



# **Fibroids Natural Cures: Proven Self-Care Guide & Diet That Really Work (Top Rated 30-min Series)**

*Alvin Hopkinson*

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## **"The Essential Guide to Fibroids Diet, Treatment & Remedies"**

A condensed and practical guide that you will find it infinitely useful.

Fibroids, despite their name, are not very fibrous at all. Instead, they consist of growths of smooth connective tissues and muscle that frequently show up on the uterus walls. Although it can be alarming to be told you have any type of growth, fibroid are usually harmless and noncancerous, so they are not a huge concern.

Fibroids are also very common, affecting over 50 percent of females overall. It is the common reason that major surgery needs to be done. Although we don't understand yet why, they appear a lot more frequently in women of Caribbean and African descent, compared to all other groups of females. A majority of women who have this condition have a tendency to have multiple fibroids at the same time.

**The natural remedies and guidelines in this book work! If you follow them, you will see a vast improvement in your health to a desirable level**

## **Here Is A Thorough Content Of What You'll Learn...**

- Introduction to Fibroids
- Symptoms & Root Causes
- Recommended Diet and Foods to Avoid
- 6 Proven & Effective Prescriptions
- Alternative Remedies That Work
- Final Recommendations

### **About the Author**

Alvin Hopkinson is a natural health educator who has published hundreds of articles online, the author of several other popular health books such as High Blood Pressure Natural Remedies, Gout Diet Made Easy and Acid Reflux Remedies Revealed etc.

He has also written for HealthCentral.com, a leading health portal. You can check out his site at <http://www.minusbloodpressure.com>

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