

Labertha and the Fibroid Story

Born in Parkdale, Arkansas, raised in Los Angeles, married, divorced, and by way of Xenia, Ohio, Salt Lake City, Utah and Greeley, CO, I have determined I am a "small-town" woman. I am the third oldest of eight children and the oldest daughter. I have 4 younger sisters and one older living brother. Both parents passed away at the early ages of 48 for Mom and about 60 for my Step Dad. I accepted Jesus Christ as my personal Lord and savior at an early adolescent age. As a college sophomore in the Spring of 1972, I realized the presence of the Holy Spirit guiding my life while attending a snowy-mountain youth retreat. Based on every question asked by us as college students on that mountaintop, an answer was provided from the Thompson Chain Study Bible. I later committed my life to the Word of God at Los Angeles Christian Center. I give God praise daily for my prosperous life, and the Godly saints that have been placed in my garden. I married in 1977. I am the mother of one (1) child. My daughter, Dr. Kendra Taylor (Engineering) has always been a blessing. She is a dedicated leader at New Birth Baptist Church and loves teaching the Word, designing curriculum, and ministering to college students. She maintains a dynamic daddy / daughter relationship.

I attended Wilberforce University two (2) years, and received a Bachelors of Art (Political Science) from Occidental College in Eagle Rock, California. I attended Regis University graduate school for one year. On-line classes include Anatomy of the Human Body I and II, along with a class in Natural Health. Presently I am taking an on-line course to become certified as a Health / Wellness Coach. My goal is to continue learning and sharing health information with the grass roots. People are being destroyed because of a lack of knowledge about the relationship between the type of foods being consumed and its affects on the individual body. My employment background includes eleven (11) years with Bank of America, leaving in 1985 as Assistant Manager Head of Commercial Lending, followed by relocation to Salt Lake City, Utah entering the insurance industry from 1992 to the present.

Health and wellness is my passion! I began realizing the need to maintain a healthy body in 1972 during Spring break while visiting with some 70 and 80 year old women who owned an herb shop on Central Avenue in Los Angeles. You really could not guess their age.

During the 60's and 70's I was able to observe the weight-gaining changes in women due to the usage of Birth Control Pills. The pill followed by endometriosis and hysterectomies was common. At one time I believed I had arthritis, and began reading the book Arthritis and Common Sense by..... I realized then that there was an order to eating. Also there are some cultural differences relative to food and eating habits. Most startling to me at that time was that consuming cold beverages and sugary foods greatly affects and slows down the digestive process, and interferes with the absorption of nutrition from our foods. An interrupted digestive system can and most likely will lead to negative health conditions. I have always loved eating, and sweets were always my favorite. Sugar was often added to home-cooked meals. As a child our meals were accompanied by a glass of iced sugary Kool-Aid. With Mom and Step Dad being from the Arkansas and Louisiana farm-life, we ate nearly every animal including pork chops, pickled and boiled pig feet, chicken, rabbit, possum, coon, chit lings, hog mogs, cakes and pies, all home-cooked. We always had lots of fresh green or frozen vegetables. We did maintain a garden out back.

About 1985, at the age of 33, I was told by a gynecologist that I had a small fibroid tumor, but do not worry about it - if it does not bother you he said, no need to bother it, because it is just common in Black women. The doctor also stated it was not known at that time what causes a fibroid. Thank goodness I had the opportunity to work around other cultures, because all I heard about was fibroids and hysterectomy related conversations. I realized it was not a "Black Woman Thing" – but it was common amongst all women due the diet and lifestyle and hormonal changes. You see, what we eat creates chemical reactions within the body. Surely, our DNA carries certain codes inherited from parents and prior generations. **But**, that may contribute that 5% chance of being pre-disposed to an unhealthy condition. I see the flesh as a chemical machine programmed to properly function when functional foods are taken in. This chemical machine includes various organs that work together

making up organ systems that communicate with one another creating chemical messages called hormones. What we eat, how we live (emotions and stress) and what we do with our fleshly bodies can create hormonal changes, setting the stage for health or disease.

