



THISFITCREW

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Love The Skin You're In

ENDOMETRIOSIS GUIDE

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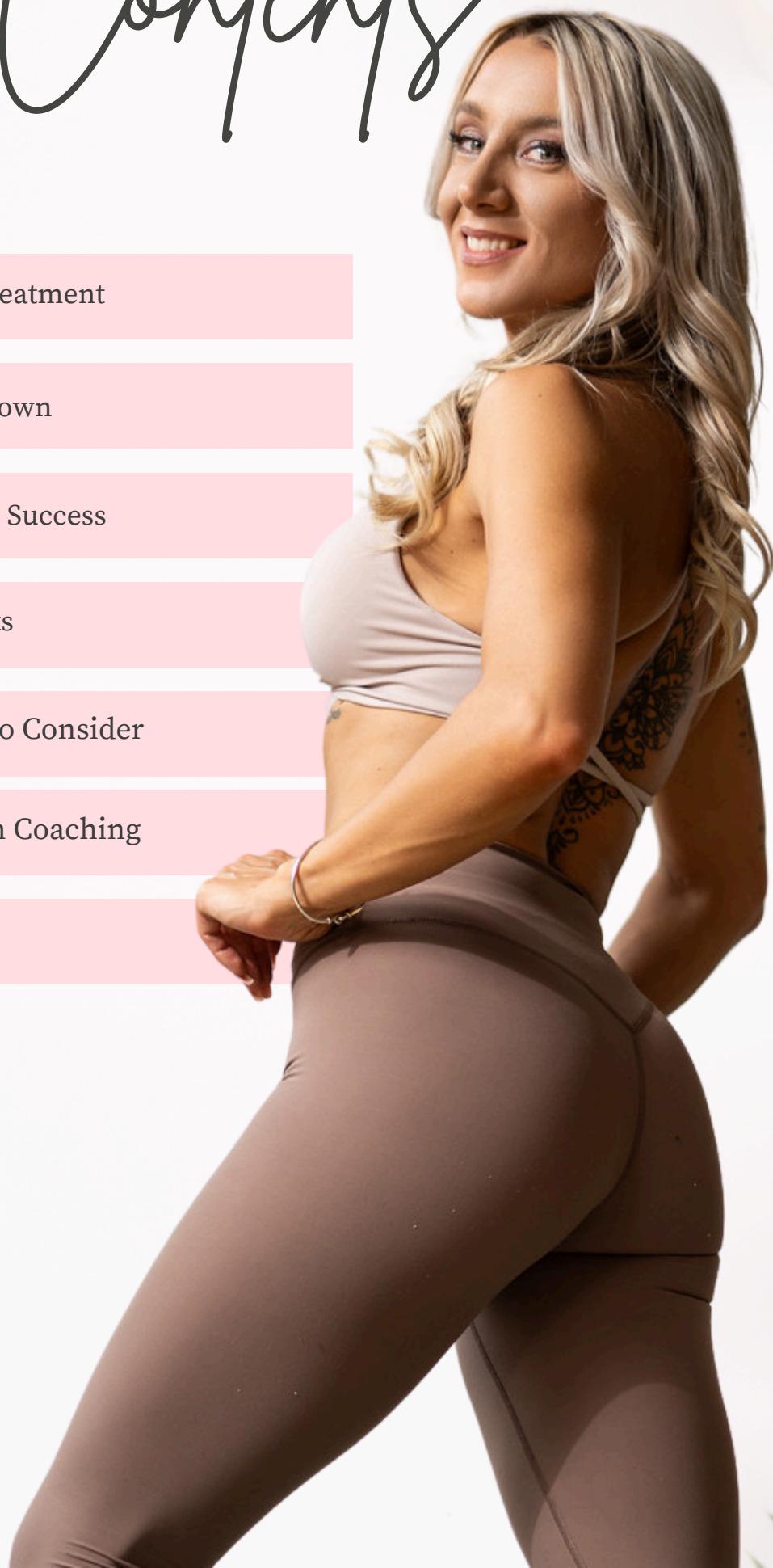
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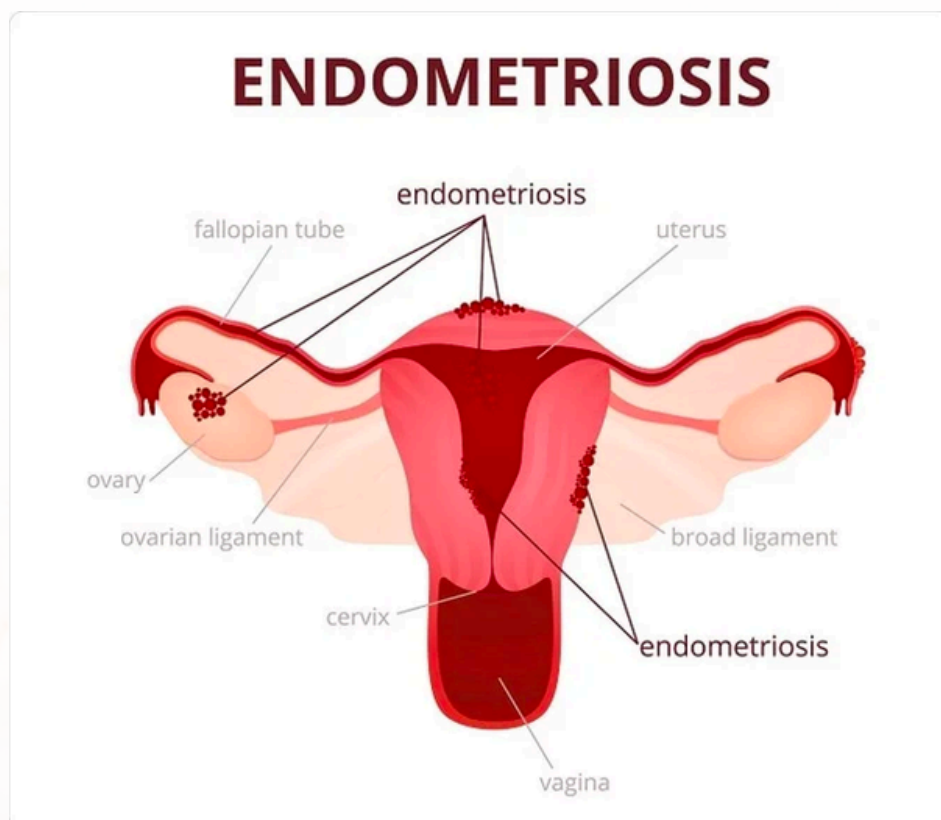
Overview

