Ovarian Cysts Treatment

The 3-Step Home Treatment Program For Ovarian Cysts
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www.ovariancysttreatment.com

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IMPORTANT: Please read this page before you start!

As a former chronic sufferer of ovarian cysts and PCOS I know how painful and stressful it can be to live with this condition. I remember times when the pain was so unbearable that I could barely walk.

I know what it’s like, so I want to make sure you get the relief you crave.

The biggest benefits you should expect from reading this book are temporary pain relief and long term relief from recurring painful ovarian cysts.

Remember, ovarian cysts are very normal and very common – almost all premenopausal women get ovarian cysts without even know about it. But your body should deal with them painlessly and naturally without causing a negative effect on your life.

This guide will show you how to put your body in a natural state so that it can deal with ovarian cysts on its own, but it is not something that happens overnight. Remember to be patient.

How to Read This Book

This book was designed to give you a complete understanding of why you have ovarian cysts and what to do about them. It is a thorough guide with lots of suggestions and it covers a lot of information.

It will probably take the average person an hour to read this guide cover to cover, but because it covers so much information it may leave some readers feeling overwhelmed and confused.

The last thing I want is for you to read this guide and then say to yourself: “So what am I supposed to do now?”
The best way to use this book is to read it once, cover to cover. If you think to yourself “Ok, I know this already” and you start skipping ahead, I strongly recommend that you don’t. You may find some valuable nuggets of information that you don’t know that will make a big difference.

Once you’ve finished reading it, refer to the section called “The 3-Step Guide to Permanent Ovarian Cyst Relief,” and make sure you address each step. This book contains lots of different suggestions for each step and you can choose which one you’d like to use.

So long as you accomplish each one of these steps you should be able to live free from ovarian cysts.

Best of luck!
PART 1: OVARIAN CYSTS OVERVIEW

In order to understand the problem with ovarian cysts, a little explanation of the ovary and how it functions is required.

A women’s reproductive system includes two ovaries. They are located in the pelvis and can be found one on either side of the uterus. These ovaries are small, so small they aren’t noticeable under normal circumstances. They are close to the size of an almond. They are also commonly referred to as female gonads.

These ovaries have many jobs but the main ones are to produce eggs and female hormones. In fact, ovaries are the source of female hormones. These hormones control the development of various female factors such as body shape, hair, and size of breasts. Other functions that come under female hormonal control are the regulation of the menses and pregnancy.

Every month, one ovary produces one egg at the start of the menses or menstrual cycle. The egg is in a sac, properly known as a follicle. This egg grows inside the ovary until the hormone estrogen signals to the uterus that the egg is coming and to get ready. At this point, the uterus lining thickens and gets ready for a potential next step where the fertilized egg implants against the uterus wall in pregnancy. When the egg is not fertilized, then the contents of the uterus are cleaned out in the woman’s monthly menstrual cycle.

Anything that affects the ovaries in a negative way, can affect the functions they control including pregnancy and menstrual cycles.

One of the problems that can happen to ovaries is ovarian cysts or growths. These cysts are small sacs that are full of fluid – similar to small blisters. They develop on a woman’s ovaries.

In most cases, these cysts are no problem. Often they are never found as they never cause problems or pain. They won’t require treatment. These are considered benign or noncancerous.
That doesn’t mean that because some cysts are minor that all of them will be. There are some that are cancerous and therefore very dangerous. As this can be the case, it’s important to make sure a proper diagnosis if you suspect that you may have an ovarian cyst.

Realize that cysts can vary in size and vary by person. They are usually small but some will grow large enough to create problems. To actually see them an ultrasound is required. In this type of image, these cysts look like bubbles.

Now let’s look at the different types of ovarian cysts.

**TYPES OF OVARIAN CYSTS**

There are two different types of ovarian cysts – functional (or physiologic) and abnormal.

**FUNCTIONAL**

Functional cysts are by far the most common. They are often caused by a slight change in the normal functioning of the ovary. Of the functional cysts there are two main types and their name determines when in the menstrual cycle they show up.

- **Follicular cysts** – these appear in the first half of the menstrual cycle

- **Luteal cysts** - these appear in the second half of the menstrual cycle
Each month as part of the menstrual cycle, the ovary releases an egg in a follicle. In the case of this type of cyst, the egg isn’t released as it’s supposed to and the follicle grows even bigger and fills with fluid.

These types of cysts are not normally a problem and will rarely show any symptoms. The diagnosis comes from an ultrasound test.

**LUTEAL**

This cyst occurs in the second half of the menstrual cycle. This means they happen after the egg has been released into the uterus. As soon as ovulation happens, and the follicle ruptures, releasing the egg, the follicle becomes the corpus luteum. This is where the progesterone is produced in preparation for a pregnancy. Of course if the egg doesn’t become fertilized, then this corpus luteum dries up, the progesterone levels fall once again and the period or menstrual cycle starts.

The luteal cyst occurs when the corpus luteum does NOT wither when it should. In this case, it usually fills with blood.

When the estrogen level drops at ovulation, blood is often released from the corpus luteum. This often shows up as ‘spotting’ and can be accompanied by pain at ovulation.

The second category looks at abnormal cysts.

**ABNORMAL CYSTS**

These are caused by abnormal cell growth, hence the name. This still doesn’t mean that they are cancerous or even particularly dangerous. Many will be benign. Like the other types of cysts, some of these will stay for a long time and may never be noticed. They can also burst and may require emergency surgery.
In this category, there are several different kinds of cysts.

**CYSTADENOMA CYSTS**

This type of cyst develops on the outside of the ovaries. They are usually cells from the outer surface of the ovaries that develop into the cyst. They can end up fairly large and will often have a stem keeping it attached to the ovary. Because of the stem, the cyst can twist around and even rupture. This can be painful and in some cases, may require emergency surgery.

**ENDOMETRIAL CYSTS**

Endometrial cells, similar to those that form the lining of the uterus, can adhere and form in a location outside of the uterus. When they do, it's a condition called Endometriosis, a very common problem for women. These cells or implants can often be found on the Fallopian tubes, intestines, outer part of the uterus, the pelvis, bowel, and bladder and on the ovaries. In very unusual situations, they can crop up in odd places such as the heart, eyes, knees, armpits and even in the lungs. These endometrial cells are ones that the body flushes out during a woman's menstrual cycle. If the cells are in the uterus, they will be shed via the vagina monthly. The cells that are outside the uterus will still respond to the natural hormonal rhythm of the body but in some cases the blood has no way to be expelled. It is not unusual for these cells to cause bleeding in the bowel, bladder and even from the nose during your menstrual cycle as these cells respond to the same changes in hormones.

If the blood has no place to go it becomes trapped in the cells where it can cause pain, inflammation, swelling, and cysts.

When these endometrial cells form on the ovaries, you have what's called enmetrial cysts – also called chocolate cysts. The latter name comes from these cells being filled with old blood. Every month these cells bleed and because they have no way to release
the blood, they swell even larger. Even small, these cysts can rupture, but they can also
grow to a large size where they cause severe pain.

