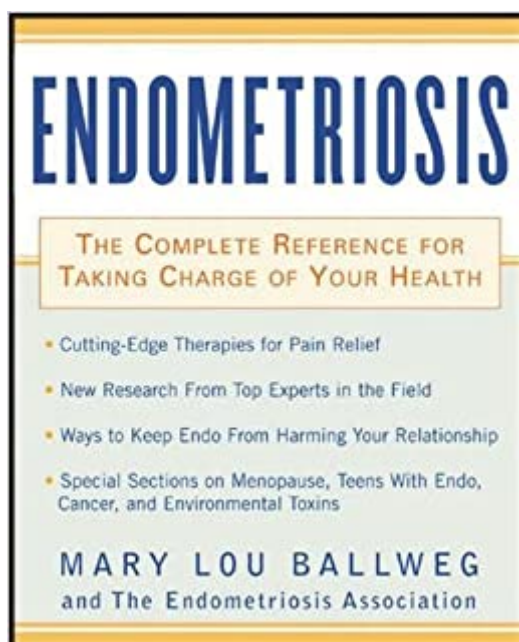


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# Endometriosis : The Complete Reference For Taking Charge Of Your Health



## Synopsis

Bestselling health authors present must-have information for managing endometriosis

Endometriosis is a serious disease associated with pain, immune dysfunction, infertility, cancer, and autoimmune diseases that can be managed only through active, informed decision making.

Developed by the Endometriosis Association, Endometriosis provides new information on treatments and lifestyle changes that gives women with endometriosis and their families the tools they need to successfully manage the disease. This authoritative guide contains groundbreaking new discoveries on endometriosis and its relationship to autoimmune problems, chronic fatigue syndrome, fibromyalgia, and other poorly understood diseases. Endometriosis also includes new information on: Cutting-Edge Therapies for Pain Relief New Information on Nutrition and Alternative Treatments The Latest Research on Medical Therapies Special Sections on Menopause, Teens with Endo, Cancer, and Environmental Toxins

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## Customer Reviews

The definitive guide to living with endometriosis Some eighty-nine million women worldwide have endometriosis--or "endo," as it is commonly called. For decades, women with the disease have suffered in silence, and faced a nightmare of misinformation, myths, and unsuccessful treatments. Today, thanks to new awareness and research, hope and relief are available. Endometriosis is a chronic, often painful hormonal and immune disease that affects girls as young as eight and women in their reproductive years and beyond. The name itself comes from endometrium, the tissue lining

inside the uterus. With endo, tissue similar to this lining is found elsewhere, usually in the abdomen, where it causes pain, inflammation, internal bleeding, scarring, infertility, and a host of other medical problems. Now research pioneered by the Endometriosis Association has established that endo is a "tip of the iceberg" disease. *Endometriosis: The Complete Reference for Taking Charge of Your Health* provides groundbreaking information on the disease and its relation to several other health problems, including certain cancers, autoimmune problems, environmental illness, and fibromyalgia. Based on the latest research gathered and conducted by Mary Lou Ballweg and the Endometriosis Association, this guide includes information on: Surgery and other treatment options The role of diet and nutrition in healing The connection between endometriosis and cancer Infertility and endometriosis Teens with the disease Surprising new information on menopause and endometriosis Besides invaluable and cutting-edge advice on treatment this guide also features real women's stories that explore the aspects of living with this disease. This book equips you with the tools you need not only to live with endometriosis but to live well. Mary Lou Ballweg is founder, president, and executive director of the Endometriosis Association. She is quoted regularly by many major newspapers and magazines. The Endometriosis Association was founded in 1980 to offer those with endometriosis support and information, educate the public and medical community about the disease, and promote endo research. Headquartered in Milwaukee, Wisconsin, this international organization has members and groups worldwide.

Mary Lou Ballweg is the founder, president, and executive director of the Endometriosis Association and was the lead author on its two previous books on the subject. The Endometriosis Association was founded 23 years ago and now has groups and members worldwide.

This book was very Helpful, for it's time. When I was first diagnosed over 10 yrs ago, this book and the supplements it suggests, helped me tremendously. Three years ago I got to the point that nothing seemed to help, including more surgeries. My gyno suggested a Nova Sure Ablation procedure, after two really rough years with my endo., I was more than ready to give it a shot. I had the surgery last July, as an out patient procedure. It took a good three months to heal completely and feel like I had made the right decision with absolute certainty. Now, almost a year later, I can say without a doubt getting the Nova Sure done was the very best decision I have ever made. I have not had any pain or bleeding in months. Also, no more periods- yay! Keep in mind, I am forty four, and done having babies. They usually tie your tubes with this procedure, since getting pregnant afterwards can be dangerous. Just wanted to share my experience in hopes that it might

help someone find the relief I have found.

