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Uterine Fibroid Tumors

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A woman's fibrosis condition usually associated with [estrogen dominance](#).

Uterine fibroid tumors are found most often in the uterus of women in their 30's and 40's. Between 20-50% of women of childbearing age have uterine fibroids. They are usually benign (non-cancerous) tumors.

Uterine fibroid tumors are nodules of smooth muscle cells and fibrous connective tissue that develop within the wall of the uterus, hence the name 'fibroid' tumor. Medically they are called uterine leiomyoma or myoma. Fibroids may grow as a single nodule or in clusters and may range in size from 1 mm to more than 20 cm (8 inches) in diameter. They may grow within the wall of the uterus or they may project into the interior cavity or toward the outer surface of the uterus. In rare cases, they may grow on stalks or peduncles projecting from the surface of the uterus.

While many women do not experience any problems, symptoms can be severe enough to require treatment, and are the most common indication for surgery, including hysterectomy, myomectomy, and uterine fibroid embolization.

There are four primary types of uterine fibroids, classified primarily according to location in the uterus:

Subserosal

These fibroids develop in the outer portion of the uterus and continue to grow outward.

Intramural

The most common type of fibroid. These develop within the uterine wall and expand making the uterus feel larger than normal (which may cause "bulk symptoms").

Submucosal

These fibroids develop just under the lining of the uterine cavity. These are the fibroids that have the most effect on heavy menstrual bleeding and the ones that can cause problems with infertility and miscarriage.

Pedunculated

Fibroids that grow on a small stalk that connects them to the inner or outer wall of the uterus.

Uterine Fibroid Symptoms and Complications

Many women with fibroids experience little to no symptoms or complications that require treatment. Women who do experience uterine fibroid symptoms may suffer from pelvic pain, abnormal menstruation, and a variety of other conditions. Pregnancy may be complicated, resulting in miscarriage, premature birth, and other difficulties.

Uterine Fibroid Symptom Check List

- Abnormal Menstruation and Bleeding
- Anemia
- Pelvic pain
- Bladder and Bowel Problems
- Miscarriage, Pregnancy Complications, and Infertility
- Weight gain

Abnormal Menstruation and Bleeding

Fibroids can result in a number of abnormal menstruation symptoms. Periods may be longer and more frequent than normal. Bleeding may also occur between periods. Tumor pressure can result in severe cramping. Menorrhagia, or heavy prolonged menstrual flow, is also possible.

Anemia

Women with menorrhagia (heavy bleeding) may pass blood clots, and may develop anemia (decreased red blood cells and hemoglobin). In rare occurrences, blood loss can be life threatening.

Pelvic Pain

Pressure from tumor growth can result in dull, aching pelvic pain. This sensation is sometimes reported as pain, or as a feeling of pressure in the abdomen and/or back. Pain may also be experienced during sexual intercourse, a condition known as dyspareunia. Occasionally, the stem of a pedunculated fibroid may twist, blocking the blood vessels in the fibroid in much the same way a kink in a garden hose prevents water flow. This results in sharp, severe pain. In this circumstance, hospitalization and surgical removal of the growth will be required.

Bladder and Bowel Problems

The pressure of a growing tumor can cause bladder and bowel problems. Women may find it difficult to urinate, or conversely, experience urgent and

frequent urination. The need to urinate may force women to get up several times a night resulting in sleep deprivation. Some women have reported recurring bladder and/or kidney infections. Constipation, hemorrhoids, and difficult bowel movements may all occur as the fibroid puts pressure on the bowels.

Miscarriage, Pregnancy Complications, and Infertility

Most women with fibroids have normal pregnancies. However, the possibility of a miscarriage is higher if fibroids are present. The increased blood flow to the uterus during pregnancy can cause fibroid growth. If the tumor blocks the uterine passage, a C-section may be required. Large growths also increase the chance of premature delivery, and greater blood loss during delivery. Occasionally, a growth may block the uterus so completely that it causes infertility.

Weight Gain

Benign uterine growths can grow to large sizes without producing symptoms. This may only be detectable as gradual weight gain and distention of the abdomen, as if the woman was pregnant. As malignant tumors can also cause this type of distention, it is important to consult your doctor if you experience sudden, inexplicable weight gain.

What Causes Uterine Fibroids?

Although no precise answers exist for the development of uterine fibroid tumors, there is a link between fibroids and estrogen production. Fibroids do not develop until the body begins producing estrogen during the onset of menstruation. During the reproductive years, hormonal imbalance can cause fibroids to form and grow. Hormonal imbalance occurs when estrogen and progesterone are not present in the proper proportions. The most common imbalance that causes fibroids is low progesterone in ratio to estrogen.

Progesterone development decreases during the 30s and 40s. When additional estrogen, such as found in birth control pills, hormone replacement therapy, and plant and environmental estrogens is brought into the mix, **hormonal imbalance** occurs. Additionally, fibroid tumors may grow very quickly during pregnancy when the body is producing extra estrogen.

They often shrink and disappear after menopause when the body stops producing estrogen. A woman will almost never develop fibroid tumors after menopause.

How Vitalzym and OTHER Supplements May Help

We make a finite amount of enzymes in a lifetime and levels decrease with age. With ever diminishing enzyme levels, internal organs begin to collect

deposits of fibrin, causing women to develop conditions such as uterine fibroid tumors and fibrocystic breast disease. Replacing enzymes through supplementation assists the body in eliminating abnormal formation of fibrous tissue.

Vitalzym - Vitalzym contains proteolytic (protein digesting) enzymes as its active ingredients. The serrapeptase contained in Vitalzym is a powerful proteolytic enzyme. Fibroid tumors are made up of proteins in the form of fibrin, muscle cells, and red blood cells. Vitalzym can digest the protein in tumors when taken at an “activation dose,” causing tumor shrinkage.

Natural Progesterone - Natural progesterone cream supplements low progesterone levels and balances the ratio between estrogen and progesterone, thereby assisting in promoting proper hormone balance. It can be safely used by menstruating women, pre- and peri-menopausal women, and menopausal women. Additionally, women who may not be highly estrogen dominant find that if a progesterone cream is used on a regular basis, their menses and PMS are less difficult.

DIM - Diindolylmethane - Diindolylmethane (DIM) is a powerful metabolizer of estrogen, assisting in removing excess estrogen and benefiting conditions associated with estrogen dominance. Supplementation with DIM can help promote proper estrogen levels through the pre- and peri-menopausal years. These conditions include uterine fibroid tumors, fibrocystic breasts, glandular dysfunction, and more.

Myomin - Myomin is a formula of five Chinese herbs that promote proper hormonal balance. Like DIM, Myomin also metabolizes excess estrogens. Myomin can reduce levels of bad estrogens and promotes production of the good estrogens. Additionally, some of the herbs help promote shrinkage of tumors and cysts.

Magnesium Citrate - Some fibroids, especially older ones, develop a calcium coating which can get in the way of enzymes dissolving the fibrin within. Magnesium, when taken alone without calcium, can help to remove the calcification of uterine fibroid tumors.

Zinc - Zinc is important for peak gynecological function. Zinc assists the body in absorbing enzymes, such as those found in Vitalzym, to help them work as efficiently as possible in the body

SSS Tonic and **Sublingual B-Total** - Many women with fibroid tumors are anemic. SSS Tonic, a liquid iron supplement, and Sublingual B-Total, a B-vitamin and folic acid supplement, are for women who are clinically anemic to help raise their iron levels.

