

# Natural Help 4...

## Enlarged Uterus



### What is the Uterus?

The uterus or womb is the major **female reproductive organ** of most mammals, including humans. On one end is the cervix, which opens into the vagina; and the other end is connected on both sides to the fallopian tubes (forming a Y-shaped structure). The term uterus is commonly used within the medical and related professions, while *womb* is the more common colloquial usage.

The main **function of the uterus** is to accept a fertilized egg that becomes implanted into the rich uterus lining called endometrium, and derives nourishment from blood vessels that develop exclusively for this purpose. The fertilized egg becomes an embryo, develops into a fetus and gestates until childbirth.

Due to anatomical barriers such as the pelvis, the uterus is pushed partially into the abdomen due to its expansion during pregnancy. In **women who are not pregnant**, the lining is shed about once a month if an egg is not fertilized. The shedding is called menstruation.

### Diagnosing Uterine Disorders

**Symptoms of uterine disorders include but are not limited to:**

- Heavy vaginal bleeding
- Abdominal pain
- Pelvic pain
- Irregular bleeding
- Dysfunctional uterine bleeding
- Abdominal mass
- Vaginal discharge
- Bladder dysfunction

### What Causes Uterine Disorders?

**Diseases and disorders of the uterus can include:**

- Fibroid Tumors
- Endometrial Polyps
- Endometrial Hyperplasia (enlargement)
- Endometrial Cancer
- Uterine Prolapse
- Endometriosis

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- Polycystic Ovarian Syndrome (PCOS)
- Menstrual disorders (heavy bleeding, frequent bleeding, post-menopausal bleeding, painful periods or amenorrhea)

Treatment depends on the cause of the disorder. Sometimes birth control pills treat **hormonal imbalances**. If a thyroid problem is the cause, treating it may also stop the bleeding. If you have cancer or hyperplasia, an overgrowth of normal cells in the uterus, you may need surgery. Women with endometriosis may be treated with hormones or surgery, both of which can be taxing on the system and require recuperation.

## Help for Uterine Disorders

Nature has long been hailed as the principle guideline for promotion of health in the female system. A wide range of herbal and homeopathic remedies provide tonics for the **female reproductive system** and all its mechanisms including the uterus. Vitex agnus-castus (also known as Chasteberry) promotes hormonal balance, addresses endometriosis, PMS and painful menstruation.

Chasteberry also helps the liver to process and excrete estrogen. Angelica senensis (Don Quai) is beneficial in the **treatment of irregular periods**, polycystic ovarian syndrome (PCOS), estrogen dominance and endometriosis.

Don Quai is also a well-known blood pressure regulator while Silybum marianus (Milk Thistle) is a potent antioxidant and laboratory studies indicate it may have useful anti-cancer properties. Dioscorea villosa (Chinese Yam) is an excellent natural liver and nervous system tonic.

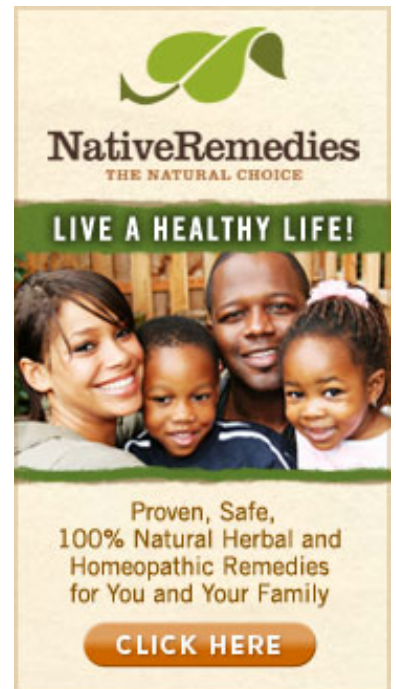
By cutting down on the number of calories taken in and being physically active, women can reduce their chances of developing certain life-threatening illnesses, such as heart disease, stroke, some cancers and **disorders of the female reproductive system** too!

## More Information on Uterine Disorders

Women **diagnosed with endometriosis** should probably visit their gynecologist for a check-up every 12 months. However, if you have any concerns regarding menstrual cycles, urinary problems, or **hormonal imbalances**, visit your doctor for further investigation.


