Quickly Reduce Ovarian Cyst Pain Naturally

Volume 1
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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.
Introduction
Most women experience pain while dealing with ovarian cysts. The pain is most likely to be located in the abdominal or pelvic area although many women experience lower back and thigh pain as well. The pain associated with ovarian cysts is caused by a number of reasons including:

1. The cyst pushing against the insides of your body
2. The cyst twisting or causing twisting of the fallopian tube
3. The cyst rupturing or bleeding

Pain caused by ovarian cyst is common and shouldn’t alarm you. However, if you experience any of the signs and symptoms below, you should get immediate medical attention. They include:

- Sudden, severe abdominal or pelvic pain
- Pain accompanied by fever or vomiting
- Faintness, dizziness, or weakness
- Rapid breathing

Pain is sometimes necessary as it is a warning signal to the body that it has been injured or something is wrong.

Conventional Pain Relief
Treatments for ovarian cyst pain most often prescribed by doctors include both prescription and over the counter pain relievers.

Taking pain medication is a serious decision. You should be aware of the possible side effects of common pain relievers. Each pharmaceutical pain medication has its risks and the response is slightly different from person to person.

The most common are acetaminophen (found in Tylenol®) and Aspirin. The side effects of these medications include: damage to the lining of your stomach,
prolonged bleeding time, wheezing, breathlessness, ringing in the ears, hearing loss, chronic runny nose, headache, confusion, nausea, vomiting, GI upset, GI bleeding, ulcers, rash, allergic reactions, hives, bruising, abnormal liver function, and liver damage. If you take too much, the toxic effect is kidney damage, severe metabolic derangements, respiratory and central nervous system effects, strokes, fatal haemorrhages of the brain, spleen, liver, intestines & lungs and DEATH. Approximately 3000 people per year die in the US from taking Aspirin as directed.

**Natural Alternatives**

**Willow Bark, Natures Pain Reliever**
Now there's no reason to take pharmaceutical drugs to stay pain free. For relief from ovarian cyst pain, White Willow Bark Extract is the natural alternative to chemical drugs.

Native American shamans and medicine men have harvested plants for their therapeutic benefits. Particularly prized by them for its pain-relieving and anti-inflammatory capabilities was the bark of the Salix alba, or white willow tree.

Willow bark works to reduce pain by blocking the production of inflammatory prostaglandins, which are hormone-like substances involved in inflammation and muscle contraction. Further action in reducing pain occurs through willow bark's ability to inhibit the action of neutrophils, a type of white blood cell.

The bark of the white willow tree (Salix alba) has pain-relieving properties similar to aspirin. An ingredient in white willow bark, called salicin, is converted in the body to salicylic acid (aspirin is also converted to salicylic acid once in the body). Salicylic acid is believed to be the active compound that relieves pain and inflammation.

A number of studies have compared white willow to medication or placebo:

- A University of Sydney study compared the effects of willow bark extract to refecoxib, a Cox-2 inhibitor pain medication. In the study, 114 patients
received a herbal extract containing 240 mg of salicin and 114 received 12.5 mg of refecoxib every day. After four weeks, both groups had a comparable reduction in pain.

- A study in the American Journal of Medicine examined 191 patients with an exacerbation of chronic low back pain. They were randomly assigned to receive a willow bark extract with either 120 mg (low-dose) or 240 mg (high-dose) of salicin, or placebo. In the fourth week of treatment, 39% of people receiving the high-dose extract were pain-free, 21% receiving the low-dose were pain-free, and 6% of people receiving the placebo were pain-free. People in the high-dose group improved after the first week. Significantly more people in the placebo group required pain medication.

The British Herbal Pharmacopoeia records no known side effects to white willow bark.

The choice for pain relief is clear. For ovarian cysts and all kinds of body pain, willow bark is the proven, natural solution.

