

“El mejor libro que he leído sobre los quistes ováricos”

ELIMINE LOS QUISTES DE OVARIO

Como Eliminar los
Quistes de Ovario
Hoy en Día



¡Detenga el dolor, la hinchazón y los períodos irregulares en 3 simples pasos!

**5 COSAS
QUE NO SABIAS
SOBRE LOS
QUISTES
OVARICOS**

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La Verdadera Causa de los Quistes Ováricos

Un quiste ovárico es un conjunto de fluidos rodeados por una pared delgada dentro del ovario. Los quistes ováricos causan preocupación entre muchas mujeres, especialmente las mujeres en edad fértil. Si bien la mayoría de los quistes ováricos son simplemente funcionales en su naturaleza, algunos quistes ováricos pueden llegar a ser cancerosos.

El primer paso del diagnóstico correcto y el tratamiento de los quistes ováricos es identificar la causa de la enfermedad. Sin embargo, no hay una sola causa para el desarrollo de los quistes ováricos.

Los quistes ováricos pueden ser provocados por una variedad de factores primarios y factores secundarios. Es imprescindible comprender estos diferentes factores con el fin de buscar el tratamiento adecuado.

Principales factores de los quistes ováricos:

Hay varios factores primarios y una combinación de estos factores conduce a la formación de quistes ováricos.

1. **Predisposición genética:** La predisposición genética es a menudo considerada como la causa principal de los quistes en los ovarios pues la

investigación ha demostrado que el patrón genético de las mujeres que sufren de esta enfermedad crónica es muy diferente en comparación con las mujeres que nunca han sufrido de quistes ováricos o SOP.

Las mujeres con SOP con frecuencia están predispuestas a un metabolismo anormal y disfunciones de la actividad celular. Sin embargo, esto no debería ser una sentencia de muerte pues muchas veces las características genéticas pueden modificarse con la ayuda de los factores ambientales y los cambios de estilo de vida relacionados apropiados.

2. Malos hábitos alimenticios: Diferentes tipos de alimentos, incluidos los hidratos de carbono refinados, alimentos ácidos y alimentos que contienen altos niveles de toxinas y hormonas como sustancias pueden provocar desequilibrio hormonal y puede debilitar su sistema inmune haciéndolo más susceptible a los quistes ováricos. Igualmente, una dieta rica en azúcar y baja en vegetales frescos puede hacer difícil la tarea de eliminación de las toxinas, agravando su afección de quistes ováricos.

3. Sistema inmunológico débil: Los malos hábitos alimenticios, el estrés y la privación de sueño puede resultar en un sistema inmune debilitado. Un sistema inmunológico debilitado no puede defender al organismo contra la formación de quistes ováricos.

4. Resistencia a la insulina: Un alto nivel de insulina puede estimular la producción ovárica de andrógenos, lo que conduce a la producción de hormonas masculinas. Esto reduce el suero de la globulina transportadora de hormonas sexuales (GTHS). La GTHS a su vez puede agravar su problema de quistes ováricos en forma significativa.

5. Proceso de ovulación fallido: Cuando los ovarios no liberan un óvulo cada mes a causa de ciertos trastornos metabólicos, y debido a que no se produce progesterona, ello puede desencadenar la formación de quistes en los ovarios pues los folículos inmaduros se convierten en quistes.

Además de los factores primarios arriba indicados, las toxinas en el hígado y la sangre e incluso las toxinas ambientales pueden aumentar las posibilidades de formación de quistes ováricos.

La única manera de tratar eficazmente y prevenir los quistes ováricos es el uso de un enfoque holístico multidimensional para la curación.

A diferencia del enfoque convencional que trata el órgano afectado o los síntomas de la enfermedad (y el tratamiento a menudo es agresivo con una serie de efectos secundarios), el método holístico trata cada enfermedad, como parte de un todo, restableciendo primero el equilibrio natural del cuerpo, y combatiendo a la vez de manera natural el factor causal que provoca la enfermedad.

De esta manera, el enfoque holístico de tratamiento de los quistes ováricos ofrece una solución a largo plazo, segura y moderada sin los efectos secundarios de los medicamentos o el riesgo de una cirugía, y al mismo tiempo garantiza que se prevenga la recurrencia futura de quistes ováricos.

Desventajas y Efectos Secundarios del Enfoque de Medicina Convencional Para Tratar los Quistes Ováricos

El planteamiento de la medicina convencional para tratar los quistes en los ovarios es el más común entre las muchas opciones de tratamiento, sin embargo, los resultados son casi siempre a corto plazo y los efectos secundarios pueden ser devastadores.

Por lo tanto, cada vez más mujeres están recurriendo a formas alternativas de tratamiento para su trastorno de quistes ováricos.

Entendiendo el planteamiento de la medicina convencional:

El planteamiento de la medicina convencional para tratar los quistes ováricos es muy simple y directo, y consta de tres etapas:

- 1. Entendiendo los síntomas:** Existen síntomas ampliamente conocidos de los quistes ováricos que incluyen menstruación irregular, dolores en la pelvis, infertilidad y otros. Se pide a las pacientes que guarden un registro de estos síntomas de modo que

la afección pueda ser diagnosticada rápidamente para impedir complicaciones potenciales. Sin embargo, algunas veces, los quistes ováricos no provocan ningún síntoma. De ahí que puedan ser descubiertos casualmente durante un examen ginecológico.

2. Diagnosticando quistes ováricos: El diagnóstico de quistes ováricos se puede realizar de diversas maneras. Además de entender los síntomas de la afección, el médico también hará uso de la ecografía endovaginal, tomografía axial computarizada, análisis de sangre, Laparoscopia y muchas otras formas de exámenes para confirmar su pronóstico. Similar a lo que ocurre en el tratamiento para los quistes ováricos, la etapa del diagnóstico puede ser igualmente traumática.

3.

4. Tratamiento: El tratamiento para los quistes ováricos depende normalmente del tipo de quiste y su naturaleza. Si el quiste es benigno, se requiere poco o ningún

tratamiento. Sin embargo, en los casos más graves, la medicina convencional recomendará las siguientes formas de tratamiento:

- **Píldoras anticonceptivas:** Las píldoras anticonceptivas detienen la ovulación. Por lo tanto, reprimen los quistes en los ovarios. También pueden reducir el tamaño de los folículos y ayudar a reducir el tamaño de los quistes existentes.
- **Cirugía:** Si los quistes son cancerosos o si existen otras complicaciones, entonces se recomienda la cirugía. La decisión tocante a la cirugía dependerá del tipo de quiste y de las posibles complicaciones. Algunas veces, sólo se extirpa el quiste. Sin embargo, no es muy infrecuente extirpar uno o ambos ovarios para eliminar un quiste.

Además de lo anterior, también se administran calmantes para suministrar alivio del dolor causado por los quistes.

El único modo de tratar de forma efectiva y de prevenir los quistes ováricos es utilizando el planteamiento multidimensional holístico

para la curación.

A diferencia del planteamiento convencional el cual trata con el órgano afectado o con los síntomas de la enfermedad (y el tratamiento a menudo es agresivo con un sinfín de efectos secundarios), el planteamiento holístico trata cada enfermedad como parte de un todo por medio de restaurar primeramente el equilibrio natural al cuerpo mientras maneja de forma natural cada uno de los factores causantes que conducen a la afección.

De esta manera, el planteamiento holístico para tratar los quistes ováricos ofrece una solución a largo plazo segura y no agresiva sin los efectos secundarios de los fármacos ni el riesgo de la cirugía mientras que asegura la prevención de recurrencia futura de quistes ováricos.

Quistes Ováricos: Síntomas y Diagnóstico

El quiste ovárico es un problema ginecológico común que puede afectar a cualquier mujer en cualquier etapa de la vida. Esta enfermedad crónica es a veces difícil de diagnosticar, ya que los síntomas no son siempre evidentes.

Sin embargo, es esencial diagnosticar de forma correcta la afección de quistes ováricos y correlacionar los síntomas de la enfermedad para asegurar el tratamiento adecuado.

Cuanto antes se diagnostique la afección tanto mejor serán las probabilidades de recuperación. Para diagnosticar con exactitud los quistes ováricos, es necesario ser un buen conocedor de los síntomas de esta afección.

Diagnóstico de quistes ováricos:

Por lo general, los quistes ováricos son diagnosticados por el ginecólogo sobre la base de los síntomas de la paciente junto con una serie de pruebas.

