



OPTIMUM CHOICES, LLC  
*Healthy choices for people and pets*

## Possible Holistic Causes for Lumps and Lipomas (fatty tumors)

The following is a list of possible causes or hidden sources that may produce lumps, bumps and fatty tumors (lipomas) to form under the skin. This is just our holistic opinion and has not been conclusively proven by medical science. As with any symptom, we always suggest seeing a qualified medical professional to get a proper diagnosis.

### Diet

- Too much white flour and white sugar in the diet
- Too many processed foods or fast food offerings (containing Genetically Modified Organisms—GMO ingredients of corn, soy and canola oil)
- Too many artificial sweeteners—saccharin, aspartame, sucralose
- Too much soda pop—contains high fructose corn syrup (HFCS), artificial sweeteners and phosphoric acid that imbalances the body's pH
- Too many GMO foods—ingredients of corn, high fructose corn syrup (HFCS), dextrose, fructose, glucose, canola oil, soy, tofu, tempeh, hydrolyzed vegetable protein, inositol, isoflavones, modified food starch, MSG, sorbitol, sugar beets, vegetable oils
- Too much soy and soy products—in almost all processed or packages foods
- Too much milk and milk products containing genetically engineered Recombinant Bovine Growth Hormone (rBGH/BST)

### Body

- Any current or past root canals, tooth extractions or abscesses
- Any current or past auto-immune condition
- Poor immune system—always getting sick, “annual” colds and flu
- Any present or hidden infectious agents such as a bacteria, virus or parasite
- Past exposure to pesticides, chemical fertilizers or industrial chemicals (like solvents, paint thinners, household cleaners)
- Exposure to too many Endocrine Disrupting Compounds (EDCs)— industrial pollutants, chemical fertilizers, untreated sewage, plastic containers and bottles (bisphenol A), clothing, floor material and food can linings

If you have checked off more than 50% of the **Diet** boxes, we suggest working to eliminate the above foods or food ingredients first, before trying anything else. If you have three or more boxes checked under the **Body** category, then you may benefit from a whole food product that will restore balance to ALL the glands and organs of the body to more efficiently eliminate wastes and toxins.

**STOP supplementing the symptoms and try a “*wholistic*” approach instead!**

*These statements have not been evaluated by the FDA. This information is not intended to diagnose, treat, prevent or cure any disease.*

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