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



## **Synopsis**

Between 10 and 15 percent of women suffer from endometriosis. Bestselling author Valerie Ann Worwood and health researcher Julia Stonehouse provide the definitive self-help natural treatment guide that can be used in conjunction with medical treatment to relieve the symptoms and help the body to heal. The program presents practical and easy-to-implement techniques that assist women in improving their overall health and well-being. The book explores the environmental toxins and other lifestyle issues that may contribute to endometriosis, and clearly explains simple ways to change these factors. Based on Worwoodâ™s successful clinical practice, the authorsâ™ multifaceted approach advocates specific natural health practices and a range of slow, steady lifestyle changes.

## **Book Information**

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## **Customer Reviews**

Though others have released "natural approach" publications dealing with alternative remedies for the illness in the past, this is the first book that truly offers an all-encompassing guide to many (if not

all) of the multifaceted therapies available to those suffering from the disease. The information is comprehensive, validating, empowering and interactive, as well as accurate. Well-written and easily understood by all audiences, this book is an invaluable resource and a welcome addition to any Endo patient's library.

I love this book! I have almost every endo book written in the past few years and this is one of my favorites. It is full of a lot of great info and ideas of natural treatments to try. The only complaint is that info on one subject can be found in a lot of different places in the book. Overall I highly recommend this book for those suffering with endo. I talked to a woman at an essential oil store who knew the writer and said she is well respected and knowledgable in the field of essential oils. I highly recommend this easy to read and very informative book. Becky

I love this book. Very informative and helpful to anyone woman in need of help. I know there were some people who were disappointed that it is heavily based on the use of essential oils. Essential oils are AWESOME. Essential oils are as powerful, if not more, as herbal medicines. I have used essential oils for many female issues and they never disappoint! Some of the benefits of using essential oils over herbal medicine are as follows: Essential oils are affordable. Essential oils do not have drug - herb interactions when used externally. Essential oils do not have any serious side effects. Essential oils can be safely used vaginally. Essential oils work quickly. Essential oils are great at reducing pain. Essential oils are uplifting to body, mind and spirit and just frankly are a delight to work with. Next time you have bad cramping and pain try mixing some almond oil with 10 drops of clary sage, 5 drops of geranium and 5 drops of lavender. Massage it into your low back and abdomen and see if you do not feel relief. I do want to provide one tip that no one ever mentions in books....cramp bark tea is great for cramps and pain in the female reproductive system. Tastes awful but it works. Just sweeten with lots of honey :)

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.

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 had some informative things in it, for sure. But it was mostly essential oils which aren't easy to mix and use as she says. More complicated regimens that a lot of people don't have time for. I have researched endo and was looking for more info on diet, which really can improve symptoms.

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.

I have struggled with endometriosis since I was 15. I am now 26. I've had surgery once and was contemplating going through it again before I picked up this book. My OBGYN wanted to start me on birth control, but I am not comfortable with hormones as cancer and blot clots run in my family. As much of this book does focus on essential oils, there is a portion that focuses on diet. I have not used many of the essential oils but have taken all of the 'diet' suggestions to heart. That is, no red meat, no dairy, very limited carbs...etc. I was diagnosed with IBS and just recently found out that the two are interconnected. Since changes in my diet I rarely have IBS flare ups and for the first time in

YEARS I have little to NO cramps. For endometriosis patients, you know how much of a blessing this is! Before it was quite normal to take enough pamprin for two days straight to knock me out just to sleep through the pain. Five months ago I was in the E.R. with extreme cramps that occurred during my ovulation period- doctors tried to sign it off as flu. OBGYN confirmed that my endo has reached it's highest level and therefore brought me to my breaking point. Natural treatment requires determination and will power- but if you're willing to do it... you will never want to go back!!!

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Guide for Thyroiditis (Self-Help Alternative Medicine Action Plan to Heal Hypothyroidism and ... issues) (Treating Thyroiditis Book 1) American Heart Association Complete Guide to Women's Heart Health: The Go Red for Women Way to Well-Being & Vitality Endometriosis: Advanced Management and Surgical Techniques (Emergency Medicine; 20) Endometriosis the Enigmatic Disease

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