DEMOID CYSTS
This type of cysts is more accurately called a tumor. They are unusual and quite odd,
thankfully not too many women end up with this problem. Now to understand what they
are you have to understand that each egg has the potential to create another human
being – duh – right? Now sometimes, and no one really understands how this happens
but it’s theorized that an unfertilized egg actually goes ahead as if it’s going to create
another body and produces various body tissues. Dermoid cysts are actually pockets
that have bone, teeth, hair, and skin in them! Another possibility is that these cells have
something to do with a twin. Regardless of how or from where these cysts originate, they
are a solid type of structure, which is why they are not true cysts.

They can be dangerous however, and can become cancerous.

POLYCYSTIC OVARIES
Another condition that isn’t technically a cyst is polycystic ovaries often called polycystic
ovarian syndrome.

Again to understand the problem, you need a little background. During each menstrual
cycle, there are follicles that grow on the ovaries. Inside these follicles, eggs develop.
One at a time so there is one that is always older and usually bigger than the others. The
older one will be released into the fallopian tube first. The process is called ovulation. In
this process, the other follicles, and there can be a lot of them, upwards of a hundred,
will break down. The leftover follicles then start to produce progesterone, which tells the
lining of the uterus to grow thicker in case of a fertilized egg. This increased
progesterone also signals the pituitary to stop stimulating the development of eggs.
However with polycystic ovaries, the ovaries are much larger than in a normal situation where undeveloped follicles collect in groups much like grapes. The follicles happen just under the ovaries surface, where they are produced over and over again because the pituitary gland hasn’t been told to shut off. The ovaries become filled with these cysts and swell.

This problem doesn’t have to be problematic and may never be noticed. The problems start when this cyst causes hormone imbalances that cause other symptoms. This is where the more simple polycystic ovaries then become Polycystic Syndrome.

WHO GETS OVARIAN CYSTS

Although ovarian cysts can affect women of all ages and races, they are most common in women over the age of fifty.

CAUSES OF OVARIAN CYSTS

There are many contributing causes of ovarian cysts. The following are all considered to be risk factors to developing ovarian cysts:

- A previous history of ovarian cysts – it’s often that if you have them once, you could get them again
- Menstrual cycles that are irregular
- Early onset of menstrual cycle – early means eleven years of age or younger.
- Infertility problems
- Hormonal imbalance problems
- More upper body fat than lower body fat
- Infections of the ovaries and fallopian tubes can also cause cysts - known as turbo-ovarian abscesses if they are pus filled.
Cysts can also develop from various health processes including:

- Simple flow interruptions of fluid
- Tumors
- Inflammatory conditions
- Genetic conditions
- Birth defects

**SYMPTOMS OF OVARIAN CYSTS**

Many cysts develop and go away on their own without the woman knowing about them. In this case they rarely produce symptoms and will only be found if there happens to be a routine examination done or if an ultrasound is done for another reason and it happens to show up.

If there are any symptoms, they will most likely be from the following list:

- Irregular menstrual cycles
- Sense of fullness in the lower abdomen or pelvis
- Abdominal or pelvic pain – this can start suddenly or stop just as suddenly and the pain can be severe or not
- Severe pelvic pain during menstrual cycles – can extend around to the lower back
- Pain in the pelvis after hard physical exertion
- Pain in the pelvis after sexual intercourse
- Vaginal pain
- Spotty bleeding
- Pain and possible pressure when urinating and passing bowels
- Infertility
- Nausea and vomiting are also possible
- A persistent numb sensation on either side of the pelvic area
- A burning sensation inside and above the hip bones
• Pain through sudden twisting motions

Of all the symptoms, the most common is pain – usually in the belly or pelvis. It is usually caused by:

• The cyst rupturing
• The cyst growing and stretching rapidly
• Bleeding into the cyst
• The cyst twisting around its own blood supply

If the cyst has grown to a large enough size, then it can place pressure on the other internal organs or structures close by.

WHEN TO SEEK MEDICAL CARE

If you have any other previous symptoms and consider that you might have ovarian cysts, it’s important to seek out medical care if the following are also present:

• Fever
• Nausea and vomiting
• Fainting spells
• Anemia from possible blood loss
• Abnormally heavy or irregular menstruation
• Abdominal swelling or unusual increased abdominal girth
• Increased facial hair similar to a male pattern
• Excessive thirst or urination
• Unexplained weight loss
• A noticeable abdominal or pelvic mass

Go seek medical care immediately you have the following symptoms:

• Dizziness or weak feeling
• Fainting
• Continuous fever
• Severe pain in the lower abdominal or pelvis
• Major changes in blood pressure not related to medications
• If you feel excessively thirsty
• If you have to go to the bathroom a lot
• Constant nausea and vomiting
• Abdominal pain combined with severe shoulder pain

OVARIAN CYSTS AND PREGNANCY

It's possible to have an ovarian cyst during pregnancy. They are usually benign and will be found during routine examinations and during prenatal ultrasound screening.

They rarely require surgery. However, if there is a possibility of a malignancy or a rupture, then surgery might be indicated.

OVARIAN CYSTS AND FERTILITY

Some ovarian cysts will affect fertility but not all of them will.

The ones that do are:

• Endometrial cysts
• Polycystic ovary cysts
PART 2: TRADITIONAL TREATMENTS

If you do end up going to see your physician about your symptoms, it helps if you prepare for the appointment and understand how your condition will be diagnosed by your physician.

PREPARING FOR YOUR APPOINTMENT

In most cases, you will start with an appointment with your family doctor or a medical clinic. Before your doctor can suggest any treatment or a referral to a specialist then he needs to know the symptoms you’ve been experiencing.

Appointments are usually brief and most people forget to tell their doctor something, often remembering as soon as they’ve walked out of the office. The best way to combat this is to have a notebook with all the information you need to tell him or her written down ahead of time. Be sure to include the following information

1. **Medications** – list any medications that you take or have recently stopped taking. Be sure to list how much you take and how often

2. **Supplements** – include in this list all the vitamin and herb supplements that you currently take or have recently stopped taking. Again be sure to jot down the amount of each you take and how often.

3. **Symptoms** – list all the symptoms you’ve been experiencing. Remember to say how long you’ve had each one and if they happen after a certain event or at a specific time of day. If the symptoms have shown up at different times and been around longer than others, be sure to mention that.

People are often nervous when they go into a doctor’s appointment and forget to ask the questions they should as well. So it’s just as important to think ahead of time about what
you want out of the appointment. In order to make sure you get the answers you need, write down the questions ahead of time. Consider asking the following:

1. What condition(s) do you think I have?
2. What can I do for self care until we find a solution?
3. Do I need to go see a specialist?
4. What kind of tests would be helpful?
5. Will the symptoms go away or do I need treatment?
6. What treatments are available?
7. Is there anything I am doing that is making things worse?
8. Is there anything I can do to make things better?
9. Do you have any information on this condition that would help me to understand what’s happening?

Consider that your doctor is going to be asking you questions like:

1. How long have you been having these types of symptoms?
2. How often do you get these symptoms?
3. How bad are the symptoms?
4. Do they happen at a particular time of the month?
5. What makes them worse?
6. What makes them better?

Take your notebook into the appointment with you and write down the answers to these and other questions you might have. As the doctor answers these questions, chances are more questions will come up. Remember to ask the questions you need to understand fully what’s happening.

Because the onslaught of information can be confusing and scary, take a friend or family member with you to the appointment. Their support will help you to feel better and may be able to offer helpful advice while you’re there. They will also help you to remember the information afterwards.
OVARIAN CYSTS DIAGNOSIS

To diagnose your symptoms, your doctor is going to most likely do a pelvic exam. This is how most cysts are found – usually through the annual checkup.

