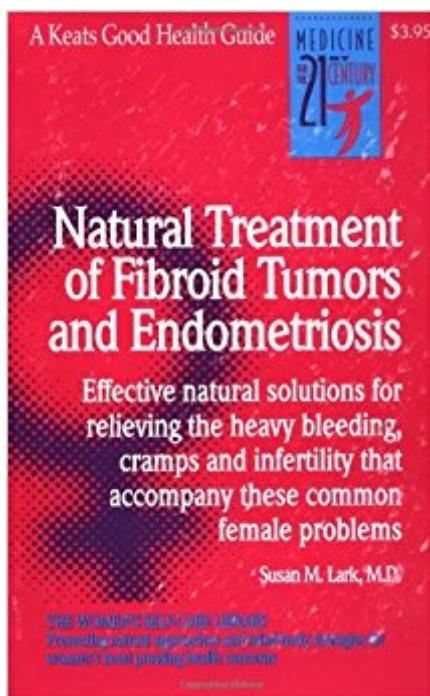


The book was found

Natural Treatment Of Fibroid Tumors And Endometriosis



Synopsis

Effective solutions for problems that affect millions.

Book Information

Series: Women's Self-Care Library

Paperback: 48 pages

Publisher: Keats Publishing; 1 edition (November 11, 1998)

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Average Customer Review: 4.2 out of 5 stars 6 customer reviews

Best Sellers Rank: #1,847,317 in Books (See Top 100 in Books) #26 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Endometriosis #2672 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Cancer #4218 in Books > Health, Fitness & Dieting > Women's Health > General

Customer Reviews

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great book, a lot of information about fibroid i'm actually following the diet guidelines.

If you are diagnosed early, this is a great alternative to surgery. I have given it to a few friends. I had to have surgery anyway.

Good

The dietary changes recommended, while not a cure, did help alleviate a good bit of my pain. I found the explanation of the role of essential fatty acids fascinating. It doesn't work overnight, but implementing them for a good month helped me with cramping and bloating that I continued to have after my surgery.

I find the book to be very informative. It has plain and simple as well as easy to follow tips. Also, it helps you understand what is happening and why.

Then let's not pretend that diet has anything to do with the severe pain associated with endometriosis. I followed the recommendations in this book for a 1-month trial (note: I'm already very physically active, so I only followed the dietary recommendations). Result? No effect whatsoever on my longstanding severe endometriosis. The more I read, the more I'm convinced that Dr. Redwine in Oregon has the real answer -- meticulous surgery as the only real cure for endo. Hormonal treatments are only temporary, and many women cannot bear the adverse effects associated with them, including depression, mood swings, decreased intelligence, etc. Pain medication works, but who wants to be drugged for the rest of one's life? Medicinal cannabis helps the most of any nonsurgical treatment I've had. Each of my 4 surgeries has reduced the pain -- I hope that that my next surgery, which will focus on the bowel, bladder, and diaphragm implants, will be my last. Oh, I've gotten away from the point of this review. Anyway, I checked this book out of the library to see if it said anything worthwhile, but it didn't. It's easy to prescribe "good nutrition" for a chronic condition; who among us couldn't stand to eat a little better? But this sort of approach is really a form of blaming the victim -- if you women would only eat properly, you wouldn't have this terrible condition. Nonsense! Endometriosis is just like cancer, except it doesn't invade the bone or lymph system (that we know of) and doesn't lead as quickly to death (although some women suffering the intense pain of endometriosis sometimes briefly think that death would be preferable). Worst of all, endometriosis can really ruin a relationship between a husband and wife (because sex usually makes the symptoms far worse), especially if the wife's physicians aren't sufficiently educated and think the problem is "all in her head."

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