kindbody

7 Foods for Endometriosis Support



Endometriosis affects 1 in 10 women through their reproductive years. It is a complex chronic inflammatory disease with a myriad of symptoms ranging from mild to severe, often even debilitating.

Common Symptoms

- Painful periods, severe enough to disrupt your life: missing work, school etc.
- Long periods (longer than 7 days)
- Heavy periods
- Nausea or vomiting, often from the severe pain
- Painful bowel movements
- Painful sex
- Constant pelvic pain/pelvic floor dysfunction
- Vaginal or bladder pain, simultaneous with other symptoms
- Digestive problems, ranging from food sensitivities, leaky gut and IBS to SIBO
- Bloating
- Fatigue
- Brain fog
- Depression and/or anxiety
- Infertility

Lifestyle & Diet

Even though we are not entirely sure what causes endometriosis, there are several factors that have been strongly associated with this condition, including environmental toxins, estrogen dominance, leaky gut, and impaired immune system function.

Endometriosis, like many other inflammatory conditions associated with hormonal imbalances, may benefit from a holistic approach that incorporates dietary and lifestyle changes alongside medical treatment.

Addressing potential root causes and reducing or eliminating exposure to environmental toxins, such as xenoestrogens, may help support hormonal balance and reduce inflammation. Learning stress-reduction techniques and incorporating gentle, regular physical activity, such as walking, swimming, and yoga, can also be important tools for managing this condition.

An anti-inflammatory diet rich in vitamins, minerals, and antioxidants may help reduce pain, bloating, and menstrual symptoms while supporting a healthy immune system.



Anti-Inflammatory Foods

- **Dark Leafy Greens**

Cooked in soups, stews, and curries, or eaten raw in a salad, these vegetables are loaded with vital phytonutrients that support our health. Dark leafy greens are rich in fertility-supporting nutrients such as folate, vitamin B6, vitamin K, calcium, iron, and potassium. Together with cruciferous vegetables, they are high in fiber, which binds to excess estrogen and helps eliminate it from the body. Food sources: Kale, spinach, chard, arugula, and collard greens.

- **Cruciferous Vegetables**

These vegetables are rich in sulfur-containing compounds that are known to support detoxification in the body. They are also high in essential vitamins and minerals, such as vitamins C, E, and K, folate, calcium, iron, potassium, and zinc, as well as carotenoids, which are powerful antioxidants. Food sources: Broccoli, Brussels sprouts, kale, cabbage, and bok choy. If you experience digestive issues such as bloating, eat more cooked vegetables and fewer raw ones.

- **Berries**

Berries are rich in vitamin C and are excellent sources of antioxidants, which protect our cells from oxidative damage. They are low in sugar, helping support blood sugar regulation, and high in fiber, making them an important part of an anti-inflammatory diet. Food sources: Blackberries, blueberries, raspberries, strawberries, and currants.

- **Omega-3 Rich Foods**

Both saturated and unsaturated fats play important roles in our bodies. Consuming both is essential for healthy cell membranes, nervous system function, hormone production, and the development of babies. Essential fatty acids, such as omega-3 and omega-6, cannot be produced by our bodies and must therefore be obtained through our diet. Omega-3 is known for its powerful anti-inflammatory properties. It helps maintain healthy cell membranes and reduces the production of inflammatory cytokines. Food sources: Flaxseeds, hemp seeds, chia seeds, walnuts, eggs, and salmon. Supplements: Cod liver oil or omega-3 supplements containing EPA and DHA.

- **Turmeric**

Curcumin, the yellow pigment in turmeric, has powerful anti-inflammatory properties and may help protect against inflammatory diseases. Use turmeric fresh or in powdered form in cooking, baking, or as a tea. Food sources: Fresh turmeric root or turmeric powder. Supplements: Supplements containing 95% curcuminoids.

- **Ginger**

The oily resin in ginger roots contains many bioactive compounds known for their remarkable pharmaceutical and physiological properties. Studies show that ginger & its metabolites are primarily concentrated in the gastrointestinal tract, where they exert anti-inflammatory, anti-nausea, antioxidant, and soothing effects. Food sources: Fresh or dried ginger, as well as pickled, preserved, crystallized, or candied ginger. Supplements: Ginger extract.

- **Probiotic Foods**

Probiotics, or beneficial bacteria that inhabit our gut, perform many functions essential to our health. They produce vitamins such as K and B vitamins and convert fiber into short-chain fatty acids that support the immune system. These nutrients help strengthen the gut lining and prevent unwanted substances from entering the body. Probiotics also support digestive health by reducing inflammation, gas, bloating, constipation, and diarrhea. Quality probiotics contain multiple bacterial strains with adequate viability. Food sources: Lacto-fermented foods such as sauerkraut, kimchi, pickles, yogurt, and kefir. Supplementation: Look for Lactobacillus, Bifidobacterium, and Saccharomyces, with over 40 billion CFUs. Avoid: Refined flours, sugars, red meat, coffee, alcohol, processed foods, & agricultural toxins.