

Fibroids

Uterine Fibroma, Uterine Polyps



ATTENTION: Before making any change please contact your health care professional.

What are Fibroids?

Fibroids, Uterine fibroids are sometimes cancerous or non-cancerous but mainly non-cancerous tumors that grow about the walls of the uterus (womb). They can be small or large, single or multiple. Although they are composed of the same smooth muscle fibers as the uterine wall (myometrium), they are many times denser than normal myometrium. Uterine fibroids are usually round or semi-round in shape.

Uterine Fibroma

Uterine fibroids are noncancerous growths of the uterus that often appear during your childbearing years. Also called fibromyomas, leiomyomas or myomas. It affects about 20% of women over the age of 30. The tumor may develop in the wall of the uterus or be attached to a stalk of tissue originating in the wall. Uterine fibromas rarely spread or become life-threatening.

Uterine Polyps

Overgrowth of cells in the inner lining of the uterus (endometrium - the organ in which a fetus grows) leads to the formation of uterine polyps, also known as endometrial polyps.

Uterine polyps are formed by the overgrowth of endometrial tissue. They are attached to the endometrium by a thin stalk or a broad base and extend inward into the uterus. The polyps may be round or oval, and range in size from a few millimeters (the size of a sesame seed) to a few centimeters (the size of a golf ball), or larger.

There may be one or several polyps present. Uterine polyps are usually benign (noncancerous), but they may cause problems with menstruation (periods) or fertility (the ability to have children). Uterine polyps are more likely to develop in women who are between 40 and 50 years old than in younger women. Uterine polyps can occur after menopause but rarely occur in women under 20 years old.

Your chances of developing uterine polyps may increase if you are overweight or obese, have high blood pressure (hypertension) or are taking tamoxifen, a drug that is used to treat breast cancer.

Names of Fibroids

Fibroids are given names depending on where they are located:

- **Intramural** fibroids, the most common, grow in the wall of the uterus.
- **Subserosal** fibroids grow on the outside of the uterus. As they grow larger, they can cause pain due to their size or pressure put on nearby organs.
- **Submucosal** fibroids grow just underneath the uterine lining and can crowd into the uterus cavity and lead to heavy bleeding and other more serious complications.
- **Pedunculated fibroids** grow on small stalks inside or outside the uterus.

- **Intracavitary fibroids** occur on a long stalk on the inside of the uterus or inside the cavity of the uterus.

It's possible to have more than one kind of fibroid.

This treatment focuses on cleaning up the body to reestablish an environment where the fibroid would shrink, be expelled and certain measures can be considered for prevention. The main focus is on elimination of toxins, inflammation and building up the body. Improving iron and potassium levels with green leafy vegetables, and vitamin C.

Causes of Fibroids

Regardless of the type or name of the Fibroid, the underlying cause remains the same:

Fibroids increase in size in women when there are increased levels of **estrogen** in the body.

Basically a woman's menstrual cycle runs on an average of 28 to 35 days. During the first 14 days, estrogen hormone is high and progesterone hormone is low; the next 14 days, progesterone is high and estrogen is low. However when a woman's hormones are disrupted, during the second 14 days, estrogen is not low but high, therefore estrogen remains dominant in the body and this causes problems such as bloating, swelling and tenderness in the breast, low sex drive, fatigue, mood swings, cold hands or feet.

Estrogen can increase for the following reasons:

- **Soy** - soy products are naturally high in estrogen and regular consumption can increase estrogen in the body
- **Isolated Genistein** - naturally occurring substance in soy, fava beans and other foods BUT when isolated it can cause problems. It is found in supplements and pharmaceuticals for many things including heart and prostate health.
- **Propyl gallate** - preservative (microwave popcorn, soup mixes and even chewing gum)
- **Oral Contraceptive and Birth Control pill** – excess hormones are excreted into the urine where it enters the waste water and into our

environment. These hormones get into our water supply and affects everyone.

