

# What To Do For Fibroids

## **BIBLE:**

Jeremiah 30:17 – “...I will restore health unto thee, and I will heal thee of thy wounds...”

Proverbs 26:2 – “...the curse causeless shall not come...”

Job 29:16 – “...the cause which I knew not, I searched out.”

## **SOP:**

“**EVERY PERSON** should have a knowledge of nature's remedial agencies and how to apply them. It is **ESSENTIAL** both to understand the principles involved in the treatment of the sick and to have a practical training that will enable one rightly to use this knowledge.” (MH 127.2)

## **MEDICAL SCIENCE:**

### **What Are Uterine Fibroids?**

Uterine fibroids are benign tumors that originate in the uterus (womb). 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. When larger in size, they can cause prolonged menstrual bleeding, pain during menstrual periods, heavy flow during periods, pain in the back, legs and/or pelvis. Fibroids now account for 38% of hysterectomies, but the rates vary widely by ethnic group. In a major 2002 government report, 68% of fibroid-related hysterectomies were performed in African-American women, 33% in Caucasians, and 45% among women of other ethnic groups.

### **WHAT CAUSES FIBROIDS?**

1. **FRIED FOODS** – causes estrogen levels to go up, increasing chances for fibroids
2. **HIGH FAT DIET** – same as above
3. **EGGS** – same as above
4. **DAIRY PRODUCTS** – same as above
5. **EXCESS PROTEIN** – same as above
6. **ORAL CONTRACEPTIVES** – same as above
7. **CAFFEINE** – causes imbalanced estrogen levels
8. **SODAS** – causes imbalanced estrogen levels
9. **WHITE SUGAR PRODUCTS** – same as above
10. **REFINED PRODUCTS LIKE WHITE RICE & WHITE BREAD** – same as above
11. **MEAT** (especially chicken d/t the antibiotics and hormones) – (same as above (it's best to adopt a 100% plant based Vegan Diet))
12. **CARBONATED DRINKS** – same as above
13. **DRUGS CONTAINING ESTROGEN** – causes estrogen levels to go up, increasing chances for fibroids
14. **ALCOHOLIC BEVERAGES** – causes imbalanced estrogen levels
15. **CHOCOLATE** – same as above
16. **LOSS OF EXCESSIVE BLOOD DURING MENSTRUAL CYCLE AND BEING ANEMIC**

### **TO RELIEVE PAIN:**

Give a 15 minute hot fomentation over the pelvic area, followed by an ice rub x 1 minute. Repeat this process 3 times. This will help reduce the pain. Also, take some castor oil and heat it up a bit in a small sauce pan, then, when oil is warm to touch, apply over the painful area directly on the skin (or apply a hot castor oil pack...see YouTube on how to do this), then put a dry towel on top of this, then a hot pack (heat rice and put in a pillow case and apply on top) then add another dry towel on top. Keep this on for 1 hour.

Do every night for 30 - 60 days. Also, every evening before bed, get into a very warm bathtub of water and soak in this for 30-40 minutes. This will help ease the pain, bring magnesium into the blood stream and remove toxins from the body at the same time. This helps people sleep very well at night, especially when they are in pain or are feeling uneasy. Do this for 30-60 days.

### **ONE MORE THING FOR PAIN AND TO HELP STOP BLEEDING:**

Make a **strong tea** with **Alum Root herb**. Saturate a cotton cloth in the tea, then pack this in the vaginal tract. Keep the legs elevated. Give 1/2 t. cayenne pepper (90,000 heat units) in water 3 x day.

### **COX 2 INHIBITORS ARE PLANTS THAT CAUSE FIBROIDS TO SHRINK...TWO OF THESE PLANTS ARE:**

**1. Flaxseed** – Ground this fresh each day in a coffee grinder (can find one in Wal-Mart). Take either 1 Tablespoon 2 x day OR 2 Tablespoons 1 x day. Don't take more because it can thin the blood.

**2. Turmeric** – 1 T. powdered turmeric 1 x day. If you get the fresh root, boil 2 Tablespoons of the root x 15 minutes, then steep for 40 minutes into 32 oz. of water.

### **HERBS THAT ARE GREAT FOR FIBROIDS**

Dandelion Root - 2 T.

Milk Thistle - 2 T.

Burdock root - 2 T.

Black Cohosh - 1 T.

Sage (the whole leaf; not the powdered...EXCELLENT HERB) 1-2 T.

Red Clover - 2 T.

