

# ***Kent Brown Fitness Newsletter***

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## ***For Ladies Only***

Many of my female clients approach me about **Fibroid Tumors** in their uterus. This is a very common issue with women today. Fibroid tumors are not deadly, but can interfere with pregnancy, a woman's menstrual cycle, sexual intercourse, urination and sometimes if left untreated, can lead to a hysterectomy.

Fibroids are caused by too much estrogen in your body. A Fibroid is the bodies attempt to isolate excess estrogen that it cannot discharge. Some supermarket meat is loaded with added estrogen. The food industry injects large doses of estrogen into their animals to induce milk and egg production. Many women have had the Fibroid Tumors removed surgically, only to have them reappear later. Here is my recommendation:

- 1) Reduce your intake of animal protein and enjoy a more plant based diet;
- 2) Buy meat, milk and eggs with no added hormones or antibiotics, and avoid Soy;

3) Remove the excess estrogen already present in your body.

Cleansing your body of excess estrogen will usually cause the Fibroid Tumors to shrink completely; in many cases there are alternatives to surgery.

I have an herbal package that can be a very effective non-surgical remedy for Fibroids. Contact me if you want more info.

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## ***Springtime at Last!***

Now is the time to prepare your body so that you look and feel both healthy and strong for the summer season. If I can assist you in any way with your exercise routine or your diet, please contact me.

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*Mr. Fitness*