FIBROID TUMORS

Also see Tumors

What are they:

This is an occurrence of women usually in 20's - late 40's when body may be producing too much estrogen (they thrive on estrogen), and the person may also have a deficiency of progesterone. The name implies the tumors come from fibrous tissue, however these growths come from the smooth muscle layer of the uterus and more correctly should be called "leiomyoma", however the term "fibroid" is more widely used.

These are usually benign growths, 95% occurring in the uterus, 5% in the cervix. As they grow larger, then put pressure on neighboring organs and tissue and can cause much discomfort.

They vary in number and size (up to 100, and up to 25 pounds). They can grow very fast if there is an abundance of estrogen.

Fibroids are benign growths that can form on the interior muscular wall as well as the exterior of the uterus. This disorder involves not only the uterus but sometimes the cervix also. The term 'fibroid' may be misleading because the tumor cells are not fibrous, they are abnormal muscle cells.

Many women develop fibroid tumors, tending to form during the late thirties and early forties, then shrinking after menopause, suggesting estrogen may be involved in this process. Most women never even know they have fibroids unless it is discovered during the course of a routine pelvic examination. However, depending on their location, fibroids can cause pain and put pressure upon the bowels or bladder, perhaps block the urethra and may produce blockage in the kidneys.

<u>Submucosal fibroids:</u> inside of uterus extending into uterine cavity from the lining or endometrium.

<u>Intramural fibroid:</u> within the uterine wall.

<u>Subserosal fibroids:</u> on outside of uterus in the lining between uterus and pelvic cavity.

What Increases Risk of Fibroids:

1. **High estrogen levels (eg. during pregnancy, when taking birth control pills, post menopause, during menstrual cycle. Once menopause occurs, they usually disappear. Estrogen dominance is fueled by the use of birth control pills, fertility drugs or hormone replacement therapy.**
2. **Poor nutritional habits can elevate estrogen: too rich in saturated fats (meats/dairy), alcohol, sugar, difficult to handle foods by the liver which leaves the liver unable to break down the hormones efficiently leading to elevated levels of estrogen.**
3. **Liver does not perform correctly. The ovaries secrete estrogen (estradiol) but the liver metabolizes the estrogen so it can be eliminated from the body. It is converted to estrone and then to estriol. If the liver cannot convert it to estriol properly, it can enhance the problem. The liver needs adequate vitamin Bs to function or is may not be able to perform its metabolic tasks and regulate estrogen levels.**
4. **Genetic. There is an inherited tendency of women of African or Asian descent to have a greater risk of developing fibroids than Caucasian women, however, anyone can develop them.**
5. **Obesity.**
6. **Hypothyroidism.**
7. **Exposure to environmental estrogens called "xenoestrogens". Often these come from the estrogens in plastics which we use to eat and drink from, and also which residues may end up in our water supplies.**
8. **Significant emotional or physical stress.**
9. **Same have found using flax oil makes uterine fibroids worse.**

Symptoms:

Bleeding: 1/3 experience abnormal uterine bleeding, many have heavier menstrual flow which may last longer. Irregular menstrual bleeding, spotting.

Pain: many experience pressure and pain, pelvic fullness or dragging sensation, impaired bladder

function which may lead to urinary frequency and urgency. Constipation, hemorrhoids.

Infertility: 5-10% become infertile as a result of inhibition of implantation of fertilized egg in the uterine lining or because sperm is not allowed transport, or the fallopian tube is compressed. Fibroids may cause spontaneous abortion during first 3 months of pregnancy by distorting uterine cavity or altering blood flow that would normally be needed to nourish fetus.

HELP:

1. Avoid these foods:

Milk	**Cheese**	**Butter**	**Yogurt**	**Eggs**
Chocolate	**Sugar**	**Alcohol**	**Wheat**	**Noodles(wheat)**
Pastries	**Catsup**	**Coffee**	**Black tea**	**Salt(use sparingly)**
Soft drinks	**Hot dogs**	**Ham**	**Bacon**	**Beef**
Lamb	**Pork**	**Bouillon**	**Commercial salad dressings**	
Hot sauces	**Spicy foods**	**Fried foods**	**Synthetic sugars**	**White vinegar**
Food additives	**Food coloring**			

Also: smoking

2. What is good to eat:

Whole grains (millet, buckwheat, oats, brown rice, rye). Their high fiber helps.

