

# FIBROIDS / BREAST & UTERINE

An abnormal growth of cells in the muscular wall of the uterus or the female breast characterized by benign growth of fibrous tissues that most frequently appears in the 30s and 40s but disappears with menopause, and influenced by the rises and falls of estrogen levels.

## POSSIBLE CONTRIBUTING FACTORS



- Relative estrogen surplus (i.e. estrogen dominance) due to environmental xenoestrogens
- Elevated insulin leading to androgen dominance, low progesterone & estrogen dominance
- Poor liver detox ability and hormone excretion (i.e. liver congestion, chronic constipation, caffeine consumption)
- Thyroid hypofunction
- Gut dysbiosis
- Iodine insufficiency or deficiency
- Insufficient liver detox nutrients: magnesium, B vitamins, amino acid proteins

## LIFESTYLE & DIETARY RECOMMENDATIONS



- Significantly decrease or eliminate caffeine: coffee, black tea, chocolate
- Eliminate cigarette smoking, alcohol, and avoid charred meats
- Increase iodine intake by consuming sea vegetables; nori, kelp, wakame, kombu, etc
- Reduce xenoestrogenic chemicals in personal hygiene and beauty products. Select brands with toxicity scores of 2 or less on EWG.org
- Avoid vegetable oils (canola/rapeseed, corn, soybean, sunflower, safflower, etc)
- Eliminate fried foods & hydrogenated fats/oils
- Consume better oils: grass-fed butter, lard, ghee, extra virgin olive oil, coconut oil, etc
- Focus on a whole foods VPF diet with quality proteins, vegetables & healthy fats
- Avoid flour products, sugar and sweeteners of all kind to reduce insulin spikes
- Limit starchy carbs to ½ cup cooked grains and 1 cup root vegetables daily, and 1-2 low fructose whole fruits per day
- 1-2 Tbsp crushed flaxseeds daily, a weaker phytoestrogen to counter the stronger forms of estrogens
- Reduce stress; meditate, journal, ground, yoga, Epsom salt bath, etc

## SUPPLEMENT CONSIDERATIONS



- Chastetree berry (vitex) in the luteal phase of the menstrual cycle
- B complex, magnesium (as needed)
- Liver/gallbladder support formula
- Selenium then iodine & potassium iodide (if there's no autoimmune thyroid disease)
- Localized topical iodine (if thyroid disease is present)
- Omega-3
- Black cohosh (for uterine fibroids)