



Recipes & Diet Advice for Endometriosis: Comprehensive diet and nutrition advice to help reduce the pain and symptoms of endometriosis (Updated)

By Carolyn Levett

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By combining diet and natural treatments the author was able to rid herself of endometriosis, with proof of her recovery confirmed by her gynaecologist. This improved and updated version has over 260 recipes which are all based on a wheat, gluten, lactose, sugar and dairy free diet. As well as being designed to help endometriosis, the diet can also help those with gluten and lactose intolerance. Advice is included about detox, balancing your hormones, diet and fertility, and how to support the immune system. The ultimate aim of the diet is to reduce the pain, inflammation and painful symptoms of endometriosis and testimonials are included of the successes from past readers. The recipes are updated to include weights and measures for both the Us and the Uk. Every aspect of the diet needs are covered from drinks, soups, pasta dishes, spicy dishes, sweets, baking, dips, spreads, sauces and dressings. All based on the best and healing nutrition but Not compromising on flavour.

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Editorial Review

Review

- "Clear and concise advice about the theory of the diet, great selection of recipes, packed full of flavour and variety, and the author has also managed to cover all bases and compiled the diet to include lactose and gluten free options - great resource for women wanting to use natural treatment options for endometriosis" - *Wellness Magazine*
- "Recently purchased this book and couldn't put it down. I could relate to many of the testimonials in the book and appreciate all of the author's explanation on why or why not to eat a certain food." - *Barnes & Noble review*

From the Back Cover

A practical diet and nutrition resource to help reduce the symptoms of endometriosis and help your body to heal

As a previous sufferer, combined with successful recovery from endometriosis, the author Carolyn Levett is uniquely qualified to advise on the benefits and success of using diet and natural treatments to help reduce symptoms, and as an alternative and safe method to treat the disease of endometriosis.

Proof of her success came from her gynaecologist who said '*All her active endometriosis had dried up*'.

Following her recovery she went on to compile the help and support website at endo-resolved.com, as well as undertake training in Nutritional Therapy and Aromatherapy.

In this new and updated edition the author has improved and added more nutritional advice regarding the basis of the diet and included additions based on feedback from previous readers.

The book covers all your dietary needs from drinks and meals to baking and sauces, with in-depth advice for alternative foods for milk, yoghurt and eggs, guidance for gluten free cooking, how to detox, how to balance your hormones and which foods to leave out to reduce various symptoms.

Ultimately, the advice and diet is aimed to help boost your immune system and help you to heal and repair your body.

Users Review

From reader reviews:

Peter Wilson:

As people who live in often the modest era should be revise about what going on or details even knowledge to make these people keep up with the era which can be always change and move ahead. Some of you maybe will certainly update themselves by looking at books. It is a good choice in your case but the problems coming to you actually is you don't know what kind you should start with. This Recipes & Diet Advice for Endometriosis: Comprehensive diet and nutrition advice to help reduce the pain and symptoms of endometriosis (Updated) is our recommendation to make you keep up with the world. Why, as this book serves what you want and wish in this era.

Teresa Cook:

Now a day those who Living in the era wherever everything reachable by match the internet and the resources inside can be true or not call for people to be aware of each info they get. How a lot more to be smart in receiving any information nowadays? Of course the reply is reading a book. Reading through a book can help men and women out of this uncertainty Information mainly this Recipes & Diet Advice for Endometriosis: Comprehensive diet and nutrition advice to help reduce the pain and symptoms of endometriosis (Updated) book since this book offers you rich info and knowledge. Of course the knowledge in this book hundred per cent guarantees there is no doubt in it you know.

Jason Howell:

The guide with title Recipes & Diet Advice for Endometriosis: Comprehensive diet and nutrition advice to help reduce the pain and symptoms of endometriosis (Updated) includes a lot of information that you can learn it. You can get a lot of benefit after read this book. This specific book exist new knowledge the information that exist in this e-book represented the condition of the world currently. That is important to yo7u to know how the improvement of the world. This kind of book will bring you inside new era of the syndication. You can read the e-book on your own smart phone, so you can read the item anywhere you want.

Diana Johnson:

Does one one of the book lovers? If so, do you ever feeling doubt if you find yourself in the book store? Try to pick one book that you find out the inside because don't ascertain book by its handle may doesn't work is difficult job because you are frightened that the inside maybe not since fantastic as in the outside appearance likes. Maybe you answer could be Recipes & Diet Advice for Endometriosis: Comprehensive diet and nutrition advice to help reduce the pain and symptoms of endometriosis (Updated) why because the amazing cover that make you consider in regards to the content will not disappoint anyone. The inside or content is actually fantastic as the outside as well as cover. Your reading 6th sense will directly make suggestions to pick up this book.

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