be offered patients in terms of treatment? Conventional treatment for endometriosis typically begins with medications such as oral contraceptives and Lupron. Nonsteriodal anti-inflammatory drugs (NSAIDS) are used to decrease inflammation and pain, as well as other analgesics. Laparoscopic surgery is the main treatment to remove the endometrial lesions from the pelvic area. Typical alternative or natural treatments for endometrisois include diet and nutritional changes, anti-inflammatory and analgesic botanicals, herbs to decrease inflammatory cytokines, and hormone balancing herbs. However, none of these common conventional or alternative treatments address the exposure to chemicals from the environment. It is clear that women are exposed to chemicals that get stored in the body and cause hormone disruption. Several state and federal agencies have conducted studies to determine the amount of chemicals stored in the average person in the US. In 2010 the Centers for Disease Control (CDC) released the *Fourth Report on Human Exposure to Environmental Chemicals* (www.cdc.gov/ExposureReport). The report outlines information collected from 2005 to 2006. Around 212 chemicals were tested for in over 2400 people living in the US. This reflected low-dose exposure from everyday living in the US. One chemical linked to endometrisois, BPA, was found in over 90% of participants. Removing these chemicals from the body is a critical part of endometriosis treatment

Detoxification

Detoxification is a treatment used by physicians to remove chemicals from the body. This is done by mobilizing chemicals from storage sites such as fat tissue, organs, and cells. Once they are released, they will reenter the blood stream and are metabolized through the liver with proper support for liver phase 1 and phase 2 detoxification pathways. Next, the organs of elimination are supported to get the toxic byproducts out of the body. Detoxification has been used for years by both conventional and alternative physicians to address a plethora of health conditions. Recent studies have shown a positive effect of using detoxification for patients with multiple chemical sensitivity and for reversing the many health problems of the first responders to the September 11 attacks on the World Trade Center.[13,14] Detoxification is an option for treating endometriosis as well. Endometriosis is a hormonal responsive condition linked to several known hormone disrupting compounds. By removing chemicals from the body and decreasing body burden, patients can improve symptoms of endometriosis.

Clinical Cases

This is a review of 10 women with endometriosis treated in an outpatient clinical setting using detoxification. Six of the women had laproscopic confirmed endometriosis and presented with dysmenorrhea. The remaining 4 women had a diagnosis of endometriosis from their OB/GYN or primary care doctor, without laproscopic surgery, and presented with dysmenorrhea. All 10 women were prescribed the same 8-week detoxification plan and 4 to 5 sessions of frequency specific microcurrent for endometriosis. Frequency specific microcurrent is an electrical modality wherein frequencies of microampere-level electrical stimulation are applied to particular places on the skin of a patient via conductive graphite gloves. The detoxification plan consisted of a detox diet, hydrotherapy, and several supplements to assist the liver with detoxification.

Detox Diet

1. Take 2 Tbsp ground flax seeds/meal a day on food.
2. Take 2 tsp a day of psyllium husk powder in water.
3. Drink 3 to 4 cups of rooibos or green tea.
4. Increase legumes, fruits, veggies – organic only.
5. Fish low in mercury, organic chicken, and turkey are OK to eat.
6. Eat 3 to 4 servings of organic cruciferous vegetables a day.
7. Do not eat refined carbohydrates, white flour, or sugar.
8. Do not drink coffee or alcohol, and do not smoke.
9. Do not eat dairy products or red meat.
10. Complex carbohydrates are OK to eat.

Hydrotherapy

1. Infrared sauna therapy twice a week. Patients start with 10 minutes hot sauna, 30-second cold shower rinse. Repeat 5 times and end on cold. 2 times a week. Then build up amount of time in the heat each week, alternating with cold shower rinse.
2. Colon hydrotherapy: once a week for 4 weeks the last 4 weeks of the 8-week plan

Supplementation/Detoxification Support

1. A product to provide detoxification cofactors: specifically designed high dose vitamin and mineral complex with turmeric and green tea.
2. A product to support estrogen metabolism: ingredients included a variation of the following; calcium-D-glucarate, alpha-lipoic acid, methyl B12, methyl folate, N-acetylcysteine, diindolylmethane.
3. An herbal product to support liver and gallbladder function – ingredients included a variation of the following: milk thistle, burdock, dandelion root, artichoke, beetroot.

Results

A survey was sent to the 10 women asking what parts of the treatment plan prescribed were followed and what parts were not, along with a symptom survey to track the results/outcome of the plan. All women followed the detoxification diet. Nine of the 10 women completed 4 to 5 frequency specific microcurrent treatments; one did not do the microcurrent. Six of the 10 women did the sauna therapy ranging from 6 to 24 sessions, and 4 women did not ➤