A veces, los quistes ováricos sólo aparecen durante un examen médico rutinario o una exploración pélvica, ya que los quistes ováricos pueden continuar ahí sin dar ningún síntoma.

Una mujer que padece de quistes ováricos debe prestar atención minuciosa a los siguientes

síntomas, los cuales generalmente están asociados con este trastorno.

1. **Menstruación Irregular:** La menstruación irregular señala el hecho de que algo no anda bien en su salud ginecológica. Las mujeres que padecen de quistes ováricos pueden verse aquejadas de amenorrea, sangrado profuso, etc. Por lo tanto, cualquier irregularidad menstrual o anomalía debería ser revisada de inmediato.
2. **Dolor Pélvico:** Los quistes ováricos pueden causar dolor pélvico agudo antes, durante y después de la menstruación. Muchas mujeres que padecen de quistes ováricos también experimentan dolor durante las relaciones sexuales.
3. **Problemas relacionados con la vejiga:** Los quistes pueden ejercer presión a la vejiga. Esto puede conducir a dificultad para evacuar la vejiga. Las mujeres también experimentan una necesidad frecuente de orinar. A menudo, evacuar la vejiga también puede llegar a ser una prueba difícil.

4. **Infertilidad:** Muchas mujeres acuden a un ginecólogo, cuando no conciben. Los quistes ováricos pueden impedir su fertilidad de forma significativa. A menudo, los abortos espontáneos también son posibles a causa de las complicaciones asociadas con los quistes ováricos no tratados.

5. **Otros síntomas:** Los quistes ováricos pueden causar náuseas, dificultad para respirar, dolor abdominal, vómitos y malestar general. También son comunes los síntomas similares a los del embarazo. Note que cualquier dolor prolongado debe ser examinado inmediatamente.

Es esencial entender que no todos los síntomas anteriormente mencionados son experimentados por mujeres que padecen de quistes ováricos.

Algunos de estos síntomas pueden no estar asociados en absoluto con los quistes ováricos. Por lo tanto, siempre es mejor obtener un diagnóstico médico completo por un profesional antes de iniciar un tratamiento adecuado.

Pruebas:

Existen una variedad de pruebas que pueden ser realizadas por su ginecólogo para diagnosticar de forma correcta su afección. Algunas de estas incluyen análisis de sangre, exámenes pélvicos, ecografías, una simple prueba de embarazo y

otras. Estas pruebas ayudan al diagnóstico adecuado de los quistes ováricos y descartan otras posibles complicaciones.

El único modo efectivo de tratar y prevenir los quistes ováricos es por medio de utilizar un enfoque multidimensional holístico para la curación.

A diferencia del planteamiento convencional que trata con el órgano afectado o con los síntomas de la enfermedad (y el tratamiento a menudo es agresivo con un sinfín de efectos secundarios), el enfoque holístico trata cada enfermedad como parte de un todo por medio de primero restaurar el equilibrio natural al cuerpo mientras maneja de forma natural todos los factores causantes que conducen a la afección.

De este modo, el enfoque holístico para tratar quistes ováricos ofrece una solución a largo plazo, segura y no agresiva sin los efectos secundarios de los fármacos o el riesgo de la cirugía a la vez que asegura la prevención de la recurrencia futura de quistes ováricos.

Riesgos y Complicaciones de los Quistes Ováricos

Las mujeres que padecen de quistes ováricos están o deberían estar más preocupadas por los riesgos y complicaciones de los quistes ováricos, más bien que por los síntomas causados por la afección misma.

Estas preocupaciones no son infundadas ya que los quistes ováricos a menudo pueden causar muchos trastornos en la vida de una mujer debido a las posibles complicaciones de esta afección.

A fin de evitar estas complicaciones y buscar el tratamiento apropiado, un entendimiento pleno de los riesgos y las complicaciones asociadas con los quistes ováricos resulta crucial.

Entendiendo los quistes ováricos:

Los quistes ováricos son bolsas llenas de líquido, las cuales se forman dentro del ovario. Los quistes, que son mayores de dos centímetros, se diagnostican formalmente como quistes ováricos.

Muchos quistes ováricos son funcionales en su naturaleza. Es decir, son benignos y casi nunca causan daño alguno. Sin embargo, en algunos casos, los quistes ováricos pueden desarrollar ciertas complicaciones.

Los riesgos y las complicaciones de los quistes ováricos dependiendo del tipo de quiste y de la etapa del tratamiento, existen diversas complicaciones asociadas con los quistes ováricos:

1. **Ruptura de quiste ovárico:** Las rupturas de los quistes ováricos pueden conducir a sangrado interno y en algunos casos ser muy peligrosas. Las rupturas de quistes ováricos pueden causar hemorragias, lo cual quiere atención médica inmediata.
2. **Torsión ovárica:** Con frecuencia, cuando se produce una torsión del ovario puede llevar a la infertilidad. Asimismo una torsión ovárica puede alterar el suministro de sangre al ovario. Esto lleva a otra complicación llamada necrosis ovárica, que podría conducir a inflamación y a shock séptico.
3. **Peritonitis:** La peritonitis es la inflamación de la membrana mucosa. Como esta membrana se alinea con la cavidad abdominal, puede causar un dolor insoportable y en algunos casos puede ser potencialmente mortal.
4. **Infertilidad:** La infertilidad causada por los quistes ováricos puede ser temporal o permanente dependiendo del grado de daño al sistema reproductivo causado por el quiste. De aquí que a las mujeres que padecen de quistes ováricos y que también desean quedar embarazadas, se les debería diagnosticar rápida y correctamente el tipo y tratamiento para sus quistes ováricos para restaurar la salud de su sistema reproductivo.

5. **Cáncer:** En escasas ocasiones pueden los quistes de los ovarios llegar a tornarse incluso cancerosos. La paciente necesitará el tratamiento habitual para el cáncer junto con cirugía, en la que generalmente se extirpan ambos ovarios.

Además de estas graves complicaciones y riesgos, los quistes ováricos también pueden conducir a dolores insoportables y desequilibrio hormonal. Esto puede a la vez afectar al bienestar mental y emocional de la paciente.

Sin embargo, la medicina convencional muy raramente presta atención a las complicaciones mentales y emocionales que pudieran desarrollarse a causa de los quistes ováricos.

Las opciones de tratamiento convencional pueden causar numerosos efectos secundarios como la infertilidad, aumento de peso, y la reaparición de grandes quistes. A menudo, el tratamiento convencional puede empeorar una afección ya dolorosa y peligrosa.

El único modo efectivo de tratar y prevenir los quistes ováricos es por medio de utilizar un planteamiento holístico multidimensional para la curación.

A diferencia del planteamiento convencional que trata con el órgano afectado o con los síntomas de la enfermedad (y el tratamiento es a menudo agresivo con un sinfín de efectos secundarios), el enfoque holístico trata cada enfermedad como parte de un todo por medio de primeramente restaurar el equilibrio

natural al cuerpo mientras maneja de manera natural cada factor causante que lleva a la afección.

De esta forma, el enfoque holístico para tratar los quistes ováricos ofrece una solución a largo plazo, segura y no agresiva sin los efectos secundarios de los fármacos ni el riesgo de la cirugía, mientras asegura la prevención de la recurrencia futura de quistes ováricos.

Cura Natural Para los Quistes Ováricos

La enfermedad de los quistes ováricos es una afección crónica que puede tener consecuencias en el bienestar físico, mental y emocional de una mujer.

El planteamiento médico convencional en realidad no puede ayudar a la cura del individuo ni prevenir la afección, ya que las causas fundamentales de esta afección así como las múltiples complicaciones asociadas con esta afección no se abordan en los tratamientos comunes convencionales para quistes ováricos.

Por lo tanto, hoy hay una creciente tendencia a regresar al enfoque natural para el manejo de los trastornos de quistes ováricos en todos sus aspectos.

La importancia del enfoque natural:

Primero, el enfoque natural para curar los quistes ováricos envuelve la utilización de remedios naturales, seguros y no agresivos.

El uso de remedios naturales a menudo resulta en muchos menos efectos secundarios comparados a aquellos infligidos por los fármacos convencionales. En segundo lugar, el enfoque natural apunta a las causas fundamentales de una afección más bien que centrarse en los síntomas.

