

# Ovarian Cyst Miracle™

**Proven Drug Free Holistic System For  
Eliminating Ovarian Cysts and PCOS**



**A Unique Easy To Follow 3-Step  
Plan To Eliminating PCOS  
and Ovarian Cysts Using  
Proven Holistic Strategies**



# Ovarian Cysts Miracle™

## A Unique Step By Step Holistic System Guaranteed To Eliminate & Prevent PCOS & Ovarian Cysts Naturally Giving You Lasting Ovarian Cyst Freedom

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.



## **Chapter 4 – The Ovarian Cysts Miracle™ Quick Results Mini-Program**

### **Introduction to the Ovarian Cysts Miracle™ Quick Results Mini-Program**

The Ovarian Cysts Miracle™ System is aimed at women who suffer from PCOS, ovarian cysts or both. As you already know, the main purpose of the program is to eliminate the root factors that contribute to ovarian cysts rather than addressing the symptoms.

As such, the Ovarian Cysts Miracle™ System takes time and a certain amount of effort to complete. After years of compromise (poor dietary choices, depriving the body of its nutritional requirements, wrong lifestyle choices, taking harsh and harmful medications, etc.), it's only logical that it will take time for the body to heal, cleanse and rebuild itself and restore its delicate natural balance (an environment where PCOS or ovarian cysts cannot exist).

With that said, I get constant e-mails, either from women with relatively stressful and demanding schedules (such as work-at-home moms, dot-com people, brokers, etc.), asking for a lighter, more convenient program that would better fit their busy lives.

So if you're extremely busy and obviously cannot afford to follow all the protocols mentioned in the Ovarian Cysts Miracle™ System, here is a "Quick Results Mini-Program" I have created especially to suit your needs.

It is relatively short, very practical, simple and easy, and if followed correctly it can yield significant results on your PCOS/ovarian cysts condition.

## The Ovarian Cysts Miracle™ Quick Results Mini-Program

**Practice the following protocols for a period of 8-10 weeks.**

### 1. Dietary Guidelines and Enhancing Digestion

Follow the six PCOS/Ovarian cysts dietary principles.

### 2. Immune System Enhancement + PCOS/Ovarian Supplementation

Take the following supplements each day during the program:

Multivitamin, EFA, Colostrum, Progesta+, B-complex, Nac, Coconut oil, d-Pinitol, Vitex 750, Cinnulin PF, Lemon+ACV

### 3. Detoxing, Parasite Cleansing and Liver Cleansing

Perform a [2-day detox diet](#) or the Ayurveda detoxing program, followed by a [7-day parasite cleanse](#). Follow the five liver detoxification principles.

### 4. Anti-Candida Protocols

If you have moderate to severe candida overgrowth: Alternate between the following supplements for a period of 6-8 weeks after you have cleansed your system and performed the parasite cleanse and liver detox – Oregano oil, olive leaf extract, Candigest. After you have killed Candida take Primal Defense or Rebalanced Health Probiotic Plus. Complement with prebiotic foods.

### 5. Stress Control, Sleep Optimization and Exercise

Follow at least one [stress control](#) protocol on a daily basis; [exercise](#) regularly and make sure you get at least 7 hours of quality sleep. Follow the [sleep optimization](#) tips.

### Relieving Ovarian Cyst Pain

Depending on the activity or development of the cyst (ovarian cysts often twist, rupture, bleed or push against the insides of your body), ovarian cysts can cause chronic pain at the lower back, abdominal or pelvic area.

While most pain associated with ovarian cyst is no cause for alarm, if you experience severe abdominal or pelvic pain, rapid breathing, fever, dizziness, weakness or vomiting along with the pain, you should seek immediate medical attention.

The following advice has already helped thousands of women suffering from ovarian cysts or PCOS. The following is only a suggested treatment. Feel free to be creative and alternate between the natural products mentioned below.

## Best Natural, Herbal and Nutritional Pain Therapies

Natural therapies use different herbs and nutritive supplements to ease your pain. These therapies aim at attacking the source of pain gradually. Most therapies show substantial effects over time and you cannot expect instant cures or remedy for your pain through natural, herbal, or nutritional therapies.

The best way to reap the maximum benefit of pain therapies is a combination of pain relieving herbs like **Willow Bark**, **Tart cherry** and **Boswellia** through **Integrative Therapeutics**.

**Willow Bark** is the original source of the-widely accepted painkiller, aspirin. Although aspirin poses various side effects, Willow Bark is a safe and effective medicine for relief from pain. It effectively reduces pain without producing any adverse effects like gastric bleeding or ulcers.

Willow bark works by blocking the production of inflammatory prostaglandins, and by inhibiting the action of a type of blood cells called neutrophils.

A daily dose of Willow Bark extract produces significant reduction in hip/knee pain, and pain caused by ovarian cysts. You can reduce dosage after four to six weeks depending on your degree of pain. You cannot use Willow Bark if you are allergic to aspirin.

**Boswellia** is an **Ayurvedic** medicine of repute and offers a good cure for pain and inflammation. It is very effective in rheumatoid arthritis and ovarian cysts pain.

Boswellia can block inflammatory chemicals from entering your bloodstream, thereby reducing and treating inflammation. Besides, Boswellia exhibits

extensive healing properties and can treat ulcers, colitis, asthma, and cancer to a certain extent. It hardly has any side effects.

**Cherry Fruit** contains some compounds with COX-1 elements. These elements have various anti-inflammatory and antioxidant properties. These are effective against ovarian cysts pain and prevent colon cancers and many other ailments. Around ten to twenty cherries a day can provide sufficient antioxidants to combat all pain.

## Creative Visualization to Reduce Ovarian Cyst Pain

This is a pain reduction method, which one cannot describe in a couple of words. It requires you to let go of all that is real, and sane and venture into a world that YOU create, and may sound crazy... something similar to *Alice in Wonderland*. Are you ready to embark on the trip that definitely does not appeal to your reason but to that wild child in you, which is ready to venture out into uncharted territory?

Anybody who has had his limbs amputated can tell you of their frustration and anger at the pain they suffer in the limbs that are not there at all. This phantom pain can be quite excruciating and real. *Dr. V.S. Ramachandran*, director of Neuroscience at the *University of San Diego, California*, devised a simple and effective way to cure the pain. He placed mirrors in such a way that they reflected the other, whole arm or leg.

Therefore, when the patient sees this, though he knows that his limb has been amputated, his eyes see a whole, and healthy limb. This message reaches the brain, and well, the pain stops immediately.

So how can you use this method? First get yourself some free time; you only require 10 to 15 minutes. Breathe deeply and let your body relax. Take your time doing this and do not hurry into the next step until you are very relaxed.

Now visualize yourself, as you would like to be – what is the state you would be happiest? Then visualize your ovarian cyst pain. Give it a physical form. Then, concentrate on it and try to loosen it slowly.

It is not a miracle cure. So do not imagine you taking off the band and walking off into the sunset, free of pain. Be realistic and true and see the results trickling in slowly. It is a simple method and the only thing required of you is discipline.

## Chapter 5 – The Holistic Ovarian Cysts Miracle™ System

This chapter is divided into three sections. **Section One** introduces the 5-step holistic Ovarian Cysts Miracle™ System. **Section Two** outlines the protocols that need to be completed throughout the program (stress control, sleep optimization and exercise). **Section Three** outlines the maintenance and prevention part of the program.

### Introduction To The Holistic Ovarian Cysts Miracle™ System

The Ovarian Cysts Miracle™ System is a proven self-applied system that has been developed, polished and perfected over 11 years of intensive research through my own personal voyage as well as speaking with countless women with PCOS, ovarian cysts sufferers, naturopaths, nutritionists, herbalists and homeopaths.

The Ovarian Cysts Miracle™ System is aimed at eliminating the root factors that create the environment in which ovarian cysts can thrive without the costs and side effects of OTC and conventional drugs. It uses a multi-dimensional combination of protocols in a specific order. It is not only 100% natural but is also safe and extremely effective.

Most of the items needed to complete the program can be easily found in your home, local supermarket or health food store. Some of the items can be ordered online.

The dietary changes, detoxing and parasite cleansing, and supplementation (the basic and specific ovarian cyst supplementation) are the building stones of the Ovarian Cysts Miracle™ System.

Stress control, exercise and sleep optimization are also important protocols that should be conducted throughout the program.

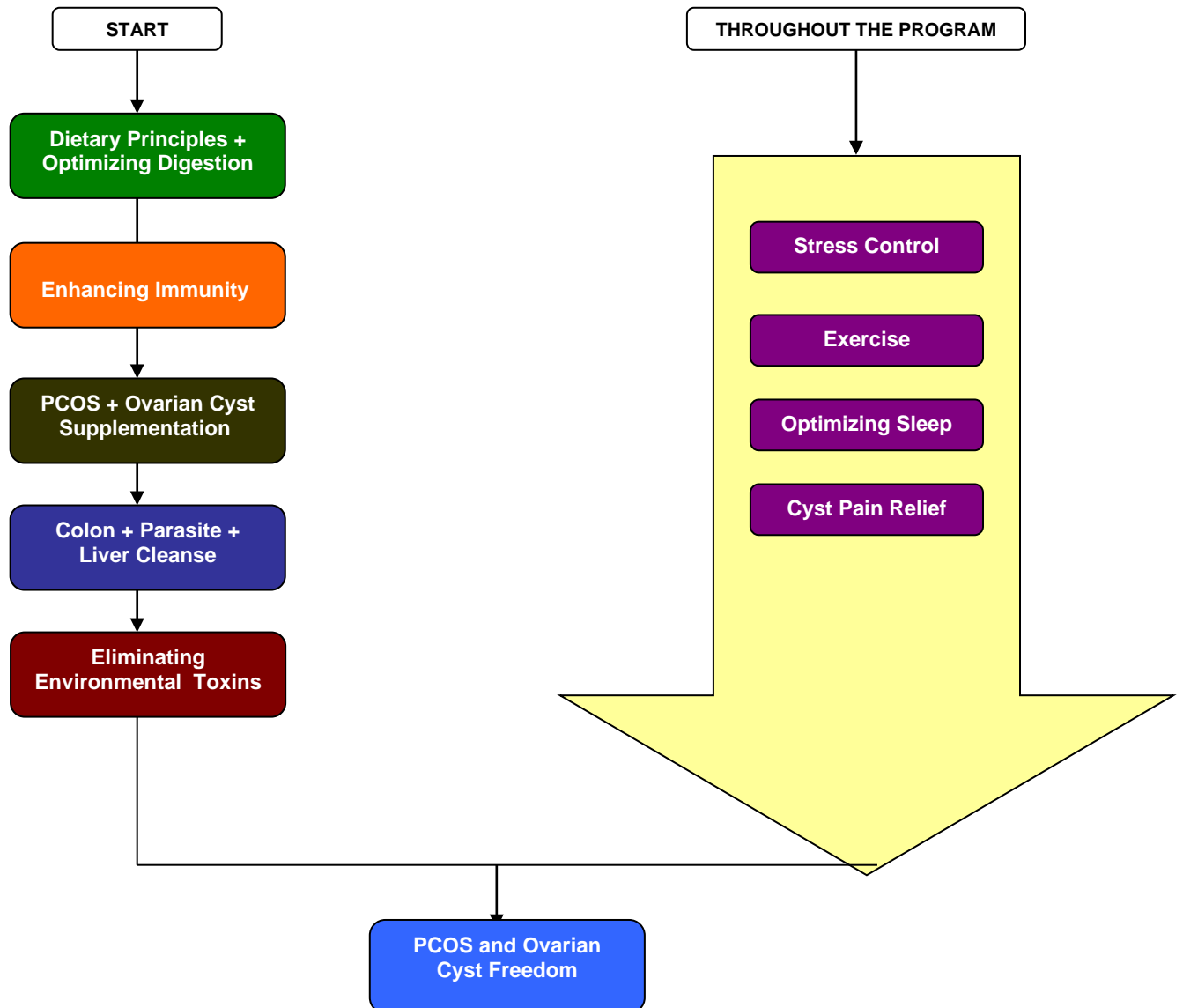
In most cases, skipping phases or doing only part of the program will yield few or short-term results. Don't do it!

The only way to permanently eradicate PCOS symptoms and ovarian cysts is by neutralizing the environment that maintains the formation of ovarian cysts. Implementing all of the essential steps in the program in the order they appear is all it takes to achieve permanent freedom from PCOS and its associated symptoms.

If you're sick and tired of the conventional approach that only scratches the surface of your condition, if you're frustrated with the costs and side effects of drugs and over-the-counter products, and if you feel it's time to take control of your health and well-being, read the rest of this chapter carefully. Then apply the steps in the order they appear. It will be the last solution you'll ever need, and even better – you'll feel more relieved, energized, vibrant, young, healthy and alive than you have ever felt before. Guaranteed!



**Figure 1: Ovarian Cysts Miracle™ Holistic Solution (Basic Principles)**



**Figure 1** shows the basic principles of the holistic Ovarian Cysts Miracle™ System. As you can see, you need to follow a certain combination of protocols in a specific order to achieve ovarian cysts freedom.

Simply follow the 5 steps on the left and, throughout the program, implement the protocols on the right, and your PCOS/ovarian cysts condition, as well as all the symptoms associated with it, will become a thing of the past.

## Section One – The 3 Step Ovarian Cysts Miracle™ System

**Step 1: The PCOS/Ovarian Cyst Control Diet (Six Principles)**

The first and one of the most important measures you should take to achieve an Ovarian Cyst-free environment (where all symptoms of PCOS abate and ovarian cyst formation stops and is prevented) is to change your diet.

While some women are more genetically predisposed to develop PCOS and ovarian cysts than others, what you eat influences your genes. Thus by changing your diet you can change the expression of your genes and thus gain tremendous improvement in whatever PCOS symptoms you have, and eliminate and prevent the recurrence of ovarian cysts.

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

Contrary to that, a healthy balanced diet that consists of certain micronutrients (biotin, calcium, chromium, magnesium, and selenium), whole foods and alkaline-forming foods can help reduce insulin resistance, strengthen your immune system, enhance toxic elimination and help eliminate and prevent ovarian cysts.

A recent study from the Institute of Research Pharmacology in Italy which analyzed the diet over a ten-year span of 225 women with benign ovarian cysts and 450 women who did not suffer from ovarian cysts, showed that the type of food eaten had an enormous influence on the development of ovarian cysts among the women who participated in the study. Women who ate more dairy and red meat, for example, had developed the most ovarian cysts.

Contrary to that, the consumption of green vegetables seemed to have a protective and preventative effect.

## **Basic Elements Of A Healthy PCOS/Ovarian Cyst Diet**

1. Use your common sense, when it comes to calories and portions of foods. Moderation is the key. Make sure your fat intake makes up no more than 20-30% of your total calorie intake. Do not go below 40 grams of carbohydrate per day.
2. Strive to consume the highest quality foods possible. Try to avoid environmental pollutants in your food.
3. Choose organically produced foods as much as possible.
4. You can eat freshwater fish and seafood provided it is as free of contamination and hormone growth as possible. Eat only very lean grass-fed organic meat.
5. You can eat all the sprouts, non-starchy vegetables you wish. Fruit and sugary vegetables can be taken in moderation provided you don't suffer from candida overgrowth.
6. Make sure most of your food is alkaline forming.
7. Minimize grains and legumes.
8. Avoid all dairy products.
9. Avoid all processed, fabricated and refined foods.
10. At least 70% of your food should be taken raw.

**There are 6 dietary principles you should adhere to:**

Adhering to the following 6 dietary principles is guaranteed to make a dramatic impact on your PCOS/ovarian cysts condition as well as on your overall health and well-being.

**The PCOS and Ovarian Cyst diet was specifically designed to:**

- Balance your hormonal levels
- Cleanse your liver and digestive organs and oxygenate your blood
- Improve your fertility
- Reduce exposure to xenohormones
- Reduce insulin resistance and other PCOS symptoms
- Eliminate and prevent ovarian cyst formation
- Enhance your vitality and increase your lifespan

## **Dietary Principle #1 – PCOS and Ovarian Cyst Sinners**

### **Minimizing Toxic Foods, High Glycemic Index Foods and Foods That Contribute To Hormonal Imbalance**

#### **Conventional Dairy Products**

Dairy products (especially cow's milk) are probably one of the most notorious PCOS/ovarian cysts-aggravating foods you can find. They cause allergies (allergy creates an inflammatory condition and can only worsen PCOS symptoms), create heavy mucus, and they clog your digestive tracts as they become like glue once they enter your bowels.

Dairy products are loaded with hormones (estradiol, estriol, progesterone, testosterone, 17-ketosteroids and corticosterone to name a few) injected into the animals in order to increase their capacity to produce milk. Dairy products are filled with growth factors (IGF-1), pesticides and antibiotics, which are destructive to your body and hormonal balance.

In fact, humans are the only species that drink the milk of other species. The problem is that we cannot digest the milk as calves do. Our digestion system is built differently. We cannot process the protein in milk either. This often leads to multiple types of allergic reactions, mucus buildup and digestion problems.

High consumption of dairy products has been linked to heart disease, ovarian cancer, infertility, and to hardened, narrowed arteries. Some research suggests that the casein proteins may contribute to cardiovascular disease and possibly Type 1 diabetes.

Dairy products have been found to cause significant insulin secretion, even though their glycemic load is low.

Milk is also pasteurized, a process that converts the sugar in milk into beta-lactose, which absorbs faster in the blood and has a similar effect on your body as sugar (see section on sugar). The pasteurization process also destroys enzymes, diminishes vitamin content and makes the calcium in milk insoluble. And yes, milk can cause bad teeth and osteoporosis, no matter what you may have grown up to believe.

What to avoid: milk, cheese and yogurt. Also avoid products that have lactose, milk proteins, whey protein and dry skim milk powder.

Great substitute: sesame seed butter. This is ground whole sesame seeds (not the regular Tahini), a wonderful source of protein and calcium containing more than 1100 mg of calcium per 100 g.

Good alternatives to dairy products include nut milks (sesame, almond, etc.), nut creams (cashew, macadamia, etc.) and rice milks.

## **White Sugar – The Sweet Poison (and Other Sweeteners)**

Processed sugar is a sugar cane that has been stripped of its essential fiber and nutrients. It has no protein, no calcium and no fat.

White sugar is a 100% chemical element unrecognized by your body. It practically robs your body of vitamins and minerals. When consumed, white sugar causes blood sugar levels to increase dramatically and quickly. The pancreas produces extra amounts of insulin to help the body metabolize the glucose in the sugar. This extra insulin quickly causes low blood sugar levels, which results in low energy and fatigue. In over-consumption of sugar, this process can also lead to diabetes.

But that's not all. When sugar is consumed, the body also produces other androgenic hormones to metabolize the glucose. These extra androgenic hormones place stress on the liver and create hormonal imbalance, which may lead to PCOS and ovarian cysts. Furthermore, the liver converts sugar into long-chain fats that pollute your blood and may aggravate your condition.

Sugar can also damage the immune system (compromising the defense against bacteria), produce an acidic stomach environment (ideal for candida overgrowth), cause food allergies, increase the size of the liver (disrupt it from filtering toxins and used hormones), and encourage bad bacteria development in the colon.

If you forget most of what you read here, I urge you to remember this: Stay away from white sugar, and eliminate it entirely from your diet ... period. Eliminate it even if you don't have ovarian cysts. Your body will reward you twice as much.

Tip: From now on, make it your duty to make sure every product you intend to consume does not contain white sugar. That includes: all sodas and sweetened fruit drinks, beverages containing fructose (except whole fruit),



corn syrup, Aspartame, concentrated fruit sweetener, date sugar, glucose. Also, minimize your intake of molasses and honey.

**Stevia** is a wonderful substitute for sugar and ten times sweeter.

### **Refined Carbohydrates (White Flour, White Rice) And Refined, Puffed Or Extruded Grains (Any Type Of Cereals, Puffed Rice And Bran)**

These ingredients, once refined, are peeled out of their precious and nutritious pulp filled with vitamins and minerals. These foods become a glue-like, stretchy substance. They clog your digestive tract, resulting in toxic buildup, polluting your blood, suppressing your immune system and spike your insulin levels, contributing to candida overgrowth.

Refined carbohydrates are also similar in their chemical structure to sugar, and thus cause the same reaction.

Substitutes: brown rice in moderation (preferably long version and organic), whole non-gluten grains (amaranth, quinoa, buckwheat).

Once you make the transition to whole products, I guarantee your PCOS/ ovarian cysts condition and well-being in general will change for the better.

## Hydrogenated Oils and Partly Hydrogenated Oils

Hydrogenated oils are changed molecular oils (hydrogenation keeps oils and fats from going rancid). The result is a twisted fatty acid that your body doesn't recognize as such and acts as pure poison.

Hydrogenated oils once inside your system can:

- Clog your liver, spleen, muscles and kidneys and create a dangerous toxic buildup (because they increase fatty deposits).
- Disrupt the electrical flow responsible for heartbeat, cell division, nerve functions and mental balance.

Hydrogenated oil is found in margarine, donuts, muffins, salad dressing, candy, cakes, soups, breads, fried foods, mayonnaise, hydrogenated and partly hydrogenated soybean oil, vegetable oil and in most processed foods.

