

ENDOMETRIOSIS

The Natural Approach to Treating the Root Causes of Endometriosis

What is endometriosis?

Endometriosis is when the type of tissue that normally lines the uterus, called the endometrium, is found in other locations of the body where it's not supposed to be.

Why does it hurt?

Misplaced endometrial tissue is triggered by the same hormonal changes that trigger your period to come. This causes the tissue to shed, or bleed. When this shedding occurs, it is irritating to the nerves and surrounding tissues in the abdomen or pelvic cavity.

Over time, this shedding leads to chronic inflammation and scar tissue/adhesions. This can progress and worsen over time.

What are the symptoms?

Painful periods, pelvic pain, bladder dysfunction, bowel dysfunction, sexual dysfunction, infertility and development of ovarian endometrial masses or tumors.



Treatment Goals:

- Reduce Inflammation
- Reduce Oxidative Damage
- Balance Hormones
- Detoxify
- Treat Pain
- Relieve Adhesions

It takes about 6-12 month to see a reduction in the overall number of endometrial implants in your body, but you should start seeing results within the first 2 weeks in regards to pain relief with a natural approach to treatment.

Anti-Inflammatory diet:

- Eat up to a pound of combined fresh vegetables, especially leafy greens and fresh fruits each day.
Recommended vegetables: kale, collards, broccoli, brussel sprouts. Recommended fruits: berries.
- Remove dairy products, gluten containing products, corn, most sugar and reduce red meat intake.
Recommended diet: plant-based with no red meat and small amounts of organic poultry and fish.
- Keep your blood sugar steady to keep inflammation in check.

Herbs + Supplements for Healing Endometriosis:

Reduce Inflammation:

Include natural anti-inflammatories in your daily routine: Curcumin (from tumeric), Bromelain (from pineapple), Quercetin (from apples, onions, and other plant sources), Ginger root, Boswellia, and Fish oil

Try this: Inflammation from Designs for Health, InflammationResponse from Herb Pharm, Tumeric Supreme from Gaia Herbs, along with 1-2 tsp daily of Nordic Natural Ultimate Omega

Prevent/Repair Damage with Antioxidants:

Foods or a supplement high in vitamins E, A and C

Resveratrol from red grapes

N-acetylcysteine (NAC)

Pine bark

Green tea

Curcumin

Try this: 600-1200 mg of NAC and 30 mg of pine bark

Balance Your Hormones:

Avoid foods high in estrogen

Daily bowel movement is essential for reducing inflammation, overall body toxin load and eliminating excess estrogen from your system

Try this: 1-2 TBS of freshly ground flax seed in a smoothie (or mixed into food) to avoid constipation and Indole-3-Carbinol to detoxify and eliminate excess hormones.

Avoid Environmental Triggers:

Avoid chemicals when you can, such as in your foods, body products and cosmetics, household cleaners and fabrics.

Try this: Xeno-Pro-Tex by Xymogen, NAC, Curcumin, Resveratrol and Quercetin

Treat Pain:

Ginger root powder, Jamaican dogwood, Curcumin, Cramp bark, Devil's claw and Melatonin are excellent for pain relief.

Try this: Tumeric Supreme Pain by Gaia Herbs, Ginger capsules at a dose of 500 mg 2-4x/day and 10mg of Melatonin

Break Up Adhesions:

Seeing a physical therapist who is skilled in pelvic pain and/or a massage therapist who specializes in Arvigo Massage or Mayan Abdominal Massage is essential to address adhesions and to break down scar tissue.