The Ovarian Cyst Diet

Balance Your Diet,
Reclaim Your Health

Volume 2
Disclaimer

The author of this book is not a medical doctor. He has no formal medical training. As a health researcher, he has spent over 10 years investigating the true cause of disease. This book is based on discoveries made by leading researchers which has been compiled from books, scientific papers, medical reports, scientific journals, and ground breaking studies from leading universities and advanced medical research institutions. He also includes observations of the various ovarian cyst treatments developed and practiced by doctors from around the world as well as experience gained from the thousands of women who have successfully eliminated ovarian cysts without drugs or surgery.

Before beginning any health program you should consult a licensed health care provider and be monitored throughout the entire process. This book is not intended to provide medical advice, diagnose illness, or in any way attempt to practice medicine. It is not intended to replace personal medical care from a licensed health care practitioner. Doing anything recommended or suggested in this book must be done at your own risk.

The author is forced to include this disclaimer due to the litigious nature of today’s world, and the expected attacks, criticisms, and attempts to suppress and discredit this work.
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Introduction

If you ask your doctor what to eat to prevent ovarian cysts, they won’t have a clue. But they’ll know what drugs to prescribe. But drugs only treat symptoms. Tragically, the medical industry is setup to treat symptoms not causes.

The rewards of a truly nutritious diet are almost unbelievable. If you’ve been living off of meat, dairy, and junk food your energy and moods with improve drastically. If you suffer from indigestion, gas, bloating and constipation you’ll be happy to know that by following this diet these problems will also be eliminated.

In addition, you’ll catch fewer colds, drop unwanted fat, hair will become stronger and healthier and your skin will clear up. In most cases, changing your diet is all that is needed to restore balance. In fact, almost all cases of premenopausal ovarian cysts are primarily caused by diet.

“Most health problems begin in the kitchen.”
Paul White, M.D.

“Bad diets cause 70% of medical therapy”
Caldwell Esselstyn, M.D.
**Conventional Diet**

Each year, the number of new cases of not only ovarian cysts, but cancer, heart disease, and stroke is rising. People in industrialize countries are getting sicker and sicker and it’s mostly caused by diet. Just look at these facts:

- According to the Surgeon General, eating kills 2 of 3 Americans.
- Over 40% of the population will develop life threatening cancer
- By age 50, over half of all women have breast cancer
- Almost all, premenopausal women have or will have ovarian cysts
- Over 60 million adults and 9 million children are obese

Was it always like this? The answer is NO. In fact, before the 1900’s, the leading disease of today: cancer, heart attacks, stroke, and diabetes were extremely rare and confined to the wealthy who ate like most American’s eat today. Even ovarian cysts are a relatively new problem.

So what happened? Up until the 1900’s, most people ate primarily a plant based diet including vegetables, fruits and grains. Meat was just too expensive for most people to eat often. Also, people ate very little refined carbohydrates and sugar.

Unfortunately, it was the greed of politicians, government organizations and the food companies that brought us here today. For some, it may be hard to believe that the government would knowingly recommend and promote food guidelines that make our health worse, but it’s true. Let me explain.

Today most American’s and other industrialized countries follow guidelines labelled healthy that have been proven without a doubt to make you sick. In American it is referred to as the SAD diet or Standard American Diet. What most people believe to be a healthy diet today, is like a train wreck to your body.

“...the USDA’s recommendations are a disgrace.”

Joel Fuhrman, M.D.
Let’s have a look at the USDA’s official food guidelines:

The large colourful pyramid above is the new USDA food guide introduced in 2005, the one in black is the old one, essentially, there the same.

This is the diet killing millions of American’s from heart disease, stroke, cancer and many, many more illnesses including ovarian cysts. Let’s look at each of these food categories in more detail.

**Grains**

The recommended diet makes no mention what kind of grains other than ½ should be whole grains. The largest part of the recommended diet includes cereals, breads, pasta’s, crackers and rice. Eating these foods in this quantity almost ensures diabetes, weight gain and ovarian cysts.
Let’s take cereals for example. The leading two brands of cereal today are 52% made of sugar. Pasta’s healthy right? The old, stone-milled way it used to be made is good to eat occasionally, but today’s highly refined pasta’s and bread instantly spike insulin to unnaturally levels leading to diabetes. As described in Natural Ovarian Cyst Relief, excess insulin creates high androgens levels (male hormones) the direct cause of most premenopausal ovarian cysts.

**Fruits & Vegetables**

This is the only part of the food pyramid they almost got right. The just left out the part that many fruits and vegetables are loaded with pesticides, are genetically modified and lack proper nutrients. Industrial farming produces unnatural fruits and vegetables.

Today’s large scale farming depletes minerals from the soil so badly that without fertilizer, nothing will grow. So they have to dump huge amounts of synthetic fertilizer made from crude oil. According to recent testing organic food contains 5-10x the vitamins and minerals compared to convention supermarket produce.

As well being low in nutrients, some produce is also genetically modified. This is where scientists manipulate the DNA of seeds to produce unnatural plants. You may hear on the news that genetically modified (GM) food is safe, but who published that study. If you guess the food industry, you’re right. Just go ask a farmer what happens when cows eat GM food, they become sterol, they can’t reproduce. More studies are needed, but I’ll let you decide.

One of the main reasons for GM crops according to the officials is to ward of bugs and other critters from damaging crops. Unfortunately, GM crops require much more pesticides that non-GM crops. These pesticides end up in your body when you eat conventional produce and act like estrogen. Unbalanced estrogen is another important factor in ovarian cysts.
In summary, if you can afford to buy organic produce, you should. Organic produce can be found at local organic farmer markets and health focus grocery stores such as Whole Foods.