**Castor Oil Packs and Ovarian Cysts**

Castor bean oil has been used externally for centuries as a natural therapy. Castor oil appears to have a unique ability to sink transdermally (through the skin) to relax muscle. This simple mechanical action has a beneficial influence on all hollow organs, specifically the blood and lymph vessels, the uterus, fallopian tubes, bowels, gall bladder, and even the liver.

A castor oil pack is placed on the skin to increase circulation and to promote elimination and healing of the tissues and organs underneath the skin. It is often used to stimulate the liver, relieve pain, increase lymphatic circulation, reduce inflammation, and improves digestion.

Castor oil packs have many applications, and are specific in cases of uterine fibroids and ovarian cysts that are not cancerous. Packs also relieve ovarian pain and help with healing after a ruptured ovarian cyst.
Castor oil application increases the efficiency of circulation through your pelvis in general. Good circulation is required for supportive nutrients to be delivered to the cells, and for waste products and inflammatory factors to be removed. If a castor oil pack is placed over your liver area, it will help your liver to do its work more efficiently, including the metabolism of your hormones.

**Precautions**

Do not use a heated castor oil pack for uterine growths, cancer tumors, or ulcers. Don't use if you are pregnant, breast feeding, or menstruating. Don't apply over broken skin.

**Frequency of Use**

To be effective, a castor oil pack must be used at least 3 times a week, although 5 times a week is better. In cases of long-term chronic pain, it works best to commit to a 6 week treatment period using a castor oil pack 5 times per week, then as needed for episodes of pain.

It's wise to consult with a naturopathic physician for the best frequency of treatment for your specific health problem.

**How to Make a Caster Oil Pack**

**Castor Oil Pack Components**

- Castor oil
- Two sheets of plastic (garbage bags OK)
- 1 yard cotton or wool flannel
- Heating pad (if indicated)
- Large old bath towel
- 3 safety pins

**Preparing a Castor Oil Pack**

1. Fold flannel into three thicknesses to fit over your whole abdomen.
2. Cut a piece of plastic 1-2 inches larger than flannel.
3. Saturate the flannel with gently heated oil, but not so much that it is drippy. Fold it over and squeeze until it is oozing. Unfold.
4. Place plastic and old towel over flannel to prevent staining of surface you will be lying on.
5. Lie down, placing flannel over abdomen, putting fitted plastic over the flannel.
6. Now wrap the towel under you, around your torso and pin with safety pins.
7. Place a heating pad (low heat) or hot water bottle on top of the towel.
8. Rest for 30-60 minutes. Use visualization, meditation, or just sleep. A good time to use castor oil packs is just before bedtime.
9. When finished, it's best if you don't get up and walk around and be busy (except to go to the bathroom). Try to stay still and relaxed.
10. If you are doing your pack at bedtime, have a zip-lock baggie next to your bed, and a towel to remove any excess oil and protect your bed sheets. Fold the oily pack up and put it into the baggie, then drop it to the floor till morning. In the morning, put it in the refrigerator.
11. If you are not using the pack at bedtime, you can get up and wash the treated area with solution of 3 tablespoons of baking soda to 1 quart of water to remove the oil. Put the pack into the refrigerator.
12. Store the pack in the covered container or baggie in the refrigerator. Remove it from the refrigerator 1-3 hours before you plan to use it, so that it is at room temperature when you are ready to use it.
13. Each pack may be used repeatedly. When it starts to smell stale, make a new pack.

NOTE: If this procedure is way too complicated for you, apply a generous amount of castor oil to the skin of your abdomen. Cover that with an old cotton t-shirt or other cloth you won’t mind eventually discarding. Lay your heat source (hot water bottle, heating pad) on top of that. Keep the cloth you use to protect your heat
source from the oil to reuse. Eventually it will smell like stale oil, but can be kept for a few weeks at least in a plastic bag.

Rest for 30-60 minutes. Stay covered and warm so you can relax. Have a soft cloth or rag handy to catch any oil dripping off your body. You may want to put a towel or plastic underneath your body so your bed doesn't get oily. It's not necessary to have a castor oil pack that you keep in the refrigerator. Just do what works for you.