If the doctor suspects a cyst, then imaging tests will be used to address a couple of concerns such as:

- The size of the cyst
- The shape of the cyst – round, oval, irregular etc.
- Is it solid or filled with fluid or a mixture of both? – The solid or mixtures of both cysts are the ones they will be concerned with the most. The cysts filled with fluid are generally not a problem.

TESTS FOR OVARIAN CYST

To get the answers to these questions, the doctor will likely have one or more of the following tests done:

1. Pregnancy test – if it turns out that you are pregnancy, the cyst will most likely be a Corpus Luteum cyst where the follicle has resealed after releasing the egg and has filled with fluid. The treatment for pregnant women is also different than for women who aren't pregnant. The possibility of an ectopic pregnancy, which is where a pregnancy occurs outside of the uterus, must be ruled out as it can show similar symptoms to ovarian cysts.
2. Ultrasound – this procedure produces an image of your uterus and ovaries on a video screen which can then be photographed and analyzed by your doctor. The doctor should be able to confirm the presence of a cyst and possibly determine the location and whether it is solid or filled or both.

3. Laparoscopy – using a laparoscope, which is inserted into your abdomen through a small incision, the doctor can see the ovaries, find, and remove the ovarian cyst all at once. Alternatively, the doctor can also take a biopsy of the cyst at this time.

4. CA 125 blood test – in this test the blood levels of a protein called cancer antigen 125 which is associated with ovarian cancer. It helps to determine if the cyst is cancerous. High levels can also develop due to other conditions such as fibroids and pelvic inflammatory disease.

5. Hormone level tests – a blood test to check your hormone levels may be done to look for potential problems.

**HOW ARE OVARIAN CYSTS TREATED?**

After determining the type of cyst, the doctor will work out an appropriate treatment for you that will be based on:

- Your age
- The type of cyst
- The size of the cyst
- Your symptoms

Depending on the answers to the above list, the doctor may recommend any of the following:
• **Wait and watch** – as many cysts go away on their own, it’s common for a doctor to suggest waiting for one to three months if:

  - You have few symptoms
  - Ultrasound has shown a benign cysts
  - You’re in your reproductive years
  - You’re prepared to come for periodic ultrasounds to see if the cyst had changes.

• **Birth control pills** – birth control pills are often recommended to stop new cysts from developing in future periods. Birth control pills help to regulate ovulation and therefore women taking these pills have a much lower chance of ending up with functioning ovarian cysts.

• **Surgery** – is often recommended if:

  - It doesn’t appear to be a functional cyst
  - Continues to grow
  - Persists through several menstrual cycle
  - The cyst is causing a lot of pain

If surgery is the recommendation, there are several options:

• **Cystectomy** – a process where just the cyst is removed. This procedure most likely won’t affect your fertility.

• **Laparscopic** – this is a surgery where a small incision is made into the abdomen and a thin scope is inserted. The surgeon can identify, take a sample, and remove the cyst.

• **Laparotomy** – this is a slightly more invasive surgery where the incision is made through the abdominal wall to remove the cyst.
• **Oophorectomy** – a procedure that means removing the ovary that is affected and leaving the other ovary untouched. This procedure most likely won’t affect your fertility.

• **Hysterectomy** – if the cyst is cancerous, then the doctor may advise the removal of both ovaries and the uterus.

**OVARIAN CYST MEDICATIONS**

Medications that might be suggested throughout this journey of ovarian cysts and could include:

1. **Oral contraceptives** – as birth control pills can help by:
   - Regulating a women’s menstrual cycle
   - Prevent the formation of follicles – which in turn can prevent the formation of that kind of cyst
   - Reduce the size of existing cysts – possibly

2. **Pain relievers** - depending on the pain level the doctor might recommend anti-inflammatory like Advil or ibuprofen or for more severe pain, stronger pain relievers.

**SELF-CARE AT HOME**

The only self care treatment recommended by the medical community is to treat ovarian cysts with pain relievers, anti-inflammatories, and for the woman to reduce heavy physical work or exercise.
PART 3: NATURAL SYSTEM TO TREAT OVARIAN CYSTS

As so many ovarian cysts come and go away on their own with the woman never learning that they had one, it’s no wonder that the treatments and personal experiences are going to differ widely. So many women do well by just waiting out their symptoms.

That’s a good thing, but it helps if you know just what your options are. If you are not one of those then let’s take a look at the natural options you have available.

In this section of the book, we will examine:

- Supplements
- Herbs
- Bach Flower Remedies
- Homeopathy
- Acupuncture
- Homeopathy
- Diet
- Immune system
- Lifestyle and Environmental Changes

SUPPLEMENTS TO CORRECT NUTRITIONAL DEFICIENCIES

Many of the supplements listed below have been studied in clinical trials where they’ve been found to be effective against ovarian cysts. In all health conditions like this, you have to expect that your body will need time to build its nutritional health back up to par. Take these supplements for a minimum of three months and then reassess. From this new health position, readjust the supplements depending on how you are feeling.
Some supplements are to strengthen immunity, improve liver function, and protect the healthy cells while others will boost your whole body and improve energy levels.

Most of these are relatively inexpensive to begin with, so be sure to buy a good quality brand. They are readily available in a good health food, or natural food stores.

A good quality multivitamin and mineral is essential as a foundation to the supplements so that you don’t end up missing out on anything. Antioxidants are important to include in that they help protect the cells of your body against damage and abnormal cell changes. The best are Vitamin C, Vitamin E, and Selenium. You can read about them below.

**VITAMIN A**

Vitamin A is an essential vitamin and plays a major role in your eyesight, immune system, bone metabolism, skin health and as an antioxidant to name just a few.

Vitamin A helps to maintain a healthy fully functioning ovarian lining, to guard against the formation of cysts.

This vitamin is found naturally in many foods including:

- Carrots
- Spinach
- Kale
- Broccoli
- Sweet potato
- Butter
- Eggs
- Apricots
- Papaya
- Mango
- Peas
- milk

**Dose:** The recommended dose of Vitamin A is 25,000 IU or 30,000 IU

**Caution:** Avoid taking this during pregnancy
VITAMIN B

These vitamins are water soluble and play a vital role in physical and emotional health. There are several different B vitamins, each playing a different purpose. The best is to get a good quality B complex tablet - a combination of most B vitamins. These vitamins must be taken daily as any excess is flushed out in the urine.

B vitamins are important for:

- a healthy metabolism
- to maintain skin and muscle tone
- improve immune system
- promotes red blood cells
- enhances nervous system operation

B vitamins can be found in whole foods. Processing reduces the B vitamin contents. Good sources include:

- Turkey
- Tuna
- Liver
- Potatoes
- Whole grains
- Bananas
- Lentils
- Molasses

Dose: Take 50mg of B-complex up to 3X per day – it’s fine to take this amount with your multi-vitamin

Caution: B vitamins will turn your urine bright yellow and B3 or Niacin can give you the sensation of a hot flush over your face and body. Neither situation is harmful.

VITAMIN C

Vitamin C, with bioflavonoids, is great for strengthening the tone of the blood vessel walls, boost the immune system, and help to speed up healing. The natural plant based bioflavonoids have a role to play in maintain estrogen function and help the Vitamin C
to work. Together they maintain the stability of the hormone and can slow the disintegration process when the body gets into trouble.

