

YOUR GUIDE TO HEALING AND MANAGING ENDOMETRIOSIS
THROUGH GENTLE NATURAL THERAPIES

ENDOMETRIOSIS

Healing from the Inside Out



Carolyn Levett BA, NT

INDEX

Foreword

Brief account of my story

What is endometriosis?

Theories to the cause

Endometriosis and dioxins

Diseases of the immune-system

Is endometriosis an auto-immune disease?

NATURAL TREATMENTS FOR ENDOMETRIOSIS

Natural treatments for endometriosis introduction

Acupuncture

Herbalism

Naturopathy

Homeopathy

Traditional Chinese Medicine

Nutritional Therapy

Pelvic Floor Physical therapy

Aromatherapy benefits

GUT HEALTH & LIVER DETOX

What can go wrong with the gut?

Leaky gut and endometriosis

Small Intestinal Bacterial Overgrowth

IBS and endometriosis

Candida Albicans

The importance of your gut microbiome

Gut estrobiome and hormone health

Supplements to heal the gut

The importance of digestive enzymes

Detox to support your liver

DIET AND NUTRITION FOR ENDOMETRIOSIS

You need the right diet for you
Elimination Diet – discover your trigger foods
Endometriosis, histamine and diet
Testing for Intolerances
Guidelines to diet for endometriosis
Prostaglandins, pain and diet
Foods advised to remove
Endometriosis and estrogen in your diet
Eat this ... not that ... the red meat debate
So, what can you eat?
Don't feel like cooking?
Soy and endometriosis
Alternative ingredients for your diet

ADDITIONAL NUTRITION TIPS

Dietary nutrients & supplements
A special note about iron
Foods to support your system
Control your blood sugars
Going gluten free
Eating organic
Superfoods to support your system
How to sprout seeds and pulses
Add punch to your breakfast
Green Tea benefits
Water - the food of life
Shopping list for your store cupboard
Adapting to a new diet

Your ideal diet

Why gut health and diet are so important

SUPPLEMENTS & REMEDIES TO PROVIDE SUPPORT

Supplements – an introduction

Managing endometriosis with supplements

Supplements to help remove estrogen

Serrapeptase benefits for endometriosis

MSM for pain and inflammation

Vitamin D and endometriosis

Multiple benefits of magnesium

Yarrow benefits for endometriosis

Natural remedies to support your system

Low Dose Naltrexone as possible treatment

MANAGING PAIN & SUPPORTING YOUR IMMUNE-SYSTEM

What causes your pain?

Natural pain relief

CBD oil for pain relief

Tips for managing your period pain

Understanding the ‘Healing Crisis’

Your remarkable immune-system

Supporting your immune-system

ADDITIONAL SUPPORT FOR YOUR HEALTH

Hormone Testing

Progesterone cream as treatment

Castor oil packs

Remove toxins to aid your health

Safe toiletries

Safe ways to clean your home

Problems with period products

Safe period products

Benefits of Exercise

SOLUTIONS & TIPS FOR OTHER PROBLEMS

Tips for coming off the Birth Control Pill

Keeping a diary – monitor your symptoms

Help for nausea

Endo belly/bloating help

Endometriosis and constipation

Endometriosis and insomnia

Special mention about melatonin

Endometriosis and fatigue

Thyroid problems and endometriosis

Supporting your adrenal glands

Chronic Fatigue Syndrome

Coping with painful sex

DEALING WITH STRESS, EMOTIONS & FINANCES

Looking after your emotional wellbeing

Counselling to support your emotions

Is this going to be expensive?

Getting creative with you finances

What's in your survival kit?

What about surgery?

