



Helping **Endometriosis & Fibroids** By The Book

*Clear Endometriosis and Fibroids, Following The
Rehabilitation Plan For Long-Term Health*

**Edition
3.01**

All the books in this series:

Helping Acne, Eczema and Psoriasis, By The Book
Helping Alzheimer's, By The Book
Helping Arthritis, By The Book
Helping Arterial-Vascular Disease, By The Book
Helping Asbestosis, By The Book
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About the Author

Robert Redfern – Your Personal Health Coach

www.MyGoodHealthClub.com



Robert Redfern was born in January 1946. He has helped thousands of people to date in more than 24 countries by providing online health guidance and resources in books, radio interviews, and TV interviews to share his nutritional discoveries. His new book series starts with *Improving Lung Health in 30 Days* and is designed to bring all of his health knowledge into one user-friendly format that anyone can understand when pursuing health recovery.

Robert's interest in health started when he and his wife Anne decided to take charge of their family's health in the late 1980s. Up until 1986, Robert had not taken much notice of his health — in spite of Anne's loving persuasion. It took the premature death of his parents, Alfred and Marjorie, who died in their sixties, to shock Robert into evaluating his priorities.

Robert and Anne embraced a new health philosophy as they examined the health community, medical treatments, and common health issues. After researching the root cause of disease, they discovered that diet and lifestyle choices were the two most pivotal factors that contribute to overall health and wellbeing. Robert and Anne decided to make major changes in their diet and lifestyle, while utilizing **HealthPoint™** acupressure. The changes that they saw were exceptional.

In addition to improved health, Robert and Anne both look and feel like they have more vitality than they did decades before they started their new health plan. Currently, Robert, 74, and Anne continue to make healthy choices to live energetically and youthfully, based on a foundation of Natural Health.

ROBERT REDFERN: YOUR PERSONAL HEALTH COACH
Provides step-by-step guidance on -

Helping Endometriosis & Fibroids, By The Book:

The Causes and the Recovery Plan to Restore
Women's Reproductive Health



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To contact: robert@naturallyhealthypublications.com

From the Publisher:

This book does not intend to diagnose disease nor provide medical advice. Its intention is solely to inform and educate the reader in changing to and living a healthy lifestyle.

Disclaimer: Product recommendations may change as current research is updated. Products and packages offered on websites may have some adjustments not yet reflected in this book but still have my recommendation.

Warning: Some information may be contrary to the opinion of your medical adviser. It is not contrary to the science of good health.

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Your commitment plan to better reproductive health

ACTION		SIGNED	DATE
I Committed	To regaining and maintaining my reproductive health for the rest of my life.		
I Committed	To drinking 6-8 glasses of water per day with a pinch of sodium bicarbonate in each glass.		
I Committed	To spending time in the sun for 20 minutes each day (except when not advised).		
I Read	Robert's <i>Helping Endometriosis & Fibroids, By The Book</i> book.		
I Ordered	The recommended supplements to support my plan and healing.		
I Planned	My Daily Menu using ReallyHealthyFoods.com.		
I Started	My breathing exercises.		
I Started	Massaging the appropriate acupressure points.		
I Reread	Robert's <i>Helping Endometriosis & Fibroids, By The Book</i> book.		
I Reviewed	The recommended supplements to support my plan and healing.		
I Reviewed	My water intake.		
I Reviewed	My Daily Menu.		
I Reviewed	My breathing exercises.		
I Reviewed	My life-giving sun exposure (except when not advised).		
I Reviewed	How to massage the appropriate acupressure points.		
I Recommitted	To regaining and maintaining my reproductive health for the rest of my life.		
I Recommitted	To Robert's <i>Helping Endometriosis & Fibroids, By The Book</i> book.		
I Recommitted	To the recommended supplements to support my plan and healing.		
I Recommitted	To my water intake.		
I Recommitted	To following my Daily Menu.		
I Recommitted	To doing my breathing exercises.		
I Recommitted	To life-giving sun exposure (except when not advised).		
I Recommitted	To massaging the appropriate acupressure points.		

What is endometriosis?

For an estimated one in 10 women of reproductive age, usually from ages 15 to 49, endometriosis is a debilitating and chronic disease. Up to 176 million women worldwide are affected by the condition.

A condition that was once confused for “painful cramps” is now getting the medical attention it deserves. Years ago, many doctors believed that pain caused by endometriosis was a psychological symptom. But thanks to advanced research and a greater understanding of this reproductive disorder, endometriosis prevention, management, and treatment options are more readily available.



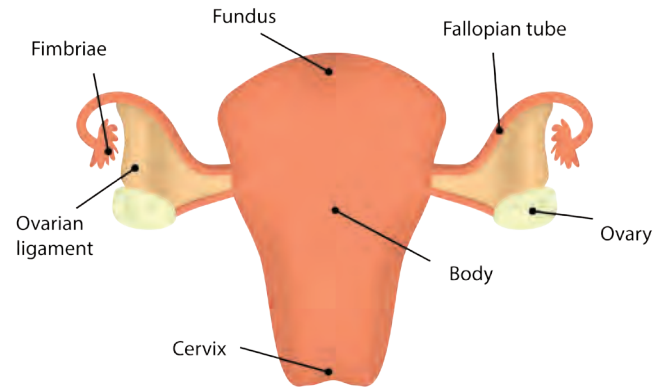
Endometriosis can occur as early as a woman's first period and may not be relieved by menopause.

How endometriosis affects the body

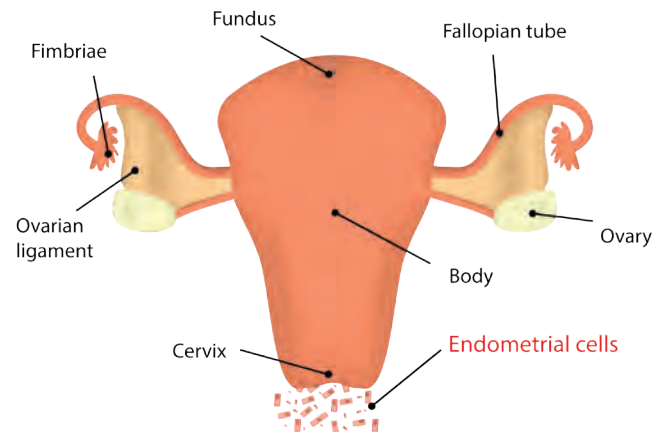
Endometriosis occurs when endometrial cells, like those found inside or lining the uterus, begin to grow out of control. This abnormal endometrial cell growth moves outside of the uterus. In a normal menstrual cycle, endometrial cells lining the uterus are shed each month during a woman's period. When endometrial cells grow outside of the uterus or on uterine tissue, it creates endometriosis implants.

Endometriosis

Healthy uterus



Uterus with endometriosis



It is not "normal" for a woman to have severe period pain.

- Endometriosis.org

Endometriosis implants are most likely to be found on:

- Fallopian tubes
- Lining of the pelvic cavity
- Outer surfaces of the uterus/intestines
- Ovaries

Less frequently, endometriosis may also spread to the bladder, cervix, and vagina. Very rarely, extreme endometriosis growth may move outside the pelvis into old surgery scars and on the liver, lungs, and brain. It helps to remember that while these endometrial implants are detrimental to health, they are not cancerous.



Displaced cells that move beyond the uterus continue to behave as normal.

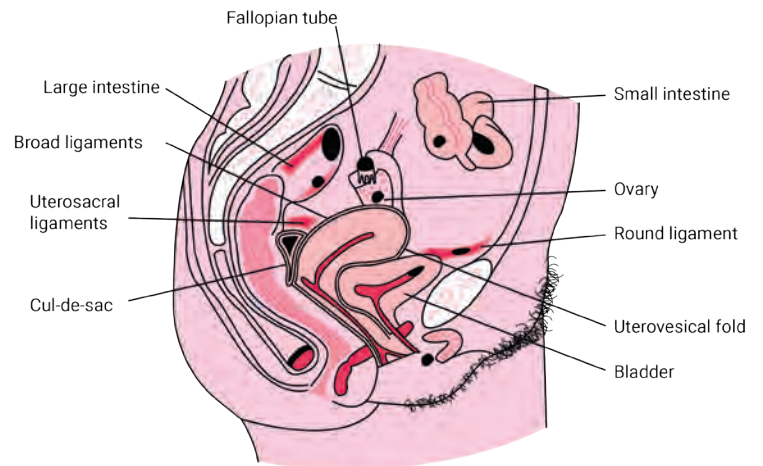
The problem is that they are not inside of the protective environment of the uterus to participate in the menstrual cycle. Endometrial cells will thicken, break down, and bleed during the menstrual cycle. The cells will remain trapped in other areas of the body instead of being shed as menses. Endometriosis can cause irritation, scar tissue, adhesions, infertility, and especially chronic pain during a woman's period.

What are the symptoms of endometriosis?

The most common symptoms of endometriosis include:

- Heavy bleeding
- Infertility
- Pain during sex
- Painful periods (called dysmenorrhea)
- Painful urination or bowel movements, especially during menstruation

Endometriosis may also cause related symptoms like bloating, nausea, diarrhea, constipation, or fatigue, in some cases. These symptoms are more likely to occur during a woman's period.



Common sites of endometriosis. From McKinney et al., 2000.

It takes a woman 7.5 years after symptoms begin to receive an endometriosis diagnosis, on average.

- Endometriosis UK

Who gets endometriosis?

The global forum Endometriosis.org confirms that roughly 176 million women suffer from the condition around the world. Women in their reproductive years are most likely to be affected by endometriosis. Many physicians believe that the exact statistics for the condition are often underestimated since many women have endometriosis without accompanying symptoms.



