



OPTIMUM CHOICES, LLC
Healthy choices for people and pets

BioSuperfood and Lipomas (fatty tumors)

Tumors are unwanted whether benign (fatty tumors) or malignant ([mast cell tumors](#)). When fatty tumors appear, it is a sign the body is trying to get rid of unwanted material but because it is out of balance it cannot process this unwanted material through normal channels (kidneys, liver, intestines, etc.). Since the [endocrine \(glandular\) and immune systems](#) are usually not functioning at 100%, the body does the next best thing and tries to encapsulate this unwanted material and get it out of the way through the [largest excretory organ of the body, the skin](#). It's like sweeping the dirt underneath the rug when you don't know what to do with it. The fatty tumor (lipoma) is that lump of dirt under the rug (skin). The following holistic principles apply to people, as well as pets.



Modern medical consensus tells us if the lipomas (fatty tumors) are not hindering or bothering anything, then do not disturb them. That is like ignoring the smoke alarm. The lipomas or fatty tumors are a red flag that the body is not in balance and eliminating waste properly. Surgically removing the lipoma, liposuction, salve and steroid injections are all options for removing the fatty tumor but do nothing to address the original cause of the problem. It is only a matter of time before the inefficiencies of the body catches up to produce something more serious, as in this [cancer story](#). If the tumors are signaling inefficient adrenals and [malfunctioning thyroid gland](#), what consequences could this have on the [entire endocrine and immune systems](#)? If the endocrine system is imbalanced, could this affect the replicating DNA in the new cells causing them to be abnormal (cancerous)? We holistically believe it is not wise just to ignore the lipomas (fatty tumors).

Sometimes a change in diet will help. A better diet means less waste material for the body to eliminate. For people, this means avoiding processed foods, eliminating artificial sweeteners, eliminating diet and regular soda (too much high fructose corn syrup), no (refined) white sugar, no (refined) white flour and eating preservative- and chemical-free foods, eating fresh vegetables and fruits. If a change in diet doesn't work, then a natural herb, homeopathic remedy or other natural supplement might be necessary to boost up the kidneys and liver function and balance the endocrine system in order to get rid of all the lipomas. But using these remedies is like putting your finger in the dike to stop the water leak (remember the little Dutch boy fable?). You have reduced the fatty tumor(s) but have not addressed the



cause. Our preference over isolated supplements would be a totally holistic approach, using [whole food products](#), which provide the nutrition the way Mother Nature intended (not high therapeutic doses), are safer and have no side effects. If a glandular imbalance is the cause, one should [holistically balance ALL the glands and organs](#) of the body naturally, not just the kidneys or liver.

My Personal Story

Here is my personal story. I had a lipoma appear when I was a teenager. The lipoma grew very slowly for the next 40 years until it was the size of half a grapefruit. During that time, I did try some homeopathic, herbal and [essential oil](#) remedies but never stuck to it for more than 1-2 months. The lipoma was in an area that was not visible and it was not bothersome, so my incentives were not very high. But I decided, since the lipoma was so large (and still growing) and I was in perfect health at age 54, it would be a good time to get it surgically removed. My doctor agreed. Within six months following the surgery, the lipoma slowly started growing back. That is when I realized **Western medicine did a great job with the symptoms but did nothing to address the original cause of the lipoma**. Two more years passed and the lipoma grew to the size of half a golf ball. It was at this point that I discovered one possible cause for my lipoma.

That year I had dental cavitation surgery to extract two teeth that had a root canal, clean out the infection in my jawbone at two former tooth extractions sites (now with bridges) and clean out three wisdom teeth sites (extracted when I was a teenager). Margaret's research led her to determine root canals only temporarily remove the infection. Apparently, bacteria can still reside in the miles of tubules emanating from a tooth's root. If the bacteria is not destroyed, the jawbone can be a perfect breeding ground for anaerobic (lack of oxygen) infections. I remembered I had my wisdom teeth extracted when I was a teenager, right before the lipoma appeared. **Since the source of the bacterial infections in the jawbone was never addressed, my body needed a collection point (the lipoma) to store all the excess bacterial toxins that my liver and kidneys could not process for the past 40 years**. After this successful dental surgery, the actual source of the bacteria was now gone. So, the [BioSuperfood](#) (BSF-f3) and homeopathic remedies I was taking could finally work to clean out all the residual infections that had built up in my body for over 40 years. The lipoma that reappeared after surgery has finally stopped growing and is decreasing in size (for the first time in my life). To learn more about the potential hazards of root canals, do an Internet search or read the books: *Root Canal Coverup* by George Meinig and *The Roots of Disease* by Robert Kulacz and Thomas Levy.

