Program For Managing Hormonal Imbalances:

(such as endometriosis, fibroids, polycystic ovaries, fibrocystic breast disease, tumors of the reproductive organs)

Phase I: Colon Cleanse, Female Balancing

Week One:
1. Begin the Intestinal Rejuvenation Program (see Intestinal Rejuvenation Program Flyer)
2. Vibrant Colon Formula (for most people having once daily bowel movements) or Turkey Rhubarb Formula (extra strength for people who only have a bowel movement every few days or less.)
3. Stop eating meat, cut down on dairy products for the duration of this program. If absolutely necessary, can substitute goat's milk products for cow's milk products.
4. Once weekly massage focusing on pelvis, lower back and legs (tight leg muscles can constrict pelvis)
5. Examine relationship with sexual partner and beliefs about sexuality
6. Cut down on household chemicals and replace with healthy alternatives from health food store (laundry detergent, fingernail polish, perfume, body sprays, etc.) Many household chemicals and pesticides contain xenoestrogens that are the direct cause of hormonal imbalances. Avoid pesticides by eating organic foods as much as possible.

Week Two:
1. Continue Intestinal Rejuvenation Program, adding the Colon Detox Caps
2. Begin taking the Essential Nutrients – 2 Tablespoons stirred into any beverage. We suggest fruit juice, vegetable juice, water, rice milk.
3. Female Harmony Formula – follow dosage suggestions on product label.
4. Castor oil packs applied to pelvic area at least 3 times weekly. (See instructions below) Using just the castor oil pack has dissolved simple cysts fairly quickly, but as long as the body remains toxic, the cysts can return. Therefore, it is recommended to do the entire program to get to the root cause of the problem.

Weeks Three and Four:
Continue Essential Nutrients, Female Harmony Formula, diet, castor oil packs, and massage.

Phase II: Liver and Blood Cleansing (see website to order Phase II)

Weeks 5 and 6:
1. Liver Regeneration Program with Blood Detox Formula added on— cleansing the liver is crucial for regulating the hormones. This has to do with the Phase II detoxification system in the liver that conjugates hormones, making them water-soluble. Hormones are oil soluble and they cannot be eliminated from the body until they are made water soluble by the liver. These water soluble hormones are then naturally eliminated through the kidneys. When the liver is sluggish and/or filled with toxins, it cannot conjugate hormones, which accumulate in the body and cannot be eliminated. This hormonal excess (usually estrogen) causes most of the hormonal imbalances that plague American women. When the liver is cleansed, the liver can then begin the process of ridding the body of excess hormones.
2. The Blood Detox Formula is especially useful when dealing with cysts, tumors, fibroids, growths and other abnormal accumulations in the reproductive area.
3. Continue Female Harmony Formula, Essential Nutrients, massage, meat-free diet.

Maintenance:
1. Continue the Female Harmony Formula for as long as needed.
2. Continue massage if there is scar tissue or any residual pelvic muscle tightness
3. Repeat the Liver Regeneration Program every 3-6 months even if all problems are gone.
4. Leave meat (red meat, white meat, fish) out of the diet or if absolutely necessary, then only consume meat one to two times weekly.
5. For large or solid tumors, the Blood Detox Formula and Liver Regeneration can be continued until the problem is gone.

Castor Oil Pack Instructions: To make the castor oil pack: Buy the castor oil at the health food store, and the woolen piece of cloth often sold next to it as “castor oil pack.” The castor oil is usually found along with the massage oils. Buy the castor oil from the health food store, not the cheap stuff from the drug stores. Fold the cloth until it is at least four layers thick. Saturate the cloth with the oil, and apply to the entire pelvic area regardless of which ovary is affected. Cover the cloth with some clear plastic cling wrap. This will prevent the oil from leaking out and staining things. Then, apply a heat source such as a hot water bottle or a heating pad. You can then put on an old thick robe and tie a belt around your waist that will keep it all in place. Or think of other ways to keep it attached to the body. It is best to leave it on for at least two hours. After using the castor oil pack once, it can be reused many times. Store the oil-soaked cloth in a resealable/ rezzippable clear plastic bag and seal it up until the next time it is to be used.

If a castor oil “pack” can’t be found at the health food store, then use a cotton T-shirt. White is preferable to colored shirts since colored shirts contain dyes that may soak in through the skin. Make sure to use the cloth only for this purpose because the oil will permanently stain the cloth. You will never be able to wash the oil out of this cloth. If needed, one can lay down a plastic garbage bag underneath the body to protect sheeting, carpeting, etc.

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