



# **NATURAL OVARIAN CYSTS RELIEF SECRETS™**

## **They Don't Want You To Know About**

### **How to Naturally Eliminate Ovarian Cysts without Drugs or Surgery**

**Avoid damaging prescription drugs &  
complications of surgery most often  
recommended by doctors**

## Disclaimer

The author of this book is not a medical doctor. The author has no formal medical training. As a health researcher, the author has spent over 10 years investigating the true cause of disease. This book is based on discoveries made by leading researchers which has been compiled from books, scientific papers, medical reports, scientific journals, and ground breaking studies from leading universities and advanced medical research institutions. The author also includes observations of the various ovarian cyst treatments developed and practiced by doctors from around the world as well as experience gained from the thousands of women who have successfully eliminated ovarian cysts without drugs or surgery.

Before beginning any health program you should consult a licensed health care provider and be monitored throughout the entire process. This book is not intended to provide medical advice, diagnose illness, or in any way attempt to practice medicine. It is not intended to replace personal medical care from a licensed health care practitioner. Doing anything recommended or suggested in this book must be done at your own risk.

The author is forced to include this disclaimer due to the litigious nature of today's world, and the expected attacks, criticisms, and attempts to suppress and discredit this work.

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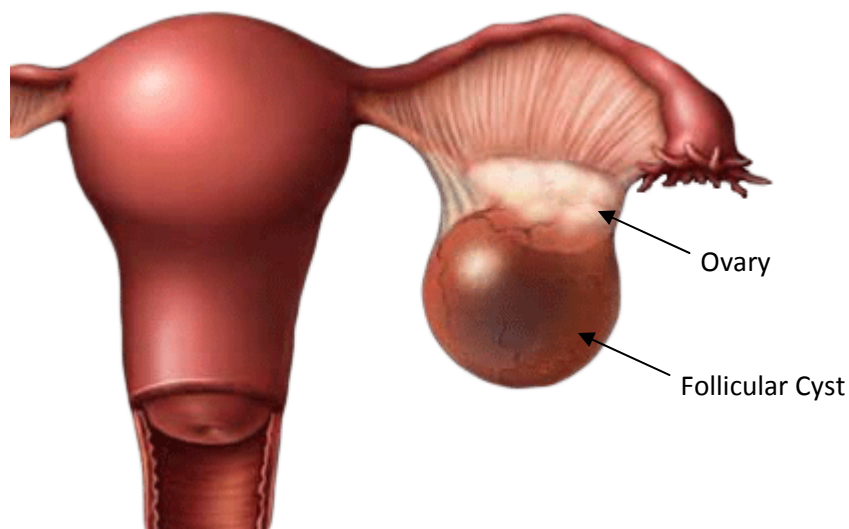
# Chapter 1

## Ovarian Cyst Overview

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### What is an Ovarian Cyst?

Ovarian cysts consist of small fluid filled sacs called follicles that develop inside or on the surface of an ovary. If a follicle becomes larger than approximately 2 centimetres it is considered an ovarian cyst. The size of ovarian cysts can vary largely and can range from the size of a pea to larger than a grapefruit.



In the US, ovarian cysts are found in nearly all premenopausal women, and in up to 14.8% of postmenopausal women. The incidence of ovarian cancer is approximately 15 cases per 100,000 women per year. Ovarian cysts affect women of all ages. However, they occur most often during a woman's childbearing years.

Most cysts are functional in nature and are harmless, but some may cause problems such as bleeding and pain. Most doctors suggest surgery as an option to remove those cysts. But as you'll learn by reading this guide, that's rarely the case and often the worst decision you can make.

