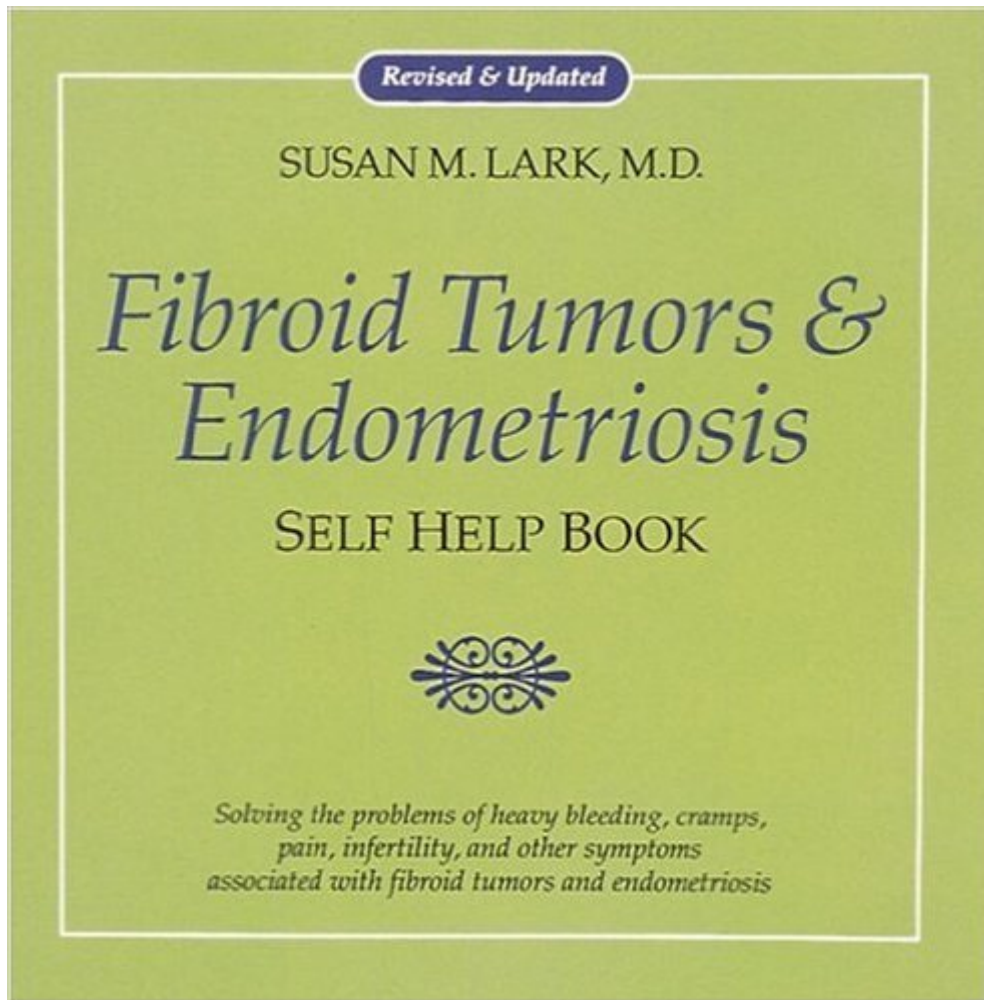


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# Fibroid Tumors And Endometriosis



## Synopsis

Fibroid tumors and endometriosis are two increasingly prevalent conditions among women. This groundbreaking volume contains the only complete self-help program offering facts and information about the causes and diagnosis; a weekly self-evaluation process; the latest information on medical procedures; solutions that utilize vitamins, herbs, and essential fatty acids; overall diet and individual meal plans; and physical exercise.

## Book Information

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## Customer Reviews

Susan Lark is an excellent writer who is able to explain fibroids in straight forward english to the average woman. I, for one, am an African American woman who by just looking at the nature of the statistics is in the higher percentile of women who will be fibroid inflicted. Sure enough by the time I was 35 I was diagnosed with fibroids that were stretching my uterus to the equivalency of a 6 month pregnancy. While I didn't look 6 months pregnant the doctor assured me my uterus was being stretched to that extent and that surgery was the only option. I had the surgery only to be told by the doctor the next day that he left one in because I was bleeding too much and that in a couple of years it too would need to be removed. What he later explained to me was that he was not familiar with the new laser surgery methods which radically limits amount of bleeding. I was put on steroids for about 9 months to help shrink my fibroids and then underwent the surgery. By the way the steroids purpose is to stop the blood flow to the uterus and it does this by throwing you into a false menopause. A side effect of the false menopause is that you lose calcium from your bones.

