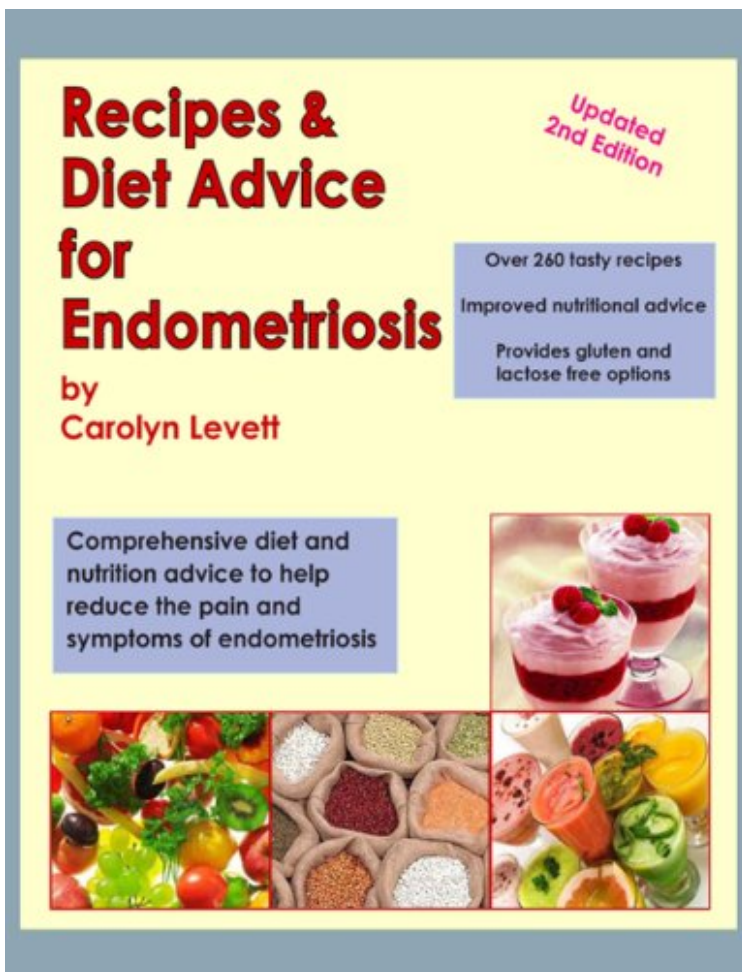


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# Recipes Diet Advice for Endometriosis: Comprehensive diet and nutrition advice to help reduce the pain and symptoms of endometriosis (English Edition)



Par Carolyn Levett

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## Description :

Prsentation de l'diteurBy 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 edition has over 260 recipes plus in-depth advice about the basis of the diet and additional digestive health issues. Certain updates to the book are based on feedback from past readers of advice they would like included, which has now been achieved, therefore providing an improved and full-rounded resource for endometriosis sufferers.As well as being designed to help endometriosis, the recipes can assist those who suffer gluten and lactose intolerance which can also help address IBS and Candida. Most recipes are gluten

free with notation added for gluten levels of the remaining recipes. To support the diet, comprehensive advice and guidance is included about detox, balancing your hormones, diet and fertility, how to support the immune system, liver health and many snippets of advice about nutrition. The ultimate aim of the diet is to reduce the pain, inflammation and painful symptoms of endometriosis and improve digestive health as well as improve your energy and boost your immune system. To support this, many testimonials are included of the successes from past readers who have seen a great improvement in their health and have significantly reduced their symptoms. Every aspect of the endometriosis diet is covered - drinks, soups, mains, sweets, baking, sauces, dips and spreads, shopping list ideas, alternative ingredients - all based on the best and healing nutrition but NOT compromising on flavour - the clearest and most detailed diet guide available to help sufferers of endometriosis. Presentation de l'auteur 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 edition has over 260 recipes plus in-depth advice about the basis of the diet and additional digestive health issues. Certain updates to the book are based on feedback from past readers of advice they would like included, which has now been achieved, therefore providing an improved and full-rounded resource for endometriosis sufferers. As well as being designed to help endometriosis, the recipes can assist those who suffer gluten and lactose intolerance which can also help address IBS and Candida. Most recipes are gluten free with notation added for gluten levels of the remaining recipes. To support the diet, comprehensive advice and guidance is included about detox, balancing your hormones, diet and fertility, how to support the immune system, liver health and many snippets of advice about nutrition. The ultimate aim of the diet is to reduce the pain, inflammation and painful symptoms of endometriosis and improve digestive health as well as improve your energy and boost your immune system. To support this, many testimonials are included of the successes from past readers who have seen a great improvement in their health and have significantly reduced their symptoms. Every aspect of the endometriosis diet is covered - drinks, soups, mains, sweets, baking, sauces, dips and spreads, shopping list ideas, alternative ingredients - all based on the best and healing nutrition but NOT compromising on flavour - the clearest and most detailed diet guide available to help sufferers of endometriosis.