Great substitute: pure extra virgin olive oil

## Gluten Grains

Rye, wheat, barley, millet, bran and corn contain Alkylresorcinols which are compounds that appear to act as a toxin implicated in many pathological processes, including the death of red blood cells, as well as liver and kidney damage.

These gluten grains also contain Lectins, chemical substances that activate your immune system, contribute to inflammatory problems and hormonal imbalance that aggravate PCOS and enhance the development of ovarian cysts.

Substitutes: whole non-gluten grains (amaranth, quinoa, buckwheat)

## **Conventional Red Meat and Fatty Meat**

Conventional red meat (beef, pork) contains very harmful toxins (uric acid and steroids). Their hard-to-digest protein causes lots of digestion problems and allergies that contribute to the development of ovarian cysts. It takes a lot of time for meat to pass through the human GI tract, which is significantly longer than that of animals, providing it plenty of time (also in high temperatures) to rot in your system.

Red meat also contains antibiotics, harmful hormones, growth factors and viruses and diseases the animal may have had, resulting in a disruption of hormonal balance and blood toxins.

If you can, eliminate red meat completely from your diet. If you feel you have to consume meat, go for organic meat, which has been slow-cooked, and consume only small portions at a time. Complement it with lots of fiber foods to ease its digestion (high alkaline-forming, non-starchy vegetables) but certainly not every day.

The following meat variations should be avoided:

- Bacon
- Bologna
- Corned beef
- Hamburger (less than 90% lean)
- Honey turkey
- Hot dogs (any kind)
- Jerky (unless free of salt and preservatives)
- Liverwurst

- Pastrami
- Pork sausage
- Ribs - pork or beef
- Salami
- Tongue, beef
- Veal

Substitutes: grass fed beef, organic chicken, and organic fish

### **Egg Whites**

Egg whites can cause allergy problems as they are binding elements (used to bind ingredients in a cake). Egg whites clog your system, are mucus-forming (similar to milk) and have refined carbohydrates. The body also naturally defends itself from the egg protein as it enters the blood stream, leading to allergic reactions and the exacerbation of ovarian cysts formation.

### **Soy**

While soy is beneficial for heart disease and against certain cancers, studies have reported a link between soy and low thyroid function as well as with elevated estrogen levels which most women with ovarian cysts already have (estrogen dominance). Low thyroid function can exacerbate fertility and pregnancy problems as well as contribute to obesity. Since losing weight is essential for combating PCOS symptoms and ovarian cysts, it is best to avoid soy products throughout the program.

## **Processed and Fabricated Foods**

Simplicity is one of the basic keys to an optimal ovarian cysts diet and, for that matter, any healthy balanced diet. Make it a habit to look at the list of ingredients in every product you buy. If you don't recognize what the ingredient is or if it doesn't sound natural, don't eat it. That includes all the e-numbers, additives, etc. Avoid pickles, corn, ready-packed meals, and TV dinners, which usually contain a large list of unidentified chemicals, MSG and all chemicals added to your food to "improve" the taste, color, texture or appearance,.

## **Alcohol**

Alcohol in most forms is toxic to your body. It can cause liver dysfunction. Minimize the intake of alcohol.

## **Caffeine**

Caffeine is known to over-stimulate the production of hormones, leading to hormonal imbalance – one of the factors that contribute to PCOS and the development of ovarian cysts.

## High Glycemic Index Foods

The glycemic index consists of a scale from 1 to 100 and stands for the ability of different carbohydrates to increase your blood sugar level and insulin. As you already know, excess insulin leads to the production of male hormones, which aggravate ovarian cyst formation and PCOS.

70 or higher = High glycemic index food

56-69 = Medium glycemic index food

0-55 = Low glycemic food

As a rule of thumb, try choosing foods with the lowest glycemic index while minimizing high glycemic index foods or at least taking these foods in very small portions. For example: Whole Wheat Bread scores 72, while apples score only 38. Green vegetables have a glycemic index score of less than 10.

Additional tips for lowering your glycemic index are to avoid overcooking your carbohydrates as it causes the fiber to break down and always choose whole foods with the hull or skin attached.

## **Dietary Principle #2 – Ovarian Cysts Friendly Foods and Healing Foods**

### **Consuming Lots Of Cleansing And Hormone-Balancing Foods**

#### **Fruits**

Fruits are excellent cleansers and are loaded with vitamins, enzymes and minerals. The sterols found in fruit and all plants have anti-inflammatory, blood sugar control and hormone-influencing properties. Fruits are also easily digested.

Strive to diversify your fruit consumption. Eat fruits separately to help digestion. Strive to eat fruit on an empty stomach, and never peel the skin off when you can eat it. Avoid cooking fruits, as it will cause the fruit sugar to become more dangerous to your system.

**Warning:** Due to high amounts of sugar found in fruit that can contribute to chronic yeast and fungus overgrowth, PCOS women that suffer from yeast overgrowth should limit the intake of fruits to a maximum of 1 serving per day.

Note: In severe cases of candida infection, I recommend total exclusion of all fruit from your diet until symptoms abate. (Typically it takes 3-4 months after beginning your anti-candida therapy).

Avocados, lemons and limes are an exception to that rule.

#### **Sprouts**

Sprouts fit the definition of super foods; they are highly nutritious, super cleansers, loaded with vitamins, easily digested and contain lots of enzymes.

The longer you sprout them, the more potent sprouts become (Their nutritional value and enzyme content increase). Regardless of their high nutritional potency sprouts should be enjoyed in moderation, so that anti-

nutrients are not consumed in levels that may be potentially toxic. You can grow a variety of sprouts and enjoy a myriad of balanced nutritional benefits.

A wise decision would be to grow your own sprouts as you'll be provided with a daily dose of fresh nutritional food from your own hands at hardly any expense. If you decide to buy sprouts, make sure they are fresh because they can be toxic when spoiled.

Sprouted lentils are a fantastic source of protein and, combined with long brown rice, they make the perfect complete protein meal.

Here's a partial list of foods you can sprout:

- Adzuki beans
- Alfalfa
- Amaranth
- Arugula
- Barley (hull-less)
- Broccoli
- Broccoli raab
- Buckwheat
- Cabbage
- Canola
- Fenugreek
- Garbanzo beans



- Oats (hull-less)
- Kamut.
- Lentils
- Millet
- Mung beans
- Mustard
- Peas
- Quinoa
- Radish
- Red clover
- Rye
- Sunflower
- Triticale
- Watercress
- Wheat

## **Non-Starchy Vegetables**

As with sprouts, non-starchy vegetables such as green pepper, collards, cucumber, celery, all types of lettuce (excluding iceberg), cauliflower, broccoli, Brussels sprouts, cabbage and spinach can also be consumed with no limit whatsoever. Non-starchy vegetables are a great source of stable energy as they provide complex carbohydrates, which burn slowly and gradually.

Besides sterols, raw organic vegetables are also loaded with phytochemicals called phytoestrogens that mimic estrogen activity. These compounds work by hindering excess estrogen absorption, thus reducing the effect of excess estrogen in the blood. This alone is highly beneficial for controlling PCOS symptoms and the development of ovarian cysts.

## **Lean Range Fed Meat or Wild Meat**

Red meat can be eaten in moderation as long as you go for range fed/organic beef, which is free of petrochemicals, hormones, fumigants, and fungicides. Also, make sure you choose the leaner parts of the meat and trim off any visible fat before eating.

Another alternative is wild game meat, which is low in fat (about 15%-20% fat).

Make sure you do not cook your meat at high temperatures. Animal fat oxidizes if heated to a high temperature and this creates unstable free radical molecules in the fat.

## **Fish**

Unless it's organic, most fish, which used to be the ideal source of clean and balanced protein, are now almost unsafe to consume because of mercury and other toxic metals found in our oceans and lakes.

However, cold water fish such as tuna and salmon (highly beneficial for their essential fatty acids) can and even should be consumed, but in moderation as a condiment and preferably in their raw form (sashimi).

## **Non-Gluten Grains**

Whole grains (complex carbohydrates) are great nutritional sources for protein. They are low in fat, good sources of fiber and are loaded with vitamins and minerals.

However, since gluten grains are not easily digested and contain alkylresorcinols and lectins, the best sources for whole grains are non-gluten grains such as rice, buckwheat, millet, quinoa and amaranth.

As a rule, you should incorporate whole non-gluten grains into your diet but in a moderate fashion, meaning you should consume a maximum of 2 to 3 servings daily.

## Beans

Beans are also a great source for clean protein. However, their type of protein can also put stress on your digestive system. To prevent that, beans should be sprouted, soaked in water overnight and cooked very long and slow in lower temperatures to remove potential gases and make their proteins more easily digestible.

Here's a partial list of beans to choose from:

- Chickpeas
- Kidney beans, dried
- Lentils
- Lima beans
- Yellow split peas

## Whole Rice

You are already aware of the danger associated with the consumption of any type of refined carbohydrates, and rice is no exception. The ground rule would be to choose only whole rice (brown rice), preferably the organic long version and not the round sushi version.

Similar to beans, rice should be soaked in water overnight before cooking. The cooking should be long and slow to make the rice easier to digest.

## **Raw Nuts and Seeds**

Nuts such as almonds, pine nuts, pecans and Brazil nuts contain fatty acids and highly valuable nutrients and minerals. They are a wonderful source of digestible protein. Nuts should be consumed in small quantities because of their protein density, which can place stress on your digestive system. To prevent a paste-like substance from forming in the bowels, nuts should also be eaten with fiber-rich foods.

Nuts should only be eaten raw, hand-peeled (Brazil nuts), stored in a cool place and eaten fresh.

Sunflower seeds, sesame seeds and pumpkin seeds (also rich in zinc) are great sources of fatty acids. They contain lots of enzymes that are good for digestion, and they are rich in minerals.

Here's a list of nuts and seeds you can eat:

- Walnuts
- Almonds
- Brazil nuts
- Chestnuts
- Pecans
- Poppy seeds
- Pumpkin seeds
- Sesame seeds

## Herbs and Leaves

Herbs and salad leaves, especially parsley, contain lots of high-quality minerals and vitamins. They are also great sources of chlorophyll, the blood life of every plant. Herbs also contain a huge variety of antioxidants that help the body in its war against free radicals, parasites and candida.

Here's a short list of nutritious herbs to choose from: parsley, fennel, basil, coriander, thyme, dandelion, oregano and mint.

## Garlic

Garlic is an excellent blood cleanser and also functions as a powerful antibiotic (without the side effects and harmful effects of conventional antibiotics). Garlic, if eaten raw and crushed (it needs to be chopped to activate its powerful ingredients), has a powerful medicinal effect on the body. Its antiseptic properties can purify your blood. It can also lower cholesterol, prevent dangerous blood clots and reduce blood pressure.

Garlic has anti-microbial activity against various types of bacteria and fungi. The inulin found in garlic is a type of fiber that the friendly intestinal bacterium loves. It's no wonder that it has been acclaimed as a powerful PCOS/ovarian cysts treatment.

**Warning:** Garlic lowers blood pressure so if you suffer from low blood pressure do not consume it excessively and if you are on anticoagulants consult your doctor before taking garlic therapeutically.

## Wheatgrass, Barley green juice, Aloe Vera Juice

Wheatgrass is considered a "Superfood", and it can practically perform miracles on your PCOS/ovarian cysts condition if taken on a daily basis or even just several times a week.

Its ability to purify the blood, detoxify the liver and cleanse the colon makes wheatgrass highly essential for the treatment of ovarian cysts.

The chlorophyll in wheatgrass helps the skin stay healthy, as it is antiseptic, anti-inflammatory and antioxidant. It heals open wounds in your body, accelerates the re-growth of tissues, helps to purify the liver, reduces pain from inflammation and kills bacteria and fungi.

Wheatgrass should be squeezed and taken each morning on an empty stomach.

Other healing green juices that you can drink are: barley green juice and Aloe Vera juice.

## **Water**

Drinking at least 2 liters of filtered or mineral water a day (or until your urine is transparent) is mandatory for effective daily cleansing and detoxifying.

Water will speed up the healing process, and when several drops of lemon or cayenne pepper are added, the cleansing effect will intensify.

Water flushes out toxins from the body through the primary organs of elimination, thus preventing toxic buildup that exacerbates ovarian cysts formation.

Large quantities of purified water will thoroughly cleanse your kidneys, help discharge waste and prevent the formation of stones in the kidneys.

Weakened kidneys will burden the liver and cause toxic buildup that may lead to ovarian cysts.

Water also makes the skin look toned and consistent. It moisturizes the skin and helps it look more vibrant and healthy.

Water is also necessary for:

- Blood and lymphatic circulation
- Digestion and assimilation of nutrients

- Other biochemical processes

Each morning drink a glass of pure water with one squeezed organic lemon followed by two tablespoons of extra virgin olive oil. This will strengthen the liver, stimulate it to purge itself and ensure it functions properly.



## **Dietary Principle #3 - Alkaline Acid Balance**

### **Maintaining Healthy Alkaline-Acid Balance**

For the human body to function at its best, it has to have an internal chemistry balance of alkaline with a pH of 7.0-8.0.

Our internal chemistry functions best in the above alkaline condition. When the cells are healthy, they have an alkaline balance of 7.0-8.0. A diseased cell has an alkaline of below 7.0.

As a byproduct of metabolism, the body normally produces acid, but it cannot produce alkalines. It is our responsibility to provide the body with alkalines from outside sources, mainly from food.

However, there are foods that are basically acidic, and there are foods that are alkaline-forming. When we consume acidic foods, the body must neutralize them with alkalines. If it cannot find any alkalines, the body uses the alkalines in the cells to do the job, and when these cells become acidic, they develop diseases.

In a state of over-acidity, the body also borrows alkalines such as magnesium and calcium from vital organs, resulting in those organs being damaged. The body enters a state of stress and imbalance that can contribute or lead to an array of health complications, including PCOS and ovarian cysts.

A state of over-acidity causes the blood to become sludgy and thick, creating the ideal environment for candida overgrowth.

The conclusion is simple: in order to maintain a healthy balanced body and prevent over-acidity and toxicity that can aggravate your existing PCOS condition and the development of ovarian cysts, you want to consume plenty of alkaline-forming foods while minimizing acidic foods.

The typical American-Western diet consists mainly of highly acidic products such as eggs, dairy, meat and artificial sweeteners while it's deprived of alkaline-producing foods such as fruits and vegetables.

Drugs are also acid-forming materials, which can lead to an over-acidic environment very quickly.

A stable, alkaline-pH body environment will help the body resist disease. A healthy diet consists of high alkaline-producing foods that allow the body to keep sufficient alkaline reserves to balance an acid environment and stay healthy.

### **Testing Your pH**

I recommend testing your body alkaline levels and acidity levels using pH strips which can be found at your local pharmacy. Test your urine. If your urinary pH fluctuates between 6.0 and 6.5 in the morning and between 6.5 and 7.0 in the evening, your body is functioning within a healthy range. The pH of your urine between meals should be kept in the basic range pH 7.0 to 8.5.

### **Alkaline-forming Foods You Should Incorporate Into Your Diet**

Non-starchy low sugar vegetable and low sugar vegetable juices, olive oil, lemons, limes, wheatgrass, asparagus, onions, parsley, raw spinach, broccoli, garlic.

### **Acid-Forming Foods You Should Minimize In Your Diet**

Homogenized milk, blackberries, cranberries, prunes, beef, pork, shellfish, cheese, ice cream, pecans, cashews, white rice, corn, buckwheat, rye and of course white sugar and artificial sweeteners.

Stress and negative thoughts also cause an acid environment. The stress control plan gives a comprehensive solution to that problem.

## **Dietary Principle #4 – Raw Food**

### **Consuming At Least 75% Raw Food**

#### **What Are Enzymes?**

Enzymes are special protein molecules that participate in the body's metabolic process. Enzymes are partly responsible for getting rid of toxic waste, purifying the blood and digesting food.

Enzymes are vital to our well-being. They are the ultimate power workers found in the liver, stomach, pancreas and the wall of the small intestine, helping vitamins and minerals to be absorbed into our system. Foods with great nutritional values along with vitamin supplements are useless without enzymes if the body will not absorb their nutritional value.

Many foods contain high amounts of these precious enzymes. However, by cooking, frying or heating these foods at high temperatures (heating foods above 116°F), the enzymes are killed. The result is that food is not digested properly, and vitamins and minerals are not absorbed well by the body. This leads to accumulated toxic waste the body can't get rid of and causes a variety of health disorders—PCOS, ovarian cysts and candida overgrowth are just some of them.

Enzymes are also vital to the healing process. Without enzymes the body will work harder to heal itself, digest and assimilate nutrients.

Cooked food has hardly any enzymes left. This causes the over-stimulation of the pancreas and results in pancreas enlargement. That leads to a myriad of digestive problems. Eating cooked food, we get fewer nutrients and more free radicals, meaning more toxins and more ovarian cysts.

Cooking also destroys vitamins, minerals and fiber (which leads to more toxic build up) and increases the bowel transient time. Cooked food is acidic, is harder to digest and offers less nutritional value while raw food is basically alkalizing and more beneficial.

### **Digestive Leukocytes**

Research has shown a strong link between enzyme-deficient foods and the weakening of the immune system. It is known that leukocytes, the white blood cells, increase when the body needs to defend itself from what it interprets as a threat.

While most incidents when leukocytes increase are due to inflammation, allergic reaction or infection, it has been confirmed that there are incidents when an elevation of white blood cells occurs after food ingestion. This phenomenon, also referred to as digestive leukocytes, occurs when we digest food with lower quantities of enzymes.

Therefore, consuming cooked foods, preserved, canned, fried or foods heated beyond 116°F can lead to the mobilization of the immune system (by sending white blood cells) to handle the enzyme deficiency and help digestion.

Eating enzyme-deficient foods can actually weaken the immune system and simulate a state of illness. Each time we eat raw food and plant-based digestive enzymes, we prevent this process from happening.

## Raw-Food Diet

### What Is A Raw-food Diet?

A raw-food diet is built on the principle of consuming about 75-80% raw, live and uncooked food. The food should also be unprocessed, plant-based and preferably organic.

**Note:** You don't have to start calculating percentages. During a raw-food diet, simply eat one cooked (not grilled or fried) meal per day and make sure all the rest of the food you consume is 100% raw. I usually eat whole brown rice for lunch (sometimes with sashimi) and keep the rest live and fresh.

A raw-food diet menu should consist of fresh low sugar vegetables, seeds, beans, seaweeds, nuts and non-gluten grains. Freshly made vegetable juices can also be part of the plan. There are practically endless varieties of mouth-watering foods bursting with flavor and zest that you can prepare from these endless natural raw materials.

The idea behind the raw-food diet is that raw and living foods have lots of these vital enzymes compared to cooked or heated foods, thus raw foods, with their high quantities of enzymes, are digested more effectively. They help the body get rid of toxins, and their vitamins and minerals absorb better in our system.

Moreover, cooked foods leave a residue of undigested protein and carbohydrates that clog your system and build into toxins—clogging that will later be translated into a state of disease.

A raw-food diet increases energy, accelerates the healing process, rebuilds healthy tissue and invigorates your body.

Unlike fasting, detoxification is slower during a raw-food diet. The cleansing is gentler, and the vegetables contain lots of fiber, which help sweep up toxic build-up and mucus from the bowel without the need for the extra help of enemas or bentonite/psyllium shakes and the like. Moreover, a raw-food diet (especially the pure form of vegetables) is far more demanding and challenging than a short juicing fast. I find my craving for other types of solid foods during a raw-food diet plan are more intense than on regular juice fasts.

There are many techniques for growing and preparing raw-food meals like sprouting seeds, soaking nuts and preparing vegetable and fruit juice combinations. There are specific instructions on how to dice and blend food to make sure the vitamins and minerals are preserved.

The great believers and worshipers of the raw-food diet report high levels of energy, enhanced digestion, dramatic weight loss, fewer PCOS symptoms and ovarian cysts, and more radiant skin.

## **Dietary Principle #5 – Food Allergens**

### **Avoid All Known Or Suspected Food Allergens**

An allergy to anything can be a factor that worsens PCOS symptoms. The production of unstable free radical molecules damages cells. Chronic inflammation also releases a variety of alarm messengers that spread throughout your body and disturb your hormonal balance and organ function.

Compared to normal women, those with PCOS already have a higher level of inflammation. Exposure to allergenic substances only adds fuel to the inflammatory fires. You want to reduce inflammation, not increase it. So avoidance of any allergens is highly desirable, including foods to which you are allergic.

Some women have a weakened immune system as a direct result of consuming foods that their immune system have come to regard as allergens. Leaving food allergies in an undetected state can be the root cause of many illnesses and chronic conditions and can worsen PCOS and ovarian cysts.

Eliminating foods that your immune system regards as ‘foreign allergens’ has led, in many instances, to significantly hindering the development of ovarian cysts.

## What Are Food Allergies?

There are many foods that are known to trigger an allergic reaction. Among the well-known ones are allergies to gluten grains such as wheat and corn, peanuts, dairy, soy products and eggs.

Food allergies are often inherited. The majority of food allergies are the result of interactions between white blood cells, ingested food, the digestive tract and immunoglobulins (food specific antibodies).

An allergic reaction to food happens when your body identifies a certain food as an invader to your system. Your immune system is alarmed to attack the invader and neutralize it in order to remove it from your body, thus causing the allergy symptoms.

