

Advanced Approaches for Tackling Fibroids

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What is a fibroid?

- They are benign tumors (less than .5% of the time, they are cancerous)
- Sometimes referred to as uterine polyps or myomas
- They are made up of smooth muscle cells and fibrous connective tissue

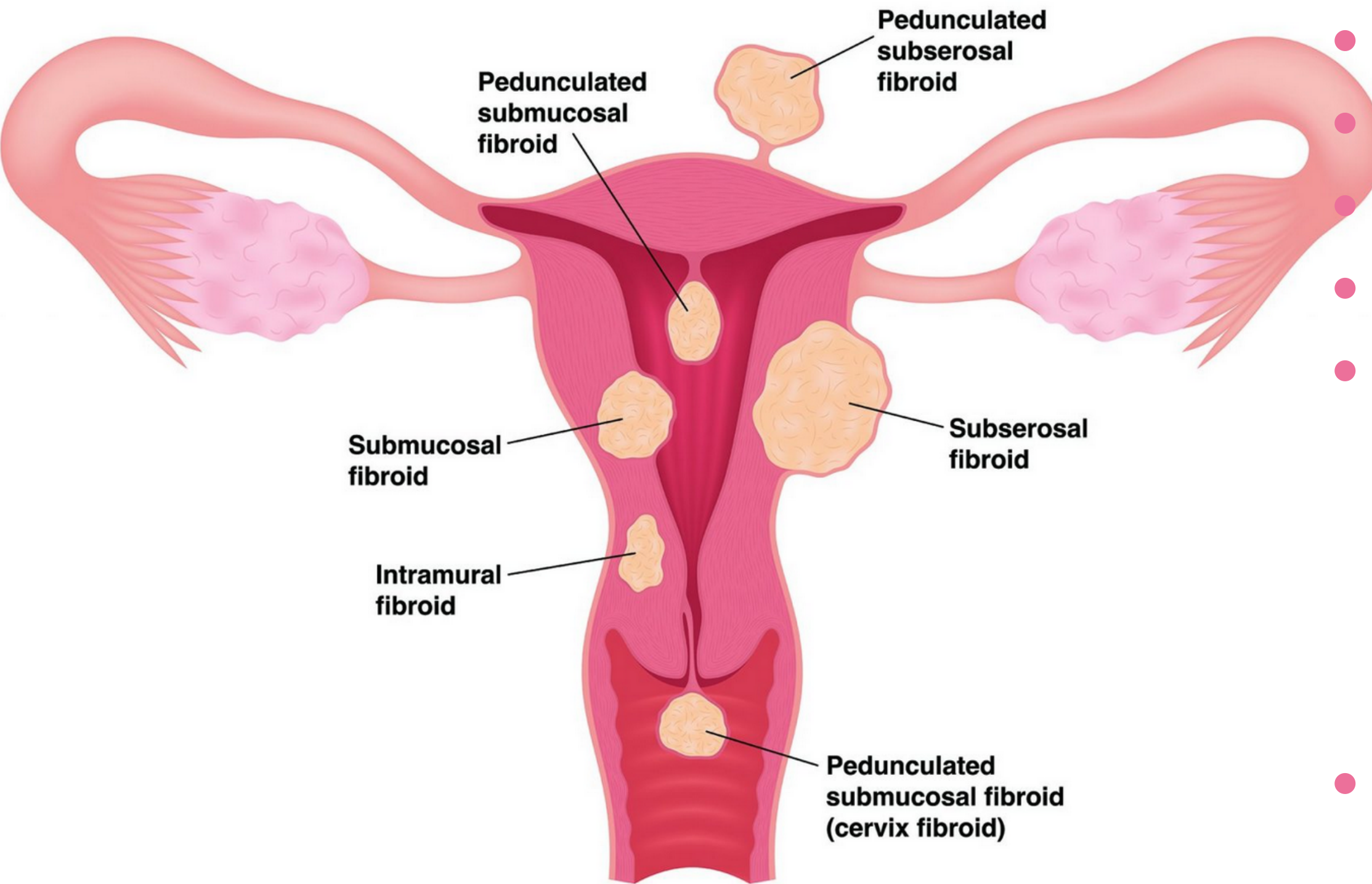


WHAT THEY ARE

- They're all about the uterus. That's why they're also referred to as "uterine fibroids."
- They can be teeny tiny, or grow to the size of an 8 month pregnancy.