**Dairy**

Drinking 3 glasses of milk a day as the governments recommends virtually guarantees you’ll get heart disease, cancer and many other life threatening diseases. Suggesting that dairy is required to be healthy is the biggest lie ever told. If you worry about not getting enough milk to build strong bones you’ve been brainwashed and your eating habits have been programmed by advertisements. The fact is, besides your mother’s milk you never have to drink milk again. In fact, it’s better if you never do.

The only reason milk is in the food pyramid is because of the money spent buying off politicians by the lobbyist of the milk industry. In fact, in 2004 only, they spent $3,188,754 in political campaign financing to set calcium requirement sky high.

Milk is loaded with dangerous substances that everyone should avoid, especially women with ovarian cysts. First, cows eat tons of food loaded with pesticides which become concentrated in milk. Second, it’s loaded with unnatural hormones including hormones injected by farmers to make cows grow faster and produce more milk. As well, cow’s milks true purpose is to help baby calves grow, but these added hormones produced by the mother are not meant for you. Third, milk contains high amounts of fat that is made much worst in the heating process of pasteurisation.

Hormones in milk have been linked to cancer and at least one protein in dairy may trigger diabetes. Don’t ever eat dairy or give it to your children, with the exception of breast milk which is ideal for a new born baby.

“I no longer recommend dairy products.”

Dr. Benjamin Spock
Calcium Myth: American’s consume the most dairy yet we have the highest rates of osteoporosis. In fact, the amount of calcium you consume is irrelevant to bone loss. The primary cause of osteoporosis is a sedentary work and lifestyle, if you don’t use it you lose it. Astronauts lose bone mass rapidly. Bones are just like muscle it gets stronger by stressing it.

Meat

Did you ever wonder why meat is cheaper then say, some berries? It all has to do with government subsidies driven by meat industry lobbyists. The fact is, meat is one of the most expensive foods to produce and requires enormous amounts of natural resources. Without government subsidies meat would cost up to $50/lbs. Today, the average American eats 225 lbs of meat per year.

You might be thinking that animal products have nutrient that I can’t live without. Please enter the fantasy land of the animal food industries. In order to keep their profits healthy, some monumental myths have been cooked up about animal foods.

Protein myth: If you ate nothing but potatoes you’d get adequate amounts of protein. Protein deficiency is extremely rare.

People in other countries who still eat a mostly plant based diet don’t have our diseases, but once they start eating like us they get them, this included ovarian cysts.

Meats and dairy products are even more tainted by conventional farming methods. Enormous factory farms raise unhealthy chicken and cattle that are jammed into pens that deny them exercise and sunlight. Their feed is a mixture of genetically modified crops and unsalable parts of other slaughtered animals.
On such a dietary regimen, livestock are generally unable to fight off infections and are maintained on a steady diet of antibiotics to keep them alive.

Almost all meat available today with the exception of organic was produced by animals given hormones to artificially fatten them up. Grass feed cattle, on the other hand, are naturally lean. The fats found in grass feed beef are stable and saturated, whereas the meat of cattle from factory farms contains bizarre not-found-in-nature fats, chemical and hormones. Conventional chickens and dairy cattle are raised under similar conditions, and their eggs and milk contain the poisonous stuff they are feed.

Xenohormones contained in the foods (such as grains) fed to livestock are concentrated in the fat, which means you’re getting a relatively potent dose when you eat fatty meat. People eat way too much meat today.

It’s best to avoid meat altogether. If you have to eat small amounts of meat, make sure it’s organic. Organic farms don’t use hormones and antibiotics and feed their animal’s food they would eat naturally.

**Fats & Oil**

Most of the oils we use today are vegetable based. As stated earlier, the large amounts of pesticides used in vegetables that act like hormones to the body are in fact concentrated in vegetable oils. Even small amounts have negative effects on your ovaries. It’s best to use organic oils to ensure you don’t ingest any xenohormones.

So if all this food the government recommends is bad for not only my ovarian cyst but everyone’s overall health, what do I eat? Let’s find out...
The Ovarian Cyst Diet
Eliminating your ovarian cyst without changing your diet is an uphill battle. The food you eat is the primary cause of ovarian cysts. This diet was designed specifically to treat ovarian cysts, PCOS and other reproductive disorders.

“The doctor of the future will give no medicine, but will involve the patient in the proper use of food, fresh air, and exercise.”
Thomas Edison

Many years of research by hundreds of scientist, doctors, and medical researchers have gone into the development of this diet. As well, thousands and thousands of women have used these same principles to overcome not only ovarian cysts by many other illnesses they had.

The diet was designed with these goals in mind:

• Normalize insulin levels to reverse not only ovarian cyst, but also diabetes
• Significant reduce the consumption of xenohormones (unnatural substances that act like estrogen in the body)
• Cleanse your liver and digestive organs
• Balance your reproductive system and hormonal levels
• Clean and oxygenate your blood to speed healing

Not only will this diet help your ovarian cyst, but it will also eliminate many other health problems such as heart disease, cancer, diabetes, osteoporosis and the list goes on and on. In fact, there isn’t a single disease that isn’t reversed or eliminated by changing what you eat and drink.
Key Concepts

The Importance of Water

One of the first things to change about your diet is what you drink and how much of it you drink. After oxygen, water is the single most important substance in the body. In fact, water makes up more than 70% of your body. You need to drink lots and lots of clean, healthy water each and every day.

