

Women's Fibrosis Diseases.

By: Dr. William Wong, ND, PhD.

Fibrocystic Breast Disease, Uterine Fibroids, Ovarian Cysts, Endometriosis; all words women dread hearing of in relation to themselves or their loved ones. Why does it seem that these diseases are becoming more common now than they were a generation or two ago and why is it that with all of the money thrown into "research" on combating these maladies, conventional medicine seems no closer to an answer (or cure) now than they were before the moneys started pouring in? And lastly, since standard drug / surgery based medicine seems helpless against these diseases (except for hair of the dog treatment as we'll see), is there anything in Natural healing that can be used to combat these ills?

Let's first look at what the root cause of these related conditions is. What generates fibrosis? Well two things: 1) Trauma. i.e. accidents, strains / sprains, contusions, surgery, damage to tissue caused by disease etc. 2) Estrogen. I'll be so bold as to make a blanket statement – ALL women's fibrosis diseases are driven by estrogen! "Can't be", you say! You're MD gave you estrogen to treat those conditions! Yes they did. It's like drinking a Bloody Mary to cure a hangover, "the hair of the dog that bit you" treatment. Did the conditions get any better? Did they go away, or did they just continue on? Are you being told that the only way of getting rid of it all is the knife? Thought so. The estrogen peddlers in the pharmaceutical industry are doing a "cover their butts" act for all the estrogen they've been peddling these last few decades. They hear the product liability lawyers sharpening their knives and getting ready to go after them. Let me explain why and what the drug folks are doing.

Hardly a month goes by without another study showing estrogen and estrogen replacement therapy is causing everything from fibrosis to cancer. In case you did not know the estrogen variant Estradiol (E2) is listed as a known carcinogen! Didn't know that? Thought so. It's impossible to calculate or imagine how many women in the last 4 decades have come down with cancers of various types due to estrogen replacement therapies. Is getting the big CA worth fighting hot flashes? To make it seem as if they have been on the right track all along the drug companies are trying to find variants of their estrogen's that will undo some of the damage they've done. One example is the use of Tamoxifen to prevent a recurrence of breast cancer. Yes it seems to work but have the patients using this drug been told of the higher incidence of cervical and uterine cancer from taking the medication? Not many have been so informed.

The CYA has become so intense that the estrogen peddlers and now seeming to blame progesterone, a woman's most benign, protective and beneficial hormone for breast cancer! It seems that the "researchers" have found that gals with breast CA have an inordinately large number of empty progesterone receptors in their breasts so in their wisdom they surmise that progesterone must have something to do with breast disease. This is spin on an enormous scale. Let's see what fact is: When tissues are overloaded

with estrogen tissues create NEW estrogen receptors to fill. On the opposite side of each estrogen receptor is a progesterone receptor just begging to be filled to balance and offset the overabundance of estrogen! So all those empty progesterone receptors found in breast cancer patients attest to the fact that there is too much estrogen on the other side of the receptor. Get it? Since most laymen and even physicians don't know that simple fact of endocrine physiology, the drug dealers can get away with their deception.

It's CYA work such as this which has kept the lawyers at bay so far. But not for long. With the increasing amount of evidence damning estrogen of ALL sorts from that derived from horse urine to soy isoflavones, it's time to call a spade a spade and put your foot down. Gals, if you want to control your fibrosis diseases and possibly even be rid of them you've got to get your estrogen in check. Even if for posts menopausal gals it means having hot flashes. The product liability lawyers will eventually get on with their work of taking apart the pharmaceutical companies just as they did the tobacco industry, but the rest of womankind suffering with the fibrosis conditions can't wait for the bad news about estrogen to filter down from the ivory towers of official medicine.

Official medicine has just admitted that there are good cholesterols and that those good fats can prevent heart disease! That's something the natural docs have said for over 40 years. Orthodox medicine has just "made" these grand discoveries! Can you afford to wait 40 years for orthodox medicine to do a Mia Culpa and say it was wrong about estrogen? How many women will suffer, how many women will be infertile, how many women will contract cancer before conventional medicine admits estrogen based HRT is hurting more than helping?

Okay, I'll get off my soapbox now and get down to the business of relieving these conditions starting from its foundations, then tackling its effects and symptoms.

Phase 1: Getting at the root cause, estrogen dominance.

There are a few ways to reduce estrogen dominance. And before I get deluged with questions from post menopausal gals, yes it's possible to be estrogen dominant even if you've gone through menopause and you have lower estrogen production. It happens this way; you're still making some estrogen, but since you don't have to have periods or get pregnant anymore you've basically stopped making progesterone. Not only that since you don't need to have a libido or be romantic any more, since you're not reproducing, your body has stopped making testosterone as well. The only sexual hormone you've got left is the big E; the I am grouchy, I'm depressed, my moods are swinging and I'm getting fat from my waist to my knees hormone.

Tools to control Estrogen Dominance:

Natural Progesterone Cream: Controls and balances estrogen production increases bone density better than estrogen, improves mood, fights depression, can increase libido. For young gals follow label directions for application. For post menopausal women use 1 application twice per day 12 hours apart for 25 days then take 5 days off.

Myomin: This Chinese herb blend has been shown in hospital research to control Estradiol (E2) and to reduce both the number and size of Fibroids, Fibrocystic Breast Cysts, Ovarian Cysts. Follow label directions.

DIM: Stands for Di Indole Methane, an estrogen blocker and metabolizer (it gets rid of estrogen from the system) made from cabbage. Don't use DIM's byproduct I 3 C. Though this is what DIM turns into in the body to block estrogen, I 3 C by itself has almost no shelf life and therefore most I 3 C products are dead in the bottle and have little or no effect.

Tool to control symptoms and eat away at the fibrin:

Vitalzym: Systemic enzymes have been shown in research to reduce the engorgement (swelling and pain) of fibrocystic conditions. Along with that the fibrinolytic action (6) can eat away at the cysts / fibromas themselves, reducing their size or eliminating them all together over time!

When I recommend the above combination I'm often asked if all of the Estrogen control measures need be taken together or if one measure alone will do. I believe in fighting an all-encompassing battle not just a war on one front. While I've seen each of the individual approaches succeed, I've also seen each of the individual approaches fail, but together they have an extraordinarily synergistic and sweeping action. And of course the must have is the Vitalzym; without the enzymes you are fighting the formation of new cysts, or fibroids but not aggressively eating away at those already existing. The goal is their complete elimination, this may take time though in two reports I've received from fibrocystic breast disease sufferers, one gal even being an MD, the cysts and everything related to them were gone in a matter of weeks! I hope you are all so lucky.