(You can order these herbs @ 208-267-6397)

**To Make The Tea:** Be sure to get 60 T. (3 ¾ cup) of each herb to last for 30 days...60 Tablespoons = 3 ¾ cups, so get about 3¾ cups of at least three of the listed herbs. For the herbs that are hard, put 38 oz. of water into a stainless steel pot and put hard herbs/roots in and boil x 15 minutes, then turn off and add soft herbs. Cover x 40 minutes. Strain the herbs then divide into 3 servings...Drink 3 x day ½ hour before breakfast, lunch, and dinner.

**FIBROID CLEAR PRODUCT IS A GREAT PRODUCT AS WELL. You may use that instead, but it Will cost a bit, but it's worth it. The herbs are already combined.** <http://www.fibroidclear.com/>

### **OTHER IMPORTANT THINGS TO DO:**

Maintain healthy Vitamin D levels (50-70 ng/ML)...Get a 25 Hydroxy test done to check for correct Vitamin D levels. If you don't have insurance, you can order this test from requestatest.com and pay \$59.00. If your levels come back low, experts recommend 8,000-10,000 IUs each day. Nature's Answer from vitacost.com has an excellent product. It is based in olive oil because Vitamin D is a fat soluble vitamin. One drop = 2,000 IUs. Retest every 2 months. If doctors say levels are good, ask for the number, because most recommend too low.

Go out into the sunshine every day for about an hour. Do this during the early morning hours before 12:00 pm.

- Do 3 minute hot, 1 minute as cold as you can handle shower. Repeat this 3 x. This builds up immune system.
- Do deep breathing exercises every day
- Don't eat any vinegar

- Don't mix fruit & veggies at same meal
- Drink ½ your weight in ounces of water every day.
- Eat at least 3 pieces of fruit every day
- Eat very simply
- Pray
- Upon arising, squeeze the juice of one lemon into 16 oz. of water. Do this every morning. Drink through a straw so enamel does not come off of your teeth.
- Wait 5 to 6 hours from one meal to the next-No snacking in between
- Walk every day at least 30 minutes. 60 minutes is more preferred. But start with what you can and work your way up. Vigorous exercise is not necessary. Walking is the best.

## **FOODS FOR TO HELP INCREASE PROGESTERONE LEVELS AT THE SAME TIME DECREASE ESTROGEN LEVELS**

### **Bean Sprouts**

**Dulse** (be sure it has been tested for mercury levels)

**Fruit, fresh** (3 a day)

**Nuts** (raw, unsalted)

**Seeds** (raw, unsalted)

**Vegetables** (be sure all coarse vegetables are cooked till tender)

**Garbanzo Beans** (Chick Peas)

**Honey helps shrink fibroids**

**Kelp** (be sure it has been tested for mercury levels)

**Mexican Yam** (very high in progesterone...balances out estrogen levels)

**Soybeans** (be sure they are non-GMO)

**Wheat Germ** (Take 2 t. each day...can put in granola or on a salad)

## **ALL DISEASE IS DUE TO VIOLATING GOD'S HEALTH LAWS...** (MH 127.1; 234.1; CH 37)

We should **ask God to forgive us for mistreating our bodies** then start feeding them foods that will up build and not tear down. We have an accountability to treat our body right. See the following verses.

**1 Corinthians 3:16-17**

**3 John 2**

**1 John 1:9**

**1 Corinthians 6:19-20**

**Acts 17:30**

**Proverbs 26:2**

## **MORE THINGS TO KNOW ABOUT FIBROIDS:**

**Barley Life is excellent for Fibroids...Take 2 Tablespoons 3 x day x 30 - 60 days**

<http://www.betterway2health.com/barleylife.htm>

**Yellow Dock Herbal Combination Great For Fibroids**

[http://www.herballegacy.com/Yellow\\_Dock.html](http://www.herballegacy.com/Yellow_Dock.html)

**\*\*\*If any scar tissue, some people take Serrapeptase Enzyme 2 x day x 30 days**

## **LINKS TO LEARN MORE ABOUT FIBROIDS:**

<http://womenshealth.gov/publications/our-publications/fact-sheet/uterine-fibroids.cfm>

<http://ezinearticles.com/?Uterine-Fibroids---Do-All-Women-Suffer-With-Fibroids?&id=2903538>

## **SOP ABBREVIATIONS**

**MH** = Ministry of Healing

**Link to my blog:**

<http://ravishingrecipesandhealthfacts.blogspot.com/2017/12/what-to-do-for-fibroids.html>