Causes

There is no identified cause for endometriosis. Theories related to genetics suggest that it may be carried in genes so some families may be more predisposed to it than others. Another theory has found it to be present at fetal development and activated during puberty. A retrograde menstruation theory suggests that menstrual tissue can back up into the fallopian tube, implant in the abdomen, and grow which can lead to the development of endometriosis. Lastly, there has been a link between the body's inflammatory response and endometriosis but the mechanism behind this theory is not well understood.

Treatment

To confirm diagnosis, a laparoscopy is performed which will show the location, size, and extent of the growths. The gold standard for treatment is laparoscopic excision surgery to remove the growths. However, there is no cure for endometriosis.



Diet breakdown

A well-balanced diet can play a key role in managing endometriosis by reducing inflammation, supporting overall health, and helping to alleviate symptoms. Here's a breakdown of important food groups, healthy sources, and their benefits for endometriosis:

Anti-Inflammatory Foods

- Healthy Sources:
 - Fruits: Berries (blueberries, strawberries, raspberries), oranges, and apples.
 - Vegetables: Leafy greens (spinach, kale), cruciferous vegetables (broccoli, cauliflower, Brussels sprouts), and peppers.
 - Nuts and Seeds: Walnuts, almonds, chia seeds, and flaxseeds.
 - Oily Fish: Salmon, mackerel, and sardines.
 - Healthy Oils: Olive oil and avocado oil.
- Why: These foods are rich in antioxidants, vitamins, and omega-3 fatty acids, which help reduce inflammation and oxidative stress. Managing inflammation can be particularly beneficial for controlling pain and other symptoms associated with endometriosis.

