



# Shrink Fibroids Naturally

Foods to  
avoid



# What Chelsea Eats

My name is **Chelsea Knutsen**. I am a Certified Holistic Health and Certified Life Coach, Herbalist, Bible teacher, and speaker. I help Christian women to heal womb-related conditions such as fibroids, heavy menstrual cycles, PCOS/PCOD, endometriosis, cystic breasts, ovarian cysts, estrogen dominance, hormonal imbalance, hair loss, obesity and so much more using food, herbs, God's word, and prayer as medicine.

In this guide, you will find a comprehensive list of foods and drinks to avoid to shrink uterine fibroids naturally. If you want additional help on your journey to shrink fibroids naturally, please click the links below for more information.

- [The Fibroid Detox Workshop on Demand](#)
- [Reverse Anemia and Low Iron Now Online Course](#)
- [Herbal Blends Shop](#)
- [Recipe E-Books](#)
- [YouTube Channel](#)

Thank you so much for downloading my e-book. The information on these pages will help you immensely on your journey to health. If you have questions or need further assistance, please email me at [\*\*info@whatchelseaeats.com\*\*](mailto:info@whatchelseaeats.com).

Much Love,

*Chelsea*







## **Disclaimer**

- Please do your research and make your own decisions. I am not a doctor. I am a Certified Holistic Health Coach who learns by doing. I present this information based on my personal experience and the experience of the clients I have worked with over the years.

## **Do Not Construe This Information as Medical Advice or Treatment**

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# What Are Uterine Fibroids?

Uterine fibroids, called leiomyomas or myomas, bulge the uterine tissue inside or outside the uterus. Uterine Fibroids are almost always noncancerous or benign. These growths of the uterus often appear during childbearing years. Fibroids can range from as small as a pea to as large as a melon.

## Why Do Uterine Fibroids Grow?

Uterine fibroids are caused by an excess of estrogen in the body, known as estrogen dominance (ED). This term describes a condition where a woman may have deficient, regular, or excessive levels of estrogen but insufficient progesterone to balance its effects. Even women with low estrogen levels can experience estrogen dominance symptoms if there is not enough progesterone in their bodies to balance it out.

Uterine fibroids grow when the liver fails to metabolize all the surplus estrogen in the body or cannot eliminate it through its five elimination channels. As a result, the estrogen accumulates in the fat cells, causing weight gain in other vulnerable body parts, such as the uterus and breasts. This excessive accumulation of estrogen can cause the uterus to grow abnormally.

Uterine fibroids are known to grow due to various factors, including dietary habits, emotional and mental health, spiritual status, and environmental factors, such as the use of certain products on our bodies, such as lotions, hair products, and makeup. Vitamin and mineral deficiencies are also a contributing factor. These factors can lead to estrogen dominance, which in turn causes uterine fibroids to develop and grow.



# Foods to Avoid List



Avoiding certain foods is essential if you're trying to shrink uterine fibroids naturally. Remember that what you eat can significantly impact your body, and the wrong diet can make it harder to achieve your goals. With that in mind, here's a list of foods you should avoid if you want to successfully shrink uterine fibroids naturally.

Below is a list of foods and/or categories that can contribute to Uterine Fibroids. Please note that this is not a comprehensive list, but it should be helpful as you start your journey towards better health. Although food plays a significant role in this problem, it is not the only factor involved in the natural healing of fibroids.



## Sugar

White processed sugar or cane sugar disrupts hormone balance, promotes acidity in the body, and fuels inflammation. The refining process strips away nutrients, leaving behind a toxic substance that contributes to fibroid growth.

Use whole fruits such as dates or raisins to sweeten your dishes. If necessary, you can even use raw honey in small quantities.



## Caffeine

Coffee, black tea, green tea, energy drinks, and soda are familiar sources of caffeine. Another big culprit that includes caffeine is CHOCOLATE, CACAO, AND COCOA! While caffeine provides a temporary energy boost, it disrupts hormone levels and can hinder the body's ability to absorb iron, exacerbating fibroid symptoms. Caffeine interferes with the function of the adrenal glands, which helps us manage stress.





