



FIBROID RECOVERY Window™ BY PETAL FLUX LAB

THE FIBROID RECOVERY Window™



**A 90-Day
Wellness Framework**
for Women Who've Been Told
Surgery May Be Their
Only Option



Understand Your Body.
Recognize patterns and
take back control.



Nourish & Support.
Simple Nigerian foods and
lifestyle habits that help.



Track & Improve.
Use your Recovery Window™
to make better choices.



Ask Better Questions.
Be prepared for informed
conversations with
your doctor.



Care For Your Future.
Protect your health,
your fertility and
your peace of mind.



A HOLISTIC
APPROACH.
REAL RESULTS.
YOUR BODY.
YOUR POWER.



BY
PETAL FLUX LAB

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Chapter 1: Why It Feels Like Surgery Is Your Only Choice

"I left the hospital with more questions than answers."

I'll never forget talking to a woman who looked at me and said,

"The doctor wasn't rude. He wasn't unkind. But after he looked at my scan, the only thing I heard was... surgery."

That single word followed her home.

It sat beside her on the bus.

It followed her into the bathroom mirror.

It kept her awake at 2 a.m.

Maybe that's exactly where you are right now.

Maybe you've already had the scan.

Maybe you've heard words like *multiple fibroids*, *large fibroid*, *uterine fibroids*, or *you should start considering surgery*.

Or maybe you haven't reached that point yet—but every heavy period, every painful cramp, every swollen belly is making you wonder if it's only a matter of time.

If that's you...

First, I want you to know something.

You are not crazy.

You are not overreacting.

And you're certainly not alone.

Thousands of women sit in that same chair every year, walk out of that same hospital, and ask themselves exactly the same question:

"What do I do now?"

Nobody Prepares You For The Emotional Part

People talk about fibroids.

They explain where they grow.

They show diagrams.

They measure them in centimetres.

But very few people prepare you for what happens inside your head after hearing the diagnosis.

That's usually where the real struggle begins.

Because suddenly...

Every ache feels bigger.

Every period feels scarier.

Every article online sounds like it's talking about the worst-case scenario.

Before you know it, your phone is full of browser tabs.

"Can fibroids disappear naturally?"

"Has anyone avoided surgery?"

"Best herbs for fibroids."

"How dangerous are fibroids?"

"Can I still have children?"

Sound familiar?

I know it does.

Because that's exactly what many women do.

Not because they're careless.

Because they're scared.

Then Comes Information Overload

Here's what usually happens next.

One friend says,

"Don't worry. My aunt drank this herbal mixture and everything disappeared."

Another says,

"No! Don't waste your time. Just do the surgery."

Then your church member tells you about someone in another state.

Facebook recommends three different miracle products.

Instagram shows another woman claiming she was "completely cured in 14 days."

WhatsApp brings another broadcast message.

YouTube says something different again.

Now instead of having one problem...

You have fifty opinions.

And somehow...

You're expected to figure out who's telling the truth.

It's exhausting.

Fear Makes Us Rush

Fear has a funny way of making us believe that doing **something** is always better than doing **nothing**.

So many women begin collecting solutions.

A tea here.

A supplement there.

An expensive herb from Instagram.

Another remedy from a market trader.

A detox.

A juice.

A root.

A powder.

A capsule.

Six weeks later...

Another product.

Not because the previous one definitely failed.

But because there was never a clear plan to begin with.

It became a cycle of hope...

followed by disappointment...

followed by another purchase.

I Call This Survival Mode

When you're living in survival mode, every day feels like you're putting out another fire.

You aren't making decisions.

You're reacting.

One day it's heavy bleeding.

The next day it's bloating.

Then someone asks,

"Congratulations! When is the baby due?"

Your heart sinks.

You force a smile.

You laugh it off.

But inside...

It hurts.

Another month, you're changing pads every hour.

You cancel church.

You miss work.

You stay home because you don't trust your own body.

That's not living.

That's surviving.

The Hidden Cost Nobody Talks About

Fibroids don't only affect the body.

They can affect your confidence.

Your plans.

Your finances.

Your relationships.

Some women quietly stop travelling.

Others stop wearing certain clothes.

Some avoid intimacy because they're uncomfortable or embarrassed.

Some spend hundreds of thousands of naira chasing one solution after another.

Some don't even tell their husbands how frightened they really are.

Instead they carry the worry alone.

Day after day.

Month after month.

Here's What Changed Everything For Me

At some point I realised something.

The women who felt the most overwhelmed weren't necessarily the women with the biggest fibroids.

They were the women without a roadmap.

Every new symptom felt like an emergency.

Every new article created another fear.

Every recommendation pulled them in another direction.

They weren't lacking effort.

They were lacking structure.

And that's a very different problem.

Because structure can be built.

What If You've Been Asking The Wrong Question?

Most women ask,

"What's the best herb?"

Or,

"What's the best food?"

Or,

"What's the best supplement?"

Those aren't bad questions.

They're just incomplete.

A better question is:

"How do I stop living from one symptom crisis to the next?"

Because once you answer that question...

Everything begins to change.

Not overnight.

Not magically.

But steadily.

That's exactly why I created **The Fibroid Recovery Window™ System**.

Not to sell you another miracle.

Not to promise impossible results.

But to give you something many women never receive after their diagnosis:

A structured way to move forward instead of feeling stuck.

Before We Move On...

If there's one thing I want you to remember from this chapter, it's this:

Feeling overwhelmed after a fibroid diagnosis doesn't mean you're weak—it means you're trying to make sense of a flood of information while carrying real fears about your health and future.

You don't need another random recommendation.

You need a clear, consistent approach that helps you understand your body, organize what you're experiencing, and prepare for the decisions ahead.

Because here's the truth:

The biggest opportunity isn't always found in the doctor's office or during your most difficult period.

Sometimes it's hidden in the ordinary days between them.

Those days are what I call your **Fibroid Recovery Window™**.

And once you understand why that window matters, you'll never look at the weeks between symptom flare-ups the same way again.

That's where we're going next. Ready for Chapter 2?