## Types of Cysts

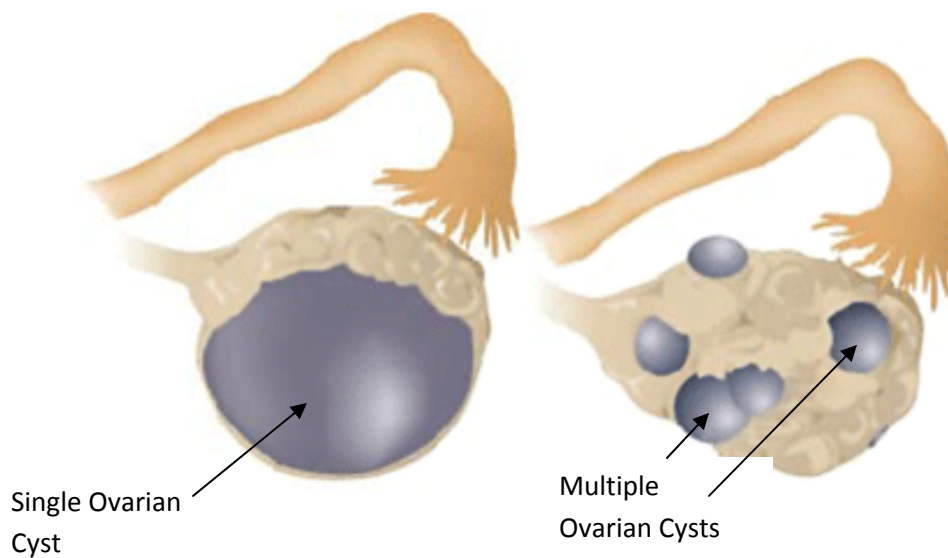
Ovarian cysts can be categorized as cancerous or non-cancerous growths, although most are noncancerous. The following is a brief description of the various types of noncancerous ovarian growths or cysts. (Note: These descriptions are technical in nature and you may decide to skip them and refer back to them again after you have read this entire book.) A woman may develop 1 or more of them:

1. **Follicular cyst (Graafian follicle):** This is a simple cyst, which is the most common type of ovarian cyst. This type can form when ovulation does not occur or when a mature follicle doesn't rupture or release its egg but instead grows until it becomes a cyst. It usually forms at the time of ovulation and can grow to about 2 inches in diameter. It's thin-walled, lined by one or more layers, and filled with clear fluid. The rupture of this type of cyst can create sharp, severe pain on the side of the ovary on which the cyst appears. This sharp pain occurs in the middle of the menstrual cycle, during ovulation. About a fourth of women with this type of cyst experience pain. Usually, these cysts produce no symptoms and disappear by themselves within a few months.
2. **Corpus luteum cyst:** This type of functional ovarian cyst occurs after an egg has been released from a follicle. After this happens, the follicle becomes what is known as a corpus luteum. If a pregnancy doesn't occur, the corpus luteum usually breaks down and disappears. It may, however, fill with fluid or blood and stay on the ovary. Usually, this cyst is on only 1 side and produces no symptoms.

3. **Hemorrhagic cysts:** This is an abnormal cyst, which is common, that usually affects younger women and may grow to 6 inches in diameter. It occurs when a very small blood vessel in the wall of the cyst breaks, and the blood enters the cyst. Abdominal pain on one side of the body, often the right side, may be present. Most hemorrhagic cysts are self-healing. Occasionally hemorrhagic cysts can rupture, with blood entering the abdominal cavity. No blood is seen out of the vagina. Cysts that rupture are usually very painful, though these are less common. Even if a hemorrhagic cyst ruptures, in many cases it resolves without surgery.
4. **Dermoid cyst:** This is an abnormal, relatively rare cyst that usually affects women during their childbearing years. It's usually benign, and can range in size from half an inch to 17 inches in diameter. It can contain fat and occasionally hair, bone, nails, teeth, eyes, cartilage, and thyroid tissue. Up to 10-15% of women with them have them in both ovaries. Though it often does not cause any symptoms, it can become inflamed, and can also twist around causing severe abdominal pain and threaten blood supply, which is an emergency and calls for urgent surgery. These cysts can generally be removed easily, which is usually the treatment of choice. Removal does not generally affect fertility.
5. **Endometriomas or endometrioid cysts:** This type of cyst is formed when endometrial tissue (the mucous membrane that makes up the inner layer of the uterine wall) bleeds and grows inside the ovaries. As the blood builds up over months and years, it turns brown. When it ruptures, the material spills over into the pelvis and onto the surface of the uterus, bladder, bowel, and the corresponding spaces between. It affects women during the reproductive years and may cause chronic pelvic pain associated with menstruation.
6. **Pathological cysts:** Polycystic-appearing ovary is diagnosed based on its enlarged size—usually twice normal—with small cysts present around the outside of the ovary. This condition can be found in "normal" women and

in women with endocrine disorders. Polycystic ovarian syndrome is associated with infertility, abnormal bleeding, increased incidences of pregnancy loss, and pregnancy-related complications. Polycystic ovarian syndrome is extremely common, is thought to occur in 4-7% of women of reproductive age, and is associated with an increased risk for endometrial cancer.

