

# NATURAL REMEDIES FOR PREVENTING AND REVERSING ESTROGEN DOMINANCE IN MEN & WOMEN

It's common knowledge amongst medical professionals that the key cause of uterine fibroids is a hormonal imbalance.

Clinical studies indicate that fibroids are aggravated by an excess of estrogen in the body, and that fibroids can be shrunk effectively simply by getting the estrogen levels back into balance.

While there are many drugs on the market that work on hormone levels, they all have side effects. Some of these side effects are dangerous such as increased risk of ovarian cancer with Clomid and Ovarian Hyperstimulation Syndrome.

Thankfully there are natural alternatives to these drugs. Herbs that have been used for hundreds (and in some cases thousands) of years to help women with menstrual disorders such as heavy bleeding, painful periods, uterine cramping, and fibroids.

What's more, modern research has confirmed that these herbs work, and double-blind clinical studies put the herbs through the strictest and most vigorous testing, and have also confirmed these herbs help you conceive faster.

Here's just a few of these findings:

**FACT:** The National Cancer Institute found that Tamoxifen (the breast cancer drug) can be used to shrink fibroids because of its antiestrogen effects.

**BUT** Tamoxifen's side effects include cancer of the uterus (womb), strokes, and blood clots in the lungs.

You can also shrink fibroids safely by taking herbs which reduce your estrogen levels naturally and completely without side effects.

**FACT:** The Department of Obstetrics and Gynecology, Queens Hospital reported that fibroids grew back rapidly after taking Clomiphene therapy. e.g. Clomid



**Chaste Tree** suppresses the over-production of estrogen and is widely used to balance hormones and treat premenstrual symptoms. Many double-blind placebo-controlled studies have proven its effectiveness, for example, the Institute for Health Care and Science in Germany found that 52% of women taking this supplement experienced significant improvements in menstrual symptoms such as bloating, headaches and irritability.

Chaste Tree also reduces estrogen levels while elevating progesterone levels, and has strong anti-inflammatory, antibacterial and antifungal effects which help the body to shrink fibroids.



**Red Raspberry** is used to control excessive menstrual bleeding and strengthens and tones the uterine muscles. Red Raspberry is very helpful in supporting the body return the reproductive organs into balance. It's anti-inflammatory and anti-nausea effects makes Red Raspberry a powerful herb for menstrual problems.

Red Raspberry is a rich source of nutrients, including Calcium, Magnesium, Iron, Potassium, Phosphorus, and Vitamins A, B, C and E. Also rich in tocopherols, carotenoids, and natural antioxidants, Numerous studies indicate that Red Raspberry helps to manage blood sugar levels, helping you keep your energy levels high throughout the month.



**Motherwort** is used world-wide for a range of menstrual and reproductive problems. It contains leonurine which relaxes the smooth muscles of the uterus, preventing cramping, and reducing menstrual pain.

Motherwort regulates menstruation, reduces cramping, balances hormones and reduces heavy bleeding, especially when mixed with Red Raspberry.



**Siberian Ginseng** has been used for over 4,000 in Chinese Medicine years to combat anemia caused by heavy bleeding, and maintain the energy levels. Like Red Raspberry, Siberian Ginseng helps manage blood sugar levels, preventing energy slumps throughout the month.

Siberian Ginseng contains properties that support the adrenal glands, and enables the body to cope with physical and mental stress. It also reduces blood clotting, especially when mixed with Red Clover.



**Red Clover's** daidzein and genistein compounds are recognized by The National Cancer Institute to have anti-tumor properties. It is also a well-known blood cleansing herb, and supports detoxification, and it helps the liver to detoxify excess estrogen - the main cause of fibroids.

Red Clover has antispasmodic and sedative qualities, calming the uterus, and its phytoestrogens (plant estrogens) help balance the body's natural estrogen levels and regulate the menstrual cycle.

Rich in nutrients, it helps to replenish the body after many months of heavy bleeding. Red Clover contains tocopherol (Vitamin E), protein, and salicylates and coumarins, which reduce blood clotting.



**Licorice Root** is used to treat fluid retention, helping with bloating and weight gain during menstruation. The Mjölbolsta Hospital found people taking Licorice over 8 weeks retained less water and normalized blood pressure levels.

Licorice Root is also used to calm the digestion, and when combined with Red Clover, supports the liver in breaking down excess estrogen.



**Burdock Root** is another blood purifying herb, used to support the liver and detoxify excess estrogen and xenoestrogens.

It also has diuretic qualities, which help the body get rid of retained water, reducing bloating and swelling. Its anti-inflammatory properties also assist in shrinking fibroids in size.

Burdock Root is rich in Arctigenin, which inhibits the growth of tumors.



**Goldenseal** helps to keep the uterus free of inflammation and infection. It has been used for hundreds of years by Native Americans for skin problems. It is also used to maintain the health of mucus membranes - the tissue surrounding the internal genitals.

The berberine in Goldenseal is antibacterial and antiviral, which helps the body fight infection and strengthens the immune system, especially when combined with Echinacea.