There are two kinds of allergy reactions to food:

- 1) Delayed: makes up 90% of food allergies. The allergic reaction can occur up to 4 days after the specific food was ingested.
- 2) Immediate: makes up 10% of allergy reactions to food. The allergic reaction occurs from seconds to a few hours after the specific food was ingested.

Because the allergic reaction process involves lots of toxins that have to be evacuated by your elimination organs such as the liver and the kidneys, an extra "toxic stress" is placed on the body. This in turn weakens the liver and immune system, leading to the aggravation of candida.



## **Detecting Food Allergies**

### **Elimination Diet**

This is in fact the most accurate way to detect food allergies. To effectively conduct an elimination-challenge diet, one must go through a three week period of a hypoallergenic diet, eliminating all common allergenic foods.

For that period of time you must consume 75% raw foods (fresh alkaline forming low sugar vegetables, nuts, seeds) along with non-gluten grains. You can also include soups, smoothies and salads as long as they don't contain any known food allergens.

After the period is over, the eliminated foods are incorporated one by one thus detecting the ones that are causing typical allergy symptoms.

### **The Pulse Test**

Another effective way to know if you have an allergy to a certain food item is simply to test all that goes into your mouth one by one. An efficient way to do so is to list all the regular foods in your menu including supplements and herbs and use the pulse test on each one.

This allergy test is simple but has proven to be very effective.

- 1) Get into a relaxed state and check the pulse at your wrist. Write the number down and then eat the chosen food.
  
- 2) Be sure to stay relaxed so your pulse won't increase. Wait at least 30 minutes (you can lie down and read a book).

3) Check your pulse again; if it increases by more than 8 beats per minute, you are likely to be allergic to this food. That also means that you should not test any more foods that day (as the tests won't be effective).

If the food was found to be one that causes you allergies, simply eliminate it from your diet.

**Note:** Test one food at a time as the pulse test works best on an empty stomach. Stay away from drinks such as caffeine and all other stimulants.

## Home Testing Kits

**Skin tests** – These are commonly employed by allergists but are designed to detect immediate reactions to foods. This drawback makes skin tests far less effective than the elimination diet since they cannot identify 90% of food allergies, which are delayed.

**Blood tests** – These tests measure antibodies in the blood directed at specific foods. The most common blood tests are the RAST (radio allergo-sorbent test) and the ELISA (enzyme-linked-immunosorbent assay). The latter is my preferred test as it determines both IgE and IgG mediated food allergies. Taking a single drop of blood in a laboratory or at home will allow you to test up to 100 foods.

Note: the simplest most effective way of treating food allergies is through avoidance of allergenic foods throughout the program for a period of 8 weeks until symptoms are alleviated.

## **Dietary Principle #6 – Optimizing Digestion**

### **Optimizing Digestion By Adopting Correct Eating Habits**

When, how and why you eat is significantly important to the way your system digests your food. Optimal digestion is by far more important than the quality of your food. The way you chew your food, the way you combine the foods that you eat, the environment you choose for eating and the timing are all important factors determining the success of the digestion process.

It has been proven that eating beyond our body's needs, gulping food and consuming the wrong food combinations along with eating when there's no real hunger all lead to poor digestion and create large amounts of sticky and gluey mucus.

Incomplete digestion can lead to a myriad of disorders and illnesses and can aggravate your existing ovarian cysts and PCOS.

Before we get down to details, the rule of thumb for optimal health is always "Respect thy bowels." Following is a list of the most crucial eating principles for optimal digestion.

#### **Don't Drink When You're Eating.**

Drinking water is important, but it should be done between meals and not with meals. Drinking while eating can dilute the digestive juices, which are crucial for digestion. Adopt a habit of drinking little doses before and after you eat. Only when consuming rough foods or foods with little or no water, may you drink slightly to make it go smoothly into your body.

#### **Combine Your Foods Correctly.**

To make it simple, let's divide the food into two main groups: the high-protein, hard-to-digest concentrated foods like meat, eggs, cheese, grains, legumes, nuts and starches and the low-protein, high-water and easily digested non-concentrated foods like fruits and vegetables.

Here are the guidelines for combining food properly:

### **Bad Combinations**

- Mixing concentrated foods together. This puts stress on the digestive system. Instead eat one concentrated food per meal.
- Mixing fruits with concentrated foods. The concentrated foods will slow the digestive process of the fruit, resulting in symptoms such as toxication and gas.
- Mixing cooked vegetables with fruit.
- Mixing starchy vegetables with fruit.

### **Good Combinations**

- Eating raw vegetables with concentrated foods. These foods go well together because of the high fiber and low sugar found in vegetables.

### **Chew Your Food Correctly.**

Your food must be chewed into a soft mush before it is swallowed. Chew your food slowly and with ease. Mix the food with as much saliva as you can, and make sure you chop it into as many pieces as possible if the food can't be turned into a mush.

### **Don't Exercise Right After A Meal.**

It's never a good idea to exercise immediately after you've finished a meal. When you do physical activity after a meal, the body directs the blood towards your muscles from your digestive system. As a result, your digestive system stops digesting until you stop your activity. That leads to all the troubles mentioned already. After a meal give your body enough time to completely digest the food before you rush to the gym.

### **Choose The Right Time, Place And Mood.**

Although it's not always possible, you must strive to find the least distracting and least noisy place for you to eat your meals. When you eat, try to focus on your meal and savor it. That includes not watching TV. Any distractions from your meal will come at the expense of your digestion. It is also very important not to be in a state of stress or be upset when you eat. The nerves have a significant impact on your digestion system, and in a stressful state your digestion will be far less effective.

Eat smaller meals throughout the day and complete your evening meal before 8:00 pm.

### **Get Your Bowels Moving.**

Regular bowel movements are important when suffering from ovarian cysts.

You can improve peristalsis by:

- Drinking at least 8 glasses of water a day
- Increasing fiber intake from fruit and vegetables
- Exercising
- Taking one tablespoon of extra virgin olive oil accompanied by juice from half a lemon on an empty stomach
- Consuming oat bran while avoiding all refined carbohydrates

### **Communicate With Your Body.**

This is one of the most important issues concerning your digestion and well-being in general. It may sound odd to you, but you must learn to listen to what your body is telling you. No, this is not a typo or a joke. Your body tries to communicate with you all the time in various ways. Believe it or not, you're already familiar with some of these ways. Everybody is familiar with the sound their stomach makes when they're hungry. Ovarian cysts, as mentioned

previously, are another means of communication your body uses to inform you that you need to change something in your lifestyle.

You must learn to identify real hunger from temptation, conditioning, boredom or the need for excitement and satisfaction. When you feel “hungry,” ask yourself if you really *are* hungry, or is it just your mind fooling you? Learn to listen to and communicate with your body, and it will gratefully reward you.

## Step 2: Enhancing Immunity and PCOS/Ovarian Cyst Supplementation

### The Immune System

One of the most important defense mechanisms our body has against toxins and disease is the immune system. The immune system mechanism is very complex and it involves the lymphatic tissues, several types of white cells, the thymus gland and antibodies produced by the white cells. These white cells protect us from all foreign matter, fungi, infections, viruses, parasites and cancer.

While natural immunity is an inborn protection, when our 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 common among PCOS women. 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. That is why supporting your immune system if you have PCOS and ovarian cysts **is** a must.

As with every condition, there is no magic bullet when it comes to enhancing immunity. To optimize your body's natural immunity you must maintain a



positive balance between immune system supporters and immune system suppressors.

## **Immune Supporters And Suppressors**

The most important immune system supporters are: a healthy well-balanced diet (a diet low in fat and refined carbohydrates, chemical free and based on whole foods, whole grains, alkaline forming low-starch vegetables, lots of purified or mineral water, dietary enzymes and herbal nutrients such as garlic and antioxidant vitamins and minerals) along with a positive, stress free emotional and spiritual attitude.

Among the more prominent immune suppressors are: poor diet resulting in nutrition deficiency, diet rich in refined carbohydrates and chemicals, high fat diet, drinking tap water, alcohol intake, taking prescription drugs (alcohol and prescription drugs deplete the body of Zinc and B Vitamins thus indirectly compromise your immunity), overeating, lack of physical activity, lack of sleep and stress.

## **Diet And Immune Function**

Poor diet (lacking vital nutrients) that is high in cholesterol, fat, chemicals and sugar can have a direct negative impact on your immune function.

A chemical free diet low in fat and refined carbohydrates (sugar has been shown to adversely affect the immune system), and based on whole foods, whole grains, beans, nuts, seeds, alkaline forming low-starch vegetables, lots of purified or mineral water, dietary enzymes and herbal nutrients such as garlic, and antioxidant vitamins and minerals is the first step in boosting immunity. (See nutritional supplementation and immune system in this section)

## **Lifestyle, Mood, Stress And Immune Function**

Obesity, heavy smoking, lack of sleep, irregular meals and heavy alcohol intake can significantly compromise your immune function. Bad mood, negative attitude, depression, frustration and anger along with lack of physical activity and continuous stress can also greatly suppress immunity.

If you can work on becoming more happy and upbeat, if you can inject more laughter into your life, if you can control your anger and stress and work on adopting a positive emotional attitude toward life, you will not only greatly enhance your immune system (which can help fight candida), you will also enjoy greater quality of life and better health.

If followed, the guidelines given in the Second Section of Chapter 6 go a long way toward ensuring an optimal positive attitude, exercising, sleep optimization and a stress free life.

## **Boosting Thymus Gland Function**

Building an optimum thymus gland function is a very important method for ensuring a healthy immune function. The thymus gland is the largest gland of the immune system and is responsible for many immune system functions. It's safe to say that its health practically determines the state of the immune system.

The thymus gland is responsible for the production of T lymphocytes, the white blood cells responsible for cell-mediated immunity- the immune system function that protects against Candida Albicans, other fungi, viruses and bacteria. The thymus gland is also responsible for the release of several hormones that regulate numerous immune functions. (These hormone levels are usually low among individuals that suffer from infections, AIDS and cancer).

**To Optimize Thymus Gland Function You Need To:**

1. Ensure the proper production of thymic hormones. This can be achieved by consuming nutrients such as: B vitamins, Zinc and Vitamin C as deficiencies in any of these nutrients can result in a compromised production of immune beneficial hormones. (See Nutritional Supplementation and Immune Function)
2. Prevent the Shrinkage of the Thymus: the dietary intake of Zinc, Vitamin E and Vitamin C will take care of that. (See Nutritional Supplementation and Immune Function)
3. Take Thymus Extracts to Enhance Thymus Function: The daily intake of Thymulus can significantly improve thymus function. (See Nutritional Supplementation and Immune Function).

## **PCOS, Ovarian Cyst And Immune Function Supplementation**

### **Why do we need supplementary vitamins and minerals for essential nutrition?**

I wish I could tell you that eating healthily and consuming lots of alkaline foods and enzyme-rich raw foods would provide your body with all the vitamins and minerals it needs to fight ovarian cysts and PCOS. Unfortunately, this is not the case. You simply cannot depend on food alone to provide you with all of the nutrition you need to fight diseases and maintain your health.

The fact is that much of the food you eat is processed in one way or another. The fabrication and genetic modification processes of food destroy its vital fragile nutrients. The ways in which our food is stored and transported and the chemicals and pesticides added to your food to give it longer shelf life also diminish its nutritional value.

Grains are not sprouted any more. Oils are hydrogenated and refined, and instead of the rich natural minerals of the soil that the body requires, poor minerals are added to the soil where plants grow.

As a result, most of our plants contain little or no minerals. Plants are polluted with pesticides and herbicides, and so is our water. These toxic chemicals strip our sustenance of its vital nutrients.

Due to that fact, it's almost impossible to get all the vitamins and minerals our bodies need from the food that we eat.

As you already know, three of the primary factors contributing to ovarian cysts are poor nutrition, hormonal imbalance, toxic buildup and insulin resistance.

Now that you have altered your dietary habits and optimized your digestion, it is time to complement your body with the essential vitamins, minerals and special supplements to boost your immune system capabilities to give your

body the “force” (energy) it needs to properly get rid of toxins, normalize hormonal production, control insulin resistance and help the body heal and rebuild itself from within.

The following is a list of supplements specifically designed for individuals with ovarian cysts condition. They will enhance your immune system, complement your body with the missing vitamins and minerals required to fight free radicals and speed up the healing process.

Take these supplements on a daily basis, and you’ll quickly be amazed by the new energy and vibrancy that enters your life. These supplements will significantly improve your PCOS/ovarian cysts symptoms, boost your mental abilities and make you a happier and much healthier person physically and emotionally.

The following supplements can be found either online or in any health food store:

## Essential Fatty Acids (Obligatory)

One of the main causes of hormonal imbalance in the human body is an insufficient level of prostaglandins, which are chemicals that help regulate hormones as they communicate between hormones and human cells. The more hormones your body produces (during menstruation, for example), the more it needs prostaglandins to stabilize and regulate these hormones. The only problem is that the body cannot manufacture sufficient amounts of prostaglandins without the proper raw materials.

These raw materials are the essential fatty acids (EFA).

EFA's also support the immune and nervous system.

EFA's are found in cold water fish such as salmon or cod liver, sunflower seeds, borage, walnuts and safflower oil.

Omega-3, omega-6, and omega-9 are the essential fatty acids your body needs to produce the critical prostaglandins. However, it's not enough that you consume foods rich in EFA like salmon and walnuts. You need to have the proper balance of these EFA's in order for your body to effectively produce these prostaglandins.

Because a typical Western diet (even a healthy diet) is rich in omega-6 and omega-9 (olive oil, canola oil) but poor in omega-3, you'll obviously need to balance your EFA intake by consuming more cold fish oil and walnuts that are rich in omega-3. The recommended ratio is twice the amount of omega-3 than omega-6 and omega-9 combined.

Taking EFA supplements will ensure your body has all the raw materials it needs to produce the necessary prostaglandins to stabilize your hormones.

PCOS and ovarian cysts are characterized by excess or deficiency of: insulin, testosterone, cortisol, estrogen, progesterone, prolactin, follicle stimulating hormone (FSH), luteinizing hormone (LH), thyroid stimulating hormone and

the thyroid hormones T3 and T4. EFAs will help your hormones do their job more effectively while achieving the overall balance of these hormones.

EFAs will also help control excess insulin production (Recent studies show a strong link between fatty acid composition and insulin action).

The product that I recommend is Cod Liver oil by Carlson:

Recommended amount per day: 3 softgels.

Available at: <http://www.amazon.com/CodLiverOil>

### **Coconut Oil (Obligatory)**

Coconut oil is extremely beneficial for an ovarian cysts condition in many ways. Here are some of them:

- Protects the EFAs from oxidizing if you mix it with them
- Stabilizes blood sugar levels
- Helps improve liver function
- Directly fights candida and other blood pollutants and parasites
- Improves digestion.
- Add 3 tablespoons a day to your EFAs.

Extra virgin coconut oil is available at: <https://amzn.to/37uumCV>.

### **Women's Balance by Kokora or Progesta + (Obligatory)**

As mentioned earlier, since progesterone is the hormone responsible for signaling the end of ovulation and thus causing the remaining follicles to dissolve, taking natural progesterone from wild yams fats can dramatically help your ovarian cysts to disappear. Natural progesterone should be taken from day 10 to day 26 of the menstrual cycle.

Order at least two bottles of Women's Balance by Kokora:

<https://amzn.to/2OFATSp>

Alternative: Progesta+ from <https://amzn.to/37Ahb34>

### **Vitomegawomen Multivitamin (Obligatory)**

Vitomegawomen is a powerful and unique multi-vitamin/mineral formula that provides the highest nutritional value, including essential antioxidants such as vitamin C, vitamin E, selenium, zinc, and betatene to deal with chronic inflammation. The formula is also hypoallergenic and gentle and thus can be tolerated by most women.

Available from:

<http://www.amazon.com/Vitomegawomen>

### **B-Complex Vitamins (Obligatory)**

B-1 (thiamin), B-2 (riboflavin), B-3 (niacin), B-5 (pantothenic acid), B-6 (pyridoxine)

These vitamins are mainly responsible for healthy nerves, skin, eyes and metabolizing and digesting food, which is essential in controlling ovarian cysts. It's naturally found in bee pollen and royal jelly. <https://amzn.to/2sd0Zog>

The recommended amount per day is 50 mg each (1 capsule of vitamin B-complex).



**NAC (N-Acetyl Cysteine) (Obligatory)**

NAC (N-Acetyl Cysteine) maintains the proper functioning of the lungs and supports the immune system and liver function. NAC is also a powerful antioxidant. It acts as mucolytic and increases levels of glutathione in the body. It can also be useful for insulin resistance and improving fertility.

A recent study shows that NAC dramatically reduced testosterone levels and homocysteine levels and had a significant positive impact on insulin secretion and insulin resistance in 6 lean and 31 obese women with PCOS who participated in the study.

Available from:

<http://www.amazon.com/Nac>

**d-Pinitol 600 (Obligatory)**

d-Pinitol is a naturally occurring compound that can be found in foods. Certain natural substances can be beneficial to support and maintain ovarian health in women. Potentially effective approaches include dietary modifications designed to improve insulin sensitivity and supplementation with D-chiro-inositol (or d-pinitol), vitamin D, and chromium. Regular use of these strategies can help promote, improve, and support ovarian health and insulin sensitivity, resulting in overall positive health benefits.

In one study, D-chiro-inositol was given to 44 obese women with PCOS (1,200 mg once a day) or placebo for eight weeks. The D-chiro-inositol group had ovulated more, showed a dramatic improvement in insulin resistance, and had a 55% reduction in testosterone levels compared to the placebo group.

Suggested Dosage: 1–2 capsules twice daily with meals.

Available from:

<http://www.drhoffman.com>

**Vitex 750 - Chaste Tree Extract (Obligatory)**

VITEX 750 contains a high dose Vitex extract that is fortified with Vitex essential oil making it a powerful clinical tool to support women during times of hormonal change. Vitex helps maintain healthy prolactin and hormonal balance during the monthly menstrual cycle. Vitex helps support breast comfort and a normal healthy attitude and mood during the menstrual cycle. Vitex also helps maintain normal ovarian function, trigger the production of progesterone and helps women with lack of ovulation or infertility.

Available from:

<http://www.amazon.com/product.php?productid=16596>

**Cinnulin PF (Highly Recommended)**

Cinnulin PF® is the only patented aqueous cinnamon extract available and is manufactured through an innovative water-based process using no chemical solvents. Cinnulin PF is produced from a superior source of cinnamon bark, validated to have the highest concentration of active Type-A Polymers that have been shown to support healthy blood sugar metabolism and cholesterol management, weight management and displays potent antioxidant properties.

Recent studies showed that the consumption of cinnamon reduced insulin resistance in fifteen PCOS women.

Not to be taken by pregnant or lactating women.

Available from:

<http://www.amazon.com>

### **Vitamin C (Recommended)**

A powerful antioxidant that protects the essential fatty acids, vitamin C also speeds up the healing process and enhances thymus function. It also neutralizes toxins and reduces stress.

Vitamin C is naturally found in red bell peppers, oranges, lemons, watermelons, kiwi, strawberries, green leafy vegetables, broccoli and parsley.

You can provide yourself with vitamin C simply by eating organic citrus fruit or strawberries in the morning. Squeezing organic lemon juice and diluting it with water cannot only provide a high quality of vitamin C, it also cleanses your system when taken on an empty stomach.

The recommended amount per day is 1000 mg.

Available at:

<http://www.amazon.com/VitaminC>

### **Vitamin E (Recommended)**

One of the most powerful antioxidants available, protecting the body from free radicals and preventing polyunsaturated fats from becoming oxidized, vitamin E helps repair skin damage, speeds up the healing process and enhances thymus function.

Naturally found in avocados, carrots, celery, leek, lettuce, parsnip sweet potatoes, Brussels sprouts, cabbage and spinach, whole wheat flour, whole wheat bran, whole grain cereals, oatmeal, soy beans, legumes, raw unadulterated honey, bee pollen, sprouted seeds and sweet potatoes.

The recommended daily amount is at least 400 IU in the form of natural, dry d-alpha tocopherol.

Available at:

<http://www.amazon.com/VitaminE>

### **Borage Oil (Recommended)**

**Adding extra amount** of Borage oil to the Total EFA blend, to ensure proper GLA intake and the production of anti-inflammatory hormones, has yielded tremendously positive results with some PCOS women especially among women who have ovarian cysts or go through painful PMS symptoms.

You can find Borage Liquid Gold by Health From the Sun's at:

<https://amzn.to/37weHTn>

### **Colostrum (Recommended)**

Colostrum is one of the best and most effective supplements to support the immune system. With the help of 36 different immune elements, colostrum boosts and regulates the immune system and fights infections in the gut like no other supplement available.

Lactoferrin, found in Immunecare Colostrum, has great anti-bacterial, antifungal and anti-viral properties.

Colostrum has been found to be very effective at autoimmune disorders typical among women with PCOS.

Colostrum is available from <https://amzn.to/37JZ62S>.

The above product contains both lactase and protease enzymes, which help break down the lactose in milk and thus prevent the typical problems associated with dairy consumption.

## **Lemon & Apple Cider Vinegar (Highly Recommended)**

Taking organic apple cider vinegar with lemon juice on a daily basis has been scientifically proven to have blood sugar lowering effects.