**Breathing Correctly for Natural Pain Relief**

Breathing for pain control? You betcha. Ask any mother who had a natural childbirth. Breathing benefits the whole body. It boosts your energy, reduces stress and is great for natural pain relief. Breathing can strengthen self-confidence and promote recovery, healing and wellness.

**Breathing Exercise for Natural Pain Relief**

Practice this whenever you wish to relax and reduce stress. Sit or lie down comfortably and close your eyes. Place one hand on your stomach and the other on your chest. Imagine a large balloon in your stomach. Breathe in slowly while using the following technique.

1. **INHALE** gently through your nose for a count of 4 - Imagine the balloon completely filling up, as your diaphragm gently pushes downward.
2. **HOLD** your breath for a count of 4 then...
3. **EXHALE** slowly - Allow all the air to flow out of your mouth. Do not force it.
   Exhale whilst counting to 10

Repeat this deep breathing exercise 10 times. Now, do you feel more relaxed? With practice you will soon be able to relax after only one or two deep breaths.
Breathing in this way can have a very positive healing influence and is a great natural pain relief technique. Deep breathing is a simple but very effective method of relaxation and taking control of how you feel.

So, practice these slow, steady and deep breaths. You’ll be amazed at the results.

**Quick Ovarian Cyst Pain Elimination Action Plan**

1. Take White Willow Bark Extract as directed, 3 times per day or as needed. The preferred brand is [Flora and additional information is available here](#). If you can’t find it at your local health store, ask them for another brand. Just make sure you get 1000-1500mg of willow bark per dose to ensure it is effective.

2. Make a Castor Oil Pack and use it at least 3 times a week, although 5 times a week is better.

3. Use the breathing techniques described whenever you start to feel pressure or pain.
## Resources

### Air Purifier

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<tr>
<th></th>
<th><a href="http://www.waterwise.com">www.waterwise.com</a></th>
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<td>Airwise</td>
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### AlkaCleanse/AlkaBath Ingredients

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<tr>
<th></th>
<th><a href="http://www.canningpantry.com">www.canningpantry.com</a></th>
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<tr>
<td>Pickling Lime</td>
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<tr>
<td>Calcium Hydroxide</td>
<td><a href="http://www.bulkfoods.com">www.bulkfoods.com</a></td>
<td>1-888-285-5266</td>
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<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>
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<tr>
<td>Hydrogen Peroxide</td>
<td><a href="http://www.dfwx.com">www.dfwx.com</a></td>
<td>1-817-457-1466</td>
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### Eleotin

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<th></th>
<th><a href="http://www.eastwoodcompanies.com">www.eastwoodcompanies.com</a></th>
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### Electromagnetic Protection

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<th></th>
<th><a href="http://www.qeshop.com">www.qeshop.com</a></th>
<th>1-866-946-6729</th>
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<tr>
<td>Q-Link (Any)</td>
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### Natural Progesterone Cream (Verified Brand)

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<th></th>
<th><a href="http://www.kokorohealth.com">www.kokorohealth.com</a></th>
<th>1-714-836-7749</th>
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<tr>
<td>Women’s Balance</td>
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<td>(Made with Organic Ingredients)</td>
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### Multi-Vitamin/Multi-Mineral

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<tr>
<th></th>
<th><a href="http://www.newchapter.com">www.newchapter.com</a></th>
<th>1-800-543-7279</th>
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<tr>
<td>Every Women II</td>
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### Pain Relief

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

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<th></th>
<th><a href="http://www.aquasana.com">www.aquasana.com</a></th>
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<tr>
<td>Aquasana</td>
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<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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## Water

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<td><a href="http://www.evian.com">www.evian.com</a></td>
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<td>Fuji Water</td>
<td><a href="http://www.fujiwater.com">www.fujiwater.com</a></td>
<td>1-888-426-3454</td>
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<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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References


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


