



NATURAL OVARIAN CYSTS RELIEF SECRETS™

They Don't Want You To Know About

**How to Naturally Eliminate
Ovarian Cysts without Drugs or
Surgery**

**Avoid damaging prescription drugs &
complications of surgery most often
recommended by doctors**

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Disclaimer

The author of this book is not a medical doctor. The author has no formal medical training. As a health researcher, the author has spent over 10 years investigating the true cause of disease. This book is based on discoveries made by leading researchers which has been compiled from books, scientific papers, medical reports, scientific journals, and ground breaking studies from leading universities and advanced medical research institutions. The author also includes observations of the various ovarian cyst treatments developed and practiced by doctors from around the world as well as experience gained from the thousands of women who have successfully eliminated ovarian cysts without drugs or surgery.

Before beginning any health program you should consult a licensed health care provider and be monitored throughout the entire process. This book is not intended to provide medical advice, diagnose illness, or in any way attempt to practice medicine. It is not intended to replace personal medical care from a licensed health care practitioner. Doing anything recommended or suggested in this book must be done at your own risk.

The author is forced to include this disclaimer due to the litigious nature of today's world, and the expected attacks, criticisms, and attempts to suppress and discredit this work.

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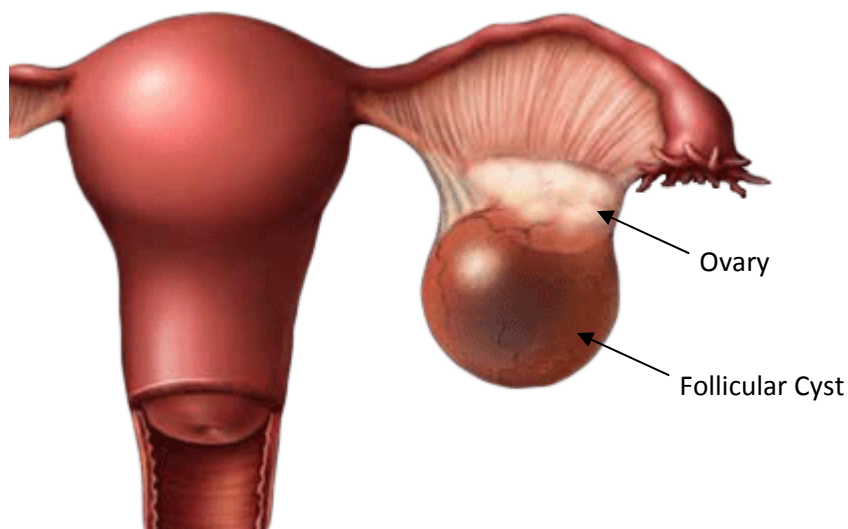
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Chapter 1

Ovarian Cyst Overview

What is an Ovarian Cyst?

Ovarian cysts consist of small fluid filled sacs called follicles that develop inside or on the surface of an ovary. If a follicle becomes larger than approximately 2 centimetres it is considered an ovarian cyst. The size of ovarian cysts can vary largely and can range from the size of a pea to larger than a grapefruit.



In the US, ovarian cysts are found in nearly all premenopausal women, and in up to 14.8% of postmenopausal women. The incidence of ovarian cancer is approximately 15 cases per 100,000 women per year. Ovarian cysts affect women of all ages. However, they occur most often during a woman's childbearing years.

Most cysts are functional in nature and are harmless, but some may cause problems such as bleeding and pain. Most doctors suggest surgery as an option to remove those cysts. But as you'll learn by reading this guide, that's rarely the case and often the worst decision you can make.

Types of Cysts

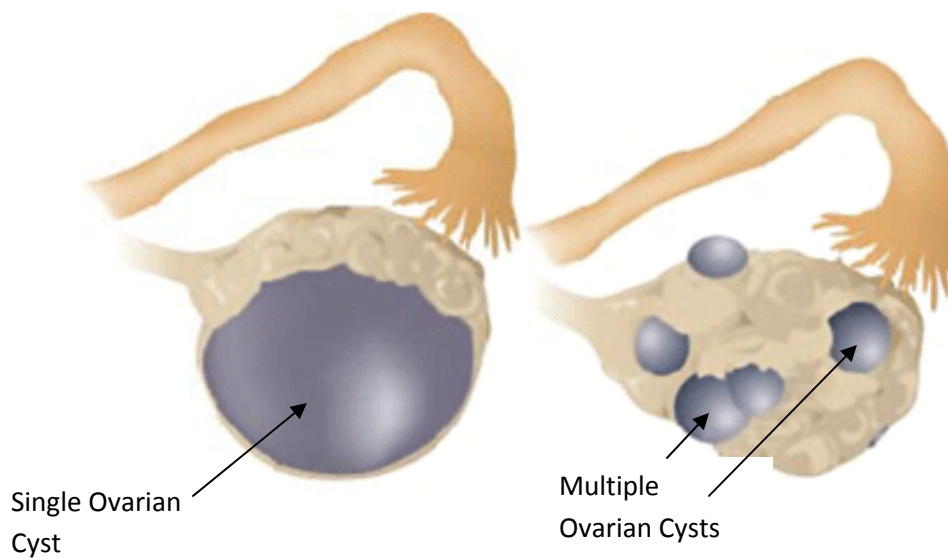
Ovarian cysts can be categorized as cancerous or non-cancerous growths, although most are noncancerous. The following is a brief description of the various types of noncancerous ovarian growths or cysts. (Note: These descriptions are technical in nature and you may decide to skip them and refer back to them again after you have read this entire book.) A woman may develop 1 or more of them:

1. **Follicular cyst (Graafian follicle):** This is a simple cyst, which is the most common type of ovarian cyst. This type can form when ovulation does not occur or when a mature follicle doesn't rupture or release its egg but instead grows until it becomes a cyst. It usually forms at the time of ovulation and can grow to about 2 inches in diameter. It's thin-walled, lined by one or more layers, and filled with clear fluid. The rupture of this type of cyst can create sharp, severe pain on the side of the ovary on which the cyst appears. This sharp pain occurs in the middle of the menstrual cycle, during ovulation. About a fourth of women with this type of cyst experience pain. Usually, these cysts produce no symptoms and disappear by themselves within a few months.
2. **Corpus luteum cyst:** This type of functional ovarian cyst occurs after an egg has been released from a follicle. After this happens, the follicle becomes what is known as a corpus luteum. If a pregnancy doesn't occur, the corpus luteum usually breaks down and disappears. It may, however, fill with fluid or blood and stay on the ovary. Usually, this cyst is on only 1 side and produces no symptoms.

3. **Hemorrhagic cysts:** This is an abnormal cyst, which is common, that usually affects younger women and may grow to 6 inches in diameter. It occurs when a very small blood vessel in the wall of the cyst breaks, and the blood enters the cyst. Abdominal pain on one side of the body, often the right side, may be present. Most hemorrhagic cysts are self-healing. Occasionally hemorrhagic cysts can rupture, with blood entering the abdominal cavity. No blood is seen out of the vagina. Cysts that rupture are usually very painful, though these are less common. Even if a hemorrhagic cyst ruptures, in many cases it resolves without surgery.
4. **Dermoid cyst:** This is an abnormal, relatively rare cyst that usually affects women during their childbearing years. It's usually benign, and can range in size from half an inch to 17 inches in diameter. It can contain fat and occasionally hair, bone, nails, teeth, eyes, cartilage, and thyroid tissue. Up to 10-15% of women with them have them in both ovaries. Though it often does not cause any symptoms, it can become inflamed, and can also twist around causing severe abdominal pain and threaten blood supply, which is an emergency and calls for urgent surgery. These cysts can generally be removed easily, which is usually the treatment of choice. Removal does not generally affect fertility.
5. **Endometriomas or endometrioid cysts:** This type of cyst is formed when endometrial tissue (the mucous membrane that makes up the inner layer of the uterine wall) bleeds and grows inside the ovaries. As the blood builds up over months and years, it turns brown. When it ruptures, the material spills over into the pelvis and onto the surface of the uterus, bladder, bowel, and the corresponding spaces between. It affects women during the reproductive years and may cause chronic pelvic pain associated with menstruation.
6. **Pathological cysts:** Polycystic-appearing ovary is diagnosed based on its enlarged size—usually twice normal—with small cysts present around the outside of the ovary. This condition can be found in "normal" women and

in women with endocrine disorders. Polycystic ovarian syndrome is associated with infertility, abnormal bleeding, increased incidences of pregnancy loss, and pregnancy-related complications. Polycystic ovarian syndrome is extremely common, is thought to occur in 4-7% of women of reproductive age, and is associated with an increased risk for endometrial cancer.

In addition to the different types of cysts, you may have a single large cyst or multiple smaller cysts.



