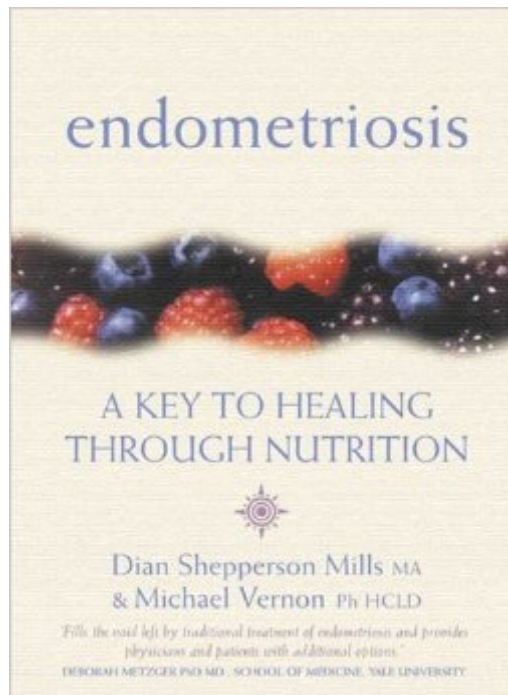


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# Endometriosis: A Key To Healing Through Nutrition



## Synopsis

Offering safe and practical nutritional and healthcare advice â “ this book is vital for all women wishing to overcome the pain of endometriosis. Endometriosis is the condition in which the lining of the womb grows on other organs outside of the uterus, frequently causing intolerable pain. In some cases it may lead to problems conceiving or infertility. However, there is relief for this condition as Dian Shepperson Mills illustrates in this book. Endometriosis is a detailed, insightful look at a disease which affects approximately one in ten women worldwide. Drawing upon years of research, Dian Mills and Michael Vernon show how the right diet can provide the key to optimum health in overcoming endometriosis. This book contains: An explanation of how endometriosis affects the body and advice on how to cope with it. An account of the key role played by nutritious and healthy food. Information on foods that are harmful and foods with healing qualities. Delicious recipes and practical menu suggestions.

## Book Information

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## Customer Reviews

I read the first edition and I had to write a review (I never do) but in doing so, I could help others with this horrible disease. The information in this book changed my life completely. I have had two surgeries for endo and countless ob/gyn visits - I finally followed the book's nutritional advice and after 3-4 weeks, my pain disappeared. Not only that, 4 months later, I became pregnant and now I am a mother to a beautiful baby girl. My energy is 100 times better - I felt so helpless before but now

I feel so empowered. I have never felt so healthy! Please read - there is hope for you!!!

I got this book as soon as I found out it existed! I have the 1999 version, and I loved it, I took it wherever I went for reference. I haven't finished reading the new one yet, but it seems just as well done as the first, but with more information. I've been using the nutrition/supplement method for my endo and have seen a dramatic decrease in the amount of pain I experience, with some monthly cycles being totally pain free, with no medication. I also had chronic colitis at the start of the treatment, which has all but vanished. I've recommended the first book to many, for both overall health and fertility reasons, and I will definitely be recommending this one now. As a matter of fact, I bought two when I ordered it, one for a friend!

The diet and nutrition advice in this book have helped me tremendously. Previously, surgeries offered short-term relief but my endo (stage 4) always comes back. I became unable to tolerate any hormone or drug therapy because of the side effects. I was afraid my life would just be ruled by this awful thing and started looking for anything to help take back my health. Since going wheat-free and reducing my intake of processed foods and chemical additives, my pain has been reduced by 80%. And this despite my overwhelming skepticism that something like a diet could work! There's still some pain, but I no longer need prescription pain medication and no longer plan my life around my endo. While a wheat-free diet requires some effort and planning, the results have made everything worthwhile. I cannot imagine going back to living a life ruled by pain.--UPDATE October 2008: For what it's worth, I wanted to add that while I had tremendous improvements following the wheat-free diet, I have experienced even more positive changes after I went completely gluten-free 6 months ago. Again, it's not easy and maybe it's not the answer for everyone, but it's been well worth the effort for me. I am still so grateful to Ms. Mills and her book for starting me on this path. I don't know what condition I'd be in today if not for this book.

I bought this book the week after I had laparoscopic surgery to diagnose & treat my endometriosis. I devoured it in just a few days. It was fascinating to read, and I learned so much from it. After my surgery, my doctor wanted to put me on a medication that would put my body into a state of menopause to further treat my microscopic endometriosis. I'm so thankful I declined. I began my endometriosis diet less than 4 weeks after my surgery. I started by cutting out wheat entirely for a month. Then I cut out dairy entirely in addition to the wheat. (I cut things from my diet based on what the book said and how certain foods would cause certain people's bodies to react.) I then cut out a

whole bunch of other stuff. Less than 3 months in, I started noticing how my body was responding to the diet. My mood swings were nonexistent, I was happy all the time, I had zero flatulence, and I stopped experiencing cramping before my period. It was a complete and utter transformation. Less than 4 months into the diet, I found out I was pregnant. (We had been trying with zero success for almost a year at that point.) I am almost 6 months pregnant now and will go back on the diet when we start trying for our second child. I cannot say enough good things about this book.

I have used this book as a reference for several years. It contains a lot of very scientific information, which I actually like to read because I want to understand the disease that at times has burdened me with pain daily. I agree with those who say this book can be life changing; through this book I realized my wheat sensitivity/intolerance. I don't mind going out of my way to eliminate that ingredient, because I feel so much better without it! This book is the best I've found for recommending a supplement program for women with endo. She does not recommend brand names, just strengths/dosages, so it makes it difficult. You have to find brands that contain the right amounts on your own. Quality supplements are important. I take 7 vitamins/minerals every morning, but it is worth it, as I feel much better when I'm on them. I have found vitacost to be a good place to purchase my supplements, along with many organic personal care items and greener cleaners, which are all recommended for women with endo. I also highly recommend consulting with a Dr. who specializes in bio-identical hormones (check out books by Dr. Michael E. Platt for more info.) Another option is to find a physical therapist who specializes in women's health, who can provide myofascial release for adhesions and help manage pelvic pain. You CAN live with endo without having to frequent the OR. I know - I had three surgeries for stage 4 endo before I tried finding alternative ways of coping. I live a much more comfortable life now that I've modified my diet, added supplements, use bio-identical progesterone, and have weekly appointments with my PT. I credit this book with giving me the 'kick' I needed to become an advocate for myself. Please note that I deducted 1 star because Ms. Mills contradicts herself frequently with her dietary recommendations. After reading through this book several times, it's unclear if she recommends eating soy or not. Same with dairy, wheat, and sugar. There are paragraphs that tell you not to eat these foods, but then she includes them in recipes. I have figured out by trial and error what affects me, and maybe that's her point - everyone is different so do what works for you. When you figure out your sensitivities, find cookbooks geared towards eliminating the offending foods, and cook in quantities over the weekends (Gluten Free Gourmet and Grain Free Gourmet cookbooks are good places to start.) The baked goods will be different from anything you've ever eaten, but you will get used to it,

and even love it, when you realize how much better you feel. Ingredients for gluten free and grain free baking can be costly, look for flour blends that are already mixed, like the multi blend flour from Authentic Foods. Overall, this is a great book for those wanting to know about their disease and how to help control their symptoms. I got wordy with my review, but that's because I've spent so much time trying to help myself - I hope that time spent can help others as well.

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