Endometriosis is one of the top causes of pelvic pain for women. It is also one of the top reasons for laparoscopic surgery and hysterectomy in women.

Since endometriosis affects women in their reproductive years, it also greatly contributes to infertility. Anywhere from 20 to 50 percent of women with infertility may have endometriosis. Up to 80 percent of women suffering from chronic pelvic pain may also have endometriosis.

Endometriosis is most commonly diagnosed in women from ages 25 to 35. On rare occasions, endometriosis has been diagnosed as young as age 11 and in some postmenopausal women.

Celebrities like Daisy Ridley, Padma Lakshmi, Dolly Parton, and Gabrielle Union have opened up about suffering from endometriosis.

New research provides a common profile for a woman likely to have endometriosis:

- Delays pregnancy until an older age/never gives birth
- Early menstruation
- Late menopause
- Tall
- Thin with a low body mass index

Women may also be genetically predisposed to endometriosis. A first-degree relative with endometriosis can increase the risk of developing the condition.

However, as Dr. Caldwell B. Esselstyn Jr., a former surgeon at the Cleveland Clinic, President of the Cleveland Clinic staff, author, and researcher, is famous for saying, "Genes load the gun, but lifestyle pulls the trigger." Meaning, the lifestyle choices you make can affect whether your genetic lottery is "activated."



There are four stages of endometriosis: minimal, mild, moderate, and severe.

- American Society for Reproductive Medicine

What causes endometriosis?

Doctors have yet to discover an exact cause of endometriosis, but there are a number of potential explanations for the condition.

In the 1920s, doctors posed the theory that a reversal in menstrual flow could send discarded endometrial cells throughout the body to create endometrial implants. Reversed menstruation can occur in anywhere from 76 to 90 percent of women and is commonly seen in women with endometriosis.

Other possible causes include poor immune system function and dioxin exposure. Research has linked dioxin exposure, a toxic chemical in weed killers known as TCDD, with endometriosis diagnosis. In many more cases, the immune system may be to blame.

Endometriosis can occur in women with weakened immune systems that are not able to fight off abnormal endometrial cell growth. Many doctors believe that this theory explains why such a large number of women (up to 90 percent) experience reverse, or retrograde, menstruation without endometriosis.



Only 8 to 10 percent of women with retrograde menstruation will get endometriosis.

Endometriosis and autoimmunity

Based on the immune system theory as a cause for endometriosis, there is reason to suggest that endometriosis could be an autoimmune condition. Autoimmune disorders are marked by the presence of autoimmune antibodies. Autoimmune antibodies are always present in women with endometriosis. They may also be found in those with severe tissue damage, cancer, and in some cases, those without any visible health problems.



Endometriosis has a strong link to autoimmune disease.

In a 2012 article published online in *Endometriosis: Science and Practice*, researchers confirm that, "Women with endometriosis and autoimmune diseases such as Crohn disease, rheumatoid arthritis and psoriasis share important features. In addition, patients with endometriosis appear to be more susceptible to other autoimmune and endocrinological disorders."

Endometriosis has many similarities to autoimmune disease, yet researchers believe it stems from a weakened, not an over-reactive, immune system. It is possible that autoimmune disease can lower a woman's immunity, which can open the door to endometriosis.

Endometriosis and inflammation

Speaking of immunity, inflammation is another factor that can contribute to endometriosis. Inflammation, caused by a toxic lifestyle and modern processed diet, can burden the immune system. As previously discussed, a weakened immune system may allow endometrial cells to spread.

What's more, inflammation already present in the body can make endometriosis even more severe and painful. Women with endometriosis without such high levels of inflammation may experience the condition without any pain symptoms whatsoever.



Endometriosis is the second most common gynecological disorder in the UK.

- Endometriosis UK

What are fibroids?

Uterine fibroids are another cause of chronic pelvic pain and discomfort in women. These non-cancerous growths develop in the uterus and can affect anywhere from 20 to 80 percent of women by the time they turn 50. In most cases, fibroid tumors are not a cause for concern. They will not likely be removed, unless symptoms get worse.

Fibroid tumors are made up of muscle cells and other tissue found in and around the wall of the uterus. A fibroid, also called leiomyoma or myoma, may grow as a single tumor or in a large number of tumors.



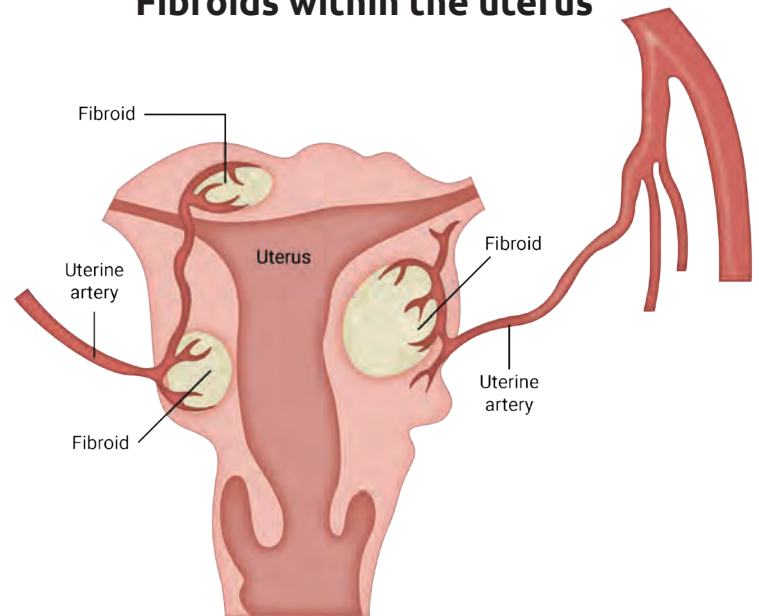
Fibroids can range dramatically in size from as small as a seed to as large as a melon.

How fibroids affect the body

In order for this type of smooth, muscular tumor to form, a single cell must divide over and over again. This cell division leads to the creation of a rubbery mass, or a growth or tumor. A fibroid may grow slowly and undetected for years and remain small in size.

Fibroids have also been known to grow and shrink on their own, such as fibroids that grow during pregnancy and disappear as the uterus shrinks after birth. Fibroids may also grow and expand quickly, in rare cases, to enlarge the uterus up to the rib cage.

Fibroids within the uterus



Source: Biosphere Medical, 2002

Uterine fibroids are expected to grow larger over time.
- Virginia Hospital Center

What are the symptoms of fibroids?



Fibroids can grow undetected for years or throughout a lifetime without any symptoms.

Yet for many women, the most common symptoms of fibroids include:

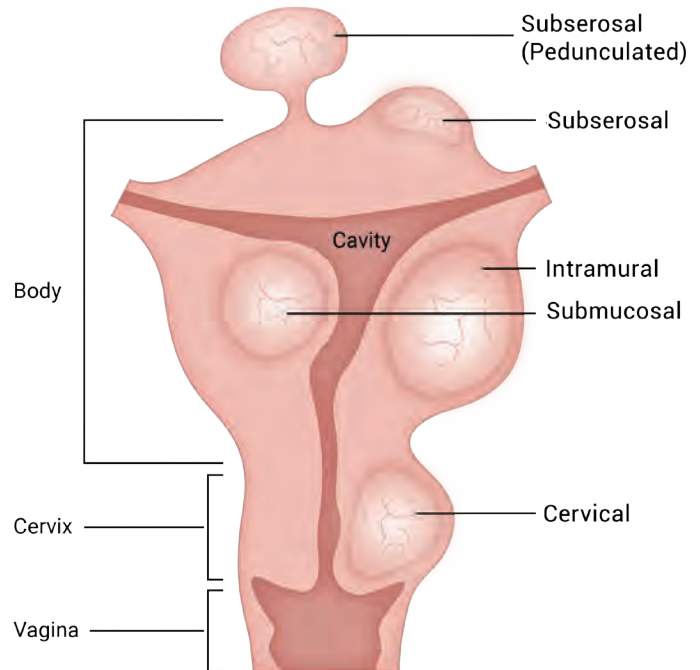
- Bleeding between periods
- Constipation
- Frequent urination
- Fullness or bloating in the lower abdomen
- Leg pain
- Lower back pain
- Pain during sex
- Painful/heavy periods
- Pregnancy complications
- Reproductive issues, including infertility, repeat miscarriages, and preterm labor

Submucosal fibroids are found on the inner lining of the uterus and are most likely to cause heavy, painful bleeding during menstruation. These fibroids may also make it difficult for a woman to get pregnant.

Subserosal fibroids, found on the outside of the uterus, can often press the bladder to cause urinary pain. When these fibroids are found on the back of the uterus, they may place pressure on the spinal nerves to cause a backache.

Intramural fibroids grow within the uterine wall and can distort the uterus if they grow large enough. These fibroids may also cause heavy, painful periods, as well as pressure and transferred pain.

The UCSF Medical Center explains, “Women describe soaking through sanitary protection in less than an hour, passing blood clots and being unable to leave the house during the heaviest day of flow. As a result, some women develop anemia, also known as a low blood count. Anemia can cause fatigue, headaches and lightheadedness.”



Source: UNC Fibroid Care Clinic

Fibroids are the most common non-cancerous tumors found in women of childbearing age.

- National Women's Health Network

Who gets fibroids?

Up to 75 percent of women may have uterine fibroids within their lifetime, although most growths will remain asymptomatic and undetected. Fibroids are most likely to be discovered during a prenatal ultrasound or a routine pelvic exam.