It’s important to hydrate yourself throughout the day. We lose water continuously through the processes of respiration, urination, perspiration and bowel elimination. Mistakenly, most people think sodas, coffee, juices and other liquids make up for drinking pure water. Water brings nutrients to your cells, and removes waste and toxins from your body. Unfortunately, most people don’t drink enough water which leads to constipation and a build-up of toxins in the body.

Many women refrain from quenching their thirst for lack of easy access to clean, comfortable bathrooms throughout the day. I can’t state the important of this enough; you need to drink approximately 1 Litre for every 50 pounds you weigh, each and every day. In the beginning you may go to the bathroom often, but as your body adjusts you won’t go as frequently. If you can’t drink that much, drink as much as you can. The closer you are to the numbers above the faster you will heal and the more vibrant you will feel.

It’s also very important to consider the quality of your water. Never, I repeat, never drink tap water. It’s as it is loaded with chlorine, fluoride, and other contaminates. For example, synthetic estrogen found in the urine of millions of woman who take birth control pills and hormone replacement therapy (HRT) is flushed down the toilet and eventually works its way in the water supply. You would think that these substances would be removed when the city filters the water but standard testing verifies its presence in nearly all tap water today.

Also, don’t drink any coffee or caffeinated drinks. They leach water out of the body keeping you dehydrated, same goes for alcohol. While I’m at it, you
probably know you shouldn’t be smoking. I couldn’t even tell you what toxic chemicals are in cigarettes but they most definitely affect your reproductive system, lungs and overall health.

Recommended bottled waters include Volvic, Fiji, and Evian. If you can’t find these or they’re too expensive, choose distilled water; just make sure it’s been ozonated.

Ideally, you would filter your own water. Unfortunately most water filters such as Brita purifiers don’t filter out xenohormones and many other toxins. Whole house and under the sink also vary widely in quality of filtration. And you need to change filters often to ensure they work optimally.

Currently, I only recommend one water purifier called the Living Water Machine. This exceptional machine lets you make some of the purest water possible right in your own home. But it’s too expensive for most people.

The Glycemic Index

In recent years, scientists have begun studying the actual blood sugar response (insulin raise) with hundreds of different foods with healthy and diabetic people. They created a scale called the glycemic index to rank food from 0 to 100, 100 being foods that increase insulin the most. To date, clinical studies in the United States, United Kingdom, France, Italy, Sweden, Australia and Canada all have proven without doubt that value of glycemic index.

For example, here are the ratings of some common foods:

<table>
<thead>
<tr>
<th>Food</th>
<th>Glycemic Index</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kellogg’s Corn Flakes™</td>
<td>84</td>
</tr>
<tr>
<td>Rice Cakes</td>
<td>82</td>
</tr>
<tr>
<td>Bagel</td>
<td>75</td>
</tr>
<tr>
<td>Whole Wheat Bread</td>
<td>72</td>
</tr>
<tr>
<td>Apple</td>
<td>38</td>
</tr>
<tr>
<td>Green Vegetables</td>
<td>&lt;10</td>
</tr>
</tbody>
</table>
So the more foods you eat with a higher glycemic index, the more insulin your pancreas produces. Too much insulin is converted to androgens (male hormones), which is the main cause of ovarian cysts, PCOS and hair growth in unwanted areas.

The amount of carbohydrates you eat is also a factor. For example, eating 4 slices of bread causes twice the insulin response as 2 slices. Two other important facts are:

1. Consuming some types of fiber, slows digestion and results in lower insulin response. These include oats and psyllium.
2. Vinegar or lemon juice used in the form on salad dressing consumed with a mixed meal significantly lowers insulin response.

The glycemic index plays an important part of the ovarian cyst diet in controlling insulin levels in the body.

**Xenohormones**

Xenohormones are substances not found in the environment naturally. These are manmade chemicals that have hormonal effects. Unfortunately, we live in a time where it is virtually impossible to avoid such substances on a daily bases. Extensive research has found undisputable proof that Xenohormones cause hormone disruption in humans.

The main dietary sources of xenohormones include:

- All meat, poultry, eggs, shellfish, and fish
- All dairy
- All non-organic foods
- Tap water
Xenohormones create hormonal imbalance not only for humans but all living creatures. There are particularly damaging to the ovaries. Chronic exposure results in damaged follicles which cause reduced production of progesterone, leading to fertility problems, cysts, cancer and many other problems.

Women are literally swimming in estrogen today. Meat and dairy contain the highest amounts of xenohormones. This is due to three reasons:

1. Animals create their own hormones that are unnatural to us
2. Conventional meats are loaded with farmer injected hormones to make the animals grow faster
3. Animal feed is loaded with pesticides which become concentrated in animal products

In fact, women who eat animal products have levels of estrogen about twice as high as women eating plant based diets. It’s best to eliminate animal products altogether while eliminating your ovarian cysts, if you absolutely need to eat some meat try soy or nut based substitutes or organic, free-range chicken and boiled eggs.

**Phytochemicals**

Phytochemicals are compounds in plants that have many health supporting effects on the body. Phytoestrogens are a subset of phytochemicals that produce estrogen like activity. They help balance the body by blocking estrogen receptors to reduce the effects of excess estrogen.

Phytoestrogens are found in vegetables with soybeans being the most potent. To get the most benefits you need to eat many fresh, raw organic vegetables everyday and have soy products a few times a week. Some people may be allergic to soy products and may need to avoid them.

If you find that you are sensitive to them try fermented soy products such as tofu, tempeh and miso which are the most beneficial phytoestrogens. Soy milks and soy
protein powder aren’t as good as fermented soy products. Make sure you don’t eat soy more than 3 times a week.