### Here are some tips on healthy eating and physical activity:

- **Start your day right.** Breakfast gets you going after a long night without food and kick-starts your engine! Easy-to-prepare breakfasts include cold cereal, fruit and low-fat or fat-free milk or yogurt, whole-wheat toast with peanut butter and whole-grain porridges.
- **Get moving!** Walk the dog, park your car further from the entrance to the shopping mall, or try joining a walking group with a friend. Try to do these things for at least 30 minutes on most if not all days of the week.
- **Snack.** Choose wise snacks from different food groups: a glass of low-fat or fat-free milk, an apple, or celery sticks with peanut butter.
- **Sweat it out.** Regular, vigorous workouts — when you're breathing hard



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### Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

and sweating – improve the health of your heart and lungs, help relieve stress and anxiety, and reduce some of the effects of aging – with the added benefits of releasing impurities for a natural detox!

## The Natural Approach

While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that, only a few decades ago, homeopathic, herbal and other natural medicines were commonly available – and freely used even by conventional doctors. While there are often heated debates about which system of medicine is ‘better’ than the other, many responsible doctors (whether they are allopathic or not) recognize that both have a role to play in the treatment program.

Natural medicine has often been frowned on by conventional doctors, especially by those who did not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby providing doctors with a wider range of treatment options from which to choose. In many countries, especially in Europe, India and China, natural and homeopathic medicines are commonly prescribed by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the body has an innate capacity to heal itself. While natural medicines are often called ‘alternative’ or ‘complimentary’ medicines, they are, in fact, a unique and independent form of medicine in their own right, well able to treat a variety of conditions. Perhaps the term ‘holistic’ medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine, which encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a holistic way to support health, relieve symptoms and prevent future disease. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to support health (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer and that, in many cases, holistic medicine can accomplish just as much, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are

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manufactured in the correct way, natural medicines can work quickly and safely to promote healing.

In many cases, they can succeed where pharmaceutical drugs have failed. Despite frequent reports that they are 'unproven' and 'untested', the opposite is true. Natural medicines have a long history of usage and there is a wealth of empirical evidence to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to support the extensive traditional and empirical evidence behind natural medicines.

It is also important to know that, like any medicine, herbal and homeopathic medicines must be manufactured in the correct way, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately not all of them are equipped to manufacture to the correct standards, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called 'standardized' extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While 'standardized' extracts may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have grave disadvantages. These include an increase in side effects as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which retains the benefits of ALL the active ingredients within the herb as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, always choose wisely. Research what is best for you. If you have a chronic or life threatening condition, don't make changes without first discussing them with your doctor in order that your condition may be monitored. Well informed and supportive practitioners will support patients who want to take responsibility for their own health.

## **Related Natural Remedies:**

**Fertile XX™:** Supports hormone balance, healthy uterus, ovaries, fallopian tubes and reproductive function.

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### [Learn more about Fertile XX](#)

**Dong Quai™**: Promotes a healthy reproductive system, premenstrual, menstrual and menopausal health.

**Dong Quai**, one of the most important of the Chinese tonic herbs, is used as a nourishing blood tonic and to regulate the menstrual cycle. Dong Quai has been used for centuries by Asian healers to balance female hormones and to prevent the troublesome symptoms of menopause and PMS. Clinical research has indicated that Dong Quai also contains antispasmodic compounds that aid in relaxing muscle tissue, explaining its effectiveness in treating menstrual cramps.

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ImmunityPlus contains a selection of herbs known for their supportive function in maintaining immune system health and well-being. It supports the healthy functioning of the immune system, thereby helping to maintain the **natural defense against pathogens** and optimum performance.

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2) Native Remedies and our suppliers are registered with the FDA as accredited suppliers and manufacturers of health supplements. Our products are sold all over the world and are manufactured to strict international standards in a GMP accredited manufacturing plant.

3) All our remedies are manufactured in an FDA registered pharmaceutical facility under close supervision.

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4) Manufacturing is done strictly according to the principles of GMP (Good Manufacturing Practice) and all raw ingredients undergo stringent testing before being approved by our registered manufacturing pharmacists.

5) We offer a free email [Ask Our Experts](#) service run by trained consultants ready to advise you on the best choice for your health.

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ImmunityPlus can be used consistently, without compromising health and **not causing serious side effects**, to help maintain the body's natural ability to fight viral and bacterial infections-- while also supporting healthy convalescence.

The formula remains true to the **whole spectrum method** of herbal extraction, ensuring the bioavailability and balance of all the active ingredients contained in the remedy. This method of manufacture also significantly reduces the likelihood of side effects and maintains all active ingredients in perfect balance – exactly as nature intended!

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