



METANOIA

TOOLS THAT HEAL FIBROADENOMAS

Here are some of my favorite tools to help shrink breast fibroadenomas. This could also work for uterine fibroids.

CASTOR OIL



Has the ability to penetrate deeply which makes it a super powered detoxifier with the ability to boost lymph circulation and drainage. Helps shrink cysts, fibroids and fibroadenomas. Use as a castor oil pack.

IODINE

Is an anti-estrogenic mineral and known to shrink fibroadenomas, fibroids, cysts and tumours, Also great for treating fibrocystic breasts. Can also be consumed as sea kelp.



VIOLET LEAF

Has an affinity for breast tissue is and helps shrink tumors, cancers and dissolve cysts. Wonderful for fibrocystic breasts. Consume as an infusion and use topically in an infused oil.

TURMERIC

Reduces angiogenesis and inflammation. Has the ability to inhibit fibroids, cysts and tumors. Can be applied topically and consumed daily.



Learn More About Holistic Breast + Women's Health at
www.hermetanoia.com