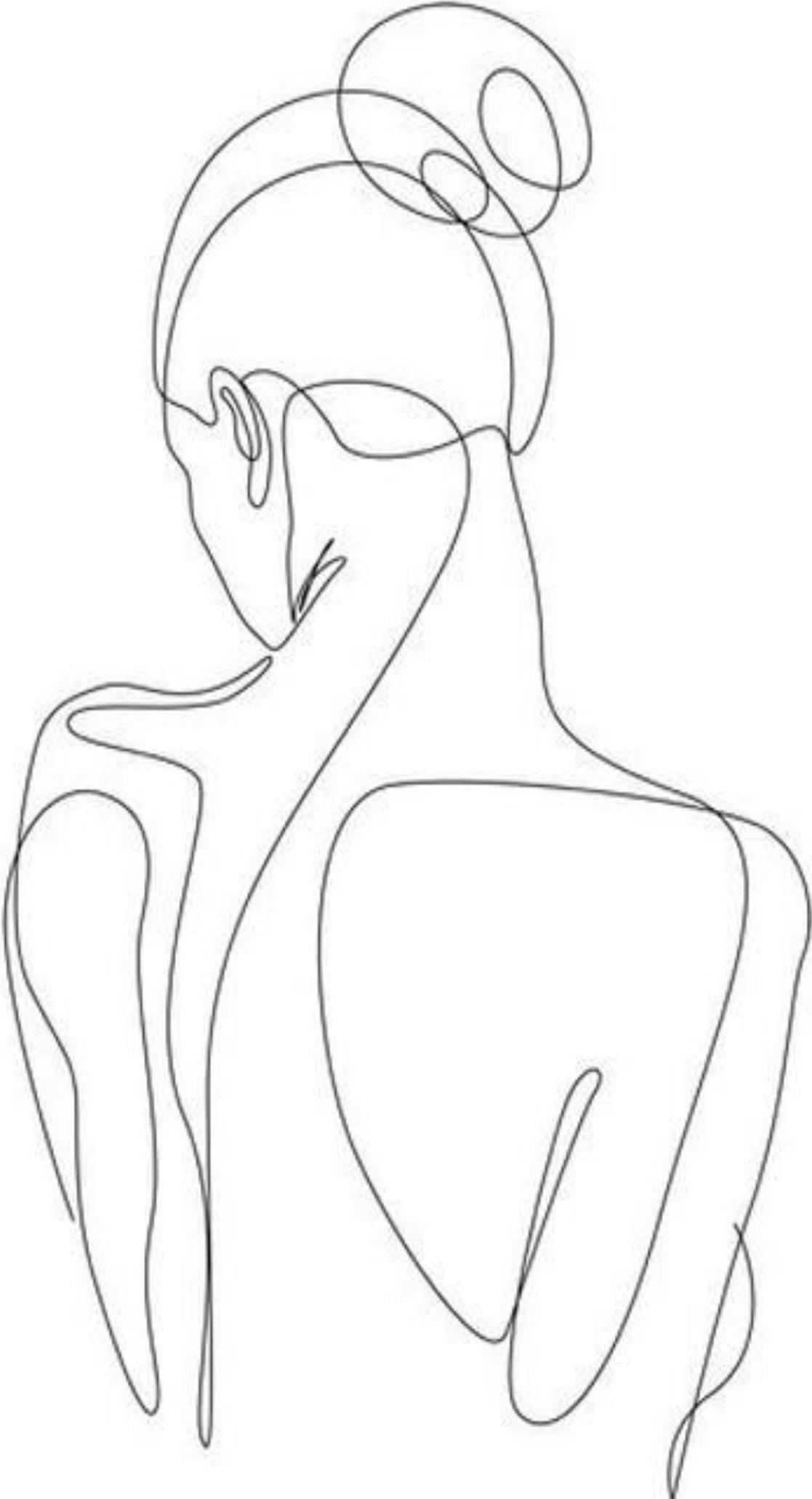
Laparoscopy surgery advice

Get support & get involved

Your support team

Let's recap some self-help measures

A few more healing stories



FORWARD

This book is for women who are looking for hope and inspiration so they can start to achieve relief from the distressing disease of endometriosis and start to heal their body. I hope you find the advice here will provide an antidote against all the negative information you may have heard or read about your long-term prospects of dealing with this disease.

Time and time again you have been told that endometriosis is 'not curable'

What is a 'cure' anyway? The word 'cure' is very loaded with expectations and assumptions. Would you be happier if we used the word healing, remission, or recovery? Whichever word you prefer - you do have the ability to improve your health and start to eliminate your symptoms. Myself and many other women have had success by using natural therapies and self-help strategies to help regain our health.

*You have an in-built natural support mechanism on your side
– your immune system*

This book is not written by another medical professional who has their own 'view' on natural remedies for this disease. It is not another book about 'coping strategies.' This book is written by someone who had the disease, overcame the disease, and now aims to pass on much needed positive advice and support to other women.

