

Milagro para los Quistes Ováricos™

Los Secretos para Curar Sus Quistes Ováricos Holísticamente



El Único Sistema Holístico de 3 Pasos para Curar los Quistes Ováricos y el SOP Clínicamente Comprobado



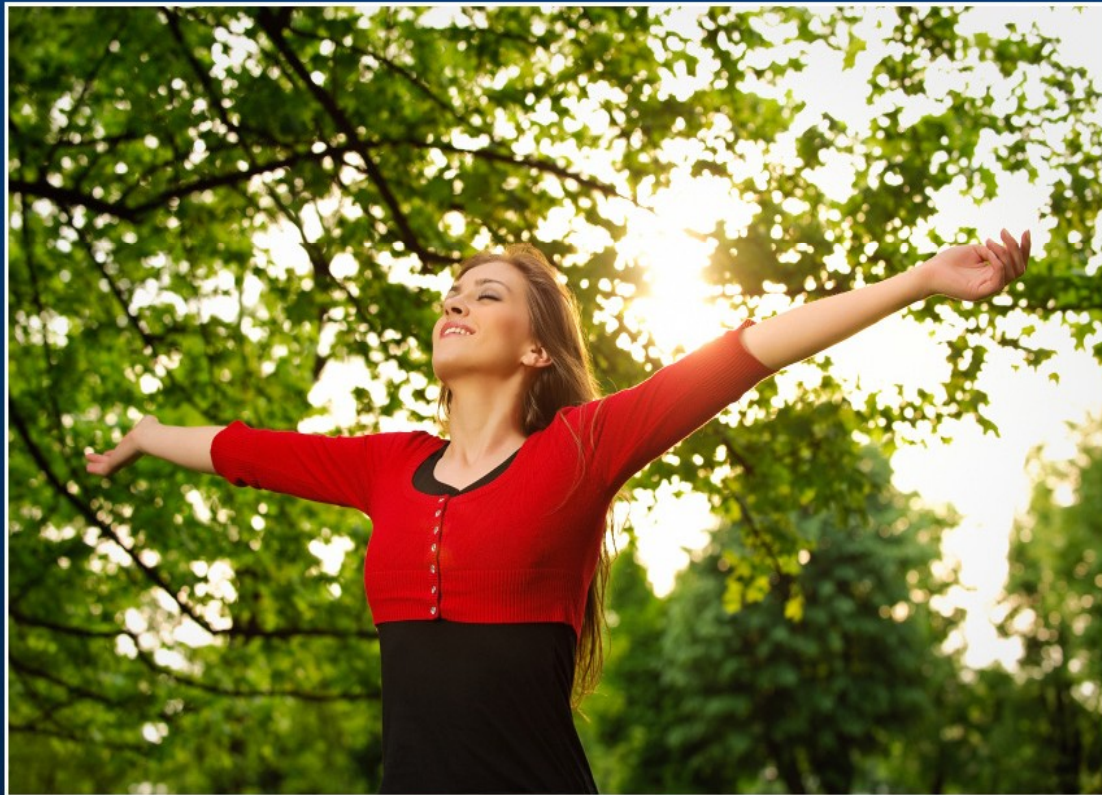


DESCARGAR COMPLETO EN ESPAÑOL



Ovarian Cyst Miracle™

**Proven Drug Free Holistic System For
Eliminating Ovarian Cysts and PCOS**



**A Unique Easy To Follow 3-Step
Plan To Eliminating PCOS
and Ovarian Cysts Using
Proven Holistic Strategies**



Ovarian Cysts Miracle™

A Unique Step By Step Holistic System Guaranteed To
Eliminate & Prevent
PCOS & Ovarian Cysts Naturally
Giving You Lasting Ovarian Cyst Freedom

By Carol Foster

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Chapter 1 – Introduction

Welcome

Dear PCOS/Ovarian Cysts Sufferer,

Regardless of your age, whether you have severe PCOS (Polycystic Ovarian Syndrome) symptoms and enlarged ovarian cysts or just a mild case, and regardless of how your PCOS condition manifests itself, the methods contained within the Ovarian Cysts Miracle™ System are the only practical answer. These methods are the only way that you will completely rid yourself of all types of ovarian cysts and in all levels of severity, as many other women have.

Like you I suffered from severe PCOS symptoms and was diagnosed with ovarian cysts, and just like you I tried without success just about all the conventional medicines and over-the-counter products that deal mostly with the symptoms - and often aggravate the root cause. And just like you, something kept me searching, believing that there must be a permanent cure for ovarian cysts, not just temporary relief.

