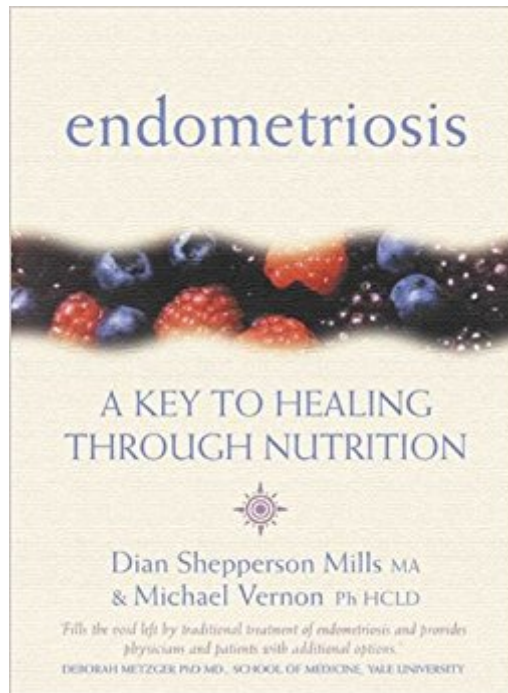




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# Endometriosis: A Key To Healing Through Nutrition



## Synopsis

Offering safe and practical nutritional and healthcare advice – this book is vital for all women wishing to overcome the pain of endometriosis. Endometriosis is the condition in which the lining of the womb grows on other organs outside of the uterus, frequently causing intolerable pain. In some cases it may lead to problems conceiving or infertility. However, there is relief for this condition as Dian Shepperson Mills illustrates in this book. Endometriosis is a detailed, insightful look at a disease which affects approximately one in ten women worldwide. Drawing upon years of research, Dian Mills and Michael Vernon show how the right diet can provide the key to optimum health in overcoming endometriosis. This book contains: An explanation of how endometriosis affects the body and advice on how to cope with it. An account of the key role played by nutritious and healthy food. Information on foods that are harmful and foods with healing qualities. Delicious recipes and practical menu suggestions.

## Book Information

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## Customer Reviews

'Approximately one in ten women in the world today is affected by endometriosis, and the number of sufferers is steadily rising. Endometriosis is the condition in which the lining of the womb grows on other organs outside of the uterus, frequently causing intolerable pain. In some cases it may lead to problems conceiving or infertility. But there is hope.' In this important book Dian Mills and Michael Vernon describe clearly what endometriosis is, how it affects the body, the treatments that are

available – both orthodox and complimentary – and, most importantly, what practical steps can be taken to push endometriosis into remission. Drawing upon years of research, they show how diet can provide the key to optimum health and can unlock a completely refreshed sense of well-being. This book includes:

- An explanation of how endometriosis affects the body and advice on how to cope with it
- A practical account of the key role played by nutrition
- Information on foods that harm, foods that heal, minerals and vitamins
- Delicious recipes and menu suggestions
- Practical tips

"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

Dian Shepperson Mills Cert. Ed. BA. Dip. ION MA is a nutritionist, lecturer and tutor at the Institute for Optimum Nutrition in London. She has been a trustee of the National Endometriosis Society for over five years and has written many articles on endometriosis. Dr Michael Vernon PhD HCLD is a reproductive physiologist and scientific director at Woman's Hospital of Baton Rouge, Louisiana. He is the author of over 100 published scientific articles, abstracts and book chapters.

Dian Shepperson Mills Cert. Ed. BA Dip. ION MA is a Clinical Nutritionist and the director of The Endometriosis and Fertility Clinic at London's The Hale Clinic. She lectures at The Institute for Optimum Nutrition, is a Trustee of the Charity The SHE Trust (Simply Holistic Endometriosis), an advisor to the International Endometriosis Association and a member of the American Society for Reproductive Medicine and the European Society of Human Reproduction and Embryology. She has written many articles on endometriosis and fertility. Dr Michael Vernon is a professor at West Virginia University, teaching, practising and researching in the area of fertility, obstetrics and gynaecology.

This book is helpful as far as making sure you are eating a balanced diet in order to help support other things you might choose to do to treat endometriosis. It's a great "reference" book FOR ALL THINGS NUTRITION. Which is what I guess it was made for. I'm not a huge person to follow diets "to the letter", but it did help me recognize where I could introduce better foods and which ones to seriously cutting back on due to inflammation. If you're a foodie, nutrition junkie, desperately looking for a holistic cure for endo or interested in modifying your diet, this book is for you. If you aren't sold

on changing your diet to help, this book will try to convince you. Sometimes it was a little dry reading for me, which is the knock off of one star. This is not a "read all the way through in one shot book." This is more of a reference book.

After only a few days of following the recommended nutritional and elimination diet, bloating was reduced significantly and now my endometriosis pain has been reduced as well after only two weeks. Just a month beforehand, I was considering another laparoscopy. I am now amazed that nutrition was never brought up by my physicians. This is truly a must read for the endometriosis sufferer.

This book is much more than a nutritional guide like I thought it would be. It really explains the disease and how our reproductive system works, down to the cellular level. It also has a lot of references to technical articles which adds credibility to what the authors are saying. It has a wonderful balance of science and practicality including many stories of real women who have benefited from the book's advice. I haven't finished it yet, but I'm already filled with new hope and confidence to beat this disease.

Unfortunately for me who have done lots of research on Endometiosis, this book did not provide me with much new information. Also found that too much time was spent on the biological aspect as compared to the nutritional areas. I believe that more time should have been devoted to nutritional healing.

So much information in one book. I absolutely love this book. I think its a must have if you have endo.

This book is very helpful. I've been reading it very slow so that I can absorb the wealth of information. I highly recommend reading this before you try any other treatment for endometriosis.

This book is excellent for Endometriosis sufferers who want to learn how to manage the disease through diet and a holistic approach. Very informative, a must have!

Of the books I have read, I found this one to be the most useful for me. It's an easy read, and full of great information. I found the best link with my experiences with the diet in this book. Really good

read and I keep it by my bed as a reference. Excellent! Anyone with this condition should have this book in their library.

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