

LIVING **Painfree & Carefree** **With** **FIBROIDS**

HOW TO MANAGE UTRINE FIBROIDS?

Women's Health



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Hi, my name is Treena Murphy and today I want to share with you a topic of great importance.

This is a condition that many women face though few know how to cope.

I am talking about the condition known as uterine fibroids, but before I get too far ahead of myself let me tell you my story.

I hope it serves as an inspiration for you the reader.

There Came A Time...

After quite a few years and many long months of being a domestic violence survivor, It was time for a change.

Life was slipping away from me and I felt like I was losing control over my life and my future, which I desperately wanted to change for the better.

I was starting to feel like It was time for a change..and that it was time. I was tired. I could feel it more and more every day and knew I needed a change.

But what and how and why now?

A Change Was Coming...

I was going through something, an emotional shift...yet I was not feeling like myself, and no matter what I did I never felt happy, fulfilled, or satisfied.

I felt like I was losing control over my life and having strange thoughts and emotions that I never had before but was not sure of what I should be doing next.

One day as I browsed the internet looking for answers, I felt so broken and tired but I had a breakthrough.

I decided that it is time for a lifestyle change. Time to work on my personal development and growth. It was time to live my life to the fullest.

So I invested in myself.

I started focusing on how to become better at what I was passionate about so I could reach out to other women and help them with the same challenges.

What were those challenges you ask?

I Discovered I had Uterine Fibroids...

Fast forward to today. Having discovered that I had fibroids, my mission became that of helping other women who might have also had the same condition as I did.

When I was in high school I discovered that I was having issues that my classmates were not having. As a member of the track team, I kept having (accidents).

You know, accidents that were never an issue for anyone else.

So, embarrassed, I chose to quit the team and decided to keep these issues to myself. Later I would discover that I had something going on that was rather rare and unique.

At that time I had uterine fibroids at the young and tender age of 17.

Thanks to today's modern technology and social media, women who suffer from fibroids are now a more common problem as opposed to almost 20 years ago.

More and more women are suffering from fibroids and starting to speak up and have questions on the issue.

I want to share with you what I have learned recently and henceforth as I continue to learn how to live with fibroids and be happy.

So ladies, no, it is not the end of the world like the way it may sometimes feel. (Lol)

Do You Know How Many Types Of Fibroids They Are?

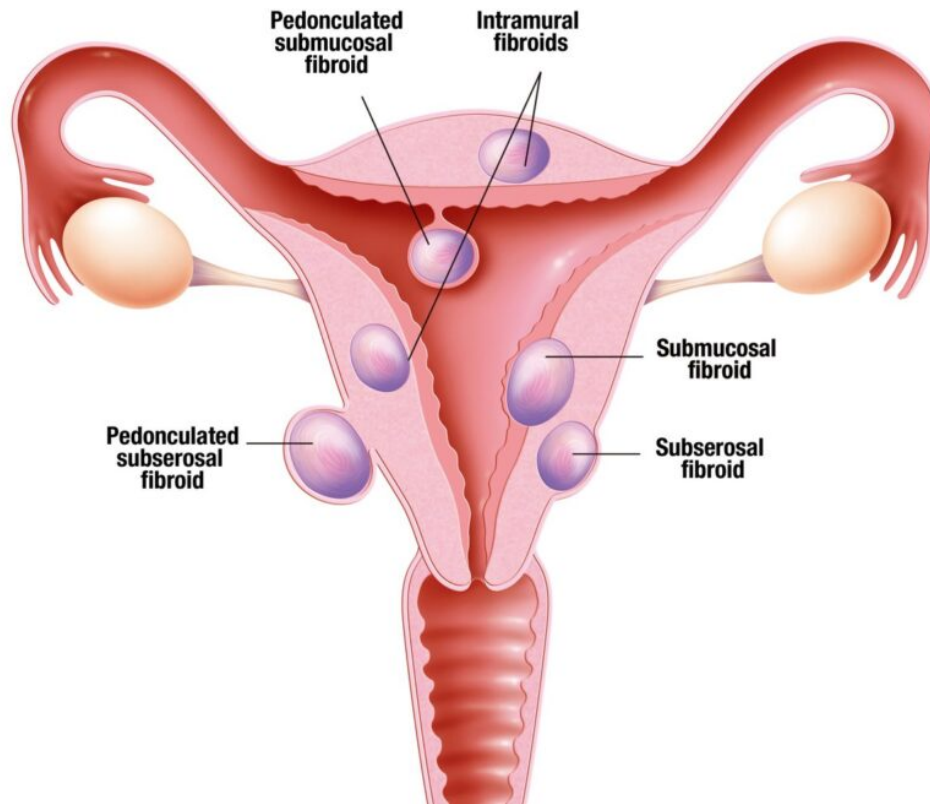
I had never given it much thought before but I did find out that there are a few different kinds of fibroids out there. Fibroids can grow anywhere in the womb.

- *Submucosal Fibroids*
- *Subserosal Fibroids*
- *Intramural Fibroids*
- *Pedunculated Fibroids*
- *Uterine Fibroids*

The link above breaks down in simple detail what each fibroid category represents in the way where in the womb it can be found and the symptoms associated with it.

Here is also a detailed diagram of the areas being highlighted. If you think this topic is huge think again. It is even bigger than one could have imagined.

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Take a look at [HealthLocked.com](https://www.healthlocked.com) at the thread for fibroids and associated problems women write about. The thread is about 158 pages long.

We all have had or may go through such moments when we feel like, why me and why now? First, let me explain what fibroids are.

What Are Fibroids?

A fibroid is a condition of excess estrogen in the female body. They are almost always benign (noncancerous) and not all women with fibroids have symptoms.

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Women who do have symptoms often find them hard to live with. Some have pain and heavy menstrual bleeding, while others have more serious issues.

