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Testimonials

We are proud to present some of the testimonials that have come from women who have been helped by Female Alternative Surgery. They are sharing their experiences, in part, to show other women that there *is* an alternative to hysterectomy.

If you are a former FAS patient, please send us your [testimonial](#) so other women can be guided by your success in overcoming the various medical conditions which in the past, were treatable only by hysterectomy.

Featured Stories





More Testimonial Stories

Resides Nebraska

Today is my 2 year surgery anniversary & I'm feeling really good 2 years out! So happy with the decision I made to come to you guys in California in 2016. Thanks again for what you do.

SH

Resides Canada

It will be three years in January since I had surgery, hard to believe. I am getting close to menopause as my cycles are every 3-4 months now and some hot flashes etc. As for my periods !! They are 2 days of light spotting. No more stuck in the house , anemic tired and sad. No pressure in my abdomen, I don't have to pee all the time and no lower back ache. Every time I look at my scar I am so grateful , for Dr del Junco's skill and all the care I received. It truly gave me my life back.

My regards to all of you.

BT

Resides Florida

I found The Institute for Female Alternative Medicine when I was researching online to find alternatives to a hysterectomy for Adenomyosis. I read through the website multiple times, watched all the videos and downloaded the e-book and finally decided to call to get more info. I spoke to Patricia who was so knowledgeable and extremely helpful with all my questions. I finally decided to move forward with the surgery and flew out to CA. After meeting with Patricia and Dr. del Junco Jr. and the time he spent with me and my husband explaining my condition and the procedure I knew I had made the right decision. From Patricia, Dr. Goykhman, Dr. del Junco Jr. and his entire surgical and nursing team he has put together my whole experience turned out wonderful. They are knowledgeable, compassionate and I will be forever grateful to them all. I am a little over 3 weeks post-surgery and I am feeling great. I encourage anyone who is faced with the difficult decision of a hysterectomy to give them a call. I am so happy I did and It had been the best decision I have made.

CH

Resides North Dakota

"I've always struggled with HORRENDOUS CYCLES and cramping most of my years, but not until my late forties early fifties, then it became unmanageable where it controlled my life, flooding, incontinence and unable to urinate fully due to the pressure, etc.... Enough, I needed to do something!!

I was scheduled to have a vaginal hysterectomy by one of the best and after more consideration decided that I didn't want to go down that path after reading all the possible side effects and how a persons body may change from that very drastic procedure that is deemed the way to go by most doctors! After '3' opinions from separate facilities, a robotic myomectomy, D&C, exploratory procedures, etc... countless office visits to highly reputable and experienced specialists, even traveling to one of the Top Clinics in the world, Mayo Clinic in Rochester, MN.

After reading the IFAM website completely, ordering the Hysterectomy Myths CD, talking countless times to his Coordinating Nurse for months who was patient with all my questions and concerns, researching extensively Dr. del Junco's experience himself, who has practiced over 30 years and so well qualified beyond belief!! Talking to past patients willing to share their personal experiences, consulting with the HERS Foundation and countless forums, etc... we finally scheduled and traveled to Panorama City, California to have the procedure done in March of 2018! It was a bit scary until we finally met in person and Dr. Tirso del Junco, Jr. who answered all my questions 'again' and spent a few hours reviewing and explaining the process in our initial consultation, we were reassured this was absolutely the 'REAL DEAL'!!

It was honestly the BEST DECISION I have ever made for myself and so happy I decided to do it even against popular belief, traditional means and skepticism, I knew inside there was another way!! My body has been reversed back years to when I can't even remember light periods, maybe late teens early twenties, hardly any problems with anything, my cycle is really a non-event these days, no more taking ibuprofen regularly to function, sleepless nights afraid to go to bed and wake up in a pool of blood, I can leave the house again and plan a trip without worry about planning it around that time of the month! In fact, much to my surprise, my cycle returned the very next month and has been consistent monthly since my surgery!

I had one remaining ovary as another doctor locally simply removed it in another procedure rather than saving it like Dr. del Junco did... removing the attached cysts, and mostly adenomyosis throughout, which reduced the size of my uterus approx from a small melon closer to its original size, a small orange, and removed several 13+ smaller fibroids throughout. If you are hesitating about this surgery, PLEASE DON'T STRESS, it will be the BEST ALTERNATIVE SURGERY you can do to preserve your body to its best natural state and go into the next phase of life 'Naturally'. The

whole team at Mission Community Hospital treated us so well, we even met the Hospital Administrator and Top Chef along with many others of this amazing team... everyone was so nice and professional!!

