DIET ADVICE for Endometriosis

Your guide to help you reduce your symptoms of endometriosis from endo-resolved
DIET ADVICE FOR ENDOMETRIOSIS

Welcome to this introductory guide
This guide will give you a basic grounding into the basis of using diet to help reduce your symptoms

THE AIM OF DIET IS TO HELP:

- Reduce pain and inflammation
- Relieve cramps and reduce bloating
- Reduce estrogen and balance hormones
- Balance blood sugar levels
- Help increase energy levels
- Heal the gut including Leaky Gut, SIBO and IBS
- Support your immune system

Focus on one thing at a time rather than trying to fix everything all at once
You will have slip ups and that’s okay
Small steps lead to the bigger picture of the goal you want to achieve
Hi, my name is Carolyn Levett and I am an Integrative Health Coach having qualified in Nutrition and Naturopathy. To validate my advice - I was able to recover from endometriosis with proof from my gynaecologist who said ‘all my endo had dried up’. I achieved my recovery with the support of homeopathy and following a healing anti-inflammatory diet and lots of self-care. You can read a brief account of my story here.

My advice for endometriosis care and management is based on the concern that conventional modern medicine can do more harm than good. Surgery may be needed in more serious cases to repair the damage that the disease has caused.

However, the right nutrition and lifestyle changes are not only less damaging to the body but far more effective. Surgery has been found to be a temporary fix at best which can then lead to even worse symptoms caused by more scar tissue. Drugs with all their many side effects are also very damaging.

Treating the body with kindness through diet, reducing toxins and supporting the immune system will reap better results for long term health.

I have been where you are, so I fully understand the desire and need to get relief from the pain, bloating and distress that this disease causes. I hope this guide gives you some hope and inspiration to start managing your symptoms more naturally.

with healing thoughts  Carolyn Levett NT, BA
BASIS OF DIET FOR ENDOMETRIOSIS

REDUCE INFLAMMATION

Endometriosis causes inflammation especially where there is damage caused by cysts and adhesions. Inflammation can also occur in the digestive tract which can be caused when endometriosis infiltrates the digestive tract, especially the bowel. Changing your diet to an anti-inflammatory diet will help to reduce inflammation and in turn will help reduce pain.

BALANCE HORMONES

When dealing with endometriosis you need to keep estrogen levels under control as estrogen feeds the development of endometriosis. There are many foods that contain phyto-estrogens, however they are not as potent as the bodies own estrogens. Eating some phyto-estrogenic foods can help to block estrogen receptors which will reduce the effect of your own estrogen hormones – but this must be done in a balanced way.

REDUCE PAIN

Specific foods can cause pain and inflammation as they increase negative prostaglandins that are responsible for causing pain and inflammation in the body. By reducing your intake of foods that increase prostaglandins you will obviously be able to reduce pain and inflammation.

MANAGE GUT HEALTH

Addressing gut inflammation, leaky gut, and SIBO can contribute to poor absorption of nutrients which can result in poor immune health and inflammation. Eating foods that support the gut and avoiding foods that irritate the gut will aid in the whole healing process.
BLOOD SUGAR BALANCE

Blood sugar imbalances can lead to inflammation, immune flares, hormonal imbalances, and compromised brain function. Supporting balanced blood sugar is critical for recovery from any inflammatory condition and ensure much needed energy levels are sustained to reduce further stress on the body.

NUTRIENT DENSITY

Every system in the body needs a wide array of nutrients to function at its best, including the immune system, your reproductive system and even your brain. Nutrient-dense foods are central to the diet, giving your body the tools it needs to heal deficiencies and support every function of the body.

REDUCE TOXINS

By eating a clean nourishing diet and not eating toxic foods that contain chemicals, e-numbers, preservatives and pesticides will help to detox your system and reduce stress on your body. This in turn will help to speed the healing process.

IMMUNE SYSTEM SUPPORT

Inflammation, leaky gut, hormone imbalances, blood sugar imbalances, and micronutrient deficiencies can all contribute to a compromised immune system. By reducing bacterial overgrowth and inflammation in the gut, providing dense nutrition and supporting blood sugar regulation, the diet will help to support healthy immune function.
MAIN FOODS TO REMOVE

WHEAT/GLUTEN - this includes breads, cakes and pasta products, all based on wheat - contains phytic acid and gluten which can aggravate symptoms of endometriosis.

