



The Association of Minimally Invasive Gynecologic Surgeons

...dedicated to safe, state-of-the-art surgery and health life-styles for women of all ages

R. Wayne Whitted MD, MPH

Paul A. Pietro MD

8740 N Kendall Dr. Suite 101

Miami, Florida 33176

Phone: 305-596-3744

www.floridaamigos.com

Food and Nutrition

Supplement the diet with vitamin C, vitamin B-6, folic acid, calcium, magnesium, essential fatty acids such as linoleic acid, and evening primrose oil.

Avoid caffeine, sugar, alcohol, and acid-forming foods (red meat, dairy products, heated or treated oils, and excess carbohydrates, especially refined products).

Try a short juice fast to clear out the body, and follow up with cultured foods such as miso or tempeh, unless you have a food allergy to soy products. After cleansing the body, plenty of fresh greens, fresh fruits in season, and a reasonable quantity of whole grains provide strength. Include changes to stabilize hypoglycemia (low blood sugar), such as eating smaller meals. As always, eating little or no animal fat decreases harmful excess estrogen.

The following food items are especially good:

Soybean (Glycine max) and Other Beans:

Soybeans are high in estrogen-like plant compounds, genistein and daidzein. These prevent your body from taking up the more harmful forms of estrogen circulating in your blood. These phytoestrogens take the place of the bad estrogen, binding to the cell's estrogen receptor sites and prevent more harmful estrogens from binding to these receptors. They also protect the body from pollutants that chemically mimic estrogen.

Bean sprouts supply more genistein (the more active of the two phytoestrogens) than soybeans. As beans germinate, their genistein content increases. If the sprouts have fungi, the genistein content may increase as much as hundred-fold!

Pinto beans, yellow split beans, black turtle beans, lima beans, anasazi beans, red kidney beans, red lentils, black eyed peas, mung beans, adzuki beans, and fava beans are other sources of these important phytoestrogens.

If you have endometriosis eat as much edible beans as possible as often as possible. Eat salads made of bean sprouts. Take bean soups, baked beans, and Mexican foods rich in beans such as burritos.

Flax (linum Usitatissimum):

Flaxseed contains generous amounts of compounds called lignans. These are believed to help control endometrial cancer.

Flaxseed might be particularly helpful for anyone who is not a vegetarian, Vegetarians have high blood and urine levels of lignans. Consuming meat suppresses lignans substantially. Flaxseed helps to supplement this

deficit.

Peanut (*Arachis hypogaea*):

Peanuts contain many of the healthful substances as soybeans and other beans. Many people prefer the taste of peanuts over soybeans.

The papery red membrane surrounding spanish peanuts is a source for oligomeric procyanidins (OPCs), substances that may help control hormone dependent cancers and possibly endometriosis.

Alfalfa (*Medicago sativa*):

Alfalfa sprouts contain phytoestrogens. Use them liberally on salads. Eating them also reduces the risk of contracting cancer. (Do not consume alfalfa if you or your family has a history of lupus.)

Evening Primrose Oil (*Oenothera biennis*):

EPO contains gamma-linolenic acid (GLA) and tryptophan, substances that promote good health in women.

Amanda M. Crawford, author of 'Herbal Remedies for Women' recommends the following nutritional supplements daily for women suffering from endometriosis:

vitamin B complex (containing 2 milligrams B-6)	use as directed on label
folic acid	150 micrograms
liquid potassium (taken in recommended doses)	3 times a day
flax seed oil	start at 1/8-teaspoon doses; increase to 1 teaspoon per dose or more as tolerated
vitamin E 8-1 0 milligrams alpha-TE (alpha tocopherol equivalent)	may use 200-600 IU (up to 1,200 IU maximum)
magnesium	400 milligrams
calcium	800 milligrams
vitamin A	800 RE (retinol equivalent); may use 5,000 IU (up to 50,000 IU for four months or less)
vitamin D	10 RE; may use 400 IU (up to 1,000 IU maximum)
vitamin C	300 milligrams (up to 1 0 grams)
evening primrose oil (for GLA - Gamma-Linolenic Acid)	eight 500 milligram capsules per day for six to ten weeks, if women can afford this dose (most effective)

Though there is good evidence suggesting that lower doses of evening primrose oil (EPO) are of value for reproductive imbalance (breast tenderness, PMS), higher doses are reportedly more effective for reproductive damage (inflammation, pain). Other sources of essential fatty acids such as flax, borage, or black currant seed oil are important for a rounded intake of healthy oils, but these do not act as quickly in women with endometriosis. For this reason, higher doses of the more expensive EPO may have to be used

for the short term.