

NUTRITIONAL GUIDE FOR WOMEN WITH ENDOMETRIOSIS

Though there is a scope for more research but from what we know today, we can prevent endometriosis and control its symptoms by finding a relationship between diet and uterine health.

Like any other hormonal disturbance, endometriosis is a medical issue with some medical treatment. But little that we know that how our diet can heal us within ourselves with all its natural healing powers. There are only two medical treatment options, non invasive includes birth control and the invasive procedure includes surgery. If you are having endometriosis, then there is no harm in giving yourself a try, to get to know your body and step forward to the dietary modifications by considering it as another treatment option.

This article aims to acknowledge you the benefits and the healing power of the food items that are readily available in your kitchen, in order to decrease the morbidity of the painful condition called endometriosis.



WHAT IS ENDOMETRIOSIS

It is a medical condition in which the lining of the uterine cavity lies outside the uterus, in pelvic or abdominal organs or cavities causing scarring, lesions, adhesions and cysts.

SIGNS AND SYMPTOMS

- Heavy bleeding
- Urination or bowel pain
- Painful periods
- Ovarian cysts
- Pain during sex
- Infertility
- Periods lasting for 7+ days
- Pain and bleeding in between the periods
- Severe pelvic cramping
- Digestive problems
- Constant fatigue
- Painful ovulation

HOW TO FIX IT WITH DIET

With the help of your diet, you can reduce the chances of experiencing the signs and symptoms of endometriosis, remarkably. Here we are about to tell you, what you can take in your daily diet, what to avoid and why will it be beneficial for you this way.

GLUTEN FREE DIET

Going gluten free helps a lot in controlling the signs and symptoms of endometriosis. This diet will control the production of all the inflammatory mediators which will result in slowing down of pre-existing inflammation and prevention to develop it further.

Gluten free diet does not need to be complicated. Here are some simple suggestions that what you can add to your diet to get rid off gluten consumption.

FRESH FRUITS

Avoid canned fruits because of their contamination with the preservatives and other food additives. Go for fresh fruits, aim for diversity and seasonality.

1-2 Cups of fresh fruit is recommended.

VEGETABLES

Especially green leafy and cruciferous Vegetables such as broccoli, cauliflower, Brussels sprouts, collard greens, spinach, cabbage and turnips are preferred.

It helps to support the immune system and detoxify the excess estrogen.

7-10 portions a day is the deal.

MEAT

Aim for lean poultry, for example, chicken and turkey which is either free range or organic. Try to avoid red meat because it can make the condition worse.

Take at least **250mg** of lean meat daily.

EGGS

Eggs are naturally gluten free and are rich in protein. It will meet with your daily caloric requirement and can be your healthy snack option.

Aim for **1-2** hard boiled eggs daily.

OLIVE OIL

It contains oleic acid which is natural anti inflammatory. Incorporating olive oil in your diet will help you control the pelvic pain naturally.

Consume at least **2-3 tablespoons** of olive oil daily.

OILY FISH

The varieties of fish that contains high amounts of oil are recommended to be consumed in endometriosis. As these are rich in Omega 3 fatty acids, which is a known anti-inflammatory product. It also contains vitamin D and E in it, which contributes to its anti inflammatory and anti oxidant power.

Salmon, trout, mackerel and **sardines** are the fish of choice. **100-250mg** is the recommended amount for a day.

WHITE FISH

It is a great source of protein, consume a white fish or shellfish for at least 3 days in a week.

Aim for **2-3 portions** of white fish per day.

NUTS AND SEEDS

Always prefer raw and unprocessed nuts and seeds because the processing may add food additives, colours or preservatives that can be harmful for your medical condition.

A handful a day is ideal.

GLUTEN FREE GRAINS

Prefer the Consumption of gluten free grains such as rice, quinoa, millet and rice noodles. These grains are packed with proteins and vitamins, and most importantly, these are gluten free. So you will eat healthy and do not need to starve to get rid of gluten from your diet.

Aim to take at least **3 portions** daily.

GLUTEN FREE OATS

Oats are naturally Gluten free, but sometimes these are processed in a factory where other gluten products are being processed so it gets contaminated. Before you go for oats, make sure that it is 100% Gluten free.

1 cup is ideal to be consumed daily.

ENDOMETRIOSIS FRIENDLY SNACKS

1. Apple slices and some nut butter.
2. A Turmeric latte.
3. Oatcakes and humus.
4. Non dairy yogurt, berries and seeds.
5. Dark chocolate (70% plus).
6. Olives.
7. Roasted chickpeas.
8. Hard boiled eggs.
9. Nut stuffed dates.
10. A banana and some seed butter.
11. Nut bars or natural fruits.
12. A handful of raw nuts and seeds.
13. Rice cakes with berries and nuts.
14. Crudités and humus
15. Half an avocado with some sea salt and chilli.

HIGHLY RECOMMENDED SUPPLEMENTS

OMEGA 3- FATTY ACIDS:

It aids anti inflammatory effect by producing anti inflammatory prostaglandins. Also, it is essential for the normal production and proper functioning of the hormones.

It is present in oily fish, seeds and nuts.

PROBIOTICS

The probiotics help to boost the immune system and aids the digestive system for the proper digestion and absorption of nutrients and vitamins. It also helps to control the bloating, cramping and abdominal pain which is the hallmark of endometriosis.

VITAMIN B complex

The vitamin B complex are efficient in maintaining the liver function up to the optimal levels and hence, it eliminates all the toxins from the body, resulting in decreased hormonal build up. It is also essential for the conversion of fatty acids into the building products of hormones which will maintain the normal levels.

The whole foods are recommended for the daily intake of adequate Vitamin B complex, such as whole grains, nuts, legumes, meat and eggs.

MAGNESIUM

Magnesium is a known significant micronutrient in hormonal disturbances, as it aids the mood swings, helps in muscle relaxation, ensures healthy sleep, relieves the abdominal and lower back pain during normal periods or in endometriosis.

Magnesium rich foods are black beans, sesame seeds, legumes, spinach, pumpkin seeds and swiss chard.

FOOD ITEMS TO AVOID IN ENDOMETRIOSIS

- Dairy products
- Refined sugars
- Processed food
- Caffeine
- Red meat
- Gluten diet
- Soy
- Carbohydrates
- Alcohol

ADDITIONAL TIPS

- **Do regular exercise**, it will keep you up with the daily life routine, increase the body metabolic rate, help you to digest your food and effectively absorb the minerals and vitamins from your diet.
- **Maintain the ideal body weight.** High BMI can contribute much to the worsening of symptoms of endometriosis along with hormonal imbalance in general.
- **Reduce Xenoestrogen load.** There are many cosmetic products which contain xenoestrogen in their composition, which is look alike of estrogen. Estrogen can make the symptoms worse, whether it is applied on skin or taken in with diet. Get rid of such cosmetic products i.e. nail paints, anti aging creams etc.
- **Avoid plant-based food items with estrogenic effects.** Over 5000 of the fruits and vegetables are known to have the estrogenic effects. So be careful what you eat.
- **Natural progesterone.** You can also take progesterone to counterbalance the effects of estrogen. But always consult your gynaecologist for this.

We hope that you have found this article useful. Please let us know your comments and feedback. Have a great day.