It is recommended that you take 1 tablespoon of organic ACV (Bragg's) with half a cup of freshly squeezed lemon juice each day.

## **Thymulus**

Taking 2 capsules daily of Thymulus (an excellent Thymus gland Extract that enhances immune function by improving thymus gland activity), will provide the body with 750mg of crude polypeptide fractions. Available here:

<https://amzn.to/2QNCFDH>

## **Milk Thistle**

Milk thistle is known to protect and regenerate the liver. It can cleanse and regenerate a clogged and overburdened liver and strengthen it. One of the tasks of the liver is to cleanse the blood and normalize hormonal production. Giving your liver a boost with milk thistle will enable it to effectively cleanse the blood and eliminate skin problems such as acne, psoriasis, eczema and ovarian cysts.

<https://amzn.to/37An3tj>

## **Dandelion Root**

Dandelion root is a popular and effective herbal remedy. Dandelion root will strengthen the entire body, especially the liver and gallbladder, reduce inflammation and aid in digestion.

To boost your system with the powerful properties of dandelion, you can drink it in the form of tea: <https://amzn.to/2OiO2C7>

## Step 3: Internal Cleansing And Liver Detoxification

Congratulations for getting so far! Now it is time to lay the foundation for cleansing and re-generating your bowels, liver and kidneys.

This step involves a 3-day juice cleansing followed by a 7-day parasite cleanse.

### Why Cleanse?

A good cleansing program will not only release you from many disease symptoms (which manifest themselves as PCOS, acne and hormonal disorders such as ovarian cysts), it will also give you mental clarity and a serious boost of energy and freedom from many negative thoughts and feelings.

When the digestive system becomes sluggish and over-toxic, it becomes weak and far less efficient. Toxic bowels lead to blood intoxication and a sluggish liver. A weak and sluggish liver that is incapable of handling the over-acidity and toxic overload will release toxins to other parts of the body such as the kidneys, heart, brain, skin, lymph, etc. The result is symptoms of diseases related to the organ where toxins have chosen to settle. Before any disease such as PCOS and ovarian cysts can be permanently overcome, these toxins must be removed.

A deep cleansing program will eventually help the body release toxins from the liver, kidneys and lymphatic system. If followed by a liver purge, it will strengthen and boost the function of these vital organs of elimination, resulting in a more balanced and effective internal system capable of self-healing and handling many conditions such as ovarian cysts.

The easiest and cheapest way to cleanse the colon, blood and lymphatic systems is by conducting a series of juice cleansings combined with several detox stimulation techniques. This is done by using mediums that absorb

toxins such as drinking herb teas and conducting enemas as discussed later in this chapter.

## **Cleansing And Ovarian Cysts**

PCOS and ovarian cysts, as well as many other metabolic/hormonal disorders and illnesses, respond remarkably well to the process of cleansing as eventually most symptoms associated with the disease practically vanish.

The 3-day juice cleansing is a crucial step in the Ovarian Cysts Miracle™ System. You will cleanse and rebuild the organs of elimination, help your body expel accumulated toxins and normalize hormone production.

**Note:** If you have moderate to severe PCOS symptoms or enlarged painful cysts, I would strongly recommend combining the juice cleansing session with one of the excellent cleansing kits available here:

[Nature's Secret 5-Day Cleanse Kit](#)

## **What Is Fasting?**

Fasting is a simple technique where one refrains from consuming any foods or specific types of foods for a certain period of time, which allows the body to recover and heal itself. It is a fact that our bodies have the powerful ability to heal themselves.

When we consume food, the body is busy digesting, processing, analyzing and assimilating. When we go through stressful periods or participate in physical activity, the body is unable to focus on evacuating toxins that have entered and are being stored in our system. When we fast, the body automatically concentrates its energy on eliminating poisons and cleaning the system; it will recover and heal itself from the various disorders and afflictions it may have.

The principle is simple – we let the body rejuvenate and heal itself through the power of not eating.

## **Why Should You Fast?**

The body is limited in its ability to evacuate and eliminate vast amounts of accumulated toxic chemicals and foreign materials that were inhaled, created through stress and anxiety or entered through the system with toxic foods we consumed. These toxic metals and other pollutants are hazardous to our health as they enter the blood stored in our tissues and vital organs. These poisons create a significant burden on our elimination organs such as the intestines, kidneys and liver.

As soon as these toxins enter our system, the body is in fact already in a state of disease. When the body isn't able to handle the amount of toxins in the blood accumulated in a certain organ, we become sick.

Since a sick person's system is loaded with all kinds of toxins (different types of metals, medication, metabolic waste, etc.), the body searches for emergency ways to discharge itself from these poisons. Often the organ



through which the body chooses to expel its waste becomes afflicted with symptoms of a disease relevant to its nature.

If the body tries to evacuate poisons from the lungs, you may catch a cold. If it evacuates toxins through your feet, you get athlete's foot. There are various symptoms of overload toxic buildup such as headaches, stuffy nose, allergies, confusion, diarrhea, etc.

The skin is an alternative way for the body to discharge itself from the overload of poisons. It's believed that chronic diseases develop once the body enters a state of extreme intoxication where organs are partly or completely destroyed beyond repair.

Fasting is an excellent way to relieve the body from accumulated toxins and allows it to strengthen, heal and fortify itself. Eventually, the fast will cleanse the bloodstream, cells, tissues and internal organs in general to prepare them for the extreme process of healing.

### **Types of Fasting**

Many types of diets are also referred to as fasts although they are not. Fasting in the strict sense of the word is simply avoiding any type of food. In that sense juice cleansing or apple/cucumber cleansing are not fasts but mono-diets.

However, for starters these diets are a great way for newbies to get their feet wet and practically experience fasting. These mono-diets can also function as preliminary stages prior to liver flushing or water fasting but not as a replacement.

With that said, unlike apple or cucumber fasts, juice cleansing is a lot more beneficial. It not only expels accumulated toxins from your body and allows it to rest (unlike mono-diets, the digestive system rests during liquid fasts) but it also allows more intense cleansing while supporting the body with a variety of

nutrients that supply energy and vitality – unlike mono-diets that are limited in their nutrient supply to the certain fruit or vegetable consumed.

That is why I always prefer juice cleansing to mono-diets.

Water fasting is very effective when it comes to healing severe or chronic diseases, yet it is not recommended for inexperienced fasters and cannot be combined with regular daily activities. It is always recommended that you start a juice fast plan and “slip” into a water fast to make cleansing and body reactions less intense.

Fasts that are under a week are considered short fasts. While a 1-day fast, if done regularly each week, can strengthen the immune system and credit you with vigor and vitality, 3-day fasts will give your body a real opportunity to “get to work” and make general “arrangements” in your “house.” In 3-day fasts (including juice fasts) the body will be grateful as it is given time to thoroughly cleanse your system out of years of accumulated toxic waste.

## **General Fasting Guidelines**

### **Finding The Time And Place**

The ideal time for fasting is a time of relaxation when you are not placed under a lot of pressure or stress or required to invest a lot of energy. That is why a vacation is an excellent and effective time for fasting.

Bear in mind that healing will not happen if you spend your fasting during emotional or mental stress. A fasting period must be a time to save your energies. You must also make sure you fast in a place where there are minimal or no distractions.

Another important factor to consider is the weather. The transitional seasons are best for fasting, whereas fasting in cold weather would be ill-advised as the body temperature in times of fasting is low due to a lack of calories, and it will be easier to get cold when temperatures are low.

I usually conduct my fasting sessions either from Friday till Monday and in the warm holiday seasons.

### **What To Eat Before The Fast**

Fasting is a challenge, as you prepare your body for the extreme transition between solid foods and liquids. You must also prepare yourself mentally for the change.

### **Pre-Juice Cleansing Diet**

An effective pre-juice fasting diet spans a period of at least 3 days before the actual fast. An optimal pre-juice cleansing will consist of salads, juices and fruits. You should avoid consuming refined carbohydrates, bread, dairy products, fish and any kind of meat. It is also important to drink a lot of water.

On the first day of your pre-juice cleansing diet, you should eat cooked vegetables in addition to raw salads, fruits and juices. On the second day you

should stick to plain raw salads and raw fruits and drink plenty of juices. On the third day it is recommended that you eat only fruits and juices.

Be sure to follow the guidelines for optimal digestion.

Another option is to have the mono-diets as your pre-fast diets. You can have one day of strictly eating apples and two days of only grapes. You can replace the apples or grapes with sprouts and achieve even greater results, as all these types of foods are very effective cleansers.

### **Breaking The Fast**

Our hunger instinct is extremely powerful, and it can be deceptive. Breaking the fast at the right time, especially fasts longer than 3 days, is an instinct you develop as you gain more experience in fasting. It is very important to really feel and know when the best time is to stop fasting. It's also very hard to guess. You must not only know when to stop, but you must also know how.

Jumping to Burger King and having a Whopper at a time when your liver, kidneys, heart and bowels are in a very sensitive state can cause a stress that may even be fatal. You don't want to stretch the fasting period beyond your needs either. You must control your ego here.

The rule of thumb is to listen to yourself, and listen to your needs. Try to distinguish between a false hunger drive and a real craving for food. The main difference between the two is that hunger is more gradual and starts as mere curiosity with thoughts of food and develops slowly. False hunger is more like a temporary panic attack. This is not hunger; it's your mind fooling you. When you get hungry, you'll know it. Trust me on this.

The gradual craving for food has typical forms such as cheating a little bit and developing a curiosity for food-related subjects, etc. If it's your first long fast, it is recommended that you stop the fast at that point.

Followed by the gradual craving for food comes real hunger. When you experience it you will know. When you reach this point you must stop the fast. Otherwise, you will simply be starving yourself.

When you break the fast, start by consuming foods with high water content (lemons, limes, cucumbers). Then you can work up to rich protein nut milks. You can start eating soups and plenty of fruit, non-starchy vegetables and some whole non gluten grains. About 24 hours later you can start eating fats and grains as normal.

### **Important Guidelines**

Eat like a baby -- in small doses -- and eat slowly.

Stimulate the digestive glands by adding celery and clover to your menu.

Broaden your menu with green leaf salads including avocado, tamari and sesame seed dressing (Tahini).

Eat nuts in small quantities only.

You should broaden your menu only after 2 or 3 days with whole non-gluten grains and cooked vegetables (broccoli, potatoes, beans).

**Tips For A Successful Fast**

- Take an Epsom salt bath.
- Meditate.
- Turn off the TV.
- Go for walks by yourself.
- Turn off your cell phone.
- Limit your conversations with people.
- Get a good night's sleep.

## Three-Day Juice Cleanse

### Introduction

The Three-Day Juice Cleanse is a liquid diet consisting of only vegetables, fruit juice, other liquids and water. The juice extracted from raw fruits and vegetables is rich in phytochemicals, alkaline elements, vitamins, minerals, enzymes and natural sugars all absorbed directly into the bloodstream. It requires no effort from the digestive system.

When you do juice cleansing, you mix a lot of different concentrated and powerful fruits and vegetables such as carrots, parsley, celery, green peppers, lemon, etc., into one glass. By doing that you allow the digestion system to easily absorb most of the vegetable/fruit value.

Juice cleansing is much safer and easier than water fasting because it supports the body nutritionally as it gently and safely cleanses and detoxifies it, allowing it to focus entirely on healing itself. Only after you have removed years of toxic buildup should you take a step forward and start water fast, which is far more intense.

Juice cleansing operates on two levels. It expels accumulated toxins from your body, and it supports it with a variety of nutrients that supply energy and vitality. Juice cleansing supplies the body with sufficient nutrition and calories, giving you enough energy to go to work, study or whatever. Although you don't really need to change anything in your routine while on a juice cleansing, I recommend that you strive to relax during this time and refrain as much as you can from hard physical activity.

Juice cleansing has freed individuals from most diseases, even chronic diseases such as leukemia, arthritis, cancer, high blood pressure, liver and kidney disorders, skin infections and ovarian cysts.

During juice cleansing, a lot of metabolic changes occur and a great quantity of toxins are released from the colon, bladder, liver, kidneys, lungs and skin.

The lymph and blood are detoxified. By the third day of your juice cleansing, you lose cravings for food and your digestive system is at rest, allowing your colon to expel years of disease-causing toxic buildup.

If you find it really hard when on the first 3-day juice cleansing, you may incorporate slices of banana or avocado into your juicing routine, though this is not recommended as it will slow down the healing process.

As to how much you should drink, I can only say drink as much as you please; however, you must minimize acidic and high-sugar fruit juices. They can require the pancreas to produce excessive levels of insulin, which may contribute to ovarian cysts.

One last recommendation: Strive to buy certified organic fruits and vegetables instead of regular ones. Vegetables, especially leafy ones that are not organic contain a high value of pesticides that would also be absorbed into your system (see also “Cleaning Your Vegetables and Fruits”). Also, make your own juices. On no account should you replace freshly squeezed juices with pasteurized juice or V8 bottled juices.

### **The Holy Grail Of The Ovarian Cysts Miracle™ Juicing Plan**

The only way to maximize the effect of a juice cleansing on your PCOS and ovarian cysts condition is by following the guidelines below to the best of your ability.

Consume as many “green” drinks as possible while minimizing your consumption of fruit and starchy or sugary vegetables. Don’t forget wheatgrass.

Drink a lot of filtered water (not tap) and herb teas while minimizing nut milks.

If you must take vitamins, take only water-soluble vitamins. Take your EFAs and Primal Defense daily, but don’t take any minerals.



It is crucial to stimulate the organs of elimination and help them discharge toxins during the fast (liver, kidneys, lungs, intestines and skin).

It is crucial to prevent the re-absorption of toxins into your blood by using daily enemas and drinking bentonite shakes.

Follow the [stress control](#) and [sleep optimization](#) plans.

### **Cleaning Your Vegetables And Fruits**

Vegetables and fruit that are not organic usually contain high levels of bacteria, pesticides and parasites. Some vegetables and fruit are more available in their organic form than others. For example, it's much easier to find organic carrots in a local supermarket or health food store than it is to find organic beets or celery.

Agricultural chemicals are hard to get rid of. Some chemicals are even found in organic vegetables. With the proper means and techniques, however, it is possible to rid vegetables from some of their chemicals and parasites.

The most common method is using 4 teaspoons of salt and lemon juice in a sink full of cold water. The vegetables are then soaked with the water and rinsed. You can also put your vegetables in boiling water. It will kill most of the germs, but this method isn't suitable for the more fragile vegetables such as lettuce.

## Basic Juice Blends

### Fruit Combinations

- Watermelon, grapefruit
- Apple, watermelon
- Apple, pear, pineapple
- Apple, grape
- Apple, cranberry
- Apple, pear
- Pear, yam
- Watermelon, lemon
- Pineapple, sweet potato

**Important:** Due to the high amounts of sugar found in fruit, if you suffer from candida infection you should limit the intake of fruit juices to a maximum of one serving per day. If you have severe candida infection, fruit juices should be avoided. Lemons and limes are an exception to that rule.

## Carrot combinations

- Carrot, beet
- Carrot, beet, green pepper
- Carrot, beet, green pepper, parsley
- Carrot, cabbage
- Carrot, spinach
- Carrot, apple, alfalfa sprouts
- Carrot, spinach, kale, red pepper
- Carrot, celery, cilantro, garlic
- Carrot, parsley, cucumber, radish
- Carrot, mango
- Carrot, apple, ginger
- Carrot, celery stick, potato, radish, beet

**Important:** Carrots and beets supply you with a lot of energy and vitality.

However, due to a high sugar quantity found in carrots and beets, if you suffer from candida infection, you want to limit the intake of carrot and beet cocktails to a maximum of one serving per day. If you have a severe candida infection, carrot combinations should be avoided.

Warning: Never take beet juice alone. Always mix it with other fruits or vegetables. Beet is a very powerful cleanser, and if taken alone it may cause the healing symptoms to become highly intense.

## Green combinations

- Celery, spinach
- Celery, spinach, tomato
- Celery, spinach, tomato, cabbage
- Celery, spinach, tomato, cabbage, lemon
- Celery, spinach, tomato, cabbage, dill, garlic
- Celery, spinach, tomato, cabbage, cayenne, dill, ginger
- Celery, fennel (anise), cucumber
- Tomato, cabbage, garlic, lemon
- Lettuce, cabbage, celery, lemon
- Lettuce, spinach, cucumber
- Lemon, radish, beet, slice of Spanish onion, sweet potato, celery

Note: Green vegetable combinations are excellent nerve tonics, detoxifiers and blood cleansers. One drink of green combination a day will provide you with more than enough of these.

There is virtually no limit to green vegetable juice intake. I usually drink between one and two liters of green juice daily when I am on a juicing fast.

## Wheatgrass – The King Of Greens

Wheatgrass is probably the most powerful juice available on earth. It has large quantities of chlorophyll, the green pigment found in plants (also called the blood of the plants) that has great healing powers.

Wheatgrass cleans the colon, alkalizes the blood, heals wounds, purges the liver, increases enzyme activity and has lots of vitamin E and antioxidants.

The recommended serving is 2 ounces daily on an empty stomach. Don't drink too much too soon. It can lead to hyper-detoxification, which can result in nausea.

## Other Liquids

Besides juices and water, there are several healthier options to choose from. You can drink herb teas or nut milks, for example.

## Herb Teas

Herb teas are made of freshly cut dried herbs known for their culinary and medicinal values. They contain no caffeine and are highly therapeutic. Some herb teas will assist you with nausea and your appetite. Some will supply minerals and vitamins, and some like comfrey are very nutritional. There is almost no limit to how much herb tea you can drink during the fast.

Examples of therapeutic and nutritional herb teas are parsley, peppermint, cloves, alfalfa, comfrey, capsicum, chamomile, rose hips and kelp.

To stimulate digestion use clove, cinnamon, nutmeg.

To stimulate the bowels use licorice, cascara sagrada.

Liver cleansing herbs include dandelion, burdock and yellow dock root (available separately or in the daily detox tea package at:

<http://www.amazon.com/DetoxTea>

Herbs rich in magnesium include kelp, parsley, garlic and peppermint

Herbs rich in vitamin C include oregano, comfrey, rose hips and strawberry leaves.

Herbs rich in calcium include dandelion, chamomile and kelp

## Nut Milks

Nut milks are great appetite breakers, and they are usually good for long fasts (more than two weeks) when some people's appetites develop to uncomfortable levels. Almond and sesame milks are very effective at breaking

an appetite for protein. They are good as pre-fast diets, especially for beginners.

Mix these nuts with a teaspoon of honey and a cup of water once in two days only when you're on long juice cleansing and when you start feeling a craving for food. These nut milks are extremely high in protein and fat and are very nutritious.

Avoid cashews as they form a cashew purée (considered a breach of a fast), and their fat may slow down the detoxification process.

### **Note About Protein And Fasting**

Protein exists in every plant on earth. It's nothing but a myth that good sources of protein can only be found in rich protein foods such as meat and cheese. Nut milks as well as wheatgrass powder can be good sources of protein during a fast but should be taken sparingly. In a detoxifying process, protein is not needed. You can live without protein for extended periods of time. However, an abnormal craving for rich protein foods during a fast is a clear sign that it is time to end the fast.

### **Apple Cider Vinegar**

This is a powerful antiseptic and antibiotic drink. You should buy only raw and unfiltered apple cider made from organic apples. This drink will act as a powerful cleanser and will help maintain the acid-alkaline balance in your intestines. Add one tablespoon to a glass of water each morning on an empty stomach.

### **Digestive Enzymes**

To improve the breakup of plaque that builds in the bowels, take digestive enzymes on a daily basis. I recommend: Garden of Life Omega Zyme Caplets. These are available on the web at <https://amzn.to/2KNtgZd>

Take the enzymes in the morning accompanied by a slice of fresh ginger with plenty of purified water.

## **Water**

Whatever you do, don't forget water. Water is a powerful cleanser that flushes all kinds of liquids from your bladder and kidneys and digestive tract. Water is extremely nourishing and also contains lots of valuable minerals.

It is highly important to drink only pure water. No tap water is allowed. These waters are polluted in ways that make it a global problem. Avoid using distilled water also. This water is dead water. Try to avoid drinking spring water, which *is* what it is named after – spring water. Like the water in most of our lakes and rivers, it is not pure. Stick to filtered or mineral water.

Mixing lemon juice in water also has a laxative effect that stimulates the digestive system. Squeeze half a lemon into warm water. Drink your citrus blend immediately after rising in the morning and before having the bentonite clay and psyllium shake.

## **During The Juice Cleanse**

### **What To Look Out For During Juicing**

If you have diabetes or low blood sugar, avoid sweet juices as you do with sweet foods. Be on the alert for any allergy symptoms. These are healing symptoms that may be similar to the symptoms of flu (fever, ovarian cysts, muscle aches, weakness, bronchitis, asthma). Bear in mind that this is simply the reaction of your body to the vast amount of toxins that are now in your blood stream. Wherever these toxins go, the organ they're passing through will show the symptoms of that organ-related disease. If they are trying to get out through your lungs, you'll get asthma, through your skin and you'll get rashes and ovarian cysts. But don't panic. These healing events are short-lived, and the more intense they are, the better your reward is afterwards.

Important note: If your symptoms are truly extreme (for example, if you have a very high fever), it may be time to break the fast. By consuming food, you'll dilute the toxics in your blood stream and feel at ease.