In addition to the different types of cysts, you may have a single large cyst or multiple smaller cysts.



## Signs and Symptoms

It's important to be watchful of any changes in symptoms in your body and to know which symptoms are serious. If you have an ovarian cyst, you may be experiencing the following signs and symptoms:

- Menstrual irregularities that include painful menstrual periods and abnormal bleeding
- Constant or intermittent dull pelvic ache that may radiate to your lower back and thighs
- Pelvic pain shortly before your period begins or just before it ends

- Pelvic pain during intercourse
- Nausea or vomiting
- Breast tenderness similar to that experienced during pregnancy
- Fullness or heaviness, pressure or pain in your abdomen
- Pressure on your rectum or bladder and difficulty emptying your bladder completely
- Weight gain

The symptoms listed above are common, and they shouldn't alarm you. However, if you experience any of the signs and symptoms below, you should get immediate medical attention. They include:

- Sudden, severe abdominal or pelvic pain
- Pain accompanied by fever or vomiting
- Faintness, dizziness, or weakness
- Rapid breathing

## **Traditional Medical Treatment**

You may have first learned about your cyst after feeling some pain or other symptoms that prompted you to visit your doctor. Although, it's just as likely that it was discovered during a routine pelvic exam. Either way, your doctor probably felt the swelling above your ovary. Once found, your doctor would most likely have performed an ultrasound, which helps them create an image of the inside your body using sound waves.

The ultrasound allows the doctor to see how the cyst is shaped, its size and location. It also determines whether the cyst is fluid-filled, solid or mixed. Doctors often perform other test that included a pregnancy test, hormone level test and sometimes a blood test called CA-125.

The CA-125 is a special test that can measure a substance in blood called CA-125 to determine if the cyst might be cancerous. However, some ovarian cancers



don't make enough CA-125 to be detected by the test. Also, there are a few non-cancerous diseases that may increase the levels of CA-125 such as uterine fibroids and endometriosis. It should be stated that ovarian cancer is very uncommon in women under 35. For this reason, the CA-125 test is most commonly recommended for women over 35.

After your doctor has determined that your ovarian cyst is noncancerous, these are the steps medical doctors are most likely to suggest:

1. **Watchful waiting**: At first, your doctor may have told you to wait and get re-examined in one to three months to see if the cyst has changed in size. This is a common treatment option for women who are in their childbearing years, have no symptoms, and have a fluid-filled cyst. It also might be an option for postmenopausal women.
2. **Birth control pills**: If you frequently develop cysts or your cysts have failed to shrink with three months of waiting, your doctor may prescribe birth control pills to prevent you from ovulating. The conventional medical practice of putting women on birth control pills is dangerous and misguided. As you read through this guide, you'll learn that this doesn't treat the true cause of ovarian cysts. Birth control pills also carry a long list of side effects that may be worse than the ovarian cysts itself.
3. **Surgery**: If the cyst doesn't go away after several menstrual periods, has gotten larger, looks unusual on the ultrasound, causes pain, or you're postmenopausal, the doctor may want to remove it. As you'll learn in this guide, there are safe and effective methods to eliminate most ovarian cysts without surgery. Though there are times where surgery is the only option, but it's extremely rare.

There are two main surgical procedures:

- a. **Laparoscopy**: A laparoscopy is often used when the cyst is small and looks benign on the ultrasound. This procedure is done under general

anaesthesia. A very small incision is made above or below the navel, and a small instrument is inserted into the abdomen. If the cyst is small and looks benign, it can be removed.