Note: Soy products are almost always made from genetically modified seeds, for that reason, soy products must be organic.

**Alkalinity**

Here is a basic overview of what eating truly healthy really is, please forget everything you have learned from school or have been suggested by traditional dieticians or food nutritionists. All food that we eat can be classified as acid, neutral or alkaline.

There is a standard scale called pH to show how acid/alkaline something is. It ranges from 0 to 14, where 7 is neutral. Anything below 7 is acidic and anything above 7 is alkaline. Pure water has a pH of 7.

Just as our body temperature is maintained at 98°F, our body fluids must be maintained at a 7.3-7.4 alkaline pH. Ideally, blood pH is 7.365. Over-acidification of body fluids and tissues signal a state of imbalance, opening the door to sickness and disease.

Foods which create an acid in the body include meats and other flesh proteins, eggs, dairy products, yeast breads, and sugars. As well, coffee, black tea and soft drinks are highly acidifying.

Foods which create an alkaline residue are vegetables-especially greens of all kinds, such as spinach, cucumber, lettuce, grasses, celery, broccoli, etc.; soaked and sprouted seeds, nuts, and grains; and low-sugar fruits such as avocado, lemon, lime, and grapefruit.

Raw foods are more alkalizing, while cooked food is more acidifying. To maintain a balanced and alkalized pH in blood and tissues, the diet should contain at least 75% alkalizing foods, and no more than 25% cooked or acidifying foods.
Plate Proportions

75% alkaline, low GI foods (e.g. salad, raw vegetables)

25% cooked, warmed, or mildly acidifying foods (Low Glycemic Index carbohydrates, cooked vegetable, meat substitutes)

Ask yourself how many family member you’ve seen suffering from one of the top three killers: cancer, heart disease, or diabetes. Something needs to change. The USDA food pyramid currently taught in the schools is quite behind in teaching alkaline principle and promotes many of the diseases that are so common today. The alkaline food pyramid promotes alkalinity of the blood and tissue by basing the diet around alkalinizing vegetables, sprouted and soaked nuts and seeds, essential oils, and low-sugar fruits.

Remember that when you build an alkalizing meal, raw vegetables are going to be the most alkalizing and energy-packed (life-force) foods you can eat.
Proper Digestion

If you suffer from indigestion, heartburn, gas, bloating, or constipation this diet will help. Although in the beginning, you probably need to add supplement to support your digestive system. This doesn’t mean taking Tums or Pepto-Bismol. There is a lot of misinformation provided by advertisers.

Some people need to increase the amount of acid in their stomach to improve digestion. For example, when you get heart burn, contrary to what most doctors tell you, it’s a problem of low acid. Try a tablespoon of organic apple cider vinegar before you meal.

Enzymes are another important factor. Your pancreas secretes enzymes into the small intestine as food passes through it. These enzymes work along with enzymes naturally present in raw food to break down proteins, fats, and carbohydrates into their most basic components (amino acids, free fatty acids, and glucose). Cooking vegetables destroys these enzymes which is why it’s so important to eat raw vegetables. Vitamins and minerals are also freed for absorption during this process. If the pancreas isn’t making enough enzymes, that means the food isn’t completely broke down or efficiently absorbed. You may notice a lot of undigested food in your stools if this is the case.

Food Combining

Explaining the theory of food combining is beyond the scope of this book. If you want to learn more, there are a lot of good books available. This covers the basics of how to combine food:

1. Don’t eat protein and starch together
2. You can mix any type of non-starch vegetables
3. You can mix non-starch vegetables with either animal protein or starch not both.
4. Eat fruits alone
Healthy, Essential Fats

One of the most dangerous modern-day fad diets is the “No-fat” diet. People who don’t realize the great role GOOD fats play in our bodies, open themselves up to degeneration and nutritional deficiencies by choosing never to eat fat. The body needs essential fatty acids (omega 3s and omega 6s) which are found in the high concentration in flax seed oil, borage seed oil, hemp seed oil, Udo’s Choice and other combination oils found in your health food store.

As their name implies, essential fatty acids are vital to good health. They are the building-blocks of necessary fats and strengthen the cell wall. They strengthen immune cells, help lubricate joints, insulate the body against heat loss, provide energy, and are transformed by the body into hormone like prostaglandins.

Adding these good essential fats to your diet will also provide relief from arthritis, asthma, PMS, allergies, skin conditions, and improve brain functions and some behaviour disorders. Nuts, seeds, and avocados are also good sources of healthy fats.

Organic Foods Promote Faster Healing

Organic foods are becoming easier to find each day. Organic foods are grown using natural methods. They grow in uncontaminated soil without the use of pesticides of any kind, without chemical fertilizers, additives and without sewage sludge commonly used in commercial farming.

Another important factor is that they are not genetically engineered which is increasing being link to health problems. Conventional fruits and vegetables are heavily contaminated with Xenohormones and other poisonous compounds. Unlike organic produce, conventional produce is very low in nutrients.

In order to relieve ovarian cysts, DO NOT eat any dairy. Ideally, eliminate all animal products. If that’s too hard, significantly reduce the amount and ONLY eat organic meats and eggs.
Organic food is more expensive, so if you’re on a tight budget here are some strategies:

- Find a nearby natural farmers market. This is where local farmers get together and sell to you direct. Even though this is not considered organic because it is not certified, it’s often better than organic because it’s locally produced. Just make sure the farmers follow natural growing methods. Remember, it’s up to you to request organic foods at your supermarket and to support your local farmers’ market.

