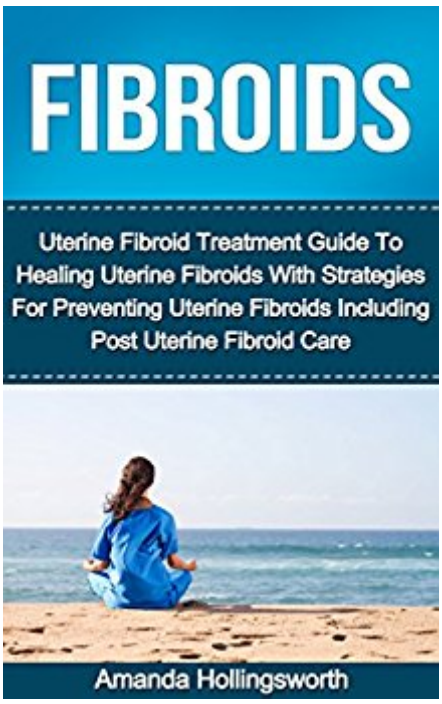
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Synopsis

Uterine Fibroid Treatment Guide To Healing Uterine Fibroids With Strategies For Preventing Uterine Fibroids Including Post Uterine Fibroid CareGet this bestselling book today!Uterine Fibroids are a serious health illness that can not be ignored. In this book you will discover how to treat and prevent uterine fibroids. This book was written to help all women who are currently suffering from uterine fibroids or are looking for ways to prevent uterine fibroids. In this book you will learn of the different types of uterine fibroids and how each one may affect you. You will also learn about different treatment methods that are available and what each one entails. If you decide to opt for surgery, this book will tell you how to prepare yourself for surgery and how to take care of yourself after. Lastly, this book will provide you with simple strategies on how to prevent fibroids or stop your existing ones from getting larger through proper nutrition. Apply the information I share with you in this book and you will be on your way to winning the battle against uterine fibroids. I wish you all the success in the world as you embark on the road to greater health through gaining a better understanding of uterine fibroids. Remember... you can prevent and treat uterine fibroids and this book will help you do it!Here Is A Preview Of What You'll Learn...Understanding Uterine FibroidsDiagnosing Uterine FibroidsTreating Uterine FibroidsFibroids and Weight GainUterine Fibroids and PregnancyPreparing for SurgeryUterine Fibroids Post CareNutrition and FibroidsAnti-Estrogenic Recipes For Treating FibroidsAnd So Much More!Download your copy today!Take action today and download this book now!Tags: fibroids, uterine fibroids, uterine fibroid treatment, healing fibroids, fibroids cure, natural fibroid treatment, genitourinary, fibroids, uterine fibroids, uterine fibroid treatment, healing fibroids, fibroids cure, natural fibroid treatment, genitourinary,

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Customer Reviews

Uterine Fibroids are tumors that grow in your uterus. They can be extremely painful and should be treated while they are still small. There are 4 types of fibroids that can be located in different places in your uterus. Nobody really knows what causes fibroids to develop, and even though they are not necessarily dangerous they can cause problems like infertility, bladder problems, and even anemia, so having as much information as possible is the best course of action.Amanda Hollingsworth once again gives you all of the information you need to know to diagnose, treat, and manage your fibroids, and it is all laid out in a clearly organized and well written way. She help you find the answers to your questions and decide what steps to take next.Besides explaining the definition, types, and symptoms of fibroids she also breaks down treatment options, tests that can be done to diagnose fibroids, what foods to eat or avoid, and many other tips you need to know. She even gives you a list of questions to ask, questions you will be asked, and information you should have on hand to get the most out of your doctor appointment.I highly recommend this book. Fibroids can be hard to diagnose because the symptoms resemble the symptoms of other diseases or are easily overlooked, so this book is a perfect measuring stick you can compare your experiences to if you think you may have them. If you know someone who has fibroids, this would be a great book for them to read; it may help them decide the best treatment option or find a way to supplement what they are already doing.

I really enjoyed reading this book about fibroids. I was kind of self-diagnosing myself whenever I read through all that symptoms. It is really a great book to educate myself about fibroids. I heard about it from my colleague when I was younger. But didnÃƒÂ¢Ã â ¬Ã â„¢t have a chance to get to know more until now. Overall, Amanda has done great job on this book. Very helpful information and I learned different treatments and life style changes for fibroids.

I have been reading all of this authors books lately as she does a wonderful job of explaining various illness es and conditions and this book is no exception. I never knew there were multiple varieties of fibroids or how to determine which ones you may have, but I do now, thanks to Ms. Hollingsworth. I canÃƒÂ¢Ã â ¬Ã â„¢t say enough good things about this author if you have any kind of disorder you should check through her list of books as she will probably have covered it. She takes great strides to get all the information pertaining to each illness and explains them in terms that the normal person can understand. I highly recommend all her books.

Holingsworth's information on fibroids was quite helpful to me. This guide helped me to understand what is happening to my body. I appreciate that she describes the condition clearly and simple to understand. I'm glad I read this guide to help see that there are other options than just surgery, that was which my prior understanding. I've found the information on how my diet can help or worsen the condition. This is extremely helpful read for anyone living with, or knows someone living with uterine fibriods.

Studies indicate that the more you learn, the more you live. The correlation between education and better health is recurrent throughout the medical and sociological literature. I have no doubt that more than a mere correlation, there is a direct causal link between acquiring more information and reducing the likelihood of becoming seriously ill.For the aforementioned reason I think everyone should read Amanda HollingsworthÃƒÂ¢Ã â ¬Ã â„¢s books. Women, especially, face a lot of gender-specific health issues, mostly due to the differences between male and female physiology, but also differences in lifestyle. For instance, women are more likely to consume sugar-packed food than men and we also tend to be less exposed to sunlight (which might affect calcium absorption rate).By educating ourselves, we are able to take precautionary measures in order to avoid diseases such as uterine fibroids, and also find the extra motivation needed to change bad habits like eating excessively or being sedentary.I was astonished to find out that between 20-50% of all women of childbearing age have fibroids, and of those, almost half undergo some kind of hysterectomy (partial or complete removal of the uterus) before the age of 60. Another interesting thing is the alternatives to surgical procedures, rest assured that there are less invasive methods and Hollingsworth explains all of them.I found the anti-estrogenic recipes the best part of the book. IÃƒÂ¢Ã â ¬Ã â„¢ll definitely start paying more attention to what I eat from now on.To sum up, this book is recommended to anyone interested on learning more about a health-issue that is highly

prevalent amongst women. 5/5 stars!

This book is full of useful information. The author has done her research and gives pages and pages of facts and answers about fibroids. There is information on different ways to treat fibroids from diet and lifestyle changes to surgery. The author covers this topic completely, in my opinion, and really leaves no question unanswered. If this is a condition you are dealing with, this is a good book to read to get a better understanding of what is going on.

Uterine fibroids affect 20% to 50% of women of childbearing age. Because of this significant number, this guide is a very valuable resource of information. The author: Amanda Hollingsworth explains the types of fibroids, as well as the symptoms and the causes. The author also provides insight about the various treatment options that are available to those who suffer from uterine fibroids. There is a great deal of information about how to prepare for surgery and how to take care of yourself post surgery. Proper nutrition is also discussed and some recipes are also included so that you are taking in the right foods and nutrients.

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