En tercer lugar, por medio de manejar las causas fundamentales el enfoque natural tiene como objetivo la curación a largo plazo y la prevención de la afección.

1. Efectos secundarios de la medicina

convencional: El tratamiento médico convencional puede hacer surgir muchos efectos secundarios. Las mujeres que tienen que perder sus ovarios obviamente nunca podrán volver a tener hijos.

Estas mujeres también experimentan a menudo cambios de personalidad debido a desequilibrios hormonales. También, los contraceptivos orales, que se utilizan de forma destacada para tratar la afección, pueden afectar la capacidad de fertilidad de una mujer a largo plazo.

Las mujeres embarazadas no pueden utilizar la medicina convencional, sin tener que soportar riesgos importantes de abortos espontáneos y de partos prematuros. En comparación con esto, los remedios naturales no tienen efectos secundarios. Algunas formas de tratamiento natural también ponen el énfasis en fortalecer el estado mental y emocional de la paciente promoviendo de este modo la curación en el verdadero sentido de la palabra.

2. Ineficacia de la medicina convencional: La medicina convencional proporciona solamente alivio temporal de los síntomas de los quistes ováricos. Los quistes ováricos a menudo reaparecen después que el tratamiento ha sido retirado. Incluso después de la cirugía, la paciente no es inmune a los quistes ováricos. De

hecho, se ha mostrado que el crecimiento de quistes ováricos después de una cirugía es muy común. Comparado con la medicina convencional, el enfoque natural suministra alivio de la afección a largo plazo ya que maneja las causas fundamentales de los quistes ováricos y por lo tanto es más efectivo.

3. **Enfoque impersonal:** La medicina convencional funciona de acuerdo con la regla de oro empírica sin prestar mucha atención a las diferencias individuales. Por lo tanto, la medicina convencional fracasa cuando trata ciertas afecciones, ya que pone el énfasis en la enfermedad y no en el paciente. Por otra parte, el tratamiento natural es a menudo un tratamiento personalizado. Todos y cada uno de los tratamientos completos varía de una persona a otra. Esta es la razón por la que tiene un asombroso índice de éxito.
4. **Costoso tratamiento convencional:** El tratamiento convencional para los quistes ováricos es muy caro. Además de los enormes costes de la cirugía ovárica, tendrá que pagar la hospitalización, las pruebas, los medicamentos recetados y más. Los remedios naturales son comparativamente rentables y por lo tanto las mujeres que tienen un presupuesto muy reducido también pueden beneficiarse de estos.

El enfoque natural para tratar los quistes ováricos es efectivo contra la mayoría de las formas de quistes. Puede ser utilizado para prevenir complicaciones y para mantener la condición de los quistes ováricos

existentes bajo control. Sin embargo, estos remedios no pueden curar por completo los quistes ováricos. Para curar los quistes ováricos, se necesita un enfoque de tratamiento holístico y una forma de tratamiento multidimensional.

El enfoque holístico:

La única manera de tratar eficazmente y prevenir los quistes ováricos es el uso de un enfoque holístico multidimensional para la curación.

A diferencia del enfoque convencional que trata el órgano afectado o los síntomas de la enfermedad (y el tratamiento a menudo es agresivo con una serie de efectos secundarios), el método holístico trata cada enfermedad, como parte de un todo, restableciendo primero el equilibrio natural del cuerpo, y combatiendo a la vez de manera natural el factor causal que provoca la enfermedad.

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**Si desea profundizar sobre este tema
y averiguar la cura natural para los quistes Ováricos, le
recomendamos la guía**

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By Carol Foster

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Chapter 1 – Introduction

Welcome

Dear PCOS/Ovarian Cysts Sufferer,

Regardless of your age, whether you have severe PCOS (Polycystic Ovarian Syndrome) symptoms and enlarged ovarian cysts or just a mild case, and regardless of how your PCOS condition manifests itself, the methods contained within the Ovarian Cysts Miracle™ System are the only practical answer. These methods are the only way that you will completely rid yourself of all types of ovarian cysts and in all levels of severity, as many other women have.

Like you I suffered from severe PCOS symptoms and was diagnosed with ovarian cysts, and just like you I tried without success just about all the conventional medicines and over-the-counter products that deal mostly with the symptoms - and often aggravate the root cause. And just like you, something kept me searching, believing that there must be a permanent cure for ovarian cysts, not just temporary relief.

It's imperative that you understand that your PCOS condition and ovarian cysts didn't just happen. There was a cause, and if you follow the right path eliminating the root cause, you can be rid of these conditions forever. In fact, there is a natural, safe, cheap and highly effective path to reverse ovarian cysts and PCOS symptoms.

This book contains that path.

The information you will discover in this book is the result of 11 years of searching, trial-and-error and experimentation. It's the result of trying just about everything, keeping what worked and discarding what didn't.

The “ovarian cysts puzzle” was pieced together from the information I learned from countless naturopaths, authors and healers, and from working with and interviewing many alternative practitioners and nutritionists.

I assure you that you made the right decision when you ordered the Ovarian Cysts Miracle™ package. Regardless of what Western medicine followers may have told you, ovarian cysts can be cured – naturally and permanently.

In this book I'm going to share the Ovarian Cysts Miracle™ System, the only system based on 11 years of research that will help you cure your ovarian cysts for good! I'll explain exactly what ovarian cysts are, the symptoms of PCOS/ovarian cysts, diagnosis, primary and secondary factors that cause PCOS/ovarian cysts and the conventional vs. natural holistic approach to curing ovarian cysts. Most importantly, I will go over the exact steps you should take to cure your ovarian cysts permanently, not just alleviate the symptoms, and how to prevent their recurrence.

By educating yourself about PCOS and ovarian cysts, you open the door to a lifetime of improved well being and better health without the pain, annoyance, frustration and costs associated with living with and treating your PCOS condition.

My only aim in writing this book was to help you reach your goal – to eliminate your ovarian cysts permanently and clear up all your confusion about the steps you are required to take to achieve that goal. If this book helps you succeed in eliminating your PCOS/ovarian cysts, then this book is a success with or without the accolades.

By following the Ovarian Cysts Miracle™ System, the vicious and destructive cycle of drugs, creams, over-the-counter products and futile costs is stopped. Now is the time for you to exercise your natural right to open the door to a PCOS and ovarian cyst-free life.

Ten Facts about the Ovarian Cysts Miracle™ System

Before we get into the heart of the program, let me share with you the ten reasons as to why this system might just be the most powerful ovarian cysts system ever developed.

Ovarian Cysts Miracle™ provides you with a tested step-by-step plan to success.

It's a fact that no other ovarian cysts system will provide you with the exact steps you need to follow in order to be free from ovarian cysts. Most ovarian cysts programs will merely give you vague guidelines of what needs to be done. With the Ovarian Cysts Miracle™ System, you get all the specifics. You are told exactly what to do, exactly how to do it and exactly when to do it and why.

Ovarian Cysts Miracle™ was written by a genuine ovarian cysts sufferer.

This program was not written by some science geek who never had PCOS or ovarian cysts in his life. Instead, it was written with the blood and sweat of a real person who suffered from this condition for years, and it's the result of thousands of dollars spent on trial and error and more than 11 years of extensive research.

Ovarian Cysts Miracle™ is based on real world results.

This system is based on real world results, not textbooks or classroom lectures. Thousands of ovarian cysts sufferers, including the author herself, have already cured themselves completely using the same principles contained in this program.

Ovarian Cysts Miracle™ is truthful and unbiased.

I've devoted the last 11 years of my life to helping ovarian cysts sufferers win the war against deceptive advertising, false claims and other marketing scams in the PCOS/ovarian cysts treatment industry. The Ovarian Cysts Miracle™ program is straightforward, providing you with the facts on how to eliminate ovarian cysts with honesty and integrity. I have never been involved with any health or supplement magazine, and I am not affiliated with any of them.

Ovarian Cysts Miracle™ is not just about alleviating the symptoms; it's about your health and inner balance.

Reversing PCOS and ovarian cysts permanently can never be achieved as long as your body is in a state of imbalance. Ovarian cysts/PCOS is not a problem with your ovaries or reproduction system, no matter what your doctor tells you. It's about taking responsibility for your body and about restoring it to a state of balance where *no* disease can exist, not only ovarian cysts.

Ovarian Cysts Miracle™ is not just a special nutrition program.