They even let my husband stay in my room with me and fed him during my stay which was so comforting and helpful in my healing process! I haven't hit menopause quite yet and I'm almost 53, but know that it will go as it was intended to go, not by cutting everything out which would have for sure had unchangeable detrimental lasting effects to my body forever!! THANK YOU Dr. del Junco Jr. for sharing your genuinely miraculous and truly life-changing skills, and amazing clinic... you're changing 'one woman at a time' and re-inventing the way the world looks at hysterectomies overall!!!"--

Age 52

June 2018

RWP

Resides Florida

I was diagnosed with large fibroids in July in Florida. I went to see four doctors locally. But all of them recommended I have hysterectomy (I asked one of them why, he said that it's too risky to remove a large fibroid from uterus, it might cause heavy bleeding. Another one said the wound of uterus might bleed after the surgery). Although I have passed the age for child bearing, I don't think uterine function is only for giving birth to children. By doing researches online, I found that removing the uterus can cause many physical and mental problems. I was sure I didn't want to live a miserable life in the future, so I definitely needed to find a better solution.

One month later, I found the website of Dr Tirso del Junco Jr.. I was amazed by his alternative surgery for women. I researched in detail the website and decided to go to Los Angeles for my procedure. I called the RN who is a very smart and professional coordinator working in Dr. Junco's office. She reviewed all my medical reports and test results with the doctor and told me that the doctor can remove my fibroid(s) without removing my uterus. He will also take care of any endometriosis or adenomyosis, in my uterus.

In September, I went to Mission Community Hospital for the surgery. Dr. Del Junco and the staff in the hospital provided me the best care with very detailed instructions. I went with the local/epidural anesthesia. It was such a success, the three hour surgery was painless for me. I watched the video after the surgery, I saw Dr. Junco did such a delicate job by treating all areas in my uterus and pelvis. I did not get a blood transfusion during the surgery and I was still able to hear and talk when I came out of the operating room. I did a lot of walking in the next three days in

the hospital which helped me in recovery. The nurses and staff in hospital were very professional, friendly and encouraging.

My pain improved in a couple days and I did not need any pain medication after the week. I used to feel a severe headache before the surgery that bothered me so much. The headache has completely disappeared since the surgery. I feel so happy that I can concentrate again on my work.

I also used to have difficulty with my intestines due to the tumors, and I had to depend on herbal tea for relief. Three weeks after the surgery, I am gradually getting rid of my herbal tea and other laxatives. My health and strength are coming back by walking a lot every day.

Before and after the surgery, Dr. del Junco Jr. sat down with me and my husband going over my medical condition and surgical outcome. He is very knowledgeable and detailed during the consultation and follow-up visit.

I am so glad I found Dr del Junco Jr. and his team. It's a great place to go. I hope my experience with Alternative Surgery can help more women like me to get the right treatment for their disease and regain their pleasures life.

C.X.

Resides Salem, WI

I had Female Alternative Surgery (FAS) with Dr. Del Junco, Jr. seven weeks ago at the end of August. What made me decide to do this procedure, in the face of many protests and worried conversations from my family that I was making a TERRIBLE DECISION to let a total stranger cut me open? I did research, lots of it. I researched all the possible options for someone with multiple and large fibroids in hard to reach places. I wanted the safest best outcome and was adamant about not wanting a hysterectomy. When I was counseled in July to have a hysterectomy by two separate physicians I cried. I am too young to go through menopause just for benign fibroids and didn't want to experience so many routine side effects from gutting out my organs needlessly. Hysterectomy is permanent, there is no going back after making that choice. So, after a couple weeks of this frustration and dread I finally and simply did what I should have done initially. I prayed and left the matter in God's hands.

Immediately I pulled up a search result called Female Alternative Surgery. After reading every single word on the website I knew without a doubt that this was exactly what I'd been looking for

(imagine my delight when Patricia the nurse later told me I wasn't the first to say that). Within two days of feeling complete peace about my decision I contacted the clinic and found out they had an opening for the week I needed. I continued to pray for guidance and the doors kept opening up for me to come to California just three weeks in the future. I raised money on a site called GiveForward.com (a crowd funding site) to help with expenses, work gave me 7 weeks off, I had a friend email me and tell me she'd pick me up for the week of recovery and take care of me, I had a Delta flight voucher from last spring I needed to use, my insurance covered a good chunk of the costs, and I even had my cousin offer to house me for five weeks post-op when I wouldn't be able to lift/drive/shop etc. without help. So, with all these confirmations I confidently headed to California for the procedure.

I felt very pampered by ALL the staff at the clinic and hospital. I found out that the room at the hospital was reserved just for patients having this procedure and the room was NICE and in a good location to the nurse's station for prompt response to calls. FAS patients get extra TLC!

The doctor has an excellent surgical team and they don't operate unless the whole team is available, Dr. Del Junco hand-picked each person for their expertise and really they were wonderful. Actually I was a bit disappointed that I didn't stay awake long enough to meet most of them. I'd asked for the anesthesiologist to put me totally out with sedation, while having epidural numbing, and after the epidural was inserted I laid back and the next thing I knew I woke up after the surgery was finished. Easy!

