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do the sauna therapy. Six of the 10 women completed the colon hydrotherapy ranging from 2 to 10 sessions. All 10 women took the supplements as prescribed for the 8 weeks.

Patient	Supplements	Sauna	Colonic	Microcurrent	Diet
1	yes	8	no	4	yes
2	yes	6	2	5	yes
3	yes	20	7	5	yes
4	yes	24	10	4	yes
5	yes	6	no	5	yes
6	yes	no	4	5	yes
7	yes	no	no	6	yes
8	yes	no	no	no	yes
9	yes	no	no	5	yes
10	yes	12	2	5	yes

The number represents the number of sessions completed
No means that the patient did not complete that part of the plan

Part of the survey sent to the 10 women included a symptom scale to rate the improvement in dysmenorrhea following the 8-week plan. They were asked to rate the degree of improvement immediately after the treatment plan, 3 to 6 months afterwards, and at 1 year. The survey asked to what degree the menstrual cycle pain/cramps improved, got worse, no change, somewhat improved, good improvement, great improvement. 80% (8/10) had somewhat to great improvement in the endometriosis symptom of dysmenorrhea. 10% (1/10) had no change and 10% (1/10) got worse.

Patient	Improvement	Patient	Improvement
1	great >1 yr	6	got worse
2	great >1 yr	7	great >1yr
3	great >1yr	8	somewhat
4	somewhat	9	great> 1yr
5	no change	10	great>1yr

Discussion

Although this is a small study using detoxification for the treatment of endometriosis, it shows a positive effect in the symptom of dysmenorrhea. Detoxification can not only improve symptoms of disease but also lower blood levels of chemicals. A study done on 7 rescue workers from the September 11 attacks showed that detoxification reduced blood levels of chemicals. The seven rescue workers had health complaints since working at Ground Zero that included headaches, breathing problems, muscle and joint pain, and skin rashes. The study measured their blood for levels of PCBs, dioxins, and polychlorinated dibenzofurans. After undergoing a detoxification plan similar to the one outlined above, all 7 had a reversal in symptoms and PCB levels declined by 65%, and dioxins and dibenzofurans were below detection limits.[15] A larger study on detoxification for endometriosis with pre- and posttesting of chemicals in the body is recommended to further show the positive effects of detoxification.

Summary

Endometriosis is a common condition affecting thousands of women. Many factors contribute to the development and disease process, including chemicals in the environment that are known hormone disruptors. One of the main symptoms of endometriosis is dysmenorrhea, which can be often challenging to manage. Detoxification is a way to decrease levels of hormone-disrupting chemicals in the body and manage dysmenorrhea.

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