It merges nutrition with a comprehensive cleansing program. It shows you how to rebuild your organs of elimination and supplies dietary, supplementation, mental and lifestyle plans aimed at restoring your body back to balance. In short, it's the perfect holistic ovarian cysts solution.

Ovarian Cysts Miracle™ doesn't confuse alleviating ovarian cysts symptoms with an ovarian cysts cure.

Relieving the pain caused by your ovarian cysts and fixing the root cause of your ovarian cysts are completely different things. Yes, treating the symptoms of PCOS is obligatory if you have ovarian cysts simply because it can be a painful and debilitating condition. Ovarian Cysts Miracle™ handles all the symptoms of ovarian cysts using a unique relief treatment that works for almost all types of ovarian cysts. However, in order to permanently cure ovarian cysts, you must neutralize the "ovarian cysts environment" (more on

that later). The Ovarian Cysts Miracle™ System ensures that this ovarian cysts environment ceases to exist in your system.

Ovarian Cysts Miracle™ is not a temporary quick fix.

It offers a permanent solution and one that you can maintain as a lifestyle. The whole concept of curing ovarian cysts by masking the ovarian cysts symptoms is flawed. When you say that you're going to treat your ovarian cysts, the implication is that it's temporary and that at some point (when your PCOS symptoms are temporarily gone and you feel some relief) you will continue with your bad nutritional and destructive lifestyle habits. The truth is that the only way you'll ever get rid of your ovarian cysts permanently is to adopt new habits and keep them. It may feel a bit uncomfortable in the beginning, but it will soon become entrenched into your daily routine and become easy, natural and highly rewarding.

Ovarian Cysts Miracle™ is simple.

With the information overload provided by the Internet, it's only natural that you'll feel overwhelmed with conflicting theories and mind-boggling disinformation. My goal in creating this program was to clear up the confusion and make the process as simple as possible. The simpler the strategies are, the easier you will apply them, and the greater your results will be.

Ovarian Cysts Miracle™ offers 24-hour FREE e-mail counseling.

Ovarian Cysts Miracle™ is the only ovarian cysts program that comes with this exclusive 24-hour quality counseling by a certified nutritionist. I challenge you to find similar offers on the Net. The Ovarian Cysts Miracle™ program is the perfect solution for ovarian cysts, but the real value of the program comes from the personal guidance and support that I offer my customers. I am devoted to your success, and I will do anything within my power and knowledge to help you eliminate your ovarian cysts in the least amount of time, with the least amount of trouble, in a way that is designed to suit your individual needs and personal limitations. Most of my customers who chose to

take advantage of this exclusive offer are in constant daily correspondence with me. It takes time and energy to answer all those e-mails on a daily basis. That is why I chose to provide this service only to people who bought the program. If you ordered the Ovarian Cysts Miracle™, I urge you to use this service too. I would love to hear from you.

How to Get the Most from the Book

This book offers a comprehensive natural approach to the treatment of PCOS and ovarian cysts. It is aimed at you, my fellow ovarian cysts sufferer. If you are fed up with conventional treatments and their unpleasant side effects and are willing to try a natural, long-term and practical way to get rid of ovarian cysts, you have come to the right place.

This book is aimed at women with all types of ovarian cysts with all levels of severity. It is aimed at women who wish to eliminate the cause of PCOS and ovarian cysts rather than deal with the symptoms. It is aimed at women who wish to reclaim control over their inner systems and health and thus dramatically improve their overall health, the appearance of their skin and to look and feel younger and more vibrant.

This book will take you on a voyage that leads to ovarian cysts freedom through a holistic approach by treating the body as a whole and having it cleansed and re-balanced from the inside, thus neutralizing the environment that encourages PCOS and ovarian cysts.

I truly believe this book will change your life. If you are reading these lines, you are truly blessed beyond belief.

By following the Ovarian Cysts Miracle™ System to the letter, you will not only eliminate all symptoms related to PCOS, including ovarian cysts, acne, hormonal imbalance and fatigue, but you will also feel younger, healthier and more vibrant. You will be able to overcome many illnesses and dysfunctions you may have had before the treatment such as constipation and obesity. You will achieve all that without the horrible side effects. The Ovarian Cysts Miracle™ System eliminates the root factors leading to ovarian cysts, thus achieving real long-term success.

As mentioned earlier, treating PCOS and ovarian cysts is not a short process. It requires persistence and patience. Results may only become apparent after

6 or even 8 weeks. Moreover, each woman is unique in the way she adapts and reacts to the treatments. Results may vary among different people with different types and levels of ovarian cysts severity and sensitivity to certain foods. Keep in mind that it takes time for the body to heal itself and some level of maintenance to keep things under control.

Persistence and belief are vital if you wish to achieve success in eliminating your PCOS and ovarian cysts. You must understand that following each step alone will only yield short-term results. The combination of all the steps in the Ovarian Cysts Miracle™ System is the only key to lasting ovarian cysts freedom.

This book is divided into 5 chapters and 4 appendices.

Chapter 2 is the general section of the book aimed at building a foundation of knowledge regarding PCOS, ovarian cysts and the holistic approach. This is where I reveal the true nature of PCOS and ovarian cysts, the true causes of ovarian cysts, types of ovarian cysts, common symptoms, complications of PCOS, the pros and cons of conventional ovarian cysts medications and the crucial differences between conventional and holistic medicine.

Chapter 3 discusses the most effective ways to diagnose PCOS and ovarian cysts.

Chapter 4 introduces The Quick Results Mini-Program. It is designed especially for busy folks that don't have much time on their hands but wish to see results ASAP, and for people with very mild cases of PCOS and ovarian cysts. It's not a quick fix approach, but it's practical and extremely easy to follow.

Chapter 5 – The complete step-by-step holistic solution to ovarian cysts – the Ovarian Cysts Miracle™ System. This chapter reveals the general blueprint of the program as well as the specifics of each step of the Ovarian Cysts Miracle™ System outlined in a chronological manner with all the nitty-gritty

details of why, when and how to successfully accomplish each individual step. It also outlines the exact principles you need to follow to prevent the reoccurrence of ovarian cysts and maintain a PCOS-free environment.

Appendix 1 outlines several complimentary treatments for PCOS and ovarian cysts.

Appendix 2 offers an example of a 2-day detox diet – a short preliminary internal cleansing protocol.

Appendix 3 provides vital information on how to conduct a moderate detox program based on the Ayurveda.

Appendix 4 shows exactly how to maintain liver function – an important part of the ovarian cysts basic and maintenance plans.

The Ovarian Cysts Miracle™ System book also contains lots of theoretical as well as practical information as a means to provide the reader with the clearest, sharpest and most coherent picture of the disease and what needs to be done to eliminate its symptoms. By doing so, you'll become more "PCOS educated," more motivated and more focused on achieving your goal, which is eliminating the factors leading to ovarian cysts formation and achieving PCOS and ovarian cysts freedom with all its positive implications.

Be patient as you read the book for the first time. All the information in early chapters will come together in the end. As you begin reading, you may feel overwhelmed by the amount of information. Don't be! The chapters were written in that order for a reason. That is why I urge you to read the book in its entirety first before you start implementing the plan. This way you'll gain a complete picture of things as they slowly fall into place and finally fit together in the end. It will ensure you won't get too confused (as to why you're required to do this or that and in a certain order) or miss essential information required to successfully complete the plan and achieve your goals.

Much has been done to keep this book as straightforward, simple and direct as possible. Whenever I could, I kept words to a minimum, and I strived to use conversational language and layman's terms whenever I could to make reading easier, fun and understandable. Also, the book contains many links to other parts inside the book as well as to useful resources, so stay connected to the Internet while reading.

It is important that you commit to taking action and set a deadline for your goals if you wish to succeed. Without the will, a deadline and proper motivation and dedication to eliminate your ovarian cysts, you'll only achieve poor or short-term results. It is advisable to adhere to the Ovarian Cysts Miracle™ System as it was especially designed to put your PCOS and ovarian cysts condition in the past.

Get Rid Of PCOS & Ovarian Cysts Holistically

You really can get rid of PCOS and ovarian cysts – naturally and holistically.

How?

