

Endometriosis

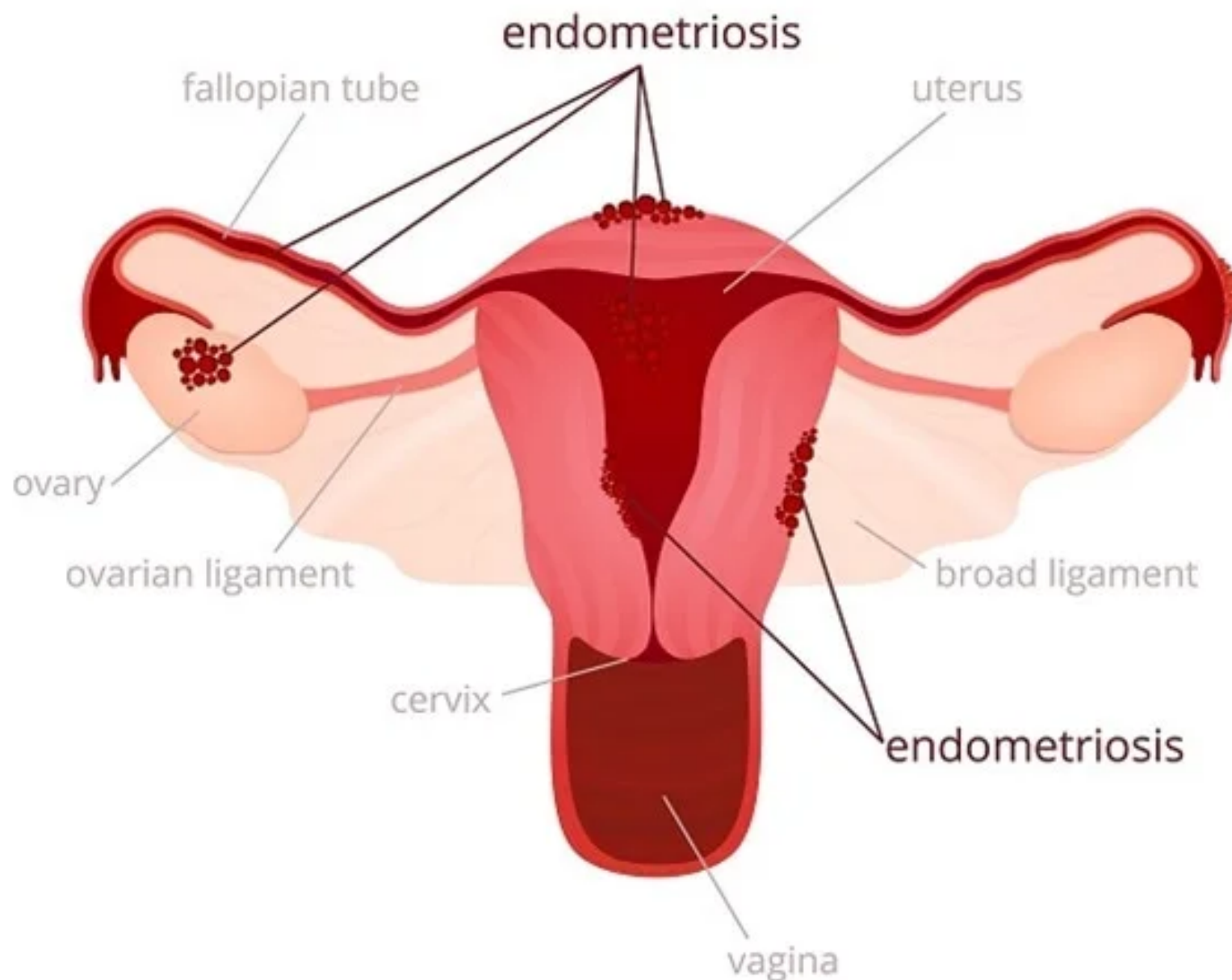
An often painful disorder in which tissue similar to the tissue that normally lines the inside of your uterus — the endometrium — grows outside your uterus. Endometriosis most commonly involves your ovaries, fallopian tubes and the tissue lining your pelvis.

Mayo Clinic

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Endometriosis



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Endometriosis is a disorder in which tissue similar to the tissue that forms the lining of your uterus, known as the endometrium, grows outside of your uterine cavity.

Endometriosis occurs when endometrial tissue grows on your ovaries, bowel, and tissues lining your pelvis. It's unusual for endometrial tissue to spread beyond the pelvic area but it is known to happen.

The hormonal changes of your menstrual cycle affect the misplaced endometrial tissue, particularly oestrogen rising, causing the area to become inflamed and painful. This means the tissue will grow, thicken, and break down. Over time, the tissue that has broken down has nowhere to go and becomes trapped in your pelvis causing inflammation that can start to affect the body systemically. There seems to be an association with endometriosis and other immune dysregulations.

