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# Endometriosis: Healing Through Nutrition

## *Endometriosis*



*A practical guide  
to healing  
through nutrition*

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## Synopsis

The first book to present a nutritional approach to curing endometriosis. It explains what it is, how it affects the body and the treatments available - both orthodox and complementary.

## Book Information

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## Customer Reviews

After reading this book I gained such clarity of understanding of this awful and painful disease. Any woman or teenager that suffers from Endo must read this book! The book teaches you first how the immune, reproductive, and digestive systems, all work together and depend on each other and then how endometriosis disrupts (to put it mildly) their special balance. The book then walks you through how nutrition (through supplements and food) plays such an important role in maintaining our system's balance and in healing. We can heal ourselves! And through testimonials in the book, you will see how women have changed their lives. Whatever your goal may be, to be pain-free or to achieve and maintain a pregnancy, this book will help you. Because of this book, two weeks ago I have begun to change my diet and already I have noticed a difference. The information provided in this book is invaluable.

I have been doing a lot of information hunting since my diagnosis of Stage IV Endometriosis. Of all the books (and other sources) I have read, this book is the most helpful and most logical. The authors explain how our bodies work, how everything within us is interrelated, and how what we put into our bodies effect that interrelation. Along with the extensive nutritional information, they also explain all the present treatment options available to us and how each one changes our body. I

believe this is a very important book in helping us gain control of our lives again. (if the authors are reading this...Thank you)

I found this book to be an excellent reference for women with endo trying to heal through nutrition. The authors explain how the biochemical pathways and cellular functions are affected by the nutrients that we need. They also explain the how certain compounds in foods we eat can be harmful and adversely affect the normal cell function. There is a section in the end that explains each nutrient, and they even provide some recipes as a starting point for changing your diet.

After three years of infertility due to endometriosis, we had given up hope. After eight months on this diet we were expecting our first child with no medical intervention. Even if you aren't trying to conceive, this diet DOES help you feel a lot better.

As a stage IV endometriosis sufferer, the diet recommendations dramatically alleviated menstrual cramps and especially bowel pressure and pain through the removal of wheat/wheat gluten, minimizing red meats, and maximizing vegetables, fruits and nuts. I found that starting this diet within a few months post-laparoscopy was most helpful.

If you're looking for a book about this condition, please, be very careful about evaluating what you read. When I started researching this condition I was really disappointed in the number of outdated books that are still available in most bookstores. I picked up a book that was originally published in '89, and the figures it gave for fertility after a lap were devastating (and no longer valid). This is the only Endo book I've found outside a medical library that adequately describes this rotten disease. It makes no great promises and it doesn't sugar coat anything; it feels completely honest and helpful. If you really want to get control of your body, you have to know precisely what it is that's gone wrong, and exactly how decisions about your lifestyle will affect your condition. This is the only book I've found that made me feel like I could do that.

This book is written in a friendly and easy to read manner. It has a lot of information to absorb, but is what every woman with Endo should know. If you want to learn more and want to follow the guidelines provided then I strongly recommend this book. In only three months my life has changed. I understand my body like never before and am excited that following the suggestions in this book will lead me to my dream - pregnancy. After having purchased numerous books on Endo, it was

nice to have one that finally answered my questions and was enjoyable.

I'm at something of a loss as to what to say about this book. I couldn't decide if I should give it five stars or one, so I cut the difference and gave it three. This book is bizarre. If you can wade through the sections of repetitive, juvenile, slang-ridden, poorly written diatribe there is a lot of very helpful medical information which every endometriosis sufferer should know. I learned so many useful and helpful things about reproductive endocrinology, the immune system, the digestive system, and endometriosis itself. Yet the authors could easily have gotten the same amount of information into the book using half the words. Some parts of this book are clearly and concisely written and very helpful, while other sections of the book read as if the authors wanted to make the details understandable to a five-year old. I was definitely annoyed and somewhat insulted, as I think the authors ought to assume that the people reading it are going to be adults with functioning brains. However, I cannot help but recommend this book. The information in there is good, if you can put up with the useless junk and find information in the midst of verbosity.

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