

# THERMO-TECH INC.

## UTERINE OR OVARIAN FIBROID PROTOCOL

**Symptoms of uterine fibroids:** 1.) Break through bleeding, other than when periods are due. 2.) Excessive bleeding during menstruation or menorrhagia, that is, either a heavy flow or longer periods. 3.) Excessive cramping in the uterus or ovaries region of the abdomen.

**Symptoms of ovarian fibroids:** Similar to above, in addition, pain when ovulating. This can feel like sharp pains right above the pelvic bone on the right or left side towards the hip-bone. Normally the sharp pain related to ovulation would happen mid-cycle, but it could be off kilter because of the hormonal fluctuation that causes this disease.

### Protocol:

1. Avoid taking synthetic hormones such as birth control pills or patches or implants with hormones or hormone replacement therapy (HRT), find a natural substitute as excessive estrogen may be the cause of this problem.
2. Take nutritional supplements such as *Indoplex\**, *Calcium d' Glucarate\**, and *Recancostat\**, a high anti-oxidant for the support needed to eliminate fibroids.
3. Drink lots of pure water to properly hydrate the body and carry off toxins.
4. Keep the colon clean because this is where the body extracts the water that is used for the lymphatic system. Toxins absorbed here cause tumors to be fed into surrounding organs.
5. Avoid all caffeinated products, especially coffee and chocolate, as they have an acid called zanametholine that blocks the natural production of the enzyme fibronase that helps to break down fibrous tissue in the body so it significantly contributes to fibrous cysts.
6. Avoid alcohol, especially wines with sulfates.
7. Acupuncture treatments and herbal medicines help balance the liver and spleen, which in turn supports balancing hormones.
8. Use castor oil packs daily for 2 hours on the fibroid tumors. See instructions below.
9. Have a manual lymph drainage massage or lymph light treatment weekly especially on designated area of concern. Follow up with daily dry-brush massage and exercise. Yoga, walking or rebounder (mini-trampoline), moving your arms in circles while exercising, will increase circulation to the upper body's lymphatic system.
10. Diet: lots of fresh organic fruits, vegetables and their juices, whole grains, only range meats without hormones or antibiotics, and only organic dairy products.
11. Use wheat grass juice orally and as an additive to colonic hydrotherapy treatments if possible or high enemas on your own as it helps with detoxification.
12. Foot reflexology specifically on the back of the foot heel and lower calf both left and right using deep but not painful effleurage massage strokes will increase circulation for expediting the healing process.

### Instructions for Caster Oil Pack:

Saturate a large piece of cotton flannel about 18 inch square fold in half and then in half again to make it square 4 layers thick. Dribble oil over the surface evenly and place directly on a heating pad and turned on to high to warm up the oil. When it feels warm enough, turn heat to medium so as not to burn your skin and place on lower abdomen. Leave on uterus for two hours straight, adjusting the heat to comfort. For best results to this daily.

\* Call office to purchase any products.