



An Ounce of Prevention

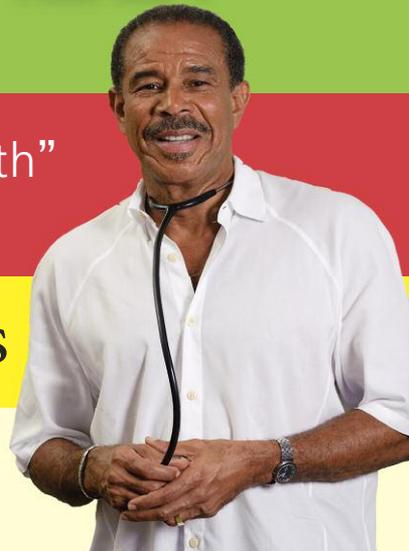
SPECIAL REPORT ON

HEALING
FIBROIDS
NATURALLY

“The first wealth is health”

– Ralph Waldo Emerson

Dr. Tony Vendryes



Hi there and thank you for downloading this special free report and update on my natural approach to the treatment of **uterine fibroids**.

I am Dr. Tony Vendryes and I have spent over 25 years of my professional life seeking to educate, inform and inspire people all over the world to improve their health and wellbeing naturally. At the Vendryes Wellness Centres, the majority of our patients are women and uterine fibroids are one of the commonest problems they face. I know my clients represent just the tip of the iceberg and that there are millions of individuals out there who need to get the important information that this report provides.

If you are a woman concerned about your health (or a man interested in the health of the women in your life) I ask that you take just a few minutes of your precious time to read this short report. This information can make a big difference in your life. Ignorance is not bliss. What you don't know can hurt you. There is so much you can do to protect your body from harm and to help it heal itself. Indeed as the good book reminds us – **“You are fearfully and wonderfully made”**



UTERINE FIBROIDS

WHAT ARE FIBROIDS

Fibroid, uterine fibroid, tumor, fibroid tumor, growth, leiomyoma, fibroma, and fibromyoma: different names for a condition that may affect as many as 80% of women. Fibroids are non-cancerous growths or tumors of the uterus that arise from the muscle cells that form the walls of the womb. They can be as small as a pea or as large as a watermelon.

Amazingly as it may sound, little research is being done on the cause and prevention of this huge problem. Conventional medicine unfortunately, directs almost all of its attention and resources at treating fibroids and their symptoms after they become problematic. Commonly, women with small fibroids are told by their doctors ‘lets watch them until they get bigger’. I do not agree with this approach at all. Even a small fibroid is a signal from your body that something is going wrong. Listen to your body. **Practice prevention. It’s better than cure.**

In Jamaica where I live and work the commonest major surgery performed on women is the hysterectomy (removal of the uterus). Its not much different in other countries as in the United States for example over 600,000 women lose their wombs each year to the gynaecologist’s scalpel mostly because of uterine fibroids.



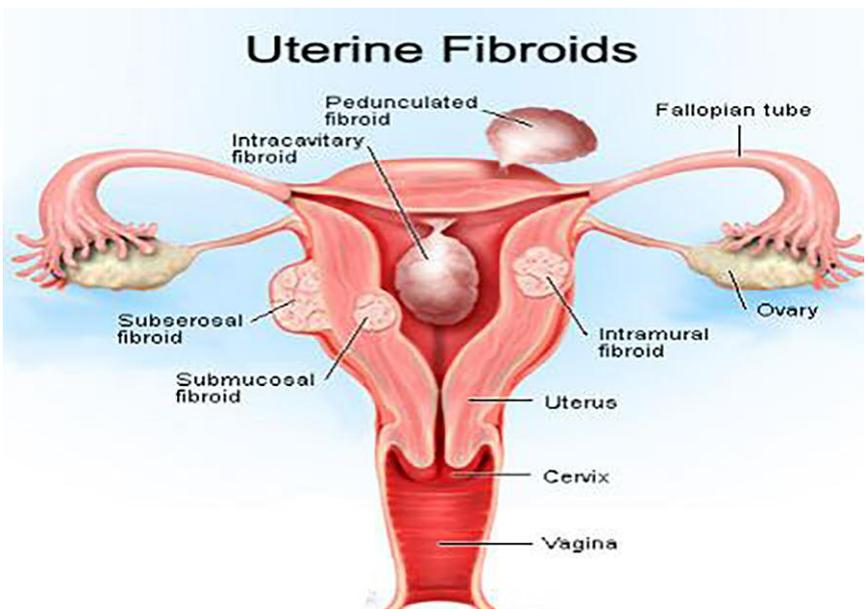
In this report I will briefly review the basic facts we already know about fibroids and then I will share two newer discoveries on how to treat fibroids naturally.