- By learning what a “PCOS and ovarian cysts environment” is
- By learning exactly what conditions are needed for an ovarian cysts environment to exist and how to neutralize these conditions so your ovarian cysts will vanish forever
- By learning the connection between ovarian cysts and inner imbalance and how to quickly restore the body back to balance
- By understanding that ovarian cysts are primarily a Western problem and that there is in fact a tight connection between Western diet, Western lifestyle and ovarian cysts in spite of what modern medicine and the media want you to believe. Research has clearly shown that non-Western societies where people don't eat Western food also don't have ovarian cysts.
- By learning the evident link between stressful lifestyle, inadequate sleep, lack of physical activity and the aggravation of PCOS symptoms and ovarian cysts.

To get rid of ovarian cysts permanently, you should equip yourself with information about toxic elimination, internal cleansing, hormonal balancing, acid-alkaline balance, healthy diet, stress control, the yeast link, antibiotics, probiotics and prebiotics.

The Ovarian Cysts Miracle™ book will provide you with all of the above invaluable information. This is not just an informational book but rather a complete step-by-step system that will take you from where you are now to where you want to be – to have permanent PCOS and ovarian cysts freedom.

Everything you need to succeed is contained in these pages. Apply it!
Knowledge applied is extremely powerful, but unused knowledge is worthless.

Begin using this information immediately. The sooner you start, the quicker you'll see results as they apply to your ovarian cysts condition. So start today!

Chapter 2 – All About PCOS & Ovarian Cysts

Section One – The Truth About PCOS & Ovarian Cysts

What Is PCOS?

Polycystic Ovarian Syndrome (PCOS) is a metabolic, hormonal, ovulation and insulin disorder related condition that affects one in 10 women. In a normal menstrual cycle, follicles grow on the ovaries and eggs develop within those follicles. After a certain period of time, only one of those eggs reaches maturity sooner than the other eggs. When this egg reaches maturity it is released into the fallopian tubes. The other follicles that have not matured then dissolve back into the ovary.

However, under certain conditions (genetic, hormonal imbalance and insulin resistance being some, but not all, of these conditions), the ovaries are larger than normal, and there are several follicles that do not reach maturity but appear in clumps. These are polycystic ovaries. Women who have PCOS also experience, in addition to the formation of polycystic ovaries, an array of symptoms, also referred to as a syndrome.

While a woman can have polycystic ovaries without suffering from PCOS, all women with PCOS will have polycystic ovaries.

PCOS is a complex condition in which numerous underlying factors in basic body processes have been disrupted. Since the human body is a unified whole, a disorder in one area will ultimately lead to problems in other areas. This is why it is important to treat PCOS and ovarian cysts as a systemic disorder (in other words treat the disorder holistically) rather than treat it as a problem concerned solely with your ovaries.

What Are Ovarian Cysts?

Follicles are small fluid-filled sacs in the ovaries that normally develop into eggs as a natural part of the ovulation process. However, as already mentioned, under certain conditions, some follicles migrate to the surface of the ovaries but fail to release an egg. The follicles then become cysts (a follicle larger than 2 cm) and grow larger with each menstrual cycle.

While most cysts are harmless (only 15 cases per 100,000 are cancerous) some cysts can cause pain and bleeding.

Ovarian cysts most commonly develop among women in their childbearing years but can affect women of all ages.

The Real Cause Of PCOS And Ovarian Cysts

The most fundamental truth regarding the vast majority of chronic health conditions, including PCOS and ovarian cysts, is that there is no such thing as a single cause.

As with other health conditions, PCOS is a condition that is triggered by several primary and secondary factors and the relationship between them. There are factors and co-factors that contribute to PCOS and to the development of ovarian cysts, and there are causative agents that aggravate an already compromised PCOS condition.

There are also life situations, external factors and mental factors that directly or indirectly form the environment in which the internal balance is disrupted. These then manifest themselves as common PCOS symptoms and ovarian cysts.

Because every health problem is multidimensional, the solution must be multidimensional, in order to eradicate the problem from the root. This is one of the reasons why science and conventional medicine fail in treating most western afflictions. Instead of treating the body as a unified whole, they tackle the manifestation of the condition or the infected parts.

Some of us are more genetically prone to disease than others, but that is not to say that if we have some tendency to develop a condition or a weakness of some sort, there is nothing we can do. As I will later illustrate, we can partly change our genetic structure and we can also solve other parts of the health condition puzzle. We can make a difference, reverse our diseases and regain our health and energy by making affirmative decisions to change our lifestyles, dietary choices and thoughts that lead to poor health, toxic buildup, and weak immune systems along with several other factors, which promote

the majority of all common illnesses. Then we can gain control over our health and inner terrain.

The primary factors that lead to PCOS and ovarian cysts are:

- Genetic predisposition
- Poor dietary choices
- Weakened immune system
- Accumulation of toxins in the digestive tract (including environmental toxins)
- Insulin resistance and obesity

These five factors create the perfect internal environment for PCOS that manifests as ovarian cysts, among various other symptoms.

Having hormonal imbalance (such as during menstruation), taking antibiotics, prescription medications and steroids, stress and lack of sleep can also contribute to PCOS and to the formation of ovarian cysts.

Now, let's go into more detail about each of the primary and secondary factors that contribute to PCOS.

Genetic Predisposition

Most research has shown that the genetic pattern of women with PCOS is somewhat different compared to women who don't have PCOS. It seems that the genes of women who have PCOS make them predisposed to abnormal metabolism and the dysfunctions of cell activity.

However, the claim that women with PCOS have a genetic tendency that cannot be altered is nothing but a myth. While genes are a set of rules or principles that determine your physical characteristics, along with the tendency to develop or prevent diseases, your genes, similar to a blueprint, can be altered.

Genetic research has shown that your genetic characteristics can be modified and influenced by numerous choices and factors. From the moment of birth until you die, your environment, inside and outside your body, can greatly impact your genetic disposition.

By choosing to take control over your inner and outer environment (by changing your diet, for example) you can strongly influence your genetic tendencies and therefore help your body overcome disease.

Poor Dietary Choices

A diet high in refined carbohydrates, processed and toxic foods and low in fresh fruit and vegetables affects biochemical processes within the cells, contributes to hormonal imbalance, worsens digestion and interferes with the natural toxic elimination process.

Lack of good nutrition is another factor. Our bodies need to obtain about 40 essential vitamins, minerals and nutrients to enable the cells in our bodies to fully function and remain healthy. These nutrients mostly come from our diet since the body cannot produce them by itself. When we eat more processed foods and fewer foods with high nutritional value, the immune system declines and becomes less effective since nutrition is highly essential for healthy immune functioning. With a weakened defense system, we make it easier for PCOS and ovarian cysts to develop.

Over-acidity in the digestive system, usually due to a diet high in acidic foods, is another major factor. A state of over-acidity causes the blood to become sludgy and thick, creating the ideal environment for candida growth (more on the acid-alkaline balance later).

The consumption of refined or processed foods spikes your blood sugar to high levels. Insulin levels increase in order to control the sudden increase in blood sugar. Too much insulin eventually makes the cells "insulin resistant." (more on the insulin-PCOS connection later)

A healthy diet that consists of certain micronutrients (biotin, calcium, chromium, magnesium, selenium) can help reduce insulin resistance. The typical western diet is deficient in many of these micronutrients.

A family of substances called excitotoxins (MSG being one of them), along with numerous other chemicals added to your food to "improve" the taste, texture or appearance, can hinder and damage cell function and nerve cells. This in turn can hinder your body's ability to keep your hormones balanced. (Nerve cells in the hypothalamus are also responsible for the stimulation or suppression of hormone secretion).

Low doses of MSG injected into mice caused abnormally high levels of LH (luteinizing hormone). Elevated levels of LH is one of the primary reproductive problems that PCOS women have. Administration of MSG to female rats when they were young showed a disruption of ovarian cyclicity after puberty.

Weakened Immune System Or Autoimmune Disorders

When the immune system is weakened due to several factors such as nutritional deficiency, high toxic buildup (heavy metals, chemicals, bacteria, viruses, and parasites), stress, lack of sleep or the use of pharmaceutical drugs such as antibiotics and steroids, the body becomes vulnerable to virtually every type of sickness and disease. In this state the body cannot defend itself and cannot control the process of toxic elimination and hormonal balancing as it could if the immune system was at its peak performance.

Autoimmune disease is another issue. This is an inflammatory condition where your immune system mistakenly considers organs or cells as "foreign" to your body and attacks them.

Hormone disorders and substances and microorganisms in your food and physical environment can all influence your immune system.