## Animal Products and By-Products

While healing womb issues, eliminating all animal products is a good idea because of their hormonal load: beef, pork, chicken, turkey, eggs, fish, and shellfish—even organic varieties. Once your body is healed, you can add organic, clean varieties of meats and fish to your diet.



## Saturated Fat and Processed Meat

Fat from animal sources has been associated with hormone disruptions, particularly estrogen. It is linked to inflammation. Fibroids and other womb issues are inflammatory conditions. It is also linked to insulin resistance and hormonal imbalances that cause fibroid growth and other symptoms. Processed meats such as bacon, hot dogs, and salami are high in saturated fat and harmful additives, further exacerbating fibroid growth.





## Dairy Products

Milk, cheese, butter, yogurt, casein, whey protein, condensed and evaporated milk, cream, and ice cream contain added hormones, contributing to estrogen dominance and fibroid growth. Dairy products also promote mucus production and inflammation, exacerbating fibroid symptoms



## Eggs

Even organic, cage-free eggs contain estrogenic compounds and contribute to fibroid growth. These hormone-rich foods worsen hormonal imbalance and exacerbate fibroid symptoms.





## Feedlot Meats (Factory Farm Animal Products)

Factory-farmed animal products like chicken, pork, and beef are loaded with estrogen and hormone-disrupting chemicals. They say they don't add hormones, and that may be true, but they do add other additives and "legal" chemicals that contribute to estrogen dominance and fuel fibroid growth.



## Farm Raised Fish

Despite their reputation as a healthy protein source, farm-raised fish contain harmful chemicals and pollutants that disrupt hormone balance and promote fibroid growth.





# Soda, Pasteurized Juices, Juice Concentrates With Sugar Added

These juices come in plastic bottles in grocery stores like Welch's, Hawaiian Punch, Kool-Aid, powdered drink mixes, and Gatorade. It's sugar water with preservatives, chemicals, artificial flavoring, added sugar, coloring's high fructose corn syrup, etc. These drinks are a chemistry experiment. It is not meant to quench your thirst. It is poison. It is acid-forming, mucus-forming, a hormone disruptor, toxic, carcinogenic, and causes fibroids to grow.

Soda is a carbonated (acidic) flavored (chemicals) sweetened with sugar drinks. Diet is sweetened with artificial sweeteners and is not suitable for fibroids either.





## Soy Foods

Despite their reputation as health foods, soy products like soy milk, tofu, and edamame are often genetically modified and heavily sprayed with pesticides. These estrogen-mimicking compounds disrupt hormone balance and fuel fibroid growth. Even if you buy organic, they are still high in estrogen and unsuitable for fibroids.



## GMO Foods

Corn, soybeans, potatoes, papaya, summer squash, zucchini, sugar beets, and canola oil are popular genetically modified foods. Other items could be genetically modified. The USDA currently requires sellers to label their GMO products. The label might say bioengineered (BE) or contains a bioengineered food ingredient. Produce will have a 5-digit code that begins with an 8 are GMO foods. Genetically modified crops are engineered to resist pests and herbicides. However, these modifications introduce harmful chemicals into the food chain, disrupting hormone balance and exacerbating fibroid symptoms.





## Coffee

While coffee provides a temporary energy boost, it is acidic and inflammatory, exacerbating fibroid symptoms. Coffee consumption contributes to hormonal imbalance and disrupts the body's natural healing processes.



## Processed Foods

Packaged snacks, cookies, cakes, cereal, chips, noodles, and boxed meals contain artificial additives, preservatives, and refined sugars. These chemical-laden foods congest the digestive system and promote hormonal imbalance, worsening fibroid symptoms.





## Starchy Foods - Potatoes (White or Sweet), Rice (Brown, Black, Red, or White), Flour, Bread, Pasta, Oats, Wheat, and Other Grains

Starchy foods can influence estrogen levels in the body. Estrogen is known to stimulate the growth of fibroids. Therefore, consuming a diet high in starches that promote estrogen production may contribute to fibroids' growth or worsening.

They lack essential nutrients and contribute to digestive issues.

You can eat quinoa and wild rice (not black rice), which are technically seeds. You can also opt for fonio, which doesn't contain starch.



## Alcohol

Drinking alcohol increases the severity of fibroid symptoms because it interferes with hormone levels, as alcohol is a hormone disruptor. It converts to sugar in the body and promotes inflammation and hormone imbalance.





