

Download Eat Endo Happy Manage Endometriosis With Better Food Choices

Foods and Nutrients You Should Eat to Help Endometriosis Symptoms Omega-3 One of the best ways to combat pain is to eat more of anti-inflammatory omega-3 fatty acids, says Godfrey. It is easiest to eat mostly raw food or fruits and vegetables and that way we kinda cover off a whole lot of things all at once! Exciting News! I have just released an amazing new presentation to help you better understand endometriosis and what drives all that pain. Within this fabulous 2nd edition, world endometriosis expert Melissa Turner, teamed up with chef extraordinaire James Turner to reveal some of the key foods that help you manage endometriosis naturally. After having struggled with endometriosis for over 15 years and having 7 surgeries, Melissa Hi, I'm Aubree, founder of Eat for Energy with Endo. I was diagnosed with endometriosis in 2011 (even though I've struggled with painful periods from the start). I wasn't happy with the conventional treatment options offered to me.