



Understanding Fibroids

Fibroids are benign (non-cancerous) growths of the uterus composed of smooth muscle cells and connective tissue. Though common, they are not normal, and they are never random. Fibroids often arise from hormonal imbalances, particularly excess estrogen, as well as from exposure to xenoestrogens, environmental toxins found in plastics, pesticides, conventional body care products, and more.

These growths can vary in size from as small as a grape to as large as a melon, and their effects differ greatly from woman to woman. Some may experience no symptoms at all, while others struggle with debilitating pain or fertility challenges.

Common Locations of Fibroids:

- **Intramural** – Within the muscular wall of the uterus
- **Subserous** – On the outer surface of the uterus
- **Submucosal** – Beneath the inner lining of the uterus
- **Pedunculated** – Attached by a stalk, inside or outside the uterus

Possible Symptoms:

- Heavy or prolonged menstrual bleeding
- Severe cramping
- Irregular periods
- Pelvic pain or low back pain
- Pain during intercourse
- Constipation or bowel pressure
- Infertility or miscarriage

Note: Many fibroids naturally shrink after menopause when estrogen levels decline.

Commit to Your Health, Healing and Transformation!



Western Medicine vs. Holistic Healing

In Western medicine, fibroids are generally managed through interventions such as:

- Hormonal birth control (to reduce bleeding)
- Myomectomy (surgical removal of fibroids)
- Uterine artery embolization (blocking blood flow to the fibroid)
- Hysterectomy (complete removal of the uterus)

While these treatments can offer temporary symptom relief, they often fail to address the root causes: chronic stress, emotional holding patterns, lymphatic stagnation, hormonal imbalance, and toxicity. Without addressing these deeper imbalances, fibroids frequently return. In some cases, surgery may result in scar tissue, hormone disruption, or fertility complications.

In contrast, holistic healing views fibroids as messages from the womb—signs of disrupted flow on physical, emotional, energetic, and spiritual levels.

Wisdom Traditions and Energetic Insight

In Traditional Chinese Medicine (TCM), fibroids are seen as patterns of blood stasis and qi stagnation, often rooted in liver qi constraint, spleen deficiency, and dampness accumulation. These imbalances arise from overwork, poor diet, emotional suppression, and disharmony in the meridians.

In the Mayan healing tradition, fibroids are linked to congestion, cold, and uterine misalignment. The womb is seen as the spiritual and energetic center of a woman's being. When the uterus is displaced or stagnant, physical symptoms like fibroids emerge. Through Maya Abdominal Therapy, practitioners help realign the uterus, support pelvic circulation, and clear both physical and emotional blockages.

True Healing is About Restoring FLOW

Healing is not about control or suppression, it is about restoring flow.

Commit to Your Health, Healing and Transformation!



- The flow of blood and lymph
- The flow of breath and qi
- The flow of emotions and creativity
- And ultimately, the sacred flow of divine feminine wisdom

At Aquarian Women's Wellness, we focus on reestablishing this flow on every level: circulatory, hormonal, energetic, and emotional. Fibroids are honored as messengers, pointing to what is unprocessed, stagnant, or ready to be released. Our approach is one of reverence and restoration, supporting the womb as she clears what no longer serves her.

Diet and Lifestyle Support

Avoid:

- Dairy
- Red meat
- Caffeine and alcohol
- Soy
- Refined sugar
- Processed foods

Incorporate:

- Cruciferous vegetables (broccoli, kale, cauliflower)
- Leafy greens
- Whole grains
- Berries

Commit to Your Health, Healing and Transformation!



- Turmeric
- Flaxseeds (ground)

Daily Healing Practices

- Gentle movement: yoga, walking, pelvic floor release
- Stress reduction: breathwork, journaling, meditation
- Detox your environment: avoid plastics, choose natural skincare and cleaning products

Herbal and Botanical Support

- **Vitex (Chaste Tree Berry):** Supports hormonal balance by increasing progesterone
- **Dong Quai:** Enhances pelvic circulation and eases cramps
- **Milk Thistle and Dandelion Root:** Support liver detox and estrogen clearance
- **Female Tonic Formula:** Personalized to tone the uterus and support hormone harmony
- **Hortense's Formula:** A targeted blend to gently reduce fibroids over time

Supportive Healing Modalities

- **Castor Oil Packs:** Applied to the womb area five times per week (three weeks on, one week off) to soften fibroids, promote detox, and reduce inflammation
- **Yoni Steaming:** Herbal steam to warm, nourish, and open the womb
- **Maya Abdominal Therapy:** Hands-on massage to realign the uterus and restore pelvic flow
- **Assisted Lymphatic Therapy (ALT):** Non-invasive therapy to reduce stagnation and support detox

Commit to Your Health, Healing and Transformation!



- **Acupuncture:** Balances hormones, relieves pain, and restores energetic harmony
- **Breathwork and Sound Healing:** Clears stored trauma and awakens womb consciousness

Professional Guidance and Sacred Reconnection

Healing fibroids is a journey of deep reclamation, a sacred remembering of your womb's voice. True transformation requires:

- Commitment to consistency and care
- A willingness to shift diet and lifestyle
- A customized herbal protocol
- Patience, presence, and partnership with your body

Track your progress with regular ultrasounds and symptom journaling. Healing is not linear, there are spirals and sacred pauses. Give yourself grace.

Your womb is not broken, she is speaking. She holds your grief, your creativity, your lineage. She remembers.

And remember...

Your womb is a portal of deep wisdom, renewal, and power.
When you restore her flow, fibroids lose their grip.
Through nourishment, ritual, and devotion, healing is not only possible,
It is your birthright.

With reverence and womb blessings,
Dr. Bella

Commit to Your Health, Healing and Transformation!