It will help to soften the stool as well. In fact, if you take too much vitamin C, it will cause diarrhea as your system flushes the excess from your body. The daily recommended dose is up to 1,000 mg a day and up to three times a day. Increase by small increments so as to find the comfort point with your bowels.

You can take Vitamin C supplements or boost your diet with Vitamin C enriched foods such as:

- Citrus fruits
- Broccoli
- Tomato
- Peppers
- Papaya
  - Mango
  - Potatoes
  - Kiwi
  - Kohlrabi

VITAMIN E

Vitamin E is a fat-soluble vitamin that is effective in the prevention and reduction of ovarian cysts. It is an antioxidant and helps to protect the body from damage caused by unstable substances called free radicals. These can harm all cells in the body.

Vitamin E is also important in the formation of red blood cells. At lower levels, vitamin E may help protect the heart.

**Dose:** Find vitamin E that is with mixed tocopherols and take 600 IU daily.

Vitamin E can be found in several foods such as:

- Pumpkin
- Sweet potato
  - Mangos
  - Nuts like almonds and hazelnuts
• Nut oils
• Asparagus
• Broccoli
• Papayas
• Seeds like sunflower

• Spinach
• Turnip
• Beet
• greens

**QUERCETIN**

Quercetin has antioxidant, anti-inflammatory, antiviral properties. It protects the LDL cholesterol from damage and Quercetin works as an antioxidant to destroy free radicals. It has been used in the treatment and prevention of many disorders like asthma, heart disease, and even cancer. Research has shown that Quercetin and other flavonoids have many functions including the ability to inhibit the growth of abnormal cells.

Quercetin can be found naturally in many foods such as:

• Apples
• Onions
• Parsley

• Tea
• Red wine

Other foods with flavonoids including quercetin include:

• Olive oil,
• Grapes

• Dark cherries
• Blueberries

**Dose:** If taking supplements then take 500 mg per day or follow the instructions on the bottle
SELENIUM

Selenium is an essential nutrient for all animals. It is however, toxic in large amounts. It plays a role in regulating the thyroid glance and all cells that use thyroid hormone. It is a powerful antioxidant.

Selenium can be found naturally in the following:

- Nuts – Brazil nuts are the richest source
- Cereals
- Meat
- Fish
- Eggs
- Kidney
- Tuna
- Crab
- Lobster

Follow the instructions on the supplement bottle.

ZINC

Zinc is in most multi vitamins. It is associated with having antioxidant properties, and in speeding up healing. It works wonderfully if given at the first sign of a cold or flu to reduce the severity and duration of the illness. It is commercially used in toothpaste against bad breath and in shampoos because of its anti-dandruff properties. Stores of zinc are also negatively affected by deficiencies in B vitamins.

It is very important for the immune systems and reproductive system. Zinc is required for normal egg development and helps your cells reproduce properly.

A mild deficiency suppresses the body’s immune system. Zinc can be found naturally in the following foods:

- Sesame seeds
- Poppy seeds
- Celery seeds
- Mustard seeds
- Pumpkin seeds
- Sunflower seeds
- Wheat
- Whole grains
EFAs stand for ‘essential fatty acids.’ These are ‘essential’ oils for a healthy diet. Included in this group are alpha-linoleic acid - Omega 3 fatty acids and linoleic acid - Omega 6 fatty acids. They are available naturally in many foods but it can be hard to get enough on a daily basis so supplementation is recommended. EFAs are available in capsule or as oil.

These oils are important for healthy cardiac cells, brain health, and balance membrane fluidity. Low levels of Omega 3 are associated with mood disorders. They will also heal, reduce inflammation, and fire up the body’s defense mechanism to fight off infections.

These EFAs can be found in:

- Salmon
- Mackerel
- Herring
- Hemp hearts/oil
- Almonds
- Dark green leafy vegetables
- Olive oil
- Flaxseeds/oil
- Whole grain foods
- Lean meat
- Eggs
- Walnuts

EVENING PRIMROSE OIL

Evening Primrose oil is an EFA in itself but it’s such an effective supplement for ovarian cysts that it needs to be highlighted here. This oil helps to balance hormones. It is full of gamma-linolenic acid (GLA) which is a great anti-inflammatory. And like all
supplements, it takes a little time for the effects to show up. Cysts do take some time to form and will require a bit of time to break down and have your body return to balance.

**Dose:** take three to four 1000 mg capsules a day.

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**RULES TO TAKING SUPPLEMENTS**

There are also simple rules here to clarify the taking of all supplements:

1. After taking probiotics, wait at least 15 minutes to a half an hour before eating
2. Take vitamins at a different time of the day than when you take a multi-vitamin. So take one in the morning and the others at bedtime. This assists with absorption.
3. You can take Betaine HCl and digestive enzymes together with vitamins and can be taken together with vitamins, herbs and antifungals. They will actually help the absorption of vitamins and effectiveness of antifungals.

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**HERBS**

There are many helpful herbs to heal ovarian cysts. As the underlying hormonal imbalance is blamed for the conditions leading to ovarian cysts, it’s important to restore harmony and straighten out the balance.

To do this, the herbs that cleanse the liver are always the place to start. The liver functions are incredibly important and it needs to remain strong and vital. A liver that isn't functioning up to par will not be able to detoxification of hormones in the normal timeframe. Anything that hinders the flow of blood can also cause congestion in the pelvic region.
Herbs are a great healing element but they aren’t super fast acting. They usually take a few days to weeks for the results to show up. Take for at least six weeks or more. If you do go to a doctor, be sure to tell him what you are taking and how often.

**ECHINACEA (ECHINACEA PURPUREA)**

Echinacea purpurea, available as a tincture, tablet, or capsule form, is believed to both destroy infectious bacteria and to boost the immune system. It’s been used for a long time as a remedy for both viral and bacterial infections.

Echinacea is considered to be most effective when taken internally and as a complimentary remedy along with other treatments. Choose the type of supplement, such as a tincture or a capsule and take as directed on the bottle.

Echinacea as a supplement won’t have a strong noticeable effect on your system. It will however, work to clear up the infection from the inside out, boost your immune system by increasing white blood cell count, and make you feel better.

Echinacea is one of those supplements that does better if you take it in intervals. The suggestion is to take it for 10 days then stop for a couple of days, then repeat for another 10 days.

**MILK THISTLE (SILYMARIN MARIANUM)**

This herb promotes the body’s detoxifying process. That means it helps the body to get rid of any abnormal cells – including ovarian cysts. It is useful to safeguard the liver and as a spring tonic. It is useful for regenerating the liver cells.

It acts as a tonic and a detoxifier. This herb can help prevent functional cysts.

It is available in several forms. Follow the directions on the package.
FALSE UNICORN

This herb is widely used today as a remedy for conditions that affect women, in particular, the uterus and the ovaries. It has the ability to normalize the reproducing system. It helps the ovaries to release their hormones at the right point in the woman’s cycle.

This remedy will take a month or two before a women’s system will stabilize.

It can be purchased in several forms. Follow the instructions on the packaging.

CALAMUS

Calamus has a powerful effect on liver and blood congestions. It will also stimulate the appetite and has a beneficial effect on stomach symptoms. It is useful for breaking additions such as tobacco - where the herb is chewed. It is used as a tea for alcoholism.