Signs and Symptoms

It's important to be watchful of any changes in symptoms in your body and to know which symptoms are serious. If you have an ovarian cyst, you may be experiencing the following signs and symptoms:

- Menstrual irregularities that include painful menstrual periods and abnormal bleeding
- Constant or intermittent dull pelvic ache that may radiate to your lower back and thighs
- Pelvic pain shortly before your period begins or just before it ends

- Pelvic pain during intercourse
- Nausea or vomiting
- Breast tenderness similar to that experienced during pregnancy
- Fullness or heaviness, pressure or pain in your abdomen
- Pressure on your rectum or bladder and difficulty emptying your bladder completely
- Weight gain

The symptoms listed above are common, and they shouldn't alarm you. However, if you experience any of the signs and symptoms below, you should get immediate medical attention. They include:

- Sudden, severe abdominal or pelvic pain
- Pain accompanied by fever or vomiting
- Faintness, dizziness, or weakness
- Rapid breathing

Traditional Medical Treatment

You may have first learned about your cyst after feeling some pain or other symptoms that prompted you to visit your doctor. Although, it's just as likely that it was discovered during a routine pelvic exam. Either way, your doctor probably felt the swelling above your ovary. Once found, your doctor would most likely have performed an ultrasound, which helps them create an image of the inside your body using sound waves.

The ultrasound allows the doctor to see how the cyst is shaped, its size and location. It also determines whether the cyst is fluid-filled, solid or mixed. Doctors often perform other test that included a pregnancy test, hormone level test and sometimes a blood test called CA-125.

The CA-125 is a special test that can measure a substance in blood called CA-125 to determine if the cyst might be cancerous. However, some ovarian cancers

don't make enough CA-125 to be detected by the test. Also, there are a few non-cancerous diseases that may increase the levels of CA-125 such as uterine fibroids and endometriosis. It should be stated that ovarian cancer is very uncommon in women under 35. For this reason, the CA-125 test is most commonly recommended for women over 35.

After your doctor has determined that your ovarian cyst is noncancerous, these are the steps medical doctors are most likely to suggest:

1. **Watchful waiting**: At first, your doctor may have told you to wait and get re-examined in one to three months to see if the cyst has changed in size. This is a common treatment option for women who are in their childbearing years, have no symptoms, and have a fluid-filled cyst. It also might be an option for postmenopausal women.
2. **Birth control pills**: If you frequently develop cysts or your cysts have failed to shrink with three months of waiting, your doctor may prescribe birth control pills to prevent you from ovulating. The conventional medical practice of putting women on birth control pills is dangerous and misguided. As you read through this guide, you'll learn that this doesn't treat the true cause of ovarian cysts. Birth control pills also carry a long list of side effects that may be worse than the ovarian cysts itself.
3. **Surgery**: If the cyst doesn't go away after several menstrual periods, has gotten larger, looks unusual on the ultrasound, causes pain, or you're postmenopausal, the doctor may want to remove it. As you'll learn in this guide, there are safe and effective methods to eliminate most ovarian cysts without surgery. Though there are times where surgery is the only option, but it's extremely rare.

There are two main surgical procedures:

- a. **Laparoscopy**: A laparoscopy is often used when the cyst is small and looks benign on the ultrasound. This procedure is done under general

anaesthesia. A very small incision is made above or below the navel, and a small instrument is inserted into the abdomen. If the cyst is small and looks benign, it can be removed.

- b. **Laparotomy**: A laparotomy is done as a second resort, usually if the cyst is large and looks suspicious. This procedure involves making bigger incisions in the stomach to remove the cyst. Again, this procedure is done while you are under general anaesthesia. The doctor sometimes has the cyst tissue tested to find out if it's cancerous. If it is cancerous or may be a *threat of being cancerous*, the doctor may remove the ovary and other tissues that may be affected, like the uterus or lymph nodes. It's important to understand that ovarian cancer is very rare and the vast majority of these surgeries are unnecessary.

What's frightening is that you'll most likely have to fill out a form before surgery, consenting the doctor to not only remove the cysts, but the authority to remove your ovary and potentially your uterus if they feel it may cause you problems. You'll get know warning, you may wake up to find out you can never have children or that you'll need to be on hormone replacement therapy forever.

Chapter 2

What Doctors and the Medical Industry Don't Want You To Know

Of the three options conventional medical doctors use, the only one that you should consider is watchful waiting. Most ovarian cysts go away on their own.

What the medical industry is hiding is that hormone imbalance primarily caused by food is the true root cause of ovarian cysts. In fact, the most common treatment of prescribing birth control pills to women will actually cause their cysts to grow. The truth is that by balancing excessive hormone levels, your body will automatically shrink your cyst to minimize or eliminate any problems.

How did this happen? The American Medical Association (AMA), FDA and pharmaceutical companies are really the main problem. Corporate greed has driven them to falsely educate doctors to prescribe harmful pharmaceutical drugs and perform unnecessary surgery, both of which are highly profitable.

It's amazing that today's medical culture has even labelled ovarian cysts as a disease. If your doctor just didn't prescribe you those drugs, your cysts may have gone away on their own. As common with many other illnesses today, the methods and drugs prescribed actually make your situation worse and make the profits of the drug company go through the roof.

Before I continue exposing the ugly truth about the medical industry, let me explain how important your ovaries are. Your ovaries are the anatomical

equivalent of a man's testicles and they are a main source of hormone generation. Removing your ovaries can have profound effects, although your doctor will like tell you it will solve all your problems. They're most often going to recommend you remove one of your ovaries, because cysts usually form on only one ovary at a time. The problem is, your ovary is most likely not the cause of your problems. So if you don't treat the root cause, you're most likely to have cysts on the other ovary down the road.

If they convince you to remove your ovaries, you'll no longer produce substantial amounts of estrogens and progesterone. This will make you feel more anxious and leave you with little or no libido. Removing your ovaries will cause an increased risk of many diseases such as osteoporosis and heart disease. Taking hormone replacement therapy won't help. Hormone replacement doesn't regulate your hormones as well as your body does naturally.

There are only a few, relatively rare instances when it's wise for you to have your ovaries removed, with cancer being the most obvious. Others include cysts that have a high risk of being precancerous and extremely enlarged cysts that cause pain and don't respond to natural treatment. But the vast majority of surgeries are unnecessary. Even though cancer is relatively rare in ovarian cysts, doctors tend to be eager to remove your ovaries. But what your doctor doesn't realize is that even after removing the ovaries, cancer can re-appear in the pelvic cavity and behave just like ovarian cancer.



Photo of removed cyst

With cancer, prevention is the best medicine, especially if there are women in your immediate family who have had ovarian cancer. Your risk also increases if you have used fertility drugs such as Clomid, if you've used birth control pills, or if you haven't been pregnant.

Your doctor may even suggest you need to remove your uterus, this will require them to prescribe Premarin which will increase your risk of breast cancer, especially after 5 years.

The most common course of action your doctor will suggest with ovarian cyst (especially in the US) is to try and remove the cyst surgically with the chance they will have to remove an ovary. If you are planning to have this surgery, make sure you find a doctor who you believe will do everything they can do to save your ovary.

Most doctors will simply remove the ovary if it seems too difficult to remove the cyst. This is not to say it's unsafe to remove a cyst, it's just more effort. This delicate surgery is tremendously time consuming. Removing the cyst without damaging the ovary takes a level of surgical skill, patience, and expertise that most ob-gyns don't have. It also takes longer and costs more, so insurance companies would rather not pay for it. There other option is too remove your ovary, which is a fairly simple and straightforward procedure (for the surgeon, not for you).

Removing your ovary makes it very likely that you'll need hormone replacement therapy in the future. Rather, that's what they'll recommend when you complain with symptoms. Let's discuss the economics of surgical cysts removal for a moment. This procedure can make a lot of money for your doctor, the hospital, and the drug companies. First off, the actual surgery is costly, and then you'll have a long recovery. After the actual surgery, you're very likely to have to visit your doctor much more often. They will probably pre-schedule a number of follow up appointments, to see how things are progressing, more money and great for business.

They'll probably prescribe unopposed estrogen, which is great for the drug companies. Unfortunately, this will eventually lead to many expensive medical conditions such as fibrocystic breasts, weight gain, elevated blood pressure, blood clots, gallbladder disease, liver disease and breast or other hormone dependent cancers. All these will require addition visits to your doctor and more prescription drugs. Once again, great for your doctor and the drug companies profits. Each and every disease you get from unopposed estrogen brings financial reward for them. Are you starting to see the picture now?

Chapter 3

The Natural Way to Resolve Ovarian Cysts

It's important to understand why these cysts form. First, you should know that modern medical science knows very little about the inner workings of your ovaries. They also don't really understand how the ovaries are stimulated to produce and release hormones. Fortunately, we do have enough information to ensure you keep your ovaries and you keep them healthy, naturally.

