



# Uterine Fibroids

## Causes and Natural Remedies for this Common Female Problem

Uterine fibroids are benign growths that form in the uterus. They may occur on the interior muscular wall, in which case, there may be little pain, only heavy menstrual flow. They may also form on the exterior of the uterus, which may cause them to press against other organs causing abdominal pain and discomfort. About 20-30% of all women develop these small growths, and in about half of the cases they produce no symptoms at all. Abnormally heavy and frequent periods are a typical symptom. Bleeding between periods, fatigue, anemia, painful intercourse, or abdominal pain are other common symptoms.

### Causes

Uterine fibroids tend to develop in the late 30s and early 40s and disappear at menopause. High estrogen levels appear to be a factor, but the precise mechanisms that cause these growths are not fully understood. Xenoestrogens may be a contributing factor. Birth control pills also increase risk for fibroids.

A diet of processed and fast foods, coupled with stress, also appears to trigger fibroid growth. In natural medicine, fibroids could be considered a symptom of stagnation—poor flow of the blood and lymph. They also appear to occur in women who need to improve liver detoxification. The liver plays an important role in breaking down excess hormones such as estrogen in the body.

### Nutritional Therapy

Natural therapy for uterine fibroids begins with dietary changes. Methylxanthines, found in coffee, must be eliminated from the diet, as they contribute to fibroid growth. Since estrogen aggravates fibroid growth, intake of dietary estrogens also needs to be curtailed. Hormones are added to most animal products, so red meat, chicken, and dairy products should be avoided.

Phytoestrogens, such as those found in soy, may actually tie up estrogen receptor sites and reduce fibroid growth. Even better are dark green, leafy vegetables, which not only contain phytoestrogens, they also improve liver detoxification and build the blood. Essential fatty acids (Omega-3 EPA and Super GLA) should be added to the diet as they reduce inflammation. Vitamin C with bioflavonoids may also be helpful, as this helps reduce bleeding by making blood capillaries less fragile. It also assists in the assimilation of iron.

### Herbal Therapy

Liver detoxification is important in natural therapy for uterine fibroids. All Cell Detox has been helpful in many cases.

Where anemia and general weakness is a problem, the Chinese Blood Build formula helps the liver build the blood and improve detoxification.

Herbs that reduce blood stagnation may also be helpful. Yarrow alone has been reported to clear up cases of uterine fibroids. This herb helps reduce stagnation of the blood and lymph. It also helps control bleeding.

Yarrow is one of the major ingredients in Menstrual-Reg, a formula designed to control heavy menstrual bleeding. Where fibroids are causing heavy menses or bleeding between periods, this formula may be helpful. Another way to stop heavy or irregular bleeding is to mix one ounce of colloidal minerals with one pint of purified water and use this mixture as a retention douche. Prop the hips up with pillows and use a douche bottle to inject the mixture into the vaginal area. Retain the mixture for about 15 minutes before expelling. This can stop spotting in as little as 3-4 days.

Progesterone is an antagonist to estrogen, so Pro-G-Yam Cream can also be an effective part of a natural program for shrinking and eliminating fibroids. The cream can be applied once daily onto soft tissue areas such as the chest, breast, underarms, inner thighs or abdomen. It is best to rotate the sites of application. For fibroid tumors, use approximately 1/2 tsp. daily from day fourteen to twenty-eight of the menstrual cycle (the 14 days prior to menses).

Another useful herbal formula that can help shrink or eliminate uterine fibroids is V-X. This modified version of a formula by Dr. John Christopher may be taken internally, along with All Cell Detox, but its best application is as a vaginal bolus.

To make a vaginal bolus, the herbal powders are mixed with cocoa butter to form small pill-shaped boluses the size of the end of your little finger. These are wrapped in wax paper and stored in the fridge. Insert one vaginally one to two times daily. Used along with All Cell Detox, this procedure can help the body expel the fibroids.

The foregoing recommendations are general suggestions that have worked for other people, but every situation is unique. Consult a qualified herbalist or natural healer to determine the program that is right for your individual needs.

### Sources

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