This book will tell you things about the human body you didn't know about. This book is purely amazing. My mom got it since we both thought that I had endometriosis since I was having so much pain in my pelvis. In 2007 I had a small 2cm cyst on my right ovary and it had grown to 7cm by 2012. I had to have surgery to remove it. I got this book and I think it did go into cysts. This book goes into the importance of diet and I can't remember if this book touches on the dangers of too much soy in the diet (it can act like estrogen). I found out I do not have any endometriosis, but my cyst was entangled in my right ovary and it had to be removed. I can't imagine the pain women are going through with endometriosis. I know I was doubling over for a good 2 weeks in Aug 2012, due to the tangling. But that was only for 2 weeks and then Oct 2012 I had it removed. I felt so much better after surgery. I think this book does go into surgery. It has been almost a year since I read this book but if you want to understand what your wife or girlfriend is going through, read this book. Any woman would want this book if she thinks she has endometriosis.

Ehhh! Could hardly continue reading it as most of the information suggests potent pharmaceuticals and synthetic hormones. I was hoping it would include the use and successes of bioidentical progesterone. As many know, estrogen dominance is the root of endo and other female issues. I'll give it two stars, tops!

I am in the process of being diagnosed and was looking for detailed info on the entire process. This book has a lot of knowledge and information in it, but my issue with it is I don't appreciate a book that says for more info on this or that buy our other book. I have an appointment with a specialist in a week and had time to get through one book not 2 so I picked the newer one thinking it would be most up-to-date and shield it had a lot of helpful info I also felt it lacked more details on things and the authors knew it did because they said for details read our other book- frustrating for me.

I highly recommend this book along with the Endometriosis Sourcebook as a starting point for those suffering from endometriosis. It deals with the whole person and has a tremendous amount of information about the disease.

Very valuable resource

This book breaks down Endometriosis and for the first time I realized it is not crazy complicated, and I am NOT alone. Great explanations, wonderful stories shared by other women, and a resource I plan to keep going back to. If you have questions, get this book as a resource. Don't be afraid, be informed.

I gave it to my daughter

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THE COMPLETE REFERENCE FOR TAKING CHARGE OF YOUR HEALTH ] By Ballweg, Mary Lou ( Author) 2003 [ Paperback ] Endometriosis : The Complete Reference for Taking Charge of Your Health Women's Health Concerns Sourcebook: Basic Information About Health Issues That Affect Women, Featuring Facts About Menstruation and Other ... Endometriosis f (Health Reference Series) Taking Charge of Your Fertility, 20th Anniversary Edition: The Definitive Guide to Natural Birth Control, Pregnancy Achievement, and Reproductive Health Taking Charge of Your Fertility: The Definitive Guide to Natural Birth Control, Pregnancy Achievement, and Reproductive Health Taking Charge of Your Fertility, 10th Anniversary Edition: The Definitive Guide to Natural Birth Control, Pregnancy Achievement, and Reproductive Health Taking Charge of Your Fertility: The Definitive Guide to Natural Birth Control, Pregnancy Achievement, and Reproductive Health (Revised Edition) Fibroids: The Complete Guide to Taking Charge of Your Physical, Emotional and Sexual Well-Being Overcoming Endometriosis: New Help from the Endometriosis Association An Empowering Guide to Lung Cancer: Six Steps to Taking Charge of Your Care and Your Life Heal Your Headache: The 1-2-3 Program for Taking Charge of Your Pain Critical Thinking: Tools for Taking Charge of Your Learning and Your Life (3rd Edition) Taking Sides: Clashing Views in Health and Society (Taking Sides : Clashing Views on Health and Society) Taking Charge of ADHD, Third Edition: The Complete, Authoritative Guide for Parents Taking Charge of ADHD: The Complete, Authoritative Guide for Parents (Third Edition) Taking Charge of ADHD: The Complete Authoritative Guide for Parents Mayo Clinic on High Blood Pressure: Taking charge of your hypertension Taking Charge of Your Fertility: The Definitive Guide to Natural Birth Control and Pregnancy Achievement Taking Charge of Lupus:: How to Manage the Disease and Make the Most of Your Life Hired For Youth - Fired For Age: Taking Charge of Your Career at 50+

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