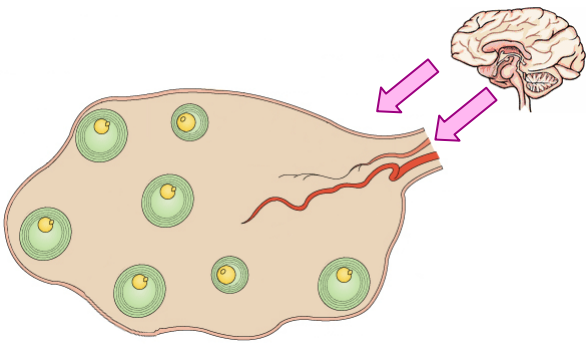
Women normally have 2 ovaries, one on each side of the uterus that store and release eggs. Each ovary is approximately the size of a walnut. When your menstrual cycles are functioning optimally, one ovary will produce an egg roughly once per month. Your ovaries are very active during this cycle. Many women can actually feel when they ovulate. You may have felt it before. Women say that it feels like a slight cramping or pinching sensation. You can feel it in the area of the ovary, which is slightly below either side of the navel. Although, many mistaken this feeling for a case of gas or indigestion. But let's step back for a moment; what's most important to understand here is what happens before the egg is released from your ovary.

Your brain sends signals in the form of hormones to eggs stored in your ovaries telling them to begin forming tissue. This tissue begins to grow and surround the egg to form what looks like a sac. These sacs begin to move to the outside edges of your ovary. An egg inside of a sac is referred to as a follicle. As these follicles begin to enlarge, they produce estrogens. Every menstrual cycle produce approximately 120 follicles in the process of maturing eggs.

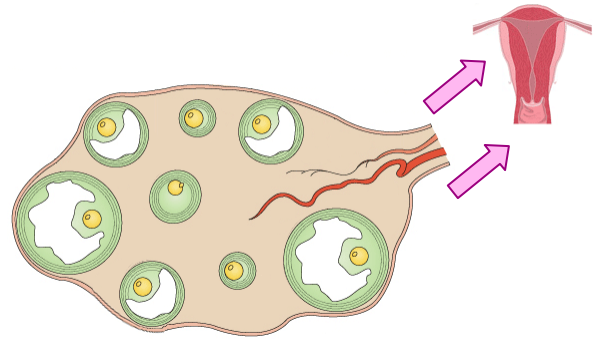
Normally, only 1 succeeds in releasing the egg, which is called ovulation. When you ovulate, the egg is released and the remaining sac part of the follicle changes form and becomes what is called the corpus luteum. The most important step here in regard to why ovarian cysts form is that the corpus luteum begins to produce a hormone called progesterone. Progesterone stops further ovulations by the rest of the follicles as well as the follicles of the other ovary.

See illustration on next page.

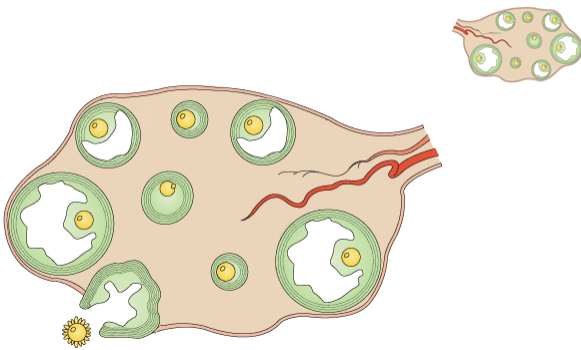
Natural Ovulation Process



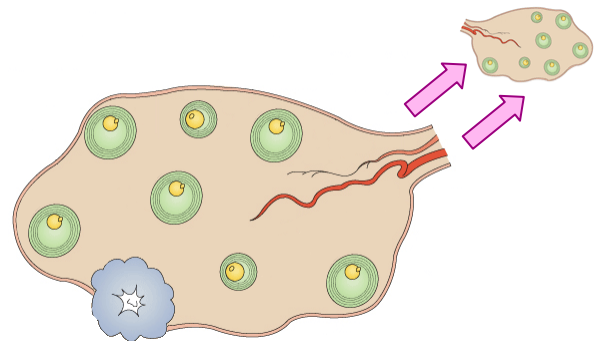
STEP 1: Signals from the brain cause follicles to grow.



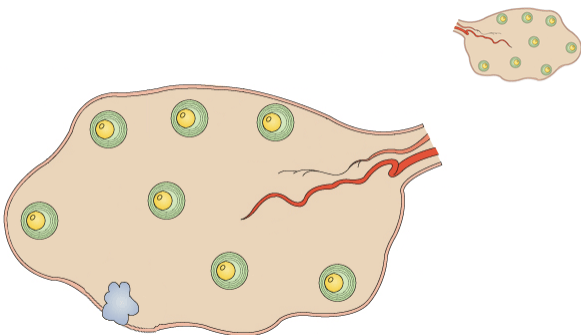
STEP 2: As the follicles begin to enlarge, they make estrogen, which signals the uterus to prepare for an egg.



STEP 3: One follicle releases an egg (ovulation) before the others.



STEP 4: The follicle changes into a corpus luteum. It begins to produce progesterone, which stops further ovulations by the rest of the follicles in both ovaries.



STEP 5: The progesterone in your system cause all the follicles to shrink or dissolve. The cycle repeats each month.

The True, Root Cause of Ovarian Cysts

When you find out that you have an ovarian cysts, doctors will often make a justification for removing the ovaries. What you need to understand is the presence of cysts on the ovary is a completely normal process. Enlarged cysts are common and are very rarely cancerous.

Doctors fail to mention that cysts are a normal part of the ovulatory process. In fact, before ovulation, anywhere from a few to a few hundred follicles enlarge in the ovaries to appear cyst like. When functioning normally, only one follicle will release its egg down the fallopian tube. The other follicles then begin to be reabsorbed or dissolved outside of the ovary.

The truth is, almost all ovarian cysts are caused by poor diet. Again, women have been misled for the sake of profits. What you may believe to be a healthy diet is what is causing not only your ovarian cyst, but virtually all disease. Specifically, diet causes an imbalance in your body of several key hormones. These are:

1. Too much Androgens (Male Hormones)

Ovarian cysts in young women are almost always caused by excess sugar and refined carbohydrates in the diet. These foods create constantly raised insulin levels in the body. This stimulates the production of androgens (male hormones) from the ovary, which is the primary cause of ovarian cysts. The elimination of sugar and other refined carbohydrates is absolutely required for anyone dealing with ovarian cysts. It must be done to fix hormonal imbalances and supplemented with plenty of exercise to remove excess androgens.

2. Too Much Estrogen

In addition to excess sugar and refined carbohydrates, other foods and environmental factors contribute to very high levels of estrogen in the body. Unfortunately, it's almost impossible to eliminate all environmental factors in today's world. We'll discuss this in greater

detail in later chapters, but for now, it's important to know that as much as 95% of your excess estrogen is caused by eating animal products. Despite everything you may have heard, your body was never designed to consume so much animal products. Animal products are loaded with hormones and other chemicals that act like estrogen. Women eating a typical American diet have levels of estrogen almost twice as high than normal. We will discuss the impact of meat and dairy later in this guide.

The best way to treat ovarian cysts is to follow the nutritional information provided later in the diet book. Replacing refined carbohydrates and animal products with a natural, organic, and alkaline diet will do wonders for your ovaries as well as the rest of your body. Exercise is also described in the sections to follow.

Note: If you've been eating a high sugar and refined carbohydrate diet for an extended period of time. You will likely have some form of diabetes or pre-diabetic condition. Your pancreas may secrete insulin abnormally. This must be corrected. Eating the recommended diet will correct this imbalance very quickly. If you are on insulin you may need to monitor your blood glucose levels and work with your doctor to reduce or even eliminate your insulin.

How Hormone Imbalance Leads To Ovarian Cysts

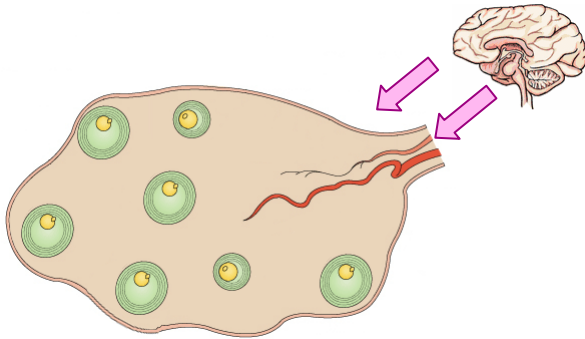
Eating the wrong foods has an incredible impact on the delicate balance of your hormones. We already know that eating sugary, refined carbohydrates and animal products leads to unnatural levels of androgens and estrogens. Let's me describe what happens when your hormones are out of balance.

For example, if your body has too much estrogen, it may cause the ovulation process to fail, which is when the follicles migrate to the surface of the ovary but fail to release an egg. When this happens no progesterone is made. When you feel pain mid-cycle, this is a sign of fail or disordered ovulation.

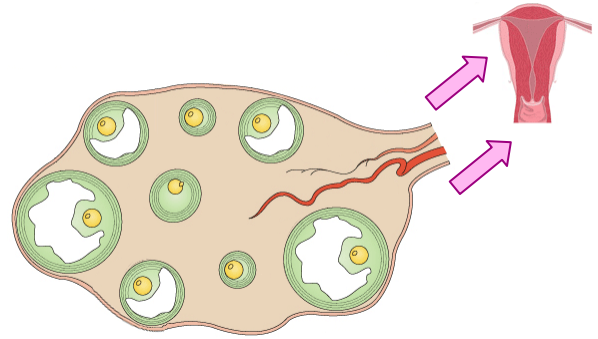
An area in the brain called the hypothalamus monitors both estrogen and progesterone levels. If progesterone fails to rise, the hypothalamus sends signals to make hormones that stimulate the follicles to continue to grow. This stimulates even more estrogen production. The follicles then become cysts and grow larger and larger with each succeeding menstrual cycle. Some of these ovarian cysts burst into the pelvic area releasing fluid including blood which can be painful.