TYPES OF FIBROIDS AND WHERE THEY ARE LOCATED



- Intramural – middle layer of uterus
- Subserosal – outer wall of uterus
- Submucosal – under uterine lining
- Cervical – in the cervical tissue
- Pedunculated – when a subserosal fibroid develops a stem or is attached to a stalk outside of the uterus or within the uterine cavity
- Interligamentous – when the fibroid is between the uterine broad ligaments

Fibroid Symptoms

**HEAVY PERIODS
(PROBABLY THE
MOST COMMON)**

PAINFUL PERIODS

**FERTILITY
COMPLICATIONS**

PAINFUL SEX

BACK AND LEG PAIN

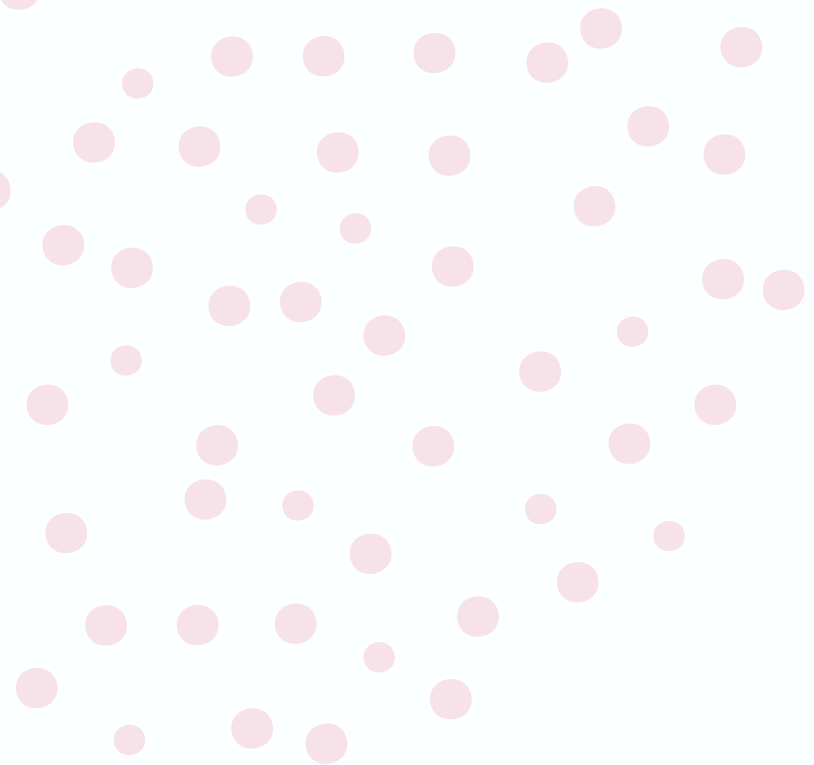
BLOATING

URINARY INCONTINENCE

CONSTIPATION

PELVIC PAIN

**WEIGHT GAIN (ESPECIALLY
IN LOWER ABDOMEN)**



70—

80%

OF WOMEN WILL
GET FIBROIDS
BY THE TIME
THEY ARE 50



Allopathic Approaches to Fibroids

BIRTH CONTROL

HORMONE BLOCKER

HYSTERECTOMY

MYOMECTOMY

FIBROID EMBOLIZATION (UFE)

ENDOMETRIAL ABLATION

**MRI-GUIDED FOCUSED
ULTRASOUND**

**RADIOFREQUENCY ABLATION
(ACCESSA)**

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Fibroids Are Very Common During Perimenopause

IF YOUR CLIENT IS OVER 35, KEEP THE
POSSIBILITY OF FIBROIDS IN MIND!



FIBROID SIZE

SIZE (cm)	VOL (cc)		
4	30	Lychee	
		NO NEED TREATMENT	
5	60		
6	110	Orange	
7.5	220	CONSIDER TREATMENT	
8.5	320		
9.5	440	GrapeFruit	
12	900	NEEDS TREATMENT	

When I was
39, I learned
I had a 6 cm
fibroid



I nearly died from a
myomectomy two
months later.



