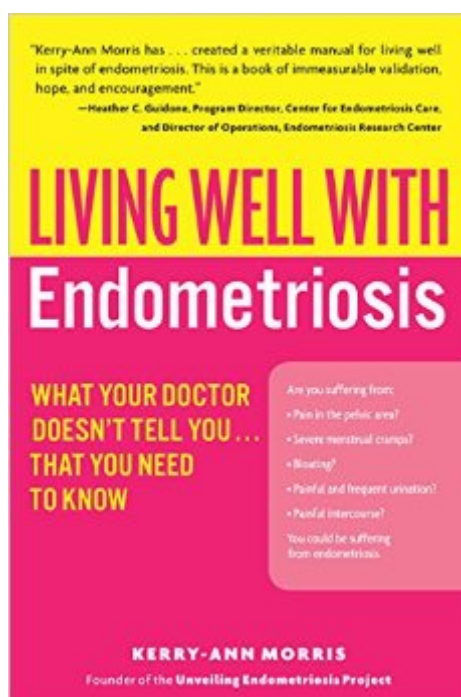


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# Living Well With Endometriosis: What Your Doctor Doesn't Tell You...That You Need To Know (Living Well (Collins))



## Synopsis

A complete guide to the sideâ “effects and treatments â “ both conventional and alternative â “ for endometriosis, from a respected name in the field who also suffers from endometriosis.

Endometriosis is a debilitating reproductive and immunological disease that affects 7â “10 million American women each year. The disease occurs when the same kind of tissue that lines the walls of the uterus grows outside the uterus in the pelvic cavity or some other area of the body, usually significantly affecting the woman’s fertility and often causing pelvic pain. And as with any condition that affects fertility, the results are often emotional and psychological as well as physical. As someone who suffers from endometriosis, and who has connections to a wide network of healthcare professionals, Morris is the perfect person to guide sufferers through diagnosis, treatment and living well with the condition. Like the previous titles in our successful Living Well series, this book will offer a holistic approach to living with the disease. The author will offer strategies for coping with the psychological aspects of endometriosis, including how best to tell others about the condition; treatment options including alternative and complementary treatment plans; dealing with infertility; and weighing the hysterectomy option. The author will draw on her relationship with fellow sufferers as well as medical professionals to help readers, making this the most comprehensive guide to endometriosis available. Kerryâ “Ann Morris was diagnosed with endometriosis in 1999. Since then she has become one of the most active members of the endometriosis community, and has started an outreach website for the disease. She has relationships with many fellow sufferers and experts in the medical community, making her the perfect author for a book on holistic treatment.

## Book Information

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## Customer Reviews

This book is a great resource for anyone suffering with endometriosis. I found it to be easy to read and understand. I like the fact that the book not only contains the medical facts but also contains real life stories from women who have the disease. These real life stories really helped put my own situation into perspective and provided me much comfort-it really helps to know I am not alone. I recommend this to both women who have been recently diagnosed or long time sufferers of the disease like myself. I so wish this book had been around 12 years ago when I was diagnosed. This book alone has given me more information about the disease than some of the medical professionals I have talked about. Kerry Ann really did her research and the result is wonderful!

While there are many books about Endometriosis available on the market, none have lent such a voice to the global Endo community. This is truly a collaborative effort, featuring the best from both the professional and lay communities within its pages. Author Kerry-Ann Morris is to be commended on her work. This book will benefit every woman or girl with the disease - as well as their loved ones and doctors alike. \*Everyone\* concerned with Endometriosis must add this book to their library.

Recently diagnosed with endometriosis, I went searching for a book that would help me get a handle on the disease. This is a good reference guide, giving clear, concise and up-to-date information. It's well-balanced, providing information about medical and alternative options; it does not advocate one particular course of action but aims to educate the reader about the options that are out there. I am very pleased with my purchase and recommend the book highly.

I you have endometriosis, but this book. Part of it is very technical and it helped me understand endo in a way I hadn't before. The other part is recommendations for diet changes, info on current medical treatment and the pros and cons, and personal stories. I implemented the diet, and my pain started going away after a couple of weeks, and now I've been pain free for almost two years now. The diet is restrictive, but after about six months of being strict, I relaxed on it and haven't suffered a recurrence of pain.

Kerry-Ann is able to take a lot of the mystery out of this disease. She breaks the informaion down into bite size pieces that are easy to understand. Her book is full of "lightbulb moments." Things

began to make sense and the "light came on" a number of times as I read the book. I suggest this book to any person dealing with this horrid disease.

I have not been diagnosed with anything as of yet. However, I've been suffering pelvic pain since 2007. The doctors at the emergency room have repeatedly told me it's probably endo related. I checked this book out at the library, and liked it so much I bought it. It's very informative and comforting. It's helped me learn more about what may potentially be wrong with me. It's helped me prepare myself for treatments and surgery that may be in the future for me. If you or someone you love is affected by endometriosis...BUY THIS BOOK. You won't regret it. It's written in a way that is easy to understand. It includes many stories from women who are diagnosed with endometriosis, which helps you realize you are most certainly not alone. It has a wonderful section about symptoms and a symptom chart that you can copy, fill out and bring to your doctor. It's a wonderful book and I'm very glad I own it as I am on the road to an official diagnosis, and healing. -Liz

This may be the best book ever written by a human being. Next to the Bible and Shakespeare, there are few better books. This is one of the first books I ever read on the chronic pain problems around the world, and how to get over them. Her work with people suffering from chronic pain is an inspiration to writers everywhere. The stories of people being misdiagnosed as "simply depressed" was insightful. It is a clear, and easy to read book. Yet it has many detailed facts, and interviews. I was suffering from chronic pain greatly when I read this, and her chapters on herbal vitamins to take helped me greatly! I was very moody before, and this helped without drugs! Her tips on how to write about your pain to help get outside your pain very insightful. I loved this book, and I think it is a great work for anyone dealing with chronic pain.

This is a great resource for people who are wanting more information about endometriosis. If you have done a lot of research online, there are going to be a lot of things that you have already read, but you should still find some things that are new information. The author decided to write a book because she was going through so much as most of us do when we are starting out struggling with endo. Great tool.

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