- **4-hexylresorcinol** - also named "EverFresh" used in preserving vegetable shelf life, is used as a preservative in shellfish
- **Pregnancy** – increases estrogen naturally
- **Phthalates** - food industry via plastic tubing and packaging used in food processing, plastic shower curtains and vinyl flooring
- **Perfume ingredients** - disrupt the endocrine system and estrogen levels
- **Bisphenol A (BPA)** – in plastic bottles and food tins
- **Triclosan** – an ingredient found in most hand sanitizers, anti-bacterial soaps is a hormone disrupter
- **Parabens** – hormone disrupter - methylparaben, butylparaben, benzylparaben, isopropylparaben, ethylparaben are used in cosmetics, lotions, fragrances, cleansers, shampoos and other body care products.
- **Plasticizers** – plastic bottles, cups, bowls and bags use instead natural materials like paper, wood and fabric
- **Diary milk and its by-products** - Dairy milk accounts for about 80% of the estrogen consumed through the human diet.
 - Milk produced from pregnant cows (*which is how all milk products are produced*) contains about 33 times as much estrogen as milk from non-pregnant cows.
 - news.harvard.edu/gazette/story/2006/12/hormones-in-milk-can-be-dangerous
- **Vitamin D deficiency** - The National Institute of Environmental Health Sciences Uterine Fibroid Study of women between the ages of 35- to 49-years-old showed that sufficient vitamin D (>20ng/mL) was associated with a reduced risk of uterine fibroids by 32% compared to 95% increased risk for women with insufficient vitamin D levels.
- **Thyroid imbalance** – thyroid hormones are needed by every cell in the human body. Dysfunction of the thyroid gland can cause issues in the endocrine system which includes

the ovaries as well as the breast, adrenals, prostate or pancreas.

Symptoms of Fibroids

Fibroids symptoms include:

- Heavy and frequent menstrual periods
- Infertility
- Anemia
- Fatigue
- Weakness
- Bleeding between periods
- Increased vaginal discharge
- Bleeding after intercourse
- No symptoms
- Pain in the back
- Pain in the legs/pelvis
- Pressure on the bladder or bowels
- Blocked urine flow

Uterine fibroma symptoms include:

Menstrual disorders such as menorrhagia (heavy menstrual bleeding).

- Symptoms are also likely to be related to the location of the tumor with respect to neighboring organs, as when a uterine fibroma causes pressure on the urinary bladder, producing symptoms of dysuria (painful urination).
- Heavy menstrual bleeding
- Prolonged menstrual periods — seven days or more of menstrual bleeding
- Pelvic pressure or pain
- Frequent urination
- Difficulty emptying your bladder
- Constipation
- Backache or leg pain

Uterine endometrial polyp symptoms include:

- Irregular or unpredictable menstrual bleeding that varies in duration and heaviness. Most women have periods that last four to seven days.

- Prolonged or excessive menstrual bleeding (menorrhagia)
- Spotting or bleeding between menstrual periods
- Infertility
- Vaginal bleeding after menopause or sexual intercourse

Polyp and fibroid similarities:

- Uterine polyps and fibroids may both affect the reproduction process
- Both are hormone induced growths
- Most conventional treatment methods for both polyps and fibroids are invasive

Diet to Prevent or Reverse Fibroids

Foods to avoid:

- Milk and dairy products (increases estrogen levels)
- Chocolate or cocoa in any form
- A high-protein diet (meat, fish, eggs, butter, or cheese)
- Hormone-laden meat
- High-fat foods (fried foods, free oils)
- Caffeine drinks and foods (coffee, chocolate)
- Carbonated sodas
- Sugar, alcohol (these can rob the body of iodine and increase estrogen)
- All white products and concentrated starches
- Salty foods
- Be cautious with foods such as: Flax seed, sesame seeds, soy, tofu, chickpeas, dried fruits especially dates, apricots and prunes. While these are rich in phytoestrogen, the body may not respond well to it and increase estrogen in your body.
- Cooked spinach and rhubarb are high in oxalic acid, which can calcify the fibroid so don't overuse
- Go on a wheat-free, gluten-free diet - avoiding the use of wheat, rye, barley, spelt, kamut (see our gluten-free food list for more guidance)

Foods to increase:

- Eat Organic or Non-GMO foods
- Go on a Gluten-free diet
 - use Whole grains (brown rice, millet, quinoa, buckwheat, tapioca)
 - use root foods such as yam, potatoes or edoes
- Eat a variety of fruits and vegetables every day, increasing -
Vitamin A: carrots, pumpkin, spinach, bok-choy
Vitamin C: lemon, grapefruit, oranges
Vitamin E: nuts, olive oil
Pineapples are excellent for digesting fibrin tissue found in fibroid tumors.
- Every day eat Vegetables to shrink the tumor; eat more foods of the cruciferous family and steam them until tender e.g. – cabbage, radish, cauliflower, broccoli, kale, Brussels sprouts, collard greens
- Eat peas and beans for protein and L-Arginine to enhance immune function and retard tumor growth
- Eating bean sprouts gives a variety of nutrients
- Nuts, sunflower seeds
- Zinc: pumpkin seeds
- Copper and Selenium: brazil nuts
- Iodine: Kelp, Chlorella, Spirulina or Dulse daily to maintain proper thyroid function and balance the hormones
- Choose one day a week to eat only raw foods, green juices and water

Lifestyle for Fibroids

- Exercise every day for at least 30 minutes to 1 hour. This will help to brighten your mind and energize you at a time when you may feel fatigued.
- Sleep at least 8 hours every night.
- Practice deep breathing and stretching to energize your body.
- Avoid overeating
- Keep the weight low
- Wear longer clothing: excess clothing on the trunk, and not enough on the extremities, is a

significant cause of female problems of various types

- The clothes should have no constricting bands (i.e., pants, skirts)
- Keep the arms, legs, and feet properly clad and warm.
- Wear only natural fiber underwear i.e., 100% cotton, linen, silk, - Do not wear synthetics i.e., nylons, polyester, rayon, etc.
- Avoid high heel shoes which put extra strain on the pelvic area
- Avoid drug use
- Abstain from or do not over-indulge in sexual activity during treatment as this may be painful
- Avoid hormone disruptors such as: synthetic cosmetics, deodorants, hair sprays, washing powders, shampoo, dyes, food additives, cleansing solutions and all chemicals, especially pesticides, herbicides, toxic drugs, BPA plastic and Teflon pans.
- Drink lots of water and coconut water
- Ensure you have a daily regular healthy bowel movement as excess estrogen can be swept off with defecation.
- Increase Vitamin D especially through sunlight exposure every day.
- Use natural personal care products on your skin:
 - Coconut Oil
 - Olive Oil
 - Shea Butter
 - Natural Oils or Butters
 - Natural Deodorants
 - Natural Soaps
 - Natural Shampoos
 - Natural Conditioners
 - Lemon and Sea Salt and Honey
- Natural sanitizer – use an all-natural sanitizer e.g. mix of water, aloe vera gel, tea tree oil, oregano

Herbal Treatment for Fibroids

STEP 1

START with a Cleanse: 3 tablespoons of food grade Castor oil and 1/4 cup of lemon juice.

This should be repeated once every week for the first five weeks then once every month on a day when you will be free the following day. Drink lots of water and use pink Himalayan sea salt to keep hydrated and reintroduce minerals especially potassium.

After the purge, take a Probiotic to replenish healthy gut flora.

STEP 2

Each morning, drink **16oz to 32oz of warm water**; one 8oz glass should have 1 tablespoon of **lemon juice**. Lemon water will help with building the blood and cleansing the liver, in addition, this rich source of vitamin C will aid with iron absorption. Always use a straw when drinking lemon water to protect the enamel of your teeth.

STEP 3(A)

Next, we would need to cleanse the liver, cleanse the blood and balance the hormones with a **daily** combination of teas to drink. Following a two-week rotation cycle of combined herbs will do this; one week for each combination of herbs. Do not add sweeteners to teas. **Repeat this treatment until the fibroids have disappeared.**

Prepare and drink the following combination of herbs in 32oz water and drink daily.

Preparation for teas: as a Rule always boil for 15 minutes the hard parts of the plant such as; roots, seeds, rhizome or barks then draw for 40 minutes to 4 hours. The delicate parts of the plant such as leaves, flowers, buds, stems or clusters: bring water to a boil then Draw/Steep for 40 minutes to 3 hours. For Combinations: boil hard parts first for 15 minutes then add delicate parts and draw/steep for 40 minutes to 4 hours. Strain and drink when cool.