High-Fibre Foods

- Healthy Sources:
 - Whole Grains: Brown rice, quinoa, oats, and wholemeal bread.
 - Legumes: Lentils, chickpeas, black beans, and kidney beans.
 - Vegetables: Carrots, sweet potatoes, and green beans.
 - Fruits: Apples, pears, and berries.
- Why: High-fibre foods aid digestion and help regulate bowel movements, which can be helpful if endometriosis affects the digestive system. Fibre also helps to maintain stable blood sugar levels and supports overall gut health.

Lean Proteins

- Healthy Sources:
 - Poultry: Skinless chicken and turkey.
 - Fish: Particularly white fish like cod or haddock.
 - Plant-Based Proteins: Tofu, tempeh, and legumes.
 - Eggs: Rich in protein and nutrients.
- Why: Lean proteins support muscle repair and overall health without the added fat that can contribute to inflammation. They also help maintain a balanced diet and promote sustained energy levels.

Continued...

Diet breakdown

Healthy Fats

- Healthy Sources:
 - Avocados: Rich in monounsaturated fats.
 - Nuts and Seeds: Almonds, walnuts, and flaxseeds.
 - Oily Fish: As mentioned, salmon and sardines are excellent sources of omega-3 fatty acids.
- Why: Healthy fats, especially omega-3 fatty acids, have anti-inflammatory properties that can help reduce the symptoms of endometriosis. They also support overall hormone balance and cell function.

Low-FODMAP Foods

- Healthy Sources:
 - Fruits: Strawberries, blueberries, and bananas.
 - Vegetables: Carrots, spinach, and bell peppers.
 - Grains: Rice and gluten-free oats.
 - Proteins: Eggs and certain types of lean meats.
- Why: Some women with endometriosis may experience digestive issues or sensitivities. A low-FODMAP diet can help manage symptoms such as bloating, gas, and abdominal pain, which can improve overall comfort.

Hydration

- Healthy Sources:
 - Water: The primary source of hydration.
 - Herbal Teas: Peppermint, ginger, or chamomile teas.
- Why: Staying well-hydrated is essential for overall health and can help manage symptoms such as bloating and fatigue. Herbal teas can also provide additional anti-inflammatory benefits and support digestive health.

Additional Considerations

- Limit Processed Foods and Sugars: These can exacerbate inflammation and contribute to hormonal imbalances. Reducing intake of sugary snacks, refined grains, and processed meats can help manage symptoms.
- Be Mindful of Omega-6 Fatty Acids: While some omega-6 fatty acids are essential, excessive amounts, often found in processed and fried foods, can promote inflammation. Aim to balance omega-6 intake with omega-3s.

Roadmap to Success

01

DIAGNOSIS

The only definitive way to diagnose endometriosis is by a laparoscopy - an operation in which a camera (a laparoscope) is inserted into the pelvis via a small cut near the navel. The surgeon uses the camera to see the pelvic organs and look for any signs of endometriosis.

02

ELIMINATION

To help manage painful symptoms such as abdominal pain, bloating, nausea and cramping, certain foods can be eliminated that worsen the symptoms including dairy, gluten and added sugars.

03

MANAGE STRESS

Stress can have a negative impact on your cortisol hormones which can increase inflammation, so it's important to find ways to manage stress, such as practicing relaxation techniques like meditation or yoga, getting regular exercise, and getting enough sleep.

04

CONSIDER SUPPLEMENTS

In some cases, supplements may be beneficial for improving endo health. See the supplement guide on the next page.

Supplements

Where possible it is always best to get your nutrition from whole foods but you can support your diet with supplements. RDA information provided from NHS.

