For Uterine Fibroid Patients

1) Indole-3-Carbinol 400-600 mg/day in the AM and PM for a 100lb Woman
2) Bioflavinoids 2000-8000 mg/day
3) Endovan 4 capsules/day split to twice per day for at least 3 months.
4) Iodoral or Lugol's Iodine 10 mg/day or more (see iodine protocol sheet). Start at 3 mg/day.
5) IMPORTANT REQUIRED: If the fibroid is calcified you must take 800-1000 mg/day or more of Magnesium Citrate until you almost get diarrhea. The magnesium dissolves calcifications. Calcifications will protect the fibroid from being dissolved by the Enzymes. Do NOT take a Calcium/Magnesium supplement. Do not take Calcium. The Calcium will cancel out the Magesium.
6) IF Calcifications are present, the patient likely has parasites, and must do a parasite cleanse. Calcification implies low Magnesium. Low Magnesium implies gut mal absorption and loss of Magnesium from the gut. Parasites are the most frequent cause. The parasite cleanse may or may not be effective depending on how tough the parasite is.

Apply Progestelle on days 8-26 if premenopausal. 3 weeks on and one week off if post menopausal. - For uterine fibroids, the usual dose is 1 oz/month of Double Strength Progestelle for the first 3 months and then 1/2 oz/month for maintenance. You must AVOID xenoestrogens. Maca may also be used 2-8 capsules per day (500mg/capsule). **IF the fibroid is bigger than a grapefruit, then using Natural Progesterone may or may not make the fibroid bigger.** John Lee, MD explains that the center of such a large bigger than a grapefruit fibroid converts the progesterone to estradiol. IF the fibroid is bigger than a grapefruit, then use Indole-3-carbinol **(Womhoo.com & ClearWoman.com)** and enzymes first for several months, then use Progestelle. With avoidance of xenoestrogens and taking Progestelle, the success rate may only be 50% over a period of a year.

However, if indole-3-carbinol, bioflavinoids, and enzymes are used, then the success rate may be much higher over a period of 3-6 months. **IMPORTANT REQUIRED: Make sure to take Indole–3–Carbinol (I-3-C) 400- 600 mg/day once in the AM and once in the PM for a 100 lb woman. Higher weights may increase I-3-C to 800-1000 mg/day. Ramp Slowly. Be careful NOT to dissolve the fibroid too quickly. IMPORTANT REQUIRED: 2000-8000 mg/day of bioflavinoids.** Indol-3-Carbinol (I-3C) lowers estradiol levels. You may temporarily get hot flashes, but you may only need this for 3 months. I-3C is made from broccoli, cauliflower, and brussel sprouts. Jesse Hanley, MD coauthor with John Lee, MD "What Your Doctor May Not Tell You About Premenopause" has had a high degree of success with I-3C (I-3C better than DIM), natural progesterone, and avoiding xenoestrogens in getting rid of fibroids. V. Rice, a Colorado nutritionist, believes that she gets a 85% success rate with uterine fibroids, by using 400-600 mg/day of I-3C with 2000-8000 mg/day of bioflavinoids on an empty stomach. I-3C is NOT recommended in pregnancy or lactation.

Enzymes break down the fibrin in the fibroid. In addition, some patients also use Vitalzym or Neprinol. **IMPORTANT REQUIRED: ENDOVAN 1 capsule twice per day for a week, then 2 capsules twice per day (4 caps/day) for at least 3 months (Womhoo.com & ClearWoman.com).** Endovan contains Nattokinase. Nattokinase breaks down fibrin. Most but

Women's Therapeutic Institute, LLC ©2001-2026 All Rights Reserved. Version 14.00

not all uterine fibroids are composed mostly of fibrin. A minority of fibroids are composed mostly of smooth muscle. IF your fibroid is composed mostly of fibrin, Nattokinase will break it down. IF your fibroid is composed mostly of smooth muscle, Nattokinase will NOT break it down. Fibroid will decrease in size for the first 3 weeks, then slight bloating will occur during the period. Then, the fibroid will continue to decrease in size with Nattokinase. Flow may be temporarily heavier, but thinner with less clots for the first month, then improve. **Nattokinase quality is highly variable depending on the brand. Caution: Endovan may cause excessive bleeding IF you already have heavy bleeding. IF you suspect that you have excessive vaginal bleeding DO NOT USE Endovan!!**

If the fibroid is calcified, Magnesium Citrate is the one to use. Do not use any other type of Magnesium. No Calcium supplements during this time. Calcifications are made of mostly calcium oxalate. Magnesium oxalate is 567 times more soluble than calcium oxalate. Calcium oxalate occurs in the body when calcium is high and magnesium is low. Citrate will form a soluble complex with calcium to wash out of the body. Some University Medical Schools have tried to use calcium citrate and potassium citrate to dissolve calcium oxalate kidney stones. I don't know why magnesium citrate was not used. By simple chemistry rules, magnesium citrate should be vastly superior. **I have seen dramatic results in getting rid of calcifications on fibroids using high dose Magnesium Citrate in 2-3 months! Do not take Calcium. Calcium will cancel out the effect of the Magnesium.**

Emotion seems to be an important component for fibroids. Conflicts sometimes with the mother, husband or deaths in the family may be contributory. See www.fibroid101.com. Dr. Kelly believes that solid tumors are from an imbalance of animal protein versus enzymes that break down the protein and tumors. A plant based diet may be helpful while taking Endovan. See Prevent and Reverse Heart Disease by Esselstyn, MD (MD from Yale).

Iodine is EXTREMELY important to take for fibroids. See the green iodine sheet.

Calcifications imply a parasite infection. Parasites in the gut create a Magnesium Deficiency by causing gut mal absorption. Magnesium is also lost through the gut because the parasites mess up the gut lining.

Parasites may be easy to get rid of with Ivermectin and Fenbendazole or Mebendazole in about a month. Parasites may also be very difficult to get rid of. Some parasites take 1-2 years with simultaneous use of 3-4 anti-parasitical drugs. Fortunately, these anti-parasite drugs are usually very non toxic. Anti-protozoa drugs may also need to be used. As well as anti-fungal drugs such as Fluconazole may be needed. The best protocol for parasites I have seen comes from Lodi, MD. Lodi, MD has a very nice subscription seminar that you can listen to and attend for a small fee.

Spouse, animals, dogs, and cats that patients are in contact with on a regular basis will need to be parasite cleansed as well. If the patient lives on a farm, the patient may need to do a parasite cleanse every 6 months. Many times I will see a wife of a farmer with low progesterone due to malnutrition secondary to parasites. The low progesterone is from parasites stealing nutrition away from the wife.

Women's Therapeutic Institute, LLC ©2001-2026 All Rights Reserved. Version 14.00

120 MONEY BACK GUARANTEE