—Russell Louie

My point is not the fact that BioSuperfood alone can help the body deal with lipomas but **one must take a holistic approach and look at the whole body and all possible reasons for**

wastes and toxins to be stored in a lipoma. If you want a pill to magically make all the lipomas go away overnight, one cannot rely on BioSuperfood alone. You are going to have to holistically examine your:

1. **Diet**—eliminate diet and regular soda, white flour, white sugar, anything with artificial sweeteners or chemical preservatives, all deep-fried foods.
2. **Lifestyle**—improve your life by getting more exercise (improve circulation, increasing lymph flow) and fresh air (oxygenate your blood), eliminate everything that could be toxic in your environment (e.g., personal care products, pesticides, toxic household products). Stop drinking tap water.
3. **Previous sources of infection**—eliminate the source of infection, start a detoxing program, use nutraceutical whole food products, like [BioSuperfood](#) or homeopathic remedy.
4. **Exposure to industrial chemicals**—eliminate pesticides, chemical fertilizers, industrial solvents, paint thinners and cleaners.

Source	Potential Effects
Artificial sweeteners (e.g., saccharine, Sucralose), diet soda	Disrupts and imbalances the endocrine system
Industrial chemicals— pesticides, chemical fertilizers, industrial solvents, paint thinners and cleaners	Disrupts the entire endocrine system and subsequently depresses the immune system
Infections, hidden source of infections	Root canals, abscesses, tooth extraction sites, low-grade bacterial or viral infections, parasites
Personal care products—toothpaste, deodorant, soaps, shampoo, hair conditioner	Contains petrochemicals harmful to the endocrine and immune systems
Plastic bottles	Contains petrochemicals harmful to the endocrine and immune systems
Plastic containers and food wrap	Contains petrochemicals harmful to the endocrine and immune systems
Soda pop	Too acidic (phosphoric acid), upsets pH of body, too much sugar which depresses the immune system
Vegetable oils	Hard to digest, goes rancid easily, upsets the balance of Omega3-6-9 in the diet

Water from tap	Chlorine can imbalance your thyroid making your endocrine system dysfunctional leading to a depressed immune system, could contain excess fluoride.
White sugar	Too refined, very little nutritional value, depresses immune system
White flour	Too refined, very little nutritional value

All facets must be dealt with and the entire body must be in balance in order to achieve the desired end results — a total reduction and elimination of all lipomas. At the very minimum, the body’s [endocrine and immune systems](#) must be boosted up and balanced. We have learned that each person (and animal) is an individual and what works for one individual might not work for another. The benefit of modern day drugs are that they work quickly but they sometimes have terrible side effects (even cause death). The benefit of holistic options are that there are very little [side effects](#) (if any), they have a more permanent effect on the body but they do take longer than drugs to see results. One must really be patient and keep trying holistic options until one gets the desired results.



Nutritionally balancing the endocrine (glandular) system and boosting the immune system caused the **body to reabsorb the fatty tumors**. BioSuperfood has been shown in research to supply super nutrition at the cellular level and literally wake up the master gland and organs in the brain (the pineal, pituitary and hypothalamus). When the master gland of the brain is 100% functional, the body can now boost up all the other endocrine glands and entire immune system. With these systems in balance the body can now properly handle the unwanted material originally causing the lipomas (fatty tumors).



If you are looking for a quick “fix” for lipomas, taking on product may not be the total answer for you. Surgery, liposuction, salve and steroid injections are allopathic “fixes” while supplements, herbs and ointments are natural “fixes” but none of these address the original cause of the lipomas (fatty tumors). That is why they eventually come back. To eliminate lipomas, one must address a malfunctioning immune system and an imbalanced endocrine system. These degenerative conditions did not pop-up overnight. One must give the body just as much time to balance and regenerate as it took to degenerate into its current state of dis-ease (producing fatty tumors). Consider the following testimonial.

I think of [BioPreparation-F3+](#) as the brakes to stop the cruise ship. It takes a while to get the darn thing stopped and turned around, but [BP-F3+](#) has really helped my 13 year old Labrador (Rudy) to turn around from his constantly creating lipomas to now watching them get smaller, from his degenerative arthritis, to a skip in his step and walking up and down stairs again after a year of needing my help. But it has been 6 months of 6 capsules a day, spread out over the entire day. 2 with breakfast, 2 with a treat at noon and 2 with dinner. Occasionally, I give him 2 more with a treat at bedtime. He goes in this week for blood work so I can see how he is doing. But to look at him, [BP-F3+](#) has bought him quality time. It just takes time. And lots of love and BP-F3+!

—C. C. and Rudy (copied from Yahoo Groups Message Board, [Message #1002](#))

*My dog (age 5) has one lipoma and, of course, I also have them as well. Since I started taking your [BSF-f3](#) (people product), I **noticed a difference in size and a couple of the lipoma I had around my knees disappeared.** I just took my dog to the vet and he also noticed a difference in the lipoma's size and it's a lot softer. The results, so far, have been way beyond what I expected and in such a short time, as we all have been taking your [BP-F3+](#) (pet product) and [BSF-f3](#) (people product) for less than two months*

—N.J.

*I am a 48 year old woman with lipomas. I have seen a **reduction by half of the size of my three lipomas, so am encouraged to continue with them, after just going through one bottle [BSF-f3](#)** (people product) of 180 capsules, at 4-6 capsules a day.*

—C.T.

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