## Fat-Free Food

Packaged foods labeled as "fat-free" often contain high levels of sugar and artificial additives. These chemical-laden foods promote inflammation, disrupt hormone balance, and exacerbate fibroid symptoms.



## Gluten-Free Foods

Don't eat foods marketed as gluten-free, such as bread, crackers, cookies, etc. What you get when you eat gluten-free foods is potato starch, cornstarch, and any other starch that makes food taste good without the gluten. The problem is that all those starches are equally bad for you, or a close second, and they can make fibroids grow.





## Oil (Especially Cooked Oils) and Fried Foods

Adding oil to your food and cooking, frying, or sauteing your food with oil is not suitable for reproductive health. These oils congest the body, disrupt hormone balance and fuel fibroid growth. Opt for healthier cooking alternatives like vegetable broth or water to support natural healing.



## Corn

Corn, a starchy carbohydrate, is often genetically modified and heavily sprayed with pesticides. Corn products like popcorn and cornstarch can contribute to digestive issues (because they are hard to digest) and inflammation, worsening fibroid symptoms.





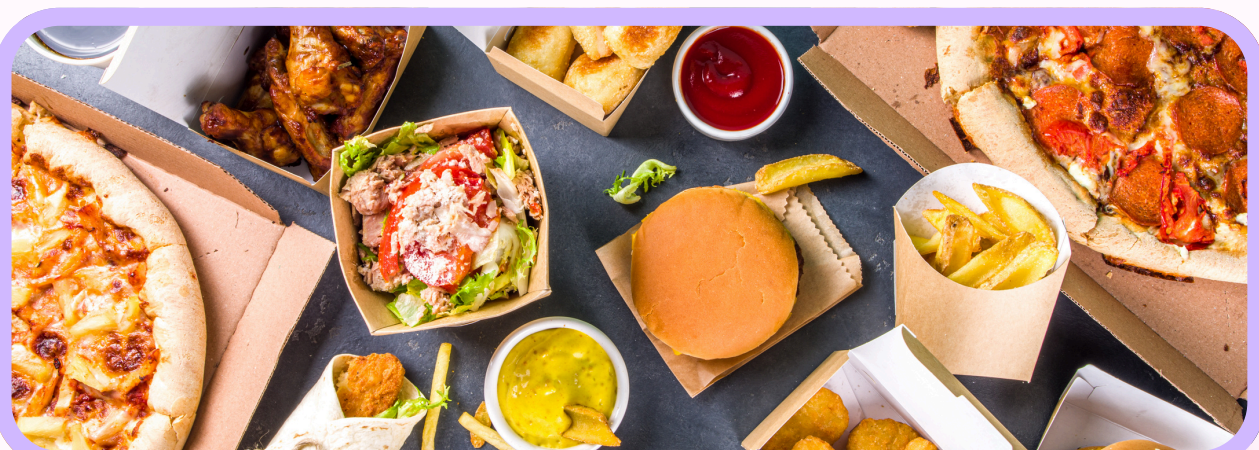
# Artificial Sweeteners

While Equal, Splenda, and Sweet n Low are often considered healthier alternatives to sugar, they contain harmful chemicals that disrupt hormone balance and promote inflammatory conditions in the body. These artificial sweeteners are highly addictive and can contribute to the growth of fibroids.



# Fast Food

Fast food is processed food packed with addictive chemical additives. It's a lab experiment designed to stimulate our taste buds and make us crave more. However, it is not suitable for us. Fast food is not real food and is very high in calories, fat, and sugar. It is also low in nutrients and fiber, essential for our health. These nutrient-deficient foods congest the digestive system and promote inflammation, which in turn causes fibroids to grow.





## Plastic Bottles

It is advisable to avoid drinking water from plastic bottles because they contain BPA, a chemical that can cause the growth of fibroids. However, if you must use plastic containers, ensure they are BPA-free. Some brands that are free of BPA include Whole Foods Market 365, Essentia, and Fiji. If you want to drink from a BPA-free bottle, do not add lemon as it breaks down the plastic, or drink from a bottle exposed to heat, like being left in a hot car. This is because the plastic chemical can leak into the water, making it toxic to drink. Opt for BPA-free alternatives like glass or stainless steel to minimize exposure to these toxins.



