

## **Fibroids, Uterine**

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Uterine fibroids are tumors that grow from cells forming the muscle of the uterus; they can project from the wall of the uterus into the uterine cavity. Fibroids can be as small as a pea or as large as a basketball and are almost always benign.

**Dandelion Root, Milk Thistle, Scutellaria Root (known as Chinese Skullcap), and Turmeric Rhizome– Internal Purposes:** These four herbs are excellent tonics that have antioxidant properties that aid the liver while detoxifying the system.

**Green Tea- Internal Purposes:** Green Tea boosts the immune system. The polyphenols in green tea act as antioxidants which have been shown to lower the risk of many types of malignancy by suppressing the activation of carcinogens and disease causing substances.

**Red Clover and Burdock Root- Internal Purposes:** Burdock Root and Red Clover are both said to be excellent blood purifiers and they cleanse and eliminate long-term impurities from the blood