Now if you are trying to get help with treatment, then treatment depends on your symptoms which could include:-

1. *Heavy bleeding - like using excessive tampons and feminine pads.*
2. *That feeling of fullness.*
3. *You may have trouble going to the bathroom and or having a bowel movement.*
4. *Enlargement of the lower abdomen - Do some women tend to look like they are expecting? and often are embarrassed by the way they appear.*
5. *Frequent urination - Some women tend to have trips to the bathroom every hour or more depending on each individual.*
6. *Pain during sex - A lot of women want to avoid intimacy as they lack libido, and experience pain while having intercourse.*
7. *Complications during pregnancy - There is a high-risk factor of miscarriage as the uterus is weaker than normal and may not be healthy enough to carry full term.*
8. *Lower back pain - The fibroids can press and cause pressure on different parts of the uterus and cause back pain, and leg discomfort.*

What causes uterine fibroids for sure is unknown, but researchers think that more than one factor could play a part including hormonal (affected by estrogen and progesterone levels), or genetic ties (runs in families).

Several studies have linked estrogen to fibroid growth. In a sense, it is considered an estrogen-dependent condition.

How can you reduce estrogen?



Estrogen can be reduced in two major ways; a change in your diet and detoxification.

When you have a poor diet, eating the wrong foods can also have negative effects on our bodies. So I want to share with you the types of foods to avoid.

Foods To Avoid:

1. Eliminate sugar, refined foods, white flour, spaghetti, etc from your diet.
2. Caffeine-rich foods like coffee, Carbonated drinks (soft drinks), tea, and chocolate should be stopped entirely.
3. Stay away from meat and fowl consumption entirely and avoid soy products like soya meals, drinks, fast foods, dairy products, cheese, and juices.

Foods to consider that are great for your diet are as follows.

Foods For Consideration:

1. **Vegetables** - All green fresh vegetables such as Scent leaves, Bitter leaves, Ugu leaves, Water leaves, Cabbage, Turnip, oatmeal Carrots, Cucumber, Spinach, Radish, Tomato, Peppers, Onions, etc.
2. **Cereals** - Unpolished rice, millet, maize, etc.
3. **Sweets** - Honey, Date powder.
4. **Sprouts** - Wheat, Alfalfa, Groundnut, etc.
5. **Dry fruits** - Date, Fig, Raisin, and Currant.
6. **Fresh fruits** - All seasonal fresh and ripe fruits like Guava, Pear, Apple, Banana, Papaya, Agbalumo, and Oranges.

The best diet is to become *vegan*, but it is not mandatory.

I would highly suggest a strict diet as an everyday practice, of course, all in moderation if you chose to make these changes in your diet.

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Let's face it. We all like to celebrate and splurge now and then which is fine, just do not make it a habit and you will feel the difference!

Uterine fibroids usually appear in women of childbearing age, between the ages of 30 and 40 years old, but can show up at any age.

One very important factor I want to make sure I include here and it works wonders for me, is exercise!

Move your body around, walk, dance, skip, or go walk your dog. Workout..do some form of exercise every day if possible.

Walk, jog, and go to the gym with or without a friend but put it on your calendar if not every day then at least two to three times a week, and you will be amazed at how different and great you will feel.

Other Factors Of Consideration

Another factor to consider is Your Lifestyle. Consumption of drugs and alcohol and emotional trauma have a negative effects.

If you have been in any domestic violence situation, such as I have, then that is all part of the trauma.

Any kind of physical and emotional trauma plays a key part in how we perform and feel from day to day.

Being a victim of domestic violence was a wake-up call for me. I realized I had to make more positive changes in my life and work more on my self and personal development.

Not only in my personal life but my whole way of living.

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Each aspect of our lives reflects on the other. I believe that one way to eliminate and stop the re-occurrence of uterine fibroids is by listening to what our bodies are trying to tell us.

Pay attention, and listen. The signs will often be right there, but it is often how we chose to react.

Conditions such as stress, anxiety, sadness, fear, worry, grief, guilt, and victimization are key factors for fibroid flare-ups.

It is important to begin healing with emotional and mental detoxification.

Not just the harmful toxins in our bodies, but it also addresses deep-seated emotional issues that need to be cleaned as well.

You need to take the time to carefully examine your fears, feelings, and thoughts to initiate true behavioral changes and make true improvements to your state of health.

Since negative thoughts, attitudes, and emotions are unseen and unheard it is easy to think that they are unimportant.

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Start the cleansing by observing your emotions, finding the cause, and resolving them.

Note thoughts, make orders in them, giving up thoughts that are not yours and do not make sense to you.

After the cleansing, after the complete release, you will start a new way of living. Your whole life becomes a new way of life.

And it is important that you not return to the old behaviors and patterns that contributed to the overgrowth of the uterus to begin with.

If you catch yourself thinking negatively change your vibe. Sing, take a walk, take a shower or read a good suspense novel (one of my favorites, by the way)!!

Constantly work on habits that do not contribute to joy, trust, love, and creativity.

When you clear away past hurts and limiting emotions, you will directly access your subconscious mind and free your subconscious.

And then the conscious mind; find or create better solutions to your health problems, and you begin to see opportunities where you never saw them before.

Healing yourself emotionally is the biggest gift that you can ever give to yourself.

So just one other important lesson that I have learned

Take care of yourself and well being in general. Listen to your heart, body, and mind and you will always be one step ahead in life.

Now I want to share with you one other thing that has helped me tremendously with discomfort.

It is a plant-based alternative which makes it less of a need or urgency for any type of surgery.

I would suggest this since I am sure it can help you as well as it has helped me. So use this if you would like to have relief.

This is what I use every day for discomfort, focus energy, and relaxation. [Try This.](#)

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