The tissue trapped in your pelvis can cause: irritation, scar formation, adhesions, in which tissue binds your pelvic organs together, severe pain during your periods, fertility problems

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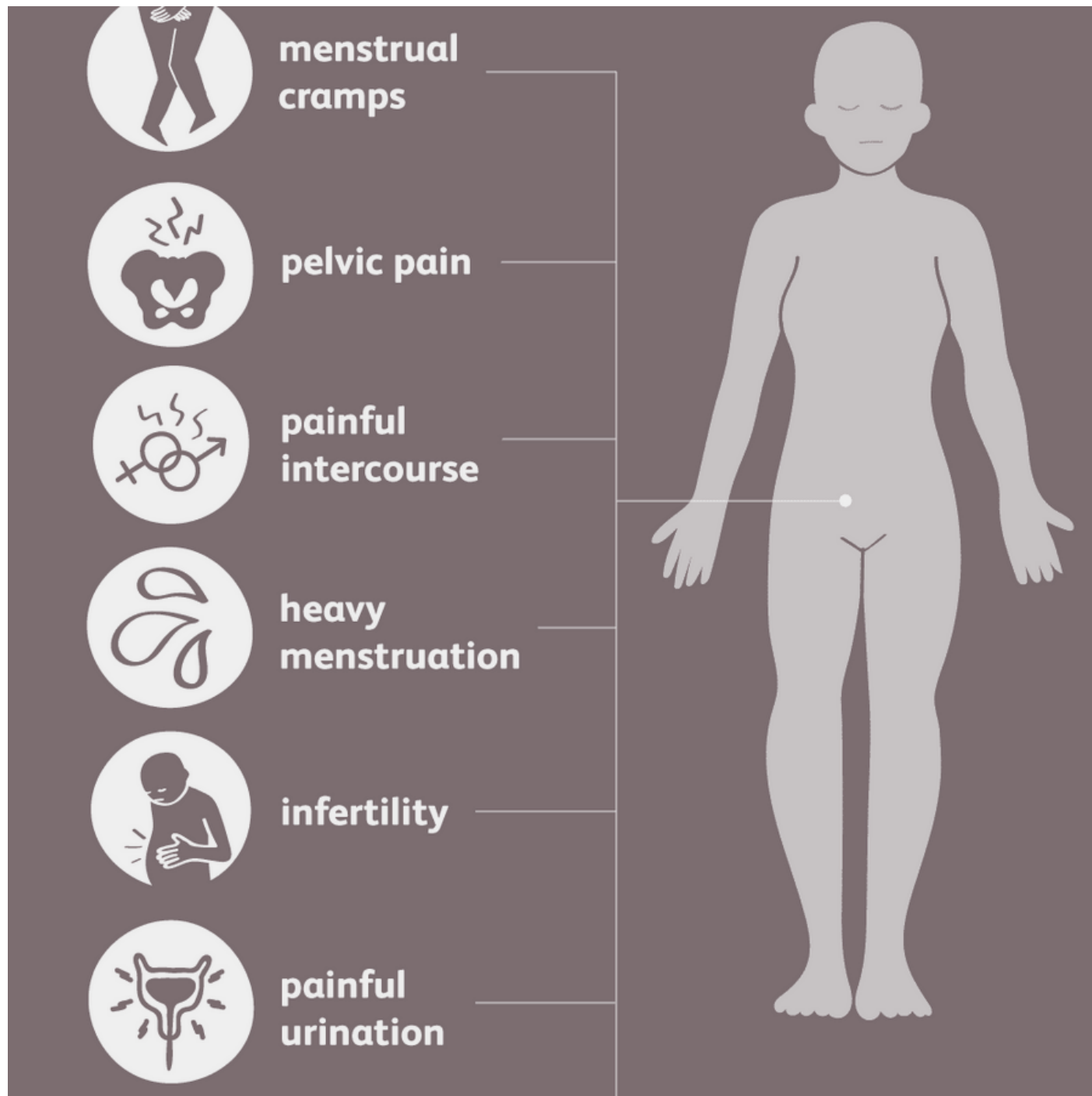
Endometriosis is a common gynaecological condition, affecting up to 10 percent of women.

You are not alone if you have this disorder.

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Foods to avoid for Endometriosis



Dairy



Gluten



Sugar



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Foods to include for Endometriosis



Fibre from pulses



Foods high in
omega 3's



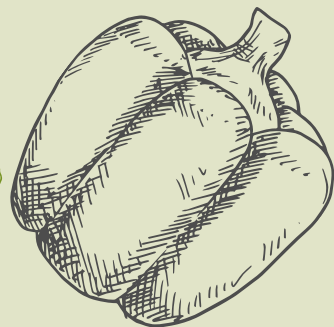
Low sugar fruits



Cruciferous
vegetables



Food high in
antioxidants



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