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# The Endometriosis Natural Treatment Program: A Complete Self-Help Plan For Improving Health And Well-Being



## Synopsis

Endometriosis is a common medical condition in which the tissue lining the uterus is found outside of the uterus. Painful menstruation and infertility are two of the numerous symptoms, and it can take up to 8 years to diagnose. This groundbreaking book offers practical, easy-to-implement ways to alleviate symptoms and improve overall health and well-being. It explores the environmental toxins, cosmetics, dietary habits, and other lifestyle issues that may be partially to blame for the condition. The authors outline a program for eliminating certain foods, changing habits, and using supplements and essential oils to begin healing the condition, incorporating aromatherapy, diet, sitz baths, and other methods. They suggest slow yet steady lifestyle changes that focus on whole, unprocessed foods, detoxification, self-massage, essential oils, stress reduction, herbal remedies, and supplements to address nutritional needs. The book also includes checklists and self-tests to help women implement the plan for treatment.

## Book Information

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## Customer Reviews

An extensive self-help plan . . . Particularly helpful questionnaires [make] a good starting place for a dialog with a physician. -- Library Journal

Valerie Ann Worwood is one of the world's leading authorities on aromatherapy. She has been practicing for over twenty-five years. Her many books include the bestselling *The Complete Book of Essential Oils and Aromatherapy*, *The Fragrant Mind*, and *Aromatherapy of the Healthy*

Child. She is an active member of the International Federation of Aromatherapist Trade Council. She lives in Essex, England. Julia Stonehouse is a lecturer and writer specializing in reproductive health issues, currently researching the effects of reproduction theory in developing nations. She lives in London, England.

This book is amazing. It, along with Recipes and Diet Advice for Endometriosis, helped me lose 97 pounds over a year. This book has a lot of 'replace this with that' and charts explaining oils, foods, exercises, surgeries, alternative treatments, you name it. This book is extremely comprehensive and also has journaling space in the back. I've loaned it to all my lady friends with cramps and the diet advice really helped them, endo or not. I have a ton of sticky notes for fast reference. This book will be your Endometriosis Bible!

This book is very informative and helpful. But, in order to follow the natural treatment program you have to be very dedicated and have a lot of self discipline. There are a lot of steps involved. It is good for anyone no matter where you are in your journey with endo. I have been only somewhat following the program, but have noticed a lessening of symptoms. My only complaint is that when it discusses the supplements you need to take it doesn't give a recommended dosage. I really like the section at the end of the book which contains charts of dietary sources of vitamins, a food diary and the endo files to record all info regarding your health and track your treatment. I highly recommend this book to anyone with endo that wants a natural approach to healing.

These remedies seem promising. I've only tried the non essential oil part, been very difficult to find all of them and the best place to get them. Can't find anything that would work for the sitz bath section so it's regular bathtub for me but I'm not giving up yet. For someone who's not a size 2 that'll be a little difficult. The massages are wonderful and once my oils come in they'll be even more beneficial. I definitely feel a difference with just the little changes I've tried so far.

I would recommend for anyone who wants to reduce symptoms for Endometriosis. This book gives valuable information and healthy natural treatments to use. My only complaint is she doesn't thoroughly explain how long to do some of the treatments. Some parts of the book are unclear.

I was only diagnosed with endo earlier this year. I wish that I had been diagnosed far sooner and had someone introduce me to this book when it was first published in 2003. Endo does not have a

cure and this makes the news of the diagnosis that much more painful to hear. Ms. Worwood has offered so many women hope, where none existed before. Her solution is simple: live the simple and natural life. Get rid of everything that is toxic to your body: throw away those carpets, eliminate processed food (they are making our immune system overreact which in turn makes the pain of endo that much worse). Moreover, sitz baths (or better yet bathtubs that cover our entire abdomen) with herbs will re-train our bodies to eliminate inflammation and promote healing. What a concept! The only negative that I have is that she recommends a laundry list of essential oils that aren't available at any store. If she sold them through her website, it will make starting treatment significantly easier.

Book was recommended by a friend. I use it anytime I can't remember or need some question answered about endo.

Not the best book

Gift was very appreciated

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