

# A-Z GUIDE OF FIBROID DOMINANCE IN BLACK WOMEN

## PART 1 - A TO F

Welcome to the A-Z Guide of fibroid dominance in black women. In Part 1, you will learn about key words, from alphabetical letters A - F, which relate to fibroid dominance in black women.

***Watch out for Part 2 - G To N to hit your Inbox soon!!***

**Also, check out a link to your value-add weekly planner below!!**

A	<b>antioxidant</b>	Lowers oxidation in the body resulting in lower inflammation
A	<b>alopecia</b>	Recent <a href="#">study</a> shows african-american women with a common form of hair loss have a significantly increased chance of developing uterine fibroids
A	<b>alcohol</b>	High levels in the body risks inflammation which can cause higher oestrogen levels
A	<b>anaemia</b>	Low iron count in blood. Resulting from heavy bleeding and fibroid growth. Common in black women. If prolonged and excessive can result in invasive surgery, e.g. hysterectomy
A	<b>Anti-inflammatory food</b>	Reduces inflammation in the female body, e.g. green leafy vegetables
A	<b>african superfoods</b>	Foods packed in nutritional content which promote better health, detoxification and hormone balance
B	<b>baobab</b>	Example of african superfood



*Image of baobab fruit*

B	<b>bloating</b>	One symptom of fibroids
B	<b>bleeding</b>	One symptom of fibroids. If heavy and frequent during a period, can cause anaemia
B	<b>birth control (contraception)</b>	A treatment for fibroids often prescribed following medical advice
B	<b>back pain</b>	One symptom of fibroids
C	<b>cruciferous vegetables</b>	Example of anti-inflammatory food and high in nutrients, e.g bok choy, broccoli
C	<b>constipation</b>	One symptom of fibroids
C	<b>caffeine</b>	High levels in body risks inflammation which can cause higher oestrogen levels
C	<b>colon cleanser</b>	Washes out waste material and helps reset digestive system. Supports detoxification which regulates oestrogen levels
C	<b>career</b>	24 percent of the working black women say fibroid symptoms kept them from reaching their career potential
D	<b>diagnosis</b>	Earlier the better for planning treatment and prevention
D	<b>diet</b>	Right diet important to avoid fibroid dominance
D	<b>detoxification</b>	Removes toxins from the body and helps lower oestrogen levels



*Image of detoxification*

E	<b>environmental factors</b>	Certain oestrogenic chemicals in the environment are said to increase risk of fibroid dominance, e.g certain pesticides and cosmetics
E	<b>exercise</b>	Done regularly, can reduce inflammation in the body
E	<b>endometriosis</b>	Common condition where tissue that behaves like the lining of the womb is found in other parts of the body
E	<b>early diagnosis</b>	Earlier the better for planning treatment and prevention. Always seek medical advice
F	<b>filtered water</b>	A quality filter can help reduce exposure to oestrogenic chemicals in water
F	<b>flax</b>	High in fibre and packed with nutrients. Eases digestion and helps remove excess oestrogen from body
F	<b>fibroids</b>	Non-cancerous growths that develop in or around the womb (uterus). Common in black women



*Image of fibroids*

F	<b>fibre</b>	Good for gut health, detoxification and general
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		health benefits
F	<b>food plan</b>	Use to prepare healthier eating and drinking, day by day
F	<b>family</b>	In black families, fibroid growth can occur amongst mothers, daughters, aunts etc but no conclusive proof that hereditary

**BONUS:**

Help yourself to plan for healthier eating and avoid fibroid dominance

Click the link below and download a simple weekly meal planner

[Weekly Meal Planner](#)