It's imperative that you understand that your PCOS condition and ovarian cysts didn't just happen. There was a cause, and if you follow the right path eliminating the root cause, you can be rid of these conditions forever. In fact, there is a natural, safe, cheap and highly effective path to reverse ovarian cysts and PCOS symptoms.

This book contains that path.

The information you will discover in this book is the result of 11 years of searching, trial-and-error and experimentation. It's the result of trying just about everything, keeping what worked and discarding what didn't.

The “ovarian cysts puzzle” was pieced together from the information I learned from countless naturopaths, authors and healers, and from working with and interviewing many alternative practitioners and nutritionists.

I assure you that you made the right decision when you ordered the Ovarian Cysts Miracle™ package. Regardless of what Western medicine followers may have told you, ovarian cysts can be cured – naturally and permanently.

In this book I'm going to share the Ovarian Cysts Miracle™ System, the only system based on 11 years of research that will help you cure your ovarian cysts for good! I'll explain exactly what ovarian cysts are, the symptoms of PCOS/ovarian cysts, diagnosis, primary and secondary factors that cause PCOS/ovarian cysts and the conventional vs. natural holistic approach to curing ovarian cysts. Most importantly, I will go over the exact steps you should take to cure your ovarian cysts permanently, not just alleviate the symptoms, and how to prevent their recurrence.

By educating yourself about PCOS and ovarian cysts, you open the door to a lifetime of improved well being and better health without the pain, annoyance, frustration and costs associated with living with and treating your PCOS condition.

My only aim in writing this book was to help you reach your goal – to eliminate your ovarian cysts permanently and clear up all your confusion about the steps you are required to take to achieve that goal. If this book helps you succeed in eliminating your PCOS/ovarian cysts, then this book is a success with or without the accolades.

By following the Ovarian Cysts Miracle™ System, the vicious and destructive cycle of drugs, creams, over-the-counter products and futile costs is stopped. Now is the time for you to exercise your natural right to open the door to a PCOS and ovarian cyst-free life.

Ten Facts about the Ovarian Cysts Miracle™ System

Before we get into the heart of the program, let me share with you the ten reasons as to why this system might just be the most powerful ovarian cysts system ever developed.

Ovarian Cysts Miracle™ provides you with a tested step-by-step plan to success.

It's a fact that no other ovarian cysts system will provide you with the exact steps you need to follow in order to be free from ovarian cysts. Most ovarian cysts programs will merely give you vague guidelines of what needs to be done. With the Ovarian Cysts Miracle™ System, you get all the specifics. You are told exactly what to do, exactly how to do it and exactly when to do it and why.

Ovarian Cysts Miracle™ was written by a genuine ovarian cysts sufferer.

This program was not written by some science geek who never had PCOS or ovarian cysts in his life. Instead, it was written with the blood and sweat of a real person who suffered from this condition for years, and it's the result of thousands of dollars spent on trial and error and more than 11 years of extensive research.

Ovarian Cysts Miracle™ is based on real world results.

This system is based on real world results, not textbooks or classroom lectures. Thousands of ovarian cysts sufferers, including the author herself, have already cured themselves completely using the same principles contained in this program.

Ovarian Cysts Miracle™ is truthful and unbiased.

I've devoted the last 11 years of my life to helping ovarian cysts sufferers win the war against deceptive advertising, false claims and other marketing scams in the PCOS/ovarian cysts treatment industry. The Ovarian Cysts Miracle™ program is straightforward, providing you with the facts on how to eliminate ovarian cysts with honesty and integrity. I have never been involved with any health or supplement magazine, and I am not affiliated with any of them.

Ovarian Cysts Miracle™ is not just about alleviating the symptoms; it's about your health and inner balance.

Reversing PCOS and ovarian cysts permanently can never be achieved as long as your body is in a state of imbalance. Ovarian cysts/PCOS is not a problem with your ovaries or reproduction system, no matter what your doctor tells you. It's about taking responsibility for your body and about restoring it to a state of balance where *no* disease can exist, not only ovarian cysts.

Ovarian Cysts Miracle™ is not just a special nutrition program.

It merges nutrition with a comprehensive cleansing program. It shows you how to rebuild your organs of elimination and supplies dietary, supplementation, mental and lifestyle plans aimed at restoring your body back to balance. In short, it's the perfect holistic ovarian cysts solution.

Ovarian Cysts Miracle™ doesn't confuse alleviating ovarian cysts symptoms with an ovarian cysts cure.

