



HYGIE  
CLINIC



Endometriosis is an inflammatory, estrogen-dependent gynecological condition characterized by the proliferation of endometrial cells outside the uterine cavity. This ectopic implantation of the endometrium outside the uterine cavity is promoted by the inflammatory response and immune modulation. There are three clinical forms: endometriosis, pelvic endometriosis, and ovarian endometriosis (or endometrioma), as well as the uterine phenotype, also known as adenomyosis.

## Etiology

Mechanical factor (menstrual retrograde reflux) + Physiological factors: Genetic or predisposing factors, hormonal imbalance but also imbalance of the gut microbiota, inflammation and oxidative stress, hypothyroidism

## Symptoms

Debilitating chronic pain  
Dysmerrhea, menstrual cramps, irregular periods, pain during sexual intercourse, pelvic, back, lumbar, and umbilical pain, dysuria, dyschezia, digestive problems, nausea

## Diagnosis & Treatment

Pelvic/endovaginal ultrasound, blood tests (CRP), MRI/CT scan, laparoscopy

### ALLOPATIC TREATMENT

- ANTI-INFLAMMATORY MEDICATIONS / NON-STEROIDAL ANALGESICS, HORMONAL THERAPY (IUD, CO-, DIENOGEST, GNRH ANALOGUES), APPROPRIATE DIET,
- NUTRITIONAL SUPPLEMENTS, SURGERY
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### SIDE EFFECTS

- IF POORLY ADAPTED = HYPEROESTROGENIC AND INFLAMMATOR

### Multidisciplinary natural treatments

- Nutrition: Organic, anti-inflammatory, antacid, easily digestible (optimize insulin/glucose metabolism to reduce aromatase stimulation and normalize SHBG levels). Promote liver detoxification (vitamins B, C, D, E, O, and A, fiber, etc.). Gemmotherapy: Raspberry, vine, and blackcurrant macerate. Stress management: Cortisol (natural anti-inflammatory)
- can contribute to increased estrogen dependence = Ashwagandha – Rhodiola. Normalize estrogen-progestin balance: Flaxseed extracts, soy phytoestrogens, virgin flaxseed oil, chaste tree, yarrow, bladderwrack, green tea, resveratrol. Liver detox: Milk thistle, dandelion, rosemary, cruciferous
- vegetables.

Microbiota: importance of a healthy gut flora: L-Grasseri probiotic

Good methylation: Vitamins B9, B12, B2 and B6; Folate and B12 in methylated form

Regular physical activity