Wearing the abdominal binder they require and some pain meds I felt great post surgery and got up the same day and walked a little. Once I got the hang of rolling to my side and getting up carefully I made a point of walking as much as I could. Dr. Del Junco jokingly said I wouldn't like him post-op because he would be making sure I was walking enough and get after me if I wasn't...I told him to bring it on (my dad was a drill sergeant!!) I could take it! But he didn't have to get after me. I wanted to have an excellent recovery and so I did the breathing exercises often and walked as much as possible. I would only be hurting myself if I wasn't doing what I needed to get better and I was determined from Day 1 to be compliant.

At my post-op clearance appoint I was told by Patricia to report when my cycles resumed and that it might take up to 6 months to regulate. Imagine their surprise when I got it full force, like clockwork, only 3 weeks later. No issues with the parts they'd recently worked on, it was all functioning fine. I use an app to track cycles and related symptoms, with severity and duration, on my iPhone that I highly recommend called iPeriod. It will help you keep track of what's normal for you, so that post surgery you will know if you are regular or not and how soon-which helps the clinic advise you.

I can't say enough great things about my experience. Yes I had surgery, but the whole thing was so well choreographed from initial email consult to now 2 days before I go back to work that it almost feels like a non-event. I do have post-op belly bloating, which is normal and to be expected, but otherwise I have had full energy since the end of the first week.

Thank you Dr. Del Junco, Patricia, and the entire rest of the office staff and hospital team. I feel so blessed to have been in your care for this procedure. You allowed me to keep my female organs and I am eternally grateful you gave me that choice. God bless you.

TB

Resides: Laurel, MS

I will start by saying thank God for doctors like you, I am short of words as I can't really find words to describe what I feel. You, Patricia and your entire team are God's gift to mankind. I had no hope, no life, and no joy but you gave me the reason to believe that God is able and is always there if we can only believe in his capability. He will never fail us, because he created people like you Dr Del Junco for a time like this.

I was rejected by doctors but you told me don't worry it can be done. Yes it was done and I have my life back. May The Almighty God continue to guide you and use you for so many more people out there with hope. May God direct more people to you so that they will have a new life after they get in contact with you.

I am so happy to say I have my life back after over 18 years of misery

MT

Resides: Texas

I'm on my way to the gym and I just had to take sometime out to thank you and the Dr. for everything. I'm working out 5 days a week and even attending a title boxing class. I feel so bless to be able to do as much physical activity as I want. With the long periods gone now I'm able to do so much.

After I leave the gym this morning I'm going to play softball with my daughter. Thanks so much keep up the great work.

CW

Resides: California

My wife had surgery Nov 24 at 7:30am with Dr. Tirso Del Junco. He did an outstanding job along withhis assisting colleagues. I am writing this to convey what a pleasure it was to work with them and your post-operative staff at Mission Community Hospital.

First, you are fortunate to have Dr. Del Junco on your team. He is a consummate professional and truly cares about doing the best job possible for his patients. My wife has been suffering for over 25 years with health issues that almost caused me to lose her twice in the last 2 years. The FAS Dr. Del Junco performs is a beacon of hope for those who are routinely told that there are no options other than to perform a full hysterectomy. This operation should alleviate 95%-100% of the causes of immediate risk to my wife's health; a complete relief to me. Dr. Del Junco did not rush through surgery but was meticulous in his approach and during our initial consultation helped to provide a big picture as to what was involved and options prior to surgery. He is very good for MCH.

Overall, you should know that we would recommend MCH to anyone who is looking for a very positive experience in health care.

DR

Resides: California

I just wanted to Thank Dr Del Junco and his staff for the Outstanding service. I would highly recommend women who are suffering to please see Dr Del Junco, he is different from other Dr's; he actually cares. When I arrived at the Hospital I was treated like a Celebrity the entire 4 days. Dr Del Junco and his team had excellent bedside manners. Nursing staff -no one can beat the love and attention that I received.

I watched my Surgery the day after my procedure, I was blown away by the detail and the patience of Dr Del Junco's work. He took his time to make sure he took care of all my issues. It looked like he was doing surgery on a member of his family. His work was neat and clean. The surgery was done bloodlessly which was very important to me. He respected my beliefs. I cant thank him enough. I've been suffering for over 25 years. I'm looking forward to having a normal menstrual cycle.

Thank you Thank You... I'm grateful.