A recent study in which 108 women with PCOS participated found that 40.7% had immune antibodies for autoimmunity versus only 14.8% for women without any of these conditions.

Congested Toxins In The Bowels, Liver, Blood And Lymph And Exposure to Environmental Toxins

Our constant exposure to thousands of toxins on a daily basis through the food that we eat, the air that we breathe, the drugs that we take and our poor quality of our water supply all lead to toxic buildup in the blood, lymph, kidneys and colon. This leads to short-term and long-term health conditions. Among them are PCOS and ovarian cysts.

You can take thousands of herbs, supplements and over-the-counter preparations to relieve your PCOS symptoms and eliminate ovarian cysts, but without cleansing your internal system and your digestive tract in particular, it will be like painting a rusty car, and you will never get rid of it.

The liver in particular is essential to maintaining blood sugar levels, recovering your hormonal balance, improving your fertility and performing other functions such as removing excess insulin from the blood stream. When excess insulin, for example, is not removed, it remains high in the blood and may contribute to insulin resistance. These functions are all responsible for keeping your PCOS symptoms under control and for eradicating and preventing the formation of ovarian cysts.

The optimal PCOS diet and the cleaning protocols outlined in this book were designed to ease the fat and toxic load on your liver, to provide nutrients that the liver needs to do its work and to re-build liver and bile function.

Once you have cleansed your internal system, your detoxification process and your immune system will have vastly improved, and your liver's ability to release toxins, balance hormones and remove excess insulin from the blood will be enhanced. You will feel more energetic and healthier, and your body

will be able to fight PCOS symptoms and prevent ovarian cysts more effectively.

Environmental toxins are other issues of great concern. These can disrupt your hormonal activity by interfering with the production and metabolism of hormones and by mimicking hormones. Environmental toxins can also lower progesterone levels, damage your fertility, the ovulation process and the health of your unborn child.

Chronic exposure to xenohormones (petro-chemically derived pesticides, emulsifiers found in soap and cosmetics, plastics, regular meat), and man-made chemicals found in our food and environment, can cause hormone dysfunction, ovary damage (damaged follicles which cause reduced production of progesterone) and infertility problems. Exposure to solvents, the most common type of xenohormones that are found in glue, dry cleaning clothes, nail polish and paint can lead to an array of health problems including: fatigue, anxiety, depression, brain swelling, fetus damage and oxygen deprivation in the brain.

While there is no escape from chemical pollution, including xenohormones, the PCOS diet, the solvents exposure guidelines and detoxification protocols outlined in the book will provide you with a diet that is as free as possible from environmental chemicals that will disrupt your hormones and damage your health. They will also remove chemical substances that are already in your body and strengthen your toxin elimination organs.

Insulin Resistance

Studies show that at least 30% of women with PCOS have insulin resistance, Insulin resistance can manifest as acne, difficulty losing weight, high blood pressure, elevated blood glucose and carbohydrate cravings.

When the cells in your body are less responsive to the insulin hormone, you have insulin resistance, which damages the functionality of a myriad of insulin-

dependent processes in your body (such as regulating the liver's production of blood sugar and fat). When you are insulin resistant, your pancreas gland produces extra insulin to counter the impaired related functions which in turn causes "hyperinsulinemia," - an abnormally high level of insulin in the blood. This leads to a vicious cycle where the excess insulin causes the cells to become even more insulin resistant.

As your pancreas becomes exhausted from producing large higher amounts of insulin, it starts producing less and less insulin, thus causing blood sugar levels to go out of control.

With regard to PCOS, ovarian cysts and hormonal imbalance, chronically high levels of insulin stimulate ovarian androgen production, causing excessive production of testosterone and other male hormones by reducing serum sex-hormone binding globulin (SHBG), that worsen PCOS symptoms.

While there is a genetic predisposition to develop insulin resistance, poor nutrition, dietary habits and too much body fat can greatly contribute to insulin resistance and thus worsen PCOS symptoms and hinder the body's ability to eliminate ovarian cysts.

Failed Ovulation Process And Ovarian Cysts

In the presence of certain metabolic/hormonal disorders, the follicles migrate to the surface of the ovary but fail to mature (release an egg). When this distorted ovulation process occurs, ovarian cysts develop.

This occurs mainly because progesterone isn't made.

In a normal ovulation process, the egg is released and the remaining sac part of the follicle transforms into corpus luteum. The corpus luteum then produces progesterone that stops further ovulations by the rest of the follicles in both ovaries. The rest of the follicles then gradually dissolve.

When there is not enough progesterone, the area in the brain (hypothalamus) that is responsible for sending signals to produce hormones (estrogen and progesterone), stimulates the immature follicles to continue growing, by producing more estrogen.

The immature follicles develop into cysts and grow larger with each succeeding menstrual cycle, often causing pain and bleeding.

❏ Why Eggs Won't Pop And Progesterone Isn't Made

There are several causes behind dysfunctional follicles that won't release eggs and behind the fact that progesterone isn't made. Among several other factors is the exposure of female embryos to xenobiotics (a large family of environmental pollutants that include xenohormones). As already mentioned, these are environmental pollutants that mimic the chemical activity of estrogen on the developing baby's tissues. Studies show that the creation of ovarian follicles is highly sensitive to the toxicity of xenobiotics. These chemicals can damage the female ovarian follicles and make them dysfunctional, unable to complete ovulation or produce sufficient progesterone.

Lifestyle Factors That Contribute To PCOS And Dysfunctional Follicles

Stress invoked by either lack of sleep, emotional issues, anxiety or pressure in your daily routine has been scientifically proven to contribute to PCOS and ovarian cyst formation as stress depresses your immune system, causes anovulatory cycles and elevates blood sugar levels.

Taking birth control pills can shut down normal ovary function. A diet full of xenobiotics can hinder metabolism and prescription drugs can also negatively affect the menstrual cycle by impairing the functioning of the hypothalamus.

Types Of Ovarian Cysts

While most ovarian cysts are non-cancerous some ovarian cysts can develop into cancerous growths. Let's briefly describe the various types of non-cancerous ovarian cysts (note that every woman can develop one or several of the following types of cysts):

- 1. Follicular Cysts (Graafian Follicle):** This is the most common type of functional ovarian cyst. It can grow to about 2 inches in diameter, is filled with clear fluid and is the result of a failed ovulation process. The pain caused by ruptures in this type of cyst is a sharp pain on the side of the ovary where the cyst is located and usually occurs in the middle of the menstrual cycle. Often, these cysts dissolve by themselves within a few weeks or months.
- 2. Corpus Luteum Cysts:** This is another type of functional ovarian cyst that occurs in the corpus luteum stage. While usually the corpus luteum dissolves by itself, if a pregnancy does not occur, it may stay on the ovary and be filled with blood. Often, this cyst produces no symptoms.
- 3. Hemorrhagic Cysts:** This cyst usually affects younger women and occurs when blood enters the cyst through a tear in one of the cyst's blood vessels. Hemorrhagic cysts may grow to 5-6 inches in diameter. While most hemorrhagic cysts dissolve by themselves they can produce painful symptoms usually on the right side of the abdomen.
- 4. Dermoid Cysts:** A rare but usually benign cyst that normally affects women during their childbearing years. The size of a Dermoid cyst ranges from half an inch to 17 inches in diameter. When Dermoid cysts become inflamed they can cause severe abdominal pain and threaten blood supply. In this emergency state, a surgery to remove the cyst is often necessary.
- 5. Endometriomas Cysts:** This type of cyst affects women during the reproductive years and develops when the mucous membrane that makes up the inner layer of the uterine wall (also referred to as the endometrial tissue)

bleeds and invades the ovary. When the cyst ruptures, the content inside the cyst spills over into the pelvis and onto the surface of the uterus and the corresponding spaces between, causing severe chronic pelvic pain. Endometriomas cysts are also called “chocolate cysts” because the blood is a reddish-brown color.

6. Cystadenomas: Cystadenomas are usually benign cysts that develop from cells located on the surface of the ovary. Cystadenomas can grow to large dimensions and thus cause pain and even interfere with abdominal organs.

7. Multiple Cysts – Polycystic Ovary: Multiple enlarged cysts can form among women who don't ovulate regularly. The ovaries among PCOS women often contain numerous small cysts clustered under an outer capsule. It is important to note that having multiple ovarian cysts and not ovulating on a regular basis is just one element or a symptom of a complex condition called polycystic ovarian syndrome (PCOS)) that is triggered by an array of hormonal and metabolic disorders.

