



*In The
Name Of
GOD*



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Endometriosis - Diet and Nutrition

Diet changes can help reduce the symptoms of endometriosis



Changing your diet to deal with Endometriosis is an excellent foundation to assist you in reducing your symptoms, and will help regenerate your health.

Adjusting what you eat can bring about many positive physical and metabolic changes. Many of you may be aware that various illnesses

and diseases have responded very positively to changes in diet, and Endometriosis is no exception.

Changing your diet for endometriosis can help with the following:

- Reduce symptoms of pain
- Relieve cramps
- Reduce inflammation
- Reduce bloating

- Reduce estrogen levels
- Balance hormones
- Reduce weight – estrogen is stored in fat and endometriosis is fed by oestrogen
- Reduce toxins – found in e-numbers, additives, preservatives, pesticides, chemicals, anti-biotics used in animal husbandry,

AND an improved diet will also :

- Increase energy levels
- Boost immune system
- Improve overall health

Did you know that 80% of our immunity occurs in the intestinal tract?

To have a properly functioning immune system, you need to have a healthy digestive system. Because a large proportion of your body's immune system stems from the digestive tract.

A healthy gut and a healthy digestive system will aid in the production of certain good bacteria, enzymes and vitamins that help us to fight disease. Having a strong and vibrant immune system will help you to fight the underlying causes of endometriosis.

Controlled Diet for Endometriosis

Changing the foods you eat and following a diet for endometriosis has proved to be one of the best ways to reduce the symptoms of the disease by using a natural and healthy treatment option.

The body will respond very quickly to what we eat, and this will reflect in our overall health. The symptoms of endometriosis respond really well to diet changes based on chemical reactions in your body.

Your body is sensitive to what you put in it, for example if you have any food allergies, or you have too much sugar or caffeine. Sometimes these sensitivities will quickly show up, but at other times they are not noticed and will creep up on us in the form of dietary deficiencies.

This will then show up as symptoms of ill health, but the body will give us clues and we start to develop food cravings.

The reason that certain foods make the symptoms of endometriosis worse is based on the chemical reactions in the body that are caused by these food groups. Some of these chemical reactions are very subtle and complex based on enzymes in food and the complex reaction to the chemicals already present in the body.

The controlled diet for endometriosis eliminates these problem food groups and in turn this helps to reduce the negative chemical reactions and can help to **reduce many of the symptoms of the disease.**

Endometriosis is fed by estrogen synthesis in the body. This can take the form of:

- your own *natural estrogen* which is produced in the body
- the estrogen that is taken up from food as *phyto-estrogen*
- from chemical based estrogens that are found in toiletries and cosmetics in the form of *xeno-estrogens*

The correct diet can help to balance these different forms of estrogen.

You also need to reduce your use of xeno-estrogens (highly chemical based cosmetics and toiletries, and use natural alternatives) in order to reduce xeno-estrogens from your system.

As well as dealing with estrogen levels, you need to address the levels of prostaglandins in your body. Prostaglandins are very complex natural fatty acids and are derived from dietary sources. There are many different forms of prostaglandins and new types of them are still being discovered.

The painful menstrual cramps you feel are actually due to prostaglandins, as well as the pain symptoms of endometriosis. A change in diet can alter the level and the types of prostaglandins in your body.

We actually have two main 'types' of prostaglandins - there are the 'good ones' and the 'bad ones'.

The aim of the endometriosis diet is to block the 'bad ones' because of their negative actions on the body, and increase the levels of the 'good ones' because of their opposite and positive effect. The action of the 'bad ones' will increase uterine contractions and pain, and increase inflammation.

The role of the 'good ones' have a soothing effect and do the opposite to the bad ones. When you change the oils in your diet you can promote the good prostaglandins. The good oils are in the omega-3 fatty oil group, and lead to good prostaglandin production. Some of the best sources of omega-3 oils are found in marine and plant oils and include:

- oily fish
- walnut oil
- pumpkin seeds
- dark green leafy veg



At the same time it is important to reduce intake of the fatty acids that stimulate negative prostaglandins which are found in saturated fats, animal fats, butter.

Fibre intake

It will help your symptoms if you increase your intake of fibre, as the fibre will help to decrease the circulating oestrogen in your system. Be careful not to eat too much fibre as this can lead to constipation (contrary to what you have been told).

The possible problem with constipation relates to non-soluble fibre like bran and coarse grains, as this will absorb any available water in the gut and actually slow down your digestive system. Read more on the topic of



The easiest sources of fibre to digest are found in fruit and vegetables as the structure and chemical make-up provide a more soothing effect while also aiding digestion. However, extra fibre in the form of grains, brown rice and pulses etc., are helpful especially for their nutritional value, but keep your fibre intake *balanced between the two*

These can include:

- whole grains (excluding wheat)
- beans, peas, pulses
- brown rice
- vegetables and fruits
- oatmeal



The following foods are recommended to modulate estrogen levels by incorporating one or two servings a day:

- mustard greens
- dark green veg
- broccoli
- cabbage



FOODS TO AVOID

- **wheat** - this includes breads, cakes and pasta products, all based on wheat - contains phytic acid which can aggravate symptoms of endometriosis. Also contains gluten which women with endometriosis seem to be sensitive to.
- **red meats** - promotes negative prostaglandins which cause inflammation and can also contain growth hormones.
- **refined and concentrated carbohydrates** - white bread, flour, cakes, pasta etc. made from refined flours. Most of the nutritional value has been removed
- **refined sugars and honey** - causes inflammatory reaction, produces a more acidic environment in the body which can increase the inflammation of endometriosis. (honey is fine if you can get hold of certified organic honey)

- **caffeine** - found in tea, coffee, soft drinks -increases abdominal cramps and caffeine increases estrogen levels. Caffeine is a known phyto-estrogen.
- **chocolate** - as it contains sugar which is inflammatory
- **dairy produce** - including milk, cheese, butter, cream - causes inflammatory reaction as they increase the inflammatory prostaglandins
- **eggs** - advised to leave out eggs unless you get organic as they can contain the chemical residue of dioxin. Can also cause digestive problems for some like IBS, and may increase constipation problems (they are used as a binder in cooking!)