Chapter 2: The Crisis Cycle™ That's Keeping You Stuck

"This is why it always feels like you're starting over."

Remember what we talked about in the last chapter?

The problem isn't that you're lazy.

It isn't that you don't care.

And it certainly isn't because you haven't been trying.

Most women I've spoken to have tried *something*.

Some have tried five different things.

Some have tried fifteen.

The real question isn't...

"Have you been trying?"

The real question is...

"Have all those efforts been working together—or have they been pulling you in different directions?"

That question changed the way I looked at everything.

Because once I started paying attention, I noticed that many women weren't trapped by fibroids alone.

They were trapped by a pattern.

A pattern I now call...

The Crisis Cycle™

It Always Starts The Same Way

Picture this.

Your period arrives.

The bleeding is heavier than usual.

The cramps seem worse.

Your stomach feels swollen again.

You tell yourself,

"I can't keep living like this."

That evening, you're searching online.

You read article after article.

You join Facebook groups.

You watch three YouTube videos.

You ask questions in WhatsApp groups.

Within hours, you've collected twenty different opinions.

Now you're hopeful again.

Someone recommends a herb.

Someone else recommends a supplement.

Another person swears by a special tea.

Another insists surgery is the only answer.

So you pick one.

Maybe two.

Maybe three.

For a few days, you feel optimistic.

"This time will be different."

Then life gets busy.

Work piles up.

The children need attention.

You forget a few days.

The routine disappears.

Your symptoms settle a little, so you stop paying attention.

Then a few weeks later...

Another painful period arrives.

And the whole process starts again.

Sound familiar?

The Four Stages Of The Crisis Cycle™

Once I recognised the pattern, it became impossible to ignore.

Nearly every story followed the same path.

Stage 1 — The Symptom Crisis

Heavy bleeding.

Pain.

Bloating.

Fatigue.

Fear.

This is the moment everything feels urgent.

It's also when emotions are at their highest.

And when emotions are high...

Clear thinking becomes difficult.

Stage 2 — The Information Rush

This is where Google becomes your doctor.

Your aunt becomes your specialist.

Facebook becomes your hospital.

And WhatsApp becomes your pharmacist.

Everyone has advice.

Everyone has a story.

Everyone knows somebody whose fibroids "disappeared."

The problem isn't that people want to help.

The problem is that every new opinion pulls you in another direction.

Stage 3 — Random Action

Now you start buying.

Maybe it's herbal tea.

Maybe supplements.

Maybe juices.

Maybe expensive capsules.

Maybe something someone imported.

Sometimes you buy three products at once because you don't want to "miss the one that works."

There's no plan.

Just hope.

Hope isn't a bad thing.

But hope without structure often becomes expensive.

Stage 4 — Quiet Forgetting

This stage surprises most women.

When symptoms improve—even a little—you naturally relax.

Life becomes busy again.

You stop tracking.

You stop paying attention.

You stop preparing.

Until...

Another difficult cycle arrives.

Then everything begins again.

That is **The Crisis Cycle™**.

Why This Cycle Feels So Powerful

The Crisis Cycle™ isn't driven by laziness.

It's driven by urgency.

Human beings naturally react to emergencies.

If your kitchen catches fire, you don't sit down to design a fire prevention plan.

You grab water.

Fast.

That's exactly how many women respond to fibroid symptoms.

Every painful cycle feels like another emergency.

So every response becomes temporary.

The problem is...

Fibroid wellness isn't built during emergencies.

It's built during ordinary days.

And that's the part almost nobody talks about.

Meet Ada

Ada is thirty-six years old.

She lives in Abuja with her husband and two children.

Every few months she promises herself she'll take better care of her health.

Then work becomes stressful.

School fees arrive.

Her son's birthday needs planning.

Church activities increase.

Life keeps moving.

She stops paying attention because she feels "okay."

Then one Saturday morning...

Her period arrives.

It's heavier than before.

She panics.

She spends almost ₦45,000 buying supplements and herbal mixtures she found online.

Two months later, most of the bottles are still sitting on her kitchen shelf.

Not because Ada didn't care.

Because she never escaped The Crisis Cycle™.

She kept reacting.

She never had a system.

Maybe you see a little of yourself in Ada.

Many women do.

The Biggest Lie We Tell Ourselves

There's a sentence I've heard over and over again:

"I'll start taking it seriously after this period."

Or...

"Once I feel better, I'll become more consistent."

Here's the problem.

Consistency doesn't usually begin after life becomes easier.

It begins when we decide that small, repeatable actions matter—even on the days when symptoms aren't shouting for our attention.

Waiting for the "perfect time" often keeps women stuck in the very cycle they're trying to escape.

A Different Way To Think

Imagine two women.

Both have similar symptoms.

Both receive similar medical advice.

Both genuinely want to feel more in control.

The first woman only thinks about fibroids when something goes wrong.

The second woman uses the quiet weeks to observe her body, build supportive habits, prepare questions for her next appointment, and keep simple records.

Six months later...

Who is likely to feel more informed?

Who is likely to walk into her next appointment with clearer information?

Who is more likely to understand what patterns she's experiencing?

It isn't because one woman is "better."

It's because one woman escaped The Crisis Cycle™.

The Turning Point

The moment you recognise The Crisis Cycle™, something important happens.

You stop blaming yourself.

You stop thinking,

"Maybe I'm just not disciplined enough."

Instead, you realise something much more hopeful.

You've been following a pattern.

And patterns can be changed.

That's exactly where **The Fibroid Recovery Window™ System** begins.

Not during the worst day of your cycle.

Not when panic takes over.

But in the ordinary days that most women overlook.

Those ordinary days are where observation replaces guessing.

Where consistency replaces panic.

Where preparation replaces confusion.

That's your **Recovery Window™**.

And once you learn how to find it, you'll discover that it may be the most valuable part of your entire 90-day journey.

In the next chapter, I'll show you exactly how to identify your personal **Fibroid Recovery Window™**, what to track, what to ignore, and how to build a simple system that helps you understand your body's patterns instead of constantly reacting to them.