FIBROID FACTS

- Although as many as 4 out of every 5 women have them, only about 25% of women have fibroids that cause troublesome symptoms. Most fibroids remain small and cause no obvious problems. However, their very presence is a dangerous sign that in my opinion should not be ignored. When they create symptoms, this usually starts after age 30. Unfortunately, many younger women are now being afflicted with severe symptoms and end up losing their wombs.
- Black women who adopt a western diet and lifestyle are twice as likely as White or Asian women to have fibroids. Black women have multiple, larger and more troublesome fibroids.
- Each fibroid is derived from a single cell in the wall of the womb that begins to multiply abnormally. Research indicates that changes in a woman's hormonal balance influence the development of fibroids. Excess of the hormone estrogen and/or lack of the hormone progesterone leads to a condition called estrogen dominance. This is a root cause of fibroids. Don't buy into the lie that we don't now what causes fibroids. A fibroid is a hormone related disorder.
- Fibroids tend to grow rapidly during pregnancy when hormonal levels are high and shrink after the menopause when a woman's hormone levels fall.
- All the hormone sensitive organs in the body - uterus, breast (and prostate in men) are now plagued by various fibroid like growths. This tells an important story: our modern chemically polluted environment is seriously disturbing our hormone balance.
- Modern women (and men) are now being exposed to unnatural hormones (xenoestrogens) in unprecedented ways – many animal

foods are laced with hormones while many pesticides, industrial chemicals, household chemicals, drugs, dyes, plastics and even some personal hair and skin care items have estrogen-like hormonal activity.

- A diet high in commercial meats (non-organic beef, dairy and chicken) is associated with the development of fibroids.
- A plant based diet high in soy, green tea, organic green, leafy and cruciferous vegetables is associated with a low incidence of fibroids. Food definitely influences hormone balance.
- Many other common female problems – endometriosis, breast cancer, cysts and lumps, PMS, menstrual disorders and some types of infertility are due to the same hormone imbalance as that which causes fibroids.
- There is also a relationship between obesity and fibroids. Fat cells produce estrogen so the fatter a woman is, the more estrogen her body produces and estrogen fuels the growth of fibroids. Of course not all women who develop fibroids are obese.



The uterine fibroids start within the wall of the uterus and may grow in different directions

► **Important note**

I am not acquainted with any miraculous alternative therapy that can instantaneously cause you to pass out or expel your fibroids.

Neither do I know of any single product that will magically dissolve or melt fibroids. I recommend a comprehensive approach that focuses on dealing with the underlying cause and that supports the body's natural healing potential.

This special report reveals two newly recognized factors that are very important in dealing with this great problem that plague most women – **UTERINE FIBROIDS**

FACTOR #1 – THE FIBROIDS & VITAMIN D CONNECTION

Vitamin D is not really a vitamin. In fact it is a powerful hormone. It controls the activity of over 2,000 of our genes and receptor sites for vitamin D are to be found in virtually every cell in the human body. The name vitamin D refers to a whole family of steroid like compounds, found naturally in only a few foods such as fish liver oils, fatty fish, mushrooms, egg yolks and liver. Vitamin D₃ or cholecalciferol is the most active and useful form.

Mankind's main source of vitamin D is from sunshine. When the UVB rays of the sun strike the skin it converts cholesterol in the epidermal skin cells into vitamin D. Dark skin, old age and the use of sunblock greatly reduces the production of this vitamin from



sunshine. The pigment melanin found in black skin is a very effective natural sunscreen that blocks the UVB rays in the sunlight from penetrating the skin. Thus for an equal amount of sun exposure, a white skinned individual will manufacture six times more vitamin D than a black person. This may be a major reason why diseases like uterine fibroids and breast cancer are so much more prevalent in black women.

Vitamin D₃ is also available as a supplement that is safe and inexpensive while providing many benefits for all, especially women. Sadly the research indicates that most women are deficient in vitamin D. Although there is much publicity about the need for vitamin D to protect women's bones against osteoporosis, this vitamin has many other important uses.

Research conducted by Dr. Donna Baird and her team from the US National Institutes of Health on over a thousand women, aged between 35 and 49, living in Washington, DC. revealed some interesting findings. These researchers found that women who had sufficient amounts of vitamin D were 32 % less likely to develop fibroids than women with insufficient vitamin D.

They also found that only 10% of the African American women studied and 50% of Caucasian participants had the bare minimal levels of vitamin D. Furthermore, those who reported spending more than one hour outdoors each day had a 40% decreased risk of fibroids.