**Echinacea** has been used for over 400 years as a general cure-all. Recent studies suggest that Echinacea enhances the immune system, reduces inflammation and relieves pain. For example, the Phytomedicine Journal reported a double-blind study in which subjects given Echinacea increased the functioning of the immune system by 120%. Additionally researchers in Germany found that large doses of echinacea healed wounds completely in just 7 days.

Echinacea has also been used to control benign growths and tumors such as fibroids.

## **DETOXIFICATION**

Another common cause of fibroids are toxins such as dioxins and xenoestrogens. Xenoestrogens are artificial forms of estrogens that are produced as a byproduct to the chemical industry. They are found in your household products, detergents, cosmetics, and even in the pesticides sprayed on your fruits and vegetables.

Xenoestrogens and other chemicals attach themselves to your estrogen receptors, making fibroids grow - and they can affect you even if you've already gone through menopause and are not producing high levels of estrogen!

What's more, because they are unnatural chemicals, your organs of elimination - in particular the liver - are unable to break them down, so become so overloaded that it cannot perform its regular tasks of breaking down natural estrogen levels, and maintaining a healthy balance of body fat.

And this is why so many women are experiencing rapid fibroid growth.

### **But Now You Can Cleanse The Toxic Chemicals That Cause Fibroids To Grow... And Balance Your Hormones, And Shrink Your Fibroids**

**Question:** Why use a naturally balanced blend of organic superfoods in your detoxification program?

**Answer:** In order to support your body while you're cleansing, and to give you the nutrients required to help you heal your body, manage your weight, and provide you with the energy to exercise, and cope effortlessly with the pressures of modern living.

This “superfoods” detoxification program should be specifically formulated to supply natural food sources that contain various phyto-nutrients, vitamins, minerals, amino acids, enzymes and essential trace minerals and other nutrients.

It should contain the most easy to assimilate, nutrient dense micro plants, herbs and foods on the planet. It should provide powerful nutrition that protects your body, prevents disease, promotes healing and keeps you looking and feeling younger.

It should contain the following organic and wild-crafted ingredients:

- **Hawaiian Spirulina** - rich in beta carotene, vitamin B12, and a variety of minerals and essential amino acids, this species of spirulina has anti tumor properties, and

contains Gamma Linolenic Acid, which reduces inflammation and can combat PMS.

- **Chlorella** - this enzyme rich, easy to digest food is an excellent source of a variety of vitamins, minerals, essential fatty acids, and amino acids. It is a rich source of the blood-cleansing phytochemical chlorophyll, and is a powerful detoxer as it binds with heavy metals, polychlorobinphenyls, and pesticides.
- **Purple Dulse Seaweed** - one of the richest sources of plant-based minerals, and is a powerful detoxifier of the blood, lymphatic system and can lower cholesterol levels. Dulse also boasts anti tumor properties, and is rich in natural iodine, which supports the thyroid.
- **Wheat Grass** - contains more nutrients per pound than most vegetables, and is rich in enzymes, chlorophyll, and the antioxidant enzyme Superoxide Dismutase, which converts dangerous free radicals into harmless compounds.
- **Spinach leaf** - amongst its many health benefits, it contains quercetin, which reduces inflammation, and it is rich in flavinoids and antioxidants. Spinach contains a compound called neoxanthin, which can cause some tumor cells to self-destruct. It builds the blood, because it is naturally rich in iron.
- **Alfalfa Grass** - contains a wide variety of vitamins, minerals and other phytonutrients, and is rich in enzymes that enables the digestion of protein and carbohydrates.
- **Barley Grass** - an enzyme rich edible grass, which aids the digestion, supports the metabolism, reduces inflammation and boosts the immune system. It is rich in phytochemicals that detoxify the blood and reduce the effects of toxins and carcinogens on the body.
- **Rose hips** - the richest plant source of vitamin C, and contains essential fatty acids, which help balance the hormones and reduce inflammation, antioxidants, and iron, which supports women suffering heavy periods and anemia due to fibroids.
- **Orange peel** - rich in limonoids and vitamin C, and has over 170 tumor-fighting phytochemicals and 60 flavinoids. It is rich in hesperidin, a flavinoid that strengthens the capillaries, and it has anti inflammatory properties.
- **Lemon peel** - beneficial for the digestion, liver functioning and bile production, and are a great source of vitamin C. Lemons are also rich in limonene, which protect against cancer, and tumor formation. It can help convert fat into energy, so assists weight loss.

- **Astragalus root** - protects the liver, kidneys and urinary system, and supports the immune system. It is rich in antioxidants, and has anti-inflammatory properties. It also provides a gentle energy boost, while strengthening the body from disease.
- **Nettle leaf** - helps the body maintain a healthy electrolyte balance, reduces inflammation and assists detoxification of the blood. It can build the blood and is a common alternative remedy for anemia.
- **Beet root** - is a powerful blood builder as it is rich in iron and other vitamins and minerals required to support healthy red blood cells. It also contains phytochemicals that support healthy digestion, and a healthy liver and colon.

Reference website: <http://www.fibroidclear.com/shrink/>