

Alternative Treatments for Endometriosis

Listed here are several of the alternative methods, through which many women have found some relief. Very few offer better relief than placebo, but some patients claim improvement.

- **Dietary Changes**
Many women say they have found some relief by giving up selected things in their diets. The most common things mentioned are caffeine, sugar, and alcoholic beverages. Women have reported good results when following macrobiotic diets and diets which include organic vegetables and few processed foods.
- **Soy Protein**
Soy is an estrogen like herb. It is helpful in alleviating hot flashes in menopause, but may help improve the PMS symptoms that patients with endometriosis experience.
- **Vitamins and Herbs:**
Evening Primrose Oil. This oil is an essential fatty acid that can be used to make prostaglandins in our bodies. It has been theorized that women with endometriosis may have an imbalance of prostaglandins, which are responsible for the stimulation and inhibition of smooth muscle tissue such as is found in the uterus, the intestines and the bladder. This has not been studied and probably doesn't work very well.
The B Complex Vitamins. These vitamins have reportedly improved emotional symptoms of endometriosis and have been scientifically linked to the breakdown of estrogen in the body.
Vitamin E & Selenium When taken together, these two vitamins have been reported to decrease endometriosis-related inflammation, although there are mixed feelings by specialists about the use of Vitamin E by women with endometriosis because it boosts the production of estrogen.
- **Acupuncture/Acupressure**
This is a traditional Chinese medicine treatment for endometriosis which involves the insertion of very thin, long needles (or pressure) at various "energy points" on the body. This treatment has received mixed reviews from women with endometriosis.
- **Stress-Reduction Techniques**
Techniques such as yoga, biofeedback, meditation, and regular exercise have all been reported to increase the general well-being of women with endometriosis.