

Treatment of Fibroids by Roy Uptom

1. Stop bleeding: Yarrow tea (2-3 cups daily) or tincture (2 mls 4 x daily until bleeding stops; reduce to twice daily).
2. Replenish blood (nettles leaf tea, Floradix Iron & Herbs).
3. Establish a stable cycle (continue to build blood and control bleeding)
4. Work on getting rid of the fibroid (must dispel pelvic congestion)
5. Promote hormonal balance: Vitex tincture: 1 ml 3 times daily throughout the month except during bleeding; bitters directed.

Basic Principles

Eliminate excess estrogens

B-vitamin supplementation (liver dependent on B-vits to detoxify)

Essential fatty acids: Reduce inflammation.

Promote detoxification: Bitters; dandelion, Oregon grape root, milk thistle, artichoke, etc. (Scudder's Alterative)

Promote lymphatic drainage: Poke.

Castor packs or hot ginger compresses over area of fibroid (2 days weekly for 30-45 minutes each time).

Brisk 20-minute walk at least 3 times weekly.

After bleeding is controlled and replenished, slowly begin dispelling pelvic congestion using dang gui four type formulas. Planetary's Women's Dong Quai Treasure and Gui Pi Tang work great for this. Give it as directed throughout the month except during bleeding along with Vitex. Expect the cycle to change; bleeding can come earlier than normal, heavier than normal, or clottier than normal. Those are good signs the women should be prepared for. If the blood becomes bright red, move to the protocol of controlling and building blood again. When moving out fibroid tissue the blood will be dark and clotty. Bright red blood is a sign of bleeding out.

This is an extremely effective protocol that I have used in more than 150 women. Fibroids are often gone or greatly reduced in 3-4 months; controlling the bleeding and replenishing the blood can take a few months in and of itself. -Roy