

## References

1. AUBORN Karen J., SAIJUN FAN, ROSEN Eliot M., GOODWIN Leslie, CHANDRASKAREN Alamelu, WILLIAMS David E., DAZHI CHEN, CARTER Timothy H. Indole-3-carbinol is a negative regulator of estrogen. *The Journal of nutrition* 2003, vol. 133, no 7, SUP (109 p.) (27 ref.), pp. 2470S-2475S
2. MICHAEL A. ZELIGS. Diet and Estrogen Status: The Cruciferous Connection. *Journal of Medicinal Food*. 1998, 1(2): 67-82
3. McDougal, Andrew. Methyl substituted diindolymethanes as inhibitors of estrogen-induced growth of T47D cells and mammary tumors in rats. *Breast Cancer Research and Treatment*. Volume 66, Number 2 / March, 2001.
4. ELEUTERIO JUNIOR, José; CAVALCANTE, Diane Isabelle Magno; FERREIRA, Francisco Valdeci de Almeida and MEDEIROS, Francisco das Chagas. Estrogen and progesterone receptors in peritoneal fluid cell sediment in pelvic endometriosis: immunocytochemical study. *Rev. Bras. Ginecol. Obstet.* [online]. 2001, vol.23, n.2,
5. Chris Serafini, D.C. Systemic Enzymes, Lignans and Uterine Health. PDF
6. Nouza K., Madar J. VIII. Immunomodulation in the treatment of reproduction disturbances. *American Journal of Reproductive Immunology* 2001, Vol. 46, No. 1, pp. 106, Abst. WP8-3
7. F.-W. Dittmarl, W. Luh. Treatment of fibrocystic mastopathy with hydrolytic enzymes. *International J. of Experimental and Clinical Chemotherapie* 1993; Vol. 6, No. 1, pp. 9-20
8. Patki, V, M.D. How Systemic Enzymes Fight Inflammation. [http://www.systemicenzymetherapy.com/Inflammation/](http://www.systemicenzymetherapy.com/Inflammation/CourseofAction.htm) CourseofAction.htm
9. Ostrowski-Meissner H., Kapczynski W., Mscisz A. et al. An Attempt to Use Maca (*Lepidium peruvianum*) in Post Menopausal Women. *Advances in Phytotherapy*. 2003; IV: 19.
10. Muller V. Maca in Hormone Replacement Therapy. Whole World Botanicals Report. 1997; 1-7
11. Muller V. South American Herb Maca as Alternative to Hormone Replacement Therapy. Whole World Botanicals Report, 2002
12. Walker M. Effect of Peruvian Maca on Hormonal Functions. *Townsend Letter for Doctors and Patients*. 1998; 11: 18.
13. Lee, John, M.D. Hormone Balance Made Simple. 2006
14. Lee, John, M.D. What Your Doctor May Not Tell You About Premenopause. 1999
15. Romm, Aviva, M.D., *Botanical Medicine for Women's Health*, Churchill Livingstone, 2010
16. [http://www.emedicinehealth.com/ovarian\\_cysts/page2\\_em.htm#ovarian\\_cysts\\_causes](http://www.emedicinehealth.com/ovarian_cysts/page2_em.htm#ovarian_cysts_causes)
17. [http://en.wikipedia.org/wiki/Ovarian\\_reserve](http://en.wikipedia.org/wiki/Ovarian_reserve)
18. <http://www.ncbi.nlm.nih.gov/pubmedhealth/PMH0002473/>
19. <http://www.alternativesurgery.com/education/ovarian-cysts/>
20. Northrup, Christiane, M.D., *Women's Bodies Women's Wisdom*, Bantam Books, 2010