

Discoveries In Health - Research Report

FIBROID TUMORS, OVARIAN CYSTS, ENDOMETRIOSIS

PROTOCOL

by Truman Berst, Master Herbalist

A tumor is a swelling or abnormal growth of tissues having no useful function in the body. Tumors may either be benign or malignant. Benign tumors are isolated growths that can occur anywhere in the body. They generally do not spread to other parts of the body and usually do not return after being surgically removed. Although benign tumors are generally limited in growth, they usually should be removed; a small percentage of these benign tumors later become malignant. Fibroids are benign tumors that most often occur in the uterus. Hundreds of thousands of hysterectomies are performed each year due to the presence of fibroid tumors in the uterus. Unlike benign tumors, malignant tumors are cancerous and must be treated as early as possible. They tend to spread to other parts of the body and are likely to recur after surgical removal. See TRUMAN'S CANCER PROTOCOL for more information. Environmental factors and diet play an important role in the development of tumors. Some tumors have decreased in size and others have actually disappeared after victims changed their dietary program and supplemented their diets with herbs, vitamins and minerals. The dietary changes and supplements that follow enhance immune function, suppressing the growth of tumors-both benign and malignant. ADENOMYOSIS: The presence of endometrial elements in an abnormal place: endometriosis. A. external, the presence of endometrial growths outside of the uterus. A. internal, the presence of endometrial growths in the uterine wall. Raw fruits and vegetables should comprise 50 percent of the diet. Nuts and seeds, whole grains, should be included in the diet. Eliminate animal protein, meats, fish, fowl, dairy products, salt, sugar, white flour, and white flour products from the diet. Also avoid processed and packaged foods. These types of foods contain no enzymes, are hard to digest, and cause toxic substances to form in the colon and bloodstream.

SUPPOSITORY

A. Internal Cut cotton in pieces two inches by four inches. Lay them on top of each other until you have a small pile about one inch high. Tie a string tightly around the middle and leave one end about ten inches long loosely hanging. A drug store or herbal pharmacy can supply "ichthammol", (a black salve) and vegetable glycerine. Mix two teaspoons of ichthammol and two teaspoons of glycerine together in a cup or small pan. (Use more of this mixture if needed.) Soak the cotton in this mixture thoroughly and insert it into the vagina up to the cervix, leaving the long end of the string hanging out. Wear a heavy cotton cloth or sanitary napkin over the vaginal opening so the mixture will not leak on your bed clothing. Follow this procedure five nights weekly before bed and remove it each morning by pulling slightly on the string. This will draw out the infection and help shrink fibroid tumors and ovarian cysts, or other growth that are in the uterus. Fibroid tumors are known to completely disappear in one month, they were so large it blocked the colon and inhibited bowel movements. Douche in the

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morning with an infusion made from equal parts goldenseal and myrrh. Make a quart of this tea and add one teaspoon of apple cider vinegar. Or use #51 Herbal Douche Formula follow directions on label. This procedure is also good for chronic vaginitis, and other vaginal and uterine infections.

Note: If ichthamnol black salve cannot be found, make a poultice out of equal Parts of slippery elm powder, white oak bark powder and enough water and french clay to make it of thin consistency. Mix the cotton layers in this and follow the above directions.

EXTERNAL

Put a castor oil pack over the ovaries four consecutive nights peer week. Before applying the castor oil pack, rub poke root oil over the ovary that is affected, then apply the pack.

HERBAL HEALING

DURATION OF PROTOCOL -- THREE MONTHS OR AS LONG AS DESIRED.

Begin your morning with a warm cup of #4227-008-0040, Daily Health Tea; 1 cup, 2 hours before breakfast, then again 2 hours after lunch and 2 hours after dinner.

Add the following to the tea:

- #1335-002-0010 ----- Endometriosis ----- 24 drops
- #1284-002-0010 ----- Immune Formula ----- 24 drops
- #7017-016-0025 ----- Gland Formula ----- 1 tsp
- #1477-016-0025 ----- CAC (colon & liver cleanser) Liquid ----- 1 tablespoon or as needed to keep
bowel movements very soft
- #8969-100-0080 ----- L-Cysteine ----- 500 mg (1 tablet), 3 times/day

1/2 hour before Pineapple Drink take (May discontinue after one jar of each.):

- #8413-004-0045 ----- Acidopilus powder ----- 1/4 teaspoon
- #8415-060-0080 ----- Colostrum ----- 475 mg (1 capsule)

To Pineapple Drink add the following:

- #3600-035-0035 ----- Super Veggie Powder ----- 1/4 teaspoon
- #3349-006-0025 ----- Fiber ----- 1 teaspoon - 2 tablespoons (as needed, to keep bowel movements
thick)
- #8560-016-0025 ----- Bentonite Clay ----- 1 teaspoon
- #8970-016-0045 ----- Lecithin ----- 1 tablespoon (may take additional teaspoon with each meal)

Vitamins & Minerals

- #2408-020-0020 ----- Beta Carotene ----- 50,000 IU (2 softgels), 2 times/day for *one month only*, then
1 time/day
- #2364-100-0020 ----- Esterified C ----- 2,000 mg (2 tablets), 2 times/day (AM and PM)
- #2801-250-0020 ----- HI -C 500 w/Bioflavinoids ----- 1000 mg (2 tablets), 3 - 10 times/day (not all at
once)
- #2805-090-0020 ----- B Complex ----- 100 mg (1 tablet), 2 times/day (AM & PM)
- #8371-030-0080 ----- COQ-10 ----- 30 mg (1 capsule), 2 times a day
- #9986-120-0090 ----- Mineral Complex ----- 3 capsules in the AM, 3 before bed

#2806-100-0020 ----- E-400 ----- increase gradually to 1200 IU (3 softgels) per day
#8981-060-0080 ----- Pycnogenol,30 mg ----- 60 mg (2 capsules), 3 times/day for 1 month, then reuce
to 2 times/day
#6932-090-0080 ----- Garlic (odorless) ----- 1000 mg (2 capsules), with meals, or 1 raw clove (minced)
#2397-090-0020 ----- Multi-Vita-Herb ----- 1 tablet with Pineapple Drink
#8026-100-0080 ----- Digestive Enzymes ----- 1 or 2 with each cooked meal.