



# **The Endometriosis Natural Treatment Program: A Complete Self-Help Plan for Improving Health and Well-Being**

*Valerie Ann Worwood, Julia Stonehouse*

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Endometriosis is a common medical condition in which the tissue lining the uterus is found outside of the uterus. Painful menstruation and infertility are two of the numerous symptoms, and it can take up to eight years to diagnose. This groundbreaking book offers practical, easy-to-implement ways to alleviate symptoms and improve overall health and well-being. It explores the environmental toxins, cosmetics, dietary habits, and other lifestyle issues that may be partially to blame for the condition. The authors outline a program for eliminating certain foods, changing habits, and using supplements and essential oils to begin healing the condition, incorporating aromatherapy, diet, sitz baths, and other methods. They suggest slow yet steady lifestyle changes that focus on whole, unprocessed foods, detoxification, self-massage, essential oils, stress reduction, herbal remedies, and supplements to address nutritional needs. The books also includes checklists and self-tests to help women implement the plan for treatment.

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