  
to a better, healthier lifestyle!

**Click below** to organise a  
free initial consultation to  
learn I can help you:

<https://victoriaosullivan.com.au/awaken-call>

In health,

*Victoria*  
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# Resources

- <http://www.natural-hormone-health.com/hormone-imbalance.html>
- <http://www.lef.org/protocols/prtcl-139.shtmlf/gland>
- <http://www.parents.com/pregnancy/complications/health-and-safety-issues/thyroid-arthritis-fibroids/>
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- <http://www.compleatmother.com/womens-health/hormones/herbs.shtml>