



THE
integrative
women's health
INSTITUTE

NOURISHMENT for
GIRLS and **WOMEN**
with **ENDOMETRIOSIS**

Simple Steps for Self-Care Support

A Patient Guide

Nourishment for Girls and Women with Endometriosis

For girls and women suffering with the symptoms of endometriosis including pelvic pain, fatigue, irregular and heavy menstrual cycles, and bowel and bladder symptoms, this guide is designed to give you a few simple steps to focus on as part of your daily self-care routine.

Ideally, you will be working with a skilled team of professionals who specialize in working with women and girls with endometriosis including a surgeon who specializes in excision surgery for endometriosis, a pelvic specialist physical therapist, a nutritionist, and others.

Here are some tools, recipes, and recommendations to help you to better manage your endometriosis symptoms...

Meditation

Click the button below to listen to the guided relaxing tensions audio.

[LISTEN HERE >>](#)





Movement

Click the button below to watch the guided Sahrmann yoga sequence.

[WATCH HERE >>](#)

Recipes

Salmon en Papillote

INGREDIENTS

1 zucchini, sliced thin
1 shallot, sliced
2 cloves of garlic, smashed and minced
1/2 lb. piece of salmon
1-2 tbsp. fresh dill
Salt and pepper (optional) to taste
Extra virgin olive oil

Serves 2

METHOD

1. Heat oven to 350 degrees.
2. Fold a 24-inch sheet of parchment paper in half, and cut out a heart shape about 3 inches larger than fish fillet.
3. Place fillet near the fold, and place zucchini, garlic, shallot, dill, salt and pepper onto the parchment paper. Drizzle with 1-2 tsp. olive oil.
4. Brush edges of parchment paper with olive oil, fold paper to enclose fish, and make small overlapping folds to seal the edges, starting at curve of heart. Be sure each fold overlaps the one before it so that there are no gaps. Brush the outside of the package with olive oil. Put packages on a baking sheet, and bake until paper is puffed and brown, about 10 to 15 minutes.
5. Bake for 15-25 minutes, depending on the thickness and size of your salmon. If you have a thinner salmon, bake for less time, and if you have a thicker salmon, aim for the 25 minutes. Tear open the parchment paper at the table, enjoy the aromas, and dig in! Enjoy.

Recipes

Pear Spiced Smoothie

INGREDIENTS

2 tbsp. collagen or vanilla protein powder

1 pear, cored and diced

1/2 tsp. ground cinnamon (optional)

1/4 tsp. allspice

1 tsp. vanilla

1/2 cup cashews

3/4 cup water

1 cup ice

1 tbsp. coconut oil

Combine all ingredients and
blend until smooth.

Serves 1



Recipes

Pesto Dressing

INGREDIENTS

4 cups fresh basil leaves
(*about 2 large bunches*)
3/4 cup extra virgin olive oil
3-5 cloves garlic
1/3 cup cashews
1 tsp. sea salt

Combine all ingredients
and blend until smooth.

Beet Cucumber Salad

INGREDIENTS

4 roasted beets, sliced
1/4 cup almonds slices
1 cup arugula
2 cups spinach leaves
1/2 cups cucumber slices
3 tbsp. extra virgin olive oil

1. Wash lettuces and dry off. Place into large salad bowl.
2. Slice beets and cucumbers, place on top of salad.
3. Add almond slices.
4. Drizzle oil onto salad or serve by the bowl.

Recipes


Nutty Apple Pie

INGREDIENTS

6 medium size apples, diced
2 cups almond flour
1/2 cup coconut oil
1/4 cup maple syrup
1 1/2 tsp. vanilla extract
1 tsp. ground cinnamon (optional)
1/2 tsp. allspice

METHOD

1. Preheat oven to 350°F and lightly grease a pie pan with coconut oil.
2. Whisk together the honey and vanilla extract in a bowl with the cinnamon and allspice. Add the flour and whisk until smooth and combined.
3. Cut in the coconut oil and stir with a fork until it forms a crumbled mixture. Spread the apples in the bottom of the pie pan and top with the crumbled mixture.
4. Cover with foil then bake for about 45 minutes until the apples are tender. Remove the foil and bake for another 10 minutes. Let cool for 10 minutes before serving.



Nutritional Supplements

Fish oil

1000 - 3000mg per day

Anti-inflammatory + Antioxidant nutrients

2 capsules daily