See illustration on next page.

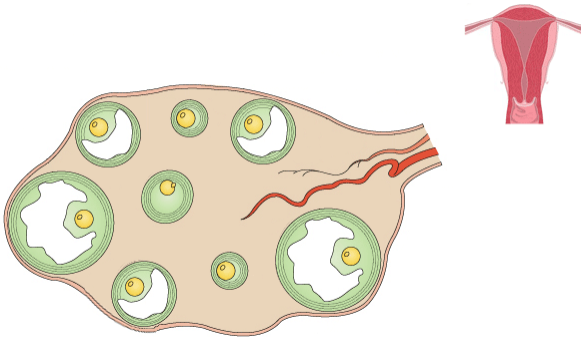
Failed Ovulation Process



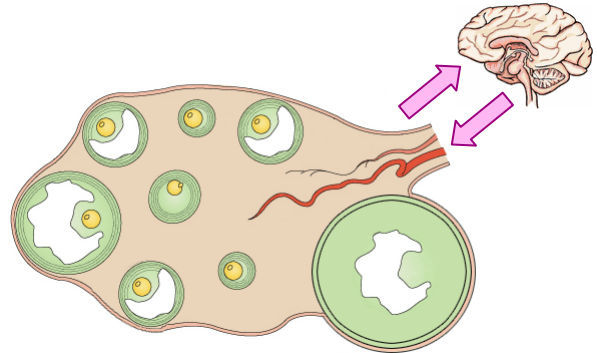
STEP 1: Signals from the brain cause follicles to grow.



STEP 2: As the follicles begin to enlarge, they make estrogen, which signals the uterus to prepare for an egg.



STEP 3: A number of follicles migrate to the surface of the ovary, but none release an egg, no progesterone is made.



STEP 4: When progesterone fails to rise, the brain signals the ovaries to get back to the work of maturing an egg. This increases estrogen. The follicles become cysts that are stimulated to grow even larger with each succeeding cycle.

Ovarian cysts can vary widely both normal and abnormal. They can spring up almost overnight and can disappear almost as fast. They can grow to the size of a grapefruit before they disappear on their own. Most doctors recommend removing the cysts once it grows to larger than 4 centimetres and is labelled abnormal.

A better option is to change your diet to help rebalance your natural hormonal levels. Then, watch the cysts for a few months while they shrink away, which it most often does.

Note: Some cysts are fluid filled while others are more solid. In general, the more solid a cyst the more likely it is to become cancerous. For unknown reasons, sometimes follicles have the ability to make skin cells, teeth, hair or other tissue. When such a follicle is stimulated by follicle growth hormones, some of these tissues may develop within the cyst. This type of rare dermoid cysts is harder to be reabsorbed and may need to be removed surgically.

It's very important to understand that the direct cause of ovarian cysts is related to hormone imbalance, either high estrogen/low progesterone or high androgens. When hormone levels are restored to normal for a few months the cysts are usually reabsorbed.

Natural Progesterone Cream

For most women, following the described diet for a few months is enough to eliminate their ovarian cysts. But if you either 1) are unable to follow the diet correctly or 2) are affected more by other factors described later in this book, you may need to supplement their body with natural progesterone cream.

Here are the most common reasons you may need to supplement with natural progesterone:

- You're unable to eliminate all animal products from your diet for a few months
- Your exposed to high levels of chemicals in your environment

- Your overweight
- Your highly stressed
- Your cyst fail to respond to diet alone
- You over the age of 35

As mentioned earlier, progesterone is the hormone that signals the end of ovulation and causes the remaining follicles to shrink. Natural progesterone cream is made from fats extracted from wild yams or soybeans. It's important that you only use natural progesterone because it's bio-identical to progesterone produced by the human body.

Avoid prescription progesterone, it's not the same and can lead to many more problems. Also, prescription progesterone comes in pill form and must pass through your liver. This does two things: 1) it damages your liver and 2) your liver filters out over 90% of this synthetic progesterone and this leaves through urination, making it highly ineffective. Natural progesterone cream on the other hand is applied and absorbed through your skin. This lets you use a much lower dose while producing incredible results.

If sufficient natural progesterone is supplemented from day 10 to 26 of the menstrual cycle, the cysts will not be stimulated and within 1 to 2 months, your cysts will likely shrink and disappear without further treatment. The only brand we currently recommend is Women's Balance by Kokora. You'll need at least 3 jars or 2 pump bottles for the 8 week program. It can be found in the resource section at the end of this book.

Now, remember the medical industry is money driven. What happens if your doctor recommends some simple, natural progesterone cream? Well, for starters, you can buy it yourself. It's cheap and simple to use. There goes the pharmaceutical company's outrageous profit. After applying it for a few months, your cysts will be eliminated so you no longer need to see your doctor, well maybe to get an ultrasound to see how much your cysts has shrunk or disappeared completely. The economics of this choice is extremely different for

you, your doctor and the drug companies. I'm not suggesting that you shouldn't ever have cysts removed because in rare cases that's necessary. But I recommend you take into account the hidden agendas that exist in this situation before making a decision. Make sure you make a decision on what's best for you.

Chapter 4

How Diet Affects Your Ovarian Cysts

How Nutrition Affects Hormone Imbalance

The rewards of a nutritious diet are almost unbelievable. Not only will this help your ovarian cyst, but it will also eliminate many other health problems such as heart disease, cancer, diabetes, osteoporosis and the list goes on and on. In fact, there isn't a single disease that isn't reversed or eliminated by changing what you eat and drink.

If you've been living off of candy bars, chips and cookies your energy and moods will improve drastically. If you suffer from indigestion, gas, bloating and constipation you'll be happy to know that by following this diet these problems will also be eliminated. In addition you'll catch fewer colds, drop unwanted fat, hair will become stronger and healthier and your skin will clear up. In most cases, changing your diet is all that is needed to restore balance.

Eliminate Carbohydrates and sugar habit

As mentioned earlier, refined sugar and carbohydrates are the primary cause of ovarian cysts, especially in pre-menopause women. You must do your best to eliminate them. Refined carbohydrates such as white pasta, white bread, white rice, baked goods are loaded with calories but are void of nutrition. They all cause your insulin to be chronically high. They also suppress your immune system

and lead to a condition called Candida. Sugar is especially bad. It causes severe behavioural and emotional problems.

Also, do not consume any food that has NutraSweet, Splenda, aspartame, sucralose, or saccharin on the label. These artificial sweeteners are also extremely toxic to your body.

If you need to use a sweetener, choose stevia as your first option. This is an all-natural herb which actually helps regulate blood sugar. While your cysts are shrinking, use Stevia exclusively. After you feel better, you may include other natural sugars such as raw organic agave nectar, raw organic honey, or raw organic sugar cane. Remember, science is not better than nature. Natural sweeteners are always better than artificial chemically made sweeteners.

Eliminate Dairy and Meat

Milk is loaded with dangerous substances that everyone should avoid, especially women with ovarian cysts. Dairy products are loaded with pesticides, unnatural hormones including hormones injected by farmers to make the cows grow faster as well as hormones meant for the baby calves that are supposed to be drinking it. DO NOT eat any dairy.

It's best to avoid meat altogether. Today's conventional meat is loaded with hormones and antibiotics and artery clogging fat. If you absolutely must have to eat meat make sure it's not more than 5% of your overall diet and it's organic. Organic farms don't use hormones and antibiotics and feed their animal's food they would eat naturally. If you decide to eat small amounts of meat you may have to use the natural progesterone cream initially to rebalance your body.

Avoid Processed Foods

If the words low-fat, non-fat, trans-free is printed on the package it must be healthy right? Wrong! Processed foods in boxes and cans aren't healthy, and they

never will be. Eating healthy is fairly simple; if it comes in a box, bag or can don't eat it. Eliminate processed foods from your diet.

Balancing Vegetables

Phytochemicals are compounds in plants that have many health supporting effects on the body. Phytoestrogens are a subset of phytochemicals that produce estrogen like activity. They help balance the body by blocking estrogen receptors to reduce the effects of excess estrogen. Phytoestrogens are found in vegetables with soybeans being the most potent. To get the most benefits you need to eat many fresh, raw organic vegetables everyday and have soy products a few times a week. Some people may be allergic to soy products and may need to avoid them. If you find that you are sensitive to them try fermented soy products such as tofu, tempeh and miso which are the most beneficial phytoestrogens. Soy milks and soy protein powder aren't as good as fermented soy products. Make sure you don't eat soy more than 3 times a week.

Additional Diet Information

The complete ovarian cyst free diet is available in the book "Balance Your Diet, Reclaim Your Health" included as part of this package. This is mandatory reading if you want to fully restore your health.

