



Dr. Susan's Solutions: The Fibroid Tumor Cure

Susan M. Lark M.D.

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If you are searching for rapid relief from the symptoms of fibroid tumors of the uterus and are looking for a safe, all natural approach to treating this condition, then Dr. Susan's Solutions: The Fibroid Tumor Cure is the one book that you must have!

Written by Susan M. Lark, M.D., best selling author and one of the most renowned women's alternative medicine experts, this incredible guide to healing from fibroid tumors contains her all natural treatment program that has helped thousands of her patients gain dramatic relief from the debilitating symptoms often due to this condition including heavy and irregular menstrual bleeding, spotting, pelvic pressure and pain and infertility.

Many of her patients have been able to avoid hysterectomy and the use of uncomfortable drugs and hormones by following her program. The book also includes her expert knowledge of the most up-to-date medical and alternative therapy research in this field.

In this essential and complete guide to healing from fibroid tumors, Dr. Lark shares:

- Important information on the symptoms, causes and risk factors of fibroid tumors. In-depth discussion of the heavy menstrual bleeding, spotting, irregular menstruation, pelvic pressure and pain, infertility, bowel and bladder symptoms and other symptoms that women with fibroid tumors often experience and how to correct them.
- Very helpful workbook for evaluating your own symptoms and questionnaires to assess your risk factors including stress, diet and physical fitness factors.
- An essential chapter on the medical diagnosis and medical testing of fibroid tumors, including the most up-to-date medical evaluation technologies.
- Her delicious fibroid tumor relief diet including menus, meal plans and scrumptious, high nutrient recipes that help eliminate fibroid tumor symptoms and promote radiant health and well-being.

Dr. Lark has included both vegetarian emphasis, high complex carbohydrate recipes as well as high protein, meat-based recipes, depending on the type of diet that your body needs most for optimal health.

- Many helpful charts including the foods that contain fibroid tumor relief nutrients, food shopping list for women with fibroid tumors and substitution charts for high stress foods and ingredients that worsen fibroid tumor symptoms.
- The most effective vitamins, minerals, herbs, essential fatty acids, antioxidants and enzymes to relieve fibroid tumor symptoms, their best therapeutic dosages and recommendation for use; essential guidelines on how to best use supplements; and a great sample nutritional supplement formula for endometriosis relief.
- Dr. Lark's wonderful stress relief exercises and meditations as well as breathing exercises that will promote a balanced and positive hormonal balance and mood throughout the entire month.

- Fibroid tumor relieving stretches, exercise guide, acupressure massage points, fully illustrated with useful pictures and diagrams.
- Authoritative, in-depth discussion of the drugs and hormones prescribed for fibroid tumors, their benefits and side effects as well as an in-depth discussion of the surgical techniques used for the treatment of fibroid tumors including hysterectomy, myomectomy and endometrial ablation.
- Dr. Lark also discusses the newest less invasive procedures like uterine artery embolization, radio frequency ablation and magnetic resonance guided focused ultrasound that have been developed for the medical treatment of fibroid tumors.

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