

# Take These Steps to Help Prevent Ovarian Cancer

I recently had a conversation with a young lady who told me about a large growth on her ovary. The first comment from the conventional health care provider was, "Let's get it out of there!"

I am not opposed to surgery when necessary, but why is it common for an organ to be removed without questioning? The removal is easy, but the untold consequences can be gut-wrenching: premature hot flashes, menopause, loss of libido, depression and other consequences alter your menses.

*The Wall Street Journal* posted a very interesting article on ovarian cancer in 2009 titled "Toward Early Detection of Ovarian Cancer." It was quite alarming; it said 15,000 ladies die from ovarian cancer every year. The cause is unknown, and the treatment, they say, is better than before, but not concretely.

I see that response in many cancer conditions. I want to list some of the "tell-tale symptoms" they listed from the Ovarian Cancer Research Fund:

1. Abdominal bloating
2. Vague but persistent gastrointestinal complaints
3. Change in bowel habits
4. Frequency or urgency of urination
5. Unexplained weight gain or loss
6. Abnormal vaginal bleeding

Ladies, I want you to know that many ovarian function issues

come from a lack of iodine. All cells in your body need iodine, especially the breast and ovaries (and testes in men). The real challenge today is that we do not receive enough iodine in our diets. But the real quandary is the fact bromine, chlorine and fluorine are antagonistic to iodine. Breast cysts are very common in ladies with a deficiency in iodine.

Let's make sure your body has an adequate amount of iodine for optimal health!

**Dr. Robert DeMaria** is a catalyst for health and well-being. As owner of the Drugless Doctor brands, Dr. Bob's techniques have restored optimal health to thousands of patients without the need for prescription medication. His research and daily experiences can be seen throughout his seven books, including the best-seller *Dr. Bob's Drugless Guide to Balancing Female Hormones*. Dr. Bob has consulted for FedEx, VitaMix and other national brands and has appeared on multiple media portals, including ABC Family, TBN, Fox 8 Cleveland, and WFAN NYC.

For the original article, visit .