Chapter 5

How Exercise Affects Your Ovarian Cysts

How Exercise Affects Hormone Imbalance

It wasn't too long ago with people would perform physical labour all day. These days, exercise is walk from your car to your office for some people. Studies have shown us how important exercise is and if you've every seriously exercised you know how great it feels.

Exercise oxygenates your blood, strengthens your cardiovascular system and helps circulate your lymph system. You lymph system is like the blood system except it deals with waste. Unfortunately, unlike your blood system it doesn't have a pump like your heart. The closest thing to a pump for the lymph system is deep breathing which happens during exercise. Exercise reduces the risk of most diseases including heart disease and cancer. If you aren't exercising now, it's time to start. It can be as simple as a walk around the block, start off slow.

The ideal exercise program combines cardiovascular activity, strength training and stretching. Strength training strengthens your bones and adds muscle. Muscle with help you burn more calories throughout the day. Stretching helps you avoid injuries and it feels great. If you've ever seen a cat stretching you'll see how enjoyable it can be.

When exercising, don't overdo it. Exercising too hard lowers your immune system and adds unneeded acid to your body. If you feel extremely fatigued after working out, you're overdoing it. Very hard physical stress is not a good

environment for making babies and shuts down the reproductive system. Balance is key, moderate exercise on a stressful day can be very soothing.

The easiest and probably best exercise is walking. Put on a pair of comfortable shoes, and head out the door. Walking outside is vastly superior to a treadmill. Ideally, you would walk in a park or anywhere you could connect with nature. A good walk will make you feel just a little bit out of breath, and will make your heart beat about twice as fast as it does at rest. You may need to start with a 10 minute walk, but as you get comfortable, increase this to 30 minutes to 1 hour. Find time to walk everyday if you can. Five walks a week is a good goal. If walking isn't for you, any other type of exercise is good, as long as it's done moderately.

Another highly recommended exercise is rebounding, or gently jumping on a mini-trampoline. Gently jumping on a rebounder stimulates the lymphatic system, releases beneficial endorphins and other hormones, and is the only exercise in the work that actually stimulates and exercises every cell in the body simultaneously. Rebounding stimulates muscle tone, muscle strength, flexibility, oxygenates the blood, improves circulation, and stimulates the release of toxins. Set up a rebounder in front of your television. Five to ten minutes, once or twice a day, will have almost miraculous physical and mental health benefits.

Doing any kind of resistance training, such as weight lifting is encouraged and beneficial. Here are some of the benefits:

- Resistance training releases hormones that have anti-aging benefits including improved skin and a youthful appearance.
- Strength increases leads to increased energy and vitality.
- Your risk of heart disease, high blood pressure, diabetes, breast cancer, and stroke all decrease dramatically
- Exercise sweeps excess cortisol (stress hormones) from the bloodstream.
- Immunity is boosted and makes you better resistance against infectious disease
- Sleep quality improves
- Women who exercise have more satisfying sex lives

- When you exercise, your body makes hormones called endorphins, which are natural painkillers and mood enhancers
- Exercise is a natural appetite suppressant and a good way to ease cravings
- Menstrual cramps and PMS are soothed by a good workout

If you exercise and eat according to our guidelines, you can expect to lose a few pounds or more. Excess body fat is a source of excess estrogen. Fat loss means lower estrogen levels, and for many women, this is an important step toward creating balance after years of estrogen dominance.

Chapter 6

How Environmental Toxins Affect Your Ovarian Cysts

Xenohormones

Xenohormones are substances not found in the environment naturally. These are manmade chemicals that have hormonal effects. Unfortunately, we live in a time where it is virtually impossible to avoid such substances on a daily bases.

Extensive research has found undisputable proof that Xenohormones cause hormone disruption in humans.

Some common sources of Xenohormones are:

- Solvents and adhesives
- Petro-chemically derived pesticides, herbicides, and fungicides used on non-organic produce and processed products
- Car exhaust
- Emulsifiers found in soap and cosmetics
- Nearly all plastics
- Industrial waste such as polychlorinated biphenyls (PCBs) and dioxins
- Meat from livestock fed estrogenic drugs to fatten them up

Get Solvents Out of your Life

The most common source of Xenohormones is a class of chemicals called solvents. The structure of these chemicals makes it very easy for them to enter the body through the skin where they accumulate in the tissue of the brain and in fat. In combination they may be exponentially more potent and toxic than separately. They are found in many products including glue, paint and even your clothes after returning from the dry cleaner. Another common source is nail polish and nail polish remover.

Exposure to solvents can cause depression, irritability, fatigue, anxiety, inability to focus, short-term memory loss, brain swelling (headaches), and oxygen deprivation in the brain with possible permanent brain damage. Solvents can also damage a developing fetus and should be avoided in any amount by pregnant women.

All Xenohormones are toxic and should be avoided by everyone not just those suffering with ovarian cysts. These Xenohormones act like estrogen in the body. They are extremely potent in almost unbelievably small doses. The saddest part of this all is that the government and corporations are doing nothing to reduce their use of these chemicals and because they are not biodegradable they will continue to accumulate in the environment.

Xenohormones create hormonal imbalance not only for humans but all living creatures. They are particularly damaging to the ovaries. Chronic exposure results in damaged follicles which cause reduced production of progesterone, leading to fertility problems, cancer and many other problems.

Xenohormones have created an epidemic of excess estrogen worldwide and their effects influence the body in several ways:

- Some activate estrogen receptor sites.
- Some appear to create extra estrogen receptors.
- Others inhibit the ability of the liver to excrete estrogen.
- A few may occupy estrogen receptors and inhibit their action.

Among industrialized countries, women are found to have increased levels of estrogen and progesterone deficiency. This is caused by Xenohormones which is an important but unrecognized factor in the current epidemic of hormone imbalance. Xenohormones damage the ovaries which are the primary source of progesterone in women. Lack of progesterone causes many problems including early miscarriage, sleep disturbances, loss of normal libido, fibrocystic breasts, increased fat deposits at the hips and thighs, and especially an increased risk of estrogen related ovarian cysts and cancers.

It saddens me to say that the younger generation will most likely find that many of them have been reproductively crippled by the effects of Xenohormones in the womb.

You absolutely need to do everything you can to minimize your exposure to these chemicals. This is an important cause; let people know that there is a serious problem.

Here are some techniques for decreasing your exposure to these toxic substances:

1. Most obvious is to never again use any pesticides for weeds, your lawn or garden. Also, don't use any house sprays for bugs or pets. This includes bug spray you apply to yourself, Deet is NOT safe.
2. Eliminate or decrease consumption of foods most likely to be contaminated with these chemicals, such as meats and dairy. If you do eat meat, poultry, eggs, and fish, it should be organic and free of hormones and antibiotics. A primarily plant-based diet of fresh, unprocessed organically grown vegetables, fruits, nuts, and grains of all sorts is a foundation for good health and longevity for us and for the environment.
3. Avoid exposure to solvents, plastics, and products such as cosmetics, hair spray and soaps made with petrochemical based emulsifiers and spreaders, especially when you might be pregnant. Don't buy into the ads for all these cosmetics, most of them are toxic and there are great alternatives. Don't store or heat your food in plastics; don't wear plastic clothing (polyester

comes to mind); and don't use air fresheners, fabric softeners, and scented laundry soaps. Don't use sun screen.

4. While this is difficult, make a healthy living environment. For example choose unfinished wood or stone tile floors rather than carpets. The glues and solvents in the backing of carpets will emit toxic molecules for several years. Choose non-toxic paints. Get an air purifier and open the door and windows when you can.
5. Avoid all synthetic sex hormones.
6. Cleanse your body frequently. This includes cleanses for all your major organs as well as full body cleanses which release accumulated toxins held deep in your body. The easiest way to cleanse your body is using the cleanses included in this package.

While it's impossible to completely avoid all chemical, smart choices can drastically limit your exposure. Natural alternatives to chemical products are available in health stores across the nation. It's actually very simple. Stop buying your products at the regular grocery store. Stop buying products just because their advertised heavily. Go to your local health store and choose products with the least amount of ingredients. There are a lot of great products in these stores that work great and don't harm the environment or your body.

Chapter 7

A Toxin Overloaded System Will Cause Ovarian Cyst

In the last chapter we talked about the many toxins in the environment that effect your hormone balance. Every day we are bombarded with toxins from environmental pollution, pharmaceutical drugs, stress, and processed foods. Foods laden with preservatives, colors and chemicals that leave toxic residue in our systems. Much food is grown in de-mineralized soil pumped with fertilizers, dirty water and polluted air.

It is no surprise we are faced with more toxic overload in this day and age than we can possibly fathom. Many of us do not understand this, and others are so bombarded with media reports that we feel hopeless and helpless as to what to do. I'm here to assist you in cleaning up the toxins you've spent years collecting.

Your body is extraordinary and it's equipped with systems that deal with this day to day clean up. It does so by bowel movements, urination and by sweating. In addition, many times when you think you have the cold or the flu, your body is in fact just eliminating large amount of toxins. But your body was never designed for what we throw at it today. It can quickly be overwhelmed and it's this cumulative exposure to toxins that causes the majority of problems.

