



Endometriosis : The Complete Reference for Taking Charge of Your Health

By Mary Lou Ballweg



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By Mary Lou Ballweg

Bestselling health authors present must-have information for managing endometriosis

Endometriosis is a serious disease associated with pain, immune dysfunction, infertility, cancer, and autoimmune diseases that can be managed only through active, informed decision making. Developed by the Endometriosis Association, *Endometriosis* provides new information on treatments and lifestyle changes that gives women with endometriosis and their families the tools they need to successfully manage the disease.

This authoritative guide contains groundbreaking new discoveries on endometriosis and its relationship to autoimmune problems, chronic fatigue syndrome, fibromyalgia, and other poorly understood diseases.

Endometriosis also includes new information on:

- Cutting-Edge Therapies for Pain Relief
- New Information on Nutrition and Alternative Treatments
- The Latest Research on Medical Therapies
- Special Sections on Menopause, Teens with Endo, Cancer, and Environmental Toxins



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- Sales Rank: #1045928 in Books
- Published on: 2003-09-29
- Released on: 2003-09-08
- Original language: English
- Number of items: 1
- Dimensions: 9.20" h x 1.10" w x 8.50" l, 1.99 pounds
- Binding: Paperback
- 609 pages

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Editorial Review

From the Back Cover

The definitive guide to living with endometriosis

Some eighty-nine million women worldwide have endometriosis--or "endo," as it is commonly called. For decades, women with the disease have suffered in silence, and faced a nightmare of misinformation, myths, and unsuccessful treatments. Today, thanks to new awareness and research, hope and relief are available.

Endometriosis is a chronic, often painful hormonal and immune disease that affects girls as young as eight and women in their reproductive years and beyond. The name itself comes from *endometrium*, the tissue lining inside the uterus. With endo, tissue similar to this lining is found elsewhere, usually in the abdomen, where it causes pain, inflammation, internal bleeding, scarring, infertility, and a host of other medical problems.

Now research pioneered by the Endometriosis Association has established that endo is a "tip of the iceberg" disease. *Endometriosis: The Complete Reference for Taking Charge of Your Health* provides groundbreaking information on the disease and its relation to several other health problems, including certain cancers, autoimmune problems, environmental illness, and fibromyalgia. Based on the latest research gathered and conducted by Mary Lou Ballweg and the Endometriosis Association, this guide includes information on:

- Surgery and other treatment options
- The role of diet and nutrition in healing
- The connection between endometriosis and cancer
- Infertility and endometriosis
- Teens with the disease
- Surprising new information on menopause and endometriosis

Besides invaluable and cutting-edge advice on treatment this guide also features real women's stories that explore the aspects of living with this disease. This book equips you with the tools you need not only to live with endometriosis but to live well.

Mary Lou Ballweg is founder, president, and executive director of the Endometriosis Association. She is quoted regularly by many major newspapers and magazines.

The Endometriosis Association was founded in 1980 to offer those with endometriosis support and information, educate the public and medical community about the disease, and promote endo research. Headquartered in Milwaukee, Wisconsin, this international organization has members and groups worldwide.

About the Author

Mary Lou Ballweg is the founder, president, and executive director of the Endometriosis Association and was the lead author on its two previous books on the subject. The Endometriosis Association was founded 23 years ago and now has groups and members worldwide.

Users Review

From reader reviews:

Edward Payne:

Reading a e-book tends to be new life style on this era globalization. With looking at you can get a lot of information that could give you benefit in your life. With book everyone in this world can share their idea. Books can also inspire a lot of people. A great deal of author can inspire their particular reader with their story or their experience. Not only the storyline that share in the textbooks. But also they write about the ability about something that you need illustration. How to get the good score toefl, or how to teach your young ones, there are many kinds of book which exist now. The authors on earth always try to improve their talent in writing, they also doing some investigation before they write on their book. One of them is this Endometriosis : The Complete Reference for Taking Charge of Your Health.

Kathleen King:

The guide with title Endometriosis : The Complete Reference for Taking Charge of Your Health includes a lot of information that you can find out it. You can get a lot of advantage after read this book. This specific book exist new expertise the information that exist in this publication represented the condition of the world at this point. That is important to yo7u to find out how the improvement of the world. That book will bring you in new era of the the positive effect. You can read the e-book on the smart phone, so you can read the item anywhere you want.

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