By 1992 the small fibroid had grown. Each meal left me blotted. My Salt Lake City friends would say “here comes the pregnant lady.” My stomach would expand to look as though I was at least 4 to 6 months pregnant. A different gynecologist described my fibroid tumor as the size of a grapefruit. Well, I vowed “No Surgery” is going to take place in this body – I am keeping all parts blessed by God. About that time, on a daily basis I was eating donuts, drinking coffee with cream and sugar, and who knows what else. Eventually, just by walking up stairs I was out of breath with a seriously fast heartbeat. I was told to reduce the cholesterol immediately. I also began reading and asking questions about this fibroid, and learned that sugar ingested and absorbed into the blood feeds the fibroid.

I curtailed the sweets, ate more vegetables, less meat and began drinking more tea or just black coffee, made time for exercising, and eventually reduced the cholesterol. The fibroid was still there. My cycle was normal since 11 years old. I did experience severe cramping and the third day was the worst.

Eventually the gynecologist told me that since I was not planning on another child that I should allow a hysterectomy. I asked about if there were any non-invasive options. A Depo Lupron shot was recommended and approved monthly for three (3) months. It causes the body to mimic a pregnancy, stopping the monthly cycle in order to give the fibroid a chance to heal and shrink. The fibroid thrives on blood, but the blood of course becomes polluted with the non-nutritional eating habits. After 3 months, the fibroid did shrink, but I partially returned to non-nutritional eating habits. My average weight needed to be approximately 135. I weighed 150. Again I became more cognizant about my diet by reading, and utilizing herbs such as tumeric, cur cumin, bitter tonic formulas, and cutting back on sugary and starchy non-nutritional foods. I tried Depo Lupron again for three (3) months after relocating from Colorado to Georgia. Afterwards, the gynecologist then said there is no option. You must have the surgery. Well – I did not. One day leaving from work in Alpharetta I became very weak with cold sweats and pain. I drove myself to ER. I was told the fibroid had degenerated. I asked where did the degenerated fibroid go. I was told it passes through the waste or dissolves. That excruciating pain is something I had experienced about 3 to 4 times a year. I would simply take Tylenol, lie flat on the floor with legs elevated against the wall in an L-shape, pillow-propped at the buttocks. This time the pain was more excruciating than ever. I had a water-colon cleanse the next day. All along, I realized, that the fibroid had been gradually degenerating on a quarterly basis. But that must have been the big one! That last pain must have cleared it. On my next visit to the gynecologist I was asked where did it go. Shortly after that visit menopause set in and hot flashes began. But, that fibroid was gone without surgery! Praise God!

I will celebrate my 61st birthday in two weeks, and will continue to prayerfully thank God and dedicated the next 60 years to health and wellness. Since I have moved to Georgia, I have ministered to several families and individuals about the relationship between diet and health issues. The Hippocratic oath supports the blend between natural remedies and body-care, prior to the consumption of chemical drugs and the use of the knife. The more and more I think of the Hippocratic oath that hangs in the hall ways of medical schools, and must be recited by every medical doctor, I am re-energized to share with others the amazing wonders of the body to heal itself which was created by God for His glory and purposes! I love learning about the body's complex self-healing nature and the startling wonders of the food industry that disturbs it so greatly!

This leads me to the topics of:

1. Digestive System
2. The relationship between today's food industry/media and our body - specifically our cells;
3. Restoring our Body Communications for that “passion, peace and pleasure” – for self-directed health and wellness!
 - a. Grocery store visits for suggested new foods along with the recipe for each full meal / along with some snacks

October 2013 shared on the Women's Health HERstory Teleforum

- b. Encourage and increase in-home cooking and meal preparations
- c. Private-personal consults, share knowledge gradually; work together to encourage each client to set realistic goals and become empowered over a 6 month period to self-direct their changed lifestyle of health and wellness.

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My Fibroid-Free Lifestyle by Coach Labertha Taylor

“Most powerful weapon in your fight against fibroid tumors is EATING SMART”.

Source: **Allan Warshowsky M.D.** Author of Healing Fibroids – page 74 - 101

The holistic view of health – including body, mind and spirit – connects to healthy hormone function, which is closely linked to the types of foods we eat:

- *quality of that food
- *how the food is prepared
- *how the food is digested
- *how the food is assimilated into our body

Nutritious food is our best health protector and restorer. Crucial nutrients in food protect and boost our overall health and vitality at the same time that they prevent and heal gynecological conditions, including the development of Fibroids.

