

Healing Our Womb

The Cause, Cures and Prevention of Uterine Fibroids

Presented
by

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By Akilah El, ND, PhD

This workbook is accompanied by an online video and/or audio presentation located on our website www.celestialhealing.net. Together they are the foundation for in-dept knowledge of the cause, natural cures and prevent of uterine fibroids.

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Foreword

Fibroids are diseases that affect many women during their reproductive years. These are the years when women are starting and developing their careers and families. It's also a time of new and exciting life experiences. Unfortunately, women who suffer from uterine fibroids find that their quality of life has declined considerably. These women have recurrent painful and unpleasant symptoms that jeopardize their ability to work, have children, and enjoy personal relationships.

I have worked with many women who suffered from fibroids. They all have benefited from my holistic approach to their problems. I have spent years researching the diet, nutrition, herbal remedies and emotional therapies as methods to naturally treating these problems. My goal is to provide the information, education and resources to help them relieve their symptoms while shrinking their fibroids completely. I have been blessed with positive feedback from my female clients while on this holistic program. They are more than pleased and relieved to find that my fibroid shrinking program is actually working beyond their expectations.

I feel strongly that any woman interested in holistic treatment for her fibroids should have access to this information. Since there are many women whom I will never see as clients in my holistic wellness center, I created this audio/workbook series to share with them the holistic techniques that I have found, through many years of holistic practice, to be most effective. Holistic health care has had a tremendous benefits for me; I am healthier and more productive now than I was twenty years ago. I intend to even be healthier and productive ten years from now. Holistic healing and educating is my life purpose and I practice what I preach so it's important that I lead by example.

This audio/workbook series provides important information for all women suffering from uterine fibroids. I have devised the program so that each woman using this audio/workbook series can select from a wide variety of holistic treatment options. In my holistic practice, I have better results when I personalize each client's program. By involving methods from various holistic disciplines which incorporates a complete lifestyle change, my clients are pleasantly surprised with the fast results.

This audio/workbook series is practical and easy to follow. It can play a major role in reducing the severity of your symptoms and preventing your fibroids from growing back after successful shrinkage. Relief from fibroids can be yours with this audio/workbook series and it will empower your entire life. You will have more time, motivation and energy to enjoy your work, family, relationships and other pleasures. Most of my female clients tell me that their lives have been completely transformed by the information and holistic techniques through my personalized program. I have helped thousands of women shrink their fibroids naturally and they are living quality lives because of it. As long as your fibroids are not 18cm or more you too can shrink them naturally with the help of this audio/workbook series.

Congratulations to taking the first step to living a fibroid free life!

With love and health,

Dr Akilah
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