Relieving the pain caused by your ovarian cysts and fixing the root cause of your ovarian cysts are completely different things. Yes, treating the symptoms of PCOS is obligatory if you have ovarian cysts simply because it can be a painful and debilitating condition. Ovarian Cysts Miracle™ handles all the symptoms of ovarian cysts using a unique relief treatment that works for almost all types of ovarian cysts. However, in order to permanently cure ovarian cysts, you must neutralize the "ovarian cysts environment" (more on

that later). The Ovarian Cysts Miracle™ System ensures that this ovarian cysts environment ceases to exist in your system.

Ovarian Cysts Miracle™ is not a temporary quick fix.

It offers a permanent solution and one that you can maintain as a lifestyle. The whole concept of curing ovarian cysts by masking the ovarian cysts symptoms is flawed. When you say that you're going to treat your ovarian cysts, the implication is that it's temporary and that at some point (when your PCOS symptoms are temporarily gone and you feel some relief) you will continue with your bad nutritional and destructive lifestyle habits. The truth is that the only way you'll ever get rid of your ovarian cysts permanently is to adopt new habits and keep them. It may feel a bit uncomfortable in the beginning, but it will soon become entrenched into your daily routine and become easy, natural and highly rewarding.

Ovarian Cysts Miracle™ is simple.

With the information overload provided by the Internet, it's only natural that you'll feel overwhelmed with conflicting theories and mind-boggling disinformation. My goal in creating this program was to clear up the confusion and make the process as simple as possible. The simpler the strategies are, the easier you will apply them, and the greater your results will be.

Ovarian Cysts Miracle™ offers 24-hour FREE e-mail counseling.

Ovarian Cysts Miracle™ is the only ovarian cysts program that comes with this exclusive 24-hour quality counseling by a certified nutritionist. I challenge you to find similar offers on the Net. The Ovarian Cysts Miracle™ program is the perfect solution for ovarian cysts, but the real value of the program comes from the personal guidance and support that I offer my customers. I am devoted to your success, and I will do anything within my power and knowledge to help you eliminate your ovarian cysts in the least amount of time, with the least amount of trouble, in a way that is designed to suit your individual needs and personal limitations. Most of my customers who chose to

take advantage of this exclusive offer are in constant daily correspondence with me. It takes time and energy to answer all those e-mails on a daily basis. That is why I chose to provide this service only to people who bought the program. If you ordered the Ovarian Cysts Miracle™, I urge you to use this service too. I would love to hear from you.

How to Get the Most from the Book

This book offers a comprehensive natural approach to the treatment of PCOS and ovarian cysts. It is aimed at you, my fellow ovarian cysts sufferer. If you are fed up with conventional treatments and their unpleasant side effects and are willing to try a natural, long-term and practical way to get rid of ovarian cysts, you have come to the right place.

This book is aimed at women with all types of ovarian cysts with all levels of severity. It is aimed at women who wish to eliminate the cause of PCOS and ovarian cysts rather than deal with the symptoms. It is aimed at women who wish to reclaim control over their inner systems and health and thus dramatically improve their overall health, the appearance of their skin and to look and feel younger and more vibrant.

This book will take you on a voyage that leads to ovarian cysts freedom through a holistic approach by treating the body as a whole and having it cleansed and re-balanced from the inside, thus neutralizing the environment that encourages PCOS and ovarian cysts.

I truly believe this book will change your life. If you are reading these lines, you are truly blessed beyond belief.

By following the Ovarian Cysts Miracle™ System to the letter, you will not only eliminate all symptoms related to PCOS, including ovarian cysts, acne, hormonal imbalance and fatigue, but you will also feel younger, healthier and more vibrant. You will be able to overcome many illnesses and dysfunctions you may have had before the treatment such as constipation and obesity. You will achieve all that without the horrible side effects. The Ovarian Cysts Miracle™ System eliminates the root factors leading to ovarian cysts, thus achieving real long-term success.

As mentioned earlier, treating PCOS and ovarian cysts is not a short process. It requires persistence and patience. Results may only become apparent after

6 or even 8 weeks. Moreover, each woman is unique in the way she adapts and reacts to the treatments. Results may vary among different people with different types and levels of ovarian cysts severity and sensitivity to certain foods. Keep in mind that it takes time for the body to heal itself and some level of maintenance to keep things under control.

Persistence and belief are vital if you wish to achieve success in eliminating your PCOS and ovarian cysts. You must understand that following each step alone will only yield short-term results. The combination of all the steps in the Ovarian Cysts Miracle™ System is the only key to lasting ovarian cysts freedom.

