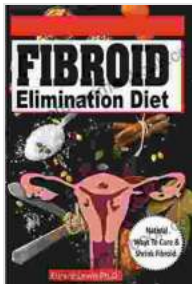


Discover Natural Ways You Can Cure And Shrink Fibroid Diet Recipes With Pictures

Fibroids are non-cancerous growths that develop in the muscular wall of the uterus. They are a common condition, affecting up to 80% of women at some point in their lives.



FIBROID ELIMINATION DIET: Discover Natural Ways you can Cure and Shrink Fibroid (Diet recipes with Pictures) by Eunice Lewis Ph.D

★★★★★ 5 out of 5

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Fibroids can vary in size, from small, pea-sized growths to large, grapefruit-sized tumors. They can cause a variety of symptoms, including:

- Heavy bleeding
- Painful periods
- Pelvic pain
- Bladder problems

- Bowel problems
- Infertility

Conventional treatment for fibroids often involves surgery, medication, or uterine artery embolization. However, there are also a number of natural ways to cure and shrink fibroids, including diet.

Diet for Fibroids

The following foods have been shown to help reduce the size of fibroids and relieve symptoms:

- **Fruits:** Fruits are a good source of antioxidants, which can help to protect the cells from damage. Some studies have shown that eating fruits, such as berries, citrus fruits, and grapes, may help to reduce the risk of developing fibroids.
- **Vegetables:** Vegetables are also a good source of antioxidants, as well as fiber. Fiber helps to regulate the digestive system and can help to reduce the risk of constipation, which is a common symptom of fibroids.
- **Whole grains:** Whole grains are a good source of fiber, which can help to regulate the digestive system and reduce the risk of constipation. Whole grains also contain lignans, which are plant compounds that have been shown to help reduce the risk of developing fibroids.
- **Lean protein:** Lean protein is a good source of amino acids, which are the building blocks of proteins. Protein is essential for the growth and

repair of tissues, and it can help to reduce the risk of developing fibroids.

- **Healthy fats:** Healthy fats, such as those found in olive oil, avocados, and nuts, can help to reduce inflammation and improve the overall health of the reproductive system.

The following foods should be avoided or limited if you have fibroids:

- **Red meat:** Red meat is a good source of iron, but it is also high in saturated fat. Saturated fat can raise cholesterol levels and increase the risk of heart disease. Eating too much red meat may also increase the risk of developing fibroids.
- **Processed meats:** Processed meats, such as bacon, sausage, and hot dogs, are high in saturated fat and sodium. Eating too much processed meat may increase the risk of heart disease and cancer, and it may also increase the risk of developing fibroids.
- **Dairy products:** Dairy products are a good source of calcium, but they are also high in saturated fat. Eating too much dairy products may increase the risk of heart disease and cancer, and it may also increase the risk of developing fibroids.
- **Sugar:** Sugar is a major source of empty calories, and it can contribute to weight gain. Eating too much sugar may also increase the risk of developing fibroids.
- **Alcohol:** Alcohol can increase the risk of developing fibroids, and it can also worsen symptoms.

Recipes for Fibroids

The following recipes are designed to be healthy and supportive for women with fibroids:

Breakfast

Fruit and yogurt smoothie



Ingredients:

