

# Uterine Fibroids

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Uterine fibroids are muscular tissues of the uterus that have grown tumors. They can be small and non-detectable or become large and life threatening. Symptoms of fibroids can be heavy menstrual cycles, cramping, urge to urinate, miscarriages/infertility, painful intercourse, enlarged uterus/abdomen area, etc. Current medical treatments are hysterectomy, embolization, or hormone therapy. Medical sources are uncertain what causes fibroids. <sup>1</sup>

In order to support the body in its healing, we need to understand and support its natural processes. David Christopher and Dr. Christopher both have emphasized the importance of cleansing, nourishing, and supporting the body's natural processes.

The hormones estrogen and progesterone communicate between our hypothalamus, ovaries, and pituitary allowing the uterus to prepare for pregnancy or to let go of an unfertilized egg. In a recent medical article, it listed factors that contribute to getting fibroids such as; early age menstrual cycles, birth control use, vitamin D deficiency, eating too much red meat, *not enough* green vegetables, fruit, or dairy (their recommendation), consuming alcohol and high amounts of refined sugar.<sup>1</sup> (Note: Dr. Christopher taught we can get the calcium we needed from plants and are not required to drink cow milk to receive the calcium we need. We do not recommend dairy.) They also said that eating fruits and vegetables, especially the cruciferous family, and regular exercise would aid in prevention. Let's make some observations.

- If removing, denying blood flow to, or giving hormone therapy causes the fibroids to leave, then this could suggest a hormone imbalance contributing to their existence.
- If eating too much red meat, refined sugar, alcohol, and using birth control contribute to fibroids, then this could mean that they interfere with the body's hormone balance.
- If eating fruits and vegetables (especially of the cruciferous family-which is great for the liver) can help reduce the chances of getting fibroids, then fruits and vegetables help us have healthier and more balanced hormones and bodies.

Many already have uterine fibroids and want to remedy this inside of them. Ask yourself, is there anything I am doing that is keeping me from healing, especially in the list above? If so, start now to make changes.

Sandra Ellis shared her personal experience with uterine fibroids in her book *Dr. Mom's Healthy Living*.<sup>2</sup> She was hemorrhaging 3 weeks out of the month. She woke up one morning soaked in her own blood ready to finally make changes. She went to a medical friend to better understand her options. She decided to eat only raw food, mainly juices. She had 2-4 ounces of wheat grass juice to drink daily and each night she douched with a full flat of wheatgrass at night. Within 3 days the bleeding stopped and within 3 weeks her blood levels were healthy. She applied the principles of cleansing and nourishing. Consult with professionals before taking serious matters into your own hands.

Dr. Christopher's Hormonal Changease and Female Reproductive formula have been used to support these very concerns. Red raspberry (*Rubus idaeus*) leaves are high in iron and other nutrients specific to supporting the female anatomy and particularly in strengthening the walls of the uterus. Vitex (*Vitex agnus-castus*) feeds the pituitary gland to help balance hormones such as progesterone. <sup>3</sup>

Emotions contribute in hormone responses. Our liver helps process hormones, fats, and more. Abuse, stress, trauma, medications that interfere with hormones in our bodies can contribute to unbalanced hormones. The above dietary and herbal changes, forgiveness for ourselves or others,

increased trust in God, and putting yourself in healthy relationships and environments can all be forms of cleansing and nourishing to support our body's functions.

As we look deeper into what the body is doing, step back to look at the larger picture, this can help us act from a place of understanding and provide greater support to our body. Best wishes in creating a healthier you!

#### References

1 <https://www.webmd.com/women/uterine-fibroids/uterine-fibroids#1>

2 Ellis, Sandra K. Livingston. *Dr. Mom's Healthy Living*. Christopher Pubs., 2009.

3 Hobbs, Christopher, and Leslie Gardner. *Grow It, Heal It: Easy and Amazing Herbal Remedies from Your Garden or Windowsill*. Rodale, 2013.

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