In order to prevent death, your body does the next best thing to eliminating the toxins by storing them in fat. It requires much less energy to store the toxins in fat compared to eliminating them completely. I must repeat this is a second resort and only happens when the body can't deal with the level of toxins

entering your system. By storing the toxins in fat, your body keeps them away from your vital organs. This is in fact the true root cause of obesity. The fat is actually saving your life by shielding all these toxins. As you may have guessed, you can only do this for so long before other complications arise.

Your body knows that it can't just keep storing all this fat without any repercussions, so whenever it gets a chance, it works hard to convert this harmful fat into something that can be eliminated safely. During this process estrogen and estrogen like chemicals are released that further complicate your ovarian cysts. If you are overweight, you'll need to reduce your weight to rebalance your hormonal system.

Fortunately, by following the recommend diet and using the provided cleanses, you'll quickly lower your weight while helping your body eliminate these stored toxins.

Types of Cleansing

Liver Cleanse

Of all the cleanses, the liver cleanse is of greatest importance to healing your ovarian cysts. The female reproductive system depends largely on the smoothing functioning of the liver. Excess estrogen is processed through the liver, so if your liver function is compromised, estrogens are not broken down properly, and the risk of ovarian cysts increases significantly.

Women who use synthetic hormones also put significant additional stress on the liver, lowering levels of the important antioxidant glutathione, which in turn puts the liver at greater risk from liver damaging toxins such as prescription drugs and over the counter drugs such as acetaminophen (Tylenol), and pesticides.

Many people believe that gallstones can be found only in the gallbladder. This is a commonly made yet false assumption. Most gallstones are actually formed in the liver, and comparatively few occur in the gallbladder.

Gallstones in the liver restrict the supply of nutrients to the cells of the reproductive organs. Liver function affects nutrient and hormone balance. Gallstones in the liver impair this vital function, which increase hormone concentrations in the blood.

Liver congestion is among the leading health problems, yet conventional medicine rarely refers to it, nor do doctors have a reliable way to detect and diagnose such a condition. It takes many years of chronic liver congestion before liver damage becomes apparent. Standard clinical tests almost never reveal the occurrence of gallstones in the liver. In fact, most doctors don't even know they grow there. Only the most advanced research universities, such as the prestigious Johns Hopkins University, describe and illustrate these liver stones in their literature.

By understanding how gallstones in the liver contribute to the occurrence or deterioration of nearly every kind of illness, and by taking the simple steps to remove them, you will put yourself in charge of restoring your own health and vitality, permanently. Most people in the developed world have accumulated hundreds and, in many cases, thousands of hardened stones in the liver. The AlkaCleanse described in the diet book will teach you how to gently and effectively remove these gallstones.

When all gallstones from the liver are removed and a healthy diet and lifestyle are maintained, the reproductive tissue receives improved nourishment and becomes more resistant. Infections subside; cysts, fibrous tissue, and tumours are broken down and removed; and sexual functions are restored.

Colon Cleanse

Even though internal cleansing and proper bowel elimination is not a common topic for most of us, talking about colon cleansing is important. The fact is, if you have dirty bowels, chances are your body is full of toxins.

Even a healthy diet is not enough anymore, especially if your perceived healthy diet is not primarily organic. Sadly, because of these factors, it is unlikely your body is functioning efficiently, or if it is now, this is not a guarantee for a healthy future. It is therefore essential to remove the build-up of waste matter and toxins from the colon. Once a colon cleansing removes accumulated wastes from the walls of the colon, vitamins, minerals and essential fatty acids are absorbed more effectively and supplied to the rest of the body. Anyone suffering from painful digestive disorders, skin problems, lack of energy and symptoms that go unresolved is likely in need of an internal cleanse. In our culture we are obsessed with outer appearances, spending huge amounts of money changing how we look. Colon cleansing offers an opportunity to change how we feel, and ultimately how we look, from the inside out. Again, the AlkaCleanse described in the diet book will help cleanse your colon.

Additional Cleanses

Remember that the along with the colon, the skin, kidneys, and lungs, and other major organ eliminating bodily waste. They also need to be cleansed; this will begin automatically as your body becomes cleaner and has time to clear other parts of your body.

Full Body Cleanse

The skin is the body's largest organ for detoxification. One of the best ways to release toxins built up within the body is to enjoy an AlkaBath. This helps the body by excreting toxins that are linked to a variety of medical disorders. Using AlkaBath with the AlkaCleanse is one of the most effective way to not only release accumulated toxins, but also alkalize your body with vital minerals, bettering overall health. The benefits include:

- Detoxifying heavy metals including mercury, lead, cadmium, and aluminum.
- Detoxifies arsenic, formaldehyde, pesticides, Agent Orange, industrial chemicals, and gasoline.
- Detoxifies alcohol, nicotine, and other drugs.
- Purifies the body on a cellular level.
- Alkalizes the body and provides the vital minerals your body needs
- Relieves stress
- Oxygenates the bloods and cells

Enjoying the AlkaBath 3 times per week can be difficult to do with people's busy schedules, but it is highly recommended, highly beneficial and will significantly increase the elimination of stored toxins.

AlkaBath

The AlkaBath is a powerful way to pull huge amounts of toxins and acids out of your body fats into your lymphatic system, but if you do not take a cold shower at the end, you may overload the body with too many toxins and acids which it is trying to get rid of and make yourself feel worse.

The ideal way is to start off slow, with a shorter soak time and build up. I suggest you start with 10 minutes and build up to 30 minutes. You may want to start with the foot baths at first if you're chronically ill. This will let you alkalize slower at the beginning.

There are a few baths that I will add here that can truly help to alkalize you and start the removal of acidic wastes from the body. Sometimes you will feel invigorated and sometimes you will feel drained.

You can do these as often as you want. Do not attempt these baths until you have read ALL the notes below!

AlkaCleanse Full Body Bath

Variation 1	<p><u>Ingredients:</u></p> <ul style="list-style-type: none">a) 2-3 cups of Epsom Salts (Magnesium Sulphate) - approx 2 lbsb) 1-2 cups of Sodium Bicarbonate (Baking Soda) - approx 1 lbc) Hydrogen Peroxide (H₂O₂) - 1 pint of 3% solution OR 1.5 ounces of 35% solution <p>**SEE SAFETY NOTE BELOW**</p> <p><u>Instructions:</u></p> <p>Run a hot bath and add all your ingredients apart from the H₂O₂ - add that at the end and swirl it into the bath. You want to SWEAT!! Try and stay as submerged as possible but do NOT get the water into your eyes.</p> <p>After 10-30 minutes, take a freezing cold shower for 1 minute, or however long it takes for you to cool down.</p>
Variation 2	<p><u>Ingredients:</u></p> <ul style="list-style-type: none">a) 2-3 cups of Magnesium sulphate(Epsom Salts)b) 1-2 tablespoons of Calcium hydroxide Powder (MUST be diluted first - place the Calcium Hydroxide powder in a gallon of water to make sure it's dispersed, then add to bath water <p>**SEE SAFETY NOTE BELOW**</p> <p><u>Instructions:</u></p> <p>Run a hot bath and add all your ingredients. You want to SWEAT!! You WILL sweat! Try and stay as submerged as possible but do NOT get the water into your eyes. I would not recommend this bath to those that have chronic disease because it is so powerful - wait till you are a little stronger.</p> <p>After 10-30 minutes take a freezing cold shower for 1 minute, or however long it takes for you to cool down. This is essential!</p>
Variation 3	<p><u>Ingredients:</u></p> <ul style="list-style-type: none">a) 2-3 cups of Magnesium sulphate(Epsom Salts)b) 2 Cups of Apple Cider Vinegar <p>**SEE SAFETY NOTE BELOW**</p> <p><u>Instructions:</u></p> <p>Run a hot bath and add all your ingredients. You want to SWEAT!! Try and stay as submerged as possible. This bath is great for those with skin problems such as eczema or acne. It's fantastic for those who have dry, itchy skin conditions. It also helps edema/swelling. It's</p>

a great bath for those who have too much sodium in their body, as the high potassium content of the ACV is an antonist for sodium. After 10-30 minutes take a freezing cold shower for 1 minute, or however long it takes for you to cool down. This is essential!

Optional:

- a) If you can, skin brush before getting into the bath – this starts lymphatic movement and will help you detoxify more.
- b) You can add some oregano oil, cayenne pepper, ginger powder to make you sweat more.
- c) You can spray your body (avoid eyes) a few minutes before and straight after the bath with **3%** Hydrogen peroxide, and that will help to alkalize you even more.
- d) If you're really brave and want to open up your pores more, take 50mg of Niacin B3 (you MUST get the flush version). Take this on an empty stomach 10 minutes before getting into the bath. Your body will flush red and you will feel your skin is prickly, the sensation should last 30-60 minutes, but this is a really powerful way to sweat and open up your pores for more efficient detoxification. **NOTE: Don't try this until you've used the regular bath for more than 2 months.**

GENERAL KEY HEALTH NOTES:

- Make sure you filter the water you use to fill the bath. The easiest way to do this is to buy a bath water filter, see resources.
- Make sure you're well hydrated before the bath, also take a herbal tea into the bathroom with you and sip whilst bathing. I like to take ginger and lemon, peppermint, elderberry or dandelion.
- If you are extremely ill and weak, these baths can feel exhausting. Please make sure someone is around should you need to get some help out of the

bath! Only stay in the bath as long as you can take it, if that means starting with 5 or 10 minutes, go for it! Alternatively, just try alkalizing foot baths to begin with.