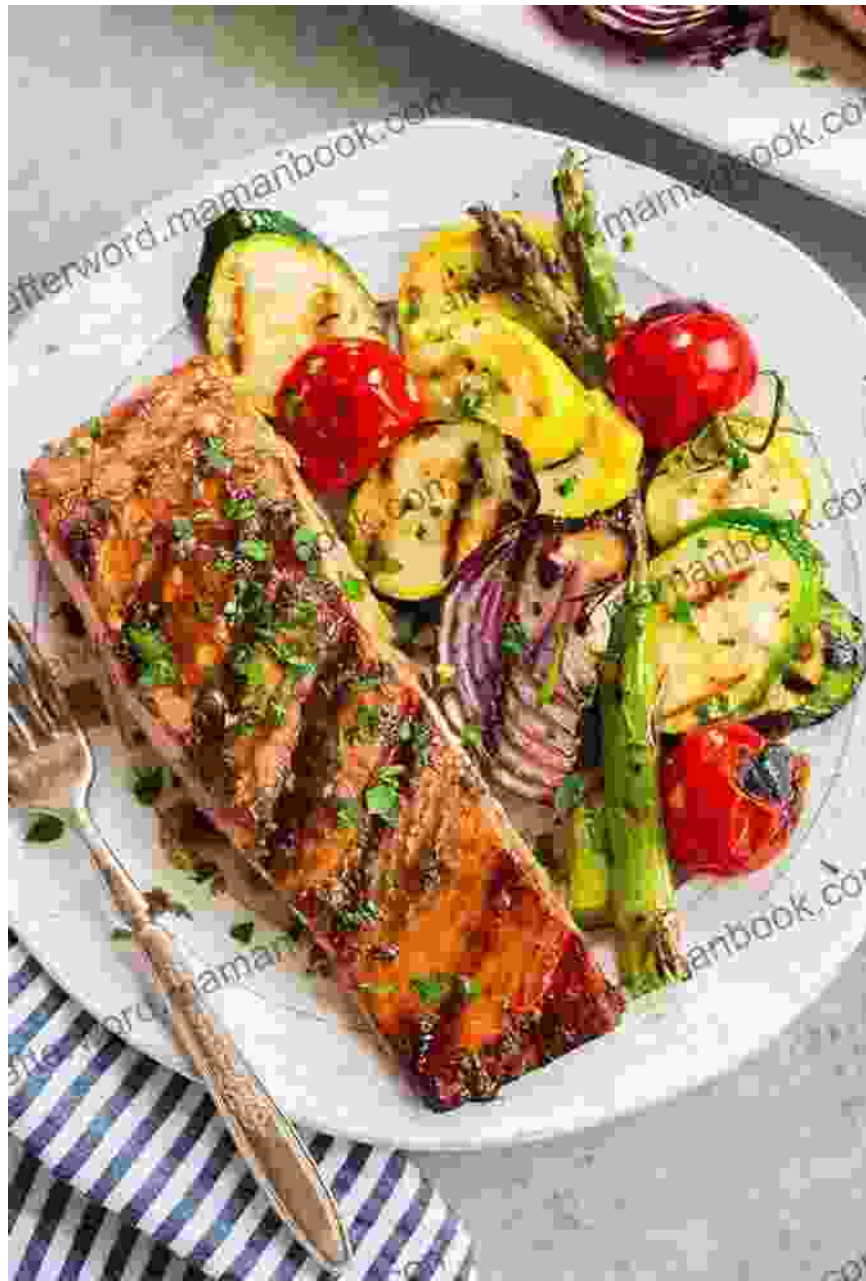
- 1 cup frozen fruit (such as berries, citrus fruits, or grapes)
- 1 cup plain yogurt
- 1/2 cup milk (optional)
- 1/4 teaspoon vanilla extract
- Honey or maple syrup to taste (optional)

Instructions:

1. Combine all ingredients in a blender and blend until smooth.
2. Serve immediately, or store in the refrigerator for later.

Lunch

Grilled salmon with roasted vegetables



Ingredients:

- 1 salmon fillet
- 1/2 cup chopped broccoli
- 1/2 cup chopped carrots

- 1/2 cup chopped onions
- 1 tablespoon olive oil
- Salt and pepper to taste

Instructions:

1. Preheat oven to 400 degrees Fahrenheit.
2. Line a baking sheet with parchment paper.
3. Place the salmon fillet on the prepared baking sheet.
4. In a bowl, combine the broccoli, carrots, and onions. Drizzle with olive oil and season with salt and pepper.
5. Spread the vegetables around the salmon fillet.
6. Bake in the preheated oven for 15-20 minutes, or until the salmon is cooked through and the vegetables are tender.
7. Serve immediately.

Dinner

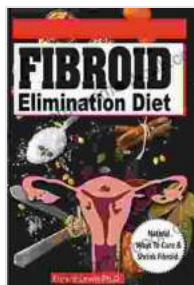
Chicken stir-fry with brown rice



Ingredients:

- 1 pound chicken breast, cut into bite-sized pieces
- 1 tablespoon olive oil
- 1/2 cup chopped broccoli
- 1/2 cup chopped carrots
- 1/2 cup chopped onions

- 1/2 cup chopped green bell peppers
- 1/2 cup chopped red bell peppers
- 1/4 cup soy sauce
- 1/4 cup honey

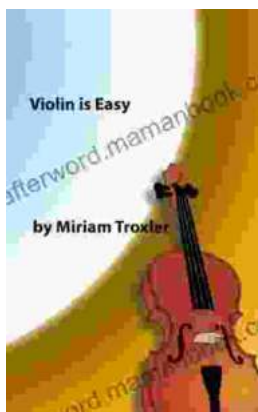


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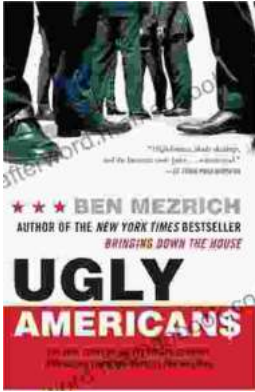
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