RED MEATS - promotes negative prostaglandins which cause inflammation and may also contain growth hormones.

REFINED & CONCENTRATED CARBS - white bread, flour, cakes, pasta etc. made from refined flours. Most of the nutritional value has been removed and can have a negative effect on blood sugar levels.

REFINED SUGARS - causes inflammatory reaction, produces a more acidic environment in the body which can increase the inflammation of endometriosis.

CAFFEINE - found in tea, coffee, soft drinks - increases abdominal cramps and caffeine increases estrogen levels. Caffeine is a known phyto-estrogen.

CHOCOLATE (cheap commercial chocolate - as it contains sugar which is inflammatory) - organic dark chocolate is fine especially if it has high cacao content which has health benefits.

DAIRY PRODUCE - including milk, cheese, butter, cream - dairy causes an inflammatory reaction as they increase the inflammatory prostaglandins. May also contain high levels of dioxins.

EGGS - advised to leave out eggs unless you get organic as they may contain hormones.

FRIED FOODS - can stimulate the negative prostaglandins which cause pain and inflammation.

SATURATED FATS AND OILS – Foods that are high in fatty acids stimulate the negative inflammatory prostaglandins. Fatty acids are found in saturated fats, butter, margarine, lard.
SOY AND SOY PROTEINS - Soy is high in omega 6 which can cause inflammation. Soy is a GM crop which is sprayed many times during growth.

CONVENIENCE FOODS - they contain a host of additives, cheap ingredients and have very little nutritional value.

ADDITIVES AND PRESERVATIVES - increase chemical load on the system especially the liver.

ALCOHOL - depletes B vitamins which are stored in the liver and undermines liver function. Good liver function is vital as the liver helps to eliminate excess estrogen from the body. Alcohol also increase estrogen levels.
Endo friendly snack ideas

Dried fruit and nut mix
Hummus and GF crackers
Protein power balls
Rice crackers and dips
Yogurt mixed with fruit, nuts, seeds
Apple slices with nut butter
Home made gluten free muffins
Sweet potato chips
Gluten free oat cakes with dips
Smoothie with added chia seeds
Diced avocado with tahini dressing
Gluten free toast with nut butter
Chia pudding with fruit

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FOODS TO INCLUDE

WHITE MEAT – chicken and turkey – try to get organic if you can – many dish options can be made with white meats like curries, casseroles, grilled chicken etc.

OILY FISH – rich in omega 3 oils which can help to reduce inflammation and pain. Best options are salmon, mackerel, sardines, herring, trout

GLUTEN FREE FOODS - many supermarkets are now stocking lots of gluten free breads, savoury biscuits, gluten free breakfast cereals etc.

VEG BASED MEALS – add in pulses to veg based meals and you will obtain plenty of nutrients as well as protein.

FRUIT – great for making smoothies and by adding in extra nutrients like protein powders and other super-foods can provide a complete meal

FOR CARBS - your options include rice, rice noodles, gluten free oats, quinoa as well as beans and pulses

PASTA DISH OPTIONS – using gluten free pasta or use spiralized veggies like zucchini instead of pasta

BAKED ITEMS - like breads, cakes, desserts using gluten free flour

SWEETS AND DESSERTS – using alternative ingredients for sugar and flour - lots of recipes online for sugar and gluten free desserts

HERB TEAS AND JUICES - peppermint and ginger teas are good for nausea and gut inflammation

NUTS, DRIED FRUIT AND SEEDS – good for snacking and adding to dishes. Seeds are really good for sprouting, increasing their nutrient value 700%

NUT MILKS – like almond milk, rice milk, coconut milk instead of dairy - ensure you purchase coconut milk without carrageenan as it can cause inflammation

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One of the best ways to discover the foods that trigger your symptoms is by doing an Elimination diet - you will find all the details HERE
OILS IN YOUR DIET

Healthy oils to help endometriosis
Safe natural food sources of omega 3 oils can help reduce endometriosis symptoms

HEALTHY OILS CAN HELP:

- Reduce inflammation
- Reduce Pain
- Regulate hormones

BEST SOURCES:

- Seeds: Chia, Hemp, Sunflower
- Oily fish: Salmon, Mackerel, Tuna Sardines
- Olive oil, fish oil

For cooking the best oils are Avocado oil and Coconut oil as these oils are both healthy and can be used for cooking at high temperatures.
Healing mango smoothie

For this super magnesium rich smoothie, blend the following ingredients in a blender:

- 4 bananas (fresh or frozen)
- 1 mango
- 1 inch knob of turmeric
- 1/2 inch of fresh ginger
- 1 measure of aloe vera juice - the cap usually is one measure
- 1.5 cups of water or coconut water

Blitz in blender, serve and enjoy!