- You may find meat in natural markets (NOT major grocery stores) that is labelled free-range, hormone-free and drug-free. Smaller, local brands are preferable to large, national brands. This is a great option if it’s from a trusted natural source. When in doubt buy organic.

- Consider growing your own fruits and vegetable in a garden. Just make sure you follow organic practices.

- If you can’t afford organic produce or it isn’t available in your area, here’s another solution. By some 3% food grade hydrogen peroxide and soak your fruits and vegetables. Fill your sink with water and add ¼ cup of 3% hydrogen peroxide. Soak for 25 minutes, drain and dry. (Note: If you can only find 35% food grade hydrogen peroxide, mix 1 oz. of 35% hydrogen peroxide with 11 oz. of distilled water). This will help neutralize most of the pesticides.

**Food Allergies**

Food allergy is an important subject that is poorly understood by physicians. In fact, if you ask your doctor he may consider it nonsense. The truth is, many conditions are caused by food allergies, such as irritable bowel syndrome, Crohn’s disease, colitis, eczema, acne, fibromyalgia, arthritis and depression. Their attitude should come as no surprise as most doctors are taught virtually nothing on nutrition in medical school.
Food allergies don’t generally cause major symptoms immediately, although there are some exceptions such as peanuts. Food allergies affect your body over time, particularly your digestive track and only produce symptoms after your body has been continually exposed to them.

Food allergies can affect digestion, muscles, joints, emotional well-being, energy levels, skin, lungs, and water balance, causing headaches, rashes, muscle and joint aches, fatigue, hay fever, asthma, mal-absorption of nutrients and indigestion. It’s amazing how many people struggle through every day feeling generally sick and tired, thinking that that’s just the way life is.

To fully restore your health, you’ll need to identify and eliminate foods that you are allergic to. If you’ve had symptoms consistent with irritable bowel syndrome like constipation, diarrhea, excessive gas or bloating, you’re probably allergic to a common food allergy.

![List of Common Food Allergies](image)

Other food allergies stem from preservatives and additives that are very irritating to some people. Look out for nitrates, benzoates, food dyes or colors, MSG (monosodium glutamate), and anything else that you can’t pronounce or sounds like something made in the chemical laboratory rather than by Mother Nature.

In fact, it’s best to avoid anything that comes in box, bag or can.

Figuring out what foods you are allergic too is beyond the scope of this book. There are many great books on this subject.
Summary

All this information may seem overwhelming, but in the next section I’ll show how a few simple rules and a food chart make it simple to follow. Although this book was designed for ovarian cysts and PCOS, if you suffer from any other disease or symptoms this diet will reverse and eliminate most conditions.

“Each patient carries his own doctor inside him.”
Albert Schweitzer, Nobel Prize Winner

Following this diet addresses the root cause of almost all disease. It’s important to understand that you may feel worse in the beginning; this could last a few days to a few weeks.

As your body starts getting the proper food and enough clean water, it begins healing your body. You have a lot of toxins stored in your body, which need to be released slowly. You may experience flu like symptoms (don’t buy cold medicine), go the bathroom more often and generally feel tired. This is normal, don’t try to prevent your body from cleansing. If you feel too sick, reduce the amount of water you’re drinking and slowly increase it to the recommended amount.

Remember, you’ve been eating a certain way for a very long time, so it will take time for your body to rebalance itself. Do it a favor and get started as soon as possible.
**Special Note on Cancer**
Cancer is one of the leading causes of death today. There isn’t a person today that doesn’t know someone who’s died of cancer. My cousin died from breast cancer about 7 years ago. I wish I knew what I know today, I could have saved her.

“There is no medical cure for cancer. Nearly all women diagnosed with breast cancer will die of breast cancer.”

**The Pressure Trap**

Because of the corrupt FDA, FCC and federal government, you can’t tell anyone there is a cure for something unless it’s approved by them, which means they can profit from it. And they’re not really in the curing business, they would much prefer to treat you forever with expensive drugs. Just think of the cures they have discovered in the last 50 year. By now, I hope it doesn’t surprise you that ZERO major diseases have been cured by medical science.

Hundreds of doctors and many thousands of people have cured themselves of terminal, weeks to live diseases, all by ignoring the advice of their doctors. Many of those cures where a result of changing their diet.

I’ll leave you with a few quotes to think about.

“Most cancer patients in this country die of chemotherapy.”
**Albert Schweitzer, Nobel Prize Winner**

“The war on cancer has been largely a fraud.”
**Linus Pauling, Nobel Prize Winner**

“Cancer is most frequent where carnivorous habits prevail.”
**Scientific American, 1892**
Supplements
While most cases of ovarian cysts and PCOS can be resolved by your body by just changing your diet, some women may need additional support to accelerate healing. The supplements used in the ovarian cyst diet focus on these areas:

- Cleansing
- Hormone & Reproductive Balancing
- pH Balancing
- Insulin Reduction

It’s important to understand that all of the recommend supplements come from whole foods plant sources. Whole food supplements are concentrated medicines made by dehydrating natural plants and making them into a powder.

Pharmaceutical drugs found in your local drug store (e.g. Centrum™ Vitamins) are chemical based, manufactured from crude oil and are unnatural for your body.

To make this diet as simple as possible, supplements have been combined so that instead of taking dozens of supplements, you’ll only need to take a few. Also, whenever possible, inexpensive but effective home recipes are given.

AlkaCleanse
This is an amazing, power packed drink that does a number of incredible things. It balances your pH level, it cleanses your liver and digestive system, it restored alkaline minerals and helps lower the insulin released by meals you eat.