When I was diagnosed, I was told by my gynaecologist that I had one of the worst cases of endometriosis she had seen and that I was in a complete mess internally. Her prognosis was not good at all. Her suggested method of treatment was just as bad. I reeled with shock at first, but I soon gathered my energies, learnt of my treatment options, collected information about the disease and gradually found my own path towards the goal of healing myself. It was not a quick fix; repairing and healing the body takes time, patience, commitment and faith.

Knowing there is so much negative information about endometriosis, my aim has been to redress this imbalance and help to motivate others of the notion that using natural therapies has much to offer. This has been achieved through my website, and this book is a natural progression of that process.

It saddens me to keep reading 'There is no cure for endometriosis'. That puts women on the back foot before they even start. It instils the mis-belief that you cannot regain your health.

Yes, you can – you can start to heal your body, and given enough support, by including natural therapies, supporting your body through nutrition, ensuring you remove toxins, combined with getting your immune system working on all four cylinders – you have a very good chance.

Lastly, you will find a number of books focussing on natural treatment concepts to manage endometriosis, each with their own viewpoint or emphasis. It can be difficult to write a book that suits everyone as we obviously have different opinions and experiences. The advice here has been written with integrity and honesty, so as not to misguide anyone or give false hope. This is not a medical manual, or a 'quick-fix' guide.

This is a resource providing sign-posts to many different natural remedies and self-help measures you can use to support your health. I just hope you can gain enough inspiration and advice in the pages here to give you a head-start on your own journey to managing this disease more naturally.

About the Author

Endometriosis is an all-encompassing disease and affects every aspect of a woman's life, which is something I fully understands. This is why I feel personally qualified to be able to offer guidance and support to those seeking advice and reassurance when dealing with this disease.

I am a qualified Integrative Health Coach having gained qualifications in Nutritional therapy, Naturopathy, Aromatherapy and Counselling. These skills have provided me with the knowledge to successfully help other women to manage their endometriosis naturally and recover their health.

I have been offering advice and support through my website at endo-resolved.com for over 10 years, which has provided guidance and encouragement for thousands of women wishing to go the natural route to support their health.

A number of my articles have appeared in various sources including Everyday Health, Endometriosis News, Livestrong, Healthy Women and Hormones Matter. Additionally, I am the author of the endometriosis cookbook '*Recipes & Diet Advice for Endometriosis*' which has helped many get on track with an anti-inflammatory diet to help reduce their symptoms.

YOUR GUIDE TO MANAGING ENDOMETRIOSIS NATURALLY

A bit of Background from the Author

You need to note that I am not a medical expert when it comes to endometriosis. The advice and content of this book is based on my own experience, as well as my research, backed up by my training in natural therapies.

The guidance in this book describes a multi-faceted approach to healing and recovering your health. This was the approach that worked for me and allowed me to get my life back on track, despite being diagnosed with severe endometriosis.

Please be aware that the advice here is not to be seen as a substitute for professional medical advice and you should always consult your physician when it comes to your health.

You may have other health problems additional to endometriosis, and you need to ensure you maintain medical supervision to monitor your health.

For legal purposes I am unable to make any claims to the efficacy and principles contained within this book. I have only been able report what has worked for me plus the addition of first-hand feedback from others who have had success. Everyone is individual and you need to take responsibility for your own health and ensure you maintain medical guidance from your doctor.

To conclude, I am passionate about encouraging women with endometriosis to help them heal their bodies and overcome this disease without having to rely on toxic drugs and surgeries, which can often cause further damage.

I hope that by sharing my knowledge combined with my own experience, you can start your own journey towards improving your health and begin to live a better and healthier life.

with healing thoughts,

Carolyn Levett Dip BA, NT

PRE-LAUNCH REVIEWS

'This book could not have come into my life at a better time! Having been really poorly with complications due to endometriosis, I finally decided that going natural with products and trying to sort out my diet was non-negotiable. Like many though, I found it so overwhelming.

This book is methodical and well laid out such that it was easy to go back and find something particular to re-read. I found it to be very relatable to the real world, with achievable suggestions unlike advice I have read in other books which just seemed impossible.

The concepts are explained well but not patronisingly so! For me, if I understand the theory behind something then I am more likely to try it out, so I enjoyed reading the scientific stuff, all the while reinforcing the decision that it was the right way to go.

I loved the odd quotes that were thrown in- positive and motivating. I enjoyed reading the theories and quotes from other professionals and in particular the thoughts about the link between mind and body- something I had recently been starting to learn about. I liked the tone of the book because it felt personal and caring, I think due to the fact that the author has been through the horrendousness that is endometriosis herself!

