



Uterine Fibroids

DESCRIPTION

Uterine fibroids are benign growths of the muscular wall of the uterus. The growths occur singly or in groups, ranging from the size of a pea to the size of a grapefruit, and may be either confined to the uterine wall or growing outward on thin stalks. Fibroids are often asymptomatic, unless they become so large that they press on other organs or otherwise distort the size and shape of the abdomen. A fibroid with a stalk may also become twisted, which can cut off its blood supply and result in sharp or severe pain, requiring emergency surgery. Fibroids are rarely cancerous and often shrink or disappear with the onset of menopause.

SIGNS/SYMPTOMS

A woman with uterine fibroids may experience heavier menstrual bleeding, abdominal discomfort, fullness, lower back pain, frequent urination, and constipation. As mentioned above, the presence of severe, sharp pain in the lower abdomen may indicate the need for emergency attention.

ETIOLOGY

The cause of fibroids in the uterus is unknown. Pregnancy or the use of birth control pills may promote the growth of fibroids. Our clinical experience shows that this condition often occurs with the Estro body type, which points to hormonal imbalance as a contributing factor.

RATIONALE

The focus of enzyme therapy with uterine fibroids is to ensure a proper supply and digestion of fats in the promotion of hormone production and regulation. Thus, adequate lipase for fat digestion and adequate protease for blood circulation, immune function, inflammatory control, and liver/detox support are the key components for this protocol.

*In any condition where hormone imbalances are suspected, it is recommended that the attending health care professional should test and determine the need for HRT.

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Disclaimer: Transformation Enzyme Corp. neither diagnoses nor treats disease. Our goal is to make nutritional recommendations that assist individuals to find a healthy balance. If you have specific questions or for technical assistance, please contact us.

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PROTOCOL (for Uterine Fibroids)

Option I		
Product	Dose	Frequency
TPP Digest	2 caps	With every meal or snack
TPP Protease	2 caps	3-4xday between meals
TPP Inflammatory Control	2 caps	3-4xday between meals
TPP Lypo	1 cap	3xday between meals
TPP Probiotic	1-2 caps	At bedtime
Option II		
Product	Dose	Frequency
DigestZyme	3 caps	With every meal or snack
LypoZyme	2 caps	With every meal or snack
PureZyme	4 caps	3-4xday between meals
TPP Inflammatory Control	2 caps	3-4xday between meals
Plantadophilus	3 caps	At bedtime
Support products may be added as needed		
Product	Dose	Frequency
MasterZyme	3-6 caps	Daily as needed
*increase dosage 10 days prior to period		

NUTRITION

Ensuring adequate water intake (half your body weight in ounces daily) and following a well balanced diet according to your body type is suggested. It is also important to maintain an appropriate weight for your height, as being overweight can contribute to hormonal imbalances. Including healthy fat in the diet is recommended (olive oil, avocado, fish oils, nuts, and seeds, for example).

*The above suggestions are intended as a basic guideline. It is always important to address the patient's diet, exercise, and lifestyle on an individual basis and according to body type. Support products may be added as needed based on the patient's condition. Enzyme therapy can and often should be used in conjunction with other therapies.

REFERENCES

- "Nutrient Acquisition - The Foundation of Wellness" (*Dr. M's Science Notes*, volume 1)
- "Proteolytic Enzymes - Applications and Benefits" (*Dr. M's Science Notes*, volume 3)
- "Hormones, part 1 - Basics of their Biochemistry" (*Dr. M's Science Notes*, volume 8)

*This statement has not been evaluated by the FDA. These products are not intended to diagnose, treat, cure, or prevent any disease. These protocols are intended for health care professional use only.