According to Dr. Baird "It would be wonderful if something as simple and inexpensive as getting some natural sunshine on their skin each day could help women reduce their chance of getting fibroids".

Another study published in the journal *Biology of Reproduction* has found that vitamin D may effectively reduce the size of existing uterine fibroids, and may even help prevent them from forming in the first place.

This study provide a promising new approach in the search for a non-surgical treatment for fibroids that doesn't affect fertility, commented Dr. Louis De Paolo of the National Institutes of Health. Rather than waiting to have a surgery, women with fibroids (or who



may develop them later) may benefit greatly from simply exposing themselves more regularly to natural sunlight, and/or by supplementing with vitamin D₃.

GET ENOUGH VITAMIN D

In just one hour of full body exposure to sunshine the skin can produce well over 10,000 IU of vitamin D. But remember, the older you are, the darker your complexion the less effective your skin is in making vitamin D. The use of sun blocks will stop virtually all vitamin D production.

And remember only when the skin is directly exposed to sunshine can vitamin D be made. There is now an alarmingly high level of vitamin D deficiency in black people living in western societies. Details instructions on what I call medical sunbathing is available from my website www.tonyvendryes.com.

For healthy individuals I recommend supplementing with vitamin D₃ at least 5000 IU daily. Specific illnesses may require a higher dosage to raise your vitamin D level to an optimal range. For someone with troublesome uterine fibroids I suggest loading up with from 20,000 to 40,000 IU daily for the first three months and then adjusting your dosage after checking your vitamin D level with a simple blood test. For these higher therapeutic dosages I use vitamin D₃ drops. Ideally you should monitor your vitamin D levels with a simple blood test to determine the dosage that is needed to get your blood level optimal. The dose of vitamin D₃ you take is not nearly as important as the actual levels of vitamin D₃ in your blood. My book –*An Ounce of Prevention – Especially for Women* provides more details on the use of vitamin D.

Also, the Vitamin D Council is an organization that provides extensive and reliable information on vitamin D and the many related disorders that affect women, men and children worldwide. It can be accessed at: www.vitamindcouncil.org

FACTOR #2 – TOXIC METALS & FIBROIDS

As mentioned above fibroid growth is very related to female hormone balance and the hormone estrogen in particular. Many natural substances present in our environment affect the balance of a woman's hormones. For example soy, despite what many "health experts" suggest, has hormone-like qualities that actually improves and benefits a woman's hormone balance. It contains substances called phytoestrogens that protect her womb and breasts from unhealthy chemical estrogens. Likewise compounds in the cruciferous vegetables like broccoli and cauliflower help a woman to eliminate excess estrogen and thus protect against fibroids.

On the other hand, harmful chemical substances like DDT, PCBs and BPA mimic estrogens in a negative way and create a burden of excess estrogen activity in the body. Those chemicals will promote fibroid growth. They are called hormone disruptors and are found in the foods we eat, the water we drink, the air we breathe and some of the personal care products we put on our skin and in our hair.

A number of metals have now been identified that also alter the activity of estrogen in the body. Metals that have this effect include aluminum, lead, mercury antimony, arsenic, barium, cadmium, cobalt, copper and nickel. These metals are called metalloestrogens (don't be bothered by this big word) – they are common pollutants of our modern environment. Cigarette smoke, industrial wastes, paints, traffic fumes, home and office furnishings, cooking utensils and dental fillings are common sources of these metals.

Doctors have known for a long time that these 'heavy metals' in excess can be very toxic to humans, particularly to the circulatory and nervous systems.

For example lead can cause many problems for women. After the menopause, high levels of lead in the body increase one's risk for hypertension, atherosclerosis, reduced kidney function, and decreased cognitive functioning with symptoms similar to dementia. Another condition common after the menopause osteoporosis can



cause lead to be released into the circulation as a woman's bones deteriorate and break down. People who have been exposed to lead paints and leaded gasoline will have higher levels of lead in the bones, leading to higher levels of lead in our bodies as lead is released from our bones.

More recently medical researchers have found that these heavy metals can also affect the reproductive system and can stimulate the growth of fibroids. Eliminating the toxic burden of these metals is now being recognized as an important aspect of dealing with uterine fibroids.

METAL DETOXIFICATION FOR FIBROIDS

CHELATION THERAPY

Busy doctors while treating their patients who have uterine fibroids rarely take the effects of these metalloestrogens into consideration. Furthermore, most doctors are not trained on how to reduce the body's load of these toxic metals. The American College for Advancement in Medicine (www.acam.org) of which I am a member, trains doctors to use a treatment called chelation therapy to detoxify the body of these metals.

