

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Alternatively Endo

By Tammy Majchrzak

Alternatively Endo by Tammy Majchrzak

Yoga and Endo:

Yoga brings great benefits to anyone wishing to practice. It can be especially beneficial for those who, like me, have Endometriosis. I have found through regular practice that Yoga helps to bring clarity of mind, focus and stability. It is through this stability and grounding that we begin to look at our body and this disease in a new light. Postures that work on energising, waking, twisting and turning internal organs, releasing toxins, working the nerves, muscles, every part of every part of you begins a workout and greatly benefits. The beauty of Yoga is that it starts working from the moment you practice. Benefits are felt almost immediately.

"How can i do this when in such pain" – The key is to start small with gentle stretches to energise and wake up the body. for many it will be introducing the body to exercise again, in a gentle form. As you become more flexible and willing to practice you can move on to shall we say bigger postures that work to rebuild muscle, tone the body from inside out. Yoga is your personal journey and I personally feel it is a most valuable tool for not only those with Endometriosis but for anyone who wants to unite mind, body and spirit.

Qualified Yoga Practitioner and spiritual healer. Great interest in Alternative therapies, diet and nutrition, yoga, healing, meditation etc. Currently working to generate awareness of how alternatives can assist those with Endometriosis, through diet and nutrition, exercise and alternative ways of living we can help to manage this disease.

Importance of Amino Acids

By Tammy Majchrzak

Importance of Amino Acids by Tammy Majchrzak

Alternatively Endo

Amino Acids:

I have recently started on a naturopathy programme (www.onlinenaturopath.net). I was drawn to the site by a friend who had said that she had been on the programme, which involves taking a drink that you mix up at certain times of the day, as the body has an internal clock and certain functions happen at certain times. Anyway you mix up the drink which is mainly Amino Acids, Herbs, Minerals and Vitamins. I wanted to come off Depo Provera, a contraceptive drug given to those who have Endometriosis. It stops the periods so you don't get the pain. What we don't learn is it stops the body's natural cycle too, which is the monthly cycle. This is when our body prepares for pregnancy, if we so wish. When we stop this cycle we are interfering with the body. Many will not view it from this angle. Many will not know what is happening all they know is that the pain has lessened as the periods are no longer happening hence the endometriosis is dormant. What actually begins to happen is the bone marrow dries up, the body's natural cycle is thrown off balance and I don't have to mention the other problems this can cause such as Osteoporosis. I am not a doctor but someone who endeavours to learn about how the body works and what we can do to help it to heal. Amino Acids are very important. They are the building blocks within our body helping cells rebuild, nerves to function, the list is endless. I have been on this programme for 5 weeks now and the main thing I have noticed is a clean feeling. I go to the loo 3 times a day which is something I never did. My body held onto toxins and this could not have been good for me. It's a delicate process. I can feel my body rejuvenating, my skin is the best it has been in a long time. I don't feel so tired. Niggly little aches and pains that I used to have from neck pain, headaches, to cramp in my knees has all vanished and it is thanks to replenishing my body with these vital amino acids. It took me 5 years to reach where I am now. 5 long years of searching for products that can help us. Simplified products that do exactly what they say they do. I have come to the end of my journey searching. Amino Acids have to be a key figure in the diet today, helping to rebuild from within.

Tammy Majchrzak
www.alternatively-endo.com

Alternative Therapist with a great interest in anything alternative! A qualified Yoga Practitioner and currently working to learn more about Endometriosis and how we can help to overcome this disease



This Free E-Book has been brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!