### **How To Drink Your Juices**

Especially when it comes to vegetable and fruit juices, it is highly recommended that you “chew” your drink and warm it in your mouth so it will reach your body's temperature. Your juice will get mixed with saliva, which will assist your body in absorbing all the nutrients found in the juice.

Also, leave your vegetables outside your fridge for half an hour before you juice them. It will help the enzymes work even better.

### **Exercise**

Exercise is always advisable. It provides oxygen to the skin cells, and by increasing the flow of blood it also shortens the healing process of the skin and cleans it from within.



During fasting and detox diet, it's important to get involved in some exercise activity.

Aerobic exercises such as swimming, walking, jumping on a trampoline and biking are the best because they require an effort from the respiratory system without too much stress and energy. Thus the lungs increase their activity and expel toxins. The lymphatic system also removes waste.

Yoga is another exercise that is very effective in releasing toxins, oxygenating the blood and relieving accumulated tension.

Note: Do not participate in a very extreme physical activity. You must keep in mind that you're on a strict diet, and it can cause fatigue and nausea. This includes running, jogging, weightlifting, etc.

## **Helping The Organs of Elimination To Remove Toxins**

### **Liver**

The liver is an important detoxifier. During a fast it neutralizes and filters toxins coming from other parts of the body as well as expelling its own. However, it is not busy processing newly digested food. This is the time to let the liver rest and clean itself. You can use juices such as wheatgrass, dandelion, parsley, lemon and grapefruit and add a tablespoon of olive oil to squeezed lemon juice to stimulate the gall bladder to release bile.

Cara sagrada and black cohosh are great as cold compresses on the liver and gallbladder.

You can also visit your masseuse and allow him or her to physically manipulate the liver to detoxify and pump the liver slowly and gently to release toxins.

## **Kidneys**

The kidneys have the very important role of purifying the blood and eliminating fluid waste. Drinking a lot of purified water during the fast is a real blessing to the kidneys. There are various herbs that can assist in kidney cleansing and help remove stones (parsley and gravel root, to name just two).

Cranberry, wheatgrass, cucumber and asparagus are also effective kidney cleansers. Taking vitamin C can aid in kidney infections if there are any.

## **Colon**

The colon's main function is to eliminate waste. In fasting there is still waste buildup in the colon pockets, and as they begin to empty, they contain a variety of toxins and acids. Unless these are eliminated, they will be reabsorbed into your colon, resulting in many symptoms such as allergies and headaches.

Using enemas, bentonite shakes will help the colon expel most of its toxins.

Wheatgrass and peppermint act as colon healers, whereas cascara sagrada and mandrake help with the expulsion of toxins.

Juices from apples and carrots serve as great laxatives. Practicing deep breathing may also help to regulate the elimination of toxins and help to heal the colon.

## **Lungs**

The lungs absorb and eliminate a great many toxins from the air you breathe each minute. Deep breathing techniques will help the lungs eliminate pollutants much more effectively.

Yoga breathing strategies such as nostril breathing can really aid the process. Drinking alacampange and comfrey herb teas combined with mild aerobic exercise can also help.

## **Skin**

The skin, the largest organ in your body, is expelling toxins all the time. You should treat it with the respect it deserves. While fasting, it's advisable to indulge your skin – brush it, clean it and scrub it to help it expel and eliminate toxins more effectively.

Make sure your skin breathes during fasting by avoiding synthetic clothing. Take short sun baths (don't burn yourself). Take daily Epsom salt baths and steam baths to accelerate toxic elimination. Rub vitamin E and aloe vera on the skin to prevent dryness.

## **Keeping A Diary**

A good habit to develop while fasting is to record your thoughts and feelings during the period you are not busy eating and digesting. A diary will externalize your deepest feelings, and you'll be able to follow changes in your attitude, notice your weak moments and differentiate between real physical hunger and pure boredom or temptation, which are only mental phenomena.

You will be able to observe and educate yourself from your fasting behavior. Note in your diary your interest in food and your anger about not having a "real meal." Usually when real anger occurs, it is a sign that the fast should end.

## **Vitamin And Mineral Supplements During The Fast**

Vitamins and supplements are solid food and thus are a breach of your fast if taken. Besides, you don't need vitamins during a fast as the highly nutritional juices (especially if organic) supply your body with almost everything it needs, and more, for that period of time. Vitamins can also disturb the delicate chemical balance of your system.

The only vitamins you are allowed to take are water-soluble vitamins such as vitamin C.

## **Preventing The Re-Absorption Of Toxins Into The Blood Stream**

### **Fiber And Fasting**

Taking fiber during fasting can slow down the healing process of the body because it stimulates the digestive system to work. By consuming only juice without fiber during your fast, you allow your system to rest and intensify the healing process.

However, without fiber, which is essential for sweeping toxins out of your body, toxins will not be expelled through the colon properly and may be reabsorbed into the blood. The following methods solve that problem.

### **Enemas**

No matter what negative associations the enema might stir in your mind, doing an enema once a day during a fast is not only compulsory but also very relaxing and even an enjoyable experience once you get used to it.

Enemas are simply meant to rinse your colon with water. Enemas are not intrusive. They are cheap and are done in the comfort of your own home. Enemas are, in a way, an idea of taking responsibility and treating your inside organs with respect. You must help your body discharge accumulated waste that it cannot expel by itself during the fast because there is no bulk of food to help the colon discharge the waste.

One of the reasons why you should pre-fast with raw vegetarian food is that it makes your stool soft and fiber-rich, which is far easier than a flush using water.

There are several types of enemas, I recommend using the water bag enema.

## The Process

- 1) Rinse the enema bag and fill it with lukewarm purified water. A mixture of salt and baking soda can be used to stimulate the immune system. About one teaspoon is enough.
- 2) Hang the bladder about three feet above the floor. This height makes the ideal water pressure.
- 3) Use a lubricant gel to lubricate the enema tip and anus.
- 4) You can lay on your side in a comfortable way or simply position yourself on the toilet. However, the optimal position, in my opinion and proven to be the most effective, is simply lying on the bathroom floor head down with your buttocks up.
- 5) Relax and plant the enema tip fully into the anus and keep a steady flow of water in. It's normal to feel slight cramps; however, if it doesn't feel comfortable, close the tap temporarily, relax and start again.
- 6) Repeat the process several times until the enema bag is empty.

It is advisable to massage your abdomen during the process. This will help the enema fluid enter deeply into the colon.

## Special Enemas

Depending on your purpose, you can add various mixtures into your enema water to make the procedure more beneficial. For example, you can add wheatgrass to your water, which can be very effective in stimulating the liver to purge itself and can alkalinize the colon. You can add acidophilus to re-establish the friendly bacteria or add vinegar to maintain the proper pH in the colon.

Believe it or not, two tablespoons of coffee (organic, fully caffeinated) when taken into the distal sigmoid colon only, can significantly accelerate the

detoxification and cleansing of the liver and gallbladder and is especially beneficial before conducting a liver flush.

You can get an enema bag at: <https://amzn.to/37AhLhc>.

## **Psyllium And Bentonite Shakes**

Psyllium and bentonite are known to be excellent colon cleansers. They create a bulky fluid as they go through the intestinal tract. They absorb and sweep food materials from blocked areas as they move.

Colon cleansers will help you get rid of a great deal of the food debris, which may have accumulated inside your colon. These powders should be consumed with lots of water in order to soften the bulk and prevent it from becoming too hard, which would make it difficult to pass through the intestine.

## **How to Make The Shake**

Mix one tablespoon of liquid bentonite with one tablespoon of psyllium in a glass of water. Take it in the morning, and remember to drink it immediately so you don't end up with a glass full of gel.

## **Intestinal Bacteria Replacement**

Hormones, antibiotics, drugs and other toxins have a devastating effect on the friendly intestinal bacteria that are so essential in helping the body fight candida, absorb vital minerals and vitamins, get rid of the toxins that have accumulated due to constipation and maintain the proper pH in your gastrointestinal tract.

When you fast, large amounts of toxins are expelled from the lymph glands that also affect the survival of the beneficial bacteria. The use of an enema also depletes the friendly bacteria.

Therefore, it is mandatory during fasting to make an effort to re-establish the friendly intestinal bacteria. The solution is quite simple. Take two capsules of

acidophilus and bifidus together with one tablespoon of goat's milk yogurt, and mix them together with a half-cup of warm water. Add this blend to the enema kit, and make an effort to keep the mixture inside your colon for at least 10 minutes.

By incorporating this procedure into your daily enema routine, you ensure the friendly bacteria will thrive during your fast.

### **Choosing a Juicer**

When searching for a juicer, besides obvious factors such as quality and price, you must take into consideration another highly important factor. Your juicer of choice must be capable of operating at low speeds so it will not damage the juice by having it absorb too much oxygen, heat up the juice and deplete it of most of its vital fragile nutrients.

While most juicers operate at high speeds from 1,000 to 24,000 rpm's (revolutions per minute), low rpm speeds will ensure the preservation of the quality nutrients without destroying the natural flavor of the fruit or vegetable. A juicer should be easy to clean and should not be limited to juicing soft fruit only. Vegetables etc. must be taken into account too.

I found the Omega Model 8003/8005 to be the only cost-effective juicer having all the above qualities and more.

It juices all types of fruits, vegetables, wheatgrass and even other solid foods such as coffee beans, pasta and nut butters. It has built-in "reverse" that prevents clogging, turns at a slow 80 rpm's, prevents heat from building up and is very easy to clean.

You can find out more on the Omega Model 8003/8005 juicer at:

<https://amzn.to/2V5djT8>

## Getting Rid Of Parasites – One-Week Program

No cleansing protocol is complete without killing the parasites that inhabit your system.

Parasites are living organisms that eat, lay eggs and secrete toxins into your blood stream. They live off the food you supply them with (especially sugar). They grow healthy and fat and may remain in your body for decades without you even knowing it.

These parasites reproduce inside your body, feeding on minerals such as calcium. They eat essential protein and damage your lungs, joints, nervous system and liver. This results in many illnesses such as severe allergies, arthritis, anemia, digestive problems, PCOS, ovarian cysts and more.

Some parasites can grow up to 15 inches long, inhabit your digestive tract and secrete toxins that create toxic overload.

The most effective and natural way I have found to eradicate parasites is by taking wormwood, cloves, black walnut and garlic daily for the whole week. This will kill most parasites.

Note: as parasites secrete ammonia (which is a powerful toxin), you might feel slightly ill in the process, but don't panic. It is only temporary.

An excellent black walnut and wormwood tincture is available at:

<https://www.amazon.com/BlackWalnut>.

**Note:** Start small; take about 5 to 10 drops of black walnut tincture in water. Take a few capsules of wormwood, and a few capsules of ground cloves. Take them all on an empty stomach 2 to 3 times a day. Increase the dosage a little each day for six days.

Another good alternative for killing parasites is to consume plenty of raw garlic. Just be careful. Garlic can encourage a life of solitude. Raw pumpkin



seeds are also a good source and contain fatty acids that help in parasite eradication.

Due to its tremendous nutritional value, coconut oil is also highly effective for killing parasites. It should be added to your menu even if you experience no symptoms of parasites.

A good quality extra virgin coconut oil is available at:

<https://amzn.to/37uumCV>.

Throughout the week, make sure you adhere to the 6 dietary principles outlined in Step1.

## **Liver Detoxification**

The liver is a remarkably complex and important organ when it comes to maintaining overall health. This is especially true when it comes to PCOS and ovarian cysts patients. Maintaining a healthy liver by promoting liver detoxification is one of the most crucial factors in the successful overall control of PCOS symptoms and for the treatment of ovarian cysts.

Since the liver is responsible for the production of physiological substances essential to the immune system, hormonal balance, maintaining blood sugar control, improving your fertility and is also one of the major producers of the lymph and helps removing cellular debris, yeast and viruses from the body (with the help of white blood cells), compromised liver function or liver damage can suppress the immune system lead to hormonal imbalance, insulin resistance and thus exacerbate PCOS and the development of ovarian cysts.

Improving liver function and enhancing liver detoxification involves 5 protocols:

1. Following a healthful balanced low-fat diet based on whole non-gluten grains, fruit, beans, nuts, seeds and non-starchy vegetables. The diet outlined in Step1 will provide the liver with the essential nutrients it needs, including

super foods such as garlic and onions that improve its function, while avoiding foods such as refined carbohydrates, hydrogenated oils, alcohol and saturated fats that compromise the liver.

2. Taking high-potency minerals and vitamins. The minerals and supplements outlined in Step 2 such as the antioxidants and B vitamins will protect the liver from damage and help with toxin elimination.

3. Fasting. The 3-day juice fasting outlined in Step 3 will greatly enhance liver detoxification and help remove heavy metals and other toxic compounds.

4. Taking specific supplements to protect the liver. This can be achieved by taking the following:

### **Silymarin**

This is a group of flavonoid compounds extracted from milk thistle. These compounds protect the liver from damage (using their highly potent antioxidant properties) and promote liver detoxification by preventing the depletion of glutathione and even increasing its content by up to 35%. (The greater the content of glutathione in the liver, the greater the liver's ability to detoxify).

Recommended daily dosage: 80mg-200 mg

Available at: <http://www.amazon.com/Silymarin>

### **Choline, Betaine And Cysteine (Lipotropic Agents)**

These nutrients promote the flow of fat and bile from the liver, improve liver metabolism and function, and enhance liver detoxification.

Recommended daily dosage: 1000mg Choline and 1000mg Cysteine

Available at: <http://www.amazon.com/Lipotropic>

5. Liver Flushing. This is a classic liver cleansing protocol used by alternative medicine practitioners to remove harmful chemicals and debris from the liver.

If you suffer from moderate to severe PCOS symptoms or multiple/enlarged ovarian cysts, this protocol might be helpful. See Appendix 4 – Liver Flush, for more details.

## **Getting Rid Of Environmental Toxins**

As already mentioned in the book, chronic exposure to environmental toxins such as xenohormones (petro-chemically derived pesticides, emulsifiers found in soap and cosmetics, plastics and 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.

These xenohormones also mimic estrogen activity in the body and cause hormonal imbalance (by damaging the ovaries that results in low progesterone levels, activating estrogen receptor sites, and by hindering the ability of the liver to produce estrogen), which can increase the risk of developing ovarian cysts.

The exposure of female embryos to xenobiotics (environmental pollutants that mimic the chemical activity of estrogen on the developing baby's tissues), damage the female ovarian follicles and make them dysfunctional. They are then unable to complete ovulation or produce sufficient progesterone.

You need to do everything possible to minimize your exposure to these environmental chemicals. This cannot be stressed enough.

While there is no escape from chemical pollution, including xenohormones, the PCOS diet and detoxification protocols outlined in the book will provide you with a diet that is as free as possible from environmental chemicals that disrupt your hormones and damage your health.

**Here are some guidelines for decreasing your exposure to these destructive toxic chemicals:**

1. Try to minimize your exposure to solvents, plastics, and cosmetic products that are made with petrochemical based emulsifiers and spreaders. This is true especially when you might be pregnant. Avoid fabric softeners, air fresheners, plastic clothing, plastic storage or heating using plastics.
2. Avoid the use of pesticides or house sprays for bugs, pets or for your lawn or garden.
3. Eliminate or minimize the consumption of processed/fabricated foods that are most likely to be contaminated with environmental chemicals. Always choose organic, clean and fresh foods. Follow the dietary guidelines outlined in Step 1.
4. Strive to make your living environment as clean and solvent-free as possible. Installing an air purifier and choosing non-toxic paints is the first step. Choosing stone or wood tile floors over carpets can also dramatically reduce your daily exposure to xenohormones. (The glue found in most carpets releases toxic molecules on a daily basis).
5. Do not use synthetic sex hormones.
6. Cleanse and detoxify your bowels, kidneys and liver every 2-3 months.

## **Eradicating Candida Yeast Infection**

Candida is a microorganism that dwells inside the digestive system and can transform from yeast to a fungus if allowed to propagate. When candida starts to flourish, it can negatively affect the colon, bladder, liver and vagina.

The most destructive aspect of the candida growth results mainly from its waste product (mycotoxins) that can affect the brain, the immune system, joints, muscles, tissues and are especially damaging to the functionality of the liver.

The following are the common symptoms associated with severe candida overgrowth:

Recurrent vaginal infections

Recurrent urinary infections

Cramps, menstrual problems, PMS

Anxiety attacks, paranoia

Feeling dreamy, forgetfulness

Heart palpitations

Fatigue, a drained feeling

Depression

Muscle aches or weakness

Stiffness in joints

Headaches and backaches

Abdominal discomfort

Food cravings, frequent eating

Constipation or diarrhea

Bloating, belching, gas

Irritable bowel, pre-ulcer

Tightness in the chest

Hypothyroidism (low thyroid)

Immune problems, frequent colds

Nausea or shaking when hungry

Irritability

Drowsiness

Dizziness

Insomnia, sleep disturbances

Watery eyes

Dry skin, psoriasis or rashes

Nasal congestion or drip

Urinary frequency

Burning on urination

Cracks at corners of the mouth

Indigestion or heartburn

Sensitivity to milk or wheat

Rectal itching

Vaginal itching

Mouth rashes, dry mouth

Bad breath, even after brushing

It is enough that you recognize four or more of these symptoms to indicate you may have severe candida overgrowth.

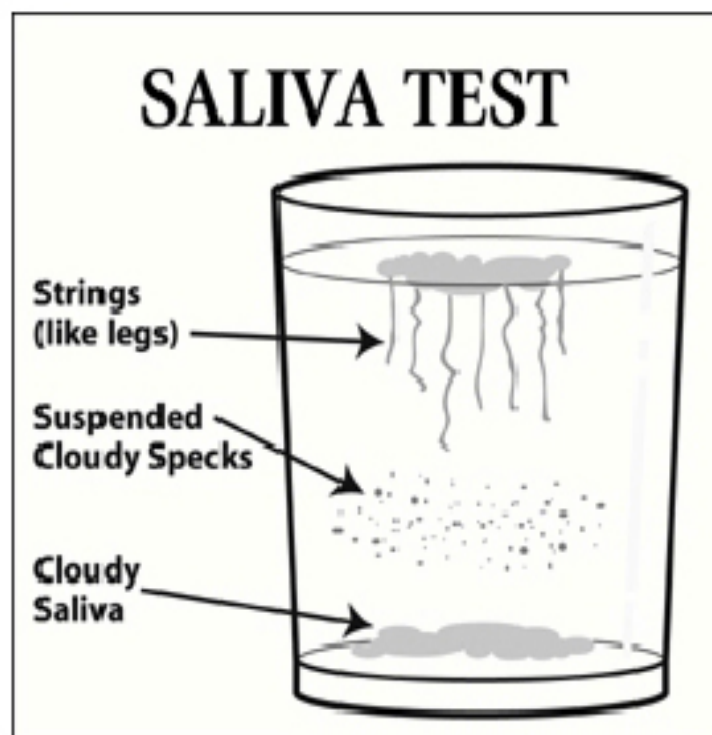
## Simple Home Test To Discover the Severity Of Your Candida

Since conventional medical tests for candida are not always accurate, the best advice is to combine a solid medical diagnosis with a reliable self-diagnosis. The following is a simple and easy-to-use home test for candida:

First thing in the morning and on an empty stomach (no food or liquids allowed), find a clear glass and fill it with mineral or reverse osmosis water. Next, work out a generous amount of saliva and spit into the glass.

Leave the glass of water aside for a period of up to an hour. If you have a mild case of candida, you will see strings in the form of legs that travel down into the water.

If you have a systemic advanced case of candida, you will see your saliva sink to the bottom of the glass.



**Figure 2:** The Saliva Test - Checking The Severity of Candida Infection.



If your test and symptoms show that you suffer from candida overgrowth, the bowel cleanse, the 7-day parasite cleanse and the liver detoxification protocols in conjunction with the dietary and supplementation protocols, are often not enough to completely kill candida.

A juice cleanse serves as a partial solution for killing candida if limited only to low-sugar, non-starchy alkaline vegetables like green leafy vegetables, garlic, parsley, ginger root, onion and peppers. It can both boost the immune system and cause the candida to stay dormant.

In water fasting you deprive the candida from any type of sugar whatsoever, thus making it temporarily dormant, which allows the immune system the time and means to eradicate it. However, killing candida is a long process, and short water fasts (3 days or less) won't be enough, especially in cases of severe candida overgrowth.

Candida is a very stubborn fungal organism that thrives and feeds itself in a variety of ways, with significant help from modern industrial foods, western nutrition, modern urban lifestyle and low quality human maintenance.

Yeast grows when antibiotics, drugs, birth control and hormone pills are taken as they kill the good bacteria. Yeast thrives on partly digested food that enters your colon when you don't chew your food correctly or eat the wrong food combinations.

Yeast feed specifically on refined sugars and high starch/carbohydrate foods.

This explains the cravings most people have for sweets and bread that are almost equal to the cravings they have for alcohol.

Yeast grows in a very acidic environment where alkaline foods are not taken properly to balance your inner PH levels.

Yeast also thrives on stress as stress shuts down the immune system.

It takes more than one factor to create the environment that makes fungal organisms like candida grow.

**Killing Candida** is a process that begins by changing the internal environment of the candida. This is done by:

**Step 1. Changing your blood pH from acid to alkaline** and by minimizing or temporarily eliminating any kind of sugar from your diet along with eating foods that alkalize your blood like low-sugar vegetables and wheatgrass juice. This will make the stubborn candida temporarily dormant.

