

Fibroid-Friendly Berry & Green Tea Refresher

Living with uterine fibroids can be challenging, especially when symptoms like heavy menstrual bleeding, fatigue, and pelvic discomfort interfere with daily life. While **no drink has been scientifically proven to shrink or eliminate uterine fibroids**, making healthy nutrition a priority may help support your overall well-being. This refreshing **Fibroid-Friendly Berry & Green Tea Refresher** combines antioxidant-rich berries, green tea, fresh ginger, cucumber, and lemon into a delicious beverage designed to support hydration and provide beneficial nutrients as part of a balanced lifestyle. It's a refreshing way to nourish your body while enjoying wholesome, natural ingredients.

Fibroid-Friendly Berry & Green Tea Refresher

Prep Time: 10 minutes

Chill Time: 30 minutes (Optional)

Total Time: 40 minutes

Servings: 2

Ingredients

- 2 cups brewed green tea, cooled
- $\frac{1}{2}$ cup fresh strawberries, sliced
- $\frac{1}{2}$ cup fresh blueberries
- $\frac{1}{2}$ cup cucumber, thinly sliced
- 1 tablespoon freshly squeezed lemon juice
- 1 teaspoon freshly grated ginger

- 6–8 fresh mint leaves
- 1 teaspoon honey (optional)
- 1 cup ice cubes

Instructions

1. Brew the green tea according to the package directions and allow it to cool completely.
2. In a large pitcher, combine the cooled green tea, strawberries, blueberries, cucumber, lemon juice, grated ginger, mint leaves, and honey (if using).
3. Stir well and refrigerate for at least **30 minutes** to allow the flavors to infuse.
4. Fill two glasses with ice cubes.
5. Pour the refresher over the ice.
6. Garnish with additional fresh mint leaves, a few blueberries, or a strawberry slice if desired.
7. Serve chilled and enjoy.

Nutritional Facts (Approximate Per Serving)

Nutrient	Amount
Calories	45
Protein	0.5 g
Carbohydrates	11 g
Fiber	2 g
Total Sugars	7 g
Fat	0 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	5 mg
Potassium	165 mg

Nutrient	Amount
Vitamin C	35% DV
Vitamin K	10% DV
Manganese	12% DV

Nutrition values are estimates and may vary depending on the ingredients used.

Why You'll Love This Recipe

- Refreshing and naturally hydrating.
- Rich in antioxidants from berries and green tea.
- Made with simple, wholesome ingredients.
- Naturally low in calories.
- No artificial sweeteners.
- Easy to prepare in just a few minutes.

Women's Health Benefits

This refreshing drink is made with ingredients that support overall wellness and may be a healthy addition to the diet of women living with uterine fibroids. Green tea contains naturally occurring plant compounds called catechins, while strawberries and blueberries provide antioxidants and vitamin C that support overall health. Ginger adds natural flavor and has been studied for its anti-inflammatory properties, and cucumber contributes hydration. Lemon provides vitamin C, which helps the body absorb iron from iron-rich foods—an important consideration for women who experience heavy menstrual bleeding associated with fibroids. Although this drink is **not a treatment or cure for uterine fibroids**, it can be part of a balanced eating pattern that supports overall health.

Recipe Tips

- Chill the drink for at least 30 minutes for the best flavor.
- Use frozen blueberries instead of ice cubes to keep the drink cold without watering it down.
- Add sparkling water just before serving for a refreshing fizzy version.
- If you prefer a sweeter drink, add a little more honey or a natural sweetener of your choice.

Frequently Asked Question

Can this drink shrink uterine fibroids?

No. There is currently **no scientific evidence** that any drink or food can shrink or eliminate uterine fibroids. However, eating a balanced diet rich in fruits, vegetables, whole grains, and other nutrient-dense foods may support overall health and complement the treatment plan recommended by your healthcare provider.

Disclaimer: This recipe is **not** intended to diagnose, treat, cure, or prevent uterine fibroids or any other medical condition. If you have uterine fibroids, heavy menstrual bleeding, pelvic pain, or other concerning symptoms, consult your healthcare provider for personalized evaluation and treatment.