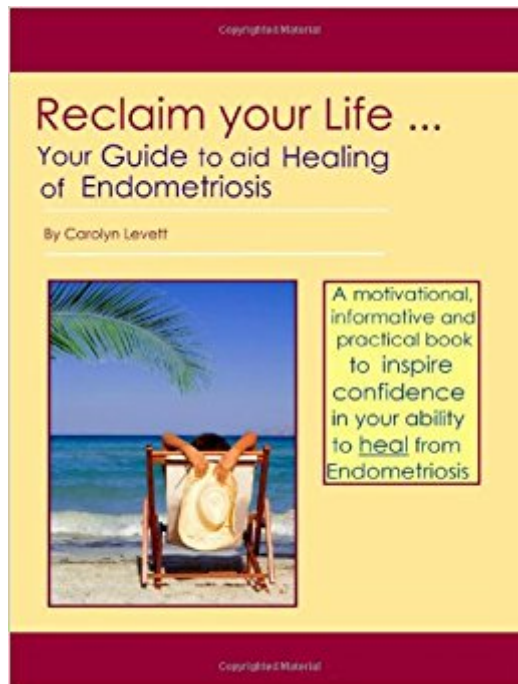




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# Reclaim Your Life - Your Guide To Aid Healing Of Endometriosis



## Synopsis

The author was a previous sufferer of endometriosis and was given a clean bill of health following a regime with four years of homeopathy, following the endo diet and simple self help measures. As well as including her own healing story, the main focus of this book is to provide a comprehensive and realistic guide to help other women towards natural healing of endometriosis; interwoven with many anecdotal stories of other women who have healed from this disease. Advice is included about natural therapies, diet, supplements, the immune system and healing, natural pain relief, home made toiletries, financial tips, combined with lots of supportive messages and health tips. The book also contains a section covering up to date facts about endometriosis and looks into why so many women are getting this disease today. In this second edition of the book, feedback is included from women who have followed the guidance contained in the book, who have significantly reduced their symptoms or healed from endometriosis.

## Book Information

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## Customer Reviews

This book is for women everywhere, who are looking for hope, inspiration, and confidence that they can achieve relief from the terrible disease called Endometriosis. This is your antidote against all the negative information you may have heard or read, about your long term prospects of dealing with this disease. This book is not written by yet another medical professional who has their own 'view' on this disease. It is not another book about 'coping strategies'. It is not another book full of complex medical information. This book is written by a woman who had the disease, conquered the disease, and now wishes to pass on as much positive and helpful information, ideas, and support to other

women. Some of the questions and issues covered in 'Reclaim your Life' include: - Shows you all the things you can do to complement and make more effective whatever treatment you are using - Why natural medicine can succeed in treating endometriosis permanently when modern medicine can only provide temporary respite - All the strategies and ideas to help you manage the pain - Indications, anecdotal stories and research, which will enforce your own confidence of healing - A look at the success of alternative treatment for pain, infertility and treating endometriosis - How to choose which alternative/natural treatment to use - How long it will take to regain your health - What are the main factors to fighting endometriosis? - How to cope with the depression and strategies for fighting back - A look at ways to keep your spiritual health intact - Discover all the external influences that can be impeding your health and stopping you from getting better - Learn more about estrogen and all the ways it can be mimicked by outside influences like chemicals, toiletries, and even certain foods - Find out about all the practical measures I took to regain my own health - Discover lots of wonderful things about healing and the scientific research which backs it up - Discover about all the different things you can do for yourself to help your body heal With healing thoughts Carolyn Levett

Very informative and detailed. Good purchase. Would recommend this to anyone suffering from this illness. Great recipes and descriptions of foods.

Gift was very appreciated

When I was diagnosed and treated for endometriosis I wanted to learn all I can about the disorder and how to prevent/get rid of this issue. I bought this book and it was lackluster to say the least. It was a long-winded story about a woman who had a lot of life challenges and managed to get past this issue. Nothing of real use was learned from this book and it was not motivational either. I would recommend buying a book published by a real medical doctor and not by a random woman who lucked out when her disorder disappeared.

This book has helped me to fully understand this disease and I have a better understanding why I have so many different symptoms. This is a book that focusses on natural treatments and it gives advice with many suggestions to help deal with the pain and inflammation. This book has helped me to fully understand this disease and I have a better understanding why I have so many different symptoms. This is a book that focusses on natural treatments and it gives advice with many

suggestions to help deal with the pain and inflammation caused by endometriosis. There is also a good chapter that introduces the diet for endometriosis and having tested some of the advice in my own diet and can honestly say that I can feel the difference and I have noticed a marked reduction in my pain. I did not realise that using modern chemical based toiletries could cause problems for those of us who suffer from this disease, as they mimic estrogens in the body, and I have started to use alternatives as advised by the author, so that I can do as much as I can to reduce toxins in my body and help improve my health. To give lots of encouragement intertwined through the book there are lots of stories from actual women who have healed or radically improved their health, mostly by using natural treatments and therapies or have combined surgery with natural treatments. I have more confidence in my ability to start dealing with this disease and not feel overwhelmed by all the negative information I have read everywhere else. A great book to offer hope especially as the author has healed from the disease despite being diagnosed with severe endometriosis.

I came across this book when I started looking for a remedy for my endometriosis as it got so bad that at times I could hardly walk. It is a great book and Carolyn also has a website that provides a ton of useful information. I have followed her diet tips since 2009 and it worked within a few weeks. I was not able to follow it 100%, maybe about 85%, but it made a huge difference. Thank you Carolyn for your great advice and for sharing your story!

This book contains lots of useful info that does bring results. There is hope and everything in here is key to recovery. good luck to all.

I found this book to be quite helpful. Especially if you have been battling endometriosis for a long period of time. This book will help you with questions that don't seem to be answered by your doctors.

The author clearly illustrates the 'vitalistic belief premise' of various alternative medical systems, including naturopathy, and vitalism's many synonyms: "reiki is really two Japanese words - rei and ki [...] ki means vital or life force. This 'life force' energy has many other names within different cultures throughout the world e.g. 'chi' in Chinese, 'prana' in Sanscrit, and 'bioplasmic energy' by Russian scientists. All living things on earth have a 'vital force', an unseen energy [...] we all have this vital energy [p.127...] part of the theory of homeopathy, the body is said to be integrated by a 'vital force', which maintains it in a state of homeostasis. If this force is put under strain, illness can result

[p.136...] naturopathy. Also known as 'natural medicine' [...] modern naturopaths [...] maintain that many factors such as unhealthy diet, lack of sleep, exercise, or fresh air, any emotional or physical stress, pollution, in the environment, even negative attitudes, allow waste products and toxins to build up in the body and upset self-regulation. This in turn can overload the immune system and weaken the vital force, the body's innate ability to maintain good health [p.141]. "Scientifically speaking, there is no such thing as a vital principle; just as naturopathy's 'autotoxicity premise' lacks scientific credibility.-r.c.

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