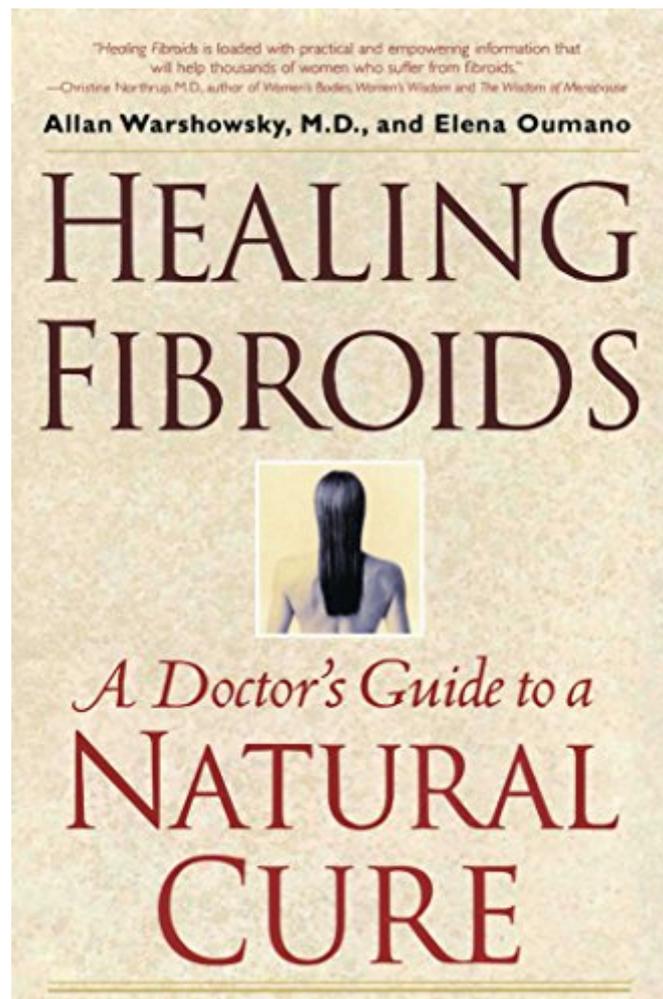


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Healing Fibroids: A Doctor's Guide To A Natural Cure



Synopsis

An exciting new approach to regaining health without surgery! Fact: By the time they reach menopause forty percent of American women have at least one uterine fibroid; 600,000 women are diagnosed each year. Fact: Fibroids are the leading cause of hysterectomy, the second most common surgical procedure performed on women. Fact: Natural, holistic medicine can heal fibroids without invasive surgery. Fibroid tumors, while usually benign, can swell a woman's uterus to the size of a basketball, frequently causing heavy menstrual bleeding, cramping, bladder infections, and even infertility. Most doctors recommend surgery as the only answer. Now this innovative holistic program brings new hope for a surgery-free life to millions of American women. Dr. Allan Warshowsky combines traditional Western medicine and holistic science to cure not just the fibroid condition but also the underlying imbalances and systemic dysfunctions that can cause fibroids. With an exciting program of diet, exercise, supplements, herbs, and mind/spirit work, Dr. Warshowsky shows fibroid sufferers how to become the strong, healthy women they deserve to be.

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Customer Reviews

I'm just starting my journey of dealing with a large fibroid that is beginning to cause other problems, and am not at all open to the idea of hysterectomy. I know in my heart that that would just open the door to other (lifelong) issues, and I'm determined to exhaust the natural path before I go down the surgical/pharmaceutical one. It seems like common sense to me that many medical conditions can be healed naturally by bringing the body back into balance so that it can do what it was designed to do in the first place. That requires understanding how the body got out of balance to begin with. This book addresses all of these ideas head-on. I knew this book was for me when near the front I read, "...a fibroid condition can become a life-enhancing opportunity." Yes, that is exactly what I was looking for -- a book that looks at the whole picture of health -- physically, emotionally, energetically -- and gives concrete ways, in all areas of your life, that you can start to take responsibility for your own healing and overall health. Again, I believe the word balance is the key. When it comes to the way the body functions, there are tipping points in both directions. Lots of little things you do can add up to bad health -- but it works in the other direction, too, where removing all those little things can tip the other way into good health. The book starts with a layman's medical overview of how these types of gynecological problems arise in the first place. Then it moves into a thorough discourse on all the areas you can review in your own body and life, so that you can begin working to reduce fibroid aggravators and promote healing -- through diet, supplements, herbs, stretching, exercise, meditation, reducing stress, avoiding environmental toxins, etc. Dr.

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