- b. **Laparotomy**: A laparotomy is done as a second resort, usually if the cyst is large and looks suspicious. This procedure involves making bigger incisions in the stomach to remove the cyst. Again, this procedure is done while you are under general anaesthesia. The doctor sometimes has the cyst tissue tested to find out if it's cancerous. If it is cancerous or may be a *threat of being cancerous*, the doctor may remove the ovary and other tissues that may be affected, like the uterus or lymph nodes. It's important to understand that ovarian cancer is very rare and the vast majority of these surgeries are unnecessary.

What's frightening is that you'll most likely have to fill out a form before surgery, consenting the doctor to not only remove the cysts, but the authority to remove your ovary and potentially your uterus if they feel it may cause you problems. You'll get know warning, you may wake up to find out you can never have children or that you'll need to be on hormone replacement therapy forever.

# Chapter 2

## What Doctors and the Medical Industry Don't Want You To Know

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Of the three options conventional medical doctors use, the only one that you should consider is watchful waiting. Most ovarian cysts go away on their own.

What the medical industry is hiding is that hormone imbalance primarily caused by food is the true root cause of ovarian cysts. In fact, the most common treatment of prescribing birth control pills to women will actually cause their cysts to grow. The truth is that by balancing excessive hormone levels, your body will automatically shrink your cyst to minimize or eliminate any problems.

How did this happen? The American Medical Association (AMA), FDA and pharmaceutical companies are really the main problem. Corporate greed has driven them to falsely educate doctors to prescribe harmful pharmaceutical drugs and perform unnecessary surgery, both of which are highly profitable.

It's amazing that today's medical culture has even labelled ovarian cysts as a disease. If your doctor just didn't prescribe you those drugs, your cysts may have gone away on their own. As common with many other illnesses today, the methods and drugs prescribed actually make your situation worse and make the profits of the drug company go through the roof.

Before I continue exposing the ugly truth about the medical industry, let me explain how important your ovaries are. Your ovaries are the anatomical

equivalent of a man's testicles and they are a main source of hormone generation. Removing your ovaries can have profound effects, although your doctor will like tell you it will solve all your problems. They're most often going to recommend you remove one of your ovaries, because cysts usually form on only one ovary at a time. The problem is, your ovary is most likely not the cause of your problems. So if you don't treat the root cause, you're most likely to have cysts on the other ovary down the road.

If they convince you to remove your ovaries, you'll no longer produce substantial amounts of estrogens and progesterone. This will make you feel more anxious and leave you with little or no libido. Removing your ovaries will cause an increased risk of many diseases such as osteoporosis and heart disease. Taking hormone replacement therapy won't help. Hormone replacement doesn't regulate your hormones as well as your body does naturally.

There are only a few, relatively rare instances when it's wise for you to have your ovaries removed, with cancer being the most obvious. Others include cysts that have a high risk of being precancerous and extremely enlarged cysts that cause pain and don't respond to natural treatment. But the vast majority of surgeries are unnecessary. Even though cancer is relatively rare in ovarian cysts, doctors tend to be eager to remove your ovaries. But what your doctor doesn't realize is that even after removing the ovaries, cancer can re-appear in the pelvic cavity and behave just like ovarian cancer.



**Photo of removed cyst**

With cancer, prevention is the best medicine, especially if there are women in your immediate family who have had ovarian cancer. Your risk also increases if you have used fertility drugs such as Clomid, if you've used birth control pills, or if you haven't been pregnant.

Your doctor may even suggest you need to remove your uterus, this will require them to prescribe Premarin which will increase your risk of breast cancer, especially after 5 years.

The most common course of action your doctor will suggest with ovarian cyst (especially in the US) is to try and remove the cyst surgically with the chance they will have to remove an ovary. If you are planning to have this surgery, make sure you find a doctor who you believe will do everything they can do to save your ovary.

Most doctors will simply remove the ovary if it seems too difficult to remove the cyst. This is not to say it's unsafe to remove a cyst, it's just more effort. This delicate surgery is tremendously time consuming. Removing the cyst without damaging the ovary takes a level of surgical skill, patience, and expertise that most ob-gyns don't have. It also takes longer and costs more, so insurance companies would rather not pay for it. There other option is too remove your ovary, which is a fairly simple and straightforward procedure (for the surgeon, not for you).