It is available as a tincture, oil, and herb for infusion. The oil is rubbed on externally.

CHASTE BERRY (VITEX AGNUS-CASTA)

Chaste berry has long been used for female health problems including ovarian cysts. It’s named for its ability to lower sexual desire.

It’s a common remedy for helping irregular periods to become more regular, to treat amenorrhea and dysmenorrheal. It contains compounds that help to adjust female hormone production.
It is available as a tea, capsules and in extract form. Take as directed as per the package instructions.

RED CLOVER

Red clover is a strong herb that works well for balancing hormones. It has estrogen like effects. It has been used for many complaints such as cancer, asthma, and respiratory problems.

It is an excellent remedy for menopausal problems such as ovarian cysts, breast pain, irregular menstrual cycles, and hormone irregularities.

It is available as extracts, tablets, capsules, teas and in liquids. Follow the instructions on the package.

BLACK COHOSH

Black Cohosh is a useful herb for many women's ailments, such as ovarian cysts and hot flashes during menopause. It is a powerful menstrual regulator and is wonderful for balancing hormones. It is also a common remedy for other problems such as rheumatism, bronchitis, tinnitus, and it is a known muscle relaxant. It has a

It is available as a tablet, tincture and as a tea. Follow instructions on the bottle or box for use.

DANDELION

The lowly dandelion plant has long been used for a host of complaints like digestive disorders, skin conditions, and especially for cleansing the liver. The plant is full of nutrients such as iron and calcium along with several other minerals and vitamins.
Dandelion is available as a tea, extract, or as the loose herb. Follow the instructions on the package.

WILD YAM

The wild yam is great for regulating the female system, with particular emphasis on menopause and menstrual distress. It is very helpful for cleansing the liver.

When used in combination with dandelion and chasteberry, it can combat morning sickness as well.

It is available as tablets, capsules, gels, liquid, and creams. Follow the instructions on the package.

BEE POLLEN

Bee Pollen is commonly given as a strength and supporter of the whole body. The nutritional element in one grain of bee pollen is huge. It is forty percent protein, contains Vitamin A, C, D, E, and Vitamin B complex and even Rutin.

It will stimulate the ovaries and help protect the eggs being released. It also strengthens the body’s immune system and improves energy levels.

Bee Pollen is available in the form of capsules, granules, and extract.

BACH FLOWER REMEDIES

Bach flower remedies were first developed by Edward Bach, an English physician and homeopath, way back in 1930. They are dilutions of flower material that are intended
primarily for most emotional and spiritual issues that can include such problems as depression and stress.

An Australian herbalist, Robert McDowell, recommends the following, to be used in conjunction with herbs, for ovarian cysts.

- Walnut
- Wild Oats
- Impatiens
- Red Chestnut
- Honeysuckle

These Bach Flower remedies are available in small bottles from most health food stores. Follow the instructions on the bottle for use.

**HOMEOPATHY AND OVARIAN CYSTS**

Homeopathy is an ancient medical system common in much of Europe where it is renowned for its wide healing abilities. There is a different solution based on the types of physical, emotional and mental state the person experiences. The correct remedy is determined by looking at many different reactions people have to light, cold, hot, time of day etc.

It can take a little work to discern the correct remedy, but when you do, healing magic can and does happen.

The remedies are cheap at less than $10 and never go bad. The breakdown below came from Homeopathy for Everyone.
APIS MELLIFICA

This remedy is indicated by numbness down the thigh and is useful when the right ovary experiences congestion and pain. It can also help when the left ovary is affected. There can be a tightness in the chest as well as a sensation of needing to cough and/or urinate. There is typically burning, stinging, and swelling in the pelvic area.

This remedy is great for small or new ovaries and cysts, stopping them from growing.

BELLADONNA

This remedy is effective for many different conditions. In this case it is useful for glandular growths, especially in acute conditions and particularly if the peritoneum is affected.

The signs that indicate the need for Belladonna including throbbing or grabbing pains on the right side where even the slightest jarring movement hurts. The person is also extremely sensitive and the symptoms will have appeared suddenly. There will be typical Belladonna symptoms present such as reddened lips and flushed face.

As an alternative consider the following – Belladonna is the first to consider for the general symptoms. If a remedy below has fits the symptoms better, then take one of them.

Platinum – ovaries are sensitive to the touch and may have burning pains. There can be a bearing down sensation as well as swelling. There could be irritation during any sexual activity.

Lilium – this is particularly good for shooting pains in the ovaries. There could also be burning pains from ovary to abdomen and possibly down the thighs and/or shooting pains that go from the left side of the pelvic area across the lower groin area or upwards even as high as the breasts.
**Staphisagria** – is the remedy for ovarian issues in women that are nervous and irritable. It’s the one you want for hypochondriac women.

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**LACHESIS**

This remedy is called for if the pain is centered on one side of the body (almost always the left side) to that point that it can bear no pressure. The pain then shifts to the other side of the body. There can be some pussy discharge and there could be chronic problems of enlarged cysts.

Again this is the main remedy for these symptoms but the associated remedies below looking for the one that best fits.

**Zincum** – this remedy is called for if the heavy pain in the left side is relieved by menstrual flow. With this remedy pressure actually helps the pain slightly. The person requiring this remedy will have fidgety feet.

**Graphites** – use this remedy for swelling of the left ovary. There could be pain on the right ovary and the person will have irregular and very minimal periods.

**Argentum metallicum** – this remedy is good for a bruising pain in the left ovary with the weird feeling that the ovary is growing larger.

**Naja** – there is a violent cramp in the left ovary when you need to use this remedy. It is often recommended as well for pains that can’t be pinpointed, particularly pains not connected to inflammation.

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**ARSENICUM**

With this remedy, there is an intensive pain in the ovary – usually on the right side. There is inflammation that is relieved by heat. The person is typically thirsty, irritable and will restless.
Again read the associated remedies below to find the one that fits the best.

**Colocynth** – this is very useful for severe grabbing pain on the right side again. It will be helped by bending over. The pains are deep into the ovary area.

**Hamamelis** – this remedy is useful if there is extreme pain all over the abdominal area. Useful for ovarian pain after a blow. For people who need this remedy, heat helps along with a hot cloth soaked in water with several pellets of Hamamelis dissolved in it. This will help to ease the pain. Don’t forget to take the remedy internally as well.

**Iodine** – this remedy works well for congestion or drooping of the right ovary. There can be a dull pressure or a heavy pain that goes from the right ovary almost over to the uterus. This can be worse during menstruation.

**Thuja** - this remedy is good for pains in the ovary all the time with mental irritation.

**Podophyllum** – symptoms requiring this remedy include a pain running down the right thigh.

OTHER REMEDIES

Other symptoms go along with the ones listed, so either go visit your homeopath or first go to the remedy finder, answer the questionnaire, and pick the closest remedy. Remedy finder is available at [http://abchomeopathy.com/c.php/96](http://abchomeopathy.com/c.php/96).

USING HOMEOPATHICS

Tablets are sweet tasting and dissolve under the tongue, making them easy to administer to children and animals alike. Tablets should be taken alone, with nothing to eat or drink on either side for at least twenty minutes.
When you find the remedy you need, you can purchase them from most health food stores and if they don’t have it in stock, chances are good they can order it in for you. This medical system is very safe, and even if you pick the wrong one, you won’t suffer any side effects. These remedies can be taken by anyone without fear of overdosing or causing further complications.