Fibroids are muscular tumors that grow in the wall of the uterus (womb). Another medical term for fibroids is “leiomyoma” (leye-oh-meye-OH-muh) or just “myoma”. Fibroids are almost always benign (not cancerous). Fibroids can grow as a single tumor, or there can be many of them in the uterus. They can be as small as an apple seed or as big as a grapefruit. In unusual cases they can become very large. (source: womenshealth.gov)

Described by Jonathan Wright, M.D. (one of the leading nutritionally –oriented physicians in this country) as “the Pepsi Degeneration”, who are subjected to the Standard American Diet (SAD) without a consciousness of alternatives. They have not felt the effects of SAD, but perhaps they will in 10, 20, or 30 years when the ***inadequate nutritional investment*** leaves them short changed. Our only dividend will be deteriorated health, chronic fatigue, frequent infections, and a host of medical conditions related to poor immunity weakened endocrine glands, and hormonal imbalance, including Fibroids.

Too many of us fuel our rushed, pressure-filled modern lives, with such eating habits as listed below, only to obtain a boost of energy; but offer very little real nutrition beyond the initial jolts.

- *fast foods
- *soft drinks
- *coffee
- *unhealthy saturated fats
- *empty carbs
- *harmful chemical additives

NEGATIVE EFFECTS:

1. SIMPLE SUGARS and REFINED STARCHES – deteriorates health and promotes fibroid growth and **hormonal imbalance**. (I.E. candy bars, glazed donuts, soft drinks)
 - *creates sharp rise in blood sugar levels - then falls in 15 minutes
 - *this up/down pattern leads to a condition called **hypoglycemia**
 - *leaves you drained & exhausted, **chronically** low blood sugar levels, emotionally unstable and constantly tired.
 - ***other possible symptoms** of this blood sugar imbalance: daytime panic attacks and waking up during the night, sweating, heart racing;
 - ***putting your body in a state of emergency** because adrenal glands are secreting extra cortisol in order to replenish sugar levels. Sugar is essential fuel for every system in the body especially the brain.

***over time the extra secretion stimulated by chronic low blood levels weakens adrenal glands and leads to hormone imbalance which happens *because the precursor hormone for cortisol is progesterone**

- when progesterone becomes overly occupied with producing extra cortisol, less progesterone is available to balance estrogen.
 - State of estrogen dominance develops which is an ideal condition to promote such hormone-imbalance problems such as:
 1. PMS
 2. Menopausal difficulties
 3. Endometriosis
 4. Fibroids
2. **B-VITAMIN DEFICIENCY:** by keeping the body in a chronic state of alert, you use of the same nutrients you need for proper hormone balance and optimum general health:
1. B-vitamins especially B-6
 2. Magnesium
3. **Syndrome X:** when the blood is loaded with excess insulin, characterized by a complex disease of elevated **triglycerides** (a form of fat in the blood, a risk factor for cardiovascular disease in women) obesity, high blood pressure, and blood sugar levels so elevated they lead to diabetes. If too much blood sugar stimulates excess insulin secretion, insulin receptor sites become less responsive to that hormone creating condition **insulin resistance**, which means more and more insulin needs to be secreted for that hormone to enter enough receptors sites and provide **cells** with the fuel they need to produce energy.

Elevated Insulin Levels Affect Fibroid conditions:

When too much sugar is consumed and insulin levels rise, levels of SHBG (sex-hormone-binding globulin transports most of the estrogen in the bloodstream) decrease, allowing more free estrogen to get into cells. Too many receptor sites become stimulated, which results in the estrogen-dominant state associated with the development and growth of fibroids.

4. **CHOLESTEROL:** a hormone precursor which means it makes hormones; When cholesterol levels rise, estrogen levels in the blood become higher.
5. **YEAST INFECTIONS** (i.e. Candida albicans) thrives on sugar, and afflicts many;
6. **COMPROMISED IMMUNE RESPONSE:** just a single teaspoon of sugar reduces a child's immunity for up to 4 hours after it is consumed.

DIETARY FATS: Certain fats are needed for optimal health and hormone balance. Fat is the most concentrated source of body energy and for the cellular level. The right fats help us absorb and store proper amounts of fat-soluble vitamins A, D, E, and K, and all are key to smooth organ and gland functioning and peak gynecological health.

Saturated Fats: bad fat – (all animal fats, including lard and milk products) A heavy dairy and meat diet will worsen any fibroid-related discomfort.