Wonderful so don't you think. My surgery went fine except this time the doctor cut a few nerves which made my left leg go numb. It took over 6 months for the nerves to connect again and was it ever fun to have electric shocks go through you whenever every day as the nerves reconnected. Also if you have never had numbness you know how uncomfortable that feeling can be, you know pins and needles. I went into all that graphic detail to let you know it all could have been avoided had I known and read books like the one Susan has here. Not only do I now understand the importance of diet, heredity and exercise in the growth of these tumors I understand that I am in control not the fibroids and not my doctors. The doctors mean well but they are still ignorant of a lot of information. By the way, after my second surgery the doctor informed me that I would still probably have fibroids at some stage of development, like 75% of the women in America but hopefully they would stay a manageable size until I went into menopause. By the way, I am taking certain herbs to help me, I do yoga, I manage my diet and guess what? My doctor can barely find a fibroid. They are there but really tiny. Susan also has a book on diet and nutrition that is excellent and should be used in conjunction with this book. END

This book is a MUST have for any woman suffering from fibroids. After two surgeries I knew I had to take matters into my own hands. I read this book changed my diet, started using herbs, and exercise and my symptoms have disappeared. I tell anyone I know to tell anyone they know with fibroids to read this book. I agree with ChicagoJESS that western medicine can do but so much. My doctor was insisting that I have a hysterectomy. I'm 31. NO WAY! Now he looks at me in amazement. I am no longer anemic, my fibroids have decreased in size and he can't explain it. Thanks Dr. Susan Lark. She saved my uterus, and I am forever grateful.

This book was a true eye-opener for me! I recommend this book to everyone I know who has Endo. I have used its wisdom enthusiastically, and with fabulous results. As an effect of this book, I turned to yoga. I changed my diet. I did a lot of things differently. And let me tell you ladies, if you experience pain are you're sick of taking those pills, then get this book and read it every night. Make it your tummy bible! I went from periods that were horrible: endless aching and pain, cold sweats, dizziness, diarrhea, shakes, even vomiting! (and 4+ pain killers, hot water bottles, and teas) to periods that were virtually PAINLESS. Lifestyle changes and diet, it really helped me out. Now I can work like everyone else and I don't need a single pain killer. Not one. Today I had my period and went to play racquetball. WOW! What is most heartening about this book is just how it makes you feel informed about yourself. We all grow up feeling kind of helpless about the mysterious female pain of

menstruation, waving helplessly at our family or partners over the years. it doesn't need to be like that!It takes time too: my changes didn't occur overnight, but within half a year my periods were bearable enough I made it through without pills. A year later the pain was all gone. So there ya have it!Here's a tip: NO BEEF! Well, try to get the red meats out of your diet. Especially not within ten days of your period. You'll see.... ;)

I am a 35-year-old African American female and have suffered from fibroids for over 7 years. Almost everyone in my family does to some degree. Various quacks have prescribed painkiller after painkiller. Then finally I had a surgery and conceived, but lost our child at 18 weeks. A year later, a fibroid was back with an ovarian cyst. I did not want more surgery, so during the holiday I order this book and started the plan. During my recent ultrasound, examine less than 3 weeks later the small fibroid was gone and the cyst partial collapsed (part fluid it was solid) and shrunk. I feel great and whole for the first time in a long time. Thank you for having the courage to show us a different way. The book was balanced with options and I will recommend it to all I know.

I have to admit, I've done a thorough skimming of the book rather than a complete read. But she knows her stuff and has some really helpful lists and suggestions. As a heavy bleeder and someone who was diagnosed with small fibroids (6-week uterus), I'm really anemic (10.2) and have started eating foods from the "good" lists (which, incidentally, coincide with the detoxification/cleansing diet my nutritionist gave me). There are quite a few de-stressing and exercise suggestions, and I just haven't been able to find that kind of advice anywhere else. If you can't do it all, there are lots of things to pick and choose from that are likely to help.

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