Homeopathic remedies are tiny tablets. To take them properly:

1. Dissolve the tablets under your tongue
2. Don’t take any water or food within ten minutes of taking the remedy.
3. Follow the instructions on the package for often to take the remedy.

The effectiveness can also be increased by dissolving the tablets in a bottle of sterile water and sipping the liquid throughout the day. Before sipping the water, remember to shake it gently first. Certain elements like menthol can nullify the homeopathic remedies.

**ACUPUNCTURE AND OVARIAN CYSTS**

Acupuncture is an energy medicine and it can have a positive healing effect on most physical ailments. If your body is healthy and strong, you will have less chance of developing ovarian cysts in the first place.

An acupuncturist will work to increase the blood and energy to the ovaries and the pelvic region. As most experts agree that ovarian cysts are a result of hormone imbalance, acupuncture is a perfect way to help rebalance them as it can remove energy blockages and help relieve congestion, improve blood flow, and help many systems that will help to heal ovarian cysts. Treating the cause of the imbalance, you heal the condition and reduce the chance of having them again.
DIETARY CHANGES

There is more to eating a healthy diet that just eating three meals a day. It’s important to eat as healthy as you can, and that means including reasonable portions of the following:

- Fresh vegetables and fruits
- Lean protein
- Whole grains in bread, cereals, and pasta
- Flax seeds or other sources of essential oils

For optimum health, it is important to minimize your consumption of the following:

1. **Sugar and all sugar products** – eliminating these products will boost your immune system, strengthen your system, and promote healing.

2. **Alcohol** – Excess alcohol is also not healthy. It can cause nutritional deficiencies, slows healing, and can cause many digestive problems. A glass of red wine with dinner is fine and actually recommended in some medical circles.

3. **Avoid eating fast food** – fast food is bad because it is full of refined sugars, fats, and sodium. These are all things that weaken your system and slow down healing.

4. **Processed food or refined foods** – these are the foods precooked, prepared, and packaged for easy eating. Included in this category are the white products like white flour, white rice etc. They no longer have the nutritional value of the original food and will poison your body instead of feeding it.

5. **Caffeine** – including coffee, sodas, and caffeinated products. It is alright to enjoy one to two cups of coffee or tea a day, but when you go over
that, problems can develop. They dehydrate your body and rob your body of vitamins and minerals.

6. **Excessive fats, hydrogenated and Trans fats** – these are deadly to your health. Hydrogenated oil is processed to extend its shelf life. It has been linked to many problems like diabetes and coronary disease. Trans fatty acids increase the bad cholesterol and decreases the good cholesterol in your body.

7. **Artificial sweeteners** – these are used to replace or limit sugar intake. However, they are toxic and will weaken the immune system and slow healing. Avoid, if possible.

Once the cyst is gone, it’s important to maintain a healthy diet to avoid having it return.

**WHAT DOES A HEALTHY DIET LOOK LIKE?**

There are specific foods you should try to work into your daily diet. Obviously you may not get them all in everyday, but that’s what balance is all about.

These food groups are:

- Vegetables
- Grains
- Oils
- Fruits
- Dairy
- Protein – keep to a smaller amount

It’s important to consume lots of fresh water every day and try to avoid all the foods that are bad for you. Having a piece of cheesecake every once in a while is fine, but scoffing the entire cake is not. Remember, moderation and balance in all areas of your life will help bring about the desired results and the return of good health.
ADDITIONAL DIET POINTS FOR WOMAN WHO HAVE OVARIAN CYSTS

Woman who have a higher incidence of ovarian cysts eat more dairy and red meat products.

If you can – for a couple of months – remove all animal protein from your diet, it could help your healing tremendously. This doesn’t have to be a long term life change. But if you can, try it while eliminating your cysts. Then for maintenance, follow the healthy diet program.

If you can’t do this, your healing could take longer.

CLEANSING

One thing that is highly recommended when you look at the things you need to do to regain your health is consider doing a cleanse. You can do a full body cleanse, or you can systematically go through the different type of cleanses that are available through your health food store.

Consider doing the following cleanses:

- Colon
- Parasite
- Liver
- Metal

FULL BODY CLEANSE

If you are the kind that can go for several days without food, consider doing a full body cleanse, usually a three, or five day juice fast. If you have a juicer then you can use this to juice vegetables and fruits. If you don’t, then consider buying the organic and fresh juices from a health food store.
In this type of cleanse, you drink lots of fresh vegetable and fruit juices with lots of water and NOTHING else for either three or five days.

This is a good way to start, then move into the specific cleanses available in packages where everything you need to cleanse your body is included in the package.

**WATER INTAKE**

Let’s consider that one of the main causes of indigestion and health problems is constipation. Constipation is when the bowel movements become less often; the stool becomes hardens and becomes even more difficult to pass. The most common reasons are lack of fiber and insufficient water intake. There are other causes such as:

- Lack of physical activity
- Medications
- Irritable bowel syndrome
- Milk
- Abuse of laxatives
- Ignoring the urge to go to the bathroom
- Specific conditions such as a stroke
- Problems with intestinal function
- Problems with the colon and rectum

Food moves through the small intestine, as a liquid mixture of digestive juices and the macerated food you’ve eaten. By the time it moves through the small intestine into the large intestine, all the nutrients have been removed and absorbed. The main purpose of the large intestine is to remove all the water from the waste at this point and turn it into the material known as stool.

At this point, there are several things that can go wrong. The large intestine can remove too much water, and the colon’s muscle contractions can be too slow or too sluggish, which leaves the stool moving too slowly through the body. These hard, dry
stools can be hard to pass because the stool actually sticks the dry wall of the colon and the colon requires extremely strong contractions in order to move the stool. Now in order to assist with these strong waves, the abdominal muscles are called into action to help force the stool out.

Dehydration, as one of the main causes, is easy to resolve. Drink an extra three to four glasses of water every day. Don’t misunderstand. You need to have 6 glasses of water every day for a healthy system. When you are dealing with chronic constipation, you need then to have 9 -10 glasses. In addition to that, drinking alcohol and caffeine should be kept to a minimum as both contribute to dehydration.

However adding just water to your diet is not the whole answer. It will only make you urinate a lot more if you don’t make dietary changes as well.

It is best to combine the high fluid intake along with a few other things like high fiber diet.

Be aware that constipation contributes to many health concerns where congestion is a problem, such as hormonal and menstruation issues. It can also cause other disorders, through the dehydration, such as kidney disorders or uremia. As well, severe constipation, if left untreated can lead to major gastro-intestinal disorders.

Check with your doctor if you suspect your problem is not water, diet, or lifestyle related.

FIBER

Not only is it important to eat a healthy diet, but it is also important to eat foods that are high in fiber. A lack of fiber along with improper diet is considered the largest cause in the rise of ovarian cysts in women today. The lack of fiber in our diet or processed foods, white flour, white rice and heavy in saturated fats – all of which lack the
necessary fiber to keep your system moving smoothly and reducing the congestion and buildup that leads to many more diseases than just ovarian cysts.

**SOURCES OF FIBER**

How can you get enough fiber?

