

A person with long, flowing blonde hair is seen from behind, standing in a field of small blue flowers. The background is a soft, golden sunset sky with silhouettes of trees. The overall mood is peaceful and contemplative.

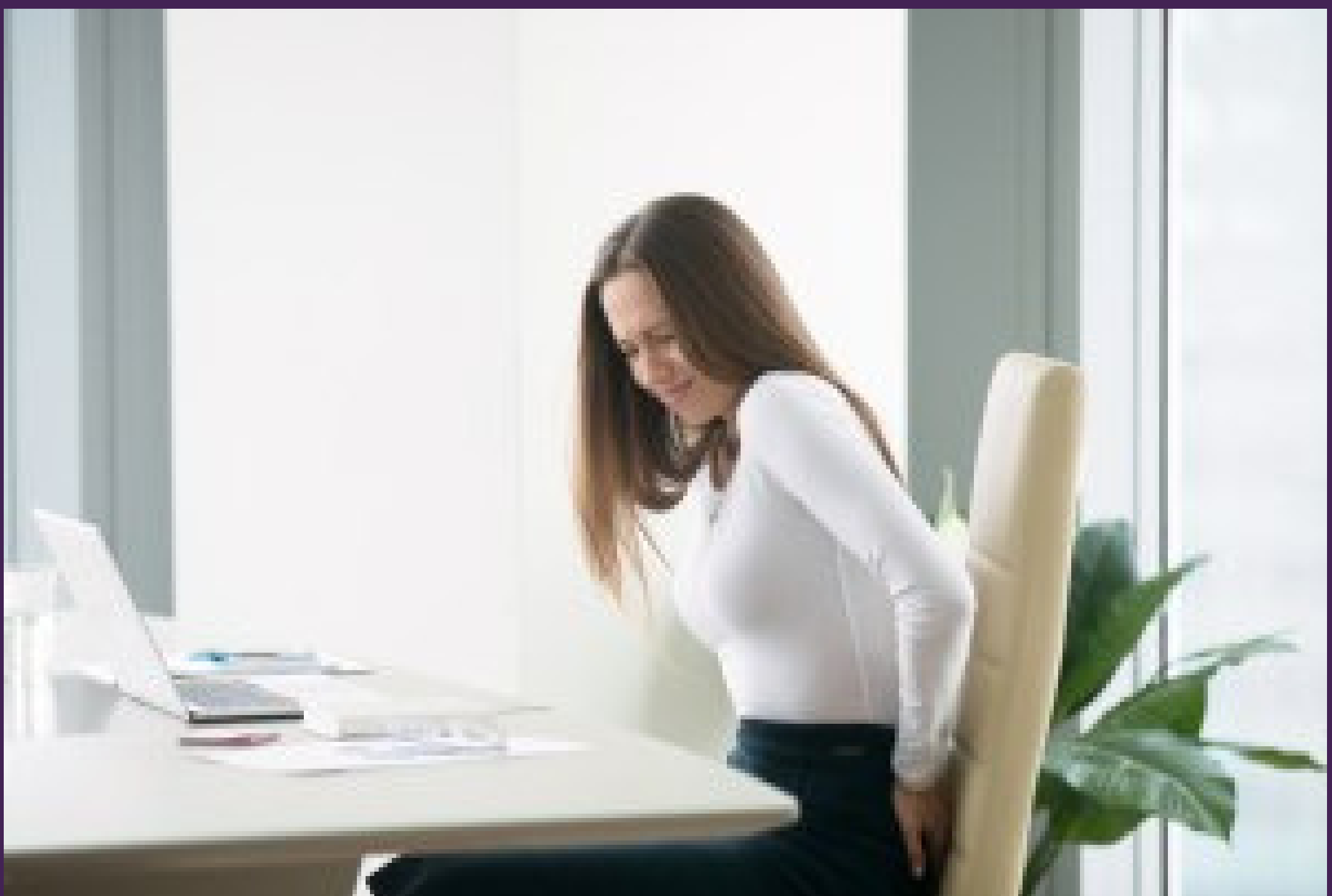
*How to
Succeed in
Dealing with*

ENDOMETRIOSIS

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Endometriosis is one of the more difficult health obstacles a woman can face. This condition poses threats and risks to both your overall health and fertility. Dealing with endometriosis is a must to ensure a better lifestyle.

Endometriosis occurs when the endometrial lining that covers the interior of the uterus grows outside that area. The common place that is most often affected is the pelvic area, although endometrial tissue can be found in the intestines and as far as the brain and lungs.





A woman suffering from endometriosis will normally feel pain in the pelvic area. This pain can worsen in the run up to and during the monthly menses. Endometriosis can cause added complications with pain during bowel movements and also during sexual intercourse. Thus, it's a condition that poses a huge obstacle in living a normal lifestyle and can result in emotional as well as physical symptoms as a result.

Considering the disruption and pain brought on by this problem, dealing effectively with endometriosis is crucial. It is important to look at the different techniques that you can adopt for managing your endometriosis, especially the pain and discomfort it causes.

COPING WITH ENDOMETRIOSIS

There are many ways to deal with endometriosis to alleviate your pain and discomfort. It's worthwhile investigating all the options to find one or more that makes a difference for you.



A CHANGE IN DIET

One theory is that endometriosis is caused by too much estrogen in the system. It definitely responds to hormonal treatments like the combination progestin and estrogen birth control pills. This medication causes estrogen levels to drop and by lowering estrogen levels, endometrial tissues no longer grow.



CASTOR OIL APPLICATION OR REGULAR MASSAGE

Applying castor oil packs on your lower abdomen can help to ease the pain. A study conducted by Washington University, Washington, D.C., showed castor oil packs can help to improve the immune response in the pelvic area. Anecdotally, women have tried this and found the method effective after regularly doing it.

A good alternative is to get regular massage, at least once a week. This can also have a positive impact on painful symptoms.



NATURAL PROGESTERONE

Taking progesterone can also help you with overcoming painful endometriosis symptoms. This could decrease the pain you feel by minimizing the effects to the endometrial tissues of estrogen.

You can do this by applying the cream directly to the skin or it can be taken in suppository form that is inserted into the rectum or vagina.



ALTERNATIVE MEDICINE

Some women also find alternative medicine is a good way to deal with endometriosis. The traditional Chinese method of acupuncture can improve the imbalance conditions in your body and increase blood flow to the pelvic region which helps reduce pain.

There are also herbs that can help in the alleviation of pain. These two can be used together for better results.

There are many other ways to control endometriosis, so sign up for the free newsletter below and discover risk factors for endometriosis and other ways to manage symptoms effectively.

CONCLUSION

Endometriosis can be a painful condition that hampers your lifestyle. However, there are effective techniques that can help you in dealing with endometriosis. These natural options can take a little longer to work than medications, however, they tend to tackle the cause of the problem rather than just mask the symptoms.