Removing your ovary makes it very likely that you'll need hormone replacement therapy in the future. Rather, that's what they'll recommend when you complain with symptoms. Let's discuss the economics of surgical cysts removal for a moment. This procedure can make a lot of money for your doctor, the hospital, and the drug companies. First off, the actual surgery is costly, and then you'll have a long recovery. After the actual surgery, you're very likely to have to visit your doctor much more often. They will probably pre-schedule a number of follow up appointments, to see how things are progressing, more money and great for business.

They'll probably prescribe unopposed estrogen, which is great for the drug companies. Unfortunately, this will eventually lead to many expensive medical conditions such as fibrocystic breasts, weight gain, elevated blood pressure, blood clots, gallbladder disease, liver disease and breast or other hormone dependent cancers. All these will require addition visits to your doctor and more prescription drugs. Once again, great for your doctor and the drug companies profits. Each and every disease you get from unopposed estrogen brings financial reward for them. Are you starting to see the picture now?

# Chapter 3

## The Natural Way to Resolve Ovarian Cysts

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It's important to understand why these cysts form. First, you should know that modern medical science knows very little about the inner workings of your ovaries. They also don't really understand how the ovaries are stimulated to produce and release hormones. Fortunately, we do have enough information to ensure you keep your ovaries and you keep them healthy, naturally.

Women normally have 2 ovaries, one on each side of the uterus that store and release eggs. Each ovary is approximately the size of a walnut. When your menstrual cycles are functioning optimally, one ovary will produce an egg roughly once per month. Your ovaries are very active during this cycle. Many women can actually feel when they ovulate. You may have felt it before. Women say that it feels like a slight cramping or pinching sensation. You can feel it in the area of the ovary, which is slightly below either side of the navel. Although, many mistaken this feeling for a case of gas or indigestion. But let's step back for a moment; what's most important to understand here is what happens before the egg is released from your ovary.

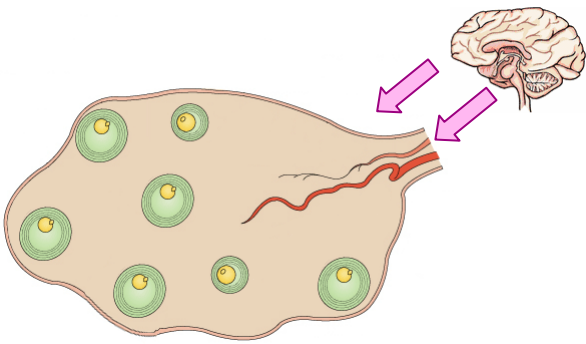
Your brain sends signals in the form of hormones to eggs stored in your ovaries telling them to begin forming tissue. This tissue begins to grow and surround the egg to form what looks like a sac. These sacs begin to move to the outside edges of your ovary. An egg inside of a sac is referred to as a follicle. As these follicles begin to enlarge, they produce estrogens. Every menstrual cycle produce approximately 120 follicles in the process of maturing eggs.

Normally, only 1 succeeds in releasing the egg, which is called ovulation. When you ovulate, the egg is released and the remaining sac part of the follicle changes form and becomes what is called the corpus luteum. The most important step here in regard to why ovarian cysts form is that the corpus luteum begins to produce a hormone called progesterone. Progesterone stops further ovulations by the rest of the follicles as well as the follicles of the other ovary.