If you have moderate to severe candida infection, you need to eliminate all refined carbohydrates and gluten grains from your diet. Non gluten grains such as amaranth and quinoa can be eaten in moderation. You should avoid or limit the consumption of red meat, all fruit (with the exception of cranberries, lemons and limes), all preserved and canned foods, moldy veggies like corn, yeasty foods like mushrooms and vinegar (Apple Cider Vinegar is an exception) all dairy products (especially those made from cow's milk while goat's milk and sheep's milk products can be eaten in moderation), egg whites, alcohol and caffeine.

**Step 2. Taking supplements that enhance the immune system.** (You will have already taken some of these supplements on the second step)

**Step 3. Cleansing your system.** (The juicing and liver detoxification protocols will take care of that)

**Step 4.**The next step involves **taking specific anti candida supplements** (wormwood, black walnut, cloves, olive leaf, oregano oil, Candigest)

**Step 5.** The last step is to **re-establish the colon with friendly bacteria** that fight and help control candida overgrowth.

## Anti-Candida Supplements

### **Protocol #1 – Olive Leaf Extract and Oregano Oil**

This protocol involves adding olive leaf extract or oregano oil along with garlic and ginger root to your diet. These ingredients are powerful antifungal agents that if taken persistently will ultimately kill candida.

Olive leaf extract will eradicate candida and kill any residual bacteria you may have in your gut including parasites. Olive leaf extract is also a very potent antioxidant and will also help prevent the spiking of blood sugar levels that feed candida.

You should take 1000-2000 mg of olive leaf extract daily on an empty stomach.

Oil of oregano is one of the most powerful anti-candida supplements. It can kill all forms of bacteria, fungi and yeasts. Since oil of oregano is very potent, mix one part of oil of oregano to 5 parts olive oil. A few drops is all you will need. You can use oil of oregano to blend salads.

Caution: You should experiment with your doses of oil of oregano.

If you have a severe case of candida, you should start slowly with the doses. Otherwise, you might experience a die-off effect of the candida and parasites, which can manifest in flu-like symptoms, allergies, fever and nausea.

### **Protocol #2 – Caprylic Acid**

Caprylic acid, or calcium-magnesium caprylate, is another powerful anti-candida and antifungal agent. Here you should also start gradually and slowly and experiment with the dose to prevent the die-off effect.

For seven days you can safely take up to 500 mg daily. Try to identify your reaction to the dosage. If after seven days all is well, increase the dosage up to one gram a day. Do this for about three weeks until you have raised the daily dosage to three grams.

### **Protocol #3 – Candigest**

A product called Candigest is the anti-candida supplement I highly recommend. Extremely potent, it has no die-off effect since the cellulose enzymes found in Candigest actually digest the cellulose (what candida is largely made of) and kill the yeast.

Candigest contains no antifungals, will not stimulate the yeast to produce toxins and will eradicate most systematic heartburns with all its associated symptoms in less than 30 days.

Candigest comes in the form of capsules. You should take four capsules daily (two before breakfast and two at bedtime). You are advised to buy Candigest Plus, which also contains an enzyme called protease that will digest the interior cell of candida as well, and it supports the beneficial bacteria.

### **Notes On Olive Leaf Extract, Oregano Oil And Candigest**

Olive leaf extract, oregano oil and Candigest are very potent and should be taken only after the second cleansing protocol and for **no more than two or three consecutive weeks each.**

Olive leaf extract should be taken in doses of between 1000 mg and 2000 mg a day.

Pure oil of oregano oil is more potent so you should combine the oil with olive or some other type of oil. Use one part oil of oregano to five parts oil. You should take a few drops daily.

The basic rule of thumb is to experiment with the doses since these herbs are extremely potent.

The idea behind taking the anti-yeast supplements for only three weeks is that these herbs, like most medicinal herbs, work for short periods only. After two or three weeks they stop working.

It is recommended to take oregano oil for two or three weeks. Take a break for two weeks and then take the olive leaf extract for two weeks. Take a break for two weeks and so on. Do that for a period of no longer than eight weeks in total.

Taking four capsules of Candigest per day (two in the morning, an hour before breakfast, and two at bedtime, at least two hours after eating) will produce profound improvements in six to 30 days.

It is recommended that you take Candigest/Candida Cleanse for a period of 30-60 days. Olive leaf and oil of oregano from North American Herb & Spice are available at:

<http://www.amazon.com/OreganoOil>

<http://www.amazon.com/OliveLeaf>

Candigest or Candida Cleanse is available at: <https://amzn.to/2XFZAIK>

## Replenishing And Re-Colonizing The Friendly Bacteria

By now you will have successfully changed your diet, alkalized your system, enhanced your natural immune abilities, cleansed your bowels and kidneys and killed candida. Now that you're candida-free, all you need to do is flood your system with good, friendly bacteria.

You need to re-introduce the probiotics bacteria to your body to keep a balanced bacteria environment in your intestine and to prevent the resurfacing of candida.

### Probiotics

You should always make sure your bowels are well-established with friendly intestinal flora (probiotics) to keep them free of parasites and candida. Many studies have proven that flora supplements are not only essential to your overall health but are also crucial in fighting ovarian cysts symptoms.

Friendly bacteria often need to be re-established in your bowels due to chlorinated water you may be drinking, alcohol, drugs and cigarette smoke.

The term *probiotic* means “for life” in ancient Greek. These friendly bacteria are cultured in a laboratory and are aimed at rebalancing the flora in your digestive system. These probiotic microorganisms pass through your system while they are still alive and inhabit your intestines. The probiotic bacteria also support good digestion, enhance your immune system, increase your resistance to infection, prevent the bad bacteria from multiplying and produce natural antibiotics (free of side-effects) that can fight destructive organisms such as candida.

## Important Note About Yogurt

Although eating yogurt, according to popular belief, is an acceptable solution for reintroducing probiotic bacteria into your intestines, allow me to explode this myth. The vast majority of industrial yogurts are heated. Yes, heating gives yogurt longer shelf life. The problem is that the heating process kills all the friendly bacteria. The majority of brands that carry the label “made with active cultures” are misleading since all yogurts are made with active cultures, but most of them contain few to no bacteria due to the heating process.

To get the friendly bacteria from yogurt, strive to find one that is not heated, contains no sugar, additives or coloring, and even then you will have to eat plenty of it to get the required probiotic amount.

Effectively re-establishing the friendly bacteria requires certain conditions:

- 1) You need to have the right pH level environment in your colon as an environment that is too acidic may simply kill the friendly bacteria. You can achieve that by consuming lots of high-alkaline foods (see the alkaline diet section).
- 2) To effectively help probiotics survive the journey through stomach acids to the intestines, you need to include prebiotic foods in your diet to help the friendly bacteria grow.
- 3) You must find the right probiotic supplement. When you search for a probiotic supplement, look for a supplement containing large quantities of lacto bifidus and a supplement containing high doses of acidophilus balanced with lacto bifidus.

There are two ideal whole food probiotic supplements that address these critical conditions.

### **Option #1: Primal Defense**

Primal Defense is a whole food probiotic blend that contains 14 strains of plant-based soil organisms. As we already know, probiotics are important because, among other benefits, they help the growth of friendly bacteria and contribute to a healthy intestinal lining.

When healthy, beneficial bacteria populate your intestinal lining, they can fight unwelcome organisms like candida that pollute your blood and deprive your body of essential nutrients.

Our soil has been sterilized with pesticides and herbicides that destroy most bacteria, and agricultural chemicals are responsible for destroying much of the beneficial bacteria in our bodies. Taking Primal Defense daily is a wise decision as it can help the friendly bacteria to grow.

Primal Defense should be taken daily in addition to prebiotic foods as it contains powerful organisms that help establish the ideal environment for probiotics to flourish. Start by taking two capsules a day.

Available at:

<http://www.amazon.com/PrimalDefense>

### **Option #2: Ultimate Probiotic 12 Billion**

Another excellent probiotic is Ultimate Probiotic 12 Billion.

Each tablet has a patented gel barrier that protects the capsule from contact with the acid fluids in your stomach, ensuring better absorption of the delicate probiotic organisms inside the capsule.

This supplement delivers an unparalleled number of probiotic organisms into your system, providing better digestion, defense against yeast and parasites, enhanced immune abilities and more energy and vitality.

Available at: <https://amzn.to/2s7GlpX>



## Prebiotics

Supplying live bacteria to the digestive system is not as easy as it sounds. No one can guarantee the bacteria's survival as they pass through the digestive enzymes and stomach acids in your intestines. That is why it's so important to combine a quality probiotic supplement with prebiotic foods.

It has been proven that the friendly bacteria that thrive in your digestive system are able to do so because they feed on certain nutrients found in certain foods. These particular foods can actually help the growth of the friendly bacteria. They are called prebiotics.

Prebiotic carbohydrates, also known as fructooligosaccharides (FOS), are found in foods such as Jerusalem artichokes, tomatoes, asparagus, leeks, garlic, onions, honey and bananas. These prebiotic foods should be combined with quality probiotic supplements to establish the ideal conditions for the beneficial friendly bacteria to thrive and help the digestive system to expel its own toxins effectively.

Section Two – During The Program – Stress Control, Sleep Optimization And Exercise

## **Stress And Ovarian Cysts**

Controlling stress is one of the most crucial components for controlling PCOS symptoms and eliminating ovarian cysts.

Recent studies have clearly shown a strong link between stress and the aggravation of PCOS symptoms and the development of ovarian cysts. Although stress does not directly cause the formation of ovarian cysts, when combined with other factors (such as bad diet, toxic build-up, insulin resistance etc.) stress can significantly exacerbate the development of ovarian cysts.

Stress stimulates the body to trigger biological responses that include an increase in blood sugar, tightening of muscles, blood pressure elevation and the release of stress hormones.

In stressful situations, the healing ability of the immune system decreases significantly, which results in a much slower healing process. Stress depresses your immune system since at the time of stress your body releases a hormone called cortisol.

Stress elevates blood sugar levels, changes our bacterial internal environment in the gut as it decreases the number of friendly bacteria, and thus allows candida to take over.

In order to control PCOS and ovarian cysts and prevent their recurrence, it's highly advisable to use all means to control stress and avoid stressful situations.

Stress cannot be totally eliminated as it is part of human nature and modern life, but it can be significantly reduced and monitored by developing stress mind control and relaxation techniques that will help you deal with those

harmful and extreme stressful situations – the byproducts of a modern social environment.

You must understand that stress is only a result of your own perceptions of events and the way you react to these perceptions. Changing your perceptions of things and training your mind to react differently, thus getting rid of the stressful threat, can control most if not all-stressful situations.

This chapter offers various techniques proven to be highly effective in reducing stress and developing a positive attitude, which are important in maintaining complete and balanced hormonal function and a PCOS-free environment.

Besides incorporating these stress control guidelines into your daily routine, it is crucial that you learn how to enjoy quality sleep.

As you will see later on, there is a scientific link between sleep deprivation, insomnia and ovarian cysts, and I have provided a well-structured sleep optimization plan that will ensure you get to sleep and stay asleep for a sufficient period of time. This will have a positive impact on your PCOS/ovarian cysts condition.

As for the stress control plan, I encourage you to practice at least one of the following relaxation techniques on a daily basis. Some of these techniques and tips may sound slightly off the wall at first, but trust me, once you practice them with devotion and conviction, you'll be completely amazed at how well your ovarian cysts condition has improved, as well as your mental and spiritual well-being.

## The Wonders of Meditation And Correct Breathing

Meditation is the general term for the practice of quieting the mind and opening it to various states of consciousness. The main goal of meditation is to suspend all thoughts in order to achieve a silent state of mind that ultimately leads to the meditative state.

Meditation aims both at achieving higher knowledge as well as a state of utter relaxation and mental hygiene. In a meditative state we reach a powerful conscious state of identifying our immortal soul and our individual self and its relation to the cosmic spirit, also referred to as intuitive enlightenment.

This enlightenment is based on the unity between our individual self and the spirit of the cosmos, where the ego is dissolved and the core of one's existence becomes clear and vivid. In meditation, the individual experiences an inner peace of mind and a sense of floating with the course of nature, also referred to as Tao.

The daily practice of meditation can yield great rewards to the body and the soul.

Meditation can protect the individual from stress, which is an integral part of modern existence, and help us deal with the overwhelming changes and challenges of modern life.

Meditators have reported a significant improvement in their health, self-mastery and tranquility.

Researchers who have studied the effects of meditation have established that the muscle relaxation and lowered blood pressure that occurs during meditation, resulting in a reduced build-up of stress and tension.

Brain waves exhibited slow patterns in meditators' EEG tests in comparison to ordinary states of sleeping or walking.

The regular practice of meditation relaxes the cardiovascular, musculoskeletal, glandular, digestive and nervous systems.

Meditation also promotes the healing process and increases strength, energy and vitality.

Some stressful situations can be quite devastating to our health, causing a great deal of disharmony and imbalance in our body. All yoga techniques are aimed at controlling the way we react to stressful situations. By practicing only the postures and nothing else, you can achieve more relaxation and harmony.

I have gone through great changes in my own experience of meditation. My self-awareness and self-acceptance have dramatically increased. I have become more relaxed and more at peace with my surroundings. I have learned to identify negative emotions resulting from stressful situations and control the way I react towards them. I have become more attuned to myself and have developed a powerful positive-thinking attitude towards life.

### **How To Meditate**

There are various meditation traditions, but they all share two basic techniques:

- Focusing on your breathing
- Using mantra (which is a word or a phrase repeated in order to enter a meditative state that quiets and elevates the mind).

Note that to actually succeed in meditation; you have to be willing to practice it regularly on a daily basis. Several minutes a day are all you need to achieve dramatic control over your anxiety and relax your body and soul. You will feel stronger, more coordinated, younger and healthier. You will develop personal equilibrium and inner peace of mind.

## **General Guidelines For Meditation**

I have found that the ideal time to meditate is either early in the morning or just before going to bed.

Find a place with no distractions, some place quiet and comfortable. Wear comfortable clothing, and make sure you sit or lie in a comfortable place like your favorite sofa.

The type of posture you choose is up to you. What is important is that you feel totally relaxed and comfortable. My favorite posture is named the corpse posture, or Savasana, where you lie flat on your back, stretching your legs. Make your feet fall outwards, and make your arms lie alongside your body. Your palms must be turned up and your fingers curled. I usually place thin cushions behind my neck.

## **Meditation Through Breathing**

### **About Breathing**

When the body is in a state of stress, breathing becomes short and rapid, and there is an increase in heartbeat rate. When breathing is incorrect (breathing shallowly with your upper lungs only or breathing rapidly), it causes you to breathe your own carbon dioxide and get less oxygen into your blood stream and the body enters a state of stress. When your breathing is rapid, the body presumes you are in a state of suffocating, leading to anxiety and even panic attacks.

Correct deep breathing is also essential on a cellular level. The more oxygen you give your cells, the healthier you will become.

You must learn to breathe correctly using optimal breathing exercises. The correct breathing will ensure you will get more oxygen into your blood stream, and it will calm your mind and help cells remove toxins more effectively. Correct breathing incorporated into daily meditation is a serious life changer.

### **How To Breathe Correctly**

Correct breathing is deep breathing. When we are asleep, we breathe deeply in a natural way, so correct breathing must simulate sleep. When you inhale, you must fill your lungs gradually – first the lower part of your lungs, then the middle, and only then should you fill the upper part. The opposite applies when exhaling. You first empty the upper part, then middle and only then the lower part of your lungs. Breathing must be through your nostrils and not your mouth.

### **Inhaling**

Inhalation must be done in a continuous flow divided into three parts, each smoothly connected to the other.

When you inhale, you must first push your stomach forward. Try and concentrate on your stomach first. Then you should let your ribcage extend, and only then should you lift the chest and collarbone up.

## **Exhaling**

Automatically let the collarbone and your ribs expel the air out. Then you should slightly pull your stomach in to let go of any air left in your lungs.

## **Breathing Exercises**

### **Nostril Breathing**

The following exercises should be conducted several times a day:

- Close your right nostril with your thumb and breathe out through your left nostril.
- Slowly inhale through your left nostril to the count of 4.
- Close both of your nostrils and hold your breath for 16 seconds.
- Follow the same procedure with your left nostril closed.
- Close your right nostril and exhale from the left.

### **Abdominal Breathing**

- Lie down on your back, relax and start breathing in through your nose.
- Exhale through your mouth.
- When you inhale, try to focus on your breathing, and take the air slowly in and out of your abdomen.
- Do this exercise for at least 15 minutes.



## **Meditation Through Imagination**

- Close your eyes and try to become aware of your breathing. You can achieve that by focusing on the sound of your breathing as you inhale and exhale or by listening to your heart rate.
- Try to concentrate your thoughts strictly on your breathing, but allow your thoughts to come and go at will. Don't fight them. All types of thoughts will go through your mind as you breathe. Remember, these are only thoughts. Don't let them distract you.
- Make sure you inhale only when your lungs are completely empty.
- Your breathing will become smooth and quiet. You will notice you breathe in even rhythms.
- Now try to listen to sounds that are further away than your body. You can try listening to the sound of the wind or trees outside your window.
- Take it even further and imagine listening to more distant sounds like the ocean. Imagine you are lying on a beach, and try to feel the gentle touch of the sand and breeze on your face.
- Imagine there is a hole in your back where all the tension drains away, or imagine a gentle stream of water that runs through your body and purifies it. Imagine the water filling every part of your body and then flowing away through your fingers and toes.

## **Meditation Through Mantra**

- Start the mantra technique by regulating your breathing, as above.
- Choose a word or phrase (preferably a meaningless one like “hmmmm...” It’s known that meaningless words are less distracting).
- Close your eyes and breathe naturally for one minute before you start repeating your mantra.
- Become aware of your breathing, and begin to repeat your mantra out loud.
- Allow your thoughts to come and go at will.
- Repeat your mantra for 15 to 20 minutes. In most cases you will enter a state of deep relaxation.
- When you’re finished, slowly and gradually change your posture and return to full awareness.

## **The Importance Of Laughter**

Laughter, besides being a powerful brain, respiratory and hormonal system stimulator, is also very effective at lowering blood pressure, lessening depression and of course is an excellent stress reducer.

Laughter is the simplest way to feel good and release accumulated tension. Sigmund Freud referred to laughter as a very safe way to release anxiety, anger, fear, aggression and tension.

The most important thing about laughter (with regard to ovarian cysts) is that it significantly decreases stress-related hormones (like cortisol, which depresses the immune system).

Also, while decreasing the stress hormones, laughter releases hormones such as endorphins and neurotransmitters that make us feel good, that in a way prevent us from falling into a state of anxiety. Laughter reduces stress in a way that stimulates the body’s natural built-in mechanism aimed at improving your health.

To conclude, laughter is a remarkably effective tool in reducing stress and improving your well-being, resulting in the acceleration of the healing process and hormonal balance that leads to an ovarian cysts-controlled environment.

No matter how gloomy you may feel, laughter should be “exercised” on a daily basis as it will yield remarkable results. If you think about it, it’s not much of a challenge. Go see a funny movie, read funny e-mails, think of crazy situations you were part of, or even fake laughter. It will have almost the same effect.

Try to laugh out loud at least several times each day (the longer and deeper the better). The results on your ovarian cysts symptoms as well as on your well-being will surprise you.

## **Exercise And The PCOS/Ovarian Cyst Connection**

Physical activity is another essential component of managing PCOS, increasing fertility and preventing ovarian cysts.

As we already know, stress puts your body in a state where great tension builds up in the muscles. Exercise can relieve that tension, especially intense aerobic exercise. Intense and regular aerobic exercise also increases endorphins and neurotransmitters that naturally help your body to become more relaxed.

Regular exercise like aerobic dancing, fast walking, swimming, running and cycling, if incorporated into your lifestyle, will keep your stress levels low and help you cope better with stressful situations. It is not recommended that you participate in typically competitive sporting activities such as tennis or basketball as they also contribute to elevating stress.

### **Exercise can also help reduce PCOS/ovarian cysts symptoms and improve immune functions because:**

- Exercise improves the function of your internal organs, which helps your body remove toxins more effectively and more quickly.
- Exercise rebalances your hormones
- Exercise improves digestion.
- Exercise relieves stress

Make it a daily habit to walk in the fresh air, cycle, swim, jog or wrestle.

**:Here are a few tips to help you get started**

- Consult your doctor to determine what type of exercise is suitable for you.
- Prevent the spreading of bacteria on your skin while exercising by cleansing your face and taking a full shower before exercising, and make sure your skin is dry. For the same reason, make sure your skin is always dry during exercise (by taking a towel with you), and take a good shower immediately after exercising.
- Avoid wearing makeup while exercising to prevent the growth of bacteria.
- Wear only clean, loose and natural clothing (like cotton) to allow your skin to breathe.
- Always wash your clothes and towel after you exercise.
- Purchase a good quality athletic gear (shoes, socks, and clothing) according to the type of exercise you intend to do.
- Start slowly. Every smart exercise program begins with the first step and builds up gradually. It is highly advisable to incorporate a routine of stretching, a warm-up, and a cool-down. Look at your exercise experience as a journey toward strengthening your muscles and allowing your cardiovascular system to build stamina.
- Diversify as much as possible. Always alternate between exercises that are suitable for you, thus providing your body with a complete workout. Your exercise routine will also become less boring.
- Always make sure you are well hydrated during exercise. Water will keep your fluid levels topped off and will also provide your body the fuel it needs to reap the best rewards from your exercise.
- Join a health club. This will keep you sharp and motivated. You will meet other like-minded people that share the same interests who could also act as exercise partners. Exercise partners will help boost up your motivation and inspire you. Partners will also make your exercise experience far more enjoyable.