FIRST ROTATION - ONE WEEK FOR THIS COMBINATION OF HERBS		
Cleanse the blood	Burdock	2 Tablespoons herb or 2 capsules twice daily
Cleanse the liver	Dandelion/Milk Thistle	2 Tablespoons herb or 2 capsules twice daily
Balance the hormones	Black Cohosh	2 <u>Teaspoons</u> herb or 1 capsule daily
Reduce inflammation and tumor growth	Turmeric	2 Tablespoons herb or 2 capsules twice daily

SECOND ROTATION - ONE WEEK FOR THIS COMBINATION OF HERBS		
Cleanse the blood	Sheep Sorrel	2 Tablespoons herb or 2 capsules twice daily
Cleanse the liver	Chicory Root	2 Tablespoons herb or 2 capsules twice daily
Balance the hormones	Black Cohosh	2 <u>Teaspoons</u> herb or 1 capsule daily
Reduce inflammation and tumor growth	Turmeric	2 Tablespoons herb or 2 capsules twice daily

Note: **1.** It is best to use different tea combinations rather than the same herb repeatedly. Where the herb variety is limited (e.g. burdock can be found and not sheep sorrel) burdock can be used continually for 90 days followed by one month off then continue with the burdock. However where the variety is found, the combinations can be consumed continually. **2.** Black cohosh can have side effects such as headaches and nausea. We recommend 1-2 teaspoons to 32oz of water. If headache develops, dilute the tea with 1-2 cups of water.

- Use **Kelp or Seaweed Cure** daily as directed on bottle.
- Use **VM 100 complete** this is a multi-vitamin to build the immune system and tissue repair
- Use 1 tablet of **Garlinase** or 4 cloves of garlic daily to inhibit tumor growth
- Increase **Vitamin D** - through sun exposure between the hours of 9:00am and 3:00pm when the UVB rays is at its highest. Darker skinned individuals, require 45 minutes to 1 ½ hours of sun exposure while lighter skinned individuals require 10 to 15 minutes daily. Supplemental use of **Vitamin D** - take 10,000iu liquid vitamin D with olive oil or fat daily, along with sunlight for four months. Then reduce to 5000iu daily until your levels are back in line. Correct Levels of vitamin D are between 40 ng/mL to 100 ng/mL (once the levels get above 150 ng/mL with supplement it can become toxic to the body however if the levels get above 150 ng/mL with **Natural Sunlight** then you are fine.) For the colder climate, as a regular maintenance from **June – September** use the Natural Sunlight, **May and October** take **1000iu** daily, **April and November** take **2000iu** daily, **March and December** take

3000iu daily, **January and February** take **5000iu** daily. Do Not exceed the recommended vitamin D level. **Remember that the liquid vitamin D with fat is best and easily absorbed (vitamin D is a fat soluble vitamin, so it requires fat in order for it to be absorbed).**

[If you live in a warmer climate please use the natural sunlight \(45-90 minutes daily between the hours of 9:00am – 3:00pm\).](#)

STEP 3(B)

Some persons may have allergies and so a different combination of herbs is recommended.

FOR ALLERGIES or GLUTEN SENSITIVITY INDIVIDUALS simply use these herbs:

Burdock for cleansing the blood and liver and Black Cohosh for balancing the hormones and Turmeric to reduce tumor growth

Boil in 32oz or 4 cups water for 15 minutes, then steep/draw for at least 40 minutes to 4 hours

ALLERGY/GLUTEN SENSITIVITY HERBAL COMBINATION		
Cleanse the blood and liver	Burdock	2 Tablespoons herb or 2 capsules twice daily
Balance the hormones	Black Cohosh	2 Teaspoons herb or 1 capsule daily
Reduce inflammation and tumor growth	Turmeric	2 Tablespoons herb or 2 capsules twice daily

STEP 4

Use natural Cox-2 inhibitor foods as they would destroy fibroids and prevent tumor growth. Cox-2 inhibitor foods include: Mung Bean, Lentils,

Wheat germ, Kelp. Mung bean sprouts are delicious and nutritious too.

Herbal/Vaginal Suppository

Certain herbs can be combined to make an herbal/vaginal suppository to shrink the fibroids and build your immune system at the same time.

Each month on the week following your period, you should use a suppository.