Anti-inflammatory, digestive aid, soothes muscles
Grilled salmon kebabs with tahini dressing

Gluten free, dairy free - loaded with omega 3’s – helpful to reduce inflammation

Serves 4

- 2 tablespoons fresh oregano (chopped)
- 2 teaspoons sesame seeds
- 1 teaspoon ground cumin
- ¼ teaspoon red pepper flakes (crushed)
- 1½ pounds fillets skinless wild salmon (cut into 1-inch pieces)
- 2 lemons (very thinly sliced into rounds)
- Olive oil cooking spray
1 teaspoon salt
16 kebab skewers
Tahini dressing - see recipe further on

Method:
- Heat the grill on medium heat and spray the grates with oil.
- Mix oregano, sesame seeds, cumin, and red pepper flakes in a small bowl to combine; set spice mixture aside.
- Thread salmon and folded lemon slices onto skewers to make 8 kebabs total.
- Spray the fish lightly with oil and salt and the reserved spice mixture.
- Grill the fish, turning occasionally, until fish is opaque throughout, about 8 to 10 minutes total.

Serve with rice and salad, and drizzle with the dressing.
Zucchini/Courgette Fritters

Makes 5/6 fritters

A tasty way to add some fibre and protein to your fritters by adding chia seeds. You can be flexible with herbs and spices – you could try cumin seeds, ground coriander, adding some poppy seeds – just experiment!

1 large zucchini/courgette
2 medium golden potatoes
1 small white onion
2 garlic cloves (optional)
2 heaped tbs gluten free all-purpose flour
2 heaped tbs breadcrumbs - gluten free
1 tablespoon chia seeds
1 teaspoon curry powder
salt and pepper to taste
- Soak the chia seeds in 3 tablespoons water. Grate the zucchini/courgette, potato and onion and place in large mixing bowl with the rest of the fritter ingredients. Stir together to combine.
- Divide mixture and make into balls and then flatten with back of spoon to make into fritters.
- Place on a lightly oiled baking tray and bake for 15/20 minutes until brown.

Serve at once - good with a tomato dip and salad. Also good with tahini dressing - see below ......

**Jazzy Tahini Dressing**

*Gluten free, dairy free, sugar free*

¾ cup / 210ml sesame seeds soaked (3 hours) - blend seeds along with soak water until fairly smooth to make a paste

Then mix the seed paste together with:

- Juice of 1 lemon
- Garlic to your taste
- 1 tbs or so ginger powder
- ½ cup / 140ml olive oil
- Maple syrup to taste
- About ¼ cup / 70ml apple juice

That's it - done! Store any left-overs in fridge and use within a couple of days. This is a good dressing for salads, veggie fritters, falafel
**Vegan lemon tart with oat crust - no bake**

Gluten free, dairy free, sugar free

**For the crust:**
- 2 ½ cups rolled oats
- 5 Tbsp coconut oil, melted
- 3 Tbsp maple syrup, honey or rice malt syrup
- A pinch of sea salt

**For the filling:**
- 1 cup cashews, soaked for at least 2 hours then drained well
- ½ cup coconut cream
4 tbsp pure maple syrup or stevia if sugar free
½ cup lemon juice
½ cup coconut oil, melted
2 tsp pure vanilla extract

For topping:
Lemon slices & raspberries freeze-dried (optional)

To make:
- To make the crust, place all ingredients in a food processor and pulse until the mixture begins to come together.
- Press the mixture into a greased tart/flan tin to create a tart shell.
- Place all filling ingredients into a blender or food processor, then blend until smooth.
- Pour the filling into the tart tin and spread out evenly. Decorate with the freeze-dried raspberries and slices of lemon if using.
- Place in the freezer to set for at least two hours.
- To serve, remove from the freezer and allow to soften for 10-15 minutes before slicing.
Substitutes for an anti-inflammatory diet

You don’t need to go without!