Chapter 3: Discovering Your Fibroid Recovery Window™

"The biggest changes don't begin on your hardest days. They begin on your quietest ones."

By now, you've probably noticed something.

This guide hasn't started by telling you what to eat.

I haven't handed you a long shopping list.

I haven't recommended a miracle herb.

That was intentional.

Because before you change what goes into your body...

You first need to understand what your body has been trying to tell you all along.

Remember The Crisis Cycle™ we talked about in the last chapter?

It keeps women reacting.

The Fibroid Recovery Window™ does the exact opposite.

It teaches you to observe before you react.

And that's where real confidence begins.

So... What Exactly Is Your Recovery Window™?

When I say **Recovery Window™**, I don't mean your fibroids disappear for a few weeks.

I don't mean you've recovered from fibroids.

I simply mean this:

Your Recovery Window™ is the period between major symptom flare-ups when you have the best opportunity to understand your body, build supportive habits, and prepare instead of panic.

Think about it.

When your bleeding is extremely heavy...

When your pain is at its worst...

When you're exhausted...

That isn't the easiest time to build new routines.

You're simply trying to get through the day.

But a week later...

Maybe the bleeding has reduced.

The pain isn't as intense.

You're thinking about work again.

You're cooking.

Running errands.

Laughing with your children.

Life feels almost normal.

Those ordinary days are precious.

Most women waste them.

You won't.

Why Most Women Miss Their Recovery Window™

Here's what usually happens.

Symptoms calm down.

A woman breathes a sigh of relief.

She says,

"Thank God that's over."

She closes the chapter in her mind.

She stops paying attention.

Until next month.

That's exactly how The Crisis Cycle™ keeps repeating itself.

The problem isn't that she ignored her health.

The problem is that she mistook **feeling better** for **being prepared**.

Those aren't the same thing.

Feeling better is temporary.

Being prepared is intentional.

Your Body Leaves Clues Every Month

Imagine you're a detective.

Every month your body leaves clues.

Some are obvious.

Some are surprisingly small.

The problem is...

Most women never write them down.

Then when the doctor asks,

"When did the bleeding become heavier?"

You pause.

"I'm not really sure."

"Maybe three months ago?"

"Or was it six?"

Or they ask,

"How many days does your period usually last?"

You guess.

"About... five? Maybe seven?"

There's no shame in that.

Life is busy.

But your memory isn't meant to store months of health information.

That's why we track.

Stop Guessing. Start Noticing.

For the next ninety days, I want you to become curious.

Not fearful.

Curious.

Instead of asking,

"What's wrong with me?"

Ask,

"What pattern am I noticing?"

That one question changes everything.

Patterns are easier to work with than panic.

The Seven Things To Watch

You don't need a complicated medical chart.

You only need to notice a few simple things consistently.

1. Your Bleeding Pattern

Ask yourself:

- How many days did it last?

- Was it heavier than usual?
- Did you pass large clots?
- Did you need to change pads more often than normal?

Don't judge it.

Just record it.

2. Your Pain Pattern

Notice:

- When did it begin?
- Where did you feel it?
- How intense was it?
- What seemed to make it better—or worse?

Again...

Observation.

Not panic.

3. Your Energy Levels

Many women don't realise how much their energy changes throughout the month.

Some mornings you wake up ready to conquer Lagos traffic.

Other mornings...

Making breakfast feels like climbing a mountain.

Write it down.

Energy tells a story.

4. Bloating

Don't only ask,

"Am I bloated?"

Ask,

"When do I usually feel bloated?"

Morning?

Evening?

Before your period?

After certain meals?

Patterns matter more than isolated moments.

5. Sleep

Good sleep affects almost everything.

Notice:

- What time did you sleep?
- Did you wake up often?
- Did you wake feeling rested?

Sometimes the smallest habit creates the biggest difference over time.

6. Stress

This one surprises many women.

Think about your last difficult month.

Were you under unusual pressure?

Family issues?

Financial stress?

Deadlines?

Moving house?

Arguments?

Stress doesn't explain everything.

But ignoring it doesn't help either.

7. Your Daily Habits

Don't aim for perfection.

Simply notice.

Did you:

- drink enough water?
- move your body?
- eat regular meals?
- rest when you needed it?

Small habits become visible when you record them consistently.

Your Recovery Window Journal

Now let's make this practical.

You don't need an expensive planner.

You don't need a fancy app.

A notebook works perfectly.

Create one page for each day.

Include simple headings like these:

Daily Check-In

Notes

Date

Day of Cycle

Bleeding

Pain

Energy

Bloating

Sleep

Stress Level

Water Intake

Movement

Anything Different Today?

That's it.

Five minutes.

Every evening.

No essays.

Just observations.

Remember...

We're collecting clues.

Meet Chioma

Chioma had been living with fibroids for almost three years.

Whenever she visited the clinic, the doctor asked questions she couldn't answer confidently.

"How long have the heavy periods been getting worse?"

*"I'm not sure."

"Do you notice anything that makes the bloating worse?"

*"I don't know."

"How often are you feeling exhausted?"

"Almost all the time... I think."

Nothing was wrong with Chioma.

She simply hadn't been tracking.

After six weeks of keeping a simple Recovery Window Journal, something changed.

She realised her worst bloating almost always appeared two days before her period.

She noticed she felt unusually tired after several nights of poor sleep.

She recognised patterns she had never connected before.

She hadn't become a doctor.

She had simply become the expert on her own body.

That's powerful.

Progress Isn't Always Dramatic

Many women expect progress to look like this:

"Everything suddenly changed!"

Real life rarely works that way.

Progress often looks like:

"I noticed something I never saw before."

"I remembered to drink more water this week."

"I asked better questions during my appointment."

"I realised my body follows a pattern."

Those small wins matter.

Because confidence grows from understanding.

Your First Seven-Day Challenge

Don't worry about changing your entire life this week.

Don't buy anything new.

Don't overhaul your kitchen.

Just observe.

