

Fibroadenoma

An adenoma is the general name for a tumor which develops primarily from glandular tissue (*adeno cells*). Adenomas can develop in many body organs, including the thyroid, the colon, and adrenal glands, (*anywhere there are glands*). But when it occurs in the breast it is generally called a “fibroadenoma”. Though benign, there is some concern that over time adenomas could progress and become malignant, so they are taken quite seriously and followed closely.

A fibroadenoma is a noncancerous tumor in the breast that’s commonly found in women under the age of 30. The tumor consists of breast tissue and stromal, or connective, tissue. Fibroadenomas can occur in one or both breasts.

Some fibroadenomas are so small they can’t be felt. When you’re able to feel one, it’s very distinct from the surrounding tissue. The edges are clearly defined and the tumors have a detectable shape. They’re moveable under the skin and typically not tender. These tumors often feel like marbles, but may have a rubbery feel to them.

2 types of fibroadenomas

There are two types of fibroadenomas: simple fibroadenomas and complex fibroadenomas.

The simple tumors don’t increase breast cancer risk and look the same all over when viewed under a microscope.

The complex tumors contain other components such as macrocysts, fluid-filled sacs large enough to feel and to see without a microscope. They also contain calcifications, or calcium deposits. Complex fibroadenomas can increase your risk of breast cancer. The American Cancer Society states that women with complex fibroadenomas have approximately one and a half times greater risk of developing breast cancer than women with no breast lumps.

How are fibroadenomas diagnosed?

A physical examination will be conducted and your breasts will be palpated (examined manually). A breast ultrasound or mammogram imaging test may also be ordered.

Foods to avoid:

- Reduce meat intake
- No refined sugars
- Avoid estrogen like compounds i.e. soy, dairy
- Drink fresh organic vegetables juices daily.
- Alkalize body with fresh fruits and vegetables.
- Stress and lack of sleep affect fibroadenoma in a negative way.
- Avoid fried fatty & processed foods.
- Get off with control pills (OCP).
- Eliminate all caffeine (coffee green, white, oolong, black tea) coca-cola and chocolate.

Supplements to be taken:

- Vitamin E
- Evening primrose oil (EPO)
- Lugol's Solution
- Castor Oil
- Krill oil
- Herbs for benign growth: Thuja, Echinacea & Phytolacca
- Milk thistle & Dandelion
- Natural progesterone + testosterone + Vit E + EPO cream (BIHRT)
- Eternal natural cream for fibroadenoma consisting of Castor oil, Echinacea, Aloe gel, Thuja and Lugol.
- Coffee enema – liver detox
- Vitamin D3
- I3C + DIM (Indole-3-Carbinol + Di-indolyl-methane)
- Glutathione