Surgical Mishaps

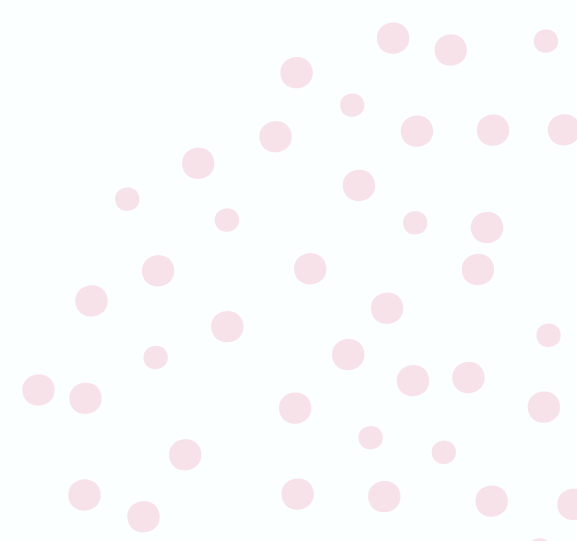
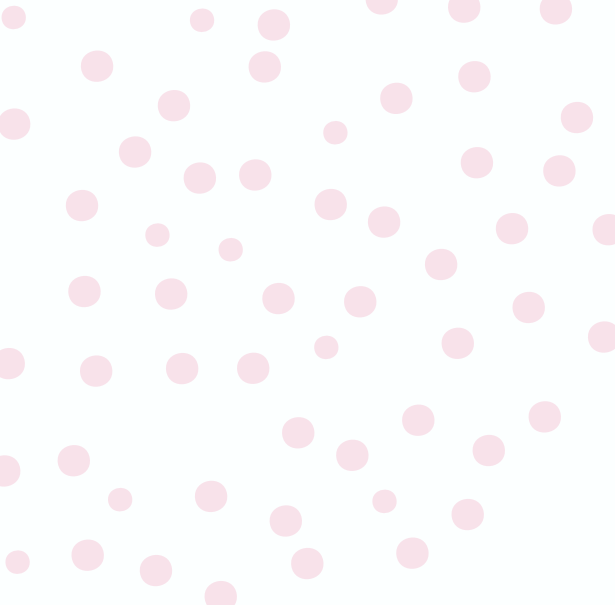


LARGE BOWEL INJURIES DURING GYNECOLOGICAL LAPAROSCOPY

"Large bowel injuries during laparoscopy are serious complications because 50% of bowel injuries and 60% of visceral injuries are undiagnosed at the time of primary surgery."

SURGICAL-SITE INFECTION IN GYNECOLOGIC SURGERY: PATHOPHYSIOLOGY AND PREVENTION

"Surgical-site infections (SSIs) represent a well-known cause of patient morbidity as well as added health care costs. In gynecologic surgery, particularly hysterectomy, SSIs are often the result of a number of risk factors that may or may not be modifiable."



**This is a reminder that
NO surgery is 100% safe
without the possibility
of life changing
complications**



What Causes Fibroids?

Causes of Fibroids



ESTROGEN EXCESS

The main culprit

PREFERENCE FOR 4-OH OR 16-OH PATHWAYS/LIVER ISSUES

Clinically, I see women with fibroids favor either of these pathways when we run a Dutch test

ADRENAL ISSUES

Stress impacts your adrenals, which effects progesterone levels. This allows for estrogen to go unchecked.

Causes of Fibroids cont.

HYPOTHYROIDISM

Overt hypothyroidism was associated with fibroids in one study

LOW VITAMIN D

Estrogen is stored in and secreted from fat tissue

OBESITY

Although obesity is connected in studies to fibroids, most likely to do with estrogen being stored in fat cells, many thin women also have fibroids



Less Known/Discussed/Contro versial Causes

GENE MUTATIONS, PARTICULARLY COMT

Impacts estrogen detoxification

COPPER TOXICITY

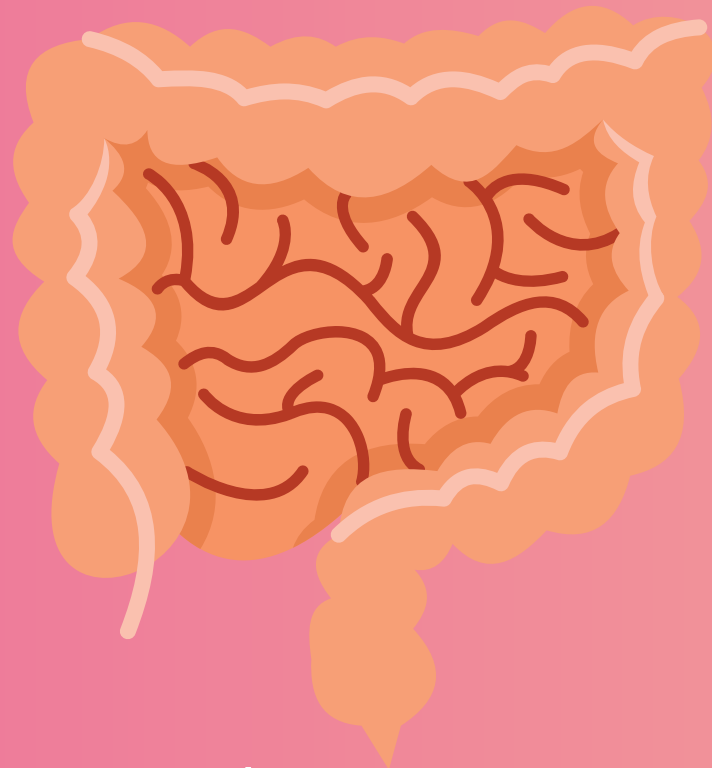
Copper that is not bioavailable can impact estrogen levels

