



Fibroid Wellbeing

Control Fibroid Domination

EXAMPLE OESTROGEN BLOCKERS FOR YOUR SHOPPING LIST

Kale
Collard Greens
Broccoli
Cabbage
Cauliflower
Spinach
Okra
Tomatoes
Wheat Bran
Millet
Oats
Lemon
Tamarind
Plantain
Sardines
Mackerel
Extra Virgin Olive Oil
Coconut
Filtered Water
Corn
Thyme
Brown Rice
Organic/Free Range Meats

organic, natural or free range is best. if required, consult a nutritionist for further advice