There are many good plant sources of fiber. For soluble fiber, consider:

- Grains – such as oats, barley, and rye
- Root tubers or root vegetables – such as sweet potatoes, yams and onions
- Fruits and certain juices – such as prune juice, berries, pears, plums, apples, and bananas
- Vegetables – such as broccoli, carrots, and artichokes
- Legumes – is always a good source of fiber and can be found in peas, soybeans, and other beans like kidney, chick peas, black beans, and navy beans to name just a few.

When looking at adding insoluble fiber to your diet, be sure to consider:

- Flax seeds
- Nuts
- Seeds
- Wheat bran
- Whole grain foods
- Vegetables – such as cauliflower, celery, and green beans
- Fruit – only a few contain insoluble fiber – two are avocado and bananas
- Skins – such as potato and tomato skins

The top ten list of the best fiber rich foods changes slightly from year to year, however, legumes, bran, and grains are always up there.
PSYLLIUM SEED

Psyllium is an excellent source of soluble fiber. It’s a member of the Plantago genus of plants. Popular for decades now and well known for its multiple health benefits, it has become a normal ingredient in high-fiber breakfast cereals. It is also the main ingredient in many over-the-counter-type of fiber products, of which one easily recognized name is Metamucil.

Psyllium is primarily used as a fiber supplement and prized for its mucilage content. It is able to absorb excess water and will stimulate your bowels. It is helpful in both constipation and diarrhea.

Outside of various packaged products, Psyllium is also available as a powdered fiber supplement making it an inexpensive and readily available solution. You may have to go to your local health food store for straight Psyllium powder.

Typically, you would mix one teaspoon of the powder into water or juice and follow that with another glass of water in order to ease or avoid constipation problems. For some it is easier to take Psyllium in the form of chewable tablets or wafers. Follow the instructions on the package.

Ground flaxseeds can be taken the same way, although it might be easier to sprinkle the powder over your foods like cereal, salads, and soups. It is delicious mixed into yogurt.

As it absorbs water from your system, be sure to increase the amount of water you would normally drink or the constipation could get worse. This is not the same as just drinking more fluids. Coffee, alcohol, and sodas will only make the problem worse.
DIGESTION

As it’s important to keep your system moving quickly and efficiently through a good healthy diet, water intake, and fiber, it’s important to build up your intestinal balance and strengthen your immune system.

Keeping a happy, healthy intestinal tract is also very important and that means building up the intestinal flora for optimum balance.

REBUILDING INTESTINAL BALANCE

It’s important to rebalance the good bacteria and the bad bacteria in the digestion system. In addition to this is the need to have adequate production of three important elements of digestion such as:

- Gastric acid
- Bile
- Pancreatic enzymes

In the short term, to help you absorb nutrients better, you should start taking the following on a regular basis:

- Betaine hydrochloride – increases hydrochloric acid in your system
- Digestive enzymes – to improve digestion
- Probiotics – often called acidophilus, but in truth acidophilus is one of several different bacteria usually found in probiotics. There are excellent probiotic foods to add to your diet such as yogurt (purchase only those with live cultures), buttermilk or Kefir as well as sauerkraut. There are wonderful selections of probiotic available in most health food stores. Probiotics offer the following benefits:
  - Adds good bacteria back into your system
  - Keeps the microbes balanced in the digestive tract
• Find 10 billion CFU probiotic if you can for rebuilding the ‘good’ bacteria
• Use 2 billion CFU probiotic for maintenance

**STRENGTHENING THE IMMUNE SYSTEM**

A strong healthy body is priceless. To achieve that it is important to keep your immune system up and functioning to the best it can. To do that there are a few basic elements to put into place, such as:

• First, eat healthy as recommended
• Don’t eat any foods that you could be even the slightest bit allergic too
• Supplement with:
  o Vitamin C
  o Vitamin E
  o Selenium
• Supplement with Milk thistle to help support liver function
• Cat’s claw – this is a strong immune boosting herb. It’s usually available in capsule form. Follow the directions for usage.
• Echinacea – this is explained in greater detail in the supplement section.

**LIFESTYLE/ENVIRONMENT CHANGES**

There are several simple things that you need to do to create a life free of ovarian cysts. Some of these are:

• Reduce the amount of chemical in your environment and diet. In particular avoid Xenoestrogens. Xeno means ‘foreign.’ So Xenoestrogens are foreign
estrogens. There are over 100,000 chemicals in use that affect hormones. Xenoestrogens are one of the worst

- If you’re a smoker – quit

- If you drink a lot of alcohol - stop

- Use glass or ceramic dishes as much as possible – avoid plastics – particularly when you reheat food

- Remove as many chemicals from your diet and your environment as you possibly can

- Cut down the use of fabric softeners and detergents to minimize the exposure to those chemicals

- Don’t use skincare products that contain parabens – a preservative

- Avoid using nutmeg, oregano, thyme, turmeric, and cumin as they may inhibit the action of natural progesterone

**EXERCISE**

It’s important to make sure that you get regular exercise in every day. Don’t make it hard exercise unless you love it. What you need is a brisk walk every day or something along the lines of a half hour yoga session.

Find something relaxing and peaceful to reduce the stress in your life, improve your sense of well being, and make you feel better.

There are many ways to get exercise without it being a strenuous effort that you don’t want to do, as that in itself will cause stress in your life, something you’re trying to reduce. Consider walking, dancing, tai chi, or even a gentle form of stretching.
GOOD NIGHT’S SLEEP

It's important to get a good night’s sleep every night. Try for at least eight hours of solid sleep every day so that your body will be able to heal overnight and wake up rejuvenated and refreshed.

Poor sleep will contribute to your continuing poor health.

If you can go to sleep before midnight then your sleep will be all that much better. The hours of sleep that you get before this time are the best for healing. If your life is particularly stressful then you may need more sleep every night.

Alternatively, you may need to take a power nap during the day in order to recharge your body to make it through the rest of the day.

STRESS FREE LIFESTYLE

We can do our best to create a stress free lifestyle but chances are good that it’s not possible. That doesn’t mean we shouldn’t try. Stress is extremely damaging to your physical health.

Try to find methods of reducing the stress in your life, whether that is taking up meditating, visualization, or yoga. It’s important to find pockets of calm to center your day.

Your body will thank you.
If you want to avoid taking traditional pain pills such as ibuprofen, Tylenol or aspirin, there are a few natural alternatives to try that help to relieve the pain without masking it.

At the top of the list for ovarian cysts is white willow bark.

**WHITE WILLOW BARK**

This is an herb and should more rightly be listed in the herb section but as it is the number pain relief remedy for so many things, including but not limited to the pain of ovarian cysts, arthritis, headaches, muscle aches and soreness, menstrual cramps.

White willow bark contains an active element called salicin that in the body converts to salicylic acid. Does that name ring a bell? Well aspirin is acetylsalicylic acid. And white willow bark is what aspirin was originally made from. Now aspirin is synthetic but that doesn’t stop the original herb from still being a valuable addition to the natural health cupboard.

Willow bark is available in many forms including tinctures, loose herb, and capsules. Follow the instructions on the packaging.

**ANGELICA**

Angelica is rich in anti-inflammatory agents making it perfect for various aches, pains and swellings. As it is also an antispasmodic, it is idea for cramping pains including menstrual or muscular type of cramps.
Angelica is also available in several forms including tinctures, capsules, and loose herbs.

OTHER TECHNIQUES FOR MANAGING PAIN

There are several simple techniques for easing and managing pain.