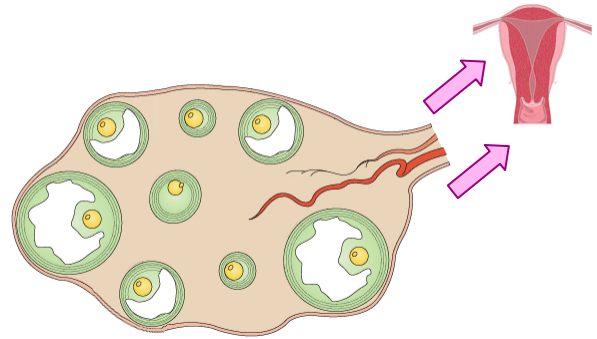
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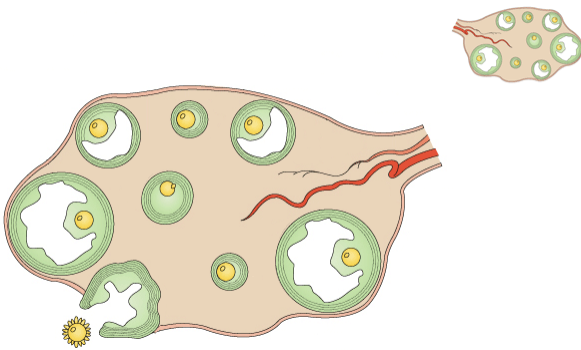
## Natural Ovulation Process



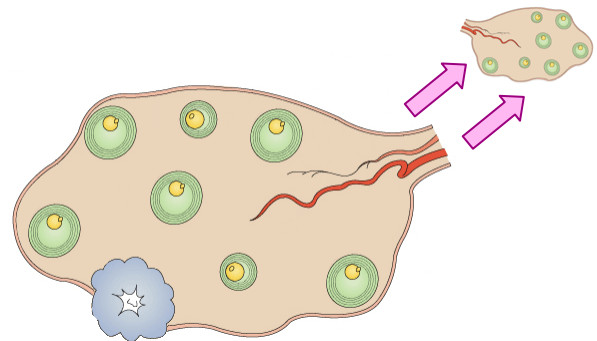
**STEP 1:** Signals from the brain cause follicles to grow.



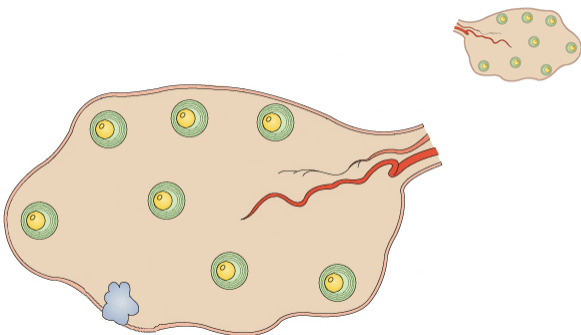
**STEP 2:** As the follicles begin to enlarge, they make estrogen, which signals the uterus to prepare for an egg.



**STEP 3:** One follicle releases an egg (ovulation) before the others.



**STEP 4:** The follicle changes into a corpus luteum. It begins to produce progesterone, which stops further ovulations by the rest of the follicles in both ovaries.



**STEP 5:** The progesterone in your system cause all the follicles to shrink or dissolve. The cycle repeats each month.

## The True, Root Cause of Ovarian Cysts

When you find out that you have an ovarian cysts, doctors will often make a justification for removing the ovaries. What you need to understand is the presence of cysts on the ovary is a completely normal process. Enlarged cysts are common and are very rarely cancerous.

Doctors fail to mention that cysts are a normal part of the ovulatory process. In fact, before ovulation, anywhere from a few to a few hundred follicles enlarge in the ovaries to appear cyst like. When functioning normally, only one follicle will release its egg down the fallopian tube. The other follicles then begin to be reabsorbed or dissolved outside of the ovary.

The truth is, almost all ovarian cysts are caused by poor diet. Again, women have been misled for the sake of profits. What you may believe to be a healthy diet is what is causing not only your ovarian cyst, but virtually all disease. Specifically, diet causes an imbalance in your body of several key hormones. These are:

### 1. Too much Androgens (Male Hormones)

Ovarian cysts in young women are almost always caused by excess sugar and refined carbohydrates in the diet. These foods create constantly raised insulin levels in the body. This stimulates the production of androgens (male hormones) from the ovary, which is the primary cause of ovarian cysts. The elimination of sugar and other refined carbohydrates is absolutely required for anyone dealing with ovarian cysts. It must be done to fix hormonal imbalances and supplemented with plenty of exercise to remove excess androgens.

