

ENDOMETRIOSIS

Endometriosis is the abnormal growth of cells that form in the lining of the uterus. Instead of being expelled in a menstrual flow, these tissues remain in the body and can attach themselves to other organs including the lower abdomen and bowel. The ensuing result can lead to pain and inflammation.

Recent research (*American Journal of Obstetrics & Gynaecology, 2017*) suggests probiotics may help with prevention and/or management. Whilst there is no 'cure' for this condition, adjustments to your diet can make a tremendous difference and even allow you to live in remission of the symptoms.

Foods to Eat	Food to Avoid
Broccoli	Red meat
Cauliflower	Ham (sodium nitrate content)
Nuts- especially almonds and cashew nuts	High sugar foods
Olives	High 'bad' fat foods
Avocados	Dairy products
Chia seeds	Alcohol
Lemons	Nightshades: potatoes, tomatoes, peppers, aubergines, chillies
Oily fish – salmon, tuna, sardines etc	Pickles
Soy foods	Cheese
Fermented food: kombucha, kefir, kimchi	Refined carbs: white flour, white rice etc

Drinking herbal teas can help. Try: red raspberry leaf, sage or chasteberry

Other helpful drinks include:

- Apple Cider Vinegar – 2 tsps in a glass of water
- Dandelion or nettle tea

Beneficial supplements include:

- Probiotics
- Vitamin B5 and B6 (*at least 100mg of each*)
- Vitamin E
- Turmeric (or curcumin)
- DIM (diindolylmethane)
- Magnesium
- Omega-3 (*with an EPA content of at least 600mg*)
- Iron- if heavy blood loss
- Iodine

NB: This fact sheet offers generic advice on endometriosis but everyone is different. It is therefore beneficial to have a personal health and nutrition assessment to get specific advice that takes account of all your health and wellbeing needs. I can help 😊 www.alisoncowell.com