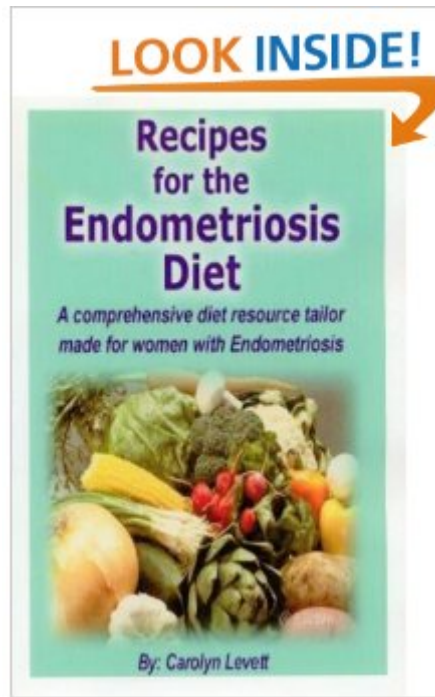


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# Recipes For The Endometriosis Diet



## Book Information

Paperback

ASIN: B000O7TOYW

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## Customer Reviews

There are several recipes in this book, all of them sound delicious (mostly)...However the majority of them do not include ingredients readily available, or available in the states for that matter. It is however a good starting point for anyone that is just starting out on the Endo Diet. I suggest you do some looking at recipes and places on the internet before sinking the money into the book. Especially if you are like me and you think you are buying a recipe book to have on hand at all times...

I am a stage 1V Endo patient, and wanted to stop by here to simply say that I bought this book a few years ago and it changed my life. I started to implement the dietary changes and the major ones that changed my life were eliminating wheat and lessening sugar. I went from chronic, horrible fatigue and pain to manageable. It wasn't easy, it took me two years to get a grip on my food addictions and I used Chromium supplement to great effect for controlling cravings. I recommend this book to every woman I meet who has Endo and actually I am mentioning it in an article I just wrote which I hope will be published soon.

I read many of the reviews for this cookbook, and purchased it anyway. Alas, I haven't been impressed. It's a personal preference, but I like cookbooks with at least some photos, to help me get an idea of what I'll be making. I am fairly certain I knew going into this that no photos were included but there is a shortage of cookbooks aimed at the "Endometriosis diet" so after some back and forth, I took a chance on it. I'm sorry to report that I just haven't gotten much use out of this one. I made a couple of recipes but there are tons of typos and it's difficult to tell how any recipe will turn out. At around \$30, which I've never before spent on a cookbook, I don't feel that the content matches the price. I've owned this now for a year and it became a dust collector after the first month and a half. Too bad.

I respect the author's work in providing a resource for those of us suffering from endometriosis and wishing to control it with diet, but this book is too full of frustrating inconsistencies for me to recommend it as a source. Using this book, I was attempting to compile lists of foods that are beneficial and harmful for one suffering with endo; but several foods are mentioned in one section as okay to eat, and in another section as food to avoid. For example, this book repeatedly says to avoid wheat, but then lists bulger and tabbouleh as whole grain alternatives. Rye is also listed as an alternative to wheat, but then it is with wheat in the list of foods to avoid. I can't understand if it is meant to be a gluten-free diet, or just wheat free... it's never stated. Yogurt is another inconsistency. It is detailed in the foods to avoid page, along with dairy, and she even provides a recipe for an alternative nut yogurt, but then says that live yogurt is okay to eat, and is even beneficial. And, as another reviewer noted, the books says to avoid sugars and honey, but that maple syrup and rice syrup are okay... then never explains why they are okay and honey is not (but then 1/2 cup honey is used in the cranberry tea recipe). I am also disappointed by some incomplete information and advice. On one page it says to "avoid toiletries that contain chemicals that mimic estrogen" but never are these chemicals listed. I think if you already on the endo diet, then there are probably some good recipes, but I wouldn't recommend using this book as a starting point.

I was diagnosed with stage 3 endometriosis last year. Prior to that I knew I had many symptoms and was on multiple pain relievers. The pain was so intense at times I had to steady myself for fear of passing out. I wanted to try something that was not a drug, as I really could not see myself on pain killers the rest of my life. I have been on the "endo" diet since April of 2012. It has changed my life. About a month after I started the diet, I did not have to take any pain medication to deal with the pain. After being on this diet for over a year, I am proud to say that I have taken 3 pain pills total in that entire time. Before this diet, I was taking 3 a day on average during the painful times. It takes a lot of courage and dedication to try something like this and it is not for everyone. This book is a great starting point for anyone not sure of where to start. The diet is very regimented. At this point I can honestly say that I live it about 80% of my food intake but I find it nearly impossible with my lifestyle to do this 100%. It has still made quite the difference. The main things I have given up or cut way back on are gluten, wheat, dairy, and red meat. If this is too much for you at one time just try a few of the main culprits that could have great effect on you...gluten, dairy or red meat. It's worth a shot and in my case being almost 100% pain free was worth it and you are hearing this from a complete carb addict. Thank you for reading this, it has changed my life. You can also find out more

about this diet by searching endodiet on Google. There is a great website you will find that will give you wonderful reviews and other methods to help you deal with endometriosis.

This book has excellent recipes for those seeking to improve the negative symptoms associated with endometriosis. I've had severe cramping for 1-3 weeks out a month. In desperation, I was searching for something I could do for relieving the pain. I've been on this diet using the recipes for the past 2 weeks. I have already experienced a better monthly cycle with cramping for 3-4 days instead of weeks. The cramping has been very manageable. The information on the estrogens and how the body reacts to different foods in my diet was so valuable. I was pleasantly surprised at how tasty the recipes are. I'm hopeful that as I continue the dietary guideline she recommends the months ahead will only get better.

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