This book is divided into 5 chapters and 4 appendices.

Chapter 2 is the general section of the book aimed at building a foundation of knowledge regarding PCOS, ovarian cysts and the holistic approach. This is where I reveal the true nature of PCOS and ovarian cysts, the true causes of ovarian cysts, types of ovarian cysts, common symptoms, complications of PCOS, the pros and cons of conventional ovarian cysts medications and the crucial differences between conventional and holistic medicine.

Chapter 3 discusses the most effective ways to diagnose PCOS and ovarian cysts.

Chapter 4 introduces The Quick Results Mini-Program. It is designed especially for busy folks that don't have much time on their hands but wish to see results ASAP, and for people with very mild cases of PCOS and ovarian cysts. It's not a quick fix approach, but it's practical and extremely easy to follow.

Chapter 5 – The complete step-by-step holistic solution to ovarian cysts – the Ovarian Cysts Miracle™ System. This chapter reveals the general blueprint of the program as well as the specifics of each step of the Ovarian Cysts Miracle™ System outlined in a chronological manner with all the nitty-gritty

details of why, when and how to successfully accomplish each individual step. It also outlines the exact principles you need to follow to prevent the reoccurrence of ovarian cysts and maintain a PCOS-free environment.

Appendix 1 outlines several complimentary treatments for PCOS and ovarian cysts.

Appendix 2 offers an example of a 2-day detox diet – a short preliminary internal cleansing protocol.

Appendix 3 provides vital information on how to conduct a moderate detox program based on the Ayurveda.

Appendix 4 shows exactly how to maintain liver function – an important part of the ovarian cysts basic and maintenance plans.

The Ovarian Cysts Miracle™ System book also contains lots of theoretical as well as practical information as a means to provide the reader with the clearest, sharpest and most coherent picture of the disease and what needs to be done to eliminate its symptoms. By doing so, you'll become more "PCOS educated," more motivated and more focused on achieving your goal, which is eliminating the factors leading to ovarian cysts formation and achieving PCOS and ovarian cysts freedom with all its positive implications.

Be patient as you read the book for the first time. All the information in early chapters will come together in the end. As you begin reading, you may feel overwhelmed by the amount of information. Don't be! The chapters were written in that order for a reason. That is why I urge you to read the book in its entirety first before you start implementing the plan. This way you'll gain a complete picture of things as they slowly fall into place and finally fit together in the end. It will ensure you won't get too confused (as to why you're required to do this or that and in a certain order) or miss essential information required to successfully complete the plan and achieve your goals.

Much has been done to keep this book as straightforward, simple and direct as possible. Whenever I could, I kept words to a minimum, and I strived to use conversational language and layman's terms whenever I could to make reading easier, fun and understandable. Also, the book contains many links to other parts inside the book as well as to useful resources, so stay connected to the Internet while reading.

It is important that you commit to taking action and set a deadline for your goals if you wish to succeed. Without the will, a deadline and proper motivation and dedication to eliminate your ovarian cysts, you'll only achieve poor or short-term results. It is advisable to adhere to the Ovarian Cysts Miracle™ System as it was especially designed to put your PCOS and ovarian cysts condition in the past.

Get Rid Of PCOS & Ovarian Cysts Holistically

You really can get rid of PCOS and ovarian cysts – naturally and holistically.

How?

- By learning what a “PCOS and ovarian cysts environment” is
- By learning exactly what conditions are needed for an ovarian cysts environment to exist and how to neutralize these conditions so your ovarian cysts will vanish forever
- By learning the connection between ovarian cysts and inner imbalance and how to quickly restore the body back to balance
- By understanding that ovarian cysts are primarily a Western problem and that there is in fact a tight connection between Western diet, Western lifestyle and ovarian cysts in spite of what modern medicine and the media want you to believe. Research has clearly shown that non-Western societies where people don't eat Western food also don't have ovarian cysts.
- By learning the evident link between stressful lifestyle, inadequate sleep, lack of physical activity and the aggravation of PCOS symptoms and ovarian cysts.

To get rid of ovarian cysts permanently, you should equip yourself with information about toxic elimination, internal cleansing, hormonal balancing, acid-alkaline balance, healthy diet, stress control, the yeast link, antibiotics, probiotics and prebiotics.

The Ovarian Cysts Miracle™ book will provide you with all of the above invaluable information. This is not just an informational book but rather a complete step-by-step system that will take you from where you are now to where you want to be – to have permanent PCOS and ovarian cysts freedom.

