

WHAT TO DO ABOUT FIBROIDS AND ENDOMETRIOSIS?

Fibroids and endometriosis are related. The three key areas that you need to work on when it comes to fibroids and endometriosis include:

1. Inflammation
2. Detoxification (including detoxification of estrogen)
3. Blood sugar and insulin balance

FIBROIDS

Fibroids are dependant on estrogen for their growth. Genetic factors can also play a role in the development of fibroids, as can environmental and other lifestyle factors.

The birth control pill is NOT the answer! Diet and lifestyle is.

Fibroids actually make their own estrogen, which is stimulated by inflammation as well as insulin and estrogen produced from fat tissue (yes, fat tissue makes its own estrogen). This is why fibroids sometimes do not shrink in menopause.

There is an enzyme called aromatase, which stimulates estrogen production. What stimulates aromatase? Inflammatory markers amongst other things. Estrogen itself is also inflammatory, hence why an anti-inflammatory diet - including aromatase inhibitors - is SO important in the treatment of fibroids.

Vitamin D is also a mandatory part of treatment when it comes to fibroids. Vitamin D receptors have been found within uterine tissue and activation of these receptors has been shown to limit fibroid growth. A lot of people, especially those in Canada, are deficient in vitamin D so it's important to get yourself checked and supplement accordingly.

ENDOMETRIOSIS

Endometriosis occurs when uterine lining grows outside of the uterus.

Endometriosis is estimated to be present in 3-10% of women of reproductive age and 9-50% of infertile women

Just like fibroids, endometrial tissue makes its own estrogen in order to grow. So aromatase inhibitors and an anti-inflammatory and blood sugar balanced diet is also important for those suffering from endometriosis.

Endometriosis is also associated with impaired immune function: women with endometriosis have decreased natural killer cell function. This impaired immune response results in inefficient clearing of the endometrial cells during menstruation.

Endometriosis is associated with:

- Headaches
- Allergies
- Eczema
- Hypothyroidism
- Fibromyalgia
- Chronic fatigue syndrome
- Vaginal candida

Research doesn't know as of yet if impaired immune function is a cause or result of endometriosis

SO WHAT CAN YOU DO?

You need to decrease estrogen production in the body by eating an anti-inflammatory diet, consuming aromatase-inhibiting foods and increasing your fibre (estrogen is excreted from the body via the feces: so fixing constipation is a must!). It's also important to eat organic foods because pesticides have been found to stimulate the production of aromatase in the body, which stimulates the production of estrogen. Controlling your blood sugar and insulin is also important because insulin stimulates estrogen.

Some foods to include in your daily diet are:

- Ground flax seeds
- Soy (whole food soy, not soy milk) **unless you are allergic*
- Sources of resveratrol such as red grapes
- White button mushrooms
- Green tea
- Watercress
- Pomegranate
- Artichoke

Controlling your blood sugar and insulin levels is also crucial for those suffering from fibroids and endometriosis.

It's imperative you eat an anti-inflammatory diet consisting of less animal products and more fruits, vegetables, nuts, seeds and legumes. It's also important to control your blood sugar and insulin by eating protein at each meal and choosing low GI foods as well as eliminating processed and refined foods and reducing your carbohydrate intake.

There are also some supplements that can help including:

- Grape seed extract
- Probiotic
- Vitamin D
- DIM

DON'T FORGET ABOUT STRESS!

Reducing your stress is also a HUGE factor in managing these conditions. Stress is pro-inflammatory and also disrupts blood sugar control. A study also showed that it's possible that stress contributed to the production of fibroids due to fluctuations in estrogen and progesterone levels from the subsequent release of cortisol (our main stress hormone). Do whatever you can to reduce your stress. Start by joining my "Stress" Less "Happy" More challenge [here](#).



If you want to find out what else you can do to manage your fibroids or endometriosis [please reach out](#) for a free 15 minute Skype or telephone consultation.

There IS hope if you're suffering from these conditions, and there's *SO* much that can be done with diet, lifestyle and supplements to manage - sometimes even eradicate - the nasty symptoms of fibroids and endometriosis.

[Get in touch](#) to find out how I can personalize a plan to suit you.

"I've done the research so you don't have to"