



# Uterine Fibroids

## Proper Natural Therapy Can Avoid Unnecessary Hysterectomies

Fibroids are abnormal growths of connective tissue, usually benign, in the uterus. Very common in women between the ages of 35 and 40, they may grow inside the uterus, within the layers of the uterus, or on the outside of the uterus.

Where they grow will determine the type of symptoms a woman with fibroids experiences. Fibroids inside the uterus typically cause heavy, prolonged periods and bleeding between periods. Fibroids on the outside of the uterus will not increase bleeding, but may put pressure on other organs such as the bladder or colon. This can cause constipation, frequent urination, incontinence or symptoms of cystitis.

Other symptoms of fibroids include painful periods, enlarged abdomen, painful intercourse and backache. Anemia may result from loss of blood. Fibroids can also prevent conception. Since symptoms are often obscure, it is important to get an accurate medical diagnosis to ensure the problem is actually fibroids and not something else.

Fibroids are usually caused by excessive levels of estrogen in the body, either from hormonal imbalance or as a result of exposure to xenoestrogens (environmental toxins with estrogenic effects) such as pesticides and plastics. The extremely common occurrence of fibroids in modern society suggests that xenoestrogens are the major culprit.

Excess weight appears to aggravate the tendency to fibroids, but this is probably due to the fact that fat stores estrogen. Other factors that increase the risk of uterine fibroids are too much caffeine and too much fat in the diet, deficiencies of essential fatty acids, underactive thyroid, birth control pills and X-rays.

Natural therapy for fibroids begins by reducing exposure to xenoestrogens. Commercial meat and dairy products typically contain hormones that aggravate fibroids. Soft plastics (like milk cartons) and many pesticides also contain xenoestrogens, so avoid plastic containers and purchase organic produce where possible. Wash commercial produce in Nature's Concentrate to remove pesticide residues. Coffee also contributes to fibroid growth and should be eliminated.

Foods rich in phytoestrogens should be increased, as these phytoestrogens block estrogen receptor sites, but are less stimulating than regular estrogens or xenoestrogens. Foods rich in phytoestrogens include soy products, other legumes, whole grains and dark green vegetables.

Weight loss will help as well as improving circulation in the pelvis with moderate exercise. Herbs that improve pelvic circulation such as ginger, capsicum or yarrow can be helpful.

Yarrow has been helpful in breaking up fibroids in many cases. Matthew Wood, a professional herbalist, has cleared up many cases of uterine fibroids with this herb alone. Where heavy periods and bleeding are a problem, try 2 capsules of yarrow and 2 capsules of Menstrual Reg three times daily. Where heavy bleeding has resulted in anemia, I-X and yellow dock can be beneficial.

V-X is an excellent formula for breaking up uterine fibroids. Internally, it should be taken in large doses, such as 3-4 capsules three times daily. It works even better when it is also used as a suppository. The powders are blended with enough cocoa butter or Golden Salve to hold them together and formed into little finger-sized suppositories. These are stored in the refrigerator to keep them hard until ready for use. Inserted vaginally twice daily, they absorb toxins and excess estrogen, rapidly eliminating the cause of fibroids.

Where hormonal imbalances in the body are a problem, Pro-G-Yam Cream can be massaged into the abdomen to help shift the balance between estrogen and progesterone. Wild Yam/Chaste Tree combination or False Unicorn can also be taken to reduce estrogen production in the body.

Fibroids can be related to congestion in the liver, because the liver is responsible for breaking down excess estrogen. Chinese Blood Build (BP-C) can be of great help here. It not only strengthens the liver, it also helps overcome anemia. Other liver formulas such as EnviroDetox or SF may also be helpful.

Super GLA, Omega-3 EPA or flax seed oil can be added to the diet to obtain necessary essential fatty acids. Vitamin E may also be beneficial.

Left unattended, fibroids can cause scarring of the uterus. To prevent fibroids from forming from a wound and a scar, blend Golden Salve and/or Vitamin E with Lavender or Geranium essential oils and apply topically.

Hysterectomies should only be sought as a last resort. The uterus is not just a reproductive organ. It has other important functions in the body, including assisting in fat metabolism. Natural therapies are usually very effective and should be tried first. Consult your local herb specialist or some of the references below for additional information.

### Selected References

*Herbal Therapy and Supplements* by Merrily A. Kuhn and David Winston  
*The One Spirit Encyclopedia of Complementary Health*, Nikki Bradford, Editor  
*Professional Guide to Conditions, Herbs and Supplements* by IntegrativMedicine

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