



NATURAL HEALING THROUGH THE LAWS OF HEALTH

"Knowing that if you have the faith of a mustard seed, your faith can move mountains"

HHES Online, Inc. | 289 Jonesboro Road | Suite #124 | McDonough | Georgia 30253 | USA | +1 (678) 520-1547

Website: www.nhtlh.com

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FIBROIDS

UTERINE FIBROMA, UTERINE PULPS

ATTENTION: Before making any changes please contact your health care professional.

WHAT ARE FIBROIDS?

Fibroids are Non-cancerous tumors that grow within the walls of the uterus. They can be small or large, single or multiple.

SYMPTOMS

- * Heavy and frequent menstrual periods
- * Infertility
- * Anemia
- * Fatigue
- * Bleeding between periods
- * Weakness
- * Increased vaginal discharge
- * Bleeding after intercourse
- * No symptoms
- * Pain in the back
- * Pain in the legs/pelvis
- * Pressure on the bladder or bowels
- * Blocked urine flow

CAUSES

Fibroids increase in size when there are increased levels of estrogen in the body. Estrogen can be increased through:

- * Pregnancy
- * Contraceptive pill
- * Hormone replacement therapy
- * Dairy milk and by products

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LIFESTYLE

- * Avoid overeating
- * Keep the weight low
- * Increase Vitamin D
- * Excess clothing on the trunk, and not enough on the extremities, is a significant cause of female problems of various types
- * Avoid drug use
- * Abstain from or do not over-indulge in sexual activity during treatment

DIET

Foods to avoid:

- * Milk and dairy products - high estrogen levels.
- * A high-protein diet (meat, eggs, butter, and cheese).
- * Hormone-laden meat
- * High-fat foods (fried foods, free oils)
- * Caffeine drinks and foods (coffee, chocolate)
- * Carbonated sodas
- * Sugar, alcohol
- * Salty foods
- * All white products and concentrated starches
- * Cooked spinach (high in oxalic acid)

Foods to increase:

- * Eat a low-fat, high-fiber diet, including more raw foods
- * Whole grains
- * Fruits, vegetables
- * Legumes
- * Nuts, sunflower and pumpkin seeds
- * Flaxseed grounded daily

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HERBAL TREATMENT

STEP 1

Start with a Cleanse: 3 tablespoons of Castor oil and ¼ cup of lemon juice. This should be repeated once every month on a day when one will be free the following day. Drink lots of water to be hydrated.

STEP 2

Drink 16 oz to 32 oz warm water with lemon daily. This is required for building the blood and cleansing the liver, in addition, the vitamin C will aid with iron absorption.

STEP 3

Next we would need to cleanse the liver, cleanse the blood and balance the hormones. Following a six-week rotation cycle of combined herbs will do this; one week for each rotation. Do not add sweeteners to teas. ***Repeat this treatment until the fibroids have disappeared.***

ROTATION 1 - ONE WEEK FOR THIS ROTATION		
Herbal Infusion – Boil 32 oz of water – Add herbs and steep for 40 minutes – Drink in place of water through the day	Dandelion	2 Tablespoons
	Red Clover	2 Tablespoons
	Sage	2 Tablespoons

ROTATION 2 - ONE WEEK FOR THIS ROTATION		
Herbal Decoction – Boil 32 oz of water – Boil Black Cohosh and Burdock for 15 minutes – Then add herbs and steep for 40 minutes – Drink in place of water through the day	Milk Thistle	2 Tablespoons
	Burdock	2 Tablespoons
	Black Cohosh	2 Tablespoons

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ROTATION 3 - ONE WEEK FOR THIS ROTATION		
Herbal Infusion - Boil 32 oz of water - Boil Black Cohosh for 15 minutes - Add herbs and steep for 40 minutes - Drink in place of water through the day	Dandelion	2 Tablespoons
	Red Clover	2 Tablespoons
	Black Cohosh	2 Tablespoons

