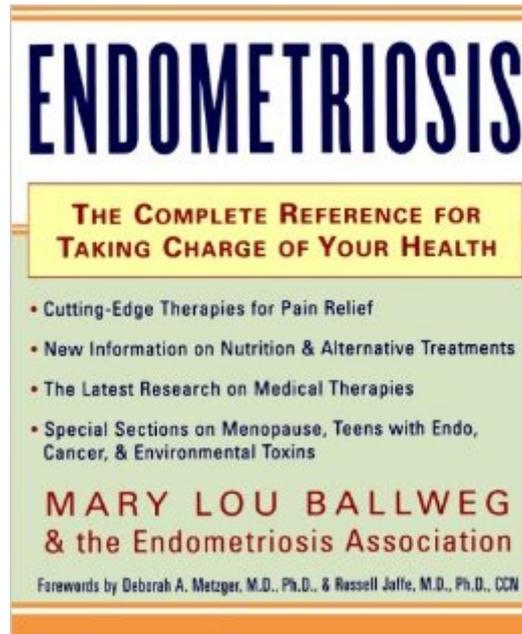


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# Endometriosis : The Complete Reference For Taking Charge Of Your Health



## Synopsis

Bestselling health authors present must-have information for managing endometriosis

Endometriosis is a serious disease associated with pain, immune dysfunction, infertility, cancer, and autoimmune diseases that can be managed only through active, informed decision making.

Developed by the Endometriosis Association, Endometriosis provides new information on treatments and lifestyle changes that gives women with endometriosis and their families the tools they need to successfully manage the disease. This authoritative guide contains groundbreaking new discoveries on endometriosis and its relationship to autoimmune problems, chronic fatigue syndrome, fibromyalgia, and other poorly understood diseases. Endometriosis also includes new information on: Cutting-Edge Therapies for Pain Relief New Information on Nutrition and Alternative Treatments The Latest Research on Medical Therapies Special Sections on Menopause, Teens with Endo, Cancer, and Environmental Toxins

## Book Information

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## Customer Reviews

My doctor specializing in endo treatment gave me this book, and I have found it very useful. I also have Mary Lou Ballweg's previous endo book, which is also great. This Complete Reference compassionately discusses the pain, the symptoms, the medical diagnosis and treatments, immunotherapy and nutrition and how they help decrease symptoms, how endo can affect fertility, connections it may have to cancer, how it impacts menopause, how it affects teenagers...It also has motivating chapters on how we can stay strong and continue to be productive through our endo, but

with reassuring messages that if the pain and procedures do affect our energy and mental health, what we can do to manage this stress. It also talks about new research and finally, how important it is to share our experience with other women. I've had endo for probably over 10 years now. I've had 4 laparoscopies (need another one soon), and I've tried every procedure available. Women need to KNOW that there IS NO CURE. Pregnancy does NOT CURE endo. Some undereducated doctors that do not specialize in this disease mistakenly persuade hundreds of thousands of women to have a child when they may not be ready in hopes of curing their disease. Also, some of the procedures MAY cause temporarily symptom relief, but they WILL NOT CURE you of endo. I've been treated in a clinical trial by the best endo team in the world in Maryland, and with research, one day we may have a cure. At this time, we only know it is a stubborn and sometimes debilitating disease. But it does NOT define us. Surround yourself with supportive friends and family. If your doctor doesn't take the time you need to answer your many questions satisfactorily, find another. Respect your right to the best-possible healthcare.

This book bills itself as a "complete reference for taking charge of your health," but much of it reads more like a compendium of personal anecdotes and rants (toxic chemicals are bad! very bad!) than a practical reference work. The information on drug therapies is potentially useful as a starting point, but for more substantial information on commonly used medications it repeatedly refers the reader to Ballweg's earlier "Endometriosis Sourcebook" (presumably to save space -- yet this book devotes 15 pages to reprinting a series of badly drawn cartoons from the earlier volume.) The section on surgery is padded with first-person narratives and fretful digressions about certification of surgeons and the risk of getting accidentally poked with a trocar or poisoned with hidden PVCs. The book is slanted toward alternative treatments and diet modification, with an inordinate amount of space devoted to a diet supposed to cure yeast allergies. While nutrition is obviously important to general health, the evidence presented for the success of this diet in treating endometriosis is anecdotal (and some of the anecdotes themselves are highly dubious or even comical, such as the letter from a woman who claims to have discovered that she is highly allergic to "grains" -- in which category she includes potatoes!). Given that the book is quick to point out the flaws in conventional medical treatment, it seems a bit irresponsible not to give equal time to the damage that desperate women can do to themselves with self-treatment and "natural" remedies. There are as many bad acupuncturists and quack nutritionists out there as there are bad gynecologists. What we really need is more solid, serious medical research, not more miracle diets or personal tales of suffering and empowerment.

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