



centro nazionale
endometriosi
GRUPPO **MALZONI**

Tips for a healthy
and proper nutrition

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Nutrition and Endometriosis

An anti-endometriosis diet plays an important supportive role in therapy, enhancing its effectiveness and mitigating painful symptoms by substantially reducing inflammation and circulating estrogen levels.

An anti-endometriosis diet is a dietary regimen that helps reduce pain and inflammation by combining anti-inflammatory, detoxifying, and hormone-free foods known to slow the disease's progression.

People with endometriosis should be aware that some generally healthy foods may worsen inflammation. On the other hand, there are foods that help reduce it.

The anti-endometriosis diet should be tailored to each woman's symptoms, medical history, and social and work needs.

Why an anti-endometriosis diet?

Our bodies react to dietary habits. If our food intake is inadequate, the body responds with allergies, deficiencies, and disease. For endometriosis, various studies show a connection between diet and symptoms. This diet eliminates food groups that fuel disease processes and introduces ones that support positive metabolic pathways.

Beneficial Effects of the Diet

What **beneficial effects** does an anti-endometriosis diet provide?

1. Reduction in pelvic pain.
2. Decrease in bloating and better digestion.
3. Reduced inflammation.
4. Lower circulating estrogen levels.
5. Decrease in toxins from pesticides, chemicals, antibiotics.
6. Reduced chronic fatigue.



General principles

Balance between Omega-6 and Omega-3:

The mediators of the inflammatory response are prostaglandins, which derive from essential omega-3 and omega-6 fatty acids. Anti-inflammatory prostaglandins are mainly produced from omega-3 fatty acids, while pro-inflammatory ones come from omega-6. It is recommended to increase the intake of foods rich in omega-3 (e.g., wild-caught fish) and reduce those rich in omega-6 (e.g., sunflower oil).

Proper insulin management

An appropriate distribution of carbohydrates is crucial to ensure effective insulin secretion, as insulin spikes promote inflammation. Attention should be paid to sugars, dairy products, and the overall glycemic load of meals.

Yes to anti-inflammatory and antioxidant substances

It is beneficial to include anti-inflammatory substances such as turmeric, ginger, and raw vegetables, and to ensure a good intake of vitamins A, C, E, and magnesium.

Watch out for endocrine disruptors

These are substances that interfere with hormone production and contribute to the development and progression of endometriosis. They are widely present: from canned foods, plastics, and large fish to pesticides.

Soy is also considered an endocrine disruptor and should be avoided.

Vitamin D supplementation

Vitamin D has antiproliferative, anti-inflammatory, and immunomodulatory properties.



Alimenti da ridurre

1. Wheat

Wheat contains gluten, whose proteins are pro-inflammatory. It is advisable to always choose whole grain varieties, which are absorbed more gradually.

2. Red meat

Red meat promotes the production of harmful prostaglandins that cause inflammation. It may also contain growth hormones.

Opt for white meat instead!

3. Dairy Products

Even in the absence of a genetic lactase deficiency (responsible for properly digesting milk and its derivatives), women with endometriosis are advised to limit their intake.

Dairy products may stimulate the production of prostaglandins PGE2 and PGF2a, which are responsible for inflammatory processes.



What is the link between red meat and endometriosis?

A recent prospective cohort study involving 81,908 participants found a 56% increased risk in women who consumed more than two servings of red meat per day compared to those who ate less than one serving per week.

Women with endometriosis often also experience symptoms typical of irritable bowel syndrome, such as bloating, altered bowel habits (constipation, diarrhea, or both), and dysbiosis. For this reason, especially in the premenstrual phase, it may be helpful to limit certain foods that can worsen these symptoms.

In such cases, a low-FODMAP diet can also be beneficial: a study on 170 women showed a significant improvement in intestinal symptoms in 72% of participants.

Foods to Eliminate

1. Sugars and refined products and saturated fats.

Simple sugars create a more acidic environment that promotes inflammation.

