

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, the region of the lower abdomen or pelvic floor.

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-bones. 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, patches, implants or HRT, find a natural substitute such as Acupuncture and herbs because excessive estrogen may be the cause of this problem. If discontinuing hormones is not possible then take *Indolplex™* to block estradiol conversion to estrone.
2. Take nutritional supplements such as *Calcium d' Glucarate™* to reduce excessive estrogen 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 help the lymphatic system eliminate toxins.
4. Keep the colon clean because this is where the body extracts the water that is used for the lymphatic system and blood plasma. Toxins absorbed here stress out the liver and compromise the immune system.
5. Avoid all caffeinated products, especially coffee and chocolate, coffee has an acid called methylxanthine that blocks the body's natural production of the enzyme fibronase that helps to break down fibrous tissue in the body, so it significantly contributes to fibrous cysts formation.
6. Avoid all alcohol, especially wines with sulfates and sugar of any kind including sugar substitutes.
7. Acupuncture treatments and herbal medicines help balance the liver and spleen, which in turn supports balancing hormones. This can replace the need for Hormone Replacement Therapy or synthetic HRT.
8. Use castor oil packs daily for 2 hours daily on the fibroid tumors. See instructions below.
9. Have a manual lymph drainage massage weekly especially on designated area of concern. Dry-brush massage before showering daily and exercise. Yoga, walking or rebounder (mini-trampoline), moving your arms in circles while exercising, will increase circulation to the entire lymphatic system.
10. Diet: lots of fresh organic low sugar fruits, green leafy vegetables and their juices, whole non- gluten grains, beans and legumes (sprouted before cooking), only grass fed meats without hormones or antibiotics, or organic, non-GMO finished and only organic dairy products.
11. Use organic 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. See: *Instructions on High Enema©*.
12. Do foot reflexology massage specifically on the back heel all the way up the Achilles area using deep but not painful effleurage massage strokes will increase circulation for expediting the healing process.

Instructions for Caster Oil Pack:

Fold a large piece of cotton flannel 4 layers thick. Saturate the surface evenly with castor oil 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.

This article is intended to educate as to the various options available to heal the body and in no way is intended to take the place of a doctors advise or treatment of disease.