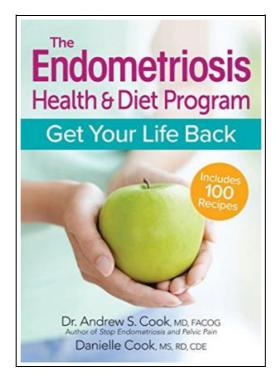
The Endometriosis Health Diet Program: Get Your Life Back (Paperback)



Filesize: 6.52 MB

Reviews

Basically no phrases to explain. It really is filled with knowledge and wisdom You are going to like how the author create this book. (Gerald Conn)

THE ENDOMETRIOSIS HEALTH DIET PROGRAM: GET YOUR LIFE BACK (PAPERBACK)



ROBERT ROSE INC, Canada, 2017. Paperback. Condition: New. Language: English . Brand New Book. Endometriosis can have a profound impact on a woman s quality of life, and it affects the lives of 6-10 of women worldwide. This timely book will dispel the myths surrounding endometriosis and provide scientifically based recommendations that are easy to understand and follow. It offers recommendations on treating root causes rather than just symptoms - it is a comprehensive, integrative programme for treating endometriosis and serves as a starting point for building an individualised program. The plan is deep in scope but easy to understand and follow. The plan is split into three accessible and straightforward sections: * Part 1 provides basic information about endometriosis, contributing factors in the development of endometriosis and standard, conventional treatment of endometriosis. It explains the medical side of endometriosis and how lifestyle factors may impact the disease - it answers the why of this condition. * Part 2 consists of an integrative lifestyle plan to manage symptoms and potentially slow or halt endometriosis disease progression. You will learn how to strengthen your body and optimise your health through detoxification and stress reduction, effective exercise and helpful supplements and much more. * Part 3 focuses on food and its impact on endometriosis. Andrew and Danielle have developed a scientifically based diet targeted to specifically address the many factors associated with the development of the disease. The diet will reduce inflammation, optimise gut health and function, balance and strengthen the immune system, improve energy and much more. It features 100 delicious and easy-to-prepare recipes. This book will be an invaluable tool in helping to treat and manage endometriosis. Whether you suffer from endometriosis or have a loved one who does, this guide will offer relief and healing.



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