For the next seven days:

1. Write in your Recovery Window Journal every evening.
2. Record the seven areas we discussed.

3. Don't try to "fix" everything yet.
4. Simply become familiar with your own patterns.
5. Bring curiosity—not judgment—to what you notice.

That's all.

Simple.

Manageable.

Powerful.

Before We Move On...

If you remember only one thing from this chapter, let it be this:

Your body has been speaking to you for a long time. The goal isn't to force it to change overnight—it's to learn its patterns so you can respond with intention instead of reacting with fear.

The Fibroid Recovery Window™ begins the moment you stop guessing and start observing.

Because once you understand your patterns, you're ready for the next step.

And that's where many guides stop—but we're just getting started.

In the next chapter, I'll show you how to **Support Your Recovery Window™** by building simple, realistic daily habits using familiar foods, practical routines, and small changes that fit into real Nigerian life. Not perfection. Just consistency that you can actually maintain.

Chapter 4: Support Your Recovery Window™

"Small daily habits may not feel dramatic, but over time they can become the strongest part of your wellness routine."

By now, your Recovery Window Journal should be filling with something valuable.

Not answers.

Patterns.

Maybe you've noticed your bloating is worse at certain times.

Maybe your energy crashes after a few restless nights.

Maybe you've realised your busiest weeks are also your most stressful weeks.

That's progress.

Not because your symptoms have magically disappeared.

But because you're no longer guessing.

Now it's time for the next step.

We're going to support the Recovery Window you've discovered.

Notice I didn't say we're going to "fight" your body.

Or "attack" your fibroids.

Your body has been working hard every single day.

Our goal is to support it with habits you can actually live with—not punish it with impossible rules.

Forget Perfect. Build Repeatable.

One of the biggest mistakes I see is women trying to change everything at once.

On Monday they decide:

- No sugar.
- No bread.
- Wake up at 5 a.m.
- Walk five kilometres.
- Drink four litres of water.
- Prepare every meal from scratch.
- Take six supplements.
- Sleep by 9 p.m.

By Thursday...

They're exhausted.

Not because they failed.

Because the plan was never realistic.

The Fibroid Recovery Window™ isn't built through perfect weeks.

It's built through repeatable ones.

Ask yourself this instead:

"Can I still do this next month?"

If the answer is no...

Make it smaller.

Think Like A Farmer, Not A Firefighter

Imagine two people.

One waits until the crops are dying before bringing water.

The other waters the soil a little every day.

Who is more likely to have a healthy harvest?

The second person.

Not because they worked harder.

Because they worked consistently.

Many women treat their health like firefighters.

Everything becomes urgent only when symptoms become unbearable.

The Recovery Window™ asks you to think like a farmer.

Small daily care.

Patient effort.

Steady routines.

Your Daily Support Pillars

Instead of giving you fifty different rules, I want you to focus on five pillars.

Every habit you build should fit into one of these.

Pillar One: Nourish

Food doesn't have to become your enemy.

You don't need expensive imported ingredients.

You don't need foods you've never heard of.

Start with simple questions.

"Is my plate balanced?"

Aim to include:

- vegetables
- fruits
- whole grains where practical
- beans and legumes
- fish
- eggs
- lean proteins
- healthy fats in moderation

Use foods that are familiar.

Think:

- beans
- moi moi
- okra
- ugu
- spinach
- garden eggs
- sweet potatoes
- brown rice if available
- yam in sensible portions
- fish
- grilled chicken

Healthy eating isn't about punishment.

It's about giving your body steady nourishment.

Pillar Two: Hydrate

This sounds too simple.

That's why many people ignore it.

Water supports countless processes in the body.

Yet many women only remember to drink when they're already thirsty.

Try this instead.

Don't aim for perfection.

Simply build reminders.

Keep a bottle near your desk.

Drink a glass after waking up.

Drink another with lunch.

One with dinner.

Small actions.

Repeated often.

Pillar Three: Move

When people hear exercise...

They imagine gyms.

Running.

Boot camps.

Pain.

Forget all that.

Movement simply means...

Move your body more than yesterday.

That could be:

- a twenty-minute walk
- stretching before bed
- dancing while cleaning
- gentle yoga
- taking the stairs

Movement should support your life.

Not become another source of stress.

Always adapt activity to your own comfort level and follow any guidance you've received from your healthcare provider.

Pillar Four: Rest

Here's something many ambitious women struggle to hear.

Rest is productive.

Your body isn't a machine.

If you're constantly tired...

Constantly rushing...

Constantly carrying everyone else's problems...

Your body notices.

Try creating a simple evening routine.

Switch off bright screens a little earlier.

Read.

Pray.

Stretch.

Listen to calming music.

Protect your sleep as much as your schedule allows.

Pillar Five: Reduce Stress

Life in Nigeria isn't always predictable.

Traffic.

School fees.

Fuel queues.

Business challenges.

Family expectations.

You can't remove every source of stress.

But you can change how you respond to it.

Ask yourself:

"What helps me feel calm?"

Maybe it's:

- prayer
- journaling
- talking with someone you trust
- quiet walks
- deep breathing
- listening to worship music
- sitting outside for ten peaceful minutes

Don't underestimate simple moments.

Small moments of calm repeated consistently can make a meaningful difference to how you feel.

The One-Change Rule™

Here's one of my favourite parts of The Fibroid Recovery Window™ System.

I call it...

The One-Change Rule™

Instead of changing ten things this week...

Choose one.

Only one.

For example:

This week...

"I'll drink one extra glass of water every afternoon."

That's it.

Next week...

Keep that habit.

Then add another.

Maybe:

"I'll take a twenty-minute walk three evenings this week."

Then another.

Progress stacks.

Tiny improvements become routines.

Routines become lifestyle.

Lifestyle becomes your new normal.

Building Your Recovery Window Routine

A Recovery Window™ routine doesn't need to be complicated.

Here's an example.

Morning

- ✓ Drink water.
- ✓ Eat breakfast if possible.
- ✓ Review your journal.
- ✓ Stretch for five minutes.