- The hydrogen peroxide supplies the Extra Oxygen which is needed by the body for the Electrical charges.
- Baking Soda is called Bicarbonate of soda or Sodium bicarbonate (NaHCO_3). The Baking soda provides extra Sodium in the water which may help neutralise the excess acids which the Epsom Salts pulls out of the body among other things, so helping the body to heal much faster.
- These detox baths cause the body to get rid of toxins through sweating through the pores, and it is essential that the water is very warm/hot and can stay that way throughout the duration of bathing. It is the heat of the hot water which causes the Acidic Nitrogen Isotope to be drawn out of the body.
- The reason people feel so exhausted after soaking is because of the amount of acids which have been released from your body fats, into your Lymphatic system on their way to be eliminated out through your skin pores. The Acids which would be causing the most problem may be the Nitrogen Acid Isotope along with any other toxins, which is the reason for taking the cold shower afterwards, yet you only need to shower cold, long enough to take the heat out of your skin on the outer body!
- Taking this cold shower afterwards, stops the release of any more acids so you may recover from having too many acids to overload the Lymphatic system, which may cause one to feel poorly, if the acid release isn't stopped. Everything should be done in cycles, so the body may recover. Release some acids and allow the body to dispose of them and relax for a while and start the cycle over again.
- You can do these baths as often as daily, but that may be too much for some.
- People are cautioned to start out slow at first. If one does the Hot bath and then does not take the cold shower, then this allows the body to remain too acidic! The cold shower is very important in the end of the process or

the body may be more acidic than in the beginning from all the Toxins and Acids which may have been released into the Lymphatic system!

- Should you find you feel worse, (like having flu like symptoms) you may help yourself temporarily by taking one full Tablespoonful of Baking Soda in an 8oz glass of water and drinking this over a 30 minute time period, not sooner! This may help correct the imbalance of your ratios between the Sodium and Potassium which you may suffer from. This may help neutralise the excess acids temporarily plus correct the sodium to potassium ratio. Make sure any baking soda you take internally is food grade quality.

***** IMPORTANT – SAFETY NOTES – PLEASE READ! *****

CALCIUM HYDROXIDE (also known as – pickling lime/ Ca(OH)_2 /slaked lime/lime water etc.) In concentrated powdered form, this stuff is a skin, eye and respiratory irritant. It is CORROSIVE and causes burns. Should you be using this concentrated form to dilute with water before use, please protect yourself by wearing safety glasses, gloves and minimize your exposure to the dust itself.

This powder is also incompatible with strong acids! So, the more acidic you are the smaller your dose should be! Start small and slow, and add more after checking your response. We are all unique, so someone else's ideal dosage may not be the same as yours.

My suggestion is to make up your solution outdoors. This powder is very fine and fluffy; it'd be easy to accidentally spill some on your kitchen or bathroom floor for unsuspecting kids and pets to walk on.

HYDROGEN PEROXIDE (H_2O_2) I know some are using the 3% and some of us are diluting the 35%, the 35% is very strong. If you accidentally spill some on your skin it will cause white burns. Immediately splash that body part in cold water for 15 minutes and spray with apple cider vinegar.

Never store your 35% H_2O_2 in a glass jar. It arrives in a plastic container for a reason. The food grade H_2O_2 contains no stabilisers and breaks down over time releasing oxygen gas, which builds up pressure and may burst your glass container!

Never get the peroxide in your eyes!!!!!!!!!!!! Ed McCabe (author of Flood Your Body With Oxygen) says getting this stuff in your eyes can result in cataracts. It doesn't mix well with the cells in your eyes. Splashing into the eyes can cause PERMANENT tissue destruction. If you do get some in your eyes, immediately flush eyes with plenty of water for at least 15 minutes, lifting lower and upper eyelids occasionally. Get medical attention immediately.

If accidental swallowing occurs, DO NOT INDUCE VOMITING. Give large quantities of water. Never give anything by mouth to an unconscious person. Get medical attention immediately.

Extra Note: In your quest to alkalise yourself, please don't take any risks. Do only what you are comfortable with and do your research. It isn't a bad thing to question someone about their recommendations. PLEASE keep these products out of reach from children and pets.

I have also read certain sources that indicate that people who have a urine acidity rating of 6 and below should start with foot baths before proceeding to full baths. Full baths can start at 6.5 acidity.

Foot Baths

If you've tested your pH level as described in the diet book and your pH is 6.5 or lower or you generally feel sick all the time, start with the foot baths.

For all the footbaths, you want very hot water, as hot as you can handle. It will be useful to have a kettle or flask with hot water handy so you can pour more hot water into the foot bath should it get cold.

You want another foot bath with ice cold water in (add some ice cubes!)

You soak for several minutes in the hot, then alternate with cold for a minute and continue alternating like this several times. Take around 30 minutes of soaking for full benefits. Always end with cold.

Variation 1:

4 Tbsp Epsom Salts, 2 Tbsp Baking Soda, 1 pint 3% Hydrogen Peroxide or 0.75 ounces of 35% Hydrogen Peroxide

Variation 2:

4 Tbsp Epsom Salts, 1 Tbsp Calcium Hydroxide Powder (Must be diluted first)Foot

Variation 3:

4 Tbsp Epsom Salts, 1 Cup Apple Cider Vinegar

Bonus: Alkalizing Showers

A very simple way to alkalize the whole body! Do this on days you are in a rush and don't have time for a full AlkaBath.

Get yourself a spray bottle and get some 3% food grade Hydrogen Peroxide (or 1.5 oz of 35% Hydrogen Peroxide diluted with 1 pint of distilled water) and put this into a spray bottle, Before you take a bath and or shower, mist this 3% Hydrogen Peroxide over your body (make sure not to get it into your eyes!!!), and leave it on for approx. 3 min before taking your bath or shower. **DO NOT USE UNDILUTED 35% HYDROGEN PEROXIDE ON YOUR SKIN DIRECTLY**

Then after bathing, spray another light mist on your body and let air dry, do not get in your eyes and use a white towel to finish drying off, because it may bleach out a color towel!

This will help Alkalize all of the surface of your skin. Hydrogen Peroxide carries Extra Oxygen ($H_2O_2 = H_2O + O$). Oxygen is a Strong Oxidizer. A Strong Oxidizer neutralizes much Acidity.

These wonderful cleansing formulas are provided by Moreless at www.curezone.com in the Moreless pH forum. Go here for more details.

Chapter 8

How Stress Affects Ovarian Cysts

In western industrialized societies we are conditioned to work very hard. We are always moving, with no time for a healthy breakfast, pressure at work, and demands at home that leave you overwhelmed at times. Well I'm here to tell you that chronic stress leads to hormone imbalance, which often stops ovulation. You see, the human body has evolved to understand that when a woman is stressed it may not be the ideal environment for pregnancy. Women who have extremely competitive jobs and demanding home environment are likely to have menstrual cycles where they don't ovulate. This constant stress causes estrogen dominance which gets worst with every successive month causing insomnia and anxiety which cause the imbalance to get worse.

It's important to understand that this delicate balance of hormones affects your emotional state. Having too much estrogen makes you oversensitive, while progesterone promotes feelings of calmness. Estrogen also causes mental confusion and agitation. Most people feel more mentally alert and their level of anxiety is reduced dramatically when they use progesterone.

The brain regulates hormone levels, although it can only compensate so much. The areas within the brain that specifically control hormone levels are the hypothalamus and pituitary gland. Hormone levels can be affected when they're given mixed or confused signals. These days, because of the stressful

environment we live in and foods we eat, many women have unbalanced hormones.

It's important to learn how to take care of yourself instead of everyone else. Learn to say "No." This doesn't mean being selfish. You just need to understand that you can't do everything, you need time for yourself. Plus, if you're sick, you can't take care of your loved ones.

Follow your intuition; learn to pay attention to what throws you out of balance. If you're feeling stressed, take some time to yourself to relax. This applies equally to all areas of your life including physical, emotional, mental and spiritual. Start by taking an inventory of what's in balance and what's out of balance in your life. This can be enough to start the healing process.

There are several things you can do to reduce the level of stress in your body. These are covered in the stress book included with this package.

Chapter 9

How Your Emotions Affect Your Ovarian Cysts

Your hormonal balance is directly related to your emotional state. This is particularly true with premenopausal women. Life's traumas and disruptions often affect your ovaries. An emotionally challenging or frightening event at the right time will throw your hormones completely out of balance. Ask yourself "What traumatic event recently took place in your life?"

