



## **Natural Treatments for Endometriosis Symptoms**

### **1. Healthy Diet**

When attempting to relieve endometriosis symptoms naturally, begin by eliminating foods that lead to inflammation. This includes dairy, processed foods, refined sugars, caffeine and carbohydrates. Eliminate these foods from your diet for at least three weeks, paying close attention to your body changing throughout the process. Alcohol, soy and other high-estrogen foods should also be eliminated from your diet because of their estrogenic effects.

According to a review published in Reproductive Biomedicine Online, women with endometriosis seem to consume few vegetables and omega-3 fatty acids and more red meat, coffee and trans fats. (4) Allergy testing may also be beneficial in order to find out what foods lead to inflammation in the body.

It's important to follow an anti-inflammatory diet when dealing with endometriosis. A 2004 study published in Human Reproduction found that there is a significant reduction in risk of developing endometriosis in women who consume green vegetables and fresh fruit. (5)

**That means it's a good idea to crowd in these super beneficial anti-inflammatory foods:**

Green leafy vegetables	Bok Chow
Celery	Walnuts
Beets	Coconut oil
Broccoli	Chia seeds

Blueberries	Flaxseeds
Salmon	Turmeric
Pineapple	Ginger
Bone broth	

Magnesium-rich foods also help soothe the uterus and reduce pain. These include pumpkin seeds, sunflower seeds, black beans, avocado, almonds, bananas, chard and spinach. Iron-rich foods are important as well because they replenish the loss of iron in the body, which is a result of excess bleeding. Some foods containing iron include liver, beef steak, navy beans, black beans, spinach, egg yolk, prunes, artichokes and collard greens.

In addition, you can reduce inflammation, relieve joint and muscle pain, and regulate hormone production with omega-3 foods. Add flaxseeds, chia seeds, walnuts, salmon, trout, tuna, sardines, anchovies and mackerel to your diet.

If you are suffering from constipation as an endometriosis symptom, eat high-fiber foods like quinoa, vegetables, brown rice, berries, coconut, figs, artichokes, peas, okra, Brussel spouts, turnips and acorn squash.

## 2. Supplements

There are certain supplements that can benefit endometriosis sufferers — such as progesterone cream, fish oil, vitex, milk thistle and more.

Pycnogenol is a French maritime pine bark extract that has been used as a natural remedy to treat endometriosis. In a study published in the Journal of Reproductive Medicine, 58 women with endometriosis were followed at four, 12, 24 and 48 weeks after starting treatment to check for endometriosis symptoms. Thirty-two patients in the pycnogenol treatment group took 60 milligrams orally per day for 48 weeks. The 26 other patients were treated in the standard way, using gonadotropin-releasing hormone agonist.

Treatment with pycnogenol slowly but steadily reduced endometriosis symptoms, while treatment with hormone therapy reduced the symptoms more effectively at first, but 24 weeks after the end of treatment, the scores suggested a recurrence of signs. There was no influence on menstrual cycles or estrogen levels with pycnogenol treatment, while menstruation and estrogen levels decreased with

hormone therapy. The researchers concluded that pycnogenol serves as a therapeutic alternative to hormone therapy in the treatment of endometriosis. (6)

You can also take 50 milligrams of vitamin B complex daily to balance hormone levels. B vitamins benefit overall health and reduce toxicity in the body, supporting cellular function. They also regulate and balance the body's organs and support healthy immunity. Vitamin B6, for example, relieves chronic pain, boosts mood and increases energy levels.