**Meditation** - is a great way to calm down and feel more relaxed. Being more relaxed allows your muscles to unknot, uncramp, and ease the tightness they are experiencing as well. You can sit and listen to a tape, music, or just sit in silence.

**Visualization** – this can help ease pain and aid in your healing. Visualization means to see the healing happen in your mind. See yourself healthy and happy and pain free. It usually goes along with meditating but doesn’t have to.

As you go to sleep at night, see yourself healing over night and waking up healthy and pain free. Repeat this when you first wake in the morning too. Make it a habit and you will quickly start to feel better.

**Deep breathing** – will also help to ease tension and relax muscles. There’s no trick to this, just take a deep breath filling the belly first, then the chest. Hold the air in for a couple of seconds and slowly exhale. Do this when the pain is bad and practice doing it when you can remember. It aids healing and eases pain.

**Low impact exercise** – gentle exercise has several benefits. First it takes your mind off the pain and the problems and second it releases endorphins, which are natural, mood-enhancing chemicals in your system.

This type of exercise keeps you more limber and makes you feel good inside and out.
CASTOR OIL PACKS

Castor oil comes from the castor bean and dates as far back as ancient Egypt. It is toxic if taken internally and should only be used on smooth unbroken skin. In other words, don’t use it on cuts or abrasions.

These packs can improve lymphatic flow, increase circulation, reduce inflammation, and cleanse the toxins.

WHAT IS A CASTOR OIL PACK?

A castor oil pack is a cloth soaked in castor oil which is then placed on a person’s skin. This type of pack is used to enhance circulation and to encourage healing of the tissues and organs underneath it.

It is believed to help relieve pain, reduce inflammation, help digestion, and strengthen liver function.

WHERE TO USE A CASTOR OIL PACK

In the case of ovarian cysts, menstrual problems, and uterine pain, place the castor oil pack over the lower abdomen.

If you are experiencing constipation or digestion issues then place the pack higher up on the abdomen.

To cleanse the liver, which is very important for ovarian cysts and menstrual problems, place the pack on the right side of the liver.
Be aware that castor oil packs are great for relieving inflammation and swelling on any sore or injured muscles and joints as well.

**CAUTION**

Don’t use castor oil packs if you are pregnant, or breastfeeding and also not if you are currently having your period.

**HOW TO MAKE AND USE A CASTOR OIL PACK**

Castor oil packs traditionally are a square piece of flannel material that is soaked in a bowl of castor oil

- Place flannel in a container
- Pour over enough castor oil so that the material is soaked
- Squeeze out excess oil so it is not dripping
- Lay in proper place on the belly
- Cover with layer of plastic such as Saran wrap
- Lay a small towel over the plastic wrap
- Place the hot water bottle on the towel to gently heat the castor oil pack
- Leave on for 45 - 60 minutes
- Take time to rest and relax so that the healing can work
- Remove pack and store with oil in a closed container in the refrigerator.
- Cleanse area with warm water
- Pack can be used for up to 30 times
- Use these castor packs up to five times a week

**HYDROTHERAPY**

Hydrotherapy is the process of using water to ease your symptoms.
For ovarian cysts, the most common hydrotherapy method involves sitz baths. A ‘contrast’ sitz bath is when you use first warm/hot water and then switch to sitting in cold water.

For a sitz bath, you can either purchase the small baths from a drugstore or you can use your own bathtub.

Regardless of the method you choose:

- Fill the bath several inches deep with as hot a bath as is comfortable and sit in it for several minutes – usually three to four minutes.
- Follow that with a cold water bath for just a minute.
- Then repeat three to five times – end with a cold bath

This bath will improve circulation in the pelvic region, reduce any pain in the pelvis and will help to treat ovarian cysts.

HEAT THERAPY

Heat is an effective remedy to soothe pain and aches – particularly for ovarian cysts. This type of treatment isn’t going to make the cysts disappear but it will help your symptoms disappear while the other remedies start working.

- For heat therapy you can use a simple hot water bottle, electric blanket or a heating pad.
- Place it on the middle of the abdomen
- Rest this way for at least a half hour to an hour
NATURAL PROGESTERONE SUPPLEMENTATION

The use of natural progesterone, preferably as a topical treatment, can help to regulate a woman’s menstrual cycle while balancing hormones.

Progesterone is made by the ovaries and adrenal glands. In a normal healthy menstruating female, there will be between 20-30 mg of progesterone produced per day. This changes as a woman heads toward menopause and some will not produce this much even once they hit 30. It’s not an issue in younger woman but by the time they hit their fifties, close to 75% of that menopause production has stopped. This is also when women are most likely to get ovarian cysts.

Use only natural progesterone and not the prescription type. Prescription progesterone is chemical based and is very hard on your liver. Natural progesterone is a bioidentical hormone to the hormone that your own body produces. It is typically made of diosgenin, commonly taken from wild yams and soybeans. There can be severe side effects with synthetic versions and only rarely is there any side effect with natural progesterone. Progesterone is the hormone in a woman’s body that tells that ovulation is at an end so the left over follicles shrink.

Natural progesterone – take from 15-24 mg per day. Apply it for the two weeks before your menses, stop by the day – or day before - your menses. This means use it on day 12 through to day 26 of the menstrual cycle.

If you are in menopause, take 15 mg for the first 25 days of the month then stop for five six days (the balance of the month) then start as a new month.

The best way to use natural progesterone is a cream that is applied to your skin. Using progesterone topically (less than a half a teaspoon twice a day) on the abdomen, prior to ovulation, has been known to reduce and even dissolve ovarian cysts and decrease ovarian stimulation.
PART 5: HOW TO PREVENT RECURRING CYSTS

As the biggest problem with ovarian cysts stems back to diet, the best way to improve your chances or stopping a re-occurrence is to keep healthy through:

- Eat as clean as healthy and as unprocessed a diet as possible
- Limit alcohol consumption
- Quit smoking
- Don’t use antibiotics if at all possible
- Continue to build your immune system
- Live as clean and stress free as you can
- Making the environmental and lifestyle changes that were listed at the end of the last chapter.

There is no guarantee that you WON’T get ovarian cysts back as there can be physiological reasons as well.

However, if you do, you now have the method to get rid of it again.
THE 3 STEP SYSTEM TO PERMANENT OVARIAN CYST RELIEF

To simply the key points in the book, here is a 3-step system to permanent ovarian cyst relief:

1. Relieve the pain of ovarian cysts
   - White willow bark and other options—page 51
   - Castor oil packs—page 52
   - Hydrotherapy—page 53
   - Heat Therapy—page 54

2. Get rid of your ovarian cyst problems
   - Supplements—page 23
   - Herbs—page 30
   - Bach Flower Remedies—page 34
   - Homeopathic Remedies—page 35
   - Change your diet—page 40
   - Boost your immune system—page 46

3. Avoid new cysts by making the necessary lifestyle changes
   - Eat as clean as healthy—page 40
   - Continue to build your immune system—page 46
   - Add in daily exercise—page 48
   - Get a good night’s sleep—page 48
   - Live as clean and stress free as you can—page 49
   - Making the environmental and lifestyle changes—page 47


http://womenshealth.about.com/cs/ovariancysts/a/ovariancysttrtm.htm


37. Red Clover, Herbs at a glance, from National Center for Complementary and Alternative Medicine, accessed on November 19, 2010 from http://nccam.nih.gov/health/redclover/