What you need:

- Epsom Salt (Internal use grade)
- Pickling Lime
- Lemon Juice
- Organic kelp powder
- Organic flax seed, ground
- Stevia
Recipe:

1. Fill a glass ¾ with clean water
2. Pour in 1 tablespoons of pickling lime water
3. Add 1 tablespoon of organic lemon juice
4. Add a pinch of Epsom salts
5. While stirring, slowly add one tablespoon of organic kelp
6. While stirring, slowly add one tablespoon of ground organic flax seed
7. Optional: Add on packet of stevia to sweeten the taste

Drink 1 glass of AlkaCleanse before each meal. You can take a lot more pickling lime water and kelp than is suggested above. Start slow and if things don’t improve, slowly build up. Some people use up to 20 tablespoons of pickling lime water and up to 3 tablespoons of kelp.

When someone has been chronically ill for a while, a drink like this might create a powerful reaction and start to release acids from organs and tissues too quickly, that is why I am suggesting you start slow.

Some people can’t stand the taste of kelp. You can buy kelp in capsules so you don’t have to taste it, but this can be really expensive. If you just can’t stand the taste of kelp, I suggest you make your own capsules. It’s much cheaper. Just buy this simple tool and some empty capsules at Cap-M-Quik.com.

Note: When using AlkaCleanse it is helpful to eat 2 organic apples per day. Apples contain malic acid which helps soften toxins in the liver and make them easier for your body to eliminate.

Note: Pickling lime is normally found in the pickling/canning section of shops but is a seasonal product. Your alternative is to buy calcium hydroxide powder and put 1 tablespoon of the powder in 1 gallon of distilled water and use that as your pickling lime solution. READ SAFETY NOTES
**SAFETY NOTES ON CALCIUM HYDROXIDE**

CALCIUM HYDROXIDE (also known as - pickling lime water/Ca(OH)2/slaked lime/lime water etc.)

In concentrated powdered form, this stuff is a skin, eye and respiratory irritant. It is CORROSIVE and causes burns. Should you be using this concentrated form to dilute with water before use, please protect yourself by wearing safety glasses, gloves and minimize your exposure to the dust itself.

There are no safety issues if you buy the pre made pickling lime water.

Remember, the drink asks for 1 (to 4) tablespoon of the diluted lime water - you take 1 tablespoon of the powder and add it to a gallon of water. **Do NOT add the powder directly to your drink!**

This powder is also incompatible with strong acids! So, the more acidic you are the smaller your dose should be! Start small and slow, and add more after checking your response. We are all unique, so someone else's ideal dosage may not be the same as yours.

My suggestion is to make up your solution outdoors. This powder is very fine and fluffy, it'd be easy to accidently spill some on your kitchen or bathroom floor for unsuspecting kids and pets to walk on.

Cinnamon

If you think cinnamon is simply something to sprinkle on your holiday cookies or cappuccino, think again. Cinnamon improves brain function and memory, soothes the stomach, suppresses bacteria and fungus associated with yeast infections and reduces cholesterol levels.

Of particular interest is cinnamon’s ability to reduce blood sugar and help with insulin resistance, results which were documented in a respected diabetes journal.

New studies suggest that consumption of cinnamon reduced insulin and is directly helpful for ovarian cysts and PCOS.

As a supplement, take 1 teaspoon of organic cinnamon powder each day.
Lemon & Apple Cider Vinegar

Within the last few years, several reports in the scientific literature have indicated that a realistic amount of vinegar or lemon juice in the form of a salad dressing consumed with a mixed meal has significant blood sugar lowering effects.

As little as 2 teaspoons of vinegar or lemon juice taken with an average meal lowered blood sugar as much as 30%.

With each meal, you’ll most likely have a large salad; just make a simple salad dressing with organic apple cider vinegar or lemon juice with the recommended oils and your favour spices.
Testing your pH

Before you start, you should go down to the local pharmacy and buy some pH strips so you can test yourself at home and monitor your body’s pH changes with your dietary changes. pH strips are little pieces of special paper that when urinated on, change color. By comparing the pH strip to the provided color chart, you’ll know your pH level.

It’s good practice to test in the morning on your second urination, as first thing in the morning the body has retained fluids over a long period of time and it will release a large of amount accumulated acid waste. Let some urine flow before testing as this will give more of an average reading.

For urine, a healthy pH level is between 7-7.5. Someone who eats a typical Western diet would be more likely to have a urine pH average of about 5.5-6.0. This may not seem too much lower, however it is important to remember that the pH scale is logarithmic - meaning each step is ten times the previous i.e. 4.5 is 10 times more acidic than 5.5 which is 100 times more acidic than 6.5 and so on.

Don’t worry too much about where you are right now, just follow the diet and use the recommended supplements and watch your pH level raise. You’ll notice as your pH level raises, the more energy you will have and the healthier you will be.
## Daily pH Level

<table>
<thead>
<tr>
<th></th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
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<tbody>
<tr>
<td>Week 1</td>
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<td>Week 3</td>
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<td>Week 4</td>
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<td>Week 5</td>
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<td>Week 6</td>
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<td>Week 7</td>
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<td>Week 8</td>
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<td>Week 9</td>
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<td>Week 10</td>
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<tr>
<td>Week 11</td>
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<tr>
<td>Week 12</td>
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</table>
## Food Guide