1. Caffeine

Caffeine increases abdominal cramps, estrogen levels, and acidity in the body, thereby increasing inflammation.

1. Fried foods

Fried foods can stimulate harmful prostaglandins that promote inflammation.

1. Soy, oats, rye

Soy, oats, and rye have estrogen-like effects.

1. Alcohol

Alcohol reduces vitamin B levels and may negatively affect liver function.

Foods to favor

1. ALA Fats (Alpha-Linolenic Acid)

ALA fats help reduce inflammation associated with endometriosis by regulating the function of cytokines, molecules involved in inflammatory processes. They also increase the production of prostaglandin PGE1, which has anti-inflammatory effects.

Examples include: - Nuts

- Flax / Chia / Pumpkin seeds
- Salmon and oily fish
- Avocado

2. Vegetables and fiber

Vegetables are rich in vitamins with anti-inflammatory and antioxidant properties. Dietary fiber helps the body:

- regulate circulating hormone levels such as insulin and estrogen.

It is recommended to increase fiber intake by 20–30% and to include it in every meal.



Sport & Endometriosis

Sport promotes the release of endorphins (natural painkillers that provide relief to patients suffering from chronic pelvic pain such as endometriosis), the deposition of calcium in bones, and reduces circulating estrogen levels.

Chronic pelvic pain is the most common symptom of endometriosis. Mind-body practices like yoga can help relieve stress, anxiety, depression, pain, and chronic fatigue.

Yoga focuses on breathing and body postures, using physical, mental, and spiritual practices that originated in ancient India. It is an integrated form of therapy and part of a multidisciplinary approach designed for patients with endometriosis.

Yoga & Endometriosis

In a 2016 qualitative study (Gonçalves et al.) on yoga practice among women with endometriosis, all participants reported that yoga was helpful in managing pelvic pain. The awareness of body/mind integration, the increase in introspective ability, and the learning of breathing techniques enhance pain control and reduce the need for analgesic and psychotropic medications. Furthermore, group activity also serves as a form of psychological support.

Supplementation

Although the best source of vitamins and minerals is a well-balanced diet, many of our foods today are depleted of vital trace elements, and it can be difficult to follow a perfect diet daily. It is often necessary to supplement the diet with some of the vitamins and minerals the body needs to function optimally. In the specific case of women with endometriosis, to help alleviate symptoms, it may be useful to use herbal extracts and supplements with anti-inflammatory and antispasmodic properties.

1. Turmeric

Turmeric's anti-inflammatory properties are well known and also useful in relieving endometriosis symptoms. Some studies suggest this spice can inhibit the development of endometriotic lesions.

Turmeric can also be consumed as tea or herbal infusion, often in combination with ginger or honey.

1. Chaste Tree

Chaste tree is a woman-friendly plant, useful during both reproductive years and menopause.

Its ability to stimulate progesterone production makes it effective for conditions linked to estrogen dominance, including endometriosis. However, it should not be taken alongside hormone replacement therapy or oral contraceptives.

1. Omega-3

Omega-3s are known to reduce inflammation. Several studies have shown that omega-3s help fight endometriosis: EPA and DHA fats lower levels of prostaglandin E2, which causes inflammation, and may slow the growth of endometrial tissue.

1. Rubus idaeus

This gemmotherapy extract from raspberry has astringent and antispasmodic properties, effectively reducing pelvic pain.

It also acts on the hypothalamic-pituitary-gonadal axis, helping to balance hormone secretion.

1. Zinc/Copper

These trace elements also act on the pituitary-ovarian axis as endocrine normalizers.



Pantone color of the year 2021

Illuminating + Ultimate Gray

"The combination of enduring Ultimate Gray with the vibrant yellow Illuminating conveys a message of positivity supported by resilience. Solid and dependable, yet warm and optimistic, this color union gives us a sense of hope and strength. We need to feel encouraged and uplifted; this is essential to the human spirit."



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