

Endometriosis--what I found to help

When it comes to endo, each person is very different. All chronic health is no one-size fits all, and with endo, I found this to be the most complicated, out of all the chronic issues I've dealt with. Here's a list of what worked for me, what didn't really work, but all what you can try and see for yourselves what may work.

1. Eating no red meat helps some people, while others don't notice a difference. For me, I didn't really notice any difference when just cutting out red meat. But when I lowered this, excessive chocolate eating (and I mean waaay too much--it was probably more the high saturated fat and inflammation from that that was more an issue), and lowered coffee intake, in the week leading up to my period, that I did notice some difference. However, if stress was high, I'd over worked or underslept, or was having some other type of flair-up, the diet itself didn't seem to matter. Really, cutting down any and all forms of inflammation is what matters. Since red meat, chocolate, and coffee are high histamine producing, which when a body is already sensitive can be more set off by, and over-histamine production is a form of inflammation, this is another step that can help reduce the inflammatory overload. But if doing those, really eating a low fodmap diet would also help, and cutting back on all histamine-producing foods prior to your period.
2. More than high-histamine foods, lots of carbs or sugar (both which we gals crave right before our period) mad things a lot worse for me and had more impact on reducing pain levels. That does for any processed and fast foods, and all the seed oils and fried foods. These just say "fire" to your poor delicate ovaries.
3. Consistent exercise but NOT over-exercising. HIIT workouts seem to make things worse, or over walking (miles a day) as well. Things like yoga and light pilates helped the most. This is because it's relaxing the muscles and loosening things up, not overworking or over stressing anything.
4. Very gentle stomach massages sometimes helped. More-so for gut mobility which would all seize up for me, but massages with menthol or peppermint oil felt good on the lower abdomen.
5. Caster oil-- I don't have much to say about it.. I never noticed a difference, but I do think all in all with consistent use, it will help with the inflammation load, so another tool to use along with everything else.
6. Drinking lots of water. This one is a must and certainly makes a difference. It helps remove toxins, including excess estrogen, and support lymph drainage (along with regular exercise).

7. BHRT progesterone oil directly on the skin. This certainly made a difference when taken regularly for about three weeks between my period and the next. It helps regulate and set-off the estrogen overdominance.
8. Lots of vegetables, herbs, and dark leafy greens. This is because these help with liver detoxification and drainage.
9. A good women's multi or other strong daily supplement. I found that some prenats and supplements for women 50+ have better higher dosages which those struggling from endo often need as they are so deficient in so many ways.
10. Reduce stress, reduce stress, reduce stress. I can't stress (no pun intended) this enough. Every time there was stress and my period was late, I could guarantee a more painful period.
11. Keeping a very steady daily and weekly schedule. Regular meal times, regular sleep hours, regular exercise, etc.
12. My computer screen, while working an online job, definitely contributed to inflammation. When my head was exploding in pain, as well as my arms and back, my full immune system was down, making it easier for pain to creep up on my period. EMFs and the frequencies in a screen I believe were one of my worst stressors that unfortunately for two years I couldn't get away from.
13. When the pain is bad, heating pads and high-dose high-quality curcumin supplements helped get through it. Don't try to power through. Let yourself rest.

After all that, I still had to get surgery. If I could have chosen another route I would have, the pain had just gotten too constant on certain nerves, creating extreme back pain, and the inability to have bowel movements. I support surgery 100% if you've tried all else and nothing is working. Just do your due diligence and understand the gold standard (excision surgery) vs the used to be frequently practiced ablation surgery, which creates scar tissue and can easily damage tissues. Thankfully this isn't being practiced as much, but still is quite normal. Find a practitioner who is skilled and specializes in excision surgery. This book "The Dr. Will see you Now" written by one of the top Endo Drs in the world, is a great place to start for educating your self.

Also, the facebook group "Nancy's Nook" has the most widely available information on endometriosis and keeps information up to date with the latest discoveries, as well as and most importantly I would add, a list of all the Doctors that are Nancy Nook approved, meaning passing a specific level of _____ and practicing laparoscopic excision surgery. This would be the place to start if looking for a endo surgeon.