

A Comprehensive Approach to Treating Endometriosis

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An estimated 5 million women are affected by endometriosis. Endometriosis occurs when endometrial cells, cells of the uterine lining, travel outside of the uterus and implant elsewhere in the body. Just like the inner lining of the uterus, these displaced cells build a uterine lining during the menstrual cycle and also shed before and during the menstrual flow. The immune system then goes in and works on cleaning up this shed lining.

The displaced endometrial cells can be found on the ovaries, inside or outside of the fallopian tubes, on the bladder, on the colon, in the vagina and on the cervix. Scar tissue can bind to these areas. There is great discomfort experienced by women experiencing this condition. Many are absolutely unable to perform home and work duties for the few days each month that this is occurring.

Symptoms of Endometriosis Include:

- Extremely painful and debilitating menstrual cramps
- Infertility
- Pain during or after intercourse
- Back and pelvic pain that worsens during the time of the menstrual flow
- Intestinal pain or painful bowel movements
- Bleeding or spotting prior to the menstrual flow
- Diarrhea or constipation during the menstrual flow
- Bloating or nausea during the menstrual flow
- Emotional sensitivity
- Women with endometriosis are more likely to have other autoimmune conditions.

Causes of endometriosis:

- Genetics predisposition
- Estrogen dominant inflammatory disease
- Progesterone resistance
- Inadequate testosterone levels
- Chemical exposure during fetal development
- Immune system failing to destroy displaced endometrial cells
- Retrograde menstrual flow possibly due to tipped uterus or inversion during menses

The only true way to diagnose endometriosis is via visual inspection or biopsy. During this laparoscopic surgery, the surgeon may attempt to remove the endometriosis.

Unfortunately, however, it is very difficult to remove every single displaced endometrial cell, so often the endometriosis returns in just a few cycles.

Western Medical Treatment for Endometriosis Includes:

- Continuous birth control
- Oral progesterone pills
- IUD containing progesterone
- Testosterone shots
- Estrogen suppressing medication
- Pain medication
- Surgical Laparoscopy to remove the endometrial tissue
- Partial or total hysterectomy - it is important to know that the endometriosis can return after a hysterectomy

Balancing the hormones is very important when treating endometriosis. Estrogen is influenced by the xenoestrogens that are found everywhere in our food and environment. Our hormone estrogen is responsible for the growing and shedding of the uterine lining every month. Too much estrogen creates an estrogen dominance situation that needs to be resolved. Progesterone is essential for normal uterine function and can help to decrease the pain associated with endometriosis. Many women with this condition have progesterone resistance that is difficult to treat with supplementing with external progesterone. Testosterone is often found to be low in women with endometriosis. Testosterone is responsible for balancing estrogen dominance in the uterus.

Women with endometriosis, are frequently estrogen dominant, low in testosterone and progesterone resistant. At Acupuncture & Natural Health Solutions we address this very important issue in our treatment plan for overcoming endometriosis.



**Acupuncture & Natural
Health Solutions**

239-260-4566
www.AcupunctureSolutionsOnline.com

Our Treatment Plan Is Customized to Your Unique Presentation and Includes:

- Dietary recommendations
- A monthly detox protocol during menstrual flow
- Acupuncture
- Chinese herbal formulas
- Nutritional supplements
- Therapeutic-grade essential oils
- External abdominal massage

Dietary changes include avoiding all estrogenic foods, avoiding inflammatory foods and balancing the intake of omega 3 and omega 6 oils. The monthly 3 day detox focuses on the detoxification of estrogen at the time when the level of estrogen is highest in the body. During this time, Phase I detoxification is avoided and we accelerate Phase II detoxification of the hormones using a variety of foods and nutritional supplements, including glutamine, MSM, glutathione, methionine, and NAC.

During the rest of the month, we suggest a protocol of proteolytic enzymes to clean up the blood and reduce inflammation, pancreatic enzymes to improve digestion and the quality of the qi and the blood, high quality multivitamins and essential fatty acids to assure the enzymatic reactions in the body have the cofactors they require.

Acupuncture and Chinese herbal formulas are customized to balance your unique condition. These will change depending on the time of the monthly cycle. At times we will focus on breaking up the endometrial tissues and moving blood. During other times we will focus on nourishing the body.

Therapeutic essential oils are used very effectively to clean blocked hormone receptor sites that may have been gummed up by foreign estrogen like compounds from the environment. This helps to support healthy testosterone levels and reduce progesterone resistance.

When implementing the comprehensive endometriosis treatment plan that we suggest, results are usually seen within two to four cycles and if wanted, pregnancy is usually achieved with in four to 6 cycles.

If you are looking for an alternative approach to controlling your endometriosis or if you are unable to conceive due to endometriosis, I encourage you to call 239-260-4566 or schedule your first appointment online now at www.AcupunctureSolutionsOnline.com. We will customize an extensive and thorough treatment plan that will assist you in meeting your health care goals.