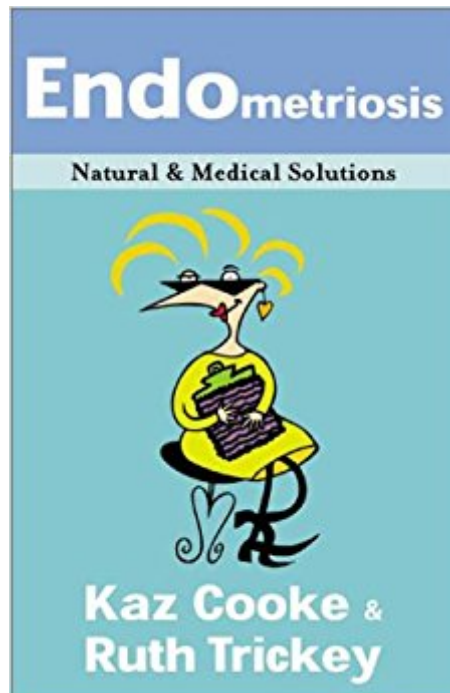




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Endometriosis: Natural & Medical Solutions



Synopsis

For those who suffer from it, endometriosis is a painful and confusing condition associated with period pain and fertility problems. This guide offers a friendly and up-to-date explanation of endometriosis with suggestions on how to manage it. Included is information about diet strategies, drug side effects, and what to expect from surgery. Strategies for easing pain and hormonal swings are explained, and options for self-care, natural therapies, improved diet, and medical solutions are provided.

Book Information

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Customer Reviews

Kaz Cooke is a humorist, a cartoonist, and the author of *Real Gorgeous*, *Living with Crazy Buttocks*, *Get a Grip*, and *Up the Duff*. Ruth Trickey manages her own multidisciplinary center where she is a midwife and natural therapist. She is the author of *Women, Hormones & the Menstrual Cycle* and *Menopause*. They are the coauthors of *Women's Trouble*.

Though this is 10 years old, it has a top quality nutrition section and pain management for endo. I have read through it and used it multiple times.

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