Afternoon

- ✓ Balanced lunch.
- ✓ Short walk.
- ✓ Drink water.
- ✓ Notice your energy level.

Evening

- ✓ Light dinner.
- ✓ Record today's observations.
- ✓ Prepare tomorrow's water bottle.
- ✓ Wind down before sleep.

That's all.

Simple.

Realistic.

Repeatable.

Meet Bisi

Bisi used to believe she needed a complete lifestyle makeover.

Every Monday she started over.

Every Friday she quit.

Then she tried something different.

One change.

She carried a water bottle every day.

After two weeks...

That habit felt natural.

Then she added a short evening walk.

A month later...

She added a regular bedtime.

By the end of three months...

She wasn't following a strict challenge anymore.

She had built a rhythm.

That's what we're aiming for.

Not perfection.

Rhythm.

Your Kitchen Doesn't Need To Look Like Instagram

Social media has convinced many people that healthy living requires imported powders, colourful smoothie bowls, and expensive superfoods.

It doesn't.

A simple plate of beans, vegetables, grilled fish, and fruit can fit into a supportive eating pattern.

Fresh tomatoes.

Okra.

Ugu.

Garden eggs.

Beans.

Rice in sensible portions.

Sweet potatoes.

These foods are already part of many Nigerian kitchens.

You don't have to eat perfectly.

You simply need to eat intentionally.

When You Miss A Day...

You will.

Everyone does.

Don't panic.

Don't tell yourself,

"I've failed."

One missed walk doesn't erase a month of movement.

One late night doesn't cancel weeks of better sleep.

One takeaway meal doesn't undo every healthy choice.

The goal isn't perfection.

The goal is returning.

Every time.

Before We Move On...

If there's one lesson I hope stays with you, it's this:

Your Recovery Window™ isn't strengthened by dramatic changes. It's strengthened by small habits you can repeat long after motivation fades.

Every glass of water.

Every evening journal entry.

Every balanced meal.

Every gentle walk.

Every good night's sleep.

On their own, they may seem ordinary.

Together, they create a routine that supports your overall well-being and helps you stay engaged with your health instead of waiting for the next crisis.

In the next chapter, we'll talk about something many women overlook: **how to protect the progress you've made.** Because building good habits is one challenge—but keeping them through busy weeks, family responsibilities, holidays, and symptom-free days is where lasting change begins.

Chapter 5: Protect Your Recovery Window™

"Building good habits is important. Protecting them is what changes your life."

Take a moment and think about the last time you started something new.

Maybe it was a healthier way of eating.

A gym membership.

A morning walk.

A journal.

A supplement routine.

For a while...

Everything went well.

Then life happened.

Work became busy.

School resumed.

Someone in the family got sick.

Money became tight.

You travelled.

Your period arrived.

You missed one day.

Then another.

Before long, you found yourself saying,

"I'll start again next Monday."

Does that sound familiar?

If it does, you're not alone.

The truth is, most people don't stop because they lack motivation.

They stop because **they never built a system that could survive real life.**

That's exactly what this chapter is about.

Motivation Is Temporary. Systems Last Longer.

Many people wait until they "feel motivated."

But motivation comes and goes.

Some mornings you'll wake up full of energy.

Other mornings you'll wonder if it's worth the effort.

That's normal.

The women who make lasting progress aren't the ones who stay motivated forever.

They're the ones who keep going even when motivation is nowhere to be found.

How?

They rely on routines instead of emotions.

That's one of the biggest lessons of **The Fibroid Recovery Window™ System.**

Progress Doesn't Need To Be Perfect

There's something I want you to stop saying.

"I messed up this week."

Instead, try saying,

"I had a difficult week, but I'm continuing."

Those two sentences may sound similar.

They're not.

The first one ends your journey.

The second one keeps it alive.

One missed day doesn't erase your progress.

One busy week doesn't undo everything you've built.

Your Recovery Window™ isn't made of perfect days.

It's made of consistent returns.

The Three Habit Thieves

Over the years, I've noticed three things that quietly steal good habits from women.

Let's expose them.

Because once you recognise them, they lose much of their power.

Habit Thief #1 — "I'm Feeling Better"

This one catches almost everyone.

Your symptoms improve a little.

You feel relieved.

Naturally, you stop paying attention.

You stop journaling.

You stop planning meals.

You stop taking evening walks.

Not because you're careless.

Because feeling better tricks your brain into believing the work is finished.

But remember...

The Recovery Window™ exists precisely because the quiet weeks matter.

Those are the weeks that help you prepare—not the weeks to forget everything you've learned.

Habit Thief #2 — Life Gets Busy

Let's be honest.

Life isn't going to slow down.

There will always be:

- work deadlines
- family responsibilities
- church activities
- traffic
- unexpected expenses
- celebrations
- emergencies

If your wellness routine only works on calm weeks...

It won't last.

Instead of asking,

"How do I find more time?"

Ask,

"How can I make this easier?"

Maybe your walk becomes ten minutes instead of thirty.

Maybe your journal entry becomes three lines instead of a full page.

Maybe you prepare vegetables two days ahead instead of every night.

Small adjustments keep routines alive.

Habit Thief #3 — All-Or-Nothing Thinking

This one is dangerous.

It sounds like:

"I ate fast food today, so I've ruined everything."

Or...

"I forgot my journal yesterday, so there's no point continuing."

Or...

"I missed my walk this week. I'll restart next month."

No.

That's The Crisis Cycle™ trying to pull you back.

Healthy routines aren't destroyed by one imperfect day.

They're destroyed when we convince ourselves that one mistake means we should quit.

Don't give one difficult day that much power.

Create Your Recovery Anchors™

Here's a simple technique I use.

I call them **Recovery Anchors™**.

An anchor is a habit connected to something you already do every day.

For example:

After brushing my teeth...

→ I'll drink a glass of water.

After dinner...

→ I'll complete my Recovery Window Journal.

After morning prayers...

→ I'll stretch for five minutes.

Before going to bed...

→ I'll prepare tomorrow's water bottle.

