



BEATING ENDO

How to Reclaim Your Life
from Endometriosis

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This book contains advice and information relating to health care. It should be used to supplement rather than replace the advice of your doctor or another trained health professional. If you know or suspect you have a health problem, it is recommended that you seek your physician's advice before embarking on any medical program or treatment. All efforts have been made to assure the accuracy of the information contained in this book as of the date of publication. This publisher and the authors disclaim liability for any medical outcomes that may occur as a result of applying the methods suggested in this book.

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The Green Beauty Marketplace

Here are a few retailers of clean beauty products; many have brick-and-mortar stores as well as websites:

www.badgerbalm.com

www.credobeaute.com

www.rmsbeaute.com

www.thedetoxmarket.com

www.paiskincare.us (a London-born, British brand)

www.beautycounter.com

RESOURCES

Information, Treatment,
Support, Advocacy

Amy Stein, DPT

www.beyondbasicsphysicaltherapy.com

www.healpelvicpain.com

Facebook, Instagram, Twitter: beyondbasicspt

(212) 354-2622

Iris Kerin Orbuch, MD

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www.nycrobotic.com

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ENDOMETRIOSIS

Thankfully, there are literally thousands of websites and social media groups and organizations dedicated to endometriosis. Here are some of those we have mentioned in this book.

RESOURCES

Social Media: Nancy's Nook Endometriosis Education, Endo Warriors

Endometriosis Association: www.endometriosisassn.org

EndoWhat?: www.endowhat.com

Casey Berna: www.caseyberna.com

Endopaedia: www.endopaedia.info

Endometriosis Research Center: www.endocenter.org

AAGL: www.aagl.org

Center for Endometriosis Care: www.centerforendo.com

The Endometriosis Coalition: Instagram: @theendo.co; contact: Jenneh@theendo.co

Endometriosis Summit: <https://www.theendometriosissummit.com>;

Facebook: The Endometriosis Summit; Instagram: @endometriosissummit

Pelvic Health Summit: <https://www.pelvichealthsummit.com>; Instagram: @pelvichealthsummit

EndoInvisible: www.endoinvisible.org

Extrapelvic Not Rare: www.extrapelvicnotrare.org

Endometriosis & Me: Facebook: Endometriosis and me

Endometriosis Australia: <https://www.endometriosisaustralia.org>

Endometriosis.org

Endometriosis New Zealand: <https://nzendo.org.nz/>

PT

Blogs: beyondbasicspt.com/blog; blogtalkradio.com/pelvicmessenger

American Physical Therapy Association: www.apta.org

Herman & Wallace Pelvic Rehabilitation: www.hermanwallace.com

RESOURCES

NUTRITION

Environmental Working Group: www.ewg.org
www.womensvoices.org
www.nourishingmeals.com
www.integrativewomenshealthinstitute.com
Institute for Functional Medicine: www.ifm.org
www.thrivemarket.com

ENVIRONMENT

Environmental Working Group: www.ewg.org
www.badgerbalm.com
www.credobeaauty.com
www.rmsbeauty.com
www.thedetoxmarket.com
www.paiskincare.us
www.beautycounter.com
www.madesafe.org
www.savvywomensalliance.org

MINDFULNESS

www.calm.com
www.headspace.com
www.buddhify.com
www.lumosity.com
www.breethe.com
CD/App: *Guided Meditation for Mindfulness Living* by Alexandra
Milspaw www.4directionscounseling.com

RESOURCES

Recognise apps from the NOI Group, available on iTunes or Google Store

Dr. Alex Milspaw's YouTube channel for meditations at <https://www.youtube.com/channel/UCeG6hWrTjh-SZxKzwPJDg> and her website at www.4dcounseling.com

SEX

Recommended products for dyspareunia and deep penetrative pain:

Ohnut: www.ohnut.co; hello@ohnut.co

Organic coconut oil (incompatible with latex condoms)

Organic olive oil (incompatible with latex condoms)

Yes lubricant: www.yesyesyes.org (not condom-compatible)

Good Clean Love (condom-compatible options): www.goodcleanlove.com; service@goodcleanlove.com

OTHER

Interstitial Cystitis Association: www.ichelp.org

Interstitial Cystitis Network: www.ic-network.org

International Pelvic Pain Society: www.pelvicpain.org

American Fibromyalgia Syndrome Association: www.afsafund.org

American Urological Association: www.auanet.org; (410) 727-1100

Chronic Fatigue and Immune Dysfunction Syndrome: www.cfids.org

International Foundation for Gastrointestinal Disorders: www.iffgd.org

International Society for the Study of Vulvovaginal Disease (ISSVD): www.issvd.org

RESOURCES

International Society for the Study of Women's Sexual Health:

www.isswsh.org

International Urogynecological Association: www.iuga.org

National Vulvodynia Association: www.nva.org

Pudendal Neuralgia Association: www.pudendalassociation.org

PELVIC PAIN

Products, Supplies

Video: *Healing Pelvic and Abdominal Pain Featuring Amy Stein*—

available as DVD or digital download: www.healpelvicpain.com

Dilators and wands: www.icrelief.com, www.soulsource.com

Other Pelvic Pain Resources

www.pelvicpainsolutions.com

www.cmtmedical.com

Cushions

www.cushionyourassets.com

BOOKS

Endometriosis

Ballweg, Mary Lou. *Endometriosis: The Complete Reference for Taking Charge of Your Health*.

Ballweg, Mary Lou. *The Endometriosis Sourcebook*.

Bowick, Samantha. *Living with Endometriosis*.

Evans, Dr. Susan. *Endometriosis and Pelvic Pain*.

Mills, Dian Shepperson, and Michael Vernon. *Endometriosis: A Key to Healing Through Nutrition*.

Redwine, Dr. David. *100 Questions & Answers About Endometriosis*.

RESOURCES

Physical Therapy

Stein, Amy. *Heal Pelvic Pain*. McGraw Hill, 2008.

Jeffcoat, Heather, DPT. *Sex Without Pain*. Active Orange Publishing, 2014.

Prendergast, Stephanie A., and Elizabeth H. Akincilar. *Pelvic Pain Explained: What You Need to Know*. Rowman & Littlefield Publishers, 2017.

Nutrition

Drummond, Jessica. *Nutrition for Relieving Pelvic Pain: Fueling the Patient/Practitioner Healing Partnership*.

Other

Butler, David, and G. Lorimer Moseley. *Explain Pain*. NOI Group, 2014.

Coady, Deborah, and Nancy Fish. *Healing Painful Sex: A Woman's Guide to Confronting, Diagnosing, and Treating Sexual Pain*. Seal Press, 2011.

Goldstein, Andrew, MD, and Marianne Brandon, PhD. *Reclaiming Desire: 4 Keys to Finding Your Lost Libido*.

Goldstein, Andrew, Caroline Pukall, and Irwin Goldstein. *When Sex Hurts: A Woman's Guide to Banishing Sexual Pain*. Da Capo Lifelong Books, 2011.