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

**Living With Endometriosis**

**By Shelley Ross**

After you have been given a diagnosis of endometriosis and understand the four stages in which

the disorder progresses, it is time to discover ways to cope with the condition. For many women, the thought of having endometriosis can cause one of the most ultimate horrors - fear of becoming infertile. In addition to this terrible possibility, endometriosis brings with it a variety of painful and disturbing symptoms. Pain, the most common symptom of endometriosis, can severely hinder your quality of life. However, there are ways to manage the condition to lessen its impact on your life.

The pain and other symptoms of endometriosis can be managed in a variety of ways. The first and most important is to control your stress levels. Stress puts undue pressure on the body. It causes your systems to function less effectively, allowing endometriosis to worsen. In addition, if you are a smoker, you should consider giving up the habit. It may be a difficult task, but it is important that you keep your body functioning at peak capacity. There is no proven link between smoking cigarettes and the onset of endometriosis, but cigarette smoke impairs the body's ability to fight off diseases and opportunistic infections.

Another way to keep your body performing at top speed is to detoxify. Many women have a high level of toxicity in their system that they may not be aware of. There are many products available at health food stores and even large supermarkets that will enable your body to purge harmful chemicals and toxins. Detoxifying is a great way to increase your energy level and fight against fatigue - another symptom of endometriosis. Drinking 8 or more glasses of water each day is a good start to the detoxification process. This will enable your body to get back to working the way nature intended.

Furthermore, keeping fit is an important step to take if you want to feel better. Exercise is important for a variety of reasons. First of all, it allows your body to run at peak ability. The better your physical conditioning the higher chance you have of warding off disease and halting the progression of endometriosis. In addition to exercising, you should concentrate on balancing your emotional health as well. Consider techniques such as meditation and yoga to relieve stress and help you stay calm and relaxed. Pampering yourself with the occasional massage or day spa treatment can also help you reduce stress levels. Acupuncture and acupressure are also good choices to keep you relaxed and stress-free.

There are also support groups available to sufferers of endometriosis. Support groups generally meet once per week and allow people to talk about their experiences. These groups can be very helpful and provide someone with a sense of unity. Women without endometriosis will not be able to understand the disorder, so it is important to meet with people who share your experience.

Coping with endometriosis is not an easy task. The condition will cause changes in your life and, since it is incurable, it is important that you work to stop the progress of the disease. Keep track of the way your body feels on different days, track your symptoms, eating habits, bowel movements, and cross-reference these variables with your menstrual cycle. Use your mind and your body to battle endometriosis and you may just turn the tide and keep the symptoms at a manageable level.

Shelley Ross has an interest in Endometriosis. For further information on Endometriosis please visit

<http://www.treatendometriosis.com/endometriosis.html>

or

<http://treatendometriosis.com/blog/2006/09/27/living-with-endometriosis/>

### **What Is Endometriosis And Common Symptoms**

**By Sandra Montano**

Endometriosis is a condition that can prevent pregnancy in a woman. It is a disease that is fairly common and can afflict women from their first menstrual cycle through menopause. In rarer cases, endometriosis can affect post-menopausal women as well. Currently, there is no cure for endometriosis. As well, general practitioners often have a difficult time diagnosing endometriosis.

Endometriosis occurs when the endometrium, or uterine lining, grows outside of the uterus. It may grow in areas such as around the ovaries, in the pelvic cavity, sometimes even the bowels or in the bladder. Although very rare, the endometrium can also grow in the lung area.

As the condition progresses, the growths develop into "tumors" or "implants." While the reference to tumors can be unnerving, endometrium growths are not cancerous or malignant. However, the condition can be severely painful, cause heavy menstruation, and can prevent pregnancy in some cases.

Endometriosis symptoms include pain that is localized in the pelvic, abdominal, or lower back areas. The severity of the pain does not directly correlate with the amount of endometriosis present in these areas. One can have a small amount of endometriosis growth and feel severe pain. Conversely, one can have a large area of endometriosis growth and feel no pain.

Women who have pain in these areas might want to consult with their gynecologist. Gynecologists are specially trained to diagnose endometriosis. An MRI or ultrasound should be able to detect

endometriosis, but it is not always the best way. A definitive diagnostic procedure is a laparoscopy. A laparoscopy is a surgical procedure that involves inserting a tube with an attached light into the abdomen. This procedure will determine the location, size, and extent of the condition. Once endometriosis is detected, treatment options are discussed with the gynecologist, which includes medication, hormone treatments, and surgery.

Sandra Montano is the owner of

<http://Life-Healthy.com>

to keep reading everything about Pregnancy

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<http://www.life-healthy.com>



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