Signs And Symptoms

Every woman that suffers from PCOS will have a partial combination of the following symptoms:

- Multiple ovarian cysts.
- Polycystic ovaries (two or even five times larger than healthy ovaries).
- Irregular or absent menses.
- Infertility.
- High blood pressure.
- Acne.
- Obesity or inability to lose weight.
- Thinning of scalp hair.
- Excessive body or facial hair (hirsutism).
- Insulin resistance and possibly diabetes.
- Multiple hormone imbalances, commonly including:

§ Androgens (testosterone).

§ Cortisol.

§ Estrogens.

§ FSH (follicle stimulating hormone).

§ Insulin.

§ LH (luteinizing hormone).

§ Progesterone.

§ Prolactin.

§ Thyroid hormones

Women with ovarian cysts may also experience the following symptoms:

- Menstrual irregularities (including painful menstrual periods or/and abnormal bleeding)
- Pelvic pain that may radiate to your lower back and thighs
- Pelvic pain shortly before your period begins or just before it ends
- Pelvic pain during sexual intercourse
- Breast tenderness
- Fullness or heaviness, pressure or pain in your abdomen
- Nausea
- Pressure on the rectum or bladder
- Difficulty emptying the bladder completely
- Weight gain

Symptoms that require immediate medical attention are:

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

Complications of PCOS

The long-term health consequences of PCOS may include but are not limited to:

- Cardiovascular disease (insulin resistance is linked to heart problems and may cause endothelial dysfunction, diabetes and other abnormalities. PCOS is also associated with decreased fibrinolysis, increased C-reactive protein levels, and increased carotid intimal thickness which can all lead to cardiovascular disease)
- Diabetes (insulin resistance associated with PCOS often leads to beta-cell exhaustion of the pancreas and ultimately to diabetes.)
- Pregnancy-associated disorders (Women with PCOS have reproductive abnormalities, including increased pregnancy-induced hypertension, and pre-eclampsia. This condition develops in late pregnancy and is characterized by excessive gain in weight, albuminuria, migraines, visual impairments and generalized edema.)
- High blood pressure
- Elevated LDL "bad" cholesterol is a synergistic effect of PCOS that leads to chronic elevated triglycerides.
- Cancers (PCOS women have a 2.5 times greater risk of having an endometrial cancer).
- Seizure disorders

Are Ovarian Cysts Dangerous?

While most ovarian cysts are considered "functional" and harmless, about 10% of women of childbearing age may develop polycystic ovarian syndrome (PCOS) with all its related symptoms and potential health complications.

Because ovarian cysts may rupture, bleed or twist the ovary, ovarian cysts have the potential to cause pelvic pain and discomfort during intercourse. If you experience severe sudden pelvic pain, especially if it is accompanied by vomiting or a fever, you should seek emergency treatment.

Ruptured ovarian cysts can potentially cause serious complications which must be considered. The twisting of the ovary is one of those complications, which may lead to infertility. Leakage of cystic fluid into the abdominal cavity may also result in a condition called sepsis. Ruptured cysts can also lead to dangerous hemorrhagic complications.

A further complication of a ruptured ovarian cyst is a condition called peritonitis: an inflammation of the mucous membrane, which lines the abdominal cavity. Peritonitis is a serious condition that can endanger your health.

Although it's rather rare, some ovarian cysts, especially among women in their fifties, may develop into cancerous growths. The problem with cancerous ovaries is that they usually produce no symptoms until they are larger in size. This is why it is extremely important to diagnose and detect gynecologic cancers in their early stages through annual pelvic exams.

Section Two – Holistic Medicine Vs. Conventional Medicine In The Treatment Of Ovarian Cysts

Natural Medicine vs. Conventional Medicine (The Crucial Differences)

Conventional Medicine

While natural medicine perceives the human body as a complete holistic system unified with nature, conventional medicine treats the body as a group of separate physical organs.

Conventional medicine has failed to acknowledge the sad truth that man, along with all living creatures, will never be compatible with artificial chemicals, no matter how identical these chemicals may look, feel and smell compared to the natural varieties (e.g., an orange-flavored beverage vs. a freshly squeezed orange).

Synthetic chemicals cannot truly or completely be absorbed by the body. Because of their artificial form, synthetic chemicals of any kind are foreign to the body. This is why these chemicals cannot enter your system without creating some level of disruption.

While holistic medicine's objective is mainly to restore the body back into a state of inner balance, to increase optimal genetic function and to help the body cleanse and heal itself, conventional medicine focuses its entire efforts on "making the patient comfortable" and by calming the pain with drugs and ointments, which function as patches to the symptoms of the disease.

Conventional Treatments For PCOS

The most common treatment for PCOS offered by most doctors who are unfamiliar with PCOS is the prescription of birth control pills to treat the symptoms that the woman patient complains about. Other physicians, who are more discerning and will correctly diagnose the array of symptoms as “polycystic ovary syndrome”, may include special hormone-regulating drugs and anti-androgen treatments in addition to birth control pills.

To treat the insulin resistance factor among PCOS women, most physicians will also offer an approved anti-diabetic drug called Metformin. Metformin works by reducing the production of glucose by the liver and by increasing the sensitivity of muscle cells to insulin, thus making the insulin activity in the body more effective. This way, less insulin is required to perform the same amount of metabolic work.

In short, Metformin helps to lower your insulin levels by assisting your body to transport glucose using less insulin. Metformin may also help lowering cholesterol, and improving energy levels.

However, the benefits of Metformin come with a price tag: a myriad of side effects are associated with the intake of this drug. These include but are not limited to: general malaise, fatigue, gastrointestinal disturbances, vomiting and frequent bowel movements, or diarrhea, vitamin B12 malabsorption, pregnancy complications, liver or kidney problems, hair loss and anemia.

As you can see the problem with conventional treatment is that the medications used for treating PCOS have undesirable side effects and uncertain long-term health consequences.

Conventional Treatments For Ovarian Cysts

Once your doctor has felt the swelling above your ovary, performed the annual pelvic exam and diagnosed your pain as the potential presence of an ovarian cyst, an ultrasound is often performed to establish the location, size and shape of the cyst.

Other tests that physicians often perform are hormone level tests, pregnancy tests and a CA-125 test. The latter is a special blood test that is aimed at determining whether the cyst is cancerous. (Note that some cancer growths in the ovaries don't make enough CA-125 to be detected by the test. Moreover, several non-cancerous health conditions may increase the levels of CA-125 in the blood).

The following are the most common steps medical doctors are most likely to suggest in case your cysts turn out to be non-cancerous:

Watchful Waiting

The most common treatment offered for women who are in their childbearing years is to be re-examined in one to three months while waiting and watching to see if the ovarian cyst has changed in size or if some symptoms start to manifest. Note that this treatment will be offered only if you have no symptoms initially, and if your cyst is of the fluid-filled type.

Birth Control Pills

Birth control pills will typically be offered to women who frequently develop cysts or if their cysts have failed to dissolve within the three months of watchful waiting. The purpose of the pills is to prevent ovulation. Not only do birth control pills fail to treat the root cause of ovarian cysts but the intake of birth control pills can often worsen your ovarian cyst condition and carries an array of side effects.

Surgery

If your cyst is large, painful, solid or filled with debris, your doctor may suggest that it be surgically removed, especially if the cyst is irregular in shape and persistently growing. Cystectomy is a surgical procedure aimed at removing the cyst without removing the ovary. It is suggested only in cases where the cyst is not cancerous. Occasionally, a doctor may elect to remove the affected ovary while leaving another ovary intact so you will still be able to ovulate and maintain a normal hormone cycle.

There are two main surgical procedures: Laparoscopy and Laparotomy.

Laparoscopy is suggested when your cyst looks benign on the ultrasound and is rather small in size. This surgical procedure is done under general anesthesia, where a small incision is made above or below the navel. An instrument to remove the cyst is then inserted into the abdomen.

Laparotomy is usually performed if the cyst looks suspect and is large in size. This procedure involves general anesthesia and a sample cyst tissue will often be taken to diagnose cancerous growth. If the cyst is cancerous, the doctor may completely remove the ovary and other surrounding tissues that may be affected.

