

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 Recommendations for Fibroids

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

STEP 1

START with a Cleanse: 1 dose of SUPER COLON CLEANSE, once per week for 12 weeks then once per month.

Drink lots of water and use pink Himalayan sea salt to keep hydrated and reintroduce minerals especially potassium.

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

Next, we would need to cleanse the liver, cleanse the blood and balance the hormones with teas to drink. 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.

Cleanse the blood and liver	DANDELION	2 Tablespoons herb or 2 capsules twice daily
Balance the hormones	BLACK COHOSH	1 capsule twice daily
Reduce inflammation and tumor growth	TURMERIC	1 Tablespoon herb or 2 capsules twice 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.

Note:

1. Dandelion can be used continually for 90 days then use Burdock for another 90 days.
2. Black cohosh can have side effects such as headaches and nausea. We recommend 1 to 2 capsules per day.. If headache develops, use **VITEX** 2 capsules daily.

VITAMIN D3 – (Nature’s Answer)

- 30000iu for 2 weeks then
- 10000iu for 9 months then
- 10000iu for Jan
- 8000iu Feb and Dec
- 6000iu Mar and Apr
- 4000iu for Sep and May
- 6000iu for Oct and Nov
- None for June, July and August, if you are getting sunlight

- Use **1 teaspoon KELP** daily or as directed on bottle.
- Use **VM 100 COMPLETE** this is a multi-vitamin to build the immune system and tissue repair
- **PROGESTERONE CREAM** by Now Solutions – apply 20mg twice daily to inner thigh
- **VITAMIN C – 3000mg three times daily with meal**
- **PROBIOTIC 10 (PB10) – 2 capsules per meal**
- **DIGESTIVE ENZYMES – 2 capsules per meal**

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

Instructions: Mix herbs, add 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 nightly and douche every other day (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 herbs.

2 Tablespoons WHITE OAK BARK or

2 Tablespoons YELLOW DOCK

boil in 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.

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

- 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**
- Pour **CASTOR OIL** on a rag to saturate it – flannel cloth is best to retain heat.
- Apply oiled rag on lower abdomen over the fibroid growth area.
- 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.

Treatment Checklist:

- Lemon juice
- Straw
- Burdock
- Dandelion
- Black Cohosh
- Turmeric
- Kelp
- VM 100 Complete
- Vitamin D3
- 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 Iron Formula
- Blackstrap molasses
- Liquid Chlorophyll

Anemia and Fibroids

To maintain iron level, build blood and prevent anemia:

- UNSULPHURED BLACKSTRAP MOLASSES: Take 1 Tablespoon daily (if you are not Diabetic)
- FLORADIX IRON FORMULA or HERBAL IRON
- LIQUID CHLOROPHYLL Supplement.

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 HEALTHY TIP FORM TO GET THE BEST RESULT.

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

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