

Uterine Fibroids

What Are Uterine Fibroids?

Uterine Fibroids are benign (non-cancerous) tumors from smooth muscle tissue that form in the uterus. There can be multiple fibroids, and they are the most common tumors in females, typically found during mid-to-late reproductive years. Most fibroids grow and cause heavy and painful periods, painful sexual intercourse, and frequent urination. Some fibroids can also interfere with pregnancy, although this is thought to be very rare.

What Causes Uterine Fibroids?

The exact cause of uterine fibroids is unknown, but it is thought that Iodine deficiencies may be an important factor.



“I got scared when I found out I had pea-sized fibroids in my uterus. I was told that they will just get bigger and bigger and that my doctor will just check them during my regular visits to check on the size. They’ve not really been bothering me yet and causing that much discomfort, and I had the option to have them surgically removed, but I am aware that they may grow back. So I thought I’d try Serrapeptase first and see how it clears the fibroids before jumping into surgery without sure results. A couple of months after, my doctor can no longer find any tumor in my uterus. Thank you for your website and the information.”

- Angie L., Canada



Follow the Health Plan as recommended for the best results:

UTERINE FIBROIDS HEALTH PLAN

The following plan is designed to provide relief for Uterine Fibroids, especially when combined with a naturally healthy lifestyle for long-term good health.

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

- [BlockBuster AllClear](#) - Take 3 capsules x 3 times a day, 30 minutes before eating, with water. This Serrapeptase/Nattokinase formula is designed to clear inflammation and to support the healing process.
- [Curcuminx4000](#) - Take 1 capsule x 3 times per day, with the BlockBuster AllClear. Curcumin is a powerful antioxidant that supports the healing process.
- [NatraGest Progesterone Cream](#) - Apply 1/4 to 1/2 teaspoon to skin daily. This regulates and supports hormonal balance.
- [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.
- [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.