You're not trying to remember new habits.

You're attaching them to existing ones.

That makes them much easier to keep.

Protect Your Environment

Sometimes we think discipline is the answer.

Often...

Preparation is.

Imagine two kitchens.

In the first one...

Fresh fruit is washed and sitting on the table.

A water bottle is already filled.

Healthy ingredients are easy to reach.

In the second...

Everything is hidden.

The only quick option is biscuits and soft drinks.

Which environment makes healthy choices easier?

Exactly.

Your environment quietly influences your decisions every single day.

Set yourself up for success.

Plan For Difficult Weeks Before They Arrive

This might be one of the most valuable things you'll learn in this guide.

Don't wait until life becomes stressful before deciding what you'll do.

Plan now.

Ask yourself:

"If next week becomes chaotic, what's the smallest version of my routine I can still keep?"

Maybe it's:

- drinking enough water
- writing two lines in your journal
- taking one short walk
- preparing one balanced meal

That's enough.

Remember...

A small routine you continue is far more valuable than a perfect routine you abandon.

Meet Ifeoma

Ifeoma owned a small fashion business in Enugu.

Some weeks were incredibly busy.

Whenever orders increased, her wellness routine disappeared.

She stopped journaling.

She skipped meals.

She barely slept.

When things calmed down, she felt like she had to begin from zero again.

Then she changed one thing.

Instead of expecting herself to do everything during busy weeks...

She created what she called her **"Minimum Day."**

On those days she only committed to four things:

- ✓ Drink enough water.
- ✓ Eat one balanced meal.
- ✓ Write a short journal entry.
- ✓ Sleep as early as possible.

That was it.

Simple.

Realistic.

Months later, she realised something surprising.

She had stopped falling back into The Crisis Cycle™.

Not because life became easier.

Because her routine became more flexible.

Celebrate Consistency, Not Perfection

Think about a child learning to walk.

When they fall...

We don't say,

"Well, that's over."

We encourage them to stand again.

Why don't we show ourselves the same kindness?

Every healthy habit deserves recognition.

Not because it's dramatic.

Because repeated ordinary actions create extraordinary results over time.

Celebrate things like:

- ✓ Completing your journal for a week.
- ✓ Drinking more water than last month.
- ✓ Asking better questions at your appointment.
- ✓ Recognising a new symptom pattern.

Those victories matter.

Your Monthly Recovery Review

At the end of every month, spend just fifteen minutes asking yourself these questions:

What habits felt easiest to maintain?

Which habits were hardest?

What surprised me about my symptoms this month?

What patterns am I beginning to notice?

What small improvement can I make next month?

Don't aim for perfection.

Aim for learning.

Every month teaches you something.

The Promise You Make To Yourself

Before we finish this chapter, I'd like you to make one promise.

Not to me.

To yourself.

Promise that when life becomes busy...

You won't disappear from your own health.

Promise that one imperfect week won't become an excuse to give up.

Promise that you'll return.

Again.

And again.

And again.

Because that's what consistency really looks like.

Not never falling.

But always coming back.

Before We Move On...

If there's one lesson to carry with you, let it be this:

The women who make lasting progress aren't the ones with the perfect routine. They're the ones who protect their routine—even when life gets messy.

The Fibroid Recovery Window™ isn't something you visit once a month.

It's something you return to, little by little, through the ordinary choices you make each day.

Now that you've learned how to discover your Recovery Window™, support it with practical habits, and protect it through life's ups and downs, there's one final piece missing.

It's the piece that transforms you from someone who feels overwhelmed during medical appointments into someone who walks in prepared, informed, and confident.

In the next chapter, we'll focus on **becoming the expert on your own body**—learning how to use everything you've observed to have more meaningful conversations with your healthcare provider and make treatment decisions with greater clarity.

Chapter 6: Become the Expert on Your Own Body

*"The goal isn't to know everything. The goal is to know **your** body better than anyone else."*

Think back to where this journey started.

Maybe you walked into a clinic feeling nervous.

You answered a few questions.

The doctor asked,

"When did the symptoms start?"

You weren't completely sure.

"Has the bleeding changed over the last few months?"

You guessed.

"What have you tried so far?"

You listed a few things you could remember.

Then the appointment was over.

You got home...

And suddenly remembered all the questions you forgot to ask.

You thought,

"I should have mentioned that pain."

"I forgot to tell the doctor about the clotting."

"I didn't even ask what my scan actually meant."

If you've ever left an appointment feeling frustrated...

You're not alone.

But here's the good news.

You're not the same woman who started reading this guide.

You now have something many women never develop.

A clearer understanding of your own patterns.

And that changes everything.

Your Doctor Knows Medicine.

You Know Your Body.

There's an important truth I want you to remember.

Your healthcare provider has years of medical training.

That's incredibly valuable.

But they only see you for a short appointment.

You live with your body every single day.

You're the one who notices:

- when your energy changes
- how your periods differ from month to month
- when bloating becomes worse
- how your sleep affects your day
- which habits feel easier to maintain
- what concerns you most

When those two kinds of knowledge come together...

Medical expertise and personal observation...

Conversations become much more productive.

That's exactly what The Fibroid Recovery Window™ prepares you for.

Stop Being A Passenger

Many women walk into appointments feeling like passengers.

They wait.

They listen.

They nod.

They leave.

There's nothing wrong with respecting your healthcare provider.

But respect doesn't mean silence.

You have every right to understand your own health.

You have every right to ask questions.

You have every right to say,

"Can you explain that another way?"

Or,

"I'd like to understand my options."

Or even,

"Can you tell me why you're recommending this?"

Good healthcare is a conversation.

Not a one-way lecture.

Bring Your Recovery Window Journal

Imagine two appointments.

In the first...

The doctor asks,

"How have you been?"

The patient replies,

"About the same."

That's all the doctor has to work with.

Now imagine the second appointment.

The patient opens her journal.

She says,

"Over the last three months, my periods lasted six to seven days. I noticed the heaviest bleeding usually happened on Days Two and Three. My bloating was worst two days before my period. My energy improved when I became more consistent with sleep, but I still experienced severe fatigue after particularly heavy cycles."

