

# Fibrocystic Breast Disease

## What Is Fibrocystic Breast Disease?

Fibrocystic breast disease refers to breast lumps that are noncancerous and may sometimes be the cause of discomfort, particularly in relation to hormonal influences from the menstrual cycle. It's thought to affect around 30-60% of women and roughly 50% of women around child birthing age.

## What Causes Fibrocystic Breast Disease?

The menstrual cycle can factor into fibrocystic disease, and hormones such as progesterone and estrogen can have a big effect on breast tissue, resulting in cells growing and multiplying. Prolactin, insulin, and thyroid hormones can also have an impact on the breast, causing it to produce hormonal products from fat and glandular cells. These can play a role in fibrocystic breast disease symptoms.

## Fibrocystic Breast Disease FAQ

**Q: I just read your website regarding Serrapeptase; I used the product for less than 2 weeks because I got pregnant. I have fibrocystic disease, and the Serrapeptase reduces the pain when I take it. I want to take it again this time. Will my cyst disappear eventually when I take it for more than a month? I read most of the testimonials, and I'm interested, please help.**

A: Yes, it is safe to take it all the way through and even when breastfeeding to stop engorgement.

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**“Early this year, I did a self-breast exam for the first time and detected two tiny lumps in my left and right breasts and had it checked up. Although found to be benign, it didn't make me feel good, and I kind of felt heavy and sore. I ordered SerraEnzyme from [www.goodhealthusa.com](http://www.goodhealthusa.com) and took 3 capsules, 3 times a day. I also avoided as much junk food as I could and ate a lot of veggies. After just four weeks, I noticed that they seemed to be shrinking. Two and a half months later, I could no longer feel a single lump. Thanks to the miracle enzyme!”**

**- Andrea S., United States**

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*Follow the Health Plan as recommended for the best results:*

## FIBROCYSTIC BREAST DISEASE HEALTH PLAN

The following plan is designed to provide relief for fibrocystic breast disease and to ease the symptoms associated with it. For best results, follow a naturally healthy lifestyle and long-term good health can then be achieved.

*Your 4-8 Week Plan, From My eBook, by Robert Redfern  
Supplements to support women's health - in order of priority:*

- [SerraEnzyme 80,000IU](#) - Take 2 capsules x 3 times per day. Take 30 mins before eating a meal with water. Reduce to 1 x 3 after a good relief. Contains SerraEnzyme, Serrapeptase, Curcuminx4000, Ecklonia Cava (Seanol) and Vitamin D3.
- [Nascent Iodine](#) – Iodine is essential for a completely healthy body. Take 5 drops x 3 times per day in 20ml of water, swish around the mouth for 30 seconds before swallowing. Build over 2 weeks to 15 x 3 until well and then slowly reduce back to 5 x 4. Take 1st dose on waking, 2nd midmorning and 3rd midafternoon. Note that Iodine needs a supplement containing Selenium to activate it, such as Active Life, D.I.P. Daily Immune Protection or B4 Health Spray.
- [NatraGest](#) - Natural progesterone cream. Apply 1/4 to 1/2 a teaspoon to skin per day. This regulates the hormonal system.
- [Active Life Capsules](#) - Essential vitamins, folic acid, 77 trace minerals and elements, electrolytes, and 18 amino acids to help replenish storages in your body that are naturally depleted each day. Take 3 capsules, twice daily.
- [Prescript-Assist - 29 Super Strain Probiotic](#) - Take 3 capsules per day. Break them open and mix with a small amount of vegetables or with yoghurt. Contains 29 probiotic microflora. This is the next-generation, clinically-proven vegan probiotic supplement. Supports the immune system. **(See [www.Probiotic29.com/studies](http://www.Probiotic29.com/studies).)**
- [Hemp Seed Oil](#) - Take 2 servings of 30ml daily. Promotes cell growth and organ function.