It's safe to say that fibroids are common.

Fibroids are most likely to occur in women in their forties and early fifties, often more predominantly in black women. Women with fibroids may also have a family member with the condition.

There are a few key factors that can increase the risk of fibroids:

- **Age** - Risk increases with age, though fibroids are expected to shrink after menopause.
- **Diet** - A large consumption of red meat and ham can increase fibroid risk, while green vegetables offer protection.
- **Family History** - A mother with fibroids could increase a woman's risk by *three times*.
- **Ethnicity** - Black women are *three times more likely* than Caucasian women to have uterine fibroids.
- **Obesity** - Women who are overweight have an increased risk of fibroids -- risk increases *two to three times* in obese women.

Celebrities like Sara Bareilles, Bethenny Frankel, and Beverly Johnson have shared about their struggle with fibroids.

What causes fibroids?



Just like endometriosis, there is no known cause of fibroids.

Most researchers have come to the conclusion that hormones may play a role in fibroid formation—fibroid growth could be impacted by estrogen and progesterone levels.

Fibroids may also be related to other factors, such as abnormalities in blood vessels, tissue response to injury, and changes in growth factor expression that impact the rate and extent of cell proliferation. Fibroid growth may also be related to pregnancy and oral contraceptive use.

Dr. Allan Warshowsky, MD, FACOG, ABIHM, Diplomat of the American Board of Integrative Holistic Medicine, brings fibroid growth back to inflammation. Dr. Warshowsky believes that fibroids are a sign that there is a deeper imbalance in the body. This manifests as both hormonal imbalances and inflammation that contribute to fibroid growth.

Dr. Warshowsky explains, "The fibroid is the tip of the iceberg. It is what we can observe, but we know that there are much larger and fundamental problems beneath the waves that we cannot see. Only by identifying and correcting these underlying imbalances can we truly heal fibroid tumors."



Cancerous fibroids are very rare, occurring in less than one in 1000 cases.

- Office on Women's Health

Reproductive disorders and infertility

Since endometriosis and fibroids affect women in their reproductive years, infertility is a major cause for concern. You can read more about how to reverse infertility and ensure a healthy pregnancy and baby in my book *Helping Fertility, By The Book*.



Endometriosis is more common in women with infertility.

Not only can endometriosis cause pelvic and abdominal pain, especially during menses and sex, but it can make it harder to get pregnant. The American Society for Reproductive Medicine confirms that up to 50 percent of infertile women suffer from endometriosis. For a woman who has difficulty getting pregnant, endometriosis may be detected through a minimally invasive surgical procedure, known as a laparoscopy.

During a laparoscopy, a doctor will evaluate endometriosis to determine how far it has progressed. A doctor will give the condition a score from stages 1 to 4, indicating how easy it is for a woman to get pregnant. If a woman has severe Stage 4 endometriosis, a doctor may recommend surgery to clear excess growth and restore function to the ovaries and fallopian tubes.

Fibroids have also been known to cause reproductive issues, in more rare cases compared to endometriosis. There are a number of women who can get pregnant naturally with uterine fibroids. For women who can't, surgery or fertility treatments may be recommended.



For both conditions, there is still no guarantee that surgery and fertility treatments can improve the chances of getting pregnant.

Infertility is a side effect

If you struggle with infertility, it's important to remember that reproductive disorders are simply side effects of our lifestyle choices. When you address the inflammation that causes the growth of endometrial cells or uterine fibroids, you can clear your uterus so that it will grow healthy again.

An anti-inflammatory diet is one of the most effective ways to restore reproductive health and combat the infertility epidemic plaguing our Western world. In the vast majority of cases, a processed food diet and a lack of critical nutrients are to blame for the reproductive disorders that cause infertility in women.

A processed food diet deficient in essential nutrients is also known to contribute to approximately 50 percent of all birth defects.



When you address the inflammatory lifestyle that is causing your reproductive disorder, you can ensure a healthy mom and a healthy baby.



Endometriosis is one of the top three causes of infertility in women.

- New England Journal of Medicine

Endometriosis and fibroid treatment

Endometriosis treatment options

Since there is no known cause for endometriosis or fibroids, the outlook for both conditions is bleak, medically speaking. If your endometriosis is causing pain and compromising your quality of life, your doctor will likely prescribe medications or recommend surgery. More invasive treatment options may be recommended as the severity of the condition progresses.

Pain medications for endometriosis may include NSAIDs (non-steroidal anti-inflammatory drugs) like naproxen or ibuprofen to ease menstrual pain. If pain continues, a doctor may recommend hormone therapy to control fluctuating hormones during the menstrual cycle that cause endometrial implants to bleed.

It is important to understand that hormone therapy is a quick fix, not a long-term solution. Endometriosis hormone treatments may include oral contraceptives, Gn-RH agonists and antagonists used to block the production of ovarian-stimulating hormones, Depo-Provera to halt menstruation and endometrial implant growth, and Danazol to block the production of ovarian-stimulating hormones, prevent menstruation, and manage endometriosis symptoms.

These hormone therapy options may control endometriosis and factors that exacerbate the condition for a short time, yet symptoms can easily recur after treatment ends.

A doctor may use abdominal surgery to remove large patches of endometriosis. In very severe cases, a total hysterectomy to remove the uterus, cervix, and ovaries may be recommended.

Fibroid treatment options

Medical treatment for fibroids is similar to that for endometriosis, though fibroids are more manageable, in many cases. If fibroids are causing severe menstrual pain, your doctor may recommend NSAIDs to manage pain and oral contraceptives, an IUD, or the Depo-Provera shot to lighten bleeding and prevent pregnancy. However, the Depo-Provera shot has a mixed outcome in relation to uterine fibroids. The shot has been known to shrink fibroids in some

women and to increase their growth in others. Minimally invasive treatment options to destroy uterine fibroids may be available, including MRI-guided focused ultrasound surgery. Advanced uterine fibroids may require an open abdominal surgery to remove growths or even a total hysterectomy.



There is one remarkable similarity between all reproductive disorder treatment options: No treatment provides the hope of a cure.



In the medical community, your best possible outcome is to manage or remove fibroids or endometriosis. Yet in many cases, the conditions will likely grow worse – and more painful.

An estimated one in four women with uterine fibroids has symptoms severe enough to necessitate treatment.

- National Uterine Fibroids Foundation

Free radicals, oxidative stress, and the inflammation connection

A healthier diet is higher in antioxidants, the substances that fight off and neutralize free radicals. By definition, free radicals are an atom or group of atoms that have at least one unpaired electron and are therefore unstable and highly reactive. Oxidative stress occurs when the body is exposed to an excessive number of free radicals. Oxidative stress damages the cells, including the cells' DNA, proteins, and membranes.

Merely existing creates free radicals, as does exercise and the process of eating and digestion. We do require some level of free radicals to function; however, due to our excessive lifestyles of drinking, smoking, and eating toxic foods, our bodies are in overload. Fortunately, antioxidants, available in high-quality foods and supplements, can fight off these free radicals and therefore the damage they do to the body, including the inflammation associated with endometriosis and fibroids.



Doctors prescribe NSAIDs for endometriosis and fibroids because the disorders are inflammatory.

Of course, not all inflammation in the body is bad. Acute inflammation is normal. It is the process that the body uses to heal itself. Chronic inflammation is another story altogether. A chronic inflammatory response can continue in the body undetected for years, ultimately resulting in disease and poor health.

Chronic inflammation causes endometriosis and fibroids

Endometriosis and fibroids are caused by unregulated chronic inflammation in the body. It would only make sense that a doctor would prescribe an anti-inflammatory drug to treat fibroids or endometriosis since these conditions are inflammatory in nature. As I have already discussed, anti-inflammatory medication doesn't address the root cause of the disorder. *Anti-inflammatory drugs are only capable of managing symptoms and nothing more.*

By this point, you may have been prescribed fibroid or endometriosis medications for inflammation and pain management. Yet the inflammation that triggers the disorder (and the resulting chronic pain) will go on and on without an end in sight if you don't make important changes to your diet.



Your reproductive health depends on it.

Making simple yet effective changes to your diet can transform your reproductive health. For most women with fibroids or endometriosis, this is wonderful news. There is an end in sight. You may not have to struggle with painful periods and other uncomfortable symptoms until you reach menopause. You may not have to undergo a hysterectomy. You may be able to conceive and start a family in your reproductive years. It's never too late.



Some women have benefited from alternative treatments for endometriosis, in addition to medical treatments, including traditional Chinese medicine, nutritional therapy, immune therapy, homeopathy, and allergy management.

- Johns Hopkins Medicine

The Western Un-Natural Food Diet

Nutritional therapy in the form of an anti-inflammatory diet and the appropriate supplementation is fundamental to strengthen the immune system, decrease inflammation, and win the battle against reproductive disorders. A diet which will definitely hinder one's prevention and recovery is the Western Un-Natural Food Diet.



Nothing affects us more than what we choose to eat at least three to four times a day, every day.

Most of us lack the essential nutrients in our diet needed for good health, perpetuating inflammation. These nutrients include selenium, iodine, magnesium, B vitamins, chromium, and others. These factors combined with one or more poor choices are part of a disease-promoting lifestyle.

The "Balanced Western Diet" (now better described as the Western Un-Natural Food Diet) is the number one disease-promoting and inflammation-producing diet in modern society. It is consumed more and more on a daily basis.

