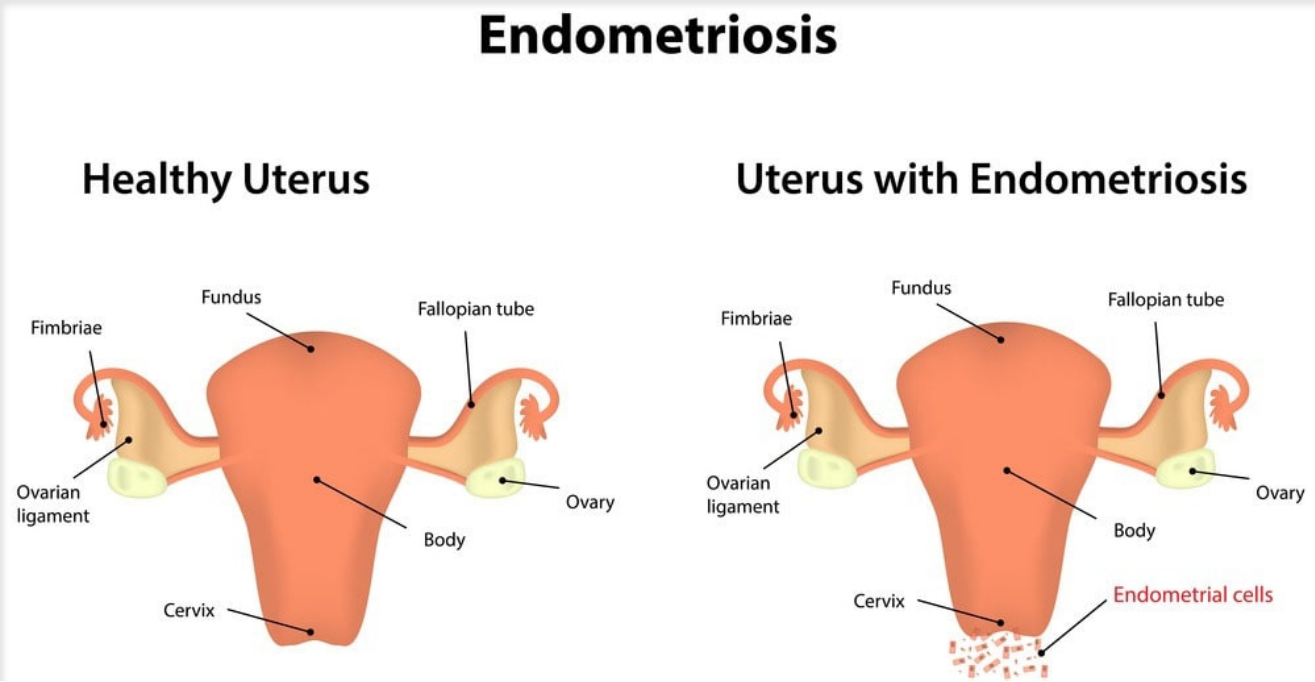
GRANDMA'S REMEDIES

Alleviate the Symptoms of Endometriosis with these Powerful Home Remedies

By bestfolkmedicine · 15/09/2022 · 2 min read



Endometriosis is a disorder that affects female reproductive organs. The cells resemble the lining of the uterus or endometrial cells that grow outside the uterus.

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The endometrium-like tissue grows in the pelvis, the ovaries, and the fallopian tubes.

In some serious cases, it may spread behind the reproductive system. Pelvic pain is one of the major symptoms of endometriosis, particularly during menstrual bleeding.

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Women with endometriosis, unlike the annoying and dull cramps a lot of women struggle with, have serious aches that may be hard to manage.

Other signs of endometriosis are bloating, tiredness, diarrhea, constipation, heavy bleeding during periods, painful intercourse, pain during urination and bowel movements, etc.

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Finding ways to relieve the symptoms is crucial for women with the condition, particularly if there's not any treatment plan in place.

These home remedies may help alleviate the painful and uncomfortable symptoms fast.

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The Best Home Remedies for Endometriosis

1. **Castor oil**

For hundreds of years, castor oil has been used for the treatment of endometriosis. It may help at the beginning, when you feel the first cramps, to remove surplus tissues from the body.

However, this should only be done prior to the menstrual flow, never during.

Massage several drops of the oil into the belly.

You can also combine it with several drops of some relaxing essential oil like lavender. This will relax your pelvic muscles.

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2. **Ginger tea**

People with endometriosis often complain of nausea. Ginger tea can help relieve it. Research continuously shows that it's effective and safe.

Add a sachet of ginger tea to a cup of boiling water. Leave it steep and then consume it. Opt for up to three cups of tea per day.

3. **Anti-inflammatory foods**

Endometriosis can be managed and the symptoms can be relieved with the right diet. Avoid foods that are inflammatory and opt for the anti-inflammatory instead.

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Reduce the intake of alcohol, caffeine, dairy, and processed foods with refined sugars. Increase the consumption of bone broth, green leafy veggies, celery, blueberries, salmon, ginger, and chia seeds.

4. **Turmeric**

Abundant in anti-inflammatory characteristics, turmeric may be of aid for people suffering from endometriosis.

It may also help manage the condition in the long run. According to some research, it may impede endometrial growth.

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You can consume it in tea or capsule form. Drink the tea three times per day when you have symptoms. Consume it at least once per day otherwise.

5. **Pelvic massages**

Massaging the pelvic muscles may help relax them and lower the inflammation and cramps.

Opt for several drops of lavender oil and use it while massaging the muscles. Gently massage the area for 10 minutes. Always do the massage before menstrual flow.

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Sources:

HEALTH LINE

TOP 10 HOME REMEDIES

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