Get/blend all herbs to powder form:

2 Tablespoons of slippery elm
1 Tablespoon each of yellow dock, golden seal, squaw vine
5 drops of tea tree oil (opt.)
Coconut oil or olive oil

Instructions: Mix herbs, add Olive oil or coconut oil to get a paste consistency (do not over saturate); shape into a suppository about 1½ inches long, put on waxed paper and place in freezer to harden. Keep frozen. Insert suppositories for 5 nights and douche on the following 1ST, 3RD, and 5TH mornings (see VAGINAL DOUCHE). It is best to wear sanitary napkins during this week. To apply suppository: lay backward with your legs opened and insert it with your index finger as far as you can. Be sure to lubricate the suppository with olive oil before inserting them in the vaginal passage as far as you can. Keep it in through the night. By morning some of it would have melted or you can remove some with your finger and douche.

Another alternative is for five days: take a clove of garlic, bruise slightly to excrete juices. You can insert garlic bare or wrap in gauze; tie a clean white string at both ends of gauze with garlic inside (similar to a tampon); insert in your vaginal tract nightly before bedtime. Remove the garlic each morning by pulling on the string or by using your fingers (if bare garlic is used).

Warm Vaginal Douche

What do you need? Douching apparatus to hold mixed boiled solution.

64oz of warm white oak bark or yellow dock tea is one of the most potent of all douches for

strengthening, cleansing and purifying the female reproductive system. Perform douche twice a day, in the morning and again just before retiring at night. Greater benefit is derived from this treatment when the individual can remain in a reclining position for some hours afterward.

Castor Oil Pack Treatment

Castor Oil Pack Treatment to be done for **one hour** on evenings. This works best with fibroids in the walls of the uterus.

What do you need? 1 white rag or flannel cloth, castor oil, plastic or thin towel, thick towel, hot water bottle, fleece blanket

- a. Hot pack.
 - Make at least two bags: (bean or rice or corn bags). Heat the bags using a microwave or pot of hot water, or
 - Get a hot water bottle or heating pad
- b. Pour castor oil on a rag to saturate it – flannel cloth is best to retain heat.
- c. Apply oiled rag on lower abdomen over the fibroid growth area.
- d. Cover with a sheet of plastic to keep oil from messing up your other coverings. Alternatively, apply a thin towel over the rag and abdomen.
- e. Next, apply a hot pack or hot water bottle on the thin towel.
- f. Apply a thick towel or fleece blanket to keep the heat in.
- g. After an hour, remove the coverings, water bottle, plastic and oiled rag. Store oiled rag in a covered bowl in the refrigerator to be reused several times. This may be washed or thrown out when it begins to smell rancid.

Repeat this treatment four to six times a week until the fibroids are reduced.

Exception: do not do this treatment when on your period or if you are pregnant.

Hydrotherapy Treatment

Warning: Make sure you are not pregnant or this cold treatment can abort the baby.

A cold sitz bath each morning will help to starve the blood flow to the Fibroid tumor.

Sit in a **cold** sitz bath with water up to the lower abdomen (under the navel) for 30 seconds.

Alternatively submerge a rag in ice-cold water and apply to fibroid area for 30 seconds.

Treatment Checklist:

- Lemon juice
- Straw
- Burdock
- Sheep sorrel
- Dandelion/Milk thistle
- Chicory root
- Black Cohosh
- Turmeric
- Kelp or seaweed cure
- VM 100 complete
- Garlinase or garlic
- Vitamin D
- Slippery elm
- Yellow dock
- Golden seal
- Squaw vine
- Tea tree oil
- Coconut oil
- White oak bark
- Hot water bottle
- Flannel cloth
- Herbal iron or Floradix
- Blackstrap molasses

Anemia and Fibroids

To maintain iron level and prevent anemia:

- Unsulphured Blackstrap Molasses: Take 1 Tablespoon daily (if you are not Diabetic)
- Floradix Iron Formula or Herbal Iron
- Chlorophyll in the form of green leafy juice, green powder or liquid chlorophyll.

Best to use these items in the evening with citrus as vitamin C enhances iron absorption. Avoid fiber foods at this time as it can disrupt iron absorption. If you are Anemic, see our Anemia Counseling Sheet for further guidance.

PLEASE COMBINE THIS SHEET WITH THE FACT SHEET TO GET THE BEST RESULT.

For further information,
please visit our website or call us.

Natural Healing Through the Laws of Health

Las Lomas No. 2 | Via Cunupia | Trinidad and Tobago

Phone: +1-868-724-4898

Cor. Redcliffe & Temple Streets | St. John's
Antigua and Barbuda

Phone: +1-268-720-0418 / 562-8435

Website: www.nhtlh.com

Email: info@nhtlh.com