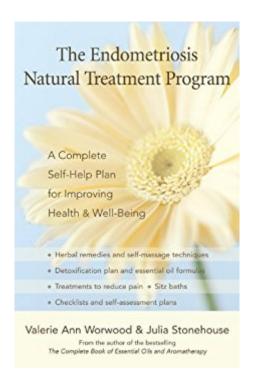
### The book was found

# 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**

File Size: 1979 KB

Print Length: 290 pages

Page Numbers Source ISBN: 1577315693

Publisher: New World Library; 1 edition (August 21, 2012)

Publication Date: August 21, 2012

Sold by:Â Digital Services LLC

Language: English

ASIN: B0090QQJQ4

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #459,576 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #14 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Endometriosis #34 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments > Genitourinary & STDs #80 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Genitourinary & STDs

#### 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 affordableEssential oils do not have drug - herb interactions when used externallyEssential oils do not have any serious side effectsEssential oils can be safely used vaginallyEssential oils work quicklyEssential oils are great at reducing painEssential 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: life 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 arent easy to mix and use as she says. More complicated regimens that a lot of people dont 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 suppliments 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!!!

#### Download to continue reading...

The Endometriosis Natural Treatment Program: A Complete Self-Help Plan for Improving Health & Well-Being Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) Self-Discipline: Achieve Unbreakable Self-Discipline: How To Build Confidence, Willpower, Motivation, Self-Belief And Master Your Life!: Self control, ... Self-Confidence, Self-esteem, Organizing) Self-Love: The 21-Day Self-Love Challenge - Learn how to love yourself unconditionally, cultivate self-worth, self-compassion and self-confidence (self ... happiness) (21-Day Challenges Book 6) Reiki: 50 Powerful Reiki Healing Techniques for Improving Health -Increase Energy and Well Being Depression Treatment Naturally & Depression Self Help: 21 Non-Medical Depression Cures To Stay Happy For Life (depression cure, postpartum depression, ... depression self help, depression free) Hair Loss Cure & Treatment: Prevention & Effective Natural Regrowth Methods (Hair Loss Prevention, Hair Loss Treatment, Hair Loss Cure, Hair Loss For Men, Hair Regrowth, Self Help) The Treatment of Endometriosis-And Other Disorders and Infections (World Congress on Fertility and Sterility Proceeding) Self Hypnosis for Beginners: The Ultimate Guide With Systematic Steps To Master Self Hypnosis (Self Hypnosis, Self hypnosis as you read. Self hypnosis diet) Self Hypnosis: The Ultimate Beginners Guide To Mastering Self Hypnosis In 7 Days (self hypnosis, self hypnosis diet, self hypnosis for dummies) Diabetes: One Week Diabetes Meal Plan To Help You Improve Your Blood Glucose, Blood Pressure, And Cholesterol Numbers And Help Keep Your Weight On ... Reverse Diabetes, Diabetes Meal Plan) Brain Cancer Treatment - How to Beat Brain Cancer And Get Your Life Back (Brain Cancer, Tumor, Brain Cancer Treatment, Natural Treatment) Healing Your Emotional Self: A Powerful Program to Help You Raise Your Self-Esteem, Quiet Your Inner Critic, and Overcome Your Shame Stop Smoking Forever - For Women: Subliminal Self-Help: Subliminal Self Help Family Ties That Bind: A self-help guide to change through Family of Origin therapy (Personal Self-Help Series) Trigger Point Therapy for Repetitive Strain Injury: Your Self-Treatment Workbook for Elbow, Lower Arm, Wrist, & Hand Pain (New Harbinger Self-Help Workbook) THYROID: Hashimoto's Thyroiditis Cure: Holistic Self-Care

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

<u>Dmca</u>