



# 30 DAYS OF TIPS FOR *Endometriosis*



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## Avoid Inflammatory Foods

New research is highlighting that Endometriosis and Adenomyosis stem from a genetic immune dysfunction, causing whole body inflammation. Reducing dietary inflammatory triggers is imperative. These include processed food, fast foods, fried foods, processed meats, meats cooked on high heat, commercial biscuits and bakery items, refined carbs and sugar, soft drinks, alcohol, caffeine and nicotine. Due to the inflammatory nature of plastic, it is recommended to also avoid: food packaged in plastic, tinned foods and takeaway coffee cups.



## Strictly Cut Out Gluten

Even small amounts of gluten have been shown to worsen Endometriosis by triggering inflammation in those that are sensitive. Any sensitivity to gluten can exacerbate gut dysbiosis. Studies also show avoiding gluten significantly reduces pelvic pain.



## Avoid All Cow Dairy

The A1 casein dairy protein is highly inflammatory and releases inflammatory cytokines, compounding Endometriosis.



## Increase Anti-Inflammatory Foods

Berries, dark leafy greens especially kale, buk choy, celery, beetroot, mushrooms, oily fish such as salmon, sardines & anchovies, walnuts, chia seeds and flax seeds, ginger and turmeric. Aim to always consume more vegetables than animal protein at every meal.



## Have Weekly Acupuncture

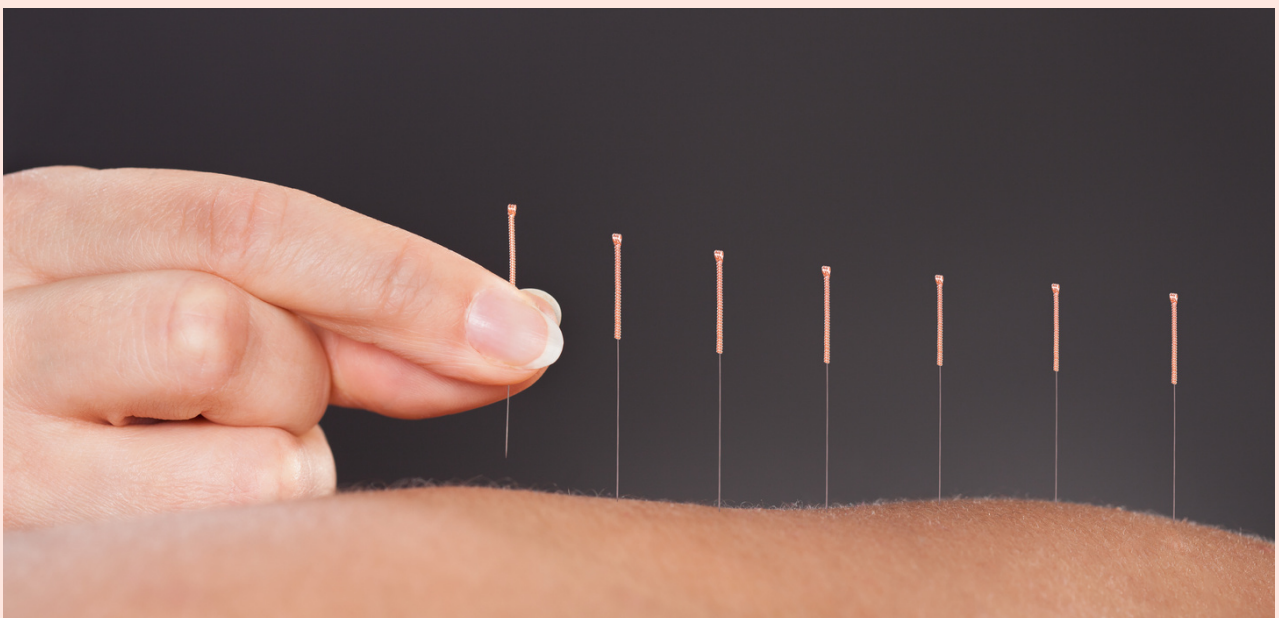
Research has shown that acupuncture is effective in reducing inflammation. A systematic review comparing acupuncture and Western standard care for Endometriosis-related pain showed acupuncture to be a favourable treatment option. Four of the included randomised control trials used danazol, mifepristone, or goserelin acetate as the control, and showed that acupuncture was better in relieving pain and reducing the concentration of CA-125 (Plasma concentrations of CA125 are markedly elevated in women with cystic ovarian Endometriosis and/or deeply infiltrating Endometriosis, and slightly elevated in the luteal phase of women with minimal or mild Endometriosis).

Further evidence suggests that Endometriosis has a strong immune component. Acupuncture enhances the ability and functionality of the immune and endocrine systems.

The positive effect of acupuncture in the treatment of Endometriosis-related pain is likely mediated by endocrine and cytokine changes, as well as by anti-inflammatory and analgesic effects.

Several other studies have shown that acupuncture can suppress serum oestradiol levels. Thus, it has a positive effect on inhibiting the growth of the ectopic endometrium and relieves Endometrial associated pain.

Overall, the literature consistently finds that acupuncture yields better reductions in Endometriosis-related pain and serum CA-125 levels than control treatments (placebo or Western standard care).





## Increase High Fibre Foods

In addition to research pointing to Endometriosis and Adenomyosis arising from a genetic immune disorder causing inflammation, there is also a great number of studies focused on dysbiosis of the microbiome of the gut as a potential cause. To balance the gut microbiome, high fibre foods are essential eg. quinoa, kiwi, green beans, chia seeds, brown rice, flax seeds, polenta, kale, carrots, oats, raspberries, oranges & pumpkin seeds.