VITAMIN D

- Oily fish
- Red meat
- Liver
- Egg Yolks

RDA for women

- 10mcg

From late March/early April to the end of September the majority of people should get enough from sunlight on their skin



DIM (DIINDOLYLMETHANE)

- broccoli
- brussels sprouts

RDA for women

- 100-150mg



ZINC

- Meat
- Shellfish
- Dairy foods
- Bread
- Wheatgerm

RDA for women

- 7mg



MAGNESIUM

- Spinach
- Nuts
- Wholemeal bread

RDA for women

- 270mg



Continued...

Supplements

OMEGA 3

- Oily fish
- White fish
- Shellfish

RDA for women

- 2 portions of fish per week including 1 oily fish



TUMERIC

- Oily fish
- White fish
- Shellfish

RDA for women

- 2 portions of fish per week including 1 oily fish



NAC (N-ACETYLCYSTEINE)

- Garlic
- Chicken
- Nuts/Seeds/Grains
- Salmon

RDA for women

- 2 portions of fish per week including 1 oily fish



PROBIOTICS (NON DAIRY)

- Fermented vegetables
- Tempeh
- Cauliflower
- Kale

RDA for women

- 2 portions of fish per week including 1 oily fish



Supplements



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What else to focus on

FOR ENDO HEALTH

SLEEP

Sleep disruption can activate inflammatory mechanisms by triggering changes in the effector systems that regulate the immune system, resulting in abnormal increases in inflammatory responses⁸ that can stimulate or increase pain.

Your body needs at least 6-9 hours every day. A consistent bedtime routine goes a long way in helping people get quality shut-eye. A routine can signal to your body that it's time to wind down and prepare for sleep. This might include activities such as reading, gentle stretching, or relaxation exercises.

STRESS

When you encounter a stressful situation, your body's "fight or flight" response is activated, leading to the release of stress hormones like cortisol. While cortisol is essential for short-term stress responses, chronic stress can lead to sustained high levels of cortisol, which can contribute to inflammation. Finding ways to reduce stress is essential to avoid stress-related stomach issues. Try stress-relieving activities such as reading, exercise, meditation, or spending time with loved ones.

EXERCISE

Exercise can indeed be a valuable tool for managing the pain and discomfort associated with endometriosis, particularly during menstrual periods. While it may seem counterintuitive to engage in physical activity when you're experiencing pain, there are several ways in which exercise can be beneficial for individuals with endometriosis including pain relief, increased blood flow, stress reduction, regulated hormones, maintaining a healthy weight and increased endurance.

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COACHING

Fit Mum coaching is a personalised nutrition, fitness and lifestyle plan to help you to achieve your goals.

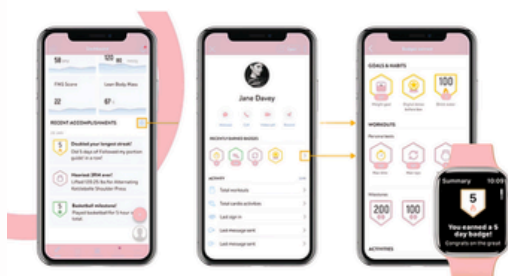
We work in a coaching group and incredible community where I provide daily support, accountability and guidance.

Fitmum
Coaching

**Pocket PT Access Included
alongside Direct Coaching Support**

Your handy Pocket PT with everything in one place

Fitness, nutrition, and habit implementation
features, plus in-app messaging, progress tracking



Thisfitmum is a nutritionist and personal trainer specialising in female health & hormones.

Get support from a coach who gets it.

SIGN UP

Disclaimer

Thisfitmum strongly recommends that you consult with your doctor before beginning any exercise or diet program. The information contained in this ebook is for educational and informational purposes only and is not intended as medical advice. It is not intended to diagnose, treat, cure, or prevent any disease, nor should it be used as a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or another qualified healthcare provider with any questions you may have regarding a medical condition.

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