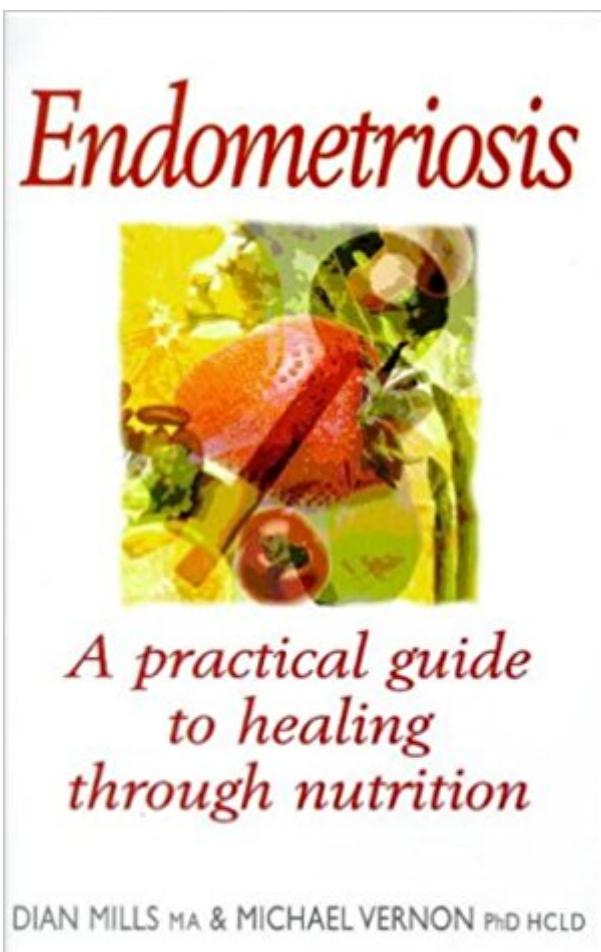


The book was found

# Endometriosis: Healing Through Nutrition



## **Synopsis**

The first book to present a nutritional approach to curing endometriosis. It explains what it is, how it affects the body and the treatments available - both orthodox and complementary.

## **Book Information**

Paperback: 370 pages

Publisher: Element Books Ltd. (June 3, 1999)

Language: English

ISBN-10: 1862043000

ISBN-13: 978-1862043008

Product Dimensions: 6 x 1 x 9 inches

Shipping Weight: 1 pounds

Average Customer Review: 4.5 out of 5 stars 18 customer reviews

Best Sellers Rank: #187,825 in Books (See Top 100 in Books) #8 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Endometriosis #518 in Books > Health, Fitness & Dieting > Women's Health > General #1427 in Books > Health, Fitness & Dieting > Nutrition

## **Customer Reviews**

'Many women with endometriosis have found that nutrition can play a major role in overcoming some of the most debilitating effects of the disease. Dian Mills has studied the role of nutrition in treating endometriosis and, together with Michael Vernon, has made this information available in an understandable and compassionate way.' Mary Lou Ballweg; President, International Endometriosis Association 'Fills the void left by the traditional treatment of endometriosis and provides physicians and patients with additional options.' Deborah Metzger, Ph.D. M.D., School of Medicine, Yale University

Dian Mills is a nutritionist, tutor, and lecturer at the Institute of Optimum Nutrition, London. She has been a trustee of the National Endometriosis Society for over 5 years. Michael Vernon is a reproductive physiologist and scientific director at Woman's Hospital of Baton Rouge, Louisiana.

After reading this book I gained such clarity of understanding of this awful and painful disease. Any woman or teenager that suffers from Endo must read this book! The book teaches you first how the immune, reproductive, and digestive systems, all work together and depend on each other and then how endometriosis disrupts (to put it mildly) their special balance. The book then walks you through

how nutrition (through supplements and food) plays such an important role in maintaining our system's balance and in healing. We can heal ourselves! And through testimonials in the book, you will see how women have changed their lives. Whatever your goal may be, to be pain-free or to achieve and maintain a pregnancy, this book will help you. Because of this book, two weeks ago I have begun to change my diet and already I have noticed a difference. The information provided in this book is invaluable.

\*\*\*\*\* Just a side noteÃ¢Â¢Â| I do NOT work for or any of the products that I review. I'm just a very opinionated person who hates to see others taken advantage of. I do what I can. :) \*\*\*\* I also recommend buying USED books through . You can get one for almost nothingÃ¢Â¢Â| seriouslyÃ¢Â¢Â| and just pay a little for shipping. GREAT

DEAL!

NowÃ¢Â€ÂÃ¢Â€Âabout this Endometriosis: Healing Through Nutrition book purchase. \_\_\_\_\_  
FANTABULOUS BOOK!!!!After suffering for 15 years (ages 28-43) from endometriosis it just recently got to the point to where a hysterectomy was my only option to relieve the pain. So the docs told me. I've had my 2 boys and the docs told me that I no longer needed my ovaries or uterus anyway so WHY KEEP THEM???Being one who doesn't listen to anyone until I do my own research decided to do just that.Come to find out most of my docs were full of horse manure. Our uterus and ovaries do a lot more for our bodies than just make babies. PLUS when learning that having everything removed still doesn't guarantee the endometriosis from returning because it gets in bedded in other internal organs.And can you believe NOT ONE OF MY DOCS RECOMMENDED OR EVEN DISCUSSED MY DIET!?!??!Imagine my delight when after months of researching I discovered that there's a healthier way of eating to illuminate the pain and symptoms of MANY of female issues including endometriosis! Look it up. It's unimaginable how many unnecessary hysterectomies are preformed daily that DO NOT NEED TO BE DONE!Finally I found a highly recommended, very attentive, female OB/GYN surgeon, who was informed and up to date on the latest research. I told her that I had been doing my homework on diets and she advised me to go for it! Anything is better than invasive surgery. What could it hurt?? (and this was from a surgeon who gets paid to do these surgeries!)I bought this book Endometriosis: Healing Through Nutrition, did exactly as it suggested and after 3-4 full months I had NO SYMPTOMS NOR PAIN. I also didn't have the gas I have had trouble with my whole life. Not to mentionÃ¢Â€ÂÃ¢Â€Â I LOST 20 POUNDS!!I am obsessed with sugar and red meat so I eventually began cheating again and my symptoms immediately returned. :( There is something call "moderation" which unfortunately does

NOT exist in my vocabulary. So I suggest following the guidelines but give it a little leeway every now and then so you don't COMPLETELY fall off the wagon like I did. So, I'm back on it again and I can't wait till it starts working again. (It takes about 3-4 weeks to notice a change.) The whole key is to eliminate or at least limit the foods that consist of hormones used in its production. (dairy, red meat, wheat, etc.) So give it a try! It's worth it. You will not regret it!

While I haven't read the whole thing, I bought this guy to look at the diet guidelines. I am loving this book! It has so many details about foods to avoid, eat in moderation, and what to buy and not buy. It's even complete with endo-friendly recipes! While the information may be a little dated, the food info is spot on, and great great great! I would totally recommend buying!

Good.

bought for a friend. They liked it

Excellent informative book.

I have endometriosis for over 3 years and I haven't been able to get many answers at all. I decided to try to switch my diet and this book has helped me! It's a good guideline!

SOME LONG TIME AGO I PURCHASED THIS BOOK FOR A COUSIN AND IT REALLY SATISFIED HER VERY MUCH !!! GREAT PURCHASE !!!

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Endometriosis: A Key to Healing Through Nutrition by Dian Shepperson Mills, Michael Vernon 1st (first) Edition [Paperback(2002/9/1)]  
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