



HEALING UTERINE FIBROID NATURALLY

Do you have a relative, friend, or family member going through the pain of fibroids? Is surgery the best solution? Does it eliminate the root cause to forming of fibroids? How about exploring more holistic safer healing system? How about learning the important relation between food and health conditions? How about understanding why the body is reacting in a particular way? Are stress, mental, emotional, and physical factors related to fibroids?

Fibroids have been one of the reasons for hysterectomy, surgically induced menopause. Do we have answers to these questions and can surgery be avoided at an early stage? Sure we do..... Let's look into the safer ways to deal with fibroids.

What are Uterine Fibroids?

Uterine Fibroids (also known as myomas or leiomyomas) are noncancerous tumors originating in the uterus. Majority of the fibroids are benign tumors developing in the muscle of uterus. They occur very frequently and depending on the size and the location, they may be asymptomatic or manifest various clinical symptoms. Size of the tumor may range widely from pea sized, 1 mm to more than 20 cm (8 inches) in diameter. They tend to increase with age during the reproductive years and decline in the postmenopausal years. The size of the tumor is known to increase during pregnancy due to influence of hormones and decline during menopause due to declining estrogen levels.

What are the causes or risk factors?

The exact cause of fibroids is not known but estrogen dominance and xeno-hormones are seen to play a role. Estrogen, is a steroid hormone produced by the ovaries, and uterine fibroids flourish in the body with excess estrogens.

Common causes include –

- Estrogen Dominance
- High Fat diet, Obesity will increase risk
- Increased Stress levels, Emotions are seen to have a close association
- Pregnancy
- History of Oral Contraceptives
- Diet high in Red Meat or Animal Products
- Genetic factors mainly in large tumors

Research studies have observed significantly higher BMI in women with myomas as in the Finnish twin cohort study. The fat tissue collection around the abdomen functions as an endocrine organ capable of producing pro-inflammatory hormones, and chemicals. It can produce several hormones and one of them is estrogen. This can be explained by the presence of increased levels of circulating estrogens, mostly found in overweight/obese women.

How are fibroids formed?

Uterine fibroids occur when a single uterine muscle cell spontaneously begins to reproduce itself over and over again until it creates a firm mass of tissue. Hormonal imbalances can stimulate the growth of fibroids, and thus needs to be corrected. Hormonal imbalances also point to the mind-body connection. Other most important factor to be remembered is slow chronic inflammation that may be in location not related to female sex organs such as gut health, chronic stress, and sleep disturbances.

What are the presenting symptoms?

- A mass may be palpated or felt by physician on physical examination.
- History of bleeding (heavy uterine bleeding during menses and in between)
- Abdominal pain, could be increased during menses and during intercourse, associated with lower back and leg pain
- Obstructed urine or constipation, by large fibroids.
- Repeated miscarriages

Can there be Fibroid associated complication?

- Fibroids growing inside the uterus can interfere with the environment and growth of the fetus, cause infertility or pregnancy loss.
- Can lead to anemia due to heavy bleeding
- Fibroids can alter or block your fallopian tubes, or hinder with the passage of sperms from cervix to fallopian tubes.

How does Integrative Medicine look at Fibroid?

Homeopathy and Functional Nutrition takes into account the Mind-Body Connection, the Emotion-Fibroid connection. Studies show a close association with relationship issues, not only to people but with jobs, finances, control and the entire outside world.¹ In women, it's associated with creativity issues too. Unresolved anger and emotional issues are linked with gynecological problems, such as uterine fibroids, because the body has to express itself. Other connections include abuse issues, and can be related to physical, emotional, and sexual abuse. Eastern traditions call it the energy on the pelvis, the second chakra. Unblocking the energy of second chakra is an approach for uterine fibroids. This can be well explained according to Einstein's theory, " $E = mc^2$ Energy that is not moving, turns into mass." There is more research available indicating how stress can impact our physical health. High stressful life leads to increased cortisol,

the stress hormone, causing sex hormone imbalance, mainly between levels of progesterone and estrogen.

How can these emotions be released?

Journaling, is one of the best ways to release the emotions. The person can pour/journal everything on a paper and discard it, letting them all go. Homeopathic approach considers the person as a whole, taking an individualistic approach. Homeopathic remedies when selected and recommended taking into consideration the manifestations on mental, emotional, and physical levels (that constitute the person) can help individuals with uterine fibroids.

Is Surgery the ultimate option?

For vast majority of patients, the answer is definitely no. Conventional treatment might include hormonal medication and/or surgery. If the fibroid is large, hysterectomy (uterus removal) may become necessary. Research shows that hysterectomy is the most common surgical procedure performed for myomas worldwide in gynecology.

Taking out the tumor does not take away the underlying issue, instead has just a “BAND-AID’ effect. The underlying issue is all about detecting the root cause or trigger and eliminating it. But what about the fate of ovaries that are losing the uterus after hysterectomy? Are they left in a state to function optimally, remains to be considered?

How can development of Fibroid be prevented?

- Know the Risk Factors
- Exercise Regularly
- Eat a nutrient dense whole plant based diet with increased percentage of vegetables and fruits, healthy fats.
- Choose organic foods as much as possible, and avoid GMO foods
- Reduce consumption of animal products considerably
- Maintain normal weight with lean muscle mass > fat mass

What are the safer Integrative Holistic Approaches available?

Homeopathy is a safer system of medicine that is based on the fundamentals of empowering and stimulating the body’s innate ability to heal, (the immune system) the defense mechanism. Functional Nutrition, is a unique approach of finding the root cause or trigger by looking deep into the cellular, biochemical, and metabolic functions. This synergy is excellent to improve the mind – body connection, by working on all three planes – emotional/mental, spiritual, and physical. It may also include performing specialized functional tests looking into inflammatory markers, detoxification system, blocks in metabolic/biochemical pathways, nutrient deficiencies and much more. Thus by connecting the dots along with carefully selected Homeopathic remedy a personalized nutritional plan is formulated catering the individual’s needs. Most

importantly the client's health history is an encyclopedia of life pointing to the center of the condition.

Last but not least, "Fibroid" is just a manifestation or indicator of something going wrong in the body and a result of suppressed circumstances. Its existence is for a reason and looking into it, working for it with positivity will begin the healing process.

References –

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