

FIBROIDS / PCOS/ ADENOMYOSIS/ENDOMETRIOSIS

Supplements:

- * Pancreatin
- * Megazyme Forte
- * Pepsin
- * Tribulus
- * Ashwagandha + Cimicifuga + Vit C
- * I3C + DIM
- * Vaginal Suppositories (5-25days)
- * Krill Oil
- * CoQ10
- * HMC
- * J-Flex
- * Milk Thistle
- * Lugol
- * Vit E,EPO

Treatments :

- * Castor Oil Patch
- * Exercise
- * Reduce weight.
- * No smoking
- * Avoid environmental toxin
- * Drip (SHTD)
- * Use natural detergent

Diet :

- * No soya, refined carbo, sugar, potatoes, corn, cookies.
- * Take complex carbohydrates like whole grains, fruits & dark green leafy vege, garlic
- * High iron food, cruciferous vege, beans
- * Low glycaemic index
- * No red meat, processed meat, poultry
- * No alcohol, coffee & Tea ,soft drinks
- * No high fat, dairy products, highly salted food, canned food, white bread, cakes, pasta
- * No microwave in plastics
- * No drinking water in plastic bottle
- * No paraben in cosmetics/creams
- * Take Flax seed oil