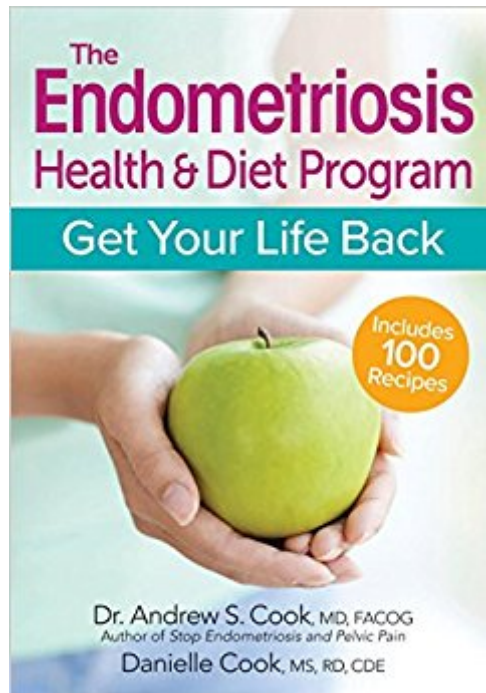




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The Endometriosis Health And Diet Program: Get Your Life Back



Synopsis

Endometriosis can have a profound impact on a woman's quality of life, and it affects the lives of 6 to 10 percent of women worldwide. This timely book will dispel the myths surrounding endometriosis and provide scientifically based recommendations that are easy to understand and follow. It offers recommendations on treating root causes rather than just symptoms -- it's a comprehensive, integrative program for treating endometriosis and serves as a starting point for building an individualized program. The plan is deep in scope but easy to understand and follow. The plan is split into three accessible and straightforward sections: Part 1 provides basic information about endometriosis, contributing factors in the development of endometriosis and standard, conventional treatment of endometriosis. It explains the medical side of endometriosis and how lifestyle factors may impact the disease -- it answers the "why" of this condition. Part 2 consists of an integrative lifestyle plan to manage symptoms and potentially slow or halt endometriosis disease progression. You'll learn how to strengthen your body and optimize your health through detoxification and stress reduction, effective exercise and helpful supplements and much more. Part 3 focuses on food and its impact on endometriosis. Andrew and Danielle have developed a scientifically based diet targeted to specifically address the many factors associated with the development of the disease. The diet will reduce inflammation, optimize gut health and function, balance and strengthen the immune system, improve energy and much more. It features 100 delicious and easy-to-prepare recipes. This book will be an invaluable tool in helping to treat and manage endometriosis. Whether you suffer from endometriosis or have a loved one who does, this guide will offer relief and healing.

Book Information

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Customer Reviews

Dr. Andrew S. Cook, MD, FACOG, is the founder and director of the Vital Health Institute. He is an internationally renowned endometriosis specialist, pelvic pain specialist and women's health expert, as well as a highly respected gynecologic surgeon and a leader in minimally invasive surgical techniques. He has devoted his life to helping women with complex health problems. Danielle Cook has a Master's Degree in Nutrition and Food Science, and has a diverse background in the field of nutrition. She has worked as an inpatient Clinical Dietitian, a Nutrition Support Specialist and a Diabetes Educator/Dietitian in an outpatient setting. She has also taught several classes at the university level and in addition to her nutrition background, she was a personal trainer for 9 years and studied exercise physiology. Over the past decade her focus and specialty has shifted to the study of Functional Medicine and she is currently the Director of Integrative Medicine at the Vital Health Institute. When not studying or working, Danielle enjoys surfing, hiking, yoga, reading, spending time with family and friends, and traveling.

This book is a must have/read for any woman suffering from pelvic pain and endometriosis. It compiles information it took me 5+ years to research/learn on my own. Excited to have everything in one book now! Lifestyle education/change is so important for overcoming this terrible disease. Be patient with yourself and remember you can overcome!

I was diagnosed with Endo 7 years ago and have had no relief since. After multiple changes of birth controls and laparoscopies, with no real relief, I decided to try this. After the first month I could tell a HUGE difference. And now, that I am 5 months into it, I have never felt better! Gove it a try ladies! You will be surprised what your diet can do for you! [f&A's Endo Diet](#)™"

Great Doctor....great information....great book!

This book is awesome and very helpful!

This is the first book I've found that has really given me hope. It is up to date and incredibly informative, being written by very credible doctors. I appreciate that it acknowledges the vast

amount of misinformation that is spread. It talks about related conditions and life factors that contribute to pain and flare ups. I've always been frustrated that there isn't a clear treatment plan. This is partly because it manifests so differently between women. The plans in this book are meant to be done in phases to find what's best for your body. I'm eager to put the dietary and lifestyle advice in this book to use.. I would recommend this to anyone suffering from endo or who is watching a loved one suffer. The introduction is a powerful summation of what endo is and how it affects the body. It is a strong description of endo that loved ones or coworkers or ANYONE could benefit from taking a minute to read. Thank you for this.

Dr Cook saved my life! He preformed my last surgery and I feel highly confident that it will be my last! He is an amazing endo Dr. I traveled across the country just to get his help and it was life changing and completely worth it. I had almost given up on having a life. I am positive this book will be well worth it and I am purchasing it myself.

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