## Increase the variety of fruit and vegetables in your diet

and eat seasonally. This can help in the repair of the gut microbiome.



## Increase polyphenols

Choose foods/drinks high in polyphenols (micronutrients with antioxidant properties that increase beneficial bacteria and hamper the increase of problematic bacteria). Nuts, seeds, berries, beans, olives, artichokes, spinach, red onions, cloves and star anise are high in polyphenols.



## Avoid snacking

Leaving intervals between meals helps to balance the microbiome and improves digestion.



## Increase fermented foods

increasing fermented foods containing live bacteria increase beneficial bacteria of the gut microbiome eg. kimchi, pickles, sauerkraut and apple cider vinegar.



## Follow a low FODMAP diet

Following a low FODMAP diet if you suffer from bloating and/or IBS can aid in balancing the gut microbiome and can reduce symptoms of endometriosis.



## Follow a low nickel diet

Follow a low nickel diet if you have a known nickel or jewelry sensitivity. Nickel sensitivity has been linked with Endometriosis and IBS.



## Avoid overexposure to antibiotics

Overuse of antibiotics kills off good bacteria and allows problematic bacteria to increase. Avoid meat exposed to antibiotics - try to eat only organic animal products.



## Avoid refined carbohydrates and sugars

Refined carbohydrates and sugars increase problematic bacteria in the gut and uterine microbiome.



## Avoid preservatives and food dyes

Preservatives and food dyes disrupt the gut and uterine microbiome.



## Avoid alcohol

Alcohol kills off beneficial bacteria in the gut and uterine microbiome. It also highly inflammatory worsening endometriosis.



## Supplement with a prebiotic & probiotic

Prebiotics are high in polyphenols which increase the beneficial bacteria of the gut and uterine microbiome. They also hamper the growth of the problematic bacteria. Probiotics degrade the harmful toxin LPS (which stimulates immune cells to release inflammatory mediators). They also reduce inflammation in the gut lining. Reducing inflammation in the gut lining is beneficial to the uterine microbiome.



## Avoid burning the candle at both ends

Listen to your body and know when to rest. Overexerting yourself in work or exercise is detrimental to your Kidney Qi (energy) in traditional Chinese Medicine. A deficiency of Kidney Qi leads to an inability of the uterine lining to be sloughed off adequately and the inability for the remaining menstrual debris to be effectively cleared up. The stagnant remaining menstrual debris forms the basis for Endometriosis from a Chinese medicine point of view.



## Reduce chilled and raw foods and beverages

These deplete the Spleen Qi (energy) in traditional Chinese medicine. A deficiency in Spleen Qi can exacerbate Endometriosis.



## Eat warming foods regularly

Warming foods increase the energy of the Spleen and Kidney. As mentioned previously these two energies can be the basis of what is behind Endometriosis in traditional Chinese Medicine. Consider adding in these specific foods as they are known to be quite warming in nature: roasted meats and vegetables, bone broths, chicken soup, orange vegetables, ginger, cloves, fennel, cardamon, cinnamon, jasmine tea.



## Wear slippers

In traditional Chinese medicine the Kidney channel begins on the sole of the foot and then travels up the inside of the leg and then on to the uterus. Walking barefoot on cold tiled or wooden floors, allows the cold to flow directly to the uterus. In traditional Chinese theory this causes blood to stagnate and can be the cause of Kidney Yang deficiency.



## Engage in moderate exercise

In traditional Chinese medicine, Endometriosis can be defined as a condition we call 'Blood Stagnation'. Exercise is known to move Blood stagnation, although should be kept to a moderate level.



## Eat foods that stimulate the circulation of blood

These deplete the Spleen Qi (energy) in traditional Chinese medicine. A deficiency in Spleen Qi can exacerbate Endometriosis.



## Engage in activities that move the Liver Qi

Meditate, spend time in nature, dance and sing. All of these activities in traditional Chinese medicine, help move the Qi (energy) of the Liver. Stuck Liver Qi can exacerbate Endometriosis.



## Avoid stimulants

Caffeine, spicy foods, sugar, alcohol and recreational drugs. Stimulants cause stagnation of the Liver Qi (energy) which can worsen Endometriosis and pelvic pain.



## Increase foods that move Liver Qi

Garlic, chives, celery and black sesame all help move Liver Qi which helps to reduce the impact of Endometriosis and helps reduce pain associated with menstrual cramps.



## Don't skip meals

Avoiding skipping meals or fasting is crucial to ensuring a healthy Qi (energy) of the Spleen. A weakness in Spleen Qi allows Endometriosis to proliferate.





## Supplement with Zinc and DHA

There are many amazing supplements that focus on reducing the inflammation associated with Endometriosis. Zinc and DHA are definite must haves. Research has shown zinc is a nutrient that women with Endometriosis are prone to be deficient in. For further information on supplements for Endometriosis, book an appointment with any of the therapists here at Kirsty Eng Fertility.



## Supplement with Ubiquinol

Unfortunately the inflammation associated with Endometriosis can have a very detrimental effect on egg quality. Research has shown that supplementing with ubiquinol has a beneficial effect on egg quality. We recommend 300mg twice daily.



## Castor oil packs

A castor oil pack is a thick piece of cloth soaked in castor oil and applied to the lower abdomen. Castor Oil packs have the ability to break up blood stagnation, reduce inflammation and increase blood circulation.

## Traditional Chinese Medicine, Acupuncture, Nutrition & Lifestyle Advice

For the past 20 years, Kirsty Eng Fertility has delivered fertility acupuncture support services to the Brisbane community and Australia wide. To find out more about Kirsty Eng Fertility, visit our website and follow us on social media (links below).



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