

FAQ Fibroid Shrinking Class

This booklet contains a list of questions asked during the FAQ Session. Dr. Akilah gives very detailed answers to each question listed below. Therefore, lined areas are added after each question for note taking. This document is available in Microsoft Word upon request.

- Do white flour, white bread and/or rice cause fibroid tumors?

- Do they make them grow?

- What type of fibroids prevents pregnancy?

- I keep hearing conflicting reports about Red Clover. What is the truth? Does it shrink fibroids or does it make them grow?

- Dr. Akilah why are there so many mixed messages about Red Clover on the internet?

- What about perms? Does having a perm or using chemicals to straighten your hair cause fibroids or make them grow?

- Dr. Akilah you said during class that fibroids are not hereditary but you didn't explain how or why they are not hereditary. My mom had them and now my sister and I have them. Doesn't that make them hereditary? Please explain in detail.

- Doc you explained how eating red meat makes fibroids grow but what about organic grass feed beef?

- My medical doctor said that depo provera shots will help shrink my fibroids. Is that true?

- But you said progesterone is needed in fibroid shrinkage. How does depo provera make them grow? These shots are made of progesterone.

- My doctor told me the same thing. Why do they lie to us?

- Is it possible to shrink fibroids while still taking birth control pills?

- But what if it's low estrogen BC pills?

- I had the UFE procedure done 2 years ago but my fibroids did not shrink away and I can't seem to get pregnant. I want a baby so badly.....is there hope for me still?

- I read on a forum that black strap molasses and Vitamin D will shrink your fibroids. Is that true?

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- I keep seeing black strap molasses on several fibroid sites. What does it do exactly?

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- Dr Akilah I've been synthroid for over five years due to an inactive thyroid. Will the herbs you talked about during class cause any side effects while taking synthroid?

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- What if you don't have a thyroid? Unlike Marie my thyroid was burned away with radiation. I was told that I have to take synthroid for the rest of my life.

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- Sorry if you answered this question already but what about white sugar? Will that make fibroids grow?

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- What about gluten?

- Doctor Akilah my sister had a hysterectomy and now she has fibroids growing in her breast. The doctors want to remove her breast but she doesn't want that. What can she do?

- I have several fibroids and two of them are calcified. My MD said that calcified fibroids will never shrink they must be surgically removed. Can you explain how fibroids turn into calcified tumors and is it true what he said about them never shrinking?

Thanks for participating!

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