Legumes: soy products like tofu or soy beans or soy pasta. High bioflavonoids can help balance estrogen levels, reduce bleeding. Beans and peas which have good calcium, magnesium and potassium - especially black beans, pinto beans, kidney beans, chickpeas, lentils, lima beans, soy beans.

Vegetables which are high in potassium, calcium, magnesium: bok choy, swiss chard, spinach, broccoli, beet greens, sweet potatoes, kale, potatoes, green peas, green beans (their iron content also helps bleeding and cramping). Vegetables high in Vitamin C which helps stress and heavy bleeding, inflammation: Brussel sprouts, broccoli, cauliflower, kale, peppers, parsley, peas, tomatoes, potatoes.

Fruits: For the vitamin C and bioflavonoids: Dried fruits can be used as substitute snack for candies, cookies etc.

Seeds/Nuts: Raw are best. They contain essential fatty acids, linoleic acid and linolenic acid which provide raw materials needed to produce muscle-relaxant prostaglandin hormones, for inflammation and muscle cramping: flaxseed, pumpkin seeds are best, also: sesame seeds, sunflower seeds.

Meat/Poultry/Fish: Avoid or only eat very small portions. They contain saturated fats that produce muscle contracting F2 Alpha prostaglandins. These hormones trigger muscle contraction, constrict blood vessels, inflammation. Sea fish may be eaten in moderation: salmon, tuna, mackerel.

Oils: Avoid cooking with oil, instead use raw vegetable oils or flaxseed oil as salad dressings or drizzle over bread instead of butter.

3. Daily Supplements to help:

Vegetable Iron Supplement	**2,000 mg Bioflavonoids**
200 mg Rutin	**Multi Mineral product**
50-100 mg B Complex	**20,000 mg Beta Carotene**
20,000 IU Vitamin A	**1200 mg Calcium citrate**
600 mg Magnesium	**100 mg Potassium**
2-3 Kelp or Dulse capsules (best taken at breakfast)	**15 mg Zinc**

4. Best herbs to help (2 capsules a day is enough usually)

For the liver: Milk Thistle, Essiac
For menstrual: Blue cohosh
For blood: Yellow dock, Red Clover, Blessed Thistle
For pain: White willow bark
For urinary help: Parsley, Cornsilk, Uva Ursi
For iodine/thyroid help: Kelp or dulse
As an astringent: Goldenseal
For tumor growth: Echinacea, shark cartilage

5. **To help the liver heal fibroids:**
Take 100mg of a good B Complex daily helps support the liver by enabling it to break down estrogens, and taking about 600IU of Vitamin E daily will regulate bleeding and normalize estrogen levels.
Indole-3-carbinole (150-300 mg daily) is an active ingredient of cruciferous vegetables like broccoli, brussel sprouts, cabbage and cauliflower and it has a wonderful effect on the liver's ability to properly metabolize estrogens.
Taking 150-300mg daily of Calcium D-glucarate (can get at the Natural Healing Clinic), clears estrogens and xenoestrogens out of the body.
Milk Thistle and Dandelion Root/leaf help the liver detoxify hormones, drugs and toxins.
Keep the bowels free flowing. When estrogen is released from the liver into the intestines, it can then be re-absorbed back into the body if the intestines are sluggish. Avoid constipation by drinking lots of pure water and if you need to add more fiber and bowel cleansing herbs to help. Wildrose LBT3 is a favourite of ours because it acts as a bowel tonic and can be taken long term safely.

6. **Using Enzymes can help fibroids if they are small. By taking 10-15 tablets daily, they can help dissolve the hard, fibrous material of a fibroid.**

7. **Exercise helps prevent pain and cramps by relaxing muscles and promoting better blood flow. Especially yoga but also swimming, dancing, walking, running, tennis, bicycling, stretching, tai chi.**

8. **Stress from unresolved emotional conflicts regarding creativity, reproduction, and relations will often increase hormonal imbalances. Check your stress levels and find ways to reduce the stress in your life, or your reaction to stress.**

9. **Louise Hays explains the Emotion behind this problem:**
Nursing a hurt from a partner. A blow to the feminine ego.
Solution: Develop a new thought pattern: *I release the pattern in me that attracted this experience. I create only good in my life.*