## The Exciting World of Photography

Photography is an exciting and fascinating world. I am speaking of the emotional and mental experience and not just the technical stuff.

Taking pictures of the world, including your loved ones, wildlife, nature and even still objects can have a profound impact on the ability to distract and divert you from stressful situations.

Taking pictures is a very relaxing, almost meditative, action.

The simple action of looking through a lens and “controlling reality” using all sorts of techniques (lighting and filters among them) will give you a whole new perspective on the world – and of yourself as well. It will gradually reduce your selfish thoughts and petty conceptions of the world as you start to appreciate the fact that you are part of the world, that you are alive and healthy.

You don't have to study photography to take pictures, but the technical elements and the ability to self-compose a quality shot contribute a lot to the quality of your photos and to the emotional experience.

I urge you to consider studying photography part-time, or at least go out twice a week and start shooting pictures of the world. It will provide a wonderful way for you to occupy your conscious mind and to divert it from harmful, stressful thoughts. Just try it. You will never regret it.

## Stress Control Through Mind Techniques

The following is a mental stress reduction plan aimed at controlling the way you perceive and react to stressful situations. The plan is divided into powerful steps listed in chronological order from the easiest to implement to the most challenging. Although I do recommend following all the steps in their natural order, you could implement only some of these steps and incorporate them into your life, which could have a great impact on the way you react to stress and on your overall well-being.

### **Make a list of your stress triggers.**

The best way to begin your personal battle with stress is to identify its sources. You must seek and find what triggers your anxiety and stress. You are likely to find that many of these physical, mental and emotional triggers are completely dependent on your point of view, and you must either learn to change your perspective or alter your behavior as you enter a state of stress if you wish to control it.

Many extreme events in our lives can lead to a stressful situation such as a job layoff, relocation to a new environment, broken marriage, the death of a close friend and so on. However, the daily events of our lives seem to have a greater stress impact than the great tragic ones. A demanding job, a hostile boss, troubles in our marriage, credit debts and so on can lead to much greater anxiety and stress.

The first practical step that will help you identify those daily hassles that trigger stress would be to make a list of all situations that make you nervous, angry or frustrated. Dig deep down and try to find out why a specific situation causes stress. Does it remind you of an unhappy incident in your past? What specifically makes that situation cause stress?

The goal here is to clearly identify your stress triggers so you can later control and reduce them.

**Identify your reactions to stress and observe yourself from the outside.**

There are many researchers who claim that stress, when repressed long enough, can contribute to cancer and other chronic diseases. There are various ways in which we express our stress – grinding teeth, overeating, under-eating, rage, swinging our feet, increased heart rate, waking in the middle of the night, etc.

If you make an effort to reduce your stress triggers, you'll also notice how these symptoms suddenly evaporate. Many times we are not capable of realizing we are in fact in a state of stress. It is important to make a list of all your personal-related stress symptoms and identify them once they appear so you'll be able to take the necessary action..

However, it's not enough to identify the symptoms of your reaction to stress. In order to make a change, you need to temporarily get out of your skin and observe your thoughts from the outside. I know it's hard, but try to act as a witness reporting the behavior of a man at crime scene. The man at the scene of the crime is your thought at the time of stress. Imagine the man is about to perform a crime, and only you can prevent it. The point is, your thoughts create your reality, and you can choose to let your thoughts (at the time of stress) get out of control and commit a "crime" (getting you into a stressful situation and all its related implications), or you can simply choose to prevent the "crime" by altering or redesigning your thoughts. If you cannot change the circumstances, why not change your point of view? The next time you realize you are in a state of stress (according to the list of symptoms you created earlier), observe your thoughts from the outside and ask yourself how you can change them.

**Confront and neutralize your stress.**

Anxiety triggers many stressful situations based on the fear that we may not be able to accomplish our duties and tasks. To overcome that you must set

priorities and plan your tasks ahead of time according to importance, limitations and deadlines.

Strive to accomplish one task at a time; don't try to finish all your assignments at once. Always plan ahead and make sure you set realistic goals as well as realistic deadlines as much as possible.

If you know well ahead that the freeway to your desired location will be bumper to bumper all the way, you can avoid driving this freeway, choosing a more suitable time of day, choosing an alternative freeway, choosing an alternative location or giving up the idea for that day.

If you're consumed by feelings of guilt and remorse because of something you might have done in your past, try to confront that feeling by either facing the source of your guilt (if possible), or if you can't face the source of guilt, change your perception of the past. Yes, the past can be changed. Alter your past, learn from your mistakes and move on. It's that simple.

The point is to become more flexible, more reasonable and more practical. If you know a situation is potentially stressful, take action to avoid it. This will be enough in most cases to reduce stress. If you can't avoid it, be creative and try to figure out a way to take a positive approach that will diffuse the tension.

### **Convert negative “self-talk” into positive.**

There are many self-talk thoughts that run through your mind at potentially stressful situations. Below is an example:

“Queues drive me crazy. If this queue doesn't move in the next ten minutes, I swear to God I will do something drastic,” or “What? It's ten p.m. already? I will never finish that essay. What am I gonna do? It has to be turned in tomorrow. I will never make it. I'm dead.”

You must learn to diffuse these self-talk thoughts by simply replacing a negative thought with a positive thought. Identify those thoughts when they



attack, and strive to find at least one aspect within the external stressful situation that can be programmed and converted to positive. You can always find one.

### **Incorporate recreation into your life.**

Finding the right balance between working and playing is critical to your mental health and overall well-being. It's also a great way to eliminate various stress triggers that arise from having little or no time to diffuse tension and to relax. There are many ways you can balance your work with recreational activities that can calm the mind and diffuse stress.

Set up a special time each day for your hobbies. If you don't have a hobby, create one. Spend more time with your family, communicate with them and share your thoughts as well as your fears. Each day invest an hour to fulfill your spiritual needs, whether it's writing, reading, meditating or any other creative activity that is emotionally and spiritually fulfilling.

It is also important to get fully detached from your work and other subjects that may concern you several hours before you go to bed. It will ensure a good night's sleep and a balanced mind.

### **Don't repress your stress; talk about it.**

Make sure you don't keep all your anger inside. This is critical. Repression is a dangerous stress creator, and you must learn not to succumb to it. Learn to converse and talk about what's bothering you. When you communicate with others about the thoughts and feelings that lead you to anger and stress, try to be honest and direct. Do it gently and calmly.

Don't be aggressive or hostile. Share your feelings with others about yourself and your relationships with them. It will help you understand many stress-related aspects about yourself. It will also help you drain the tension that may have been accumulated between you and the external sources of tension. It will also help you prevent future potential stress situations.

**Detach yourself from negative aspects.**

Perhaps the most effective approach to external condition changes is developing a detached mind. Many of us have the tendency to have our state of minds and emotional being constantly fluctuated and changed from positive (happiness, contentment, appreciation and satisfaction) to negative (anger, depression, hostility and stress), depending on external changes. By developing a detached mind, you will accept the positive warmth and great things in life while detaching from the negative aspects by simply allowing them to enter your system and be drained out of it without any effect on your well- being.

There is a great logic in detachment, and it's practical too – once you understand the futility of changing your state of mind or your mental condition in response to negative external changes. Instead of getting angry and stressed because of an external event, strive to alter your point of view. Accept the good things as they come, and alter your perspective on the negative things. Let them flow through you without harm. Remember, a problem is first of all a viewpoint, a perception. Change the perception, and you no longer have a problem.

If a person gets angry with you or expresses selfish behavior, remember that it's not his words that can harm you; it's your view of his words. You have the right to change your point of view. Nobody can take that from you. Change it and let negativity evaporate.

**Accept things as they are.**

Strive to accept things that cannot be changed as things that cannot be changed. This sounds simple, yet many of us have a huge tendency to fight windmills or at least get angry and frustrated when we realize there is nothing we can do that will change the way things are. Nobody likes to feel helpless. We all have a control addiction to some degree.

Getting out of that control fixation is probably one of the most mentally challenging tasks you'll have to face if you wish to conquer fear and stress. It would be wise to stop wasting mental and emotional energy on unalterable things in your life and the lives of others. It is a great way to reduce many stressful situations that may arise merely from that unhealthy attitude.

## Sleep Optimization Plan

Sleep is a natural state of rest when we temporarily lose our consciousness of the world. Sleep is also a building process by which the body restores its energy supplies that have been depleted through the day's activities. In sleep the body rejuvenates and repairs itself. It rebuilds its muscle tissues and regenerates body cells. Heartbeat and breathing are slower during sleep; the body's temperature lowers, and muscles relax.

### **The Link between Sleep Deprivation, Insomnia and Ovarian Cysts**

A good night's sleep functions as a mini-fast where the body starts the process of nourishing skin cells and eliminating a buildup of toxins and metabolizing free radicals. Having inadequate sleep can slow down the toxic elimination process and lead to more toxin build-up in the blood.

A good night's sleep lessens anxiety and reduces stress as muscles relax, and we feel we have taken "time off" from the turmoil of modern life. Inadequate sleep can have an opposite effect as our muscles feel tense, and we feel our accumulated stress has not been properly diffused. As we already know, stress can aggravate PCOS symptoms and the development of ovarian cysts.

When we get insufficient sleep, our hormone levels tend to increase, which can also contribute to hormonal imbalance and ovarian cysts.

Keep in mind that most of your sleep disorders, if you have them, will magically fade away once you regulate your diet and go through the fasting and detoxification processes that will strengthen and cleanse your system. You will notice that you need fewer hours of sleep, yet you wake up refreshed and more vital than before.

Recommended sleeping time is 11 p.m. to 7 a.m. (approximately eight consecutive hours in full darkness).

## **My Sleep Optimization Plan**

Below is my sleep optimization plan; it takes some practice, but it WORKS!

Avoid eating heavy meals right before bed. If you really feel hungry, try to satisfy yourself with fruit. Digestion takes time, so you should stop eating at least four hours before going to bed.

Avoid activities that may provoke anxiety before going to bed. Make sure you go to bed with a clear mind. Whenever you can, avoid taking your work home with you.

Make sure your bedroom is as dark, comfortable, warm and quiet as possible. Try to eliminate any noisy objects from your bedroom. Also, unplug any electrical equipment you may have in your room before sleeping.

Exercise regularly. It will dramatically improve your sleeping cycle. However, you should NOT exercise less than three hours before going to bed, as it will keep you awake.

Avoid caffeine, alcohol and other stimulating drinks before going to bed. Alcohol stimulates the production of the hormone noradrenalin, which is a natural stimulant.

Strive to go to bed as early as possible. The proven optimal sleeping hours are from 11:00 p.m. to 7:00 a.m.

Instead of using an alarm clock, which is an unnatural way of awaking, use a dawn simulator. Available at: <http://www.serenityhealth.com>

Quit or minimize your smoking. Smoking elevates blood pressure and increases heart rate, which can damage your sleeping ability.

Take a cup of chamomile tea before going to bed. Chamomile tea contains a natural sedative and is the perfect drink for dealing with anxiety, stress and sleeping disorders (see notes on chamomile below).

Take a shower, or even better, a bath just before sleeping.

Expose yourself to the sun (natural light) during each day for 10 minutes (see also sunshine on the daily skin care). It has been proven that the more natural light you are exposed to during the day, the better you will sleep during the night.

Sleep naked to allow your skin to breathe.

### **Notes on Chamomile**

I have found chamomile tea to be simply the best drink you can have to reduce stress, anxiety and help you sleep well. For 400 years it has been used by Europeans to treat insomnia, nervous stomach, back pain and more.

Chamomile tea can be purchased in tea bags. I drink at least two cups a day, and it has been like a magic spell. It's a real lifesaver when it comes to controlling stressful situations and sleep problems.

The chamomile flowers contain natural sedatives, which tremendously help in relaxation.

However, due to its effect, it's not recommended that you drink more than four cups a day. It's nevertheless a crucial product to have in every home, especially if you suffer from stress, anxiety and sleep deprivation, which can all manifest in ovarian cysts.

I urge you to go and buy some chamomile tea now if you don't already have it at home.

### Section Three – How to Prevent Ovarian Cysts And Maintain A PCOS-Free Environment

By now, the vast majority of your PCOS and ovarian cysts symptoms will have been eliminated, your health will have dramatically improved, and you feel energized, rejuvenated and fortified.

Nevertheless, it is now even more important to maintain the results you have achieved (having a PCOS/ovarian cyst -free environment) by taking action and incorporating the following guidelines into your future schedule.

#### **Dietary Guidelines**

- Try to minimize toxic foods, processed foods, refined carbohydrates and foods that contribute to hormonal imbalance.
- Consume lots of fresh fruit, green leafy vegetables, nuts and seeds.
- Minimize acidic foods and consume plenty of alkaline-forming foods.
- Drink plenty of filtered, mineral or reverse osmosis water.
- Drink lots of herb and green tea.
- Adhere to the optimized digestion principles.

#### **Supplementation Guidelines**

- Take your EFAs, coconut oil and a good multivitamin on a daily basis.
- Take Primal Defense in conjunction with prebiotic foods on a daily basis.

#### **Cleansing And Liver Optimization Guidelines**

- Perform a 3-day juice cleansing at least twice a year.
- Cleanse your liver at least once a year.

The liver performs hundreds of functions that keep the body healthy. A malfunctioning liver could contribute to digestive problems, weakened immune system, toxic buildup, hormonal imbalance and ovarian cysts.

By cleansing the liver and removing gallstones from the liver and gallbladder through liver flushing, your digestion will dramatically improve, which is the foundation of your overall health. Allergies, rashes, headaches, acne and

even shoulder or upper back pain will disappear, and you'll enjoy a dramatic increase in well-being and vitality.

Cleansing the liver can be done through the classic liver flush protocol. I also recommend the following product as an alternative: Nature's Secret® Ultimate Liver Cleanse TM with milk thistle.

### **Stress Control And Sleep Optimization Guidelines**

- Practice stress control techniques to maintain a strong immune system.
- Follow the sleep optimization plan to maintain a balanced system.



## Conclusion

PCOS and ovarian cysts are complex conditions and are warning signals from your body of a compromised internal condition that can result from poor dietary choices, sluggish digestion, drugs, steroids and antibiotic intake, stress, lack of sleep, insulin resistance, hormonal imbalance, weakened immune system and exposure to environmental toxins.

By adopting simple dietary habits, optimizing digestion, taking the necessary supplements, exercising, controlling stress and optimizing sleep, you are fixing the internal problem that caused your ovarian cysts to appear in the first place, instead of just masking the symptoms.

Achieving a well-balanced system takes some effort, but it's the greatest gift you can ever give yourself. A clean, detoxified and hormonally balanced body means a happy body – free from most diseases and afflictions. Completing this holistic system will give you freedom not only from PCOS and ovarian cysts but also from many other conditions you might experience if you don't take those vital steps to allow your body to heal itself from the inside. You'll feel younger, stronger, fortified, energized and more in control than you've ever felt in your life.

I hope this book has provided you with the educational information, guidance and motivation to grab the bull by its horns and regain control of your health and your future.

I wish you all the happiness, love and success you deserve. Here's to a happier, healthier you!

# Appendix 1 – Complementary Treatments For PCOS & Ovarian Cysts

## Aromatherapy

In aromatherapy we use essential oils, which are the aromatic extracts of flowers, plants, woods and herbs for medicinal purposes. Essential oils have been used for thousands of years to balance the body's systems and to selectively stimulate and fortify each of its organs to function better. Essential oils also help the body to heal itself more effectively.

Essential oils are very complex in their molecular structure. They are natural, safe to use and antiseptic. Essential oils can have a significant effect on both the body and the mind.

Women can apply a few drops on the soles of their feet, the arch of the feet in particular. The oil will penetrate into the cell membranes and into the blood stream. Massage in gently twice a day.

### Other Ways to Use Essential Oil to Treat Ovarian cysts:

- **Vaporization:** Add a few drops of essential oil formula to a small dish containing water.
- **Inhalation:** Add a few drops of essential oil formula to a bowl containing hot water, and inhale the vapors.
- **Bath:** Add a few drops of essential oil to a bath of lukewarm water, and soak for ten minutes.
- **Massage:** Apply several drops of essential oil with a carrier oil such as apricot kernel, almond, peanut, olive, pecan, evening primrose, sesame or walnut, and massage your feet and joints. Do not use mineral oil as a carrier oil.

**Important notes:**

- Essential oils should be used externally only.
- Do not use essential oils without consulting your doctor, especially if you're pregnant or suffer from epilepsy.
- Do not take essential oils in conjunction with any homeopathic treatment without consulting your doctor.
- Following a 70% raw and alkalized diet is important during the use of aromatherapy. Drinking at least eight glasses of water per day is also important for the success of aromatherapy treatment.

**Lymph Drainage Massage**

Choose a qualified masseur or masseuse who is experienced in performing a lymph massage, and ask for a massage specifically for PCOS and ovarian cysts.

The lymph system, among its many other functions, is responsible for expelling toxins and fluid drainage. When you have ovarian cysts, toxins build up and the flow of lymph is interrupted. This massage can actually keep your lymph flowing freely, clear any obstructions and positively affect the bacterial balance in your body.

**Digestive Massage**

Having a sluggish digestive system can contribute to a myriad of illnesses. Among them is the development of ovarian cysts.

Taking a digestive massage, accompanied by Ayurvedic herbal oils and lotions, will help stimulate the digestive system by promoting effective peristalsis (the automatic muscle contractions needed for food to move from the large to the small intestine).

Choose a qualified and trained practitioner. Your masseur or masseuse will focus on the following areas: waist, nose, chin, joints, wrists, neck, ankles and shoulders to help encourage effective bowel movements.

## Acupuncture

This ancient medical practice is aimed at controlling pain and fighting many symptoms of illness by inserting needles through the skin in specific areas known as energy junctions.

The basis of this practice is the perception of an energy force inside the body that interconnects many bodily functions and dozens of energy points that are spread all over the body. When a person is ill, the flow of energy is blocked in one or more organs surrounding a specific meridian. Acupuncture will direct energy to the site where the energy is weak to help the organ to better defend itself against the illness and balance itself.

A qualified acupuncturist will first run several tests (tongue, pulse, mouth, ulcers, and eyes) to initially diagnose your flow of energy and state of health. Then a series of treatments will be provided specifically designed for your condition and symptoms.

## Homeopathy

This ancient treatment for diseases and chronic conditions, including emotional and mental problems, can be either preventative or a responsive treatment, and is based on the concept of treating like with like.

The main idea is to fight the ailment by introducing the body to the same disease producing toxin substance in tiny diluted amounts.

The remedies used in homeopathy are made from animals, plants, chemicals and minerals and are taken under the tongue in the form of droplets.

Homeopathy can improve one's health and help fight ovarian cysts symptoms and other PCOS symptoms by empowering the immune system.

## Appendix 2 – PCOS Detoxification Diet

### What Is Detoxing?

In a detox diet we simply eliminate foods that are known to be “provocative” (spicy, hot, fatty), toxic and PCOS/ovarian cysts-aggravating foods and consume only cleansing foods.

The aim of a detox diet is practically the same as juice cleansing – to allow the body to discharge toxic waste that has accumulated in the tissues, vital organs and cells and get rid of these stored toxins temporarily through the skin, intestines, liver, lungs, kidneys and lymphatic system.

When we detox, we help rebuild the natural elimination process and restore the acid-alkaline balance.

Juice cleansing is actually another type of detox diet only it is more extreme and is limited to liquids. While a juice fast consists of nothing but cleansing elements such as fruits and vegetables in their liquid form, a detox diet includes solid foods. These solid fruits and vegetables are excellent cleansers that help the body expel lots of waste during the detox plan. However, because they are solid foods, the body is not able to thoroughly discharge toxins, rebuild and fortify itself in as radical a fashion as it can through a liquid fast.

In a detox diet we need to perform special tasks in addition to adhering to the special food restrictions such as taking nutritional supplements, drinking a lot of water, exercising, brushing the skin, doing breathing exercises and taking Epsom salt baths and saunas.

The main purpose of these additional activities is to help the body as it discharges toxins through the main channels of elimination by stimulating these organs so that the detox process will become more effective.

## Symptoms While Detoxing

In a detox diet plan you may feel slightly fatigued or less energized, which is why you need to rest and sleep well during the plan.

As with the juice fast, you may experience disease symptoms during the detox, especially if you have consumed a lot of food from the “candida - aggravating foods” list in the past. The symptoms may include headaches, runny nose, bad breath, bloating, weakness, tiredness, nausea and acne.

In fact, all these symptoms are a good sign that your body is in fact discharging toxins. These symptoms are also temporary and should significantly decrease as soon as your body becomes more balanced and cleansed.

