ENDOMETRIOSIS

This is a condition where the cells from the endometrium (lining of uterus) also grow elsewhere in the abdominal cavity and it can produce many different symptoms:

- **incapacitating pain in uterus, lower back and pelvic organs prior to and during menses**
- **intermittent pain throughout menstrual cycle**
- **painful intercourse**
- **excessive bleeding including passing large clots and shreds of tissue during menses**
- **nausea, vomiting and constipation during menses**
- **infertility**

Growths of endometrial tissue outside uterine cavity occur most often in or on the ovaries, Fallopian tubes, urinary bladder, bowel, pelvic floor and peritoneum (membrane lining walls of abdominal cavity) and within the uterine muscles. Most common is deep pelvic peritoneal cavity.

DIET:

- **only 1/4 tsp salt daily (use sea salt)**
- **avoid caffeine, sugar, animal fats, butter, dairy, shellfish, all hardened fats, fried foods, red meats, poultry (unless organic type), junk foods or fast foods.**
- **50% raw vegetables and fruits**
- **eat only whole grain products, raw nuts, seeds, fish**
- **Use a cleansing diet, followed with a short fast and vegetarian diet, deleting meats, fish, fowl and diary.**
- **fast 3 days before menstrual period begins or do raw food diet for 3 days before menstrual period begins**
- **use steam distilled water, take fresh live juices esp. dark green veggies**
- **daily moderate exercise such as walking or stretching is helpful.**
- **Because menses flow can be very heavy, might need to take in extra iron**
- **stop eating carbos for 30 days (sugars, flours, white potatoes)**
- **keep parasites under control, fix candida overgrowth if needed.**

SUPPLEMENTS:

400 IU Vit. E, increase to 1000 IU (aids hormone imbalance)
Iron supplement
2 caps 3 times a day of Eve. Primrose Oil or Borage Oil
B Complex
100 mg 3 times daily of B5 (Pantothenic acid)
50 mg 3 times daily of B6 (pyridoxine)
2,000 mg 3 times daily of Vit. C (with bioflavonoid complex)
also helpful:
1,500 mg Calcium chelate (there is some theory that endometriosis is related to the body's inability to absorb calcium properly so take a high quality calcium supplement and include lots of bok choy and broccoli in the diet
1,000 mg Magnesium taken at bedtime
2 tablets 3 times daily of Kelp
Take chaparral and goldenseal capsules. Alternate 2 every four hours.

HERBALS:

- False Unicorn Root: has an estrogen effect (Vitex being progesteronal and it is often given in conjunction with Vitex), good for all weaknesses of the uterus. (take 25 drops tincture in water 1-3 times a day. if using as an herb which is hard and woody you make a decoction using 30 g or 1 oz with 1 pint of water and take a tbsp per day). False Unicorn Root is also a balancer of the uterus lining, the endometrium.

- Red Raspberry leaf tea to strengthen the uterus.
- Dong Quai for female hormones
- Siberian Ginseng
- Milk Thistle to detox the liver
- During Inflammation stages, echinacea tincture. 20 drops every 2 hours until pain subsides, then use same dosages 3 times a day.

FOMENTATIONS

Castor Oil pack over ovaries 4 consecutive nights per week. If possible, before applying castor oil pack, rub poke root oil over the ovary that is affected, then apply the pack.
Try ginger fomentations over stomach and ovaries.