

Uterine Fibroids - A Personal Journey

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In the spring of 2000, I began experiencing extreme pain upon ovulation and during menstruation. I have always had discomfort during my cycle, but this was intense. Each month the pain progressed, until September when I began having to take time off work. In October I told my partner, David that I would make an appointment with my Gynecologist because this pain was very unusual, even for me. Knowing me and knowing my desire to use natural healing rather than allopathic approaches, David was shocked. Something was definitely wrong and I needed to find out what exactly was causing so much pain. Was it a tumor, could it be cancer? The fear was overwhelming. I believe that the fear attributed to the increase in pain. I absolutely dreaded the thought of ovulating or having my period every month.

After an unpleasant but necessary test and physical exam, I waited two weeks for a diagnosis. On November 22, 2000, my partner and I met with my doctor to receive the news. The doctor diagnosed a uterine fibroid tumor and then went into how they would handle it. I listened as he explained, telling me that I would be receiving Luprin treatments for two months (Luprin is a drug that produces false menopause). After two months of being on Luprin, the doctor would then surgically remove the fibroid. As he detailed the surgery, I knew I could not - would not go through what he offered as it seemed to me to be barbaric. I knew there had to be an easier, gentler method to clear the fibroids and I was determined to find it. Once the doctor was finished speaking, telling me about the different ways they could approach this problem, I asked him, if he would give me some time to try my own methods first. He said sure, but I give you just two months, after that we will take care of it. A follow-up appointment was scheduled for January 25, 2001.

As soon as I left the doctor's office I began my healing process. First, I released the fear around the issue. I knew now that it was not cancer and realized that this was really just a lesson to take better care of myself, another wonderful lesson in self-love! I love the lessons life offers, I remind myself to consciously remember to ask that they be gentle, not painful. I immediately began researching fibroids on the Internet in published articles and books. After reading Dr. Christiane Northrup's book [Women's Bodies, Women's Wisdom](#) and Dr. Lee's book, [What Your Doctor Won't Tell You About Menopause](#), I was determined to find a way other than surgery to shrink and hopefully eliminate the tumor.

The following are the methods I used, I believe that my determination, strong will and belief in these methods is what cleared the tumor.

Reiki: Reiki is an ancient healing art in which Universal Life Force Energy is transferred through the practitioner to the client via light touch. The client remains fully clothed while receiving a session. As I mentioned, I am a Reiki Master/Teacher and used Reiki (I used both treatments by other practitioners at my monthly Reiki Circle and daily self-treatment) and visualization to shrink the tumor.

Massage: I used two modalities of massage, Traditional Massage and Rhythmical Massage. The Traditional Massage therapist also used Acupressure and Cranial Sacral therapy. On November 28th, a day when I was experienced extreme pain, she used a pelvic release to open the pelvis and release the restrictions this immediately eliminated the pain.

Reflexology: I went every other week over a six-week period. I explained to the practitioner, what my diagnosis was and he worked on the reproductive points on the feet and legs.

Homeopathy: I saw my Homeopath on November 29, 2000. He interviewed me about the pain I had been experiencing. After asking many questions, he was able to prescribe a remedy that I used for about 1 month.

Chiropractic: I told my Chiropractor, of the diagnosis of the fibroid and the pain I had been experiencing. He suggested and performed a specific adjustment for the spine that related directly to the reproductive organs.

Castor Oil Packs: An Edgar Casey remedy for pain, inflammation, infection and various other ailments. A flannel cloth is saturated with castor oil, placed in a leak-proof plastic bag, and is placed next to the skin in the area in need, a hot water bottle is then placed on the outside of the castor oil pack. This has been very helpful in eliminating discomfort.

Progesterone Cream: I read in Dr. Lee's book, [What Your Doctor Won't Tell You About Menopause](#), that many problems that are associated with menopause, including fibroids, is due in part to the decrease of progesterone prior to the decrease of estrogen. He theorizes that increasing progesterone levels will eliminate these problems. I use this for 21 days, beginning on the 7th day of my cycle until the 28th day (per label instructions).

Prayer: This really should be listed first, as I believe that faith has a great deal to do with healing. Upon receiving the diagnosis and knowing what I was dealing with, I sent out a call (via email and phone) to prayer groups far and wide. During my life I have experienced numerous answered prayers, and know with all my heart that this is just another time that God has answered my call.

Dietary changes: I completely eliminated caffeine and chocolate from my diet, as advised by Dr. Lee in his book.

On January 25, 2001, I returned to the doctor and received a clean bill of health. The fibroid was completely gone and I was no longer experiencing any pain during my cycle or during ovulation! My doctor and I had worked together to clear the fibroids, I feel that his support of my decision to work on this issue naturally helped greatly in the healing process. I believe it is of utmost importance to have ones physician, family and friends supportive of any health care decision that is made. Keeping a positive attitude and holding thoughts of perfect health at all times is imperative to a positive outcome.

I offer this information not to say allopathic medicine is bad, quite the contrary, I strongly believe that allopathic and holistic methods can be combined to bring forth positive results for health and wellness. I share my story to offer hope and empowerment to any woman who is experiencing health challenges . It is my hope that sharing this may empower other women to find whatever healing methods work best for them. This may or may not mean allopathic medicine or alternative/complementary medicine, it may be a combination of both, each woman will know what will work for her. I believe that we are given opportunities, such as health challenges as I like to refer to them, as an avenue to share our experiences and to realize our own power. To be a beacon of light for others who may one-day experience similar challenges. Women for too long have given their power over to others. It is time that we recognize that we are very powerful beings, able to know what is right for us, if we only listen. I strongly believe that allopathic and holistic methods can be combined to bring forth positive results for health and wellness.