10. **Restore the balance of estrogen/progesterone by increasing progesterone levels. Progesterone cream can be applied daily (the recommended dose is 1/8-1/2 tsp rubbed in the morning and evening on fatty tissue of the body such as abdomen, inner thighs, inner arms). It can take 3-4 months before the benefits are felt. There is ongoing research to determine if taking additional progesterone may contribute to cancer. Remember, when you start artificially playing with nature, sometimes there are side effects. Progesterone levels can also be increased also by using the extract herb chastetree berry.**

11. **Castor Oil Pack - do for 6 months, then take one month off and start over again. You can do the pack every other day, or do for 4 days in a row and then take 3 days off. Start with 20 minutes on the area, then increase it by 10 minutes each time you use the pack, until you reach 1 hour. Do not do castor oil pack if pregnant or menstruating or if on blood thinners. Don't use on broken skin or if you have had surgery within 6 months (in that area). Don't do if you are breast feeding or have liver disease. Do not do if you are dehydrated. Castor oil pack works well for peduneulated fibroids, subserous intramural (not if it is in the back of the uterus however). This will not work for submucosal fibroids or intercavatory fibroids (polyps). The uterus can be found 3" below the navel.**

12. Homeopathy:

Aurum Nat Mur (Gold Salt)
- **Fibroids. Chronic enlarged, displaced, prolapsed or inflamed uterus.**
- **Habitual miscarriage, sterility. Bearing down sensations. Dysmenorrhea.**
- **Chronic ovarian inflammation, cysts. Menses either scanty or excessive.**
- **Depressed. Self-critical. Worse: cold, set, rest. Better: evening, motion.**

Calc iod (Calcium Iodide)
- **Fibroids, enlarged uterus. Painful ovarian tumors. Hard, swollen glands.**
- **Milky acrid discharges. Increased sex desire. Dysmenorrhea. Irregular, heavy menses. Breasts cysts. Worse: night, cold, heat. Better: open air.**

Conium (Poison Hemlock)
- **Uterine fibroids, polyps, prolapse, displacement. Hard glandular swelling.**
- **Pressing down or cutting pains in ovary and uterus. Spasms. Negative effects of sexual abstinence. Spinsters. Aversion to sex. Cancerous tendency.**
- **Scanty menses. Worse: night, cold, motion. Better: pressure, lying.**
- **Gradually declining energy, mental function, emotional life. Paralysis.**

Fraxinus (White Ash)
- **Uterine enlargement, fibroids. Heavy, large pendulous abdomen.**
- **Bearing down sensation, prolapse. Hot flashes, and chilly sensations.**
- **Dysmenorrhea. Heat on top of head. Depressed, nervous, talkative.**

Hydrastis (Golden Seal)
- **Benign tumors, or precancerous states. Bleeding fibroids, prolapse**
- **Yellow, stringy or watery discharges from uterus with heat and itching of vagina. Inflammation, ulcers of cervix, uterus. Weak, weight loss.**
- **Weak digestion, toxic liver, jaundice, constipation. Menopause troubles.**

Sepia (Ink of Cuttlefish)
- **Fibroma, prolapse, displacement. Heaviness, bearing down sensation as if to fall out. Backaches. Menses irregular; early or late. Dark blood.**
- **Menopausal symptoms. Hair falling out. Faint, exhausted, worn out.**
- **Sad, indifferent to loved ones, seeks solitude. Low sex drive. Sarcastic.**
- **Worse: cold, damp, menses, standing. Better: physical exertion, warmth.**

Thuja (White Cedar)
- **Uterine polyps, fibroids, enlargement, prolapse. Overall humor tendency.**
- **History of vaginal warts. HPV or gonorrhea. Chronic effects of vaccines.**
- **Sensation of something alive in abdomen. Cancer tendency. Body feels frail.**
- **Polite, but closed down. Feel unlovable, try to live up to a perfect image.**
- **Worse: cold, damp, 3a.m. Better: motion, crossing or drawing up legs.**

13. Here's a home remedy was from by Hanna Kroeger:

Start 10 days before expected period (or 10 days before the full moon if you don't know when your period is due), each evening just before bedtime fill two "OO" empty gelatin capsules with sulfured black strap molasses and insert as high up into the uterus as possible. Use a tampon to hold the molasses in place overnight so that the rich vitamins and iron of the black strap molasses can work on the fibroid area. The next morning douche with a mild chamomile tea. Usually the fibroids will come out with the period as ropey looking strands.
If the procedure does not work the first try, they often will come out with the second or third month by repeating the process.
If they do not come out the third month, there is probably a complication that needs more exacting attention.