PATHOGENS

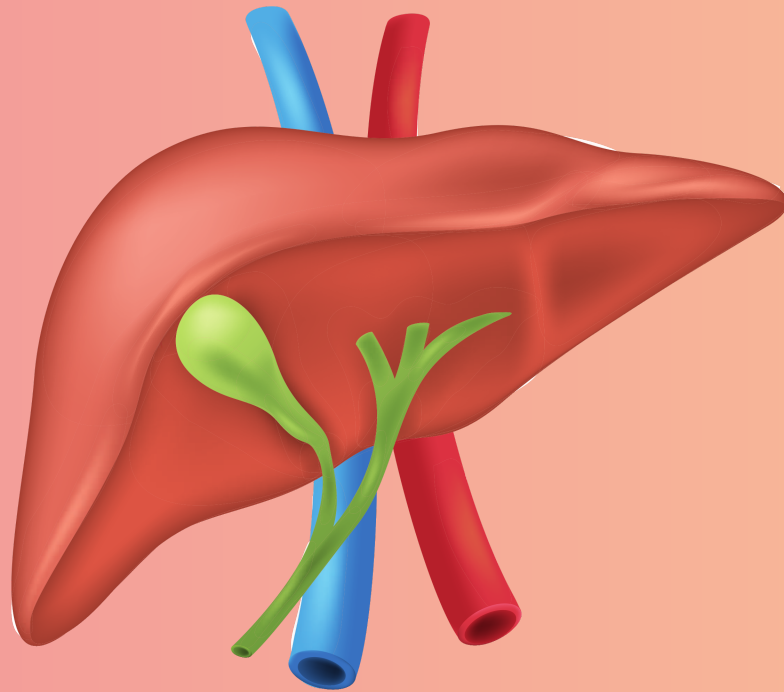
Higher immune system activity in and around fibroids



Working with Fibroids: Where Do We Begin?