Noodles - Spiralized zucchini
Pasta - Gluten free options
Chips - Sweet potato chips
Milk - Coconut or nut milk
Rice - Cauliflower Rice
Pizza - Cauli base pizza
Butter - Nut butters
Sugar - Date sugar/honey
Cheese - Nut/cashew cheese
Coffee - Hot cacao/herb teas
Bread - gluten free options
Biscuits - nuts/protein bites
BALANCING YOUR HORMONES

We all know that endometriosis is fed by estrogen and many women can find themselves dealing with estrogen dominance. It is really easy to become estrogen dominant as these hormones are found in many sources.

There are phyto-estrogens which are found in many plant-based foods. Also, household cleaning products, toiletries and cosmetics contain xeno-estrogens (hormones found in man-made chemicals). So, it can seem relentless trying to balance your hormones. Here are some nutritional tips to help balance your hormones.

SUPPLEMENTS TO REDUCE ESTROGEN

**DIM** - DIM is one of the best-known supplements for helping to reduce estrogen. DIM supports and improves the process of estrogen breakdown by the liver.

**N-acetyl-cysteine (NAC)** - NAC is a great supplement as it can help with endometriosis cysts and helps protect the liver and removes estrogen safely from the body. It has also been found that by adding Vitamin C it aids in the metabolism of NAC.

**Maca** - Maca has been used successfully by many to help reduce estrogen the body but it can upset hormone levels for some women so take a low dose and see how you feel.
Nutrients to Increase Natural Progesterone

**Vitamin B6** - this vitamin is essential for the production of progesterone and interestingly B6 can also help remove excess estrogen.

**Zinc** - is another vital nutrient for healthy hormone levels and is also extremely important for the production of progesterone.

**Magnesium** - magnesium plays an important role in hormone regulation and is one of the nutrients that boost progesterone levels as magnesium helps regulate the pituitary gland which produces a variety of your vital hormones.

**Vitamin C** - Research has shown that women who take vitamin C have a significant increase in levels of progesterone and taking 750mg per day can increase progesterone by as much as 77 percent.

Finally, it is often advised to eat cruciferous vegetables to help remove estrogen from the body, but sometimes these veggies can cause digestive distress – read more about this problem [HERE](#).
MORE HEALTH TIPS

TOILETRIES
As well as making diet changes to help reduce your symptoms of endometriosis it is advised to change your toiletries and household products to safer and less toxic options.

This is because the chemicals in these products *can mimic estrogen* and can make your symptoms worse. You can read more about the problem with toiletries [HERE](www.endo-resolved.com).

SUPPLEMENTS
To help with the symptoms of endometriosis there are certain supplements that can help with specific symptoms.

Certain supplements can help with pain, reduce estrogen in the body, reduce bloating and inflammation, and can also help reduce scar tissue. You will find advice with a comprehensive list of helpful supplements [HERE](www.endo-resolved.com).

PERIOD PRODUCTS
By choosing safe natural period products women are seeing a reduction in their symptoms. Many commercial period products contain a host of toxic chemicals which can leach into your body and upset your hormone system. Read more about this problem and alternatives you can use [HERE](www.endo-resolved.com).
ADDITIONAL TIPS

To find more details about the diet you can read this article [HERE](#).

You will find a helpful collection of articles about diet, nutrition, supplements, and much more [HERE](#).

This article can really help you understand the link between pain, inflammation and diet [HERE](#).

If you are interested to learn more about natural therapies and self-help measure you can use to help your endo, you will find many articles [HERE](#).

‘Let food be thy medicine and medicine be thy food’

Hippocrates

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BOOK RESOURCES from endo-resolved

To help you get on track and get started on the diet, you can make use of a special offer on the endometriosis recipe book 'RECIPES & DIET ADVICE FOR ENDOMETRIOSIS' with over 250 recipes which are gluten, wheat, dairy, sugar, soy and meat free. The price is only $7 …….. That's a great 40% discount.

To get your copy go to the Special offer page HERE.

EATING FOR ENDO DOES NOT HAVE TO SUCK

'Eating for Endo' is the answer for those who want to eat a healthy anti-inflammatory diet but without giving up some of their favorite dishes.

With over 150 recipes

Details HERE.