This highly inflammatory diet is made up of sugary foods in the form of breads, pastas, cereals, and potatoes. The Western Un-Natural Food Diet is way too high in unhealthy fats and lacks the antioxidants and phytochemicals needed to eliminate free radicals. This all-too-common diet is lacking in high-fiber foods and the foods that provide essential nutrients necessary to reverse reproductive disorders – and to prevent them in the first place.

These missing foods include:

- **Beans (except when temporarily contraindicated for recovery)**
- **Dark-skinned fruits**
- **Nuts**
- **Seeds**
- **Vegetables (especially broccoli and kale)**



Are you eating disease?

If you want to avoid long-term medication use and a possible invasive surgery in the future, change starts now. One of the best ways to manage endometriosis and fibroids is to change the way you eat. Avoiding the Western Un-Natural Food Diet and embracing the Really Healthy Foods Diet, outlined in this book, can help to alleviate reproductive disorders.

An anti-inflammatory diet for endometriosis and fibroids can help to reduce inflammation and subsequent pain and bloating. It can even help to balance hormone levels.



Degenerative reproductive disorders like endometriosis and fibroids develop over time.

Think back to the foods you have been accustomed to eating throughout your lifetime. For so many of us, this likely includes meat, dairy products, and saturated fats on your plate, often to excess. This is normal in our Western world, but sadly, it is not in any way beneficial to your health.

Even compared to 40 years ago, the meat and dairy products that we eat are significantly different. Today, when you eat meat or dairy, it contains much higher levels of antibiotics, growth hormones, saturated fat, pesticides, herbicides, and insecticides than it did years ago. All of these substances that you eat directly affect your immunity and your reproductive health, and you have probably been eating them for years.

Sugar and starchy carbs



I've said it before, and I'll say it again: Eating sugar is like eating disease!

But what does this ultimately mean for your reproductive health? Sugar can be found in a growing number of foods, namely those that are processed. In addition to cookies and cakes, it's important to avoid high fructose corn syrup, white or brown sugar, bread, white rice, breakfast cereals, potatoes, pastas, high-sugar fruits, and root vegetables like parsnips. Staying under 25 on the Glycemic Index is ideal. Foods high in sugar contribute to inflammation.

Inflammation is the root cause of disease, including the development of endometriosis and fibroids. High-sugar foods can also over-activate the immune system, causing long-term damage. Remember, weakened immune function may be a major contributor to endometriosis.



It's a vicious cycle.



Fibroids cells respond to sugar too. In a study published in the May 2010 issue of the *American Journal of Clinical Nutrition*, researchers used a prospective analysis of diet questionnaires to investigate the link between dietary Glycemic Index and uterine fibroids in the Black Women's Health Study. Researchers analyzed data from over 22,000 premenopausal black women followed over a 10 year period.

Regarding Glycemic Index, researchers uncovered intriguing information. Researchers concluded based on the questionnaire analysis that a high dietary Glycemic Index (GI) could be associated with a higher uterine fibroid risk. A high Glycemic Load (GL) increased uterine fibroid risk in women under the age of 35.

**Note: Glycemic Index measures how quickly and how high a certain food will cause blood sugar to spike. Glycemic Load takes into account portion size. It can be calculated by multiplying the carbohydrate content of a serving of food in grams by the food's GI and dividing the total by 100.*

Meat and dairy

Dian Shepperson Mills, MA, British nutritionist, director of the Endometriosis and Fertility Clinic in the UK, and author of *Endometriosis: A Key to Healing and Fertility Through Nutrition*, believes that diet has a direct link to endometriosis reversal and relief. According to Mills, changing the way you eat can help to reduce internal inflammation, ease pain, and improve estrogen excretion.

Mills emphasizes that women with endometriosis must avoid overly fatty foods, like red meat and dairy products. These foods may also be high in PCBs and dioxins (estrogenic pesticides) — dioxins have been linked to increased estrogen levels that contribute to endometriosis.

Mills says, "Obtaining nutrients from food sources is obviously best. The judicious use of nutritional supplements may also improve reproductive health. Use only good quality supplements, free from yeast, gluten, wheat, dairy, and sugars, and stick to the dose on the carton or bottle."

Likewise, uterine fibroids have also been connected to meat in the diet. One *Obstetrics & Gynecology* study linked uterine fibroids with ham and beef consumption. Conversely, the study also showed that women who ate a large amount of green vegetables experienced protection against fibroids.



Researchers agree that diet can influence the growth of fibroids.

Researchers observed that Italian women with fibroids ate more red meat and ham. Alcohol consumption was also associated with fibroids in Japanese women.



The ‘miracle’ spice for endometriosis and fibroid relief

Curcumin is a phytochemical and belongs to a class of compounds known as curcuminoids. Other than being an important component of turmeric, a favorite Indian spice, curcumin is a natural polyphenol, a group of chemicals which provide many health benefits. Curcumin is a standardized extract from the dried root of the curcuma plant, the root being the portion used for medicinal purposes.

The history of curcumin tells about its many uses, including its role in healing and food preparation. Curcumin, in the form of turmeric, was used as a folk remedy, as well as a cure, in ancient ayurvedic medicine. It was considered a symbol of prosperity. Curcumin was used in Indian and traditional Chinese medicine as a primary anti-inflammatory spice and a relief for stomach irritation, dating as far back as 600 A.D.

Research now proves why ancient medicine has used curcumin for thousands of years. Even though **curcumin's chemical makeup** was determined in 1910, it took until the mid-1970s and 1980s to study curcumin on a large scale.

One of the most recognized features of curcumin is its antioxidant action, which can provide anti-cancer benefits. Turmeric, which contains curcumin, has traditionally been used as a food preservative for good reason: It keeps food from going rancid or oxidizing. And just as turmeric (containing curcumin) keeps oxygen from turning meat rancid, it protects our own bodies from damaging free radicals. However, turmeric is not curcumin — curcumin is thousands of times more powerful than simple turmeric.



As you just learned, antioxidants are critical in the fight against inflammation.

Curcumin for endometriosis and fibroid treatment

Endometriosis and fibroids are inflammatory conditions that often result in chronic pain. In a study published in the *Indian Journal of Biochemistry and Biophysics*, researchers examined how endometriosis, described as a “complex estrogen-dependent disease,” responded to the phytochemical curcumin.

Researchers concluded that curcumin was able to significantly reduce inflammation that may have been caused by endometriosis. Within the animal study, researchers noted that curcumin had strong anti-endometriosis properties and could be used to curb inflammation on the cellular level.

In this study, conducted by the Hubei University of Medicine, curcumin was applied to endometrial cells. Through this intervention, curcumin reduced the proteins associated with endometriosis and stopped endometrial cells from growing.

What about fibroids? In a 2009 study published in *Fertility and Sterility*, scientists from the Department of Obstetrics and Gynecology in Maryland proved curcumin's ability to inhibit fibroid cell growth by inducing apoptosis (programmed cell death). Curcumin also inhibited fibronectin production, a key substance in fibroid development.



One mineral for robust reproductive health

Iodine is essential for men, women, and children – perhaps for women most of all. Iodine is needed by the body to balance thyroid health. It can also help to prevent and alleviate a number of women's health issues, like infertility, polycystic ovaries, breast and ovarian cancers, and **endometriosis and fibroids**.

In a country like Japan where natural iodine consumption is high from sources like seaweed and seafood, endometriosis diagnoses are low. Coincidence? Women with endometriosis who include iodine in their diet, from high-quality foods and supplements, often see a noticeable improvement.



Iodine deficiency has also been linked to thyroid dysfunction. Unsurprisingly, a number of women with endometriosis have thyroid-related health conditions.

One 2005 study supported by the National Foundation for Cancer Research and the National Institutes of Health took a closer look at the menstrual cycles of Japanese women. Researchers examined the endocrine-modulating effects of brown kelp seaweed, making up more than 10 percent of the Japanese diet, and how it affected sex hormone levels and menstrual cycle patterns in rats.

Researchers concluded that kelp may be behind lower breast cancer rates in Japanese women. Lead study author Christine Skibola also confirmed that a high seaweed intake was able to reduce endometriosis pain and significantly lengthen menstrual cycles.

Iodine has even been known to reduce uterine fibroid growth. In fact, one of the earliest conventional medical treatments for uterine fibroids was to paint the uterus with iodine.



Iodine and selenium: The perfect pair

Before you consider taking an iodine supplement or increasing iodine in your diet, don't forget this important truth: Iodine needs selenium as a critical cofactor. You can't have one without the other. That is to say, increasing your iodine intake may be for naught if you don't also increase your selenium intake.



Your body needs selenium to activate iodine.

Selenium has its own benefits for reproductive health. Human studies have confirmed that selenium can shrink cancerous tumors. When researchers from Firat University in Turkey examined how selenium affected benign tumors, i.e., fibroids, in animal subjects, they found similar results. A selenium supplement was able to reduce the size of spontaneously occurring fibroids in Japanese quail. Similar results are expected in human subjects.

Can I reverse endometriosis and fibroids?

I prefer not to use the word “cure” when talking about these health conditions since many cases are directly related to or exacerbated by lifestyle factors.

Cure is a popular medical buzzword, although the medical field cannot provide cures. (Many people argue that this is on purpose since it would put Big Pharma out of business.) Every health condition has a cause. When you take away the underlying cause and follow a non-inflammatory lifestyle, your body will have the support it needs to repair itself, in many cases.

When you remove the cause and support your body with healthy lifestyle choices and nutrients, you can often grow healthy again. You may call this a cure, but I believe it to be making healthy lifestyle choices.

