

## **Fibroids and Endometriosis Battle Plan**

### **What are fibroids?**

- Fibroids, also known as myomas, are benign (non-cancerous) estrogen-dependent growths of muscle cells in the uterus that arise from uterine muscle and connective tissue.
- They are most common among women between the age of thirty and menopause; fibroids shrink in size after menopause. Fibroids are usually firm, spherical lumps that often occur in groups and are of varying sizes, usually described in terms of vegetables and fruit—pea, lemon, or apple.
- They can grow near the outer surface of the uterus where they are easily detected during a pelvic examination, as well as near the inner lining of the uterus where they may need ultrasound for detection. They can cause heavy bleeding, abdominal bloating, menstrual cramps, and spotting between periods.
- Depending on the size and position of the fibroid, pain will be felt during intercourse and bladder or bowel irritation can occur, resulting in an increased frequency of urination and constipation.

### **What is endometriosis?**

- Endometriosis is a common chronic inflammatory illness of the reproductive system that is progesterone dependent, affecting women of all ages.
- It is a condition in which the mucous membrane lining of the uterus begins to grow in other places. Essentially, cells during menstruations that are not flushed out creep outside of the uterus where they sit and grow.
- Pelvic pain, especially menstrual or ovulation pain is the most universal sign of this illness. There is no characteristic type or timing of the pain and the pain can develop at any time of the month; while some women experience no symptoms at all, others feel pain that ranges from mild to excruciating and disabling.
- Sharp pains during intercourse and bowel movements are other possible symptoms, as well as infertility and heavy periods.

**Note: While fibroids and endometriosis are two different conditions they share many of the same causes and treatment, as discussed below.**

### **Causes of fibroids and endometriosis:**

- The main cause of endometriosis is irregular menstruation. In contrast, the direct cause of fibroids is unknown. However, a diet rich in processed and fast foods, birth control and high stress levels raise the body's estrogen levels, triggering growth and development of fibroids.
- During pregnancy, and with oral contraceptive or hormone replacement use, fibroids grow larger, and higher levels of estrogen in meats- especially the fat of red meat- also plays a role. In addition, obesity and family history further

increase the risk for fibroids, along with methylxanthines found in coffee that contribute to fibroid growth and should be eliminated.

**Facts you should know:**

Most women do not experience symptoms with fibroids	Most women do experience symptoms with endometriosis
Only 2-3% of women with fibroids ever have it develop into cancer	Endometriosis is the cause of up to 7% of the population of women who are unable to bear children
By age 35, 40% of American women and 60% African American women have fibroids	One in 10 American women have endometriosis
Fibroids are typically discovered by accident	
Symptoms do not always correlate with size or the number of fibroids	

**Signs and Symptoms:**

- Heavy menstrual bleeding
- Pain during intercourse
- Abdominal pain and feeling of fullness
- Frequent urination (pressure on bladder)
- Spotting between periods
- Unusual, but severe episodes can occur where fibroids grow rapidly and can begin to rob nearby blood vessels of oxygen, often resulting in the degeneration and death of the oxygen-dependent tissue- in which case severe abdominal pain may result.

**Treatment and Prevention:**

Do:

Avoid:

Eat fruits and vegetables	All meat products
Consume a diet low in saturated fat	Drinking coffee
Consume 30g dietary and 20g soluble fiber	Eating fatty foods
Eat soluble fiber from legumes, nuts, and seeds (i.e. flax)	Prescription drugs, recreational drugs, and alcohol
Eat green foods rich in vitamin K	Eating processed foods
Eat sea vegetables	Using or consuming hydrogenated oils
Eat Oily fish (1 serving per wk) for omega 3's	

- A cutting-edge procedure is good news for women with uterine fibroids. Using a catheter, a physician inserts small plastic balls into the vessel that feeds the fibroid, cutting off the flow of blood. Within weeks the fibroid shrinks

