

Healing by Design

Cysts, Fibroid and Tumors

10 STEP PROTOCOL TO PARTNERING WITH GOD'S DESIGN

1. **RAW FRUITS, GREENS AND VEGGIES for best results.** If you truly want to cleanse, changing diet is crucial. Avoid all grains, meat, dairy, soda, processed foods, sugars, etc. These foods CAUSE inflammation and blockages in the system. Try only greens, fruits and veggies for faster results.
2. **Remember God's design.** If there is an abnormal growth, there is a reason. There is no solution in a man-made chemical or surgery. These options don't solve anything, because they never address why the growth formed in the first place! Don't we want to know WHY this happened, so we can prevent it for the future?
3. **Water, hydration and minerals.** Water bring nutrients while eliminating toxins. Avoid coffee, tea, soda and all other beverages besides water. Try lemon, ginger, cayenne pepper or other cleansing herbs in hot water to begin gently cleansing the body.
4. **Eliminate synthetic estrogens.** Avoid hormone filled meat and dairy products, buy organic produce, avoid soy of all kinds, replace deodorants, makeup and other personal care products with natural solutions and try to avoid plastics.
5. **Cleanse.** It is safe to say that anyone with a cyst, fibroid or tumor needs to cleanse. There is an order to cleansing to consider; colon and kidneys first, then lymph, and liver last. By reducing the toxic load from the body, it will begin to naturally remove the growth as well.
6. **Balance estrogens.** Some helpful herbs would be vitex (chast tree berry), res raspberry leaf, stinging nettle, red clover, lemon, burdock root or a nice combination of these herbs. We like a formula called ***Balance by Herbally Grounded***. There is a great formula by ***Wishgarden called Progesteronic***.
7. **Try enzymes and herbs combined.** Our favorite overall formula for fibroids is called ***Fibrovera by Arthur Andrew Medical***. It is designed for this, and it works! Systemic enzymes helps break down growths.
8. **Try a castor oil pack.** Castor Oil (Palma Christ or Hand of Christ) has been used for centuries to heal just about everything. Castor oil can relax the nervous system, stimulate lymphatic system flow and dissolve abnormal growths.
9. **Move and groove.** Exercise is one of your best preventions for health problems. Moving blood and lymph keeps you from getting stagnant. Cysts, fibroids and tumors are a result of stagnation in the body. Jumping on a rebounder or jumping jacks is great, but don't underestimate walking either.
10. **Try iridology.** Getting your eyes checked gives you an instant snapshot of areas of congestion and organs to focus on right away.