Since these reproductive disorders are inflammatory, a non-inflammatory lifestyle is a must. It's important to stay hydrated by drinking six to eight 16 ounce (500 ml) glasses of pure, clean water per day. You can heal your body with vital nutrients and antioxidants found in vitamins, minerals, healthy carbohydrates, amino acids, and essential fatty acids.



Optimal nutritional management

Optimal nutritional management is essential for better reproductive health, for the reduction of inflammation, and for the quality, as well as the length, of life.

Did you know those who consider themselves happy have less inflammation than those who don't? It could certainly be argued that a well-rested person who is of a healthy weight; limits toxins; focuses on a diet bountiful in foods which are nourishing, anti-inflammatory, and a source of enzymes and antioxidants; and who also supplements with high-quality nutrients is an individual who is happy indeed!

Healing starts with nutritional therapy.

Detoxification may be uncomfortable at first, but this too will pass.

Sensible eating can support your recovery.

*...transform your health
with a balanced lifestyle and
essential nutrients...*

The nutrients you need

According to research, these nutrients can manage or prevent endometriosis and fibroids in most cases:

Serrapeptase, nattokinase, protease, and lipase – Formula designed to clear inflammation and to support the healing process; nutrients also benefit arterial and cardiovascular health.

Progesterone – Regulates and supports the hormonal system, including the thyroid.

Curcumin – Powerful antioxidant derived from Meriva® (root) Curcuma longa extract that supports the healing process.

Nascent Iodine – Helps support the immune system and balances hormones. *Note that iodine needs a supplement containing selenium to activate it, such as Active Life or Daily Immune Protection.*

Multi-vitamins and minerals – Can help to support a busy modern life where stress, high demands, and a poor diet are often a reality.

Soil-based probiotics – A group of natural, friendly microorganisms that help to renew the gut and create a healthy balance between the good guys and bad guys among your gut bacteria.



What if my doctor doesn't support my recovery?

You can use this Reproductive Health Rehabilitation Program to improve your health alongside any medical treatment and still get the benefits! Your doctor has an obligation to stick with the prescription drug outline that fits into the pharmaceutical industry monopoly. This includes the AMA in the US and the GMC in the UK.

Make no mistake — these organizations make money off disease care for sick individuals. They don't have a business model that promotes actual health recovery in any way, shape, or form. These organizations push a patented prescription drug protocol that allows them to charge outrageous prices for drug use over a lifetime. At the very best, these drugs may help the patient to feel better, but in many scenarios, they could lead to their death.



These industries won't support long-term health recovery in any circumstance!

These organizations are protected by the FDA in the US and the MHRA in the UK. They receive backing from powerful political parties and politicians who continue to fund the disease care monopoly I have just described.

Yet when you follow the Reproductive Health Rehabilitation Program to the letter, you may start to see results within 30 days.

It will be a good day when drug companies are totally banned from contacting or influencing doctors, both directly and indirectly. It will be a good day when the information doctors need to prescribe drugs is made available from an independent body with a legal responsibility to ensure the efficacy and safety of drugs.



Your Reproductive Health Rehabilitation Plan

10 steps for long-term health recovery

This self-recovery protocol can be used by sufferers of endometriosis and fibroids and to support long-term reproductive health, in most cases:



It's almost impossible *not* to see significant health changes after applying many of the points in this 10 Step Plan. You can clear up numerous symptoms and may see a full recovery, in many cases.

For details of the following suggested formulas, turn to **page 37**.

1. Clear inflammation and facilitate healing

Uterine Support Pack - Essential

Blockbuster® All Clear – Serrapeptase/nattokinase formula designed to clear inflammation and to support the healing process. Take 3 capsules x 3 times per day, 30 minutes before eating with water.

NatraGest – Regulates and supports hormonal balance. Apply ¼ to ½ teaspoon of cream to skin daily.

CurcuminX4000® – Powerful anti-inflammatory compound that supports the healing process. Take 1 capsule x 3 times per day, with Blockbuster® All Clear.

Nascent Iodine – Helps support the immune system and balances hormones. Take 5 drops, 2 times per day in 20ml of water; swish around the mouth for 30 seconds before swallowing.



2. Boost the immune system

Uterine Support Pack - Ultimate

Blockbuster® All Clear – Serrapeptase/nattokinase formula designed to clear inflammation and to support the healing process. Take 3 capsules x 3 times per day, 30 minutes before eating with water.

NatraGest – Regulates and supports hormonal balance. Apply ¼ to ½ teaspoon of cream to skin daily.

CurcuminX4000® – Powerful anti-inflammatory compound that supports the healing process. Take 1 capsule x 3 times per day, with Blockbuster® All Clear.

Nascent Iodine – Helps support the immune system and balances hormones. Take 5 drops, 2 times per day in 20ml of water; swish around the mouth for 30 seconds before swallowing.

Active Life™ – Contains 130 highly-absorbable nutrients that are designed to support overall health. Take 1-2 capsules X 3 per day with food.

PrescriptBiotics™ – Custom-cultured “Bio-Identical” SBO Probiotics Consortia™ to rebalance gut microflora and support hormone balance. Take 1 capsule daily.



3. Supplement missing nutrients

Optional - but highly recommended for at least 1 to 2 months

DermaGest - Phytoestrogen crème aids in relief of PMS symptoms, menopausal discomfort, hot flashes, and hormonal imbalance; use as part of an overall nutritional balancing and natural treatment regime. Apply $\frac{1}{4}$ to $\frac{1}{2}$ teaspoon daily to skin.



Click
for more
details

The Krill Miracle™ - Contains concentrated omega 3, 6, and 9 oils that can provide powerful reductions in inflammation, supporting healthy cholesterol lipid levels and mood levels. Take 1 capsule x 2 times daily. (Use *Hemp Seed Oil* as a vegetarian alternative.)



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for more
details

B4 Health Spray - Supports healthy homocysteine levels, the heart and cardiovascular system, proper vitamin B12 absorption through the digestive tract, and a healthy immune system. Take 6 sprays in the mouth, once a day, or as directed by your healthcare practitioner.



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for more
details

4. Drink more water

Drink at least 6-8 glasses of RO filtered or distilled water each day; add a generous pinch of baking soda (sodium bicarbonate) to each glass. This step is essential to promote alkalinity and combat an inflammatory reproductive disorder like fibroids or endometriosis.



5. Cut out un-natural, high-sugar foods

As the foundation of reproductive health, cut out starchy carbohydrates altogether, i.e., pastries, cookies, breads, breakfast cereals, pasta, and potatoes, as well as processed foods and milk products.



Note: Don't eat turnips, parsnips, and rice, except for small portions of wild rice, brown rice, and sweet potatoes/yams.

6. Eat Really Healthy Foods

Make sure to eat some of these foods every two hours for the first few months of recovery:



Eat 9-14 servings of fresh or frozen vegetables each day: try them in soups, steamed, stir-fried, juiced, etc. Eat 50 percent raw, juiced vegetables (preferably organic) and use the pulp to make soup. Blended veggies promote easier digestion.



Eat 5 servings of dark-skinned fruits (like cherries, red grapes, blueberries, etc.) that are rich in antioxidants each day.



Remember that avocados are a number one superfood with almost a complete spectrum of nutrients. If they are readily available in your area, try to eat at least two a day to promote health recovery. Avocados support heart disease, diabetes, cancer, and reproductive health rehabilitation.



Eat 5 servings of nuts, beans, and seeds (soaked, mashed nuts and seeds).



If you want to eat meat, then choose pasture-fed meats or chicken and eat only a small amount weekly. Grass-fed is healthier than grain or corn-fed animals.



If you eat fish, then eat at least 3-4 portions per week of oily fish and vary it by choosing fish such as salmon, sardines, mackerel, etc. Even canned fish is very nutritious, and wild caught fish is best.



Include hemp, omega-3, or krill oil and other healthy oils like olive oil and coconut oil.



As healthy alternatives to carbs, consider amaranth, quinoa, buckwheat, chai and millet seeds, and healthy pasta made from pulses and stocked in many good grocery stores. Cous cous can be used, except for those who are allergic to gluten proteins (celiacs, etc.).



Take 3-5 (depending upon your body mass and the heat) teaspoons of sea or rock salt daily in food or a little water. Sea or rock salt does not contain the critical mineral iodine, so add Nascent Iodine to your daily dose.

Recommended vegetables

Note: Vegetables may not be available in all countries.