Can you see the difference?

The second conversation is based on observations instead of memories.

That helps everyone.

Questions Worth Asking

Sometimes we don't ask questions because we don't know where to start.

Here are some examples you can adapt to your own situation.

About Your Diagnosis

- Can you explain my scan results in simple language?
- How many fibroids were seen?
- Where are they located?
- Could their location be related to the symptoms I'm experiencing?

About Monitoring

- What changes should I pay attention to before my next visit?
- Which symptoms should prompt me to seek medical attention sooner?
- How often should my condition be reviewed?

About Treatment Options

- What treatment options are available in my situation?
- What are the potential benefits and risks of each option?
- Why do you recommend this approach?
- Are there situations where waiting and monitoring may be appropriate?

About Daily Living

- Are there lifestyle changes that may help me manage my symptoms?
- Is there any physical activity I should avoid or modify?
- Are there any medications or supplements I should discuss before taking them?

Notice something?

None of these questions challenge your doctor.

They simply help you understand your care more clearly.

Don't Compare Your Story To Someone Else's

This is one mistake I see all the time.

Someone says,

"My cousin had fibroids and this happened..."

Another person says,

"My neighbour never needed surgery."

Someone online says,

"Mine disappeared after drinking this tea."

Remember this.

Every woman's situation is different.

Fibroids vary in:

- size
- number
- location
- symptoms
- overall health
- personal goals
- age
- fertility plans

That's why comparing your journey to someone else's often creates unnecessary fear—or false hope.

Your Recovery Window™ is about understanding **your** story.

Not copying someone else's.

Learn The Language—Don't Fear It

Medical words can sound intimidating.

Sometimes we hear unfamiliar terms and immediately panic.

Instead...

Ask.

If your doctor says something you don't understand...

Simply say,

"Could you explain that in everyday language?"

There is no shame in asking.

Understanding your health is not a test.

It's your right.

When Should You Seek Medical Attention Promptly?

Although this guide focuses on building supportive daily habits, there are situations where you should seek medical advice without delay.

Contact your healthcare provider or seek urgent medical care if you experience symptoms such as:

- bleeding that is unusually heavy or doesn't improve
- severe or sudden pain that feels different from your usual symptoms
- dizziness, fainting, or signs that worry you
- symptoms that rapidly worsen
- any new or concerning changes your healthcare provider has advised you to watch for

Trust your instincts.

If something feels seriously wrong...

Don't wait.

Confidence Doesn't Mean Knowing Everything

Some women think confidence means having all the answers.

It doesn't.

Confidence means knowing how to ask better questions.

Confidence means recognising your own patterns.

Confidence means bringing useful information to your appointments.

Confidence means making decisions based on understanding rather than panic.

That's real confidence.

Meet Zainab

Zainab used to feel nervous before every hospital visit.

She worried she'd forget something important.

She usually did.

After keeping her Recovery Window Journal for several months, something changed.

Before each appointment, she spent fifteen minutes reviewing her notes.

She wrote down three questions she wanted answered.

She highlighted changes she'd noticed.

When she met her doctor, the conversation felt completely different.

She wasn't trying to impress anyone.

She was simply prepared.

When she left the clinic, she felt something she hadn't experienced in a long time.

Not certainty.

Clarity.

And sometimes...

Clarity is exactly what we need.

You Are Part Of Your Healthcare Team

One of the biggest shifts I hope this guide gives you is this:

You're not sitting on the sidelines.

You're part of the team.

Your healthcare provider brings medical knowledge.

You bring lived experience.

Neither replaces the other.

Together, they create better conversations and better-informed decisions.

That's why your Recovery Window™ matters so much.

It turns everyday observations into meaningful information.

Your Appointment Checklist

Before your next appointment, spend ten minutes preparing.

- ✓ Review your Recovery Window Journal.
- ✓ Write down any new symptoms you've noticed.
- ✓ List your current medications, supplements, or herbal products.
- ✓ Write three questions you want answered.
- ✓ Bring previous reports or scan results if available.

✓ Don't be afraid to ask for clarification.

Simple preparation often leads to much more productive appointments.

Before We Move On...

If you remember one thing from this chapter, let it be this:

The goal of The Fibroid Recovery Window™ isn't to turn you into your own doctor. It's to help you become a more informed partner in your healthcare—someone who understands her own patterns, asks thoughtful questions, and approaches decisions with greater confidence instead of fear.

You've come a long way.

You understand The Crisis Cycle™.

You've discovered your Recovery Window™.

You've built supportive routines.

You've learned how to protect them.

You've become more aware of your own body's patterns.

Now it's time to bring everything together.

In the final chapter, you'll receive your complete **90-Day Fibroid Recovery Window™ Action Plan**—a practical roadmap that shows you exactly how to put everything you've learned into action, one week at a time.

Chapter 7: Your 90-Day Fibroid Recovery Window™ Action Plan

"You don't need to change your entire life today. You just need to know what to do next."

We've covered a lot together.

You learned why so many women feel overwhelmed after hearing the word *fibroids*.

You discovered **The Crisis Cycle™** and how it quietly keeps women stuck.

You learned how to find your **Fibroid Recovery Window™**.

You started observing your body's patterns instead of guessing.

You built simple habits that support your overall well-being.

You learned how to protect those habits when life gets busy.

And you discovered how to become a more informed partner in your own healthcare.

Now it's time to put everything together.

Not with a complicated schedule.

Not with a list of impossible rules.

But with a practical roadmap.

Think of this chapter as your ninety-day guide—not because Day 91 is some magical finish line, but because ninety days is long enough to build awareness, create routines, and begin seeing your own patterns more clearly.

Before You Begin

I want you to make one promise.

Don't chase perfection.

If you miss a day...

Continue tomorrow.

If you have a difficult week...

Continue next week.

The goal isn't to complete a perfect ninety days.

The goal is to become the kind of woman who keeps coming back to her Recovery Window™.

That's where lasting change begins.