Funnily enough, I had started looking at recipes for home made products just before I read this book- this I also found overwhelming. This book does contain some easy DIY recipes for non-toxic products but it also ensures you understand why using such ingredients is better for you, which I think is really important for encouraging you to make better choices.

The book gives suggestions on supplements which are good for endometriosis and a few of those supplements are repeated quite a bit under different headings. However, I can see why the author did this and actually I found it to be helpful to me because it explained how a particular supplement was beneficial for each area mentioned and drumming it in even further! I think this is helpful for making an informed decision on which ones you feel are best suited to you.

I have to note that I was pleased to see that the author understood surgery as sometimes being required, rather than trying to persuade the reader that it was always an unnecessary option. I also like that I felt reassured that this process takes some time. Makes me feel better about taking so long to get my head around it all and actually start doing something practical about it!

Overall, I found the content of this book to be like an 'endo 101' that I wish I could keep in my pocket and carry around with me! I will be re-reading it more than once in my quest to rid my life (mostly) of chemicals and I really hope that it's all worth it in the end.'
Jodie

'Thank you for writing this book. It has given me so much faith that I will be able to beat this disease. It has provided a real eye-opener of what may have caused my endo, which has always been distressing for me as no-one in my family has had it. The wealth of advice of all the things I can do to help myself is worth the price of the book alone, and the motivational messages and the stories of other women who have healed really gives credit to your message. Thank you.

Jilly, Arizona, US

'I was diagnosed with endometriosis over 5 years ago. I have had 2 laparoscopies to try and clear the endo, and tried various drug treatments, but the endo kept returning. After reading your book I decided not to continue with any more drug treatments - they always made me feel so awful. And what was the point, the endo was still there.

I changed my diet and started seeing improvement within 2 weeks, and after 6 weeks my endo pain was almost gone, just a bit of pain with my period. I also started seeing a Naturopath as I wanted to know I was doing thing correctly. I felt a bit worse at first as my Naturopath put me on a detox program to get rid of toxins in my system from all the drug treatments. But I am now seeing gradual improvements. My general health and stamina are improving as well as feeling so much better emotionally.

Amada, Bristol, UK

'The honesty of the advice in your book have given me a real belief that I can get my own health back. I have started to make changes as suggested and already feel the benefits with a reduction in my pain and bloating. If I feel myself slipping back, I just have to read the success stories in the book and I feel more optimistic and ready to fight back. Thank you for your honesty, for sharing your own story of dealing with endo, and for writing this book which I feel has been a life saver for me.'

Claire, Cambridge, UK

'I have had endo for about 4 years now and have read many books on the subject. Some were quite good (good for reference purposes), some have been average, and others I felt were useless - especially those too full of medical jargon. Your book is the first one I have read, which in my opinion is accurate, practical, very supportive, and not too biased - or if it was in places, at least it was honest!!

I would recommend this book to all women with endometriosis because it is comprehensive in its content, very well researched and written, and most importantly it has given me hope and reassurance that healing can happen, and I now have the inspiration to fight this disease using my own resources. Many, many thanks.'

Dinah,

'I have read many books on the subject of endo and have suffered from this for 10 years! mostly undiagnosed! This book is by far the best in terms of research and facts. Carolyn suffered from endo herself and is well versed in the devastating life changing effects it can have. I have changed my diet and my outlook thanks to her and have noticed a huge difference in my symptoms! Please read this if you have endo! it will give you hope and help you to feel less alone with this horrible disease!'

Angela

'I'm just in love with this book. Such an eye opener. Knowing that there really is hope to treat this disease naturally is so comforting and the author being so candid about her own journey and life is wonderfully refreshing and I know she understands. I started my journey 2 days before reading this book. I find it hard sticking with healthy plans because of the constant fatigue and outside influences but this book has made my mind over and I am going to do some serious life changes.

I love the part how our cells are listening to us so I am really going to try and be mentally positive. I really enjoyed the testimonials throughout the book of how different remedies helped them.

I knew about benefits of serrapeptase for the plaque in the arteries but didn't know it could help with endo so I will try that. It really sounds promising and logical to me now.

Thank you so much for giving me the opportunity to read this book. I have to read it again now to make notes. There are a lot of gems I need to write down. Everything I need to know is in this book which means no painstaking research over countless websites.'

Ruth, USA

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