ROTATION 4 - ONE WEEK FOR THIS ROTATION		
Herbal Decoction - Boil 32 oz of water - Boil Burdock for 15 minutes - Then add herbs and steep for 40 minutes - Drink in place of water through the day	Milk Thistle	2 Tablespoons
	Burdock	2 Tablespoons
	Sage	2 Tablespoons

ROTATION 5 - ONE WEEK FOR THIS ROTATION		
Herbal Infusion - Boil 32 oz of water - Boil Burdock for 15 minutes - Add herbs and steep for 40 minutes - Drink in place of water through the day	Dandelion	2 Tablespoons
	Burdock	2 Tablespoons
	Sage	2 Tablespoons

ROTATION 6 - ONE WEEK FOR THIS ROTATION		
Herbal Decoction - Boil 32 oz of water - Boil Black Cohosh for 15 minutes - Then add herbs and steep for 40 minutes - Drink in place of water through the day	Milk Thistle	2 Tablespoons
	Red Clover	2 Tablespoons
	Black Cohosh	2 Tablespoons

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Note:

- * Use **Kelp or Dulse** daily to maintain proper thyroid function and balance the hormones.

As a Rule:

- * *Always boil the hard parts of the plant such as roots; seeds or barks first, then steep the delicate parts of the plant such as leaves, flowers, buds, stems or clusters next.*

Increase Vitamin D

- To regulate your hormones, use **Vitamin D** - take 10,000iu liquid vitamin D with olive oil or fat daily, along with sunlight for four months. Then reduce to 5000iu daily until your levels are back in line.
Correct Levels of vitamin D are 40 ng/mL to 100 ng/mL (once the levels get above 150 ng/mL with supplement it can become toxic to the body however if the levels get above 150 ng/mL with **Natural Sunlight** then you are fine.) For the colder climate, as a regular maintenance from **June – September** use the Natural Sunlight, **May and October** take **1000iu** daily, **April and November** take **2000iu** daily, **March and December** take **3000iu** daily, **January and February** take **5000iu** daily. Do Not exceed the recommended vitamin D level. **Remember that the liquid vitamin D with fat is best and easily absorbed (vitamin D is a fat soluble vitamin, so it requires fat in order for it to be absorbed).**

[If you live in a warmer climate please use the natural sunlight \(45-90 minutes daily between the hours of 10:00am – 2:00pm daily\).](#)

STEP 4

Plants that have Cox 2 inhibitors would destroy fibroids and prevent tumor growth.

Flaxseed

Use 2 tablespoons of grounded Flaxseed daily OR

Use 2 tablespoon of Flaxseed oil daily.

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Turmeric

2 tablespoons grounded powder or 2 tablespoon of root

Boil in 32 oz of water for 15 minutes and steep for 40 minutes then drink as water

Other foods:

Soybean, Adzuki, Mung Bean, Chickpea, Lentil, Wheat germ, Kelp

HYDROTHERAPY TREATMENT

Sit in a **cold** sitz bath with water up to the lower abdomen for 30 seconds each morning.
This will starve the blood flow to the Fibroid tumor.

Make sure you are not pregnant or this will abort the baby.

POULTICE TREATMENT

Castor Oil Poultice Treatment

- a. Hot pack. Make at least two bean/rice/corn bags. Heat the bags using a microwave or pot of hot water.
- b. Rub Castor oil on lower abdomen.
- c. Apply a towel over the abdomen.
- d. Apply the hot pack on the towel.
- e. Apply another towel over the hot pack to keep the heat in.
- f. Do this treatment for one hour on evenings.

ANEMIA AND FIBROIDS

If you are Anemic, see Anemia Counseling Sheet.

**PLEASE COMBINE THIS SHEET WITH THE FACT SHEET
TO GET THE BEST RESULT.**

For further information, please visit our website at www.nhtlh.com
or call us at the above number.

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