Days 1–7: Observe Before You Change

This first week isn't about fixing everything.

It's about slowing down.

Think of yourself as a researcher studying your own body.

Your mission this week is simple.

Every Day

✓ Complete your Recovery Window Journal.

✓ Record your:

- bleeding (if applicable)
- pain
- energy
- bloating
- sleep
- stress
- water intake
- movement

Don't worry if your notes feel repetitive.

Patterns only become visible when we collect enough information.

This Week's Goal

By the end of the week, ask yourself:

- What surprised me?

- When did I feel my best?
- When did I feel my worst?
- What habits were easiest to keep?
- What habits were hardest?

There's no right answer.

Only honest observations.

Days 8–30: Build Your Foundation

Now that you've started observing your body, it's time to support it with simple routines.

Remember...

We're following **The One-Change Rule™**.

Don't introduce everything at once.

Build gradually.

Nutrition

Aim to include more balanced meals using foods that are practical and familiar to you.

Focus on consistency rather than perfection.

Hydration

Choose a daily water goal that feels realistic.

Keep your bottle nearby.

Refill it when necessary.

Small reminders work better than relying on memory.

Movement

Find movement you actually enjoy.

Walking.

Stretching.

Light dancing.

Gentle exercise.

The best activity is often the one you'll continue doing.

Sleep

Choose one improvement.

Maybe:

- sleeping thirty minutes earlier
- reducing screen time before bed
- creating a calming bedtime routine

One change is enough.

Journal

Continue recording your observations every evening.

Don't stop just because you're feeling better.

Remember...

The quiet days are your Recovery Window™.

Days 31–60: Strengthen Your Routine

By now, some habits should begin feeling more natural.

This month is about protecting them.

Instead of asking,

"What else should I add?"

Ask,

"What can I maintain?"

That's a much more powerful question.

Review Your Patterns

Look back through your journal.

Notice:

- changes in energy
- recurring symptoms
- stressful weeks
- improvements
- recurring challenges

You may begin seeing connections you never noticed before.

Create Recovery Anchors™

Attach healthy habits to existing routines.

For example:

After breakfast...

→ Drink water.

After evening prayers...

→ Complete your journal.

Before bed...

→ Prepare tomorrow's bottle of water.

Small anchors make habits easier to remember.

Create A Minimum Day

Life will become busy.

Prepare now.

Choose your four non-negotiables.

For example:

- ✓ Drink enough water.
- ✓ Eat one balanced meal.
- ✓ Complete a short journal entry.
- ✓ Sleep as early as possible.

Even during difficult weeks...

Those four actions keep you connected to your Recovery Window™.

Days 61–90: Prepare For The Future

You're no longer just reacting.

You're building confidence.

Now it's time to use everything you've learned.

Review Your Journal

Read through the last three months.

Ask yourself:

What patterns keep repeating?

What habits became easier?

What symptoms deserve further discussion with my healthcare provider?

What questions do I still have?

Prepare For Your Next Appointment

Write down:

- your biggest concerns
- symptom changes
- observations

- questions

Bring your journal.

Bring previous reports.

Walk into the appointment prepared instead of anxious.

Celebrate Your Progress

Many women skip this step.

Don't.

Progress deserves recognition.

Celebrate things like:

- ✓ Better awareness.
- ✓ More consistent routines.
- ✓ Improved organisation.
- ✓ Asking better questions.
- ✓ Understanding your body more clearly.

Not every improvement will show up on a scan.

Some improvements show up in confidence.

And confidence matters.

Your Weekly Recovery Review

Every Sunday evening, spend ten minutes answering these questions.

1. What went well this week?

2. What challenged me?

3. What patterns did I notice?

4. Which habit felt easiest?

5. Which habit needs more attention?

6. What's one small improvement I'll focus on next week?

Keep your answers short.

This isn't homework.

It's a conversation with yourself.

Your Recovery Window™ Checklist

Print this page if you can.

Or copy it into your notebook.

Every Day

- ☐ Drink enough water.
- ☐ Eat balanced meals where possible.
- ☐ Move your body.
- ☐ Get adequate rest.
- ☐ Complete your Recovery Window Journal.
- ☐ Notice—not judge—your symptoms.

Every Week

- ☐ Review your journal.

- ☐ Identify one new pattern.
- ☐ Plan meals for the coming week.
- ☐ Prepare for busy days.
- ☐ Celebrate one small win.

Every Month

- ☐ Read through your notes.
- ☐ Review your progress.
- ☐ Update your questions.
- ☐ Prepare for future appointments.
- ☐ Adjust one habit if needed.

The Letter I Hope You Remember

Before we finish...

There's something I want to tell you.

If someone had handed me this guide years ago, I probably would have opened it looking for one thing.

The magic answer.

The perfect herb.

The perfect food.

The perfect shortcut.

Instead...

I discovered something much more valuable.

My body wasn't asking me for perfection.

It was asking me to pay attention.

That changed everything.

Not overnight.

Not dramatically.

But little by little.

One observation became one habit.

One habit became one routine.

One routine became confidence.

And confidence replaced panic.

That's what I hope this guide gives you.

Not fear.

Not false promises.

But a practical way to move forward with greater understanding of your own body and more confidence in the decisions ahead.

One Final Thought

If you take nothing else from **The Fibroid Recovery Window™**, remember this:

Your life does not have to be lived from one symptom crisis to the next.

Every ordinary day between those difficult moments is an opportunity.

An opportunity to observe.

To learn.

To prepare.

To ask better questions.

To care for yourself with consistency instead of panic.

That's your Recovery Window™.

Protect it.

Use it wisely.

Return to it often.

Because while no guide can promise what your future will look like, you can choose to face that future with greater knowledge, stronger routines, and the confidence that comes from understanding your own body.

And sometimes, that's the most powerful place to begin.

Disclaimer

This guide is for educational purposes only. It is not intended to diagnose, treat, cure, or prevent any medical condition. Always seek advice from a qualified healthcare professional regarding symptoms, diagnosis, or treatment decisions.