JR

Resides: Texas

I just wanted you to know that the quality of my life has improved dramatically. I'm not a 100% healed yet and I still have some swelling in my belly area just above my incision but , wow I'm able to enjoy life so much more now. No more heavy periods or sluggish feeling. My entire family says I'm so much happier and my mood is so much more positive now. I'm even able to perform so much better on my job. I'm considering applying for a new position because I know I can perform at a high level now. I'm so happy that I had the surgery. I'm looking forward to going to an all white party this summer because I wasn't able to go to the one I was invited to this past summer with the heavy periods. If anyone is on the fence about waiting to have surgery with Dr. Del Junco please encourage them to go ahead and improve their quality of life. I look forward to improved health and losing 15 lbs by this summer. Also next year I will be participating in a marathon for the first time. Thanks again.

CW

Resides: California

Dear Dr. del Junco,

No words can ever describe how grateful I am to you, to your blessed skills, to your open mind, to your willingness to think and participate outside the "norm" and your willingness and pioneering spirit to take the path less traveled. You are a medical maverick! A true explorer and pioneer!

You are a master surgeon and I will be forever appreciative of your skills, of what you have strived to offer as an alternative program, and for your continued willingness to work outside of "conventional" thinking in order to preserve the quality of life for the women that are lucky enough and blessed enough to find you.

Thank you from the bottom of my heart.....With deepest sincere appreciation

MC

Resides: Texas

Three (3) years and still full of energy!!! I just wanted to send you a little update. I just came back from my well woman exam, and all is great! NO FIBROIDS! This is my first visit since the surgery and all is well.

Thank you so much Dr. del Junco and...staff. We will keep sending patients your way.

DDO

Resides: Montana

Hello Dear Women and the Men who love them:

All I can say is thatDr. Del Junco Jr. and his staff value women and their bodies as whole beings with all parts working in concert with each other. When I called their office ..the RN...told me that they believe that the uterus is the core of a woman's body I knew this was the place for me. The patriarchal medical system in our country would have had me "take out the uterus and the cervix through your vagina" and they would have had me believe that my uterus was "just a muscle." I knew better. And when the tears flowed at the words of a young gynecological surgeon telling me that I didn't need my uterus anymore because I didnt want any more children (I am 53 and still cycling) I knew all was lost for the standard medical community.

They could only offer me what their skill level was - take it out! Thanks to my accupuncturist and a brave woman in Jackson, WY who shared her story with me I found Dr. Del Junco Jr. By that time I was bleeding 20 days a month and was told by the gynecological surgeon that if I had an emergent bleeding situation my "uterus was coming out without question." That was in late January 2013. I called Dr. Del Junco Jr.'s office within the week and luckily there was a cancellation in March 2013. I flew down with my husband to have the surgery in the first part of March. Dr. Del Junco Jr. spent two hours with us explaining everything and sharing his story. He is compassionate, full of joy about what he does and listens deeply to his patients concerns and desires. My husband was able to stay with me in the hospital night and day for the four days I was there. The staff at Temple were an incredible group of caring women. My night nurse had also had the surgery so she knew exactly what I was going through.

The day after the surgery I was walking around no problem and within a day of being released I was walking three miles a day and by the ten day check up visit I was walking five miles a day. Walking is imperative to the success of this surgery. Do not be afraid to walk. And do take six weeks off of work as you will need the rest. I did not know how sick I was until now - six months later - as I reflect on how tired and difficult life was with all of the bleeding. I had 30 tumors removed and Dr. Del Junco Jr. fixed my adenomyosis. It took five months but I am cycling again and

feel great. My bladder function is as good as it was before I my two children. I have good energy and do not have any of the hot flashes or other symptoms of menopause I was having so severely before. While this is a journey both psychologically and physically it was a journey well worth it to me. No ne of the doctors here could believe it. Since having the surgery I have told many women about my experience. Many do not know they have any other options other than hysterectomy. With Dr. Del Junco Jr. we do!

KC

Resides: Los Angeles

At 36 I was diagnosed with uterine fibroids. Because of the large size of them and my desire not to have blood during the procedure, I was told by my physician I would require a hysterectomy because a myomectomy would be too risky. Although I have no desire to have children, I thought this was a bit extreme considering my age. I found Dr. Del Junco doing an Internet search for alternative treatments.

Choosing to have treatment with him turned out to be the best decision. His entire philosophy not only on the surgery but the aftercare is so different from anything else out there (completely bloodless surgery and no waivers for hysterectomy to name just a couple). As a comparison, I had a friend who had a C-section the same time I had my surgery and my recovery time was a fraction of hers. My entire family was amazed at how quickly I was mobile and moving on my own. I also want to add that the nursing care at Temple Community Hospital was AMAZING and Patricia in Dr. Del Junco's office is wonderful! I am now 4 months post op and everything is back to normal. I feel great and am so glad I found Dr. Del Junco. Thank you, thank you, thank you!

AE

Resides: Hawaii

Dear Dr. del Junco Jr.

Its been almost a year since my surgery and I am in great shape!

Thank you for all you do

KS

Resides: New York

Dr del Junco

I am just writing to let you know I am feeling great!