## Table Salt

Chemicals such as bleach are added to salt to make it white. Sometimes it also contains anti-caking agents. You can use salt substitutes such as [Celtic Sea Salt](#) or [Herb Fest by Frontier](#)





## Miscellaneous Plant Foods to Avoid



- Cashews
- Chickpeas or Garbanzo Beans
- Sesame seeds (white)
- White Tahini Flax Seeds
- While some women can tolerate these foods well, others may experience increased symptoms (Some women tolerate raw or uncooked sesame seeds and tahini. I'm currently experimenting with Artisana Organics Raw Tahini Sesame Seed Butter, and it seems fine so far.). The trick is to make informed dietary choices based on your individual needs.

## High Estrogen Plant Foods

Certain plant-based foods contain high levels of estrogen, known as phytoestrogens. This is not a significant problem because plant estrogens can be good. However, some of these foods can cause issues in some women who are struggling with reproductive issues. It is recommended to avoid these foods. Other foods that contain phytoestrogens can be consumed in moderation. For example, some beans and lentils have higher estrogen content than other foods. Limiting bean and lentil intake to one cup per day is suggested. Depending on their body's needs, some people may need to eliminate beans from their diet entirely.



When following recipes from my YouTube channel, you may notice that I incorporate beans in moderation and balanced with plenty of vegetables. Every person's body reacts differently to food, so it's essential to use your judgment when making food choices. Some nuts and seeds also contain higher estrogen levels, and consuming no more than 1 or 2 ounces of nuts and seeds per day and no more than 1 to 2 tablespoons of nut butter per day is recommended. This can make a significant difference in menstrual health. It is a common misconception that one needs to consume a lot of beans to get protein, but fruits and vegetables contain enough protein without adding beans. Women with fibroids tend to have protein overload, which contributes to reproductive issues. The digestive system is often overloaded with undigested proteins that must be eliminated.







## What Should You Be Eating?

God's garden holds the real answers regarding nourishing and healing your womb. Imagine your plate not as a plate filled with foods that bring pain, inflammation, sickness, and disease to your body but as a plate overflowing with food from God's garden, where the most potent remedies lie—raw, ripe, nutrient-dense fruits and vegetables designed to help the body to heal the way it was meant to.

Untainted by heat or processing, these living foods are powerhouses of vitamins, minerals, antioxidants, enzymes, and phytonutrients that speak your womb's language. They are the original medicine, encoded with God's wisdom to cleanse, restore, and rejuvenate your reproductive organs from the inside out...





## Ready to Transform Your Fibroid-Healing Diet?

As we close, I want to share some final reflections to guide you on your path to healing and wellness. **Remember, addressing fibroids and other womb-related issues naturally requires a holistic approach that encompasses every aspect of your being.**

God gave us a really good body. When provided with the right tools and environment, it possesses an incredible capacity for healing. By making conscious choices to nourish yourself with wholesome, nutritious foods and avoiding those that undermine your health, you empower your body to thrive.

Secondly, please listen carefully to the messages your body sends you. It communicates through subtle cues, indicating what serves it well and what doesn't. Pay close attention to how different foods affect you physically and emotionally. Your body's responses offer invaluable guidance towards achieving optimal well-being.

Thirdly, cultivate patience throughout your healing journey. Remember that healing is a process, not a destination, and takes time. Be gentle with yourself as you navigate this path, celebrating each step forward, no matter how small. Trust that progress is unfolding, even when not immediately evident.

Lastly—and most importantly—know that you're not alone on this journey. My support doesn't end with this guide alone, as my mission has always been about being your trusted partner from start to finish.



That being said, if you would like additional help to empower your journey further, I offer a wealth of resources and coaching you might find helpful:

- [The Fibroid Detox Workshop on Demand](#)
- [Reverse Anemia and Low Iron Now Online Course](#)
- [Herbal Blends Shop](#)
- [Recipe E-Books](#)
- [YouTube Channel](#)

Once again, thank you so much for downloading this e-book! The information contained on these pages will help you immensely as you work towards reclaiming your health. If you have questions or need further assistance, please email me at [info@whatchelseaeats.com](mailto:info@whatchelseaeats.com).



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