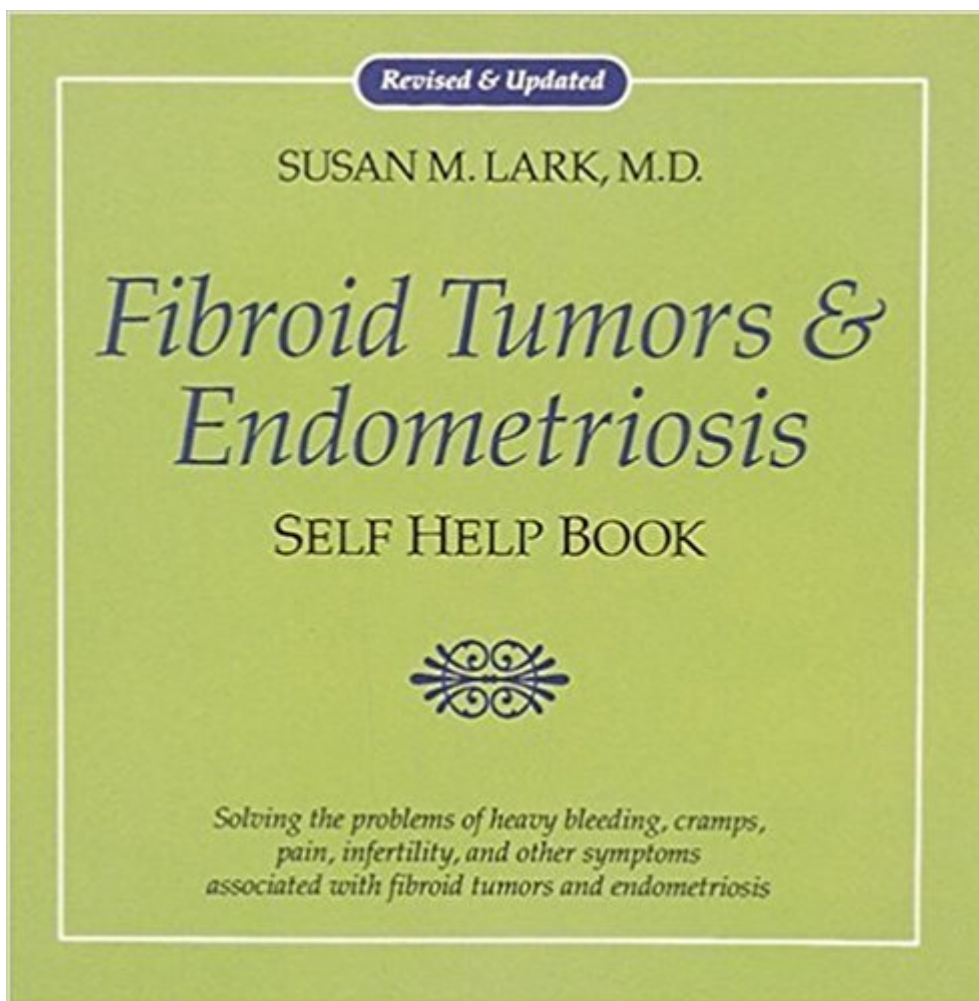


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# Fibroid Tumors And Endometriosis



## Synopsis

Fibroid tumors and endometriosis are two increasingly prevalent conditions among women. This groundbreaking volume contains the only complete self-help program offering facts and information about the causes and diagnosis; a weekly self-evaluation process; the latest information on medical procedures; solutions that utilize vitamins, herbs, and essential fatty acids; overall diet and individual meal plans; and physical exercise.

## Book Information

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## Customer Reviews

DR. SUSAN M. LARK is one of the foremost authorities on women's health care and preventative medicine and is the author of nine books on women's health issues. She has served on the faculty of Stanford University Medical School where she continues to teach in the Department of Family and Community Medicine.

