

ENDOMETRIOSIS

Endometriosis is the abnormal growth of cells in the lining of the uterus. Some of these cells get expelled from the uterus during menstruation, and may attach themselves and build up on other organs in the abdomen. These cells all follow the menstrual cycle, including building tissue, then breaking down and bleeding just like the lining of the uterus. As each month's cycle continues, the cell clusters grow and can spread, causing scar tissue and adhesions.

The condition can be extremely painful and can cause anemia.

The cause is not known, although there are a number of theories. What is known, however, is that exposure to the environmental pollutants PCB's and dioxin can cause spontaneous endometriosis to occur.

True Greens contain large amounts of Vitamin K, which the body needs for normal blood clotting and healing, as well as a host of other supporting nutrients.

Flexioplus contains additional Vitamin K. One of the main ingredients is MSM, which has been shown to have remarkable therapeutic properties, including the healing of inflamed and injured tissue, and pain relief. It can also help to detoxify the body on a cellular level. Iproflavin has been shown to increase the body's production of osteoblast cells, which build new bone.....important when there is calcium deficiency.

Body Balance provides minerals which are almost always deficient in women with endometriosis. Many minerals are needed for tissue repair and proper immune function.

Osteoprocure and Osteomegacare provide highly bio-available calcium and all the co-factors needed for full absorption and utilization. Calcium deficiency is present in women with this disorder, as the body with endometriosis seems to be unable to absorb calcium properly.

Vitali-C Plus provides Vitamin C that is important in the healing process. Pinecone extract and cassis berry are strong immune supporters.

Taheebo compounds have been shown to have anti-tumor and antibiotic properties. As well, the product is a powerful immune builder and natural pain-killer.

Colon Cleanse can help reduce abdominal pressure, pain and bloating. The Intestinal Tone is a good source of fiber, which is important in managing endometriosis.

Other suggestions:

Eat a "wholefood" diet consisting of fresh vegetables and fruit, raw soaked nuts and seeds, and whole grains. Include "green drinks" in the diet made from dark green leafy vegetables.

Fast for a couple of days before the beginning of the menstrual period, using water, herb teas, and fresh juices.

Avoid refined products, alcohol, caffeine, dairy products, red meat, gluten, shellfish and sugar.