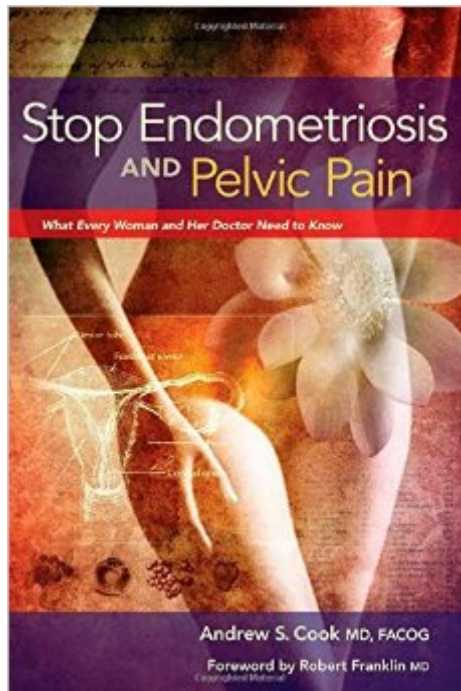


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# Stop Endometriosis And Pelvic Pain: What Every Woman And Her Doctor Need To Know



## Synopsis

Stop Endometriosis and Pelvic Pain provides extensive information about the realities and the myths of endometriosis and pelvic pain. Dr. Cook explains why so many patients are misunderstood and misdiagnosed, why most endometriosis surgery is done so poorly, the principles and correct techniques for effective endometriosis surgery, and how to find the best doctors and healthcare providers. This book embraces a women's perspective and provides much-needed support for women who have suffered from the pain of endometriosis. He also explains his comprehensive and successful program for treating endometriosis.

## Book Information

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## Customer Reviews

This is the doctor I had surgery with last year. I developed the symptoms of Endometriosis at age 13 and spent the next 20 years suffering from pain and medical professionals who didn't care about me because my disease wouldn't fit into the myths they had been taught about endo in medical school. My own family & husband had stopped believing me about the pain until I had several months post-op where even they could see the difference in how well I could function. I waited 9 years knowing this was the doctor I needed to see and I have been pain free for 18 months!! I haven't experienced as little pain since I was 13, this man changes lives and he knows what he is talking about! Dr Cook has been long working on a book "Stop Endometriosis and Pelvic Pain: What Every Woman and Her Doctor Need to Know" for what seems like forever. He writes his books like he

does surgery, as long as it takes to get it right and WOW this book so right! This is the ONLY book about endo I've read where I haven't see a myth printed in black & white and presented as truth. If you have endo you will be wondering if Dr Cook had been following you around when writing this. This book shows the truth of this disease and how it wrecks lives because most of the medical field had no idea how to treat it. Society belittles these women and disbelieves their pain because they don't look ill. The debunking of myths about endo in this book will let you stop arguments with people that think if you did some little things endo would just go away. Dr Cook explains in simple, believable terms exactly what women with endo are going through and what can be done to improve the situation. This is a book that will change lives. He writes with the same common sense and humor that those of us who have been in his office will recognize and love. Education is the first step to finding treatment that works because most doctors are not well educated or misinformed about endo. He will also give women with endo a tool to be able to assess on her own if a doctor is skilled enough to operate on her disease which is important; surgeries that fail to help are because the doctor doesn't have the skill needed to successfully treat the disease. Every woman should read this book because it is refreshing to see a GYN with this level of respect and trust in his patients and whether you have endo or not every woman deserves to be treated with this level of respect by her doctor and accept nothing less. If you love someone with pelvic pain go out and buy it NOW, if you are friends with a woman suffering send her over to , and if that person is in horrible pain this moment please stop wondering if you should get this book and just order it, you won't regret it.

Excellent book on endometriosis and pelvic pain. A must-read before having any surgery or start taking medication so you can make an informed decision. This book outlines all the questions you need to ask of your doctor, particular those related to surgery. Take my advice -- you want to get it right the first time! Dr. Cook was my surgeon and did a painstaking six-hour surgery to excise my severe Stage 4 endo. Much better results than the first surgery I had through Kaiser to say the least! I do think a big part of healing from endo has to do with diet and lifestyle changes, including helping the body detox estrogen (sauna time!). Working with a naturopath/functional medicine doc who specializes in women's health has been important for my recovery. My one criticism of this book is the diet advice, which I feel is a little outdated (low-fat, Mediterranean, etc.). Through tons of reading, talking with my doc, and personal experience, I'm in the camp that low-allergen/low-toxicity (i.e. gluten free), nutrient-dense, real, whole, non-sprayed food are best including meat and fat from healthy animals (see paleo/primal, Perfect Health Diet, Weston A. Price/Nourishing Traditions, Chris Kresser for more info if you're interested). Thank you Dr. Cook for writing this book and the amazing

work you do!

Please please please if you suffer from endometriosis buy this book. I cried when I read it because I felt like I wasn't alone for the first time and I finally had some answers. Doctors dismissed my questions and concerns for decades. No doctors could answer my questions, or figure out how to manage my pain. This book is the only resource I found that explains the disease in depth, why the medical profession is terrible at dealing with it, and what you can do manage it. And you CAN get better, the key is finding a skilled surgeon that performs excision surgery. Please read this before having surgery and especially if you have been told you have to have a hysterectomy to deal with your endometriosis. An educated patient is an empowered patient. I have recommended this book over and over to anyone suffering. It's an invaluable resource. If I were made of money, I would send it to every woman on the planet diagnosed with endometriosis!

I suffered for years with Endo, before there were lap scopes, diet plans, proper training for drs and practitioners, and Dr. Cook. Now, I watch my daughter suffer the same, but more severely, without drs willing to look or listen. She found Dr cook's VitalHealth website a few months ago, and purchased this book. Although she had been doing many things on her own to encourage healing, she has new hope after reading this book. There is a wealth of info that i know your drs aren't sharing with you. He speaks from the heart, with compassion and understanding. Please, don't let yourself suffer another minute. Do something for you, and purchase this book. As for my daughter, the endo returned after a TAH. Although we are on limited funds, we are hoping to travel to CA, and recieve the proper care with the esteemed Dr.Cook. We hope this will be a diagnosis of her past, and of women across the globe. with his help, of course!

This was a very interesting, informative book, similar to Dr David Redwine's book, '100 Questions and Answers About Endometriosis'. Both books describe what it takes to find endometriosis, and how to best treat it, along with adhesions. Hopefully, many in the medical profession will read and learn from it. I don't know if I have endometriosis, but I have had problems due to adhesions for over 30 years with no help. Adhesions, with or without endometriosis, are a very underappreciated problem. I don't think that patients should have to travel hundreds or thousands of miles to get help. Since adhesions, or adhesion related disorders are not searchable medical conditions, it is impossible to find any Dr who will even consider them as a cause of pain or problems. The book didn't really help in that regard.

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