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How to shrink fibroids naturally by [Ashish Pandey](#)

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Fibroids are the “gentle tumors” that are formed along the uterine walls in women above the age of 40 years. Not all the women get fibroids, but it has been observed that majority of them do! These tumors are formed of fibrous and muscle tissues which are present in the muscle layer. Usually, actually, they are not at all cancerous, but can be dangerous, if left ignored. The fibroid cysts can lead to extreme pain and discomfort. It is because of this reason why women keep looking for ways to shrink fibroids naturally. Actually, there are a lot of herbs as well as vitamins which can be easily used to shrink these fibroid cysts in a natural way. But, it is very important to understand that you can take them only when your doctor has confirmed that fibroids are not dangerous.

First of all, it is important to realize the symptoms of fibroids so that you can be assured that you can follow the natural ways to shrink them. Fibroids can lead to pain and discomfort during intercourse, infertility, heavy bleeding, emotional distress and incontinence. However, these symptoms can also indicate other serious ailments like uterine cancer. So, it is better to get it diagnosed from the doctor. Only after you know that your situation is not very dangerous, you can follow ways to shrink fibroids naturally without the need of dependence on medications.

The very first way is to consume milk thistle in order to cure fibroids naturally. Actually, this is an age-old Chinese tradition that can help you to shrink fibroids naturally. It shrinks the fibroids by restricting the circulation of excess estrogen, the female hormone, in your system. 140 mg standardized silymarin should be taken for three months, three times in a day. Later, it should be brought down to 90 mg per day for three times. You will observe changes in your health over the time.

Chaste Tree Berry, also known as Vitex should be consumed everyday to shrink fibroids naturally. The quantity that should be consumed everyday should be somewhere between 2000-5000 mg. this should be consumed for not less than six months to get desired results. This is the most extensively used herb in women. It controls the production of hormones in the system, thereby shrinking fibroids naturally.

Burdock Root is another cure to shrink fibroids naturally. Various lab tests have indicated towards its anti-tumor abilities. Basically, this is extensively used to cure fibroid cysts among women. Six 400-500 mg tablets should be consumed everyday for around four months to shrink fibroids naturally.

While you follow the process to shrink fibroids naturally, it is extremely important to know that patience is what it takes to cure pain. Apart from the methods depicted above, dietary alterations, lifestyle modifications and cleansing protocols along with patience, perseverance and effort is required to get completely cured of this painful condition. Simple changes like drinking lots of water, going for liver detox and eating fruits, organic vegetables and grains, beans and nuts can also elevate the process of shrinking fibroids naturally.

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[Ashish Pandey](#) - About Author:

Women above the age of 40 years can develop fibroids, a painful uterine condition. But, it is possible to a [shrink fibroids naturally](#) by following the right ways.

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