

# Endometriosis

## **Possible Causes and Contributing Factors:**

- Infertility
- Stress, both psychological and physical
- Hormonal imbalance resulting in menstrual dysfunction (high estrogen, low progesterone)
- Obesity/lack of exercise
- Genetic defect
- Poor liver function
- Flora imbalance (dysbiosis)

## **Suggested Dietary Changes:**

- Avoid commercially raised chicken and beef (increased estrogen content)

*\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.*