- **saturated fats and oils** – Foods that are high in fatty acids stimulate the negative inflammatory prostaglandins. Fatty acids are found in saturated fats, butter, margarine, lard.

- **soy products and soy protein products**



tamari can be used in small amounts

- **convenience foods** - they contain a host of additives, cheap ingredients and have very little nutritional value

- **tinned foods** - use sparingly. Certain exceptions are fine like tinned tomatoes, coconut milk and those foods that are part of ingredients when cooking a nutritious meal
- **additives and preservatives** - increase chemical load on the system
- **alcohol** - consumes vitamin B which is stored in the liver. Good liver function is vital as the liver will help to eliminate excess estrogen from the body

FOODS BENEFICIAL FOR THE IMMUNE SYSTEM

- beans, peas, lentils
- onions
- garlic - raw or lightly cooked
- carrots - contain beta-carotene
- live yoghurt (good for healthy intestinal flora)
- rhubarb
- seeds and sprouted seeds - high in nutrients
- ginger - excellent anti-inflammatory
- green tea - excellent to boost immunity and has been found to expel dioxin from the body



HORMONE REBALANCING

Foods containing natural plant sterols (phyto-estrogens) can actually be helpful if consumed in careful balance. They are thought to block the estrogen receptors, so in turn excess estrogen in the body cannot 'lock-in' to these receptors. These include:

- peas, beans and pulses
- red and purple berries
- garlic
- apples
- parsley
- fennel
- brassica's: cabbage, cauliflower etc
- nuts and seeds
- celery, carrots
- rhubarb



antioxidants

Some free radical activity in the body is normal(immune system fights off infection). Oxidative stress is also responsible for the natural process of aging.

when free radicals abundant, attack too many healthy cells (disease and advanced aging)

Biological markers of oxidative stress are higher in women with endometriosis. These markers may encourage endometrial-like tissue to grow and stick to organs and surfaces outside of the uterus. One possible way to lower the oxidative stress in the body is to increase the number of antioxidants in your diet.

Antioxidants stop the chain reaction of cell damage caused by free radicals.

In this particular study, participants were aiming to intake 1050 µg of vitamin A (150 percent of the recommended daily value), 500 mg of vitamin C (660 percent of the recommended daily value), and 20 mg of vitamin E (133 percent of the RDA).

The best way to increase the antioxidants in your diet is veggies and healthy fruits. Foods high in antioxidants (high in vitamins A, C, and E):

Sweet potato

Beef liver

Spinach

Carrots

Cantaloupe

Peppers

Mangoes

Black-eye peas

Oranges

Almonds

Sunflower seeds

Wheat germ oil

VITAMIN AND MINERAL SUPPLEMENTS

Although the best source of vitamins and minerals is through a well balanced diet, many of our foods today are depleted in these vital trace elements. Today, most of us need to supplement our diet with some of the vitamins and minerals that our bodies need to function optimally.

The following is a list of supplements that will help women with Endometriosis:

- Magnesium - is a mineral and is believed to ease cramping with menstruation. It also assist with maintaining water levels in the gut and can help with the problem of constipation
- Zinc - is essential for enzyme activity, helping cells to reproduce which will help with healing. Zinc is also reported to boost the immune system and helping to create an emotional sense of well-being

- Calcium - levels of calcium in menstruating women decrease 10 to 14 days before the onset of menstruation. Deficiency may lead to muscle cramps, headache or pelvic pain.
- Iron - women with Endometriosis tend to have very heavy periods which can lead to an iron deficiency. This can lead to anaemia which is characterized by extreme fatigue and weakness.
- B vitamins - these are important for the breakdown of proteins, carbohydrates and fats in the body. B vitamins are reported to improve the emotional symptoms of Endometriosis, and have proved helpful in dealing with PMT

Vitamin D for Endometriosis

Studies have found that women with lower levels of vitamin D are more likely to have endometriosis.

Research has also found that low vitamin D levels are associated with infertility in men and women.⁶

One study evaluated women's vitamin D levels in relation to their relative risk of endometriosis, sorting the women into five groups. They found that women who placed in the highest quintile (with the highest levels of vitamin D) were 24 percent less likely to have endometriosis compared to those in the lowest quintile.⁴

However, it has not yet been shown that taking vitamin D supplements or eating vitamin D-rich foods can reduce the risk of endometriosis. (Diet is not an efficient way to raise vitamin D levels in any case.) In fact, a small double-blind clinical trial prescribed women 50,000 IU of vitamin D weekly after being surgically treated for endometriosis. Pain levels for the women taking vitamin D were not significantly reduced when compared to women not taking any supplement.





Thank You!