Women are most likely to develop an ovarian cyst when her hormones are not balanced properly and the egg is never released from the follicle. These cysts may go unnoticed or may cause discomfort and pain. Some common symptoms include irregular breathing, periods that are too early, too heavy, or too light and pain on the side of the pelvis or abdomen that ranges from a small pinch to a severe stabbing pain.

These symptoms are sometimes preceded by a dramatic life event. Although, diet and other factors are the main causes, an emotional trauma may be the thing that puts you over the top. This can be caused by any number of events such as a husband or boyfriend who is unfaithful or walked out. It could be bad news about your child's health, financial problems or a stressful situation at work.

Expressing these emotions to a friend, family member or even to yourself through writing a journal can work wonders to prevent and heal ovarian cysts. It's important to release any anger, rage that you have to another person or yourself, working with forgiveness allows for powerful healing.

Chapter 10

How Sleep Affects Your Ovarian Cyst

The Importance of Sleep

Approximately 60 million Americans suffer each year from some form of sleep deprivation. While research continues, sleep still remains one of the body's most mysterious processes. We do know that sleep is absolutely necessary for survival. The lack of sleep for millions of people worldwide is a major medical concern. Even occasional sleeping problems can make daily life feel more stressful and lead to hormonal imbalance. Ideally, you should go to bed at 10:00 PM and arise at 6:00 AM. This is ideal. Getting eight hours of sleep is best. The body release certain healing hormones between 11:00 PM and 2:00 AM. Being in a deep sleep during this time promotes healing in the body.

Although you have probably tried many of them, one of the following tips might just be the one that will help you get a healthier, more natural night's rest:

- **Imaging** – think of a hammock – you're up off the ground, wrapped in a cocoon of comfort, swaying gently in the open air. The sun is warm on your face and there's a breeze blowing you back and forth. This visualization helps you "see" what sleep's reward will be, getting you more in the mood to sleep. Visualization has proved helpful in developing the appropriate brain wave patterns for sleep.
- **Magnesium** – has a calming effect on the nervous system. It is part of bones and cells, especially the smooth cells of arteries, and assists in the

absorption of calcium and potassium. Over 300 enzymes need magnesium to function properly. When combined with B6, it helps to reduce and dissolve calcium phosphate stones. It is so important, that the brain stores a “safety supply” to have in the event of a drop in the magnesium reserves. We like the powdered effervescent magnesium found at most health food stores, called CALM.

- Nutmeg – grind fresh nutmeg and serve it with warm, organic, preferably raw or unpasteurized milk and honey. Milk is naturally high in calcium and rich in tryptophan; together they can be a powerful tranquilizer.
- Hot foot baths – in the East, a hot foot bath is a traditional remedy; it draws blood from the brain to calm a racing mind. Try soaking your feet in a hot foot bath with a cupful of Epsom salts and a few drops of lavender essential oil, which will soothe you. Your feet absorb the magnesium from the Epsom salts and relax you further.
- Toe wiggling – lie on your back and wiggle your toes up and down 12 times; do both feet at the same time. Your entire body relaxes. According to the science of Reflexology, your feet are a kind of master control panel for the rest of your body. “Meridians” in the body – those channels of energy treated by acupuncture – end up in the feet. So, the ends of the meridians are in your feet where they connect with every organ and every part of your entire body.
- Stomach rub – soothes down the digestive system and helps bring about a deeper relaxation. Lie on your back and place your hand on your navel. Begin to make small circles in a clockwise direction as you gently glide your hand over your stomach. Let your circles gradually become bigger and bigger. When your circles reach the outside of your stomach, gradually reduce their size until you are back at your navel again. Reverse the direction; repeat the whole series with your other hand, and do several times.
- Listening to an audiobook – the brain works like a tape player – with one main auditory loop that processes words. If you fill that loop with an interesting book, there’s no room for your own worrisome internal

narrative. Especially helpful for those who have continuous thoughts running through their head.

Chapter 11

How To Use Your Mind To Heal Your Ovarian Cyst

Visualization

Visualization, or creative visualization, is a technique that uses the power of your mind to elicit a physical response. With visualization, or creative visualization, the visual images are self-induced.

Visualization can be used to reduce and eliminate ovarian cysts, and is based on the theory that your mind can influence your body. Although not a cure-all, imagery can be miraculous for some, and a high percentage of those who have tried visualization find the techniques very helpful.

Since ancient times, visualization has been used by people in many different cultures, including Egyptian, Greek, Hebrew Mystic, and Native American. After disappearing for centuries, the techniques again became popular in the early '70s to help athletes and musicians perform better.

If you have ever worried (and who hasn't), you have practiced imagery. Your body cannot differentiate between having a physical experience and imagining one. For instance, at a scary movie, your heart pounds just watching the onscreen action. Your flight-or-fight response has been activated and it reacts just the same as if you were actually having the experience. Visualization work by helping you relax and by triggering the release of endorphins, hormones that help you feel good.

Since visualization relaxes your body and reduces stress, it is especially useful for conditions that are stress-related such reproductive problems.

Here are some techniques you can try. First, loosen any tight clothing, find a comfortable position, and get into a relaxed state. Then:

- Visualize the cysts shrinking.
- Visualize the size of the cyst and what shape it has. Give it a color. See what it smells like.
- Connect in your mind, the size of the cyst to a dial with numbers. Gradually dial the numbers lower, decreasing the size of the cyst.
- Form a picture of your cyst. For example, if it is a beach ball, picture it as a beach and then think of ways to shrink it, such as letting the air out slowly.
- As with any skill, it is important to practice imaging. The more you practice, the better you can visualize. To review, first create an image of your ovarian cyst and then find an image to counteract it. As you keep practicing, you may find that all you have to do is think of the image that counteracts the cyst. The important thing is to find those images that help you visualize the outcome you desire.

Caution: Anyone with psychoses, who cannot tell the difference between reality and imagined images, should not use visualization. Anyone with a serious condition should not use visualization as a substitute for conventional medical care. For instance, if you have sudden onset of abdominal pain, you should seek medical attention.

Studies have shown that patients who practiced visualization while undergoing minor surgery recovered faster, and with less pain.

Chapter 12

Step by Step Summary

1. Eliminate Refined Sugar, Carbohydrates And Animal Products

- a) The main cause of ovarian cysts is poor diet. The wrong foods cause excess androgens and estrogens putting your body out of balance. Eliminate all refined sugar, carbohydrates and all animal products from your diet.
- b) Read the entire Ovary Cyst Diet Book and follow the guidelines which look something like this:
 - Drink 1L of water for every 50 pounds you weigh each day
 - Drink an AlkaCleanse drink 3 times per day or more
 - Eat 75% vegetables with each meal, as much as possible raw
 - Eat 25% of healthy carbohydrate with each meal
 - Eat organic as much as you can

2. Exercise

Exercise daily for 30-45 minutes to help remove excess androgen from your body. Brisk walking is best.

3. Use Progesterone Cream

This step is especially important if you can't eat the diet as directed. Use the recommended Progesterone Cream on days 10-26 of your menstruation cycle. The recommended product is Women's Balance by Kokoro, located in the resource section.

4. Cleanse Your Liver & Body

Follow the guidelines in the diet book and include the following:

- a) Eat 2 apples per day
- b) As per step 1, take AlkaCleanse before each meal
- c) Enjoy an AlkaBath a minimum of 3 times per week and no more than once per day.

5. Addition Steps

Do as many as these things as you can:

- Manage Stress
- Avoid Xenohormones
- Get good sleep
- Do visualizations

If you follow the guidelines in this book you will be well on your way to eliminating your ovarian cysts. Thousands of women have used this information to balance their hormones, regain vibrant health and become cysts free. Thank you for taking a step towards your health that many don't. Know that you're not alone and that many women before you have been relieved.

Resources

Air Purifier

Airwise	www.waterwise.com	1-800-874-9028
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AlkaCleanse/AlkaBath Ingredients

Pickling Lime	www.canningpantry.com	1-800-285-9044
Calcium Hydroxide	www.bulkfoods.com	1-888-285-5266
Organic Kelp Powder	www.starwest-botanicals.com	1-800-800-4372
Hydrogen Peroxide	www.dfwx.com	1-817-457-1466

Eleotin

Eleotin	www.eastwoodcompanies.com	1-888-669-4372
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Electromagnetic Protection

Q-Link (Any)	www.qeshop.com	1-866-946-6729
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Natural Progesterone Cream (Verified Brand)

Women's Balance (Made with Organic Ingredients)	www.kokorohealth.com	1-714-836-7749
Note: You need either 3 jars or 2 pump bottle for the full 8 weeks, I prefer the pump bottles, but both work good.		

Multi-Vitamin/Multi-Mineral

Every Women II	www.newchapter.com	1-800-543-7279
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Pain Relief

Willow Bark	www.florahealth.com	1-800-446-2110
Organic Caster Oil	www.healthfree.com	1-727-443-7711

Shower Filter

Aquasana	www.aquasana.com	1-866-662-6885
Bath Tub Filter	www.cuzn.com	1-800-345-7873

Water

Evian Water	www.evian.com	
Fuji Water	www.fujiwater.com	1-888-426-3454
Living Water Machine	www.johnellis.com	1-845-754-8696

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