<table>
<thead>
<tr>
<th>Non-Starchy, Low GI, Guilt Free Foods (75% of diet)</th>
<th>Low GI Carbohydrates</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Vegetables</strong></td>
<td>Beets</td>
</tr>
<tr>
<td>Alfalfa</td>
<td>Chickpeas</td>
</tr>
<tr>
<td>Artichokes</td>
<td>Kidney beans, dried</td>
</tr>
<tr>
<td>Asparagus</td>
<td>Lentils</td>
</tr>
<tr>
<td>Broccoli</td>
<td>Lima beans</td>
</tr>
<tr>
<td>Cabbage (green, white &amp; red)</td>
<td>Yellow split peas</td>
</tr>
<tr>
<td>Cauliflower*</td>
<td>Pearl barley</td>
</tr>
<tr>
<td>Celery*</td>
<td>Snow peas</td>
</tr>
<tr>
<td>Chives</td>
<td>Carrots*</td>
</tr>
<tr>
<td>Comfrey</td>
<td>Yam</td>
</tr>
<tr>
<td>Cucumber*</td>
<td>Thin pita, whole wheat</td>
</tr>
<tr>
<td>Dandelion</td>
<td></td>
</tr>
<tr>
<td><strong>Eggplant</strong></td>
<td>Limit to 1-2 serving each per week, small portions</td>
</tr>
<tr>
<td>Garlic</td>
<td>Quinoa (similar to rice)*</td>
</tr>
<tr>
<td>Green beans*</td>
<td>Spaghetti, (whole wheat &amp; protein enriched)*</td>
</tr>
<tr>
<td>Horseradish</td>
<td>Pumpernickel bread*</td>
</tr>
<tr>
<td>Kale*</td>
<td>Sweet Potatoes*</td>
</tr>
<tr>
<td>Leeks</td>
<td></td>
</tr>
<tr>
<td>Lettuce</td>
<td></td>
</tr>
<tr>
<td>Lettuce, all varieties*</td>
<td></td>
</tr>
<tr>
<td>Mushrooms*</td>
<td></td>
</tr>
<tr>
<td>Onion</td>
<td></td>
</tr>
<tr>
<td>Pepper, all varieties*</td>
<td></td>
</tr>
<tr>
<td>Radish</td>
<td></td>
</tr>
<tr>
<td>Rhubarb</td>
<td></td>
</tr>
<tr>
<td>Rutabaga</td>
<td></td>
</tr>
<tr>
<td>Sea Vegetables</td>
<td></td>
</tr>
<tr>
<td>Sorrel</td>
<td></td>
</tr>
<tr>
<td>Spinach*</td>
<td></td>
</tr>
<tr>
<td>Tomato</td>
<td></td>
</tr>
<tr>
<td>Turnip</td>
<td></td>
</tr>
<tr>
<td>Watercress</td>
<td></td>
</tr>
<tr>
<td>Wheat Grass</td>
<td></td>
</tr>
<tr>
<td>Zucchini</td>
<td></td>
</tr>
</tbody>
</table>

**Protein**

- Organic Tofu*
- Organic, free range chicken, 50g*
- Organic, free range eggs, boiled* Unsweetened Almond Milk

*Must be organic. These items absorb the most pesticides.
<table>
<thead>
<tr>
<th>Snacks</th>
<th>Nuts &amp; Seeds</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Fruits</strong></td>
<td><strong>Almond</strong></td>
</tr>
<tr>
<td>Apples*</td>
<td>Walnuts</td>
</tr>
<tr>
<td>Cherries*</td>
<td>Macadamia nuts</td>
</tr>
<tr>
<td>Grapefruits*</td>
<td>Hazelnuts</td>
</tr>
<tr>
<td>Pears*</td>
<td>Brazil nuts</td>
</tr>
<tr>
<td>Peaches*</td>
<td>Soy nuts</td>
</tr>
<tr>
<td>Plums*</td>
<td>Pumpkin seeds</td>
</tr>
<tr>
<td>Avocado</td>
<td>Sunflower seeds</td>
</tr>
<tr>
<td>Coconut</td>
<td>Flax seeds</td>
</tr>
</tbody>
</table>

* Must be organic. These items absorb the most pesticides.

<table>
<thead>
<tr>
<th>Other</th>
<th>Oils</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Condiments</strong></td>
<td>Sunflower oil*</td>
</tr>
<tr>
<td>Lemon</td>
<td>Olive Oil*</td>
</tr>
<tr>
<td>Lime</td>
<td>Borage Oil*</td>
</tr>
<tr>
<td>All spices (except those that contain sugar)</td>
<td>Flax Seed Oil*</td>
</tr>
<tr>
<td>Stevia</td>
<td>Evening Primrose Oil*</td>
</tr>
<tr>
<td>Real Salt™</td>
<td>Fish Oil (purified)</td>
</tr>
<tr>
<td>Apple Cider*</td>
<td></td>
</tr>
<tr>
<td>Braggs Liquid Amino (like soy sauce)</td>
<td></td>
</tr>
</tbody>
</table>

* Must be organic. These items absorb the most pesticides.
Plate Portions
Always make sure 75% of your plate is made of items from the green food chart, at least ½ uncooked, the more raw foods the better. There are no restrictions on how much Green Food Chart items you eat.

For your other 25%, choose **EITHER** foods from the Yellow Food Chart or the Orange Food Chart, **NOT BOTH** in one meal. You can mix items within the same group.

Water Intake
It’s best to drink nothing but clean water. For each 50 pounds you weigh, drink 1 litre of water per day. So if you weigh 150 pounds, you need to drink 3 litres of water each day. If you need some flavor, try lemon juice with stevia for some delicious lemonade.
Step-By-Step Summary

1. Test your pH
   Each morning on your second urination, test your pH and record it in the pH chart provided.

2. Drink 1 Litre of Water For Every 50 Pounds You Weigh
   Choose from recommend bottled water or distilled water. Drink it throughout the day.