This book was a true eye-opener for me! I recommend this book to everyone I know who has Endo. I have used it's wisdom enthusiastically, and with fabulous results. As an effect of this book, I turned to yoga. I changed my diet. I did alot of things differently. And let me tell you ladies, if you experience pain are you're sick of taking those pills, then get this book and read it every night. Make it your tummy bible!! I went from periods that were horrible: endless aching and pain, cold sweats, dizziness, diarrhea, shakes, even vomiting! (and 4+ pain killers, hot water bottles, and teas) to periods that were virtually PAINLESS. Lifestyle changes and diet, it really helped me out. Now I can

work like everyone else and I don't need a single pain killer. Not one. Today I had my period and went to play raquetball. WOW! What is most heartening about this book is just how it makes you feel informed about yourself. We all grow up feeling kind of helpless about the mysterious female pain of menstruation, waving helplessly at our family or partners over the years. It doesn't need to be like that! It takes time too: my changes didn't occur overnight, but within half a year my periods were bearable enough I made it through without pills. A year later the pain was all gone. So there ya have it! Here's a tip: NO BEEF! Well, try to get the red meats out of your diet. Especially not within ten days of your period. You'll see.... ;)

I have fibroids & the symptoms to go with them. A friend recommended this book because it really helped her & it's helped me too. It's not easy following the recommendations in this book but it's well worth the effort. No hysterectomy for me!

Susan Lark is an excellent writer who is able to explain fibroids in straight forward english to the average woman. I, for one, am an African American woman who by just looking at the nature of the statistics is in the higher percentile of women who will be fibroid inflicted. Sure enough by the time I was 35 I was diagnosed with fibroids that were stretching my uterus to the equivalency of a 6 month pregnancy. While I didn't look 6 months pregnant the doctor assured me my uterus was being stretched to that extent and that surgery was the only option. I had the surgery only to be told by the doctor the next day that he left one in because I was bleeding too much and that in a couple of years it too would need to be removed. What he later explained to me was that he was not familiar with the new laser surgery methods which radically limits amount of bleeding. I was put on steroids for about 9 months to help shrink my fibroids and then underwent the surgery. By the way the steroids purpose is to stop the blood flow to the uterus and it does this by throwing you into a false menopause. A side effect of the false menopause is that you lose calcium from your bones. Wonderful so don't you think. My surgery went fine except this time the doctor cut a few nerves which made my left leg go numb. It took over 6 months for the nerves to connect again and was it ever fun to have electric shocks go throw you whenever every day as the nerves reconnected. Also if you have never had numbness you know how uncomfortable that feeling can be, you know pins and needles. I went into all that graphic detail to let you know it all could have been avoided had I known and read books like the one Susan has here. Not only do I now understand the importance of diet, heredity and exercise in the growth of these tumors I understand that I am in control not the fibroids and not my doctors. The doctors mean well but they are still ignorant of a lot of information.

By the way, after my second surgery the doctor informed me that I would still probably have fibroids at some stage of development, like 75% of the women in America but hopefully they would stay a manageable size until I went into menopause. By the way, I am taking certain herbs to help me, I do yoga, I manage my diet and guess what? My doctor can barely find a fibroid. They are there but really tiny. Susan also has a book on diet and nutrition that is excellent and should be used in conjunction with this book. END

I recommend this book for anyone willing to follow a largely vegan diet. After 3 months of following Dr. Lark's guidelines pretty strictly, with no other treatment, my bleeding problems and cramps have greatly diminished. I wish the book went into more detail about diet as I found the exercises and stress-reduction information far less valuable.

The author writes in an easy to understand format. Not only does she assist you in understanding the condition, but she gives you the means for self-help for prevention or reduction of symptoms. Comprehensive coverage of diet, nutrition, supplements, exercise, lifestyle changes and unresolved emotional issues which could underlie the condition. Not only is there information for the premenopausal woman, but women who are unable to get pregnant as a result of the presence of fibroids. Susan Lark is always a pleasure to read. I never was lost in scientific understanding; nor was I bored by simplistic writing. As a Certified Nutrition Educator, I would recommend this as reading for any clients affected by this very common condition.

I am a 35-year-old African American female and have suffered from fibroids for over 7 years. Almost everyone in my family does to some degree. Various quacks have prescribed painkiller after painkiller. Then finally I had a surgery and conceived, but lost our child at 18 weeks. A year later, a fibroid was back with an ovarian cyst. I did not want more surgery, so during the holiday I order this book and started the plan. During my recent ultrasound, examine less than 3 weeks later the small fibroid was gone and the cyst partial collapsed (part fluid it was solid) and shrunk. I feel great and whole for the first time in a long time. Thank you for having the courage to show us a different way. The book was balanced with options and I will recommend it to all I know.

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