## Daily Guidelines During Ovarian Cysts Detox

- Drink a lot of filtered or spring water, at least one glass per hour. Mix the water with several drops of lemon juice.
- Drink a lot of detox tea daily.
- Take two tablespoons of extra virgin olive oil on an empty stomach each morning.
- Limit your diet to non-gluten grains, low sugar vegetables, nuts and seeds and herbs.
- Eliminate toxic metals from your body by adding 2 to 3 cloves of garlic a day to your meals.
- Take a sauna for approximately 20 minutes every other day.
- Brush your skin each morning before taking a bath.
- Exercise each morning and evening.
- Meditate in the morning and before going to bed.

## What To Eat During Anti- Ovarian Cysts Detox

Here's a list of recommended super foods that you should acquire for the anti-ovarian cysts detox plan:

- Low-sugar, alkaline-forming vegetables
- Sprouts
- Onions
- Garlic
- Non-gluten grains
- Nuts and seeds, raw Brazil nuts, sesame seeds, sunflower seeds, almonds, pumpkin seeds and avocados.
- Wheatgrass
- Fruit (unless you're suffering from candida overgrowth)

## What to Avoid During Anti- Ovarian Cysts Detox

In a detox diet you need to totally refrain from eating:

- All kinds of meat, dairy products and fish
- All refined carbohydrates
- Processed foods
- White sugar
- Gluten grains
- Caffeine
- Chocolate
- Alcohol
- Tobacco
- Fried or cooked meals. Stir-fry is acceptable but in moderation

## **Suggested Two-Day Ovarian Cysts/PCOS Detox**

This is only an outline of my recommended 2-day detox diet. I realize that at first glance the detox diet suggestion may seem a bit extreme and challenging. I am aware of that, but bear in mind that as you gain more experience and witness an improvement in your PCOS/ovarian cysts condition as well as your well-being, things are bound to get easier.

In the beginning you might suffer from slight dizziness, headaches, acne and weakness. All are symptoms indicating your body is detoxifying and reacting well as it thoroughly cleanses itself.

The more you advance through the Ovarian Cysts Miracle™ System, the more effective your organs of elimination will become. The detox will be less intense and even pleasurable.



**Day 1**

- 8:00 a.m. Drink a glass of still mineral water at room temperature with half of a lemon juice squeezed into it. Take 2 tablespoons of extra virgin olive oil + 3 cloves of raw crushed garlic.
- 8:30 a.m. Skin brushing followed by a warm bath
- 9:00 a.m. Wheatgrass juice
- 9:30 a.m. Glass of filtered or mineral water + daily detox tea
- 10:00 a.m. Handful of sunflower seeds
- 10:30 a.m. Glass of filtered or mineral water
- 11:00 a.m. Handful of walnuts
- 11:30 a.m. Glass of filtered or mineral water + daily detox tea
- 12:00 p.m. Low-sugar vegetable soup
- 12:30 p.m. Glass of filtered or mineral water
- 1:00 p.m. One cucumber
- 1:30 p.m. Glass of filtered or mineral water + daily detox tea
- 2:00 p.m. Handful of sesame seeds
- 2:30 p.m. Glass of filtered or mineral water
- 3:00 p.m. 5 Brazil nuts
- 3:30 p.m. Glass of filtered or mineral water + daily detox tea
- 4:00 p.m. Handful of sunflower seeds
- 5:00 p.m. Glass of filtered or mineral water
- 6:00 p.m. Low-sugar vegetable salad
- 7:00 p.m. Glass of filtered or mineral water
- 8:00 p.m. Meditate. Drink a glass of filtered or mineral water + daily detox tea.
- 9:00 p.m. Glass of filtered or mineral water
- 10:00 p.m. Glass of filtered or mineral water + half of a lemon juice squeezed in it
- 11:00 p.m. Sleep

## Day 2

- 8:00 a.m. Drink a glass of still mineral water at room temperature with half a lemon squeezed into it. Take 2 tablespoons of extra virgin olive oil and 3 cloves of raw crushed garlic.
- 8:30 a.m. Skin brushing followed by a warm bath
- 9:00 a.m. Wheatgrass juice
- 9:30 a.m. Glass of filtered or mineral water + daily detox tea
- 10:00 a.m. Handful of sunflower seeds
- 10:30 a.m. Glass of filtered or mineral water
- 11:00 a.m. 5 Brazil nuts
- 12:00 p.m. Glass of filtered or mineral water + daily detox tea
- 12:30 p.m. Low-sugar vegetable salad
- 1:00 p.m. Glass of filtered or mineral water
- 1:30 p.m. Handful of sesame seeds
- 2:00 p.m. Glass of filtered or mineral water + daily detox tea
- 2:30 p.m. Handful of walnuts
- 3:00 p.m. Glass of filtered or mineral water
- 3:30 p.m. Two green peppers
- 4:00 p.m. Glass of filtered or mineral water + daily detox tea
- 5:00 p.m. Handful of pumpkin seeds
- 6:00 p.m. Glass of filtered or mineral water
- 7:00 p.m. Low sugar vegetable soup
- 8:00 p.m. Glass of filtered or mineral water + daily detox tea
- 9:00 p.m. Meditate
- 10:00 p.m. Take an Epsom salt bath. Drink a glass of filtered or mineral water with half a lemon squeezed into it.
- 11:00 p.m. Sleep

## Appendix 3 – The Ayurveda Detoxification Program

**Ayurveda** (the word yus meaning "life" or "life principle", and the word veda, which refers to a system of "knowledge") is an ancient Indian system of health care that is presently in daily use by millions of people in India, Nepal and Sri Lanka.

This Ayurveda detoxification program should be followed for 7-30 days. The detoxification program consists of 3 elements:

### 1. Ayurveda Detoxification Diet

- Kitchari (Split yellow mung beans, brown basmati rice, vegetables, ghee, spices)
- Radish soup
- Boiled hot water
- Ginger tea
- Boiled hot water at room temperature

### 2. Ayurveda Detoxification Herbs

- Detoxification herbal formula

### 3. Ayurveda Detoxification Lifestyle And Meditation

## The Ayurveda Detoxification Diet

### Basic Guidelines

- Eat Kitchari and radish soup for breakfast, lunch and dinner on a daily basis. No other food should be eaten.
- Eat small amounts of food often throughout the day. Do not eat too slowly or too rapidly. Avoid big meals.
- Drink between meals or you can sip one cup of ginger tea or hot boiled water with your meal
- Do not talk while chewing your food
- Eat in a calm atmosphere
- Show gratitude to the person who made your meal
- Avoid any distractions while eating.
- Eat only when you're hungry.
- Try to eat organic food as much as possible
- Eat freshly cooked food as it contains maximum life force.
- Eat hot foods and drink hot drinks. Avoid cold foods, cold drinks.
- Avoid caffeine, smoking, alcohol and refined carbohydrates
- Drink ginger tea
- Drink boiled purified or mineral hot water

### Kitchari

Kitchari is a medicinal mixture of grains and spices. It is a complete meal aimed at correcting digestive disorders. While some recipes include white basmati rice. I have chosen the healthier alternative of brown basmati rice instead. The combination of brown rice, vegetables and mung beans in kitchari represents a perfect combination of life-sustaining protein, fiber and carbohydrates.

## Benefits of kitchari

- Stimulates digestive enzymes
- Eliminates toxins deeply embedded within your tissues
- Removes gas and bloating from your abdomen
- Improves your immunity
- Reduces toxins
- Unblocks channels within your body
- Removes drowsiness from your mind

## Kitchari Recipe

Kitchari should be cooked fresh every morning and eaten throughout the day.

## Ingredients

- 1-cup brown basmati rice (rinsed 7 times)
- 1-cup split yellow mung dhal (rinsed 7 times). Use only split yellow mung dhal as it removes gas instead of causing gas
- 1 green chilli (chopped)
- 1 tablespoon of ghee
- 1 tsp of mustard seeds
- 1 tsp of turmeric, fennel, cumin, coriander powder
- 1 large piece of fresh ginger (finely chopped)
- Pinch of hing (asafoetida)
- 3-4 whole cloves
- 3-4 cardamom pods
- 3 liters of boiled hot water

- 1-2 cups of finely chopped vegetables (Bok choy, pak choy, asparagus, green beans, sweet potato, pumpkin, zucchini, radishes, squash, English spinach, leafy greens)

## Preparation

1. Carefully pick over rice to remove any stones.
2. Wash each separately in at least two changes of water.
3. Put basmati rice and split yellow mung beans in a bowl.
4. Rub mixture between your hands for 30 seconds. Drain the water and repeat the above action seven times until the water is clear.
5. Heat one level tablespoon of ghee on medium heat. Add mustard seeds and fry.
6. Add the green chili, fresh ginger root and the other spices and vegetables. The turmeric should be added last.
7. Fry the mixture for one minute.
8. Add the brown basmati rice and split yellow mung beans to the mixture and stir on medium heat for one minute.
9. Add three liters of boiled hot water, cover and simmer for 30 minutes.

## **Radish soup**

Radish soup is a very powerful toxin eliminator. It burns up toxins, enhances digestion and clears mucus.

### **Ingredients**

- Several chopped radishes
- 1 teaspoon of green chili
- 1 teaspoon of ghee

### **Preparation**

1. Heat ghee
2. Stir fry the green chili for one minute.
3. Add the chopped radishes and stir-fry for one minute
4. Bring four cups of water to a boil
5. Add the boiled water to the mixture and turn to low heat. The radish soup should be cooked until it is soft.

## Ayurveda Detoxification Herbs

Take the following powerful detoxification herbal formula that contains nothing but raw, potent herbs. It will break up and remove toxins deeply embedded within your tissues, organs and cells.

Mix the following herbs together and take one teaspoon three times a day before each of your meals followed by a quarter glass of warm water:

- Chitrika powder (5 grams)
- Trikatu powder (10 grams)
- Triphala powder (20 grams)
- Guggulu powder (20 grams)
- Guduchi powder (25 grams)



## The Ayurveda Detoxification Lifestyle And Meditation

During the Ayurveda detoxification program, it is extremely important to adhere to the following principles as part of your daily routine:

- Avoid air conditioned atmospheres
- Avoid excessive exercise
- Avoid excessive mental and emotional strain
- Avoid sitting or sleeping on hard seats or beds
- Avoid excessive talking
- Avoid alcohol, drugs and smoking cigarettes
- Avoid exposure to loud noise
- Avoid too much exposure to television and computer
- Avoid over-working and late nights
- Get fresh air but avoid direct cold winds at all cost
- Get 10 to 20 minutes of sunlight on your whole body
- Shower in warm or hot water
- Go to bed early and wake at sunrise.
- When having bowel movements, sit on the toilet and use a small stool under your feet. Have a complete bowel action.
- Get full physical, mental, and sexual rest
- Scrape your tongue with a tongue scraper from back to front several times a day to remove any white coating on your tongue
- Floss and brush your teeth (you can use baking soda or Neem herbal toothpaste).
- Gargle for one minute using sesame oil and then spit it out.
- Wash your body either before dinner or before bed. Never shower directly after eating.
- Meditate for 10 minutes several hours before going to sleep. While doing so focus on where your symptoms are the worst in your body. This will promote self healing.
- Sleep on your left side with your head to the south and feet to the north.

# Appendix 4 – Liver And Gallbladder Flush

## Introduction

The liver performs hundreds of functions that keep the body healthy. A malfunctioning liver could contribute to digestive problems, weakened immune system, toxic buildup, hormonal imbalance and ovarian cysts.

By cleansing the liver and removing stones from the liver and gallbladder through liver flushing, your digestion will dramatically improve, which is the foundation of your health. Allergies, rashes, headaches, acne and even shoulder or upper back pain will disappear, and you'll enjoy a dramatic increase in well-being and vitality.

Though some people have reported getting rid of stones using only a bowel cleanse, it is still not a surefire way of eliminating liver and gallbladder stones and certainly not a substitute for a liver flush.

Only by conducting a liver flush, in addition to your fasting routine, will you be able to cleanse your liver and gallbladder from the stones, crystals, gravel and debris that hinder your body's detoxification and healing.

Unlike the unnecessary gallbladder surgery, a liver flush is a simple, painless, safe and fast procedure that is done at home. It uses cheap ingredients and has no side effects.

Many chronic patients (higher back and shoulder pain, psoriasis) have reported a dramatic change in their well-being after the first liver flush.

A liver flush has a remarkable impact when it comes to ovarian cysts as it not only cleanses the liver but also improves its functionality. A liver flush also

dramatically improves blood circulation and digestion (one of the secondary factors affecting ovarian cysts).

I have personally gone through this routine seven times with no side effects, and it has yielded surprising results on my PCOS/ovarian cysts symptoms. My hair got glossier, and I witnessed a remarkable change in my skin's condition.

A liver flush should be conducted twice a year.

### **Warning**

- 1. Always consult your doctor before attempting the following liver flush procedure. If you fail to do so, you are acting at your own risk.**
- 2. Make sure you are able to tolerate Magnesium Sulfate (Epsom Salts) before you attempt to consume 4 tablespoons. People unable to tolerate Magnesium Sulfate may suffer a negative reaction.**
- 3. If you are pregnant or nursing or if you know or suspect you have a compromised liver or gallbladder, including gallstones, polyps, shriveled, inflamed or diseased in any way, do not attempt this flush.**

The flush should only be performed after doing a bowel cleanse and an antiparasitic regimen. If these steps are not performed first, the liver cleanse can be a traumatic (and unproductive) experience since the amount of refuse produced by the cleanse can tax the kidneys if they are not clean, and parasites can block the flow of bile, leading to painful pressure.

If directions are followed exactly, the procedure is always painless, even for those well into their 80's, according to Hulda Clark, and that is based on over 500 of her cases. Although the procedure sounds daunting and distasteful, it is quite easy.

The flush will produce a multitude of what looks like balls of lard which contain crystals that are like salt. They are called "stones" but are really crystals

encased in cholesterol, fat, and olive oil. Larger stones will also be encased in the substance and should not produce pain when passed through the bowel. Additionally the Epsom Salts will open the bile duct valves so you will actually feel nothing as a train of stones will travel along the bile ducts like marbles.

#### Warning about Electrolytes

You want to ensure that your electrolytes are balanced before and after performing an enema or a liver flush. An electrolyte is a solution or substance that carries electric charges. They exist in the blood as acids, bases, and salts (such as sodium, calcium, potassium, chlorine, magnesium, and bicarbonate).

As such, it is imperative to replace the electrolytes during and after the liver flush. This can be done by drinking liquids such as Pedialyte or Gatorade during and after the liver flush.

**Alternative to Pedialyte:** <http://www.vitacost.com/Alacer-Emergen-C>

## **Preliminary Steps**

### **1. Make Sure Your Mouth Is Metal Free**

Before entering the program you must make sure you have eliminated all dental problems. It is also recommended that you replace any mercury fillings you may have so your mouth is free of metal. The reason for this is that a toxic mouth can put a lot of stress on the liver, especially after it has been intensively cleansed.

### **2. Optimize Your Diet 10 Days Prior to Liver Flushing**

For 10 days prior to the liver flush make sure your diet is optimized according to the guidelines. Focus mainly on alkalizing raw vegetables and sprouts. Take your EFAs, extra virgin coconut oil, and lecithin. Take one serving a day of sulfur-rich foods such as: broccoli, cabbage, raw garlic, onions, leeks or cauliflower. Your diet should be low on fruit, starch and protein as these will hinder liver detoxification.

### **3. Soften Your Liver Stones 7 Days Prior To Liver Flushing**

For seven days prior to the liver flush, take 10,000 to 20,000 mg Malic acid on a daily basis. The Malic acid will soften and breakup liver stones. You can find Malic acid here: <http://www.evitamins.com/>

### **4. Getting Rid Of Parasites - One-Week Program**

According to Dr. Hulda Clark (author of the famous book *The Cure for All Diseases*), an effective liver flush cannot be performed while living parasites are inhabiting your body.

Parasites are living organisms that eat, lay eggs and secrete toxins into your blood stream. They live off the food you supply them with (especially sugar).

They grow healthy and fat and may remain in your body for decades without your even knowing it.

These parasites reproduce inside your body, feeding themselves from minerals like calcium. They eat essential protein and damage your lungs, joints, nervous system and liver. This results in many illnesses such as severe allergies, arthritis, anemia, digestive problems and more. Some parasites can grow up to 15 inches long, inhabit your digestive tract and secrete toxins that create toxic overload.

Before attempting a liver cleanse, you must kill the parasites that inhabit your body. Otherwise, you will not be able to get that many stones out, and you will experience harsh illness symptoms.

The most effective and natural way I have found to eradicate parasites is taking wormwood, cloves, black walnut and garlic herbs daily for the whole week. This will kill most parasites. However, as parasites secrete ammonia (which is a powerful toxin), you might feel slightly ill in the process, but don't panic. It's only for a short while.

An excellent black walnut and wormwood tincture is available at:

<http://www.vitacost.com>.

Another good alternative for killing parasites is to consume plenty of raw garlic. Just be careful. Garlic can encourage a life of solitude. Raw pumpkin seeds are also a good source and contain fatty acids that help in parasite eradication.

Due to its tremendous nutritional value, coconut oil is also highly effective for killing parasites. It should be added to your menu even if you experience no symptoms of parasites.

A good quality extra virgin coconut oil is available at:

<http://www.vitaminsandsuch.net>.

It is important to note that during the parasite eradication week, you must focus on the basic principles of the diet plan (consuming at least 75% raw foods plus whole foods, high alkaline and cleansing foods).

## 5. Three-Day Apple Or Vegetable Juice Cleansing

Before the flush it is a good practice to soften and dissolve the gallbladder and liver stones to ensure their easy exit. A 3-day organic apple juice cleansing should do the work fine, as well as cleansing your kidneys (also necessary for the flush).

The pectin found in the apples will soften the stones and help their passage through the bile ducts. The apple fast opens and empties the intestines as well, which helps the passage of stones on their way out.

The 3-day apple juice fast is basically a 3-day juicing fast that is limited to apple juice and should be followed by the same guidelines as a regular juice fast including herbal teas and daily enemas, which help the organs of elimination to expel toxins.

The purpose of the apple juice fast goes beyond softening the liver and gallbladder stones. The daily enemas (or preferably colonic hydrotherapy) will cleanse the colon, thus preventing the toxins expelled from the liver from getting trapped in a congested colon.

**Important:** If you suffer from moderate to severe candida infection, I would recommend conducting a 3-day cleanse based on mostly cucumbers or green leafy low-sugar vegetables and no fruit.

## One-Day Liver and Gallbladder Flushing

### Ingredients:

½ cup extra virgin olive oil

3 lemons

4 tablespoons Epsom salts (available at: <http://www.boots.com>)

3 cups water

### Practical Steps

It is ideal to conduct the flush on a day like a Saturday when you have no work the next day, allowing you to rest.

Break the apple juice fast by having a 100% raw vegetable and fruit breakfast with absolutely no fat added. Have the same lunch (limited to only raw fruits and vegetables, adding some salt, if desired, to build pressure in the liver) but do not eat after 2 o'clock in the afternoon.

- 2:00 p.m. Mix your Epsom Salts in 3 cups water, and pour the mixture into a jar. Leave it in the refrigerator.
- 6:00 p.m. Drink ¾ cup from the mixture, and drink two cups of water afterwards.
- 8:00 p.m. Take another ¾ cup from the mixture.
- 9:45 p.m. Mix half a cup of olive oil with the juice of the 3 lemons, and pour the mixture into a jar. Shake it well and store in the fridge. Finish your evening chores, visit the bathroom and get ready for bed.
- 10:00 p.m. Standing up next to your bed, drink the whole olive oil mixture you have made. Sip the mixture slowly for about 5 to 15 minutes and lie down immediately flat on your back with your head up for 20 minutes. You may feel the stones traveling from your liver and



gallbladder painlessly. Try to sleep on your left side with your right hand pulled up to your chest.

Note: Throughout the day it's also recommended that you consume between 5 to 9 glasses of the liver detox tea. Some people drink a liver detox tea right after they have taken the citrus and olive oil mix. I personally prefer not to mix those together, but I do drink lots of liver detox tea prior to taking the lemon/oil mixture (throughout the day).

- 7:00 a.m. Upon waking (not earlier than 6 a.m.), take a third dose of the Epsom Salts mixture. At that stage you should expect diarrhea. Look for greenish stones in your stool. Gallstones will float because they contain cholesterol. You may find some tan-colored floating crystals that are not round in form. These are crystals from the bile ducts.
- 9:00 a.m. Take your last dose of the Epsom salt mixture, and go back to bed.
- 11:00 a.m. You may eat your first fresh fruit and vegetables. It's advisable that you start with fresh juices and not solid fruits or vegetables. No fewer than two hours later you can go back to eating regular foods again, but take it slowly.

## Conclusion

At this point you have cleansed your liver, gallbladder and bile ducts and removed a significant number of stones and residual matter.

It is highly recommended that after each flush the colon be cleansed to ensure there are not any gallbladder or liver stones trapped inside it. I usually conduct one or two enema routines after each flush.

Follow this procedure twice a year. Also, by taking two tablespoons of extra virgin olive oil each morning, you will ensure your liver performs at its peak.

## What to Do After Each Liver Flush

Take several Primal Defense capsules to re-balance your system.

Detoxify your liver and build liver function by taking the following herbs:  
dandelion root, burdock root, yellow duck root, oregon grape root, milk thistle  
and astragalus.

They are available on the web at: <http://www.VitaCost.com>