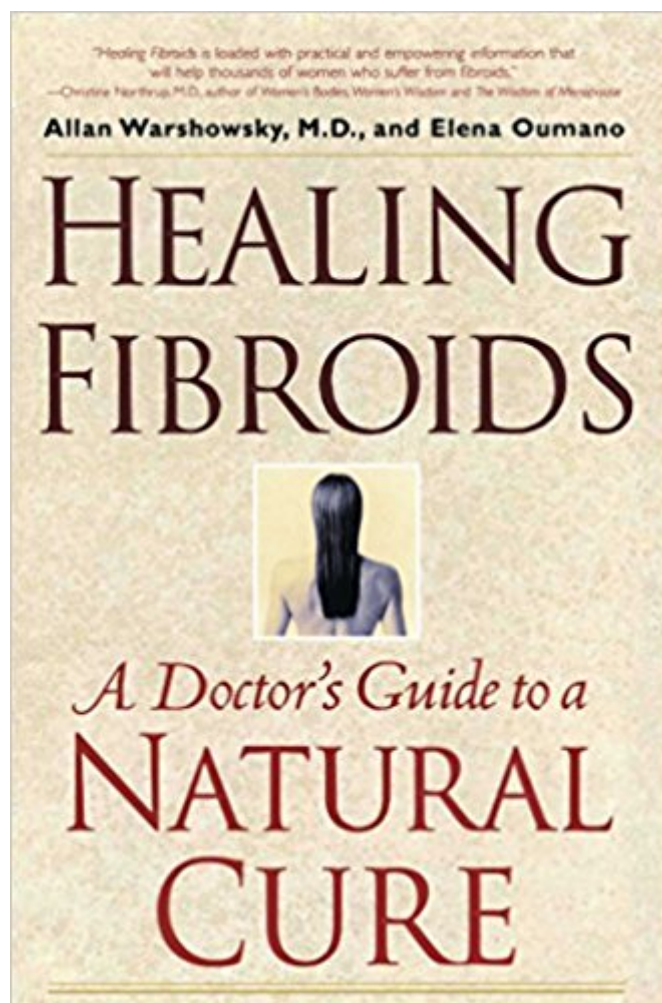


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# Healing Fibroids: A Doctor's Guide To A Natural Cure



## 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.

## Book Information

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## Customer Reviews

Also called myomas, fibromyomas, or leiomyomas, fibroids develop from a single smooth muscle cell in the uterus and vary in size and shape. They affect as many as 80 percent of women, of whom one in four will have symptoms serious enough to cause her to seek medical advice and treatment. These two practical, easy-to-read guides offer information on the different types of fibroids and the options for treating them. In *Healing Fibroids*, Warshowsky, a practicing

obstetrician/ gynecologist and director of the Women's Program at Beth Israel Hospital's Center for Health and Healing in New York, and Oumano, a certified yoga teacher and bodywork practitioner, combine Western medicine and holistic methods to point the way to optimal health and the avoidance of surgery. After a brief look at surgical procedures and the relationship of hormones and the menstrual cycle to fibroids, they devote chapters to diet, supplements, herbal remedies, exercise, emotional healing, and the effects of environmental toxins, especially xenoestrogens. Skilling, a marketing executive and writer in New York, wrote her first book, *Fibroids: The Complete Guide to Taking Charge of Your Physical, Emotional and Sexual Well-Being*, when she was first diagnosed with fibroids and could find little information on the subject. She also explores the role of diet, exercise, and emotional well-being in managing fibroids. Arranged by day for the first week after diagnosis, by week for the first month, and by month for the remaining 11 months, the chapters are each divided into two sections, called "Living" and "Learning." The "Living" sections deal with issues and problems, while the "Learning" sections explain the more technical aspects of fibroids. Skilling provides practical tips, such as how to chart the growth of the fibroid and what to wear when you leave the hospital should you need surgery. Readers will find information on current research and medication, the pros and cons of various types of surgery, and hints on diet and lifestyle changes, including exercise and stress management. While both guides are useful, Skilling's arrangement is superior. Her table of contents provides good access points, and the glossary, selected resources, and list of bibliographic references are a definite plus. If you have the budget, get both; but if you have to choose, buy Skilling's. Jodith Janes, Cleveland Clinic Fdn. Lib. Copyright 2002 Reed Business Information, Inc.

Joel M. Evans, M.D. Diplomate of the American Board of Obstetrics and Gynecology, Founding Diplomate of the American Board of Holistic Medicine, and Founder and Director, The Center for Women's Health, Darien, CT *Healing Fibroids* empowers women with the information and inspiration they seek to expand their treatment options far beyond medication and surgery. A must-read for all women with fibroids. Christine Northrup, M.D. author of *Women's Bodies, Women's Wisdom* and *The Wisdom of Menopause* *Healing Fibroids* is loaded with practical and empowering information that will help thousands of women who suffer from fibroids.

I have a question. Is the Anti-malignin antibody in serum (AMAS) test really approved by the FDA? A test that detects malignancy anywhere in the body? And if so please provide proof of the FDA approval of this test for that purpose.

This book has allowed me to get a deeper look into fibroids and some how to avoid surgery which would be a hysterectomy and NO women wants that. I have only read a few pages, but so far so good. I feel I am on a journey of healing from the inside out.

Very informative. I had a breakthrough over my condition.

Some good general info in here, followed by some wonky advice

Very Thorough and comprehensive.

I recommend this book to anyone with fibroids.

I felt this book was very informative although alot of information I already knew. This was because of my personal search to find an alternative to a hysterectomy.

Has good insight and helpful tools to reduce discomfort and manage fibroids although mine are greatly enlarged and have to be surgically removed due to size and placement inside my uterus this is a very helpful book and provides insight and gives you options if they are not inside your uterus

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