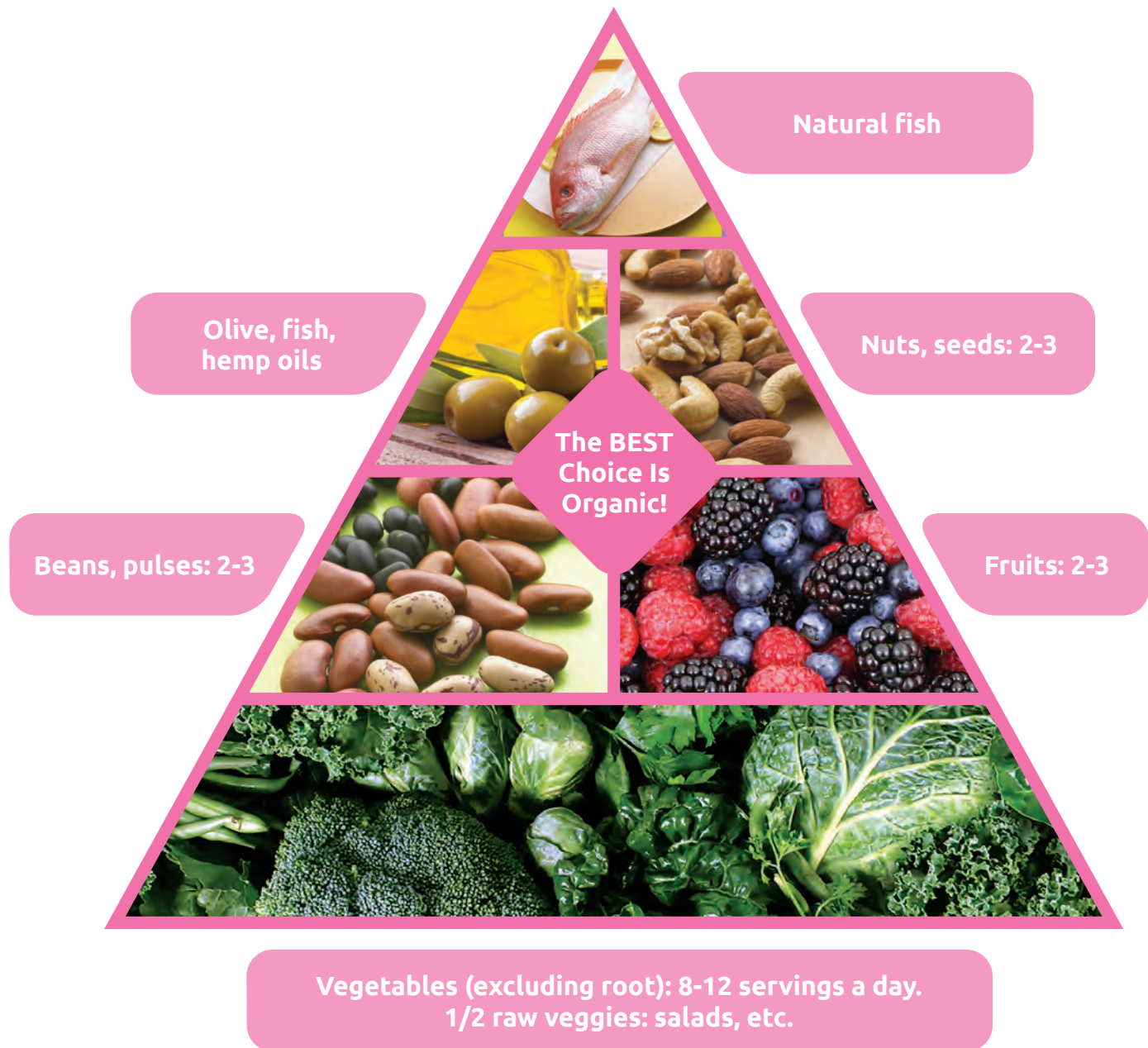
- Artichoke
- Asian vegetable sprouts (wheat, barley, alfalfa, etc.)
- Asparagus
- Avocado
- Beetroot
- Broad beans
- Broccoli
- Brussels sprouts
- Cabbage (various types)
- Capsicum
- Carrots
- Cauliflower
- Celeriac
- Choko
- Cucumber
- Dandelion leaves
- Dried peas
- Eggplant (aubergine)
- Fennel
- Garden peas
- Garlic
- Kale
- Kohlrabi
- Kumara
- Lettuce (kos and various types)
- Mangetout peas
- Mushrooms
- Okra
- Onions (red and white)
- Petit pois peas
- Radishes
- Runner beans
- Seaweed - All types (kelp, wakame, noni, etc.)
- Silver beet
- Spinach
- Squash
- Sugar snap peas
- Zucchini (courgettes)

Recommended fruits

Note: Fruits may not be available in all countries.

- Apple
- Apricot
- Avocado
- Bilberries
- Blackberries
- Blackcurrants
- Blueberries
- Cherimoya
- Cherries
- Damsons
- Dates
- Durian
- Figs
- Gooseberries
- Grapefruit
- Grapes
- Kiwi fruit
- Limes
- Lychees
- Mango
- Nectarine
- Orange
- Pear
- Pineapple
- Plum/prune (dried plum)
- Pomegranate
- Rambutan
- Raspberries
- Salal berry
- Satsuma
- Strawberries
- Tangerine
- Western raspberry (blackcap)

The Garden of Eden Pyramid



7. Walk and move daily

Contrary to the opinion of fitness fanatics, there are two simple ways to get your body working better and stronger. And no, they do not include swimming and cycling, although you can add these later if you want to.

One of the two simple ways to exercise is to build up to walking 3-5 miles per day, in a fast, purposely strong way with as long a stride as you can. Keep your hands moving from chest level to belt level as you move with each stride.

Use weights or wrist weights as you improve. If this is difficult for you at the start, and your lungs are weak, then lie down to exercise to make it easier.



Lie down in a comfortable place. On your bed (if it's firm enough) when you first wake up is a great time and place for this. Bring a knee up to your chest as high as you can get it and then alternate with the other knee. Do as many of these as you can while keeping count. Do this every day and set yourself targets to increase the speed and the number as the weeks go by. You should be doing enough to make your lungs and heart beat faster. At the same time, as you improve your count on your back you need to start your walking and build this up.

The second great exercise for strengthening your lungs is to build up slowly where you can exercise at maximum rate for 2 minutes, 6 times per day. It does not matter what exercise you do, e.g., skipping, star jumps, running on the spot; just about anything works, as long as your heart and lungs are working at maximum capacity. By working at maximum rate, your muscles connected with your heart and lungs will get stronger, and reproductive health will balance perfectly.

Movement is a vital part of your recovery plan.



8. Learn proper breathing – lower cortisol



Breathing properly is critical since oxygen is the foundation of overall health.

There are two ways to breathe:

1. **Anxious Breathing:** In the chest.
2. **Relaxed Breathing:** In the diaphragm or stomach area.



The first type of breathing in the chest is related to a stress response and includes hormones like cortisol. This stressful breathing should only be temporary since it is related to a fight-or-flight response that causes hormones to release to relax breathing. If stressful breathing grows chronic, the body will retain carbon dioxide and cortisol to affect healthy functioning systems. Stress breathing will also cause the immune system to weaken, leaving it susceptible to infection and disease.

Make it your number one goal to retrain your body to breathe in a relaxed, healthy manner. This will clear out carbon dioxide and cortisol. When carbon dioxide builds up in your

bloodstream, it will destroy a substance called hemoglobin that the blood uses to transport oxygen throughout the body. This is why it's especially important to focus on relaxed breathing that comes from the diaphragm.

How to breathe correctly

The easiest way to relearn correct breathing is to lie flat on your back on the floor, on a mat or blanket or on a firm bed. Place a small weighted object on your belly button, like a heavy book. Take a deep breath in through your nose so that the book rises as your stomach, or diaphragm, fills with air. Hold this deep breath for a count of 4 and then release through your nose so that your stomach deflates. Use this process to release any tension as you exhale and repeat. In the exercise, your chest should not move to indicate relaxed, stress-free breathing.

Practice this low-stress breathing exercise again and again as you lie down. Once you have mastered the rhythm of the calming breath, you can start to try the exercise while standing. Initially, you may feel dizzy as you intake more and more fresh oxygen, but it's still important to practice the exercise whenever you can.

You can access more resources on breathing lessons at GoodHealthHelpDesk.com.



9. Stimulate acupressure points

Another component in your rehabilitation plan is to stimulate acupressure points that connect to your reproductive health recovery system. There are a number of points that can be massaged gently with a finger to mimic actual acupuncture. Please read more about this on **page 44**.

10. Get more sun exposure

An essential vitamin to support your overall health is vitamin D3. You can find a large dose of vitamin D3 in the recommended supplement on **page 40**, but it's still critical to get some natural vitamin D from sun exposure.

The sun is the source of life. Unfortunately, myths have been circulated in the health community that the sun is an enemy that we must stay away from at all costs. Even worse, many health professionals recommend slathering your body in toxic chemicals every time you go out in the sun.

Of course, I'm not recommending lying in the sun for 6 hours at once on the first hot day of the year. It's essential to build up the skin's tolerance to sun exposure over several weeks for natural protection. By the time that hot summer days come around, you will be able to tolerate a greater amount of natural sun exposure.



Recommendations for sun exposure:

- 1. Expose as much skin as you can to the sun each day, such as on your morning walk.*
- 2. Build up your sun exposure gradually from spring to summer seasons.*
- 3. Try to stay out of the sun in mid-day without a cover-up; a cover-up is preferred to chemical sunscreens.*
- 4. If you do use sunscreen or sun cream, purchase organic products instead of chemical-based, name-brand creams.*
- 5. It's important to remember that the sun is your friend, and sunshine can be enjoyed in moderation!*

More about clearing inflammation and promoting healing

Blockbuster® All Clear

Blockbuster® All Clear provides powerful support for normal arterial and cardiovascular health. Providing a careful blend of powerful enzymes such as serrapeptase, nattokinase, digestive enzymes, antioxidants, and proanthocyanidins (grapeseed extract and pine bark extract).

Serrapeptase can support your body's accelerated healing processes and provide effective support for normal cardio/arterial function and anti-inflammatory health.

Nattokinase is a potent fibrinolytic enzyme, with properties similar to plasmin – the main enzyme in the human body for breaking thrombus down and dissolving it.

Recommended for women with female reproductive issues, such as fibroids and endometriosis. Available in delayed-release capsules. Suitable for vegetarians and vegans.