### 2. Too Much Estrogen

In addition to excess sugar and refined carbohydrates, other foods and environmental factors contribute to very high levels of estrogen in the body. Unfortunately, it's almost impossible to eliminate all environmental factors in today's world. We'll discuss this in greater

detail in later chapters, but for now, it's important to know that as much as 95% of your excess estrogen is caused by eating animal products. Despite everything you may have heard, your body was never designed to consume so much animal products. Animal products are loaded with hormones and other chemicals that act like estrogen. Women eating a typical American diet have levels of estrogen almost twice as high than normal. We will discuss the impact of meat and dairy later in this guide.

The best way to treat ovarian cysts is to follow the nutritional information provided later in the diet book. Replacing refined carbohydrates and animal products with a natural, organic, and alkaline diet will do wonders for your ovaries as well as the rest of your body. Exercise is also described in the sections to follow.

*Note:* If you've been eating a high sugar and refined carbohydrate diet for an extended period of time. You will likely have some form of diabetes or pre-diabetic condition. Your pancreas may secrete insulin abnormally. This must be corrected. Eating the recommended diet will correct this imbalance very quickly. If you are on insulin you may need to monitor your blood glucose levels and work with your doctor to reduce or even eliminate your insulin.

## **How Hormone Imbalance Leads To Ovarian Cysts**

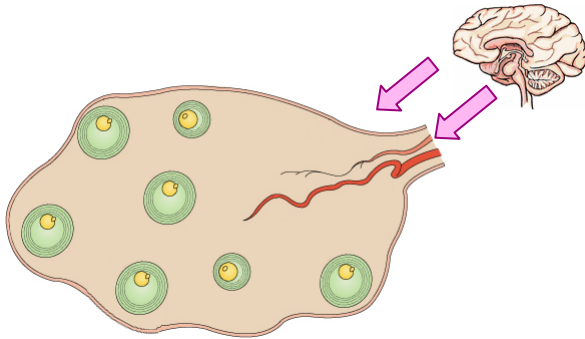
Eating the wrong foods has an incredible impact on the delicate balance of your hormones. We already know that eating sugary, refined carbohydrates and animal products leads to unnatural levels of androgens and estrogens. Let's me describe what happens when your hormones are out of balance.

For example, if your body has too much estrogen, it may cause the ovulation process to fail, which is when the follicles migrate to the surface of the ovary but fail to release an egg. When this happens no progesterone is made. When you feel pain mid-cycle, this is a sign of fail or disordered ovulation.

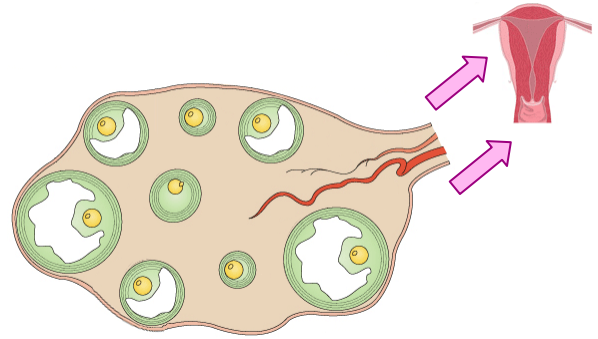
An area in the brain called the hypothalamus monitors both estrogen and progesterone levels. If progesterone fails to rise, the hypothalamus sends signals to make hormones that stimulate the follicles to continue to grow. This stimulates even more estrogen production. The follicles then become cysts and grow larger and larger with each succeeding menstrual cycle. Some of these ovarian cysts burst into the pelvic area releasing fluid including blood which can be painful.