Important note: while there are rare instances when a surgical procedure is necessary, ovarian cancer is extremely rare and in most cases watchful waiting along with following the dietary, detoxification and lifestyle suggestions outlined in this guide have been proven to be extremely effective in eliminating ovarian cysts and PCOS symptoms quickly and safely.

Keep in mind that ovarian cysts are only one facet of a complex hormonal/metabolic condition and thus are most likely not the cause of your problems. Removing the cyst or the ovary or prescribing estrogen (estrogen given to women prior to menopause will actually cause their cysts to grow), is

just another way of ignoring the root cause and even making your symptoms worse.

Unless it is clearly justified and necessary (cancerous cysts or extremely large cyst that do not respond to natural treatment), removing your ovaries will have a substantial impact on your health and well being, not to mention not being able to have children, and will produce substantial amounts of estrogens and progesterone. This has been proven to elevate the risk of many health conditions such as osteoporosis and heart disease.

When consulting your doctor, bear this point in mind: rather than removing a cyst, which is a complex, expensive and delicate surgical procedure that requires a great deal of experience, removing the ovary is relatively a simple and straightforward procedure which most doctors often suggest.

The Holistic Medicine Way

Natural medicine, or holistic medicine, yields to nature and its everlasting laws. It is not preoccupied with diagnosis or cures simply because of the belief that what causes a disease to exist in the human body is the body itself being out of balance. The laws responsible for illness cannot exist in a healthy and complete body. A good allegory to that perception is that darkness cannot exist in the presence of light.

Holistic medicine perceives the body as a unified whole (body, mind and spirit) and not by the sum of its organs. According to holistic medicine, everything you absorb (attitudes, beliefs, chemicals or food) directly affects your system as a whole in a negative or positive way.

For that reason, holistic medicine aims to avoid any intrusive approach to healing but rather nourishes the approach of building a strong immune system, increasing the body's functionality and enhancing spiritual and mental strength and stability.

Natural medicine yields to nature and believes in the individual obligation to clear the body of any unnatural residues. A body that is cleansed of any unnatural elements is more harmonized with nature and thus more rejuvenated and vitalized. Unnatural elements can be anything from synthetic unnatural foods, polluted air and water, inadequate exercise, accumulations of toxins in your body and any extreme activity that does not yield to the laws of nature.

A disease occurs when the body deteriorates because the body is in an imbalanced state or experiencing disharmony due to excessive toxicity or inadequate nutrition, or deficiency of force, a term referring to a lack of nutritional energy or the ability of the body to handle disease and heal itself using nutritional material. The symptoms of the disease can only mean that

something is wrong and that the body is in a state of imbalance and danger. Most illnesses occur when the body's cleansing organs cannot remove all the excessive amounts of toxins that get into the cell walls, bones, hormone receptors, tissues and even cell surfaces. In most cases, the moment toxins enter your system, the disease begins. When symptoms occur, it is often too late as something has already been damaged.

Proponents of natural medicine believe that by allowing the body to conduct its process of removing internal toxins, also known as detoxification, along with restoring it to a state of balance with the right nutrition, more than 90% of illnesses can be healed by the body itself.

Studies have clearly shown that calorie-restricted diets tend to normalize hormones, induce ovulation, and enhance fertility while reducing other PCOS problems.

Moreover, improvements in diet, exercise and lifestyle, combined with methods to detoxify the body, are essential methods of dealing with PCOS while eliminating and preventing ovarian cysts formation.

Chapter 3 – Diagnosis of PCOS & Ovarian Cysts

The PCOS Symptom Score Questionnaire

The following questionnaire is one of the most useful methods to help you determine the likelihood of your PCOS-related condition.

For every “Yes” answer, circle the number of points given and add up the total number of points at the end of all 4 tests. Then compare your total with the conclusions.

SECTION I: MENSTRUAL IRREGULARITIES

Score 1 point for each item unless otherwise indicated

When not on birth control pills, do you have or have you ever had any of the following problems:

Eight or fewer periods per year

No periods for an extended period of time (4 or more months)

Irregular bleeding that starts and stops intermittently

Fertility problems

(Score 2 points if you have seen a fertility specialist or been treated with fertility drugs to induce ovulation.)

SECTION II: SKIN PROBLEMS

Score 1 point for each item unless otherwise indicated

Adult acne or severe adolescent acne

Excess facial or body hair, especially on upper lip, chin, neck, chest and/or abdomen

Skin tags

Balding or thinning hair

Dark or discolored patches of skin on your neck, groin, under arms or in skin folds

(Score 2 points if you answer yes to the last question.)

SECTION III: WEIGHT AND INSULIN-BASED PROBLEMS

Score 1 point for each item unless otherwise indicated

Excess weight or difficulty maintaining weight

(Score 2 points if your excess weight is centered around your middle)

Sudden unexplained weight gain

Shaking, lack of concentration, uncontrollable hunger and/or mood swings 2 or more hours after a meal

Type II Diabetes

(Score 2 points if you answer yes to this question)

Family history of Type II Diabetes, Heart Disease or Hypertension

SECTION IV: RELATED PROBLEMS*

*Although there is little or no documented research, many women with PCOS have experienced the following problems:

Score each item in this section 1/2 point

Migraines

Depression and/or anxiety

Eating disorders

Pregnancy complications such as gestational diabetes or excess amniotic fluid

SCORE RESULTS

0-4

PCOS is unlikely.

5-9

If your score is in this you may want to consider talking to your doctor about the possibility of PCOS as well as other disorders.

10-15

The majority of women who are diagnosed with PCOS scores in this range. If you scored in this range you should see a doctor about the possibility that you have PCOS.

16-20

A score this high warrants urgent consultation with a doctor for PCOS or other endocrine-related disorders.

Medical History, Physical Examination, Checking Hormone Levels

The diagnosis of PCOS is usually made by checking your medical history, doing a physical examination, checking hormone levels, and occasionally by doing an ultrasound. A complete medical history check will include questions about your general menstrual history, your reproductive history (including pregnancies miscarriages/abortions you have had and birth control methods), how long your cycles are, how much you bleed in a cycle and the time between cycles.

Your health care practitioner should also conduct a pelvic and physical exam, where your height, weight, and blood pressure will also be checked.

In some cases, a fertility specialist or your gynecologist will conduct a vaginal ultrasound to check for multiple follicle cysts in your ovaries. A probe is inserted in the vagina and the picture is shown on a screen beside the bed.

Due to the fact that women with PCOS do not cycle normally they may be at a higher risk for endometrial cancer. Measuring the endometrial lining can help a physician check the health of your endometrium. In some cases, a biopsy of the lining is also recommended.

A thorough check of your endocrine system (blood will be drawn to test hormone levels) will be recommended if PCOS is suspected. They will be looking for:

? Luteinizing hormone (LH)

? Follicle-stimulating hormone (FSH)

? Total and Free Testosterone

? Androstenedione

? Dehydroepiandrosterone sulfate

(DHEAS)

? Prolactin

? Progesterone (20-30 days after the last period)

Women with PCOS frequently have high ratio of LH to FSH and increased levels of testosterone.

Fasting glucose and insulin may also be tested. Glucose and insulin tests are aimed at finding whether you have Insulin Resistance (IR) and Type II Diabetes, since many women with PCOS have insulin-based problems. If your fasting levels are normal, you may be asked to take a test called Oral Glucose Tolerance Test (OGTT).

Women with PCOS are at higher risk of cardiovascular disease including blockage of the arteries and calcifications (because of high cholesterol, elevated LDL - the "bad" cholesterol - and triglycerides levels). Due to the fact that PCOS has also been recently linked to heart disease, your doctor may also order a lipid panel test.

Depending on your symptoms, your health practitioner will make a PCOS diagnosis based on a combination of the above tests along with clinical observation.

How Ovarian Cysts Are Diagnosed

Pelvic Exam. A pelvic examination done by your doctor can show the existence of an ovarian cyst. If an ovarian cyst is suspected, your doctor may order a pelvic ultrasound.

Pelvic Ultrasound. This is a painless procedure where an image of your uterus and ovaries is reflected on a video screen using sound waves transmitted through your pelvic area. The nature of the ovarian cyst is then analyzed .

Laparoscopy. This is a surgical procedure aimed at treating a cyst as well as at further diagnosing the cyst. A small incision into your abdomen is made and a laparoscope (a thin lighted telescope) is inserted.

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