3. Follow Recommended Ovarian Cyst Dietary Guidelines
   a) With each meal 75% of your plate from foods from the Green Food Chart, as much as possible raw.
   b) The other 25% of your plate can be either foods from the Yellow Food Chart OR foods from the Orange Food Chart, NOT BOTH.
   c) With each meal, use apple cider vinegar or lemon juice. Also, use recommended oils as needed.
   d) Eat soy products 3 times per week.
   e) Between meals, whenever you’re hungry, choose from the recommended snacks. Eat at least 2 organic apples per day.
   f) Try not to eat anything else that is not on the provided food charts, especially: sugar, refined carbohydrates, dairy and non-organic animal products.
   g) Eat organic as much as you can

4. Supplement to accelerate results
   a) Drink AlkaCleanse 3 times per day before each meal
   b) Take 1 teaspoon of organic cinnamon each day.
By following these guidelines, you will be well on your way to eliminating not only ovarian cysts, but many other health challenges you may face. If you feel overwhelmed by all of this, just change as much of your diet as you can. It may be hard as first, but it gets easier, especially as you begin to feel healthy again. Thank you for taking a step towards your health that many don’t. Know that you’re not alone and that many women before you have been relieved.
# Resources

## Air Purifier

<table>
<thead>
<tr>
<th>Product</th>
<th>Website</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Airwise</td>
<td><a href="http://www.waterwise.com">www.waterwise.com</a></td>
<td>1-800-874-9028</td>
</tr>
</tbody>
</table>

## AlkaCleanse/AlkaBath Ingredients

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Website</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pickling Lime</td>
<td><a href="http://www.canningpantry.com">www.canningpantry.com</a></td>
<td>1-800-285-9044</td>
</tr>
<tr>
<td>Calcium Hydroxide</td>
<td><a href="http://www.bulkfoods.com">www.bulkfoods.com</a></td>
<td>1-888-285-5266</td>
</tr>
<tr>
<td>Organic Kelp Powder</td>
<td><a href="http://www.starwest-botanicals.com">www.starwest-botanicals.com</a></td>
<td>1-800-800-4372</td>
</tr>
<tr>
<td>Hydrogen Peroxide</td>
<td><a href="http://www.dfwx.com">www.dfwx.com</a></td>
<td>1-817-457-1466</td>
</tr>
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## Eleotin

<table>
<thead>
<tr>
<th>Product</th>
<th>Website</th>
<th>Phone</th>
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</thead>
<tbody>
<tr>
<td>Eleotin</td>
<td><a href="http://www.eastwoodcompanies.com">www.eastwoodcompanies.com</a></td>
<td>1-888-669-4372</td>
</tr>
</tbody>
</table>

## Electromagnetic Protection

<table>
<thead>
<tr>
<th>Product</th>
<th>Website</th>
<th>Phone</th>
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</thead>
<tbody>
<tr>
<td>Q-Link (Any)</td>
<td><a href="http://www.qeshop.com">www.qeshop.com</a></td>
<td>1-866-946-6729</td>
</tr>
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</table>

## Natural Progesterone Cream (Verified Brand)

<table>
<thead>
<tr>
<th>Product</th>
<th>Website</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Women’s Balance</td>
<td><a href="http://www.kokorohealth.com">www.kokorohealth.com</a></td>
<td>1-714-836-7749</td>
</tr>
<tr>
<td>(Made with Organic Ingredients)</td>
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</tbody>
</table>

## Multi-Vitamin/Multi-Mineral

<table>
<thead>
<tr>
<th>Product</th>
<th>Website</th>
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</thead>
<tbody>
<tr>
<td>Every Women II</td>
<td><a href="http://www.newchapter.com">www.newchapter.com</a></td>
<td>1-800-543-7279</td>
</tr>
</tbody>
</table>

## Pain Relief

<table>
<thead>
<tr>
<th>Product</th>
<th>Website</th>
<th>Phone</th>
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</thead>
<tbody>
<tr>
<td>Willow Bark</td>
<td><a href="http://www.florahealth.com">www.florahealth.com</a></td>
<td>1-800-446-2110</td>
</tr>
<tr>
<td>Organic Caster Oil</td>
<td><a href="http://www.healthfree.com">www.healthfree.com</a></td>
<td>1-727-443-7711</td>
</tr>
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## Shower Filter

<table>
<thead>
<tr>
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</thead>
<tbody>
<tr>
<td>Aquasana</td>
<td><a href="http://www.aquasana.com">www.aquasana.com</a></td>
<td>1-866-662-6885</td>
</tr>
<tr>
<td>Bath Tub Filter</td>
<td><a href="http://www.cuzn.com">www.cuzn.com</a></td>
<td>1-800-345-7873</td>
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<tr>
<td>Water</td>
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<td>-------------------------------------------</td>
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<tr>
<td>Evian Water</td>
<td><a href="http://www.evian.com">www.evian.com</a></td>
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<tr>
<td>Fuji Water</td>
<td><a href="http://www.fujiwater.com">www.fujiwater.com</a></td>
<td>1-888-426-3454</td>
</tr>
<tr>
<td>Living Water Machine</td>
<td><a href="http://www.johnellis.com">www.johnellis.com</a></td>
<td>1-845-754-8696</td>
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</tbody>
</table>
References


Rogers, G. (Director). (2004). *Ozone, a Medical Breakthrough? [Motion Picture].


