
WHY NOT JUST REMOVE YOUR UTERUS BECAUSE OF FIBROIDS AND “BE DONE WITH IT?”

Women diagnosed with uterus abnormalities like constant bleeding, endometriosis or fibroids (even if non-cancerous) are often encouraged by their doctors to remove their uterus (a hysterectomy). You are then assured that by removing the uterus and leaving the ovaries, you will still be producing your own hormones. Sounds plausible, right? In reality, your ovaries' main blood supply comes from the uterus. The procedure will therefore eventually make the ovaries stop producing hormones and you will be tweaking synthetic hormones doses for the rest of your life. The rush to remove the uterus minimizes its role; it's not just for having babies. Of course, hysterectomy is advised if you have been diagnosed with uterine or ovarian cancer.

In the case of constant bleeding, endometriosis or fibroids, the most common cause is estrogen dominance and/or low progesterone. Removing the uterus does not address these underlying causes. I have met women who had hysterectomy but did not address the underlying causes and continued struggling the estrogen-related issues such as thyroid and breast cancers. I therefore encourage you to focus on treating the underlying causes. If you had your uterus removed, you will still benefit from following the Phase I (Foundation) and then Phase II (Refinement) of my protocol.