They are solid at room temperature; hydrogenated fats have been chemically altered so that they will become solid at room temperature (i.e. margarine was developed from a liquid fat to substitute butter during World War II), and is not recommended for gynecological health.

Hormone-Balancing Diet: (American Heart Assoc (AHA) recommends diets rich in grains, fruits, and vegetables)
30 percent to 55 percent carbohydrates

25 percent to 40 percent protein

20 percent to 30 percent fats

“ Once Fibroid balance improves, fibroid growth can be checked, even reversed.”

Recommends:

Milk substitutes: soybeans, oats, rice and almond milk, along with tasty cheese and cream substitutes made from these products.

Protein sources: no supportive evidence that egg yolk and white raises cholesterol levels; recommends whole, organically raised eggs with sources of DHA essential fatty acid; and at least 3 servings per week of deep-sea cold water fish – not farm raised; the body uses essential fatty acid to manufacture anti-inflammatory E3 prostaglandins, which benefits anyone with fibroid pelvic pain;

Fruit and Veggies: eat plenty of green, leafy vegetables rich in helpful essential

Fats (garden weeds like purslane, which contains more omega-3 fatty acids than any other green).

Organic is preferred which is free of pesticides and insecticides and grown in soil rich in nutrients important for optimal health, and higher levels of health-promoting trace minerals. These help to metabolize hormones, and helps estrogen metabolize properly and take a beneficial route out of the body.

*broccoli

*cauliflower

*cabbage,

*brussels sprouts

*kale

*swiss chard

Potent anti-oxidants: (eat 6 or more organic colorful fruit & vegetable per day)

Onions, garlic (prevents formation of new blood vessels), garlic shoot, leeks, chives, and scallions for gynecological health;

Root vegetables: i.e. onions, potatoes, carrots, turnips, yams and leafy green vegetables like kale and collard greens contain healthy amounts of calcium, magnesium, phosphorus, zinc, iron and trace minerals when grown organically.

Turnips, parsnips, beets and carrots (colorful) which contains bioflavonoids and carotenoids (these are major anti-oxidants functioning as weak estrogens that help to push stronger and more harmful estrogens away from estrogen receptor sites)

Vitamin C and bioflavonoids are often found together in white pulp under the skin of citrus fruits, and best to eat the whole fruit instead of just the juice.

Vitamin A is necessary for optimum hormone production and balance and is a fat-soluble vitamin stored in the liver

Nuts and Seeds:

Flax seeds (high source of non-animal protein) use by sprinkling in soups, cereals and salads; also good combined with pumpkin and sunflower seeds – balances estrogen levels;

Zinc: promotes production of testosterone, the libido-boosting hormone that also keeps body toned and strong. (source is oysters, and pumpkin seeds)

Healthy Carbohydrates:Complex Carbs – add olive oil to potatoes, pasta or bread;
Avoid any food with a high glycemic index, even if it is complex i.e. whole grain which is like eating sugar in order to correct hormone imbalance and stop fibroid growth. (i.e. potatoes, yams, sweet potatoes, flour products such as pasta, breads, cereals and pastries) also commercially grown wheat (barley, rye, and oats) which includes the powerful protein gluten, which can interfere with the liver's ability to metabolize estrogen.

More Alkaline Grains: non-gluten grains, like rices, millet and buckwheat;
Fibroid conditions thrive in an acid environment.

Recommends:

- *those with symptomatic fibroids use only gluten-free gains
- *avoid dairy products at least 6 months of the program
- *instead eat plenty of brown rice, long grain rice, basmati rice, wild rice, millet and buckwheat; if not sensitive, and oats.

Whole-grains:

Provide Vitamin E (tocopherol complex), known as the sex vitamin, an amazing anti-oxidant and prevents our body's cells from merging with oxygen or being oxidized which then could destroy the cells.

Provides Vitamin B, the energy vitamin and essential for a healthy balanced nervous system function helping to form a gynecological healthy system.

Legumes:

- *beans and peas, also complex carbohydrates, and alkaline – rather than acidic;
- *contains the lignans (like nuts and seeds) helping to balance the body's hormones acting as mild estrogens competing with stronger, more harmful estrogens for the body's hormone receptor sites.
- *organic soy and food products are phytoestrogenic legumes containing plant estrogens called isoflavones that also compete with harmful animal estrogens

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