Ingredients:

- Serrapeptase – 80,000IU
- Nattokinase – 1600FU
- Protease – 20,000 HUT
- Lipase – 1500 FIP
- Amylase – 4000 DU
- Cellulase – 600 CU
- Lactase – 1000 ALU
- Acerola extract – 50mg
- Amla extract – 50mg
- Olive Leaf Citrus Blend – 230mg
- Fulvic Acid Content – 100mg
(from 100mg Fulvic Mineral Complex)
- Bacillus Coagulans – 376,000,000 CFU
- Protease S – 650 APU
- Grapeseed Extract – 100mg
- Policosanol – 6mg
- Pine Bark Extract 95% – 10mg

Dosage:

Take 3 capsules daily, at least 30 minutes before food.



NatraGest

NatraGest™ is a natural progesterone cream for bringing progesterone/oestrogen hormones back into balance. Transdermal application means it's the most convenient way to administer progesterone, as the effects can be felt immediately.

May help to reduce symptoms of hot flushes, night sweats, bloating, weight gain, breast tenderness, low libido, vaginal dryness, mood problems, insomnia, anxiety, headaches, hair loss, and dry skin.

Contains only plant-derived nutrients. Sourced from natural wild yam and is converted into natural progesterone, which is bioidentical to your body's own progesterone. Just ½ teaspoon per day provides 40g natural progesterone.



Ingredients:

- Aloe Vera Extract in Distilled Water
 - with Catalyst Altered Normalizer
- Octyl Palmitate
- Tocopheryl Acetate (vitamin E)
- Glycerin
- Stearic Acid
- Glyceryl Stearate
- PEG-100 Stearate
- Natural Wild Yam Extract
- Cetyl Alcohol, Oleic Acid, Hazel Nut Oil
- Grapeseed Oil
- Panthenol
- Grapeseed Extract
- Triethanolamine
- Sodium Hyaluronate
- Carbomer
- Potassium Sorbate
- Phenoxyethanol

Dosage:

Apply ¼ to ½ teaspoon to skin per day.

Curcuminx4000®

Curcuminx4000® contains 200mg of highly effective curcumin phytosome, which in a recent study showed an increase in utilisation up to 45x compared to ordinary curcumin 95%.

Research suggests that curcumin contains natural anti-inflammatory properties and antioxidant activity to support the body's normal inflammatory response.

Curcumin has various health benefits that may play a significant role in supporting normal cholesterol levels, cardiovascular health, reproductive function, liver function, joint health, and eye health.

Bioavailability backed by clinical studies, Curcuminx4000® uses Meriva® (root) Curcuma longa extract to significantly improve its absorption. Meriva is the most clinically studied curcumin on the market that provides a patented sustained release technology.

Formulated for the digestive system, research suggests that curcumin may help to support a healthy digestive system and is especially beneficial for liver health, gallbladder health, bowel health, and anti-inflammatory processes.

Ingredients:

- Meriva® (root) Curcuma longa extract – 600mg

Dosage:

Take 3 capsules daily with food.



Click
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details

Nascent Iodine

Nascent Iodine is consumable iodine in its atomic form that provides a huge energy release when consumed. Effortlessly absorbed, Nascent Iodine is used by the body to produce thyroid hormones.

Nascent Iodine has a "charged" state that is held by the atom until diluted in water and consumed, whereby it gradually loses energy over a 2 to 3 hour time span.

As Nascent Iodine has an incomplete number of electrons, its also paramagnetic, meaning that the iodine atoms can hold an electromagnetic charge.

Best taken with Ionic Selenium for maximum benefit. Selenium acts as a co-factor to help the body to utilise the Iodine. Plus, selenium is a vital mineral for the thyroid, and is just as important as iodine, so you want to ensure a good balance of the two.

Ingredients:

- Iodine – 350mcg per serving.

Dosage:

Take 5 drops in 20ml of water x 2 times daily, with food.



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details

More about immune-strengthening formulations

Active Life™

Active Life™ Capsules are a tried and tested multivitamin formula with 130 nutrients in one capsule. As a full-spectrum multivitamin/mineral formula, it contains a broad-spectrum of vitamins and minerals, plus trace minerals, amino acids, and other nutrients, including lutein and zeaxanthin.

Perfect for 100 percent of the population, Active Life™ Capsules contain a patented form of 5-MTHF folate, especially important for the 25 percent who cannot absorb folic acid. This Quatrefolic® 5-MTHF has recently been shown to benefit couples experiencing long periods of infertility, helping to lower homocysteine significantly better than a high-dose of conventional folic acid. Quatrefolic® 5-MTHF may normalize homocysteine in over 55 percent of people; elevated homocysteine is a known infertility risk factor.

Ideal for the whole family, from young children to seniors, Active Life™ is suitable for all ages and is essential for any couple planning a pregnancy.



Dosage:

Adults and children over age 12 - Take up to 3 capsules, twice per day after meal. Children under age 12 - Take 1-2 capsules per day or as directed by a healthcare professional. If taking thyroid or iron medication, wait 2 hours before using Active Life™ capsules.

Ingredients:	Amount /Serving	%DV
Vitamin A (Palmitate/10% Beta-Carotene)	5000IU	100%
Vitamin C	500mg	833%
Calcium (from Calcium Citrate)	120mg	15%
Vitamin D3 (from Cholecalciferol)	400IU	100%
Vitamin E (as Natural D-Alpha Tocopherol Acetate + Mixed Tocopherols)	400IU	1,333%
Vitamin K2 (K2 - Menaquinone)	80mcg	100%
Vitamin B1 (Thiamin)	10mg	666%
Vitamin B2 (Riboflavin)	10mg	588%
Niacin - Vitamin B3 (from Niacinamide)	80 mg	400%
Vitamin B6 (Pyridoxine Hydrochloride)	10mg	500%
Folate (as (6S)-5-methyltetrahydrofolic acid) (equivalent to 1600mcg of (6S)-5-methyltetrahydrofolic acid glucosamine salt***)	800mcg	200%
Vitamin B12 (Methylcobalamin)	100mcg	1,666%
Biotin	300mcg	100%
Vitamin B5 (from Pantothenic Acid)	20mg	200%
Iodine (from Potassium Iodide)	150mcg	100%
Magnesium (from Magnesium Citrate)	60mg	19%
Zinc (from L-OptiZinc®)	25mg	166%
Selenium (from Selenomethionine)	200mcg	285%
Copper (from Copper Gluconate)	2mg	100%
Manganese (from Manganese Gluconate)	4mg	200%
Chromium (from Chromium Polynicotinate)	120mcg	100%
Molybdenum (from Molybdenum Citrate)	75mcg	100%
Chloride (from Fulvic Trace Minerals)	16mcg	< 1%
Potassium (from Potassium Malate)	216mg	5%
Boron (from Boron Citrate)	1mg	*
Strontium (from strontium Citrate)	60mg	*
Aloe Vera Powder (200:1)	2mg	*
Bilberry Extract 5:1	300mg	*
Choline Bitartrate	25mg	*
Fulvic Trace Minerals	200mg	*
Inositol	40mg	*
Lutein (from Marigold flower - ZanMax®)	20mg	*
Zeaxanthin (from Marigold flower - ZanMax®)	4mg	*
L-Cysteine	10mg	*
L-Glycine	10mg	*
L-L-Taurine	400mg	*

* Daily Value not established

** L-OptiZinc® brand of zinc mono-L-methionine sulfate.

*** This product uses Gnosis SpA's (6S)-5-methyltetrahydrofolic acid, glucosamine salt (Quatrefolic®) and is protected by U.S. Patent No. 7,947,662. Quatrefolic is a registered trademark of Gnosis SpA.

OTHER INGREDIENTS: Vegetable Cellulose (capsule), microcrystalline cellulose and medium chain triglycerides.

PrescriptBiotics™

PrescriptBiotics™ contains a custom-cultured blend of soil-based organisms, in its own prebiotic food source, to help balance the diversity of the microbiome, supporting digestion, immunity, and overall health. They can help to create less gas and bloating and improve nutrient absorption.

Containing a "Bio-Identical" SBO Probiotics Consortia™, PrescriptBiotics™ can help replenish these soil-born organisms missing from the modern diet and create a healthy balance between good/bad bacteria.

Soil-based probiotics are the first choice for optimum health, as they are well adapted to the environment of the gut and offer both daily and long-term benefits.

Ingredients:

- Bifidiobacterium Bifidium
- B.Lichenformis
- L.Acidophilus
- L.Lactis
- L.Casei
- B.Subtilis
- L. Rahmnosus and L.Pantarum, a superior formula of SBOs (Soil Born Organisms). Symbiotically blended in a proprietary nutrient-rich host medium of Humic & Fulvic Acids.

Dosage:

Take 1 capsule daily, at least 30 minutes before food.



More about missing/ optional nutrients

DermaGest

DermaGest phytoestrogen crème aids in the relief of PMS symptoms, menopausal discomfort, hot flashes, and hormonal imbalance. It should be used as part of an overall nutritional balancing and natural treatment regime. Phytoestrogens are a group of compounds found in plants that influence estrogen activity in the body by binding to estrogen receptors.

DermaGest phytoestrogens are readily absorbed and distributed throughout the body.

Ingredients:

- Purified Water
- Safflower Oil
- Octyl Palmitate
- Cetyl Esters
- Lecithin
- Glyceryl Stearate
- Cetyl Alcohol
- Glycerin
- Herbal Extracts of:
 - Black Cohosh
 - Red Clover
 - Dong Quai
 - Vitex
- Shea Butter
- Evening Primrose Oil
- Panthenol
- Tocopheryl Acetate (Vitamin E)
- Retinyl Palmitate (Vitamin A)
- Potassium Sorbate
- Hydroxyethylcellulose
- Essential Oils of:
 - Sage
 - Clary Sage
 - Orange
 - Geranium

Dosage:

Apply ¼ to ½ teaspoon daily to skin.



