

Natural Help 4...

Ovarian Cysts



What are Ovarian Cysts?

Ovarian cysts (also called growths) are **fluid-filled sac-like structures** that can form in, on or near the ovaries. They commonly affect women in their reproductive years, particularly between the ages of 20 and 35. Women who suffer from endometriosis, pelvic inflammatory disease or bulimia and take the epilepsy drug, Valporate tend to be more susceptible to ovarian cysts.

There are two walnut-sized organs called ovaries found on either side of the uterus, under the fallopian or uterine tubes. Every month, **women of reproductive age** produce a small cyst known as a follicle. A follicle is the normal fluid-filled sac that contains an egg that is released during ovulation around day 14 of the menstrual cycle.

What Causes Ovarian Cysts?

The cause of ovarian cysts is related to the type of cyst. There are three types of ovarian cysts and these include:

Functional cysts are the most common. They are related to variations in the normal functioning of the ovaries – they will form when an egg tries to release as it should during normal ovulation. They seldom secrete hormones and last between 4 to 6 weeks.

Follicular and corpus luteum cysts develop from a growth of a follicle of the ovary which grows larger than normal in some cycles and fills with fluid – it does not open to release the egg.

A corpus luteum cyst is characterized by a yellow mass of tissue that forms from the follicle after ovulation. These cysts are generally harmless and seldom cause pain. They tend to disappear on their own after two or three menstrual cycles, and are associated with normal ovarian function.

Abnormal cysts or neoplastic cysts develop as a result of cell growth. In most cases, they are benign and very rarely become cancerous. There are two types of abnormal cysts – dermoid and polycystic cysts.

Dermoid cysts occur when the tissues of the ovary grow abnormally to form other body tissues such as hair, teeth, fatty material, bone or cartilage.

Polycystic cysts develop as a result of a buildup of multiple small cysts which causes hormonal imbalances such as excessive body hair, thinning scalp hair, irregular periods, obesity and infertility. These cysts also increases your risk of developing diabetes, cardiovascular disease, and uterine or breast cancer.

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Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.

Most [ovarian cysts](#) are harmless and often symptoms do not even occur. Some [types of ovarian cysts](#) can lead to serious health problems. [Ovarian cysts](#) can cause **severe and sudden pain as a result of bleeding into the cyst**, rapid growth and stretching, rupture or twisting of the cyst. Although these cysts can become cancerous, it occurs very rarely and if detected early, is easily treatable.

Very often, cysts cause no symptoms and are thus never noticed at all. It is important to **be aware of any changes in your body** or any other symptoms that may occur. Sometimes symptoms are similar to other conditions such as appendicitis, diverticulitis, endometriosis, ectopic pregnancy, pelvic inflammatory disease or ovarian cancer.

Diagnosing Ovarian Cysts

The [diagnoses of ovarian cysts](#) are based on the symptoms, a review of your medical history, a **physical examination as well as pelvic exam**. Certain tests such as positive pregnancy test, ultrasound, computerized axial tomography (CAT-scan), magnetic resonance imaging (MRI scanning), laparoscopy or CA 125 blood test may be performed.

The most common symptoms and signs that may occur include:

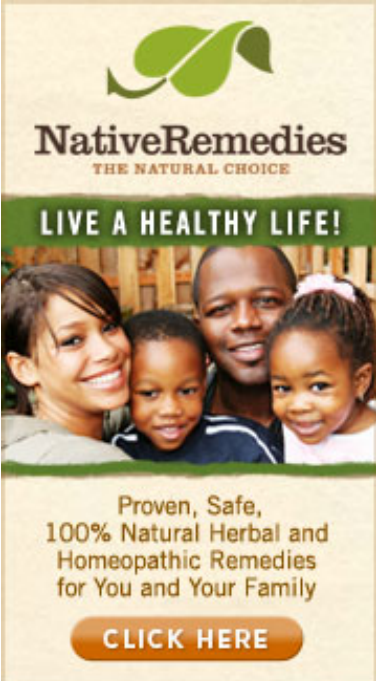
- Sudden and severe pain in the abdomen or pelvis
- Severe abdominal pain accompanied by fever or vomiting
- Constant ache that extends to lower back and thighs
- Menstrual irregularities – delayed, irregular or painful menstrual periods
- Fullness or swelling of the abdomen
- Pelvic pain during intercourse
- Pelvic pain shortly before your period begins or just before it ends
- Difficulty emptying your bladder completely as a result of pressure on the bladder
- Pain during bowel movements or pressure on your bowels
- Increased facial hair
- Nausea, vomiting or breast tenderness that is experienced during pregnancy

Help for Ovarian Cysts

[Treatment of ovarian](#) cysts generally depends on the woman's age, the size and type of cyst, overall health status and severity of symptoms. Sometimes **treatment may not be required for cysts** as they would probably heal by themselves in about one to three months. Practicing patience as well as being observant is important during this time as there will be a lot of waiting around.


Regular monitoring with pelvic ultrasounds should be performed periodically, especially for postmenopausal women. Hormone therapy such as **oral contraceptive pills may be prescribed to reduce new cysts** from developing as well as decrease your risk of cancer. If cysts are large, abnormal or cause pain, surgery may be recommended to remove the cyst.