I have been out walking every day ...just finished a 3.5 mile walk and will do another later today. I have not been able to do this in years.

THANKS Dr. Del Junco for really truly giving me my life back! My pain is gone! I no longer need to use my husband for support at night in order to change positions nor in the morning to help me get out of bed. I can sneeze and cough without dropping to my knees in excruciating pain. I can get in and out of a car without feeling horrific pelvic pain. I can go to the mall with my girls and not have to sit every 10 min.

My husband, my girls and I THANK YOU for caring! What you do every day is truly a gift and I will never forget this gift you have given me and my family!

SBD

*****Follow Up (5 months later from same patient)*****

Dr del Junco

I need you to know that I am still doing very well and have absolutely no regrets with my decision. I am able to walk forever and not have a care in the world. My energy level is so great now and I still remain pain free.

I am scheduled to see my GYNmy first appt since the surgery and he still has no idea I had anything done. A bit alarming as they have not questioned one bit of how I am doing given the fact I have not called them for pain meds or birth control pills or just to vent re: the severe pain!

THANK YOU SO MUCH! You have given me the greatest gift I could have ever asked for! My 2013 is looking very healthy and bright....all because of what you do!

Warmest regards!

SBD

Resides: Utah

Having the surgery is one of the best decisions I have made in my life. The surgery was so effective it has contributed to the good health I enjoy today. I appreciate Dr. del Junco and everyone who

works with him!

KH

Resides: Texas

Dr. Del Junco,

A special note of gratitude sent your way. It is a rare thing to find a man who is so dedicated to his profession as to step outside the box, swim up stream and fight ridicule from his peers and colleagues. I commend you in your diligence and will forever be indebted.

LJ

Resides: Southern California

I found out about my fibroid tumor while undergoing a pregnancy ultrasound. The hospital let me know that I had won the award for “Fibroid of the year”, meaning the largest they had seen in a very long time, the size of a 6 mo. old fetus I was told.

The techs kept asking me why I got pregnant knowing, but I quickly explained that I did not. This made out for a high risk pregnancy which luckily for me I was able to carry full term. I tried to have a natural birth, but because of the tumor I was forced into a C-Section surgery and told I was going to need a blood transfusion and that there was no way to remove the tumor. I would need to wait 1 or more years to heal, then go in for the removal. The OB sighed and said she was very sorry. The entire year I researched options with no comforting results or solutions ahead so I would be forced to live with my condition or go under a knife of an OB who was not in tune with a woman’s right to keep her organs intact.

I was scared so I waited. I had alot of pain and depression as a result and one day I sat up in my bed and I said today I will change this. I went over to my computer and within 5 min of searching my condition I came up with FAS. I had done this a hundred times and had never seen this web site before. I watched the doctors videos and in my gut I knew he was the one to do the surgery. I made an appointment to meet with him. He was amazing and I instantly knew that I was in perfect harmony with the “right solution”. I made the surgery appt.

During the surgery I was awake and saw the large tumor for the first time. I smiled because this was one of the best days of my life, ridding myself of disease and pain. The doctor and his staff continued to care for me with the goal of a full recovery. It was not easy, but worth every min of discomfort. I could live a full life again. The doctor gave me a high five and a hug and said “we did it”, I felt I had won an amazing prize. How did I get so lucky to have one of the best and brightest doctors in the world do my surgery? I had manifested him into my life and you can too. This doctor

truly cares about his mission to help women and their families lead full lives. I owe my life to Dr. Del Junco Jr.

JS

Resides: North Carolina

Dear Dr del Junco,

I struggle to find the words to express my deepest gratitude and my complete satisfaction with my surgical experience. From the very first phone call to your nurse, throughout the whole process and even to now, I am still impressed with the level of care I have received. Never in my life have I received such a great medical care; it really has affirmed my hope in the medical system.

I am so very thankful for all that you have done to make such a serious experience, pleasant and reassuring. Your entire team.... was phenomenal; everyone of them expressed a sincere concern for me and they each made sure that I was comfortable, that I was ok.

Please convey me sincerest gratitude to them.

Dr. del Junco, God has gifted you with the power of restoration by laying on of hands. What you do cannot be done in any other way (not laparoscopically or robotically); it can only be done "by the laying on of hands". This gift is not to be taken lightly, not to be taken for granted and must always be done in the spirit of humility. I have been blessed by your hands and I do not take that experience for granted; you have restored me and I look forward to my complete healing. I count it an honour and a privilege to be able to call you my surgeon and I thank God for you always, making mention of you in my prayers. May God continue to bless you and the IFAM .

DSN

Resides: England

I would like to mention how grateful I am for the operation done and how painless my last 3 years have been since then. Thank you for all your skill, knowledge and help.

