

PCOS / Fibroids / Anovulation:

In Polycystic Ovarian Syndrome (PCOS) the body produces increased male hormones which are converted into estrogen. In an obese woman, estrogen is also stored in fat cells. Because estrogen is normally made from the developing follicles, the brain's hypothalamus, confused by the constant level of estrogen, assumes that it is due to a developing egg inside the follicle. Therefore, the hypothalamus tells the pituitary gland to stop or slow down the release of follicle stimulating hormone. Thus, the follicles don't mature and burst, and ovulation never occurs. Instead the follicles turn into small cysts on the ovaries.

Avoid red meat, tap water, processed foods, junk foods, alcohol, dairy products (except for small amounts of organic, un-sweetened yogurt), iron supplements and those fruits and vegetables sprayed with pesticides.

Avoid eating meats that have been treated with hormones, which may stimulate the growth of fibroids. Always opt for grass-fed, free-range, or organic animal protein. This includes choosing wild fish over farm-raised fish.

Eliminate coffee from the diet as it may contribute to the growth of fibroids.

Eliminate chocolate, as it is too stagnating.

Avoid cold and raw foods, such as watermelon, citrus, and sushi. Also refrain from drinking cold beverages, such as ice water. Dairy is considered cold, hence the recommendation to stay away from all or most dairy products. Cold constricts blood flow... you want to improve blood flow.

Reduce as much as possible your intake of grains and sugars. Your body has a limited storage capacity for carbohydrates, so when you eat more grains and sugars than your body can use they are rapidly converted, via insulin, into fat. Since insulin resistance is a central issue in PCOS, cutting back on these foods will help control the disease for most women.

Since PCOS & about 25% of cases of anovulation are characterized by elevated levels of Prolactin, its important to eliminate alcohol, marijuana, aspartame, dioxins in meat and dairy, too much protein and too strenuous exercise. Increase essential fatty acid intake.

MUST:

- *Take a quality Multi-vitamin daily, which includes B6, Chromium, Magnesium, Folic Acid, Essential fatty acids.
- *Get adequate Vitamin D, as it helps regulate the menstrual cycle. It also keeps excess cell growth under control. Cystic growth should be minimized and stopped from accelerating... adequate Vitamin D levels play an important role here. Ideal levels are 50-70ng/ml. Dangerously low levels would be under 20ng/ml, with generally low levels between 20-32ng/ml.
- *Eat Yams (in moderation, of course)
- *Get regular exercise (but not too strenuous!)
- *Take herbs to drain cysts/dampness, and to move blood stagnation.

Pick up a copy of the book, "Healing with Whole Foods", by Paul Pitchford, 3rd edition.