**See illustration on next page.**

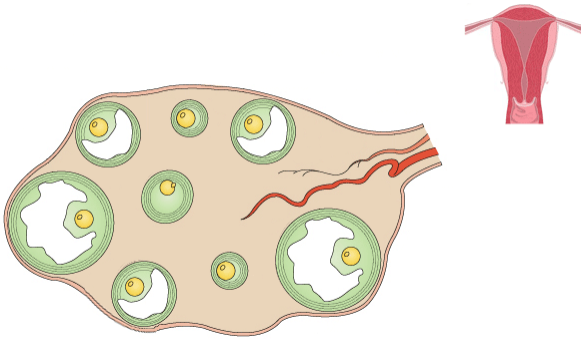
## Failed Ovulation Process



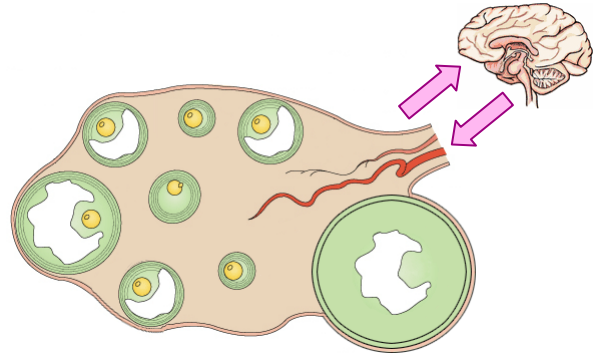
**STEP 1:** Signals from the brain cause follicles to grow.



**STEP 2:** As the follicles begin to enlarge, they make estrogen, which signals the uterus to prepare for an egg.



**STEP 3:** A number of follicles migrate to the surface of the ovary, but none release egg, no progesterone is made.



**STEP 4:** When progesterone fails to rise, the brain signals the ovaries to get back to the work of maturing an egg. This increases estrogen. The follicles become cysts that are stimulated to grow even larger with each succeeding cycle.

Ovarian cysts can vary widely both normal and abnormal. They can spring up almost overnight and can disappear almost as fast. They can grow to the size of a grapefruit before they disappear on their own. Most doctors recommend removing the cysts once it grows to larger than 4 centimetres and is labelled abnormal.

A better option is to change your diet to help rebalance your natural hormonal levels. Then, watch the cysts for a few months while they shrink away, which it most often does.

*Note:* Some cysts are fluid filled while others are more solid. In general, the more solid a cyst the more likely it is to become cancerous. For unknown reasons, sometimes follicles have the ability to make skin cells, teeth, hair or other tissue. When such a follicle is stimulated by follicle growth hormones, some of these tissues may develop within the cyst. This type of rare dermoid cysts is harder to be reabsorbed and may need to be removed surgically.

It's very important to understand that the direct cause of ovarian cysts is related to hormone imbalance, either high estrogen/low progesterone or high androgens. When hormone levels are restored to normal for a few months the cysts are usually reabsorbed.

**Natural [?][?][?]** ← *only shown in the full version*

For most women, following the described diet for a few months is enough to eliminate their ovarian cysts. But if you either 1) are unable to follow the diet correctly or 2) are affected more by other factors described later in this book, you may need to supplement their body with natural [?][?][?]

Here are the most common reasons you may need to supplement with natural [?][?][?]

- You're unable to eliminate all animal products from your diet for a few months
- Your exposed to high levels of chemicals in your environment

- Your overweight
- Your highly stressed
- Your cyst fail to respond to diet alone
- You over the age of 35

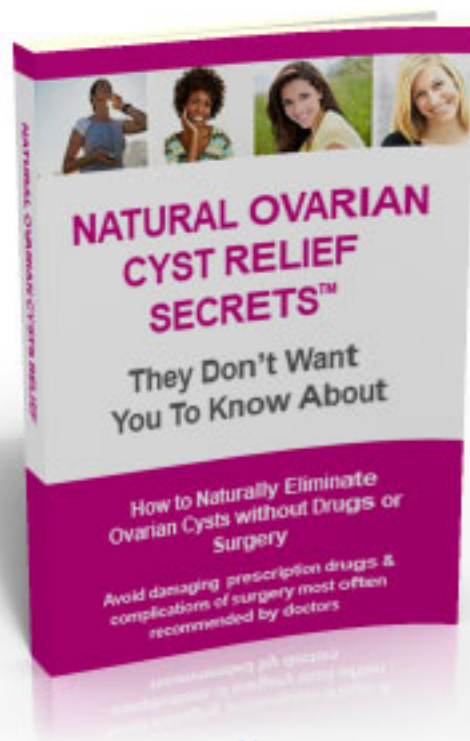




# Natural Ovarian Cyst & PCOS Relief Secrets

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