KD

Resides: Virginia

It has been 6 years today (Aug 15) that I had my surgery. It was one of the best decisions I have ever made. I am doing great! Please tell Dr. del Junco how much I appreciate him and what he is doing for women. Take care and God bless!

Sincerely,

SS

Resides: Texas

Just an update on my status, I am doing great. Periods are minimal in volume and duration which is just a joy!!! I have picked up my activities and am really living now. I have lost 60 pounds this year alone and could never have done that with the periods of the past.

Thanks again for everything!

MM

Resides: Ohio

My story begins as far back as my late twenties. I had always had symptoms associated with fibroids... you name it, I had it. However, at every OB/GYN appointment when I discussed what was happening the answer was always..." Ok, We'll wait and see". If I had the forethought to ask "wait and see for what to happen....?"

Fast forward to 2008. I am 38 at this time...and now the symptoms are getting worse. I end up in a Denver emergency room due to a leaking cyst. It was during this visit that the "hysterectomy" word was first dropped. My belly had grown to look like a 34 week pregnancy. Symptoms are getting worse. After the emergency room incident...I began a two year research into female reproductive diseases. I researched every possible surgery (myomectomy, robotic) procedure (MRgFUS, Uterine fibroid embolization) and drugs (Lupron, RU486, Tamoxifen, Asoprisnil) associated with fibroid disease. None of these appealed to me for various reasons such as blood transfusions, side affects or how about lets take the fibroids out and leave everything else. It wasn't until I saw the website for Female Alternative Surgery that I had my "Agh ha" moment.

This website changed everything. I knew the moment I read the first few paragraphs, I was done searching. A doctor that treated ALL reproductive diseases and try to leave organs intact. This was the team I wanted to do the surgery and the facility I wanted to do it at. So, I contacted them in the fall of 2010. They were honest and upfront about everything. After many phone calls and emails...

the surgery was scheduled for April, 2011. I finally met Dr. Del Junco Jr.. I spent a few hours with them which only confirmed that I made the right decision. Dr. Del Junco Jr, and everybody at Temple...thank you for your dedication to patient care and healing. I am extremely grateful to have found you!!!!

Best Regards

WO

Resides: Georgia

It has been 11 years since I was told that my only option was a hysterectomy for my fibroids and I'm so incredibly grateful to say that I did NOT listen and I had FAS instead! Fast forward 11 years and I just relocated and with that comes finding an OB/GYN and as I was reviewing my medical history with her she stops me and says "YOU had SURGERY? The only way I would've known you had it was because of your external scar." In 11 years a few fibroids the size of a pea have grown and Dr. Deljunco said that 11 years ago but they're asymptomatic. FAS was the best decision I made to advocate for my ability to choose. A hysterectomy is AN option but it is NOT the ONLY option. Trust me I have 11 years post FAS and a uterus to prove it! 40 feels fabulous!

CM from Georgia

Resides: Washington

It's been just about 4 years since my surgery...The past four years have been filled with ups and downs, challenges and blessings, but I'll never forget what a healing I received in your care. So much pain was relieved and has stayed away. My decision to receive your treatment was one of the best I've ever made in my life!

THANK YOU doesn't quite cover how I feel.

BH from Washington

Resides: California

My experience from the first contact with the doctor's office to my post-surgical care, was indeed CARE!!

Commitment, passion, compassion, and expert medical/surgical skills has allowed me to realize whole health...mind, body, and spirit.

I am truly grateful.

BB from California

Resides: Tennessee

My surgery was a year ago December 17th!!! Wow, I can't believe it's been a year. It truly has been a success.

I feel so much better. I have finally gotten to taking care of myself and have lost 30 pounds and have 33 more to go. I love it. I really do feel better and am so glad that I do not have to suffer through my periods anymore.

Thank you guys for everything.

DD from Tennessee

Resides: Lima, Peru

“ Dear Doctor –

Thanks a lot!

Merci beaucoup!

Muchas gracias!

I am a very happy woman since 2000! 10 years after the surgery that changed my life forever. Sincerely I have no words to thanks all you... I always recommend this surgery for some women that suffer as me before 2000.

I got marriedSeptember 10th 2009 and I feel just wonderful!”

Peace and love,

– RMC

Resides: Los Angeles, California

“ Simply stated,
Dr. del Junco gave me my life back! And a lifetime of thank yous still would not be enough to show my deep gratitude and appreciation for what Dr. del Junco did for me. He removed 279 fibroids, removed some cysts from an ovary and a fallopian tube and even repaired an unexpected hernia! I don't believe anyone suspected 279, especially me. For several years, I carried around this large burdensome load of fibroid tumors, but I did not want to have a hysterectomy. So, I did a lot of research and came across the IFAM technique. I first went in for a consult and was impressed with Dr. del Junco's knowledge and candidness. After spending only a few minutes with him, I knew I wanted him to perform the surgery. After my surgery, both the staff at IFAM and Temple Community Hospital were phenomenal! They were very attentive and supportive and made the whole experience a positive one. I cannot say enough about how exceptional Dr. del Junco is at his craft. He is the master at what he does. Since the surgery, my life has changed. I am positive and upbeat. I am full of energy and therefore, more active. I lost a considerable amount of weight. I now wear tops that show off my flat tummy and smaller waistline. I'm in love with me again! And I owe it all to Dr. del Junco!”

