

A Natural Approach to Reduce or Eliminate Fibroids

Some women never know they have uterine fibroids. They may exist but there are no symptoms.

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For other women the symptoms can range from annoying to alarming — cramping, heavy bleeding, and weight gain. They add pressure on the bladder and other organs, cause constipation and urinary problems. Thirty percent of women have fibroids large enough to cause symptoms.



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WHAT ARE FIBROIDS?

Fibroids are benign, non-cancerous tumors that grow on the uterine wall or cervix. They are made from fibrous tissue. It is not exactly known why fibroids occur. Their occurrence tends to run in families, are more common among African American women, and women who are obese. Fibroids are estrogen dependent. If a woman is not using hormone replacement therapy, fibroids will shrink as menopause approaches.

Intramural fibroids are the most common. They can be like a lump embedded in the walls of the uterus. As they grow the uterus expands, sometimes causing symptoms similar to early pregnancy.

Suberosal fibroids develop in the outer portion of the uterine wall and grow outward putting pressure on the back and surrounding organs.

Submucosal fibroids develop in the lining of the uterine cavity or the cervix. They may interfere with pregnancy. Submucosal fibroids can cause prolonged or heavy bleeding during menstruation, mid-cycle spotting, and fatigue and/or anemia.

Pedunculated fibroids refers to submucosal and suberosal fibroids that grow on a stalk.

Standard medicine offers surgical procedures — hysterectomy, *myomectomy* (removing

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(see reverse)

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fibroids only), or cutting-off the blood flow to the fibroid. Surgical procedures are not always effective. A hysterectomy will stop the bleeding but result in an increase in hot flashes, loss of energy, and libido. Removing the fibroids or cutting-off the blood flow is temporary. Fibroids often return.

HOMEOPATHY CAN HELP

Homeopathy offers a non-invasive approach with a track record for easing symptoms and shrinking fibroids. More than herbs, homeopathy is a natural system of healing using minute amounts of natural substances that elicit the body's natural healing response. Homeopathy addresses a woman's individual symptoms.

An example of several homeopathic remedies useful for fibroids are *Sepia*, *Aurum Metallicum* & *Ustilago Maydis*. *Sepia* is associated with dragging pressure in the pelvis accompanied by weariness from having to carry the weight. Menses can be long, heavy, and exhausting. *Aurum* is useful in cases of large fibroids accompanied by depression and hopelessness. *Ustilago* is helpful when fibroids result in cramping, heavy bleeding, clotting accompanied by hair loss.

THINGS YOU CAN DO

If fibroids are not causing symptoms or interfere with normal function, it may be best to leave them alone.

- 1. Avoid caffeine, especially coffee, colas & chocolate.*
- 2. Eat more fish, chicken, whole grains, and vegetables. Avoid red meat.*
- 3. Eat dark leafy green vegetables, they stimulate bile flow, clean the liver and help guard against anemia.*
- 4. Avoid foods and water in plastic containers. Plastic residues can look like estrogen to the body.*
- 5. See your doctor as symptoms may resemble other ailments.*
- 6. Find a Nationally Certified Homeopath work with you.*

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HOMEOPATHIC WOMEN'S WELLNESS PACKAGES OFFERED



- Regulating Symptoms Associated with PMS & PMDD
- Understanding and Regulating Symptoms Associated with Menopause
- Improving Thyroid Health
- Reducing/Eliminating Fibroids
- **And More**

Call Myra Nissen, CCH, RSHom(NA), Board Certified Classical Homeopath, at 925.826.3858 to schedule a wellness assessment. See what Homeopathy can do for you.