- significantly—or altogether. Benefit: this surgery does not require heavy sedation, a large incision, or stitches.
- In reflexology, the reflexes of the uterus, ovaries, fallopian tubes, and lymphatic system may be worked.
  - Iron supplementation to prevent and treat anemia is usually required as a result of heavy monthly bleeding.
  - Vitamin C assists in the absorption of iron and should be added to an iron supplement. Bioflavonoids with vitamin C reduce bleeding by strengthening fragile blood vessels.
  - B vitamins are essential for healthy red blood cells and for normal liver function; in addition, it relieves symptoms of PMS, cramps, and other hormonal problems.
  - Support the liver using cleansing herbs because the liver helps break down and remove excess estrogen from the body, as well as flushes out toxins.
  - Women who are seeking an alternative to surgical intervention for uterine fibroids will not find a reliable alternative to shrink their tumors; rather, the goal is to soften them so as to render them less painful.
  - Annual pelvic exam and ultrasound is highly recommended

Note: We usually do not recommend soy for pre-menopausal women; however, in the case for women with fibroids we do recommend phyto-estrogenic soy- this meaning, ORGANIC sprouted or fermented soy.

**Douche recipe** (softens for about 1 week):

- ❑ 4 tbs. apple cider vinegar
- ❑ 4 capsules of probiotics (try PHP's **Advanced Probiotic Blend**)
- ❑ 16-32 ounces of warm water (95-98°)
- ❑ 1 tbs. extra virgin, organic coconut oil (try PHP's **Organic Tropic Oil**)

Open the Probiotics capsules and pour the contents into a bowl with the vinegar and the coconut oil, mix together with the warm water. Divide into 3 applications and pour 1 application at a time into your douche-bag. Use mixture as you would any douche- hold for as long as possible, preferably 5-6 minutes each application.

**Nutritional Supplements (per day):**

- **Rice Bran Solubles™** (2 scoops per day- may be mixed with Spirulina or other green drinks) are a good source of B vitamin.
- **Organic Spirulina™** (10g per day- may be mixed with Rice Bran Solubles and other green drinks) is a good source of iron.
- **C From Nature™** (9 capsules per day- may be spread out over the day) for vitamin C.
- **Organic Flax Advantage** (half cup freshly ground per day)- blonde flax seeds contain omega 3 fatty acids that can inhibit tumor growth.
- Green Foods (**More Greens™**, **Best of Greens™**, and/or **Organic Kamut Blend™**) (3 green drinks per day) with their high alkaline content soften tumors.
- **Herbal Fiber Cleanse™** along with **Beet Juice Plus™** to support the liver (take as directed on labels).



# Purium Health Products™

Where Pure & Premium Become One

---

- **Women's Defense™** (take as directed on label) specially formulated to support women's health.
- **40x Aloe Vera Concentrate™** (2 tsp per day) to increase circulation.

For the douche (optional, weekly): **Advanced Probiotics™** and **Organic Tropic Oil™** (see recipe above).

*\*\*These statements have not been evaluated by the Food and Drug Administration and are not intended to diagnose, treat, cure or prevent and disease.\*\**

## Work Cited

Alive Research Group; Gursche, Siegfried MH. Encyclopedia of Natural Healing. Natural Life Publishing Group, Inc. & Alive Publishing, Inc. 1997.

Balch, James F., and Phyllis A. Balch. Prescription for Nutritional Healing. Garden City Park: Avery Group Inc., 1990.

The Burton Goldberg Group, comp. Alternative Medicine. Puyallup: Future Medicine, Inc., 1993.

Bottom Line Books; Curt Pesman. Uncommon Cures for Everyday Ailments. Roundtable Press, Inc. 2006.

Bottom Line Books. The World's Greatest Treasury of Health Secrets. Boardroom, Inc. 2006

Kamen Ph.D., Betty. 1,001 Health Secrets. Nutrition Encounter. 2003.

Pizzorno Jr., Joseph E. & Murray, Michael T. Textbook of Natural Medicine. 3rd Ed. Churchill Livingstone Elsevier. 2006.

Wiancek, Dr. Deborah A. The Natural Healing Companion. Rodale. 2000.

Wright, Jonathan V. M.D. Dr. Wright's Guide to Healing with Nutrition. Keats Publishing, Inc., 1990.

Call **888-747-6733** or visit **[www.phporder.com](http://www.phporder.com)**

1542 Seabright Ave, Long Beach, CA 90813. Tel: 888-747-6733 , Web: [www.phporder.com](http://www.phporder.com)