– CR

Resides: Iowa

“ I took up jogging last fall and now run a few times a week. I lost 10 pounds after surgery and have not gained it back. I feel the best I have in quite a few years. I am healthy and happy! SMILE! Thanks! Iowa”

– RF

Resides: Oregon

“ Keep Doing What You're Doing! It is felt by all who put their trust in you at IFAM...you put your heart and soul into every person/woman/family you meet!. To this day, my daughter and I tear up at the impact you made in our lives. It is so hard to explain unless you have “crossed that bridge” as you said to my daughter. I am so thankful that you are no typical Doctor!! You have gained our deepest trust, respect and love as you worked to change the outcome of one young womans life and future. God Bless You! Your Number One Fans in Oregon”

- VF

Resides: Dallas, Texas

“ “Since having the surgery 5 months ago, my periods are no longer painful, my bleeding is 10+ times less. I am able to travel and perform daily tasks without being fearful of having an “accident” since before I could not go 20-30mins without having to make a change. Thank you!!

Dr Del Junco is a God Send! The surgery was not only less painful than my first myomectomy but the recovery time was nothing short of amazing. I expected the worst and experienced the best. I was up walking from the second day!

All the support staff and the hospital were professional, caring and gracious. I would be hard pressed to find better care anywhere else. Dr Del Junco has a top notch group working with him and the process is finely tuned, so you always know what to expect.

I wish I had come to you sooner, but appreciate what I have now. Thank you!!! ”

- MM

Resides: FL

“ “A day only has 24 hours and lately that doesn't seem to be enough for me. I am painting, exhibiting and growing and selling orchids. We're also getting ready to add to our house..... I'm enjoying it all, even if I am seemingly too busy. I'm feeling 98% again and am often consciously grateful to the Dr. for giving me back the ability to fulfill my desires in life and keeping myself intact.”

- MA

Resides: New York

“ “Since my surgery in 2005, every one of my gynecological exams has shown no reproductive problems. There have been no fibroids or ovarian cysts and I've had no issues with endometriosis. My doctor always sends me out for a sonogram “just to be

sure there's nothing there" and is always amazed at the results, especially knowing my history. Even the radiologists are surprised because I have an even longer history with them! I feel wonderful and I'm so grateful I decided to have the surgery. If I hadn't I'm certain I would have ended up with continuing problems or a complete hysterectomy. FAS was easily the clear choice."

- YR

Resides: Ohio

" "Thank you Doctor for what you have done for me! I am feeling great. I tell everyone who will listen about you and FAS. You and your staff are wonderful!"

- DD

Resides: California

" "I am deeply grateful for your skill, artistry and dedication to healing and transformation. The surgery was one of the best experiences of my life. I am a completely new woman now! I am grateful beyond words."

- EJ

Fibroid Tumors, Endometriosis

Resides: England

" "Ever since the age of 14 I have experienced bothersome, painful periods, but in the last couple of years the pain had become progressively worse with each passing month." ([Read More »](#))

Multiple Fibroid Tumors, Adenomyosis, Bilateral Ovarian Cyst, Peri-Tubal Cyst, Umbilical hernia, Uterine Prolapse

Resides: CA

"

“Dr. del Junco is an extremely skilled doctor and is the ultimate advocate for women’s health.” ([Read More »](#))

Fibroids

Resides: SC

“ Thank you for giving me back a full, productive life again. Immediately after the surgery, I stopped feeling...” ([Read More »](#))

Fibroids

Resides: CA

“ It has now been two years since my surgery. I am doing really well and...” ([Read More »](#))

Fibroids, Endometriosis, Adenomyosis, Ovarian Cyst

Resides: CA

“ It took me three years to finally decide...” ([Read More »](#))

Fibroid Tumors (22), Ovarian Cyst, Endometriosis & Adenomyosis.

