

# The Herbal Treatment of Fibroids

## Question 1: What specific herbal remedies can be used to prevent fibroids?

Prevention is best achieved through a careful diet and regular detoxes. Good bowel and liver function is important.

A diet of mostly [green vegetables is protective](#), whereas a [higher intake of meats](#) was associated with a greater incidence of fibroids. Vegetarians have lower oestrogen levels compared to non-vegetarians. [Avoid/reduce meats](#) In general, [avoid junk foods, fast foods, saturated fats, sugar, bleached white flour and processed foods](#). Also avoid alcohol and tobacco.

Eat a diet that is high in [fruits and vegetables](#), especially [raw fruits and vegetables](#) for their fibre content and their [digestive enzymes which help remove fibrin](#).

\*Incorporate [pinto beans, splitpeas, limabeans, blackbeans and kidneybeans](#) into your diet to [diminish oestrogen levels and thwart fibroid growth](#). Eat at least one helping of beans every day. [Beans are high in plant oestrogens](#).

Clinical trials have showed that supplementation with [flaxseeds 10-25g daily](#)) significantly [reduce the production of oestrogen](#) in both pre- and post-menopausal women.

As women near the onset of menopause, hormonal changes increase the likelihood of fibroid development. [Lower amounts of progesterone](#) and [increased amounts of estrogen can cause fibroids](#), which can lead to menstrual problems, [anaemia, dizziness](#) and [fatigue](#). A few changes in your diet and other healthy natural changes can help [prevent the formation of fibroids](#) and shrink and eliminate existing fibroids.

Limit the amount of estrogen that enters your body. Reducing oestrogen levels can naturally shrink [fibroids](#). This includes limiting the use of birth control pills, hormone replacement drugs, spermicides and pesticides.

Practice stress reduction techniques. Stress can deplete progesterone in the body and lead to a surge of oestrogen. Taking the time to de-stress can help shrink fibroids naturally. Also get adequate sleep, since lack of proper sleep can contribute to stress.

Watch your weight. [Losing weight can potentially help shrink uterine fibroids naturally](#).

Drink two teaspoons of apple cider vinegar mixed with 8 oz. of water once each day to help with the elimination of body toxins and with fat loss.

[Digestive enzymes which contain serrapeptase can help break up and dissolve the fibrin, which fibroids are composed of.](#)

Hypertension (high blood pressure) damages smooth muscle lining of arteries.

Hypertensive women were 24% more likely to report fibroids.

Question 2: What are the side effects of these herbal remedies?

To my knowledge and in my experience, there are no side effects from the herbal remedies used in fibroids. Herbs are food, and as such they contain nutrients, enzymes, vitamins and minerals.

Question 3: What herbal remedies can be used to treat the symptoms of fibroids?

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## Aim of Treatment

### Treatment Strategy, Goals, Actions and Herbs

1. Minimise further growth and manage symptoms, especially menorrhagia (Abnormally heavy bleeding at menstruation.) this is thought to be due to vascular changes in the lining of the uterus. Over time this can lead to severe fatigue and anaemia.
2. Treatment needs to be trialled for at least 3 months together with lifestyle changes, i.e. diet, exercise.
3. Herbs are given in a synergistic combination: Chaste Tree: Depresses oestrogen production and can be given in high doses, if fibroids are severe.
4. Important: Liver herbs: **Schisandra** & **Rosemary** help to breakdown oestrogen and prevent its recycling.
5. Anti-haemorrhagic herbs: (indicated for menorrhagia). **Shepherd's Purse**, **Horsetail** & **Yarrow**.
6. Herbs used to control benign growths: **Echinacea**, **Thuja** and **Greater Celandine** & **Peony**.
7. To modify the effects of oestrogen and its metabolism, lignans, as found in flaxseed should be increased.
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Any Herbal Formula for Fibroids should contain herbs that will:

1. Assist the progestogenic part of the menstrual cycle
2. Normalise the female hormone system
3. Support the liver and assist in liver conjugation of estrogens.
4. Stimulate normal function of the lymphatic system and female sexual organs.

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[http://www.menopause-metamorphosis.com/An\\_Article-fibroids.htm](http://www.menopause-metamorphosis.com/An_Article-fibroids.htm)

**The above link is an article by Susun Weed on fibroids**