

# Uterine Fibroids

*notes & nutritional support*  
— vic shayne, phd

**6 CalMag Balance in morning on empty stomach a half hour before eating**

**6 CaroC per day (take with meals)**  
**8 InflaPlex per day (take with meals)**  
**5 FemPlex per day (with meals)**  
**2 T SuperGreens (mix with juice such as pineapple orange juice)**  
**3 capsules Cod Liver Oil**

## **Diet:**

Strictly avoid (at least for the next six weeks):  
coffee and caffeine  
Avoid dairy products except organic butter  
Avoid refined sugar and any other sugar except for honey  
Avoid altered fats (fried, margarine, fake fats, olestra, fake butter spreads, spray on oils, hydrogenated, partially hydrogenated, and all oils except UNREFINED olive oil and UNREFINED coconut oil)

## **Lifestyle:**

Avoid pesticides, paint fumes  
Check the PDR (Physicians Desk Reference) for side effects of any drugs patient may be taking, including birth control pills

From a nutritional standpoint, the main area of support needed in case of uterine fibroids, medically known as *Uterine Leiomyomata* (pronounced you-ter-in lie-oh-my-oh-mah-tah), is primarily with vitamin A and synergists, including the cofactor zinc. There are also possible deficiencies in vitamins C and E, along with essential fatty acids. In addition, lifestyle and diet may contribute to the problem, as certain foods and toxic substances may create a burden on the body and lead to nutrition depletion.

## **What the medical experts say...**

While almost never malignant, these growths (fibroids) can cause severe symptoms and are the leading cause for one third of all hysterectomies performed. "No one knows exactly what causes fibroids. They can appear at any age, but usually occur just before menopause. Research suggests fibroid development may be related to estrogen levels. Fibroids are the most common benign tumors in women. African-Americans seem to be especially vulnerable. Fibroid size can range from pea size to bigger than a cantaloupe and can grow inside or outside the uterus. Where they grow determines what type of symptoms you experience." (Fibroid Treatment Collective, Los Angeles, California)

"Every 10 minutes, 12 hysterectomies are performed in the United States. According to a recent report published by Obstetrics and Gynecology, 9 of them probably didn't meet the guidelines set out by the American College of Obstetricians & Gynecologists for hysterectomy. The vast majority of hysterectomies are performed due to the presence of uterine fibroids. Possibly as many as 80% of all women have uterine fibroids. While the majority usually have no symptoms, 1 in 4 end up with symptoms severe enough to require treatment." (National Uterine Fibroid Foundation)

Uterine fibroids are the most common, non-cancerous tumors in women of childbearing age. They are the cause of more than 200,000 hysterectomies every year (Easterday, Grimes, and Riggs. Hysterectomy in the United States. (1983) *Obstet Gynecol.* 62:203-212.). They have no known cause and only a few treatment options.

## **SYMPTOMS:**

Heavy Bleeding  
Bleeding between periods  
Pelvic Pain  
Anemia  
Frequent Urination  
Difficult or Painful Bowel Movements  
Swollen or Distended Abdomen  
Difficulty Getting or Staying Pregnant

## **SOURCES:**

*National Uterine Fibroid Foundation*  
*Fibroid Treatment Center, Los Angeles*  
*MedLine*  
*Easterday, Grimes, and Riggs.*  
*Hysterectomy in the United States. (1983)*  
*Obstet Gynecol. 62:203-212*