Symptoms: frequent urination, virtually no sex drive, abdominal pressure

Resides: CA

“ Recovery was a breeze for me!” ([Read More »](#))

Update – Fibroids, Endometriosis and Adenomyosis

Resides: CA

“ First of all I wanted to let you know I am feeling amazing.” ([Read More »](#))

Update – Fibroids, Endometriosis

Resides: New York

“ “My former gyn retired this past January...” ([Read More »](#))

NEW – Fibroids, Ovarian Cysts

Age: 49 years old

Resides: CA

“ “In August of 2006, at the age of 49, I visited an Ob/Gyn...” ([Read More »](#))

NEW – Fibroids

Age: 45 years old

Resides: Nevada

“ “In July 2005, I was diagnosed with Fibroid Tumors...” ([Read More »](#))

NEW – Fibroids, Ovarian Cysts, Endometriosis

Age: 48 years old

Resides: Washington stage

“ “I’m 48 years “young” and I finished medical school...” ([Read More »](#))

NEW – Adenomyosis, Fibroids, Ovarian Cysts

Age: 50 years old

Resides: Idaho

“ “I didn’t want to have to deal with the complications...” ([Read More »](#))

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Fibroid Tumors

Age: 28 years old

Resides: North Carolina

“ “I was diagnosed with fibroids when I was 21 years old...” ([Read More »](#))

Large Fibroid – 36 Week Size

Age: 37 years old

Resides: Amman, Jordan

Special Circumstances: Cannot receive blood transfusions

“ “During a routine check-up, my physician said...” ([Read More »](#))

Fibroid Tumors

Age: 37 years old

Resides: Georgia

“ “In April 2000, I underwent a procedure called FAS...” ([Read More »](#))

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Fibroid Tumors

Age: 48 years old

Resides: Colorado

“ “My experience with Dr. del Junco Jr. was life changing...” ([Read More »](#))

Endometriosis, Ovarian Cysts, Misdiagnosed Fibroids

Age: 42 years old

Resides: Florida

“ “Up until 1997, I had had perfectly regular periods...” ([Read More »](#))

9 Pound Fibroid Tumor, Uterine Prolapse, Ventral & Umbilical Hernias

Age: 60 years old

Resides: New York

“ “Everything about FAS was a positive experience...” ([Read More »](#))

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Cysts and Fibroid Tumors

Age: 20 years old

Resides: New Jersey

“ “There is a history of hysterectomies in my family...” ([Read More »](#))

Adenomyosis, Prolapse, Fibroid Tumors, Cysts

Age: 43 years old

Resides: New York

“ “I am writing about my FAS in 1997. For 25 years...” ([Read More »](#))

Fibroid Tumors

Age: 49 years old

Resides: Iowa

“ “At 49, after having 5 children, I discovered that...” ([Read More »](#))

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Fibroid Tumors

Age: 44 years old

Resides: Texas

“ “I was diagnosed with fibroid tumors about eight years...” ([Read More »](#))

65 Benign Fibroid Tumors

Age: 32 years old

Resides: California

“ “In 1996, I went to my Gynecologist for my annual...” ([Read More »](#))

Ovarian Cyst

Age: 50 years old

Resides: Alaska

“ “A physician’s examination and ultrasound narrowed..” ([Read More »](#))

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Ovarian Cyst

Age: 43 years old

Resides: New York

“ “I consulted a total of fifteen different gynecologists...” ([Read More »](#))

40 Fibroids, Hernia, Large Cervical Cyst, Right Peritubal Cyst, Endometriosis, & Very Large Endometrial Fibroid

Age: 53 years old

Resides: Colorado

“ “I was first diagnosed with fibroids in 1997...” ([Read More »](#))

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More testimonials of women’s successes with Female Alternative Surgery are being added all the time so please, keep checking back!

If you would like to share your experience here with Female Alternative Surgery, please [click here](#) to send us your story.

[\(Edit\)](#)



A **New DVD** from
Dr. Del Junco Jr.

Get Yours Today

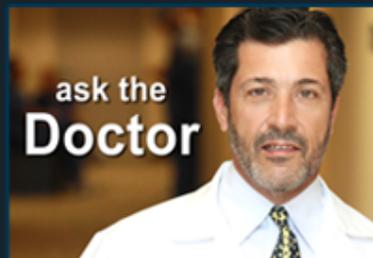
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Please be advised these photos are graphic.

WELCOME TO THE INSTITUTE FOR FEMALE ALTERNATIVE MEDICINE, LOS ANGELES CA

Dr. Tirso del Junco Jr. founded The Institute for Female Alternative Medicine nearly two decades ago in order to provide women with an alternative to hysterectomy. We realize confronting your illness is a brave first step toward reclaiming your body. It is our goal to educate you about your disease, so you can feel free to make choices that concern your body. Our friendly and supportive staff is dedicated to your comfort, safety and healing and is able to answer any questions you might have regarding Female Alternative Surgery. Beginning with our clinic's front door, feel free to come in and have a look around. We've created a virtual tour of our clinic to help you feel comfortable ... [Read More](#)

ARE YOU A CANDIDATE?

Over 800,000 hysterectomy surgeries are performed each year and up to 80% of them are not needed. If you are interested in our organ preserving surgery, please take the following questionnaire and we will examine your answers and let you know if you are a good ... [\[Read More...\]](#)

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