Everything you need to succeed is contained in these pages. Apply it!
Knowledge applied is extremely powerful, but unused knowledge is worthless.

Begin using this information immediately. The sooner you start, the quicker you'll see results as they apply to your ovarian cysts condition. So start today!

Excess facial or body hair, especially on upper lip, chin, neck, chest and/or abdomen

Skin tags

Balding or thinning hair

Dark or discolored patches of skin on your neck, groin, under arms or in skin folds

(Score 2 points if you answer yes to the last question.)

SECTION III: WEIGHT AND INSULIN-BASED PROBLEMS

Score 1 point for each item unless otherwise indicated

Excess weight or difficulty maintaining weight

(Score 2 points if your excess weight is centered around your middle)

Sudden unexplained weight gain

Shaking, lack of concentration, uncontrollable hunger and/or mood swings 2 or more hours after a meal

Type II Diabetes

(Score 2 points if you answer yes to this question)

Family history of Type II Diabetes, Heart Disease or Hypertension

SECTION IV: RELATED PROBLEMS*

*Although there is little or no documented research, many women with PCOS have experienced the following problems:

Score each item in this section 1/2 point

Migraines

Depression and/or anxiety

Eating disorders

Pregnancy complications such as gestational diabetes or excess amniotic fluid

SCORE RESULTS

0-4

PCOS is unlikely.

5-9

If your score is in this you may want to consider talking to your doctor about the possibility of PCOS as well as other disorders.

10-15

The majority of women who are diagnosed with PCOS scores in this range. If you scored in this range you should see a doctor about the possibility that you have PCOS.

16-20

A score this high warrants urgent consultation with a doctor for PCOS or other endocrine-related disorders.

Medical History, Physical Examination, Checking Hormone Levels

The diagnosis of PCOS is usually made by checking your medical history, doing a physical examination, checking hormone levels, and occasionally by doing an ultrasound. A complete medical history check will include questions about your general menstrual history, your reproductive history (including pregnancies miscarriages/abortions you have had and birth control methods), how long your cycles are, how much you bleed in a cycle and the time between cycles.

Your health care practitioner should also conduct a pelvic and physical exam, where your height, weight, and blood pressure will also be checked.

In some cases, a fertility specialist or your gynecologist will conduct a vaginal ultrasound to check for multiple follicle cysts in your ovaries. A probe is inserted in the vagina and the picture is shown on a screen beside the bed.

Due to the fact that women with PCOS do not cycle normally they may be at a higher risk for endometrial cancer. Measuring the endometrial lining can help a physician check the health of your endometrium. In some cases, a biopsy of the lining is also recommended.

A thorough check of your endocrine system (blood will be drawn to test hormone levels) will be recommended if PCOS is suspected. They will be looking for:

? Luteinizing hormone (LH)

? Follicle-stimulating hormone (FSH)

? Total and Free Testosterone

? Androstenedione

? Dehydroepiandrosterone sulfate

(DHEAS)

? Prolactin

? Progesterone (20-30 days after the last period)

Women with PCOS frequently have high ratio of LH to FSH and increased levels of testosterone.

Fasting glucose and insulin may also be tested. Glucose and insulin tests are aimed at finding whether you have Insulin Resistance (IR) and Type II Diabetes, since many women with PCOS have insulin-based problems. If your fasting levels are normal, you may be asked to take a test called Oral Glucose Tolerance Test (OGTT).

Women with PCOS are at higher risk of cardiovascular disease including blockage of the arteries and calcifications (because of high cholesterol, elevated LDL - the "bad" cholesterol - and triglycerides levels). Due to the fact that PCOS has also been recently linked to heart disease, your doctor may also order a lipid panel test.

Depending on your symptoms, your health practitioner will make a PCOS diagnosis based on a combination of the above tests along with clinical observation.

How Ovarian Cysts Are Diagnosed

Pelvic Exam. A pelvic examination done by your doctor can show the existence of an ovarian cyst. If an ovarian cyst is suspected, your doctor may order a pelvic ultrasound.

Pelvic Ultrasound. This is a painless procedure where an image of your uterus and ovaries is reflected on a video screen using sound waves transmitted through your pelvic area. The nature of the ovarian cyst is then analyzed .

Laparoscopy. This is a surgical procedure aimed at treating a cyst as well as at further diagnosing the cyst. A small incision into your abdomen is made and a laparoscope (a thin lighted telescope) is inserted.

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