

## **RECOMMENDATIONS FOR WOMEN WITH ENDOMETRIOSIS OR FIBROIDS.**

1. Wear loose clothing
2. Perform deep breathing exercises (see attached)
3. Take warm baths
4. Use a heating pad or hot water bottle on the affected area when feeling pain.
5. Apply warm castor-oil packs to move the blood, assist the lymphatic system and regulate the hormones.
6. Engage in moderate exercise daily to move the qi.
7. Practice yoga, or qi gong to facilitate the flow of qi and blood. Avoid yoga postures where the body is inverted in cases of endometriosis.
8. Avoid hormonally treated foods.
9. Consume soy products like tempeh, tofu, etc.
10. Eat organic fruits and vegetables according to your dietary recommendations.
11. Stay away from hydrogenated oils.
12. Use cold-pressed oils high in linoleic and alpha-linolenic fatty acids such as flaxseed, pumpkin seed, and evening primrose oil and/or chia seed to assist with hormonal transitions related to the menstrual cycle and reduce clotting
13. Eat more foods high in omega-3 fatty acids such as fish or fish oil or linseed oil.
14. Avoid foods with arachidonic acid as in animal meats, dairy products, eggs and peanuts.
15. Include blood moving foods such as kelp, lemons, limes, and onions.
16. Take anti-oxidant vitamins and minerals such as vitamins C, E, beta-carotene, selenium, and zinc.