Food/Gut Health

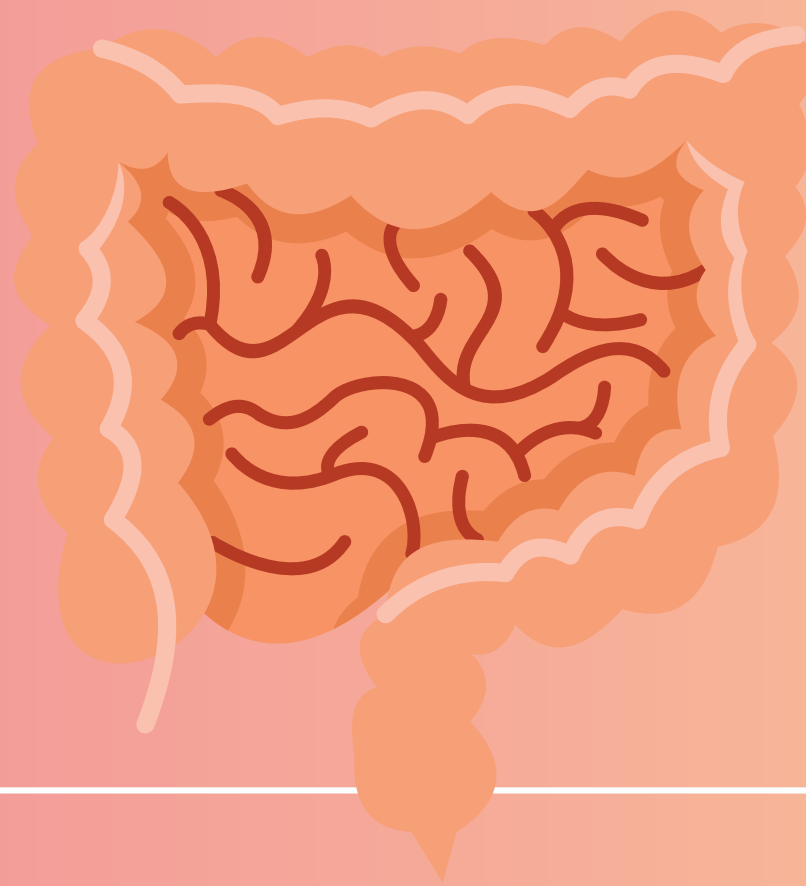


Liver Health



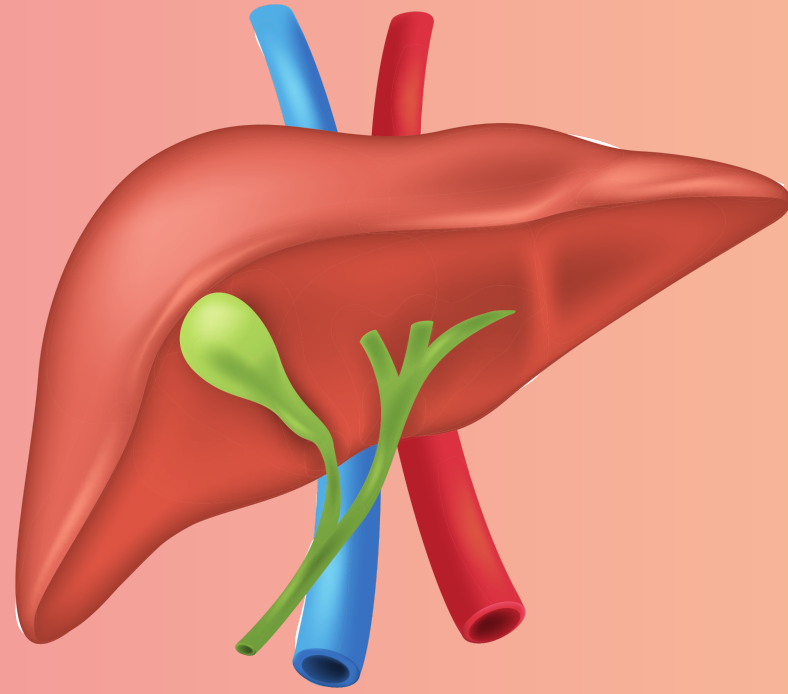
Stress Reduction/Adrenals

Food/Gut Health



- Cruciferous vegetables
- Greater intake of fruits, vegetables, and vitamin A
- Clean Meat
- Less/no alcohol and caffeine
- Gut "Foundations" – HCl, digestive enzymes such as Digest from TE, gallbladder support (if needed), quality probiotic

Liver Health



- Lemon in warm water
- Minimize drugs and alcohol
- Liver Support from TE, B Vitamins
- Remove xenoestrogens
- Physical detox supports
- Work with anger and frustration

Stress Reduction/ Adrenals



- Boundaries
- For overall low cortisol, Adrenal Complex from TE
- Stepping out of "hustle" mode
- Parasympathetic activation – meditation, visualization, deep breathing
- Changing mindset about stress