Cysts may either be removed in a procedure known as a cystectomy (cysts can be removed without removing the ovary) or a **procedure known as oophorectomy** (removing the affected ovary and leaving the other intact). If the cyst is cancerous, a hysterectomy may be performed to remove both ovaries and



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Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

uterus.

Natural remedies

Natural treatments such as herbs and herbal remedies have also proven to be quite effective in their ability to **restore the balance of levels of hormones in the body** as well as to prevent and [reduce ovarian cysts](#). These herbs are safe and gentle on the body's system, and also enhance overall health and wellbeing of women. Use Dong Quai, the Chinese herb to promote female reproductive health and hormone balance. It acts as a nourishing tonic, supports the menstrual cycle and promotes hormonal health during menopause and perimenopause.

More Information on Ovarian Cysts

While [ovarian cysts](#) cannot be prevented, there are a few ways to [control ovarian cysts](#) and these include:

- Eat a diet that contains plenty of raw fruits, dark, green leafy vegetables, whole grains, legumes and garlic
- Exercise regularly by walking, swimming, cycling, doing yoga or pilates
- Avoid red meat, white sugar, fat, processed and refined foods
- Decrease your intake of caffeine, alcohol and carbonated beverages
- Increase your intake of antioxidant supplements such as zinc, evening primrose oil, vitamins A, E and C
- Detox your body's system to improve the liver's function
- Learn to control stress by practicing deep breathing exercises, visualization techniques or meditating
- Keep the lower abdomen warm by applying a heat pack or hot water bottle

The Natural Approach

While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that, only a few decades ago, homeopathic, herbal and other natural medicines were commonly available – and freely used even by conventional doctors. While there are often heated debates about which system of medicine is 'better' than the other, many responsible doctors (whether they are allopathic or not) recognize that both have a role to play in the treatment program.

Natural medicine has often been frowned on by conventional doctors, especially by those who did not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby providing doctors with a wider range of treatment options from which to choose. In many countries, especially in Europe, India and China, natural and homeopathic medicines are commonly prescribed by conventional doctors and represent a significant part of the total annual drug sales.

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Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the body has an innate capacity to heal itself. While natural medicines are often called 'alternative' or 'complimentary' medicines, they are, in fact, a unique and independent form of medicine in their own right, well able to treat a variety of conditions. Perhaps the term 'holistic' medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine, which encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a holistic way to support health, relieve symptoms and prevent future disease. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to support health (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer and that, in many cases, holistic medicine can accomplish just as much, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, natural medicines can work quickly and safely to promote healing.

In many cases, they can succeed where pharmaceutical drugs have failed. Despite frequent reports that they are 'unproven' and 'untested', the opposite is true. Natural medicines have a long history of usage and there is a wealth of empirical evidence to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to support the extensive traditional and empirical evidence behind natural medicines.

It is also important to know that, like any medicine, herbal and homeopathic medicines must be manufactured in the correct way, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately not all of them are equipped to manufacture to the correct standards, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – and giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called 'standardized' extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While 'standardized' extracts may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have grave disadvantages. These include an increase in side effects as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.



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Most naturopaths recommend what is called the Full Spectrum Method of extraction – which retains the benefits of ALL the active ingredients within the herb as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, always choose wisely. Research what is best for you. If you have a chronic or life threatening condition, don't make changes without first discussing them with your doctor in order that your condition may be monitored. Well informed and supportive practitioners will support patients who want to take responsibility for their own health.

Related Natural Remedies:

Dong Quai: Promotes a healthy reproductive system, premenstrual, menstrual and menopausal health

Dong Quai, one of the most important of the Chinese tonic herbs, is used as a **nourishing blood tonic and to support the menstrual cycle**. Dong Quai has been used for centuries by Asian healers to support **balance of female hormones** and to promote hormonal health during the menopause and perimenopause. More recently, clinical research has confirmed the effectiveness of this tonic herb.

[Learn more about Dong Quai](#)

Read the testimonials for these quality products [here!](#)

Six Good Reasons to choose Native Remedies as your trusted suppliers of herbal & homeopathic remedies:

1) All Native Remedies products are manufactured according to the highest pharmaceutical standards - using only the best quality raw ingredients from nature's medicine chest.

2) Native Remedies and our suppliers are registered with the FDA as accredited suppliers and manufacturers of health supplements. Our products are sold all over the world and are manufactured to strict international standards in a GMP accredited manufacturing plant.

3) All our remedies are manufactured in an FDA registered pharmaceutical facility under close supervision.

This includes formulation, acquiring and testing of raw ingredients as well as final manufacturing. This gives us the confidence to say that when you are buying a Native Remedies product, you are buying the safest and the best! We know what goes into our remedies - which is why we know what you will get out of them!

4) Manufacturing is done strictly according to the principles of GMP (Good Manufacturing Practice) and all raw ingredients undergo stringent testing before being approved by our registered manufacturing pharmacists.

5) We offer a free email [Ask Our Experts](#) service run by trained consultants ready to advise you on the best choice for your health.

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