One of the most effective forms of chelation therapy is intravenous chelation therapy. This is performed by a doctor trained in this technique and involves the administration of a series of intravenous infusions of a chelating agent called EDTA. This infusion also contains vitamins and minerals and causes the elimination of the toxic minerals in the urine. More recently EDTA in tablet form is being used for oral chelation therapy.

CHELATION PESTO

Coriander (cilantro) has been shown to effectively chelate toxic metals from our bodies. In combination with the benefits of the other

ingredients, this cilantro recipe is a powerful tissue cleanser. Two teaspoons of this pesto daily for three weeks is powerful enough to increase the excretion of mercury, lead and aluminum in the urine, thus removing these toxic metals from our bodies.

Women with uterine fibroids can consider doing this cleanse for three weeks at a time every three months for at least one year. The pesto is delicious on rice crackers, cassava wafers, baked potatoes, and non-wheat pasta.

Ingredients

4 cloves garlic

1/3 cup Brazil nuts (contains selenium)

1/3 cup sunflower seeds (contains cysteine)

1/3 cup pumpkin seeds (contains zinc, magnesium)

2 cups packed fresh coriander (contains cilantro, Chinese parsley)

2/3 cup flaxseed oil (contains essential fatty acids)

4 tablespoons lemon juice (contains vitamin C)

2 tsp. dulce powder (contains iodine)

Sea salt to taste

Method

Process the coriander and flaxseed oil in a blender until the coriander is chopped. Add the garlic, nuts and seeds, dulce and lemon juice and mix into a finely blended paste. Add a pinch to sea salt to taste and blend again. Store in dark glass containers in a cool place.

INFRA RED SAUNA

Toxic heavy metals are often stored in hard to access parts of the body like the fatty tissues. Another technique that can be used to help the body eliminates heavy metals involves the use of a special sauna bath called an infrared sauna.

An infrared (dry) sauna is more effective than the regular (moist) sauna at heating up the deep fatty tissues of the body and the sweat it



produces contains higher concentrations of toxic metals being excreted.

Dr. Brian Clement the medical director of the world-renowned Hippocrates Health Institute strongly promotes infrared saunas for heavy metal detoxification. According to Dr. Clement, infrared saunas help release every type of toxic contamination your body carries most notably mercury and lead. His general sauna recommendations are as follows: Infrared sauna – temperature 160–180 degrees Fahrenheit, for 15–30 minutes. If using a regular (or moist) sauna he suggests 180–190 degrees Fahrenheit, for 10–20 minutes per session.

COLON HYDROTHERAPY

This well known detoxification therapy does not specifically focus on heavy metal detoxification, but is particularly important in dealing with uterine fibroids. As the colon lies very close to the uterus in the woman's pelvis, any congestion and toxicity in the colon will adversely affect the uterus that is enlarged with fibroids.

In addition, other toxic chemicals are eliminated by the liver via the production of bile that is released into the digestive tract and passes through the colon in the faeces. A clean healthy colon is therefore a very element in the natural treatment of fibroids.

Colon hydrotherapy is a procedure done by a trained therapist in which, with aid of special equipment water is used to irrigate and cleanse the colon. I recommend a series of these treatments as part of the natural therapy program for fibroids.

In conclusion, I strongly encourage all women to adopt these natural approaches to prevent and treat uterine fibroids.

I invite you to access much more information on my natural approach to uterine fibroids and over 100 other different health concerns. Please order copies of my books, *An Ounce of Prevention – Especially for Women* and *An Ounce of Prevention – Mainly for Men*, at www.tonyvendryes.com



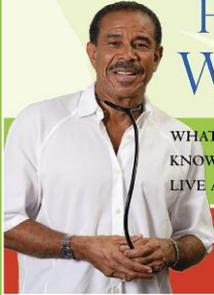


"I recommend this new book to all who care about quality of life, natural physiology, and the innate ability for our bodies to be healthy"

-Steven A. Komadina, MD, FACOG, Director Health Horizons Lifestyle Medicine

An Ounce of Prevention

ESPECIALLY FOR WOMEN



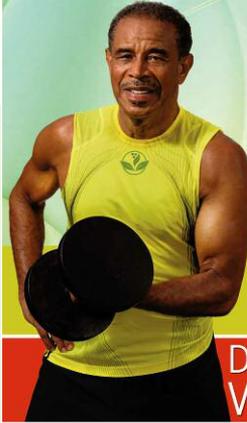
WHAT EVERYBODY NEEDS TO KNOW TO PREVENT DISEASE AND LIVE A LONG AND HEALTHY LIFE

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Kingston: 876-927-8871

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Website: www.tonyvendryes.com

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