Natural Fibroid Therapies



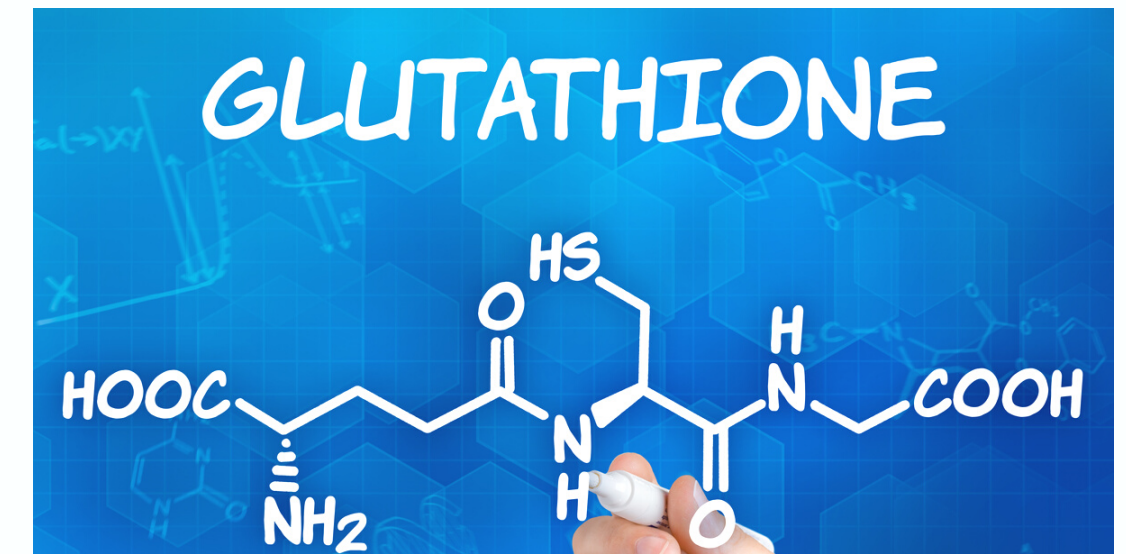
DIM

Supports estrogen metabolism down the protective 2-OH pathway



VITAMIN D

Several studies have made a connection between low Vitamin D and fibroids



NAC/GLUTATHIONE

Important support so that the liver can properly detoxify hormones, particularly estrogen

Natural Fibroid Therapies



GREEN TEA EXTRACT

EGCG – Significant reduction in fibroid volume and symptom severity in one study



MELATONIN

In preclinical trial, it degraded fibroid cells while sparing normal uterine muscle.



RESERVATROL

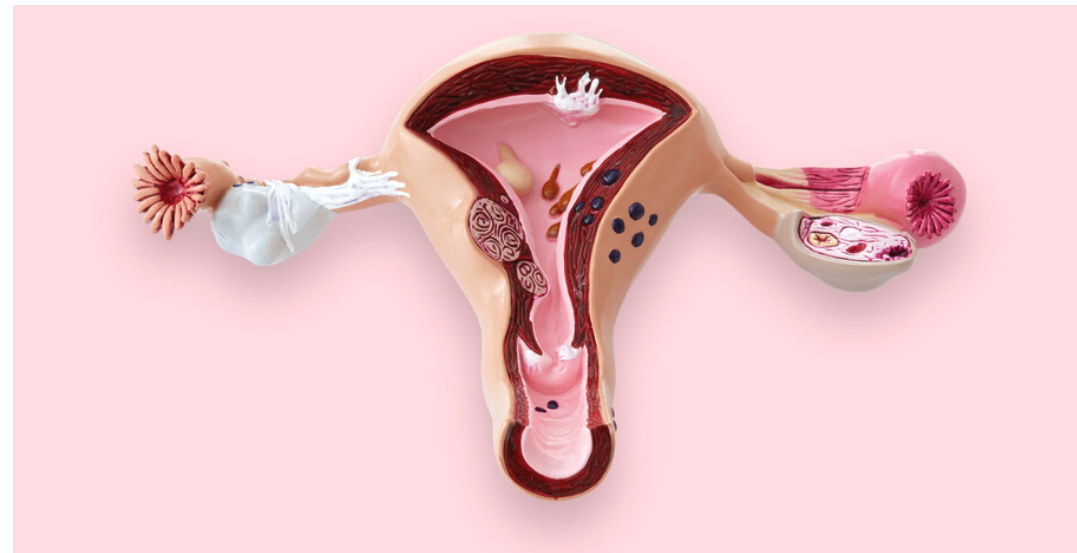
Similar to melatonin, resveratrol stimulated autophagy in fibroid cells in preclinical study

Natural Fibroid Therapies



THYROID SUPPORT

Transformation Enzymes
Thyroid Complex is a useful
natural option; in some
cases, prescript thyroid
meds needed



CALCIUM D- GLUCARATE

Found to decrease blood
estradiol by 23% in animals.
Combo with DIM often used



TURMERIC

Turmeric binds to and
activates PPAR-gamma and
that in turn, shrinks a fibroid
tumor/growth

Promising And/Or Controversial Therapies

BIOIDENTICAL PROGESTERONE

PROTEOLYTIC ENZYMES

CASTOR OIL PACKS

CLOSTRIDIUM HISTOLYTICUM

IODINE



Emotional/Energetic Aspects of Fibroids



CREATIVELY
BLOCKED

COMPLETE
OVERWHELM

DISCONNECTION
FROM BODY

Jan-Mar

2023



Live

program

hormone breakthrough

blueprint

Find Me Online!

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