The Krill Miracle™

The Krill Miracle™ contains concentrated omega 3, 6, and 9 oils that can provide powerful reductions in inflammation, supporting healthy cholesterol lipid levels and mood levels. Krill is a tiny shrimp-like crustacean found in the Southern Oceans that has remained unpolluted by heavy toxic metals found in many fish oils. Krill oil is a super-rich source of EPA and DHA and is safe, pure, and free of heavy metals, PCBs, dioxins, and contaminants.

***Use Hemp Seed Oil as a vegetarian alternative.*

Ingredients:

- Superba Boost™ Krill Oil – 1180mg
- Phospholipids – 660mg
- Total Omega 3 – 318mg
 - EPA – 178mg
 - DHA – 82mg
- Choline – 82.6mg
- Astaxanthin - 100mcg

Dosage:

Take 1 capsule x 2 times daily.



Click
for more
details

B4 Health Spray

B4 Health Spray supports healthy homocysteine levels, the heart and cardiovascular system, proper vitamin B12 absorption through the digestive tract, and a healthy immune system. B4 Health Spray can provide optimum natural support as homocysteine may damage cells that line the veins or arteries, stimulating the development of scar tissue in the damaged area.

Lowering homocysteine can favorably impact infertility, particularly where unexplained infertility is present. The key nutrients in this sublingual spray can convert the homocysteine into other substances, preventing an unwanted build-up of homocysteine.

Ingredients:

- Vitamin C (as ascorbic acid) – 60mg
- Vitamin D (as cholecalciferol) – 400IU
- Vitamin E (as D-alpha tocopherol acetate) – 30IU
- Thiamin (Vitamin B1) (as Thiamin HCL) – 1.5mg
- Riboflavin (Vit B2) (as Riboflavin) – 1.7mg
- Niacin (Vitamin B3) (Niacinamide) – 20mg
- Vitamin B6 (as Pyridoxine HCL) – 2mg
- Folate (as Folic acid) – 400mcg
- Vitamin B12 (as Methylcobalim) – 6mcg
- Biotin – 300mcg
- Pantothenic Acid (Vit B5) (as D-Calcium Pantothenate) – 10mg
- Magnesium (as Magnesium gluconate) – 400mcg
- Selenium (as Selenium amino acid chelate) – 70mcg
- Proprietary Complex (Trimethylglycine, N-acetyl-D-glucosamine, Ribose, Taurine, Grapeseed Extract, Pine bark extract, Co-enzyme Q10 – 63mg)

Dosage:

Take 6 sprays in the mouth, once a day, or as directed by your healthcare practitioner.



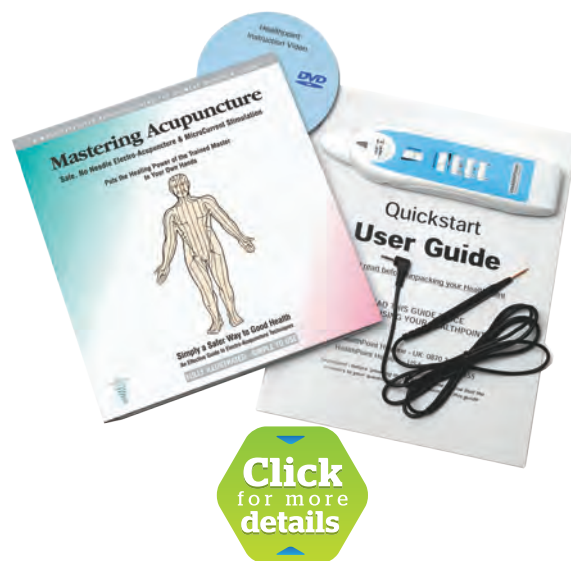
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details

More about acupressure

Stimulating the Good Health points for dysmenorrhea (painful periods) on page 1.24 of the book **Mastering Acupuncture** will help to balance reproductive health. These points can be effectively and safely stimulated using the **HealthPoint™** electro-acupressure kit. The advantage of the kit is it gives you the power to precisely locate the acupuncture point, and indeed other points, so you can enjoy the benefits of acupuncture at home and without any needles.

HealthPoint™ is easy to use, painless, and effective. It includes an instructional DVD and book covering over 150 pain and non-pain conditions that can be helped, such as headaches, back, neck, and joint problems.

The gentle and systematic stimulation of the body's natural healing system can speed recovery in many cases. **HealthPoint™** breakthrough waveform was developed with leading pain control specialist Dr. Julian Kenyon, MD, 25 years ago. Today, it features the latest microchip technology to quickly locate acupuncture points key to specific health conditions, such as the points for fibroid and endometriosis recovery.



In conclusion

The Reproductive Health Rehabilitation Program offers a complete rehabilitation plan that is specially designed to comprehensively prevent or manage endometriosis and fibroids.

Reproductive disorders can better be understood as lifestyle diseases. This means that if you change your lifestyle, there is a greater chance of partial or full recovery. When you implement the changes found in the 10 Step Plan, your body can naturally begin the healing process to recover your health.



Drugs won't improve your health.

Drugs aren't effective since they can't make you healthy again. In a best-case scenario, drugs may provide some relief. In a worst-case scenario, they will further damage your health and can even cause untimely death.

Of course, the pharmaceutical industry would love you to continue on your current drug regimen and ineffective rehabilitation plan, relying on toxic medications that inhibit your true path to long-term healing.



Thankfully, you have discovered that there is a better way.

Improved reproductive health requires a complete program, one designed to address all aspects of what contributes to endometriosis and fibroids:

- The Really Healthy Lifestyle is a treatment program structured for those patients struggling with fibroids or endometriosis, even after other medical treatments have failed.
- This program can help you learn how to love your body and improve your quality of life. The Reproductive Health Rehabilitation Program includes treatment in the form of exercise, education, and coaching.
- This personalized program incorporates therapy and support, assisting the person in achieving the maximum results possible.

You will find the Reproductive Health Rehabilitation Program outlined in this book. When you follow it carefully, you will see some results starting within weeks.



This rehabilitation plan will always offer health improvements.

The worst outcome when using this plan will be that your health improves, but you still need to take some drugs if your health has been damaged irreparably by medication or a reproductive disorder.



Start slowly and begin rehabilitation step-by-step.

If you're not used to making major changes in your life, it may be difficult to adopt new healthy habits at first. But stick with it because...



Your health is invaluable.

Robert Redfern, Your Health Coach

Email Robert@goodhealth.nu

Visit: www.MyGoodHealthClub.com
for step-by-step coaching and support

Daily Reproductive Health Rehabilitation Plan

TIME	ACTION	AMOUNT
OPTIONAL ITEMS		
Apply 30 minutes before a shower	Dermagest	Apply ¼ to ½ teaspoon of cream to skin daily
With food	The Krill Miracle™	Take 1 capsule, 2 times daily
With food	B4 Health Spray	Take 6 sprays daily
BREAKFAST		
Apply 30 minutes before a shower	NatraGest	Apply ¼ to ½ teaspoon of cream to skin daily
30 minutes before breakfast	Blockbuster® All Clear	Take 3 capsules with water
30 minutes before breakfast	CurcuminX4000®	Take 1 capsule with water
With breakfast	Nascent Iodine	Take 5 drops in 20ml of water
With breakfast	Active Life™	Take 2 capsules with food
LUNCH		
30 minutes before lunch	Blockbuster® All Clear	Take 3 capsules with water
With lunch	CurcuminX4000®	Take 1 capsule with water
With lunch	Nascent Iodine Drops	Take 5 drops in 20ml of water
With lunch	Active Life™	Take 2 capsules with food
EVENING MEAL		
30 minutes before evening meal	Blockbuster® All Clear	Take 3 capsules with water
30 minutes before evening meal	PrescriptBiotics™	Take 1 capsule
With your evening meal	CurcuminX4000®	Take 1 capsule with water
With your evening meal	Active Life™	Take 2 capsules with food

**All of the products you see in this book
can be obtained from the following links:**

Good Health Naturally UK (and Europe)

www.goodhealthnaturally.com
Tel: 03337 777 333
(Open Mon-Fri 9am-5pm)

Good Health USA

www.goodhealthusa.com
Tel: 1800 455 9155
(Open Mon-Fri 7am-3pm Pacific)

Good Health Canada

www.goodhealthcanada.com
Tel: 1 800 455 9155
(Open Mon-Fri 7am-3pm Pacific)

Good Health Australia

www.goodhealthoz.com
Tel: + 61 (0)7-3088-3201
From 9am to 5pm AEST

Good Health India

www.goodhealthnaturally.in
Tel: +91 9640428251
From 10am-6pm IST

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ABOUT THIS BOOK

My Good Health Club

Robert Redfern – Your Personal Health Coach
www.MyGoodHealthClub.com



Robert Redfern is a passionate health coach. He strives to offer you the best information and tools so that you can become a natural health expert to support you and your family's health.

This book combines all of Robert's work and research on endometriosis and fibroids into a simple Reproductive Health Rehabilitation Plan that can be used for naturally improved health.

For more information, you can join My Good Health Club (MGHC) for dedicated Good Health Coaching from Robert Redfern.

Visit www.MyGoodHealthClub.com today for more support for health problems related to:

- Infertility
- Prostate health
- Lung health
- Diabetes
- Digestive disorders
- Autoimmune disease
- Alzheimer's disease
- Heart disease

And much more!

"I no longer have endometriosis."

"Hi there, a couple of years ago I took your product Serrapeptase for endometriosis and, with the help of this and other things, I no longer have it. Thanks."

- Julie K.



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