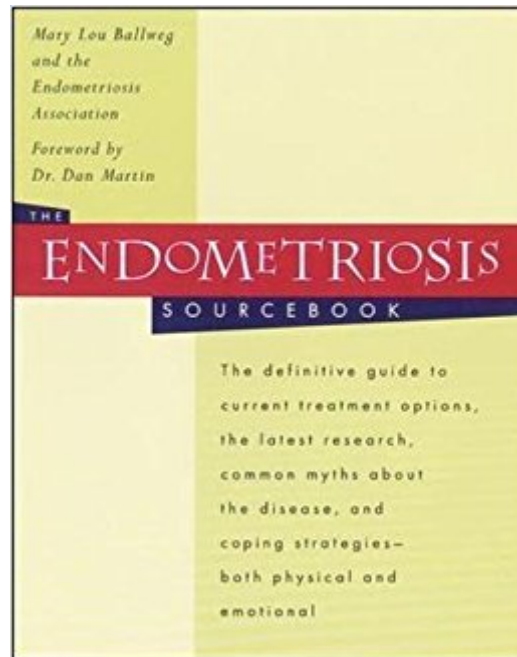




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# The Endometriosis Sourcebook



## Synopsis

The Endometriosis Sourcebook is the definitive resource for the millions of sufferers urgently seeking up-to-date, authoritative information. It covers everything women need to know, including the latest research, treatments, nutrition and advice.

## Book Information

Series: Sourcebooks

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Average Customer Review: 3.7 out of 5 stars 45 customer reviews

Best Sellers Rank: #1,009,963 in Books (See Top 100 in Books) #20 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Endometriosis](#) #374 in [Books > Reference > Encyclopedias & Subject Guides > Mythology & Folklore](#) #965 in [Books > Health, Fitness & Dieting > Reference](#)

## Customer Reviews

The Endometriosis Sourcebook is "the definitive guide to current treatment options, the latest research, common myths about the disease, and coping strategies" compiled by the Endometriosis Association and its president, Mary Lou Ballweg. Ballweg lived with the disease for years, struggled through treatments and surgeries, was lucky enough to give birth to a "miracle baby," was bedridden for months at a time, and underwent a hysterectomy after all other treatment options were exhausted. She's therefore quite sympathetic toward fellow endo patients. This all-inclusive book collects comparisons of different laser treatments; discusses the little-known connections between endo and autoimmune and thyroid problems, as well as diseases such as Irritable Bowel Syndrome; covers new research directions; examines the effectiveness of Chinese medicine; shares letters from hundreds of women detailing their experiences; and much more. Perhaps most importantly, Ballweg strives to communicate how serious a disease endometriosis can be: If there were millions of [men] out there, young men whose dreams were in danger of being destroyed by a disease, whose ability to function sexually was at risk, whose fertility was at risk, whose ability to

build a satisfying work life and carry out normal activities of living was at risk, and who even would face the threat of castration, no one would dare say it was unimportant. --Jhana Bach

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Both of these provide great information -- and support if you need it. Share with family and friends of endo sufferers.

I love the book because it has so much information about a topic for which very few doctors are even able to offer any information. I especially like the options they give for treatments.

Very knowledgeable book but needs updated

it's important to be well informed about this condition, gives hope to a common problem for many women, a must read if you suffer from this

I purchased the book as it appears to cover a lot of detail of endometriosis, something my daughter is dealing with right now. I appreciate the work that went into this difficult topic.

The Endometriosis Sourcebook is a valuable resource on the subject of endometriosis, providing education about the illness as well as treatment options, while offering insight on coping skills. In addition, anyone who has suffered in excruciating pain will thoroughly enjoy the insert in the book written by Kevin Cowherd: "He suffers from excruciating discomfort." Mary Lou Ballweg has compiled every ounce of information she could find and placed it into the pages of this book in an effort to help the thousands upon thousands of women who suffer from this disorder. Though I would have liked to have seen more emphasis on the impact of adhesion formation, which almost always accompanies endometriosis, I must take into account the date of publication, along with advances in knowledge in respect to endometriosis and adhesion formation. Moreover, there is so much controversy over endometriosis that to throw adhesion formation into the mix often causes great groans among endometriosis sufferers as well as physicians. Since endometriosis is repeatedly termed "perplexing, puzzling, baffling," it has learned to wear those terms with enigmatic

pride. In turn, countless women have succumbed to this impenetrable cloak, summing up their lives as an endometriosis sufferer. This is an unfortunate position, as this can cause one to lose hope and stop searching for an answer to her pain. There are instances where scar tissue (adhesions) are the true culprit behind debilitating pain in cases that were originally termed solely as endometriosis. Likewise, there are cases where endometriosis is the ruling factor behind the pain and adhesions are few. In either case, women must learn to take charge of their health which is only done by research, questioning one's doctor, getting a second opinion, and studying one's symptoms against the gathered research. I highly recommend Mary Lou's book to women who have been told that they are suffering from endometriosis. Karen Steward, author of *Doctors: Bound By Secrecy? Victims: Bound By Pain!*

I purchased this book after reading the many rave customer reviews on the .com site. The book is actually a compilation of papers and articles by experts and activists. It does offer a great deal of expert information as well as many articles that will bolster the resolve of any woman suffering with endometriosis to become her own best advocate for compassionate medical care, and, with luck, cure. However, I believe the book is actually a source for those who are already well-acquainted with the disease. While there are articles that refer to things like "stages" of the disease (stages being I through IV), the book does not contain a basic overview chapter that spells out how these stages are defined. There is no overview of common "endo" effects (i.e.--likely to first affect the ovaries and fallopian tubes, affect on bowel and bladder indicates more widespread or advanced stage of disease?) I recently underwent surgery to remove an ovarian mass that turned out to be an endometrioma. I am in my 40s, and until two weeks prior surgery I (fortunately, luckily) did not experience pain. My doctors did not suspect endometriosis because I had never displayed classic symptoms. Suddenly, I am dealing with a disease I have never considered. I need in-depth information, but I need it to take me from a beginning level. I don't deny that this book is a marvelous resource, but if you are looking for basic information and explanations, I would suggest searching further, or supplementing this purchase with another, more basic, reference. (Personally, I'm hoping to find "Endometriosis for Dummies!") Also, this book was published in 1995--a lot can change in 5 years.

Anyone with endometriosis should own this book, and it's a great addition to doctors' libraries, too. It is a definitive enough source to bring to doctors appointments, comprehensive enough to give you an understanding of the disease, and personal enough to be readable. I don't agree 100% with the

treatments and theories in the book, nor do I find sufficient information on individual treatments (allopathic or alternative). The book is an overview that everyone should read - not an individual treatment plan. It's also a good read if you don't have endometriosis - as a women's issue, this disease seems to be lightning rod for sexism from doctors, co-workers, families, etc. Notions that women's pain is insignificant or not real, that women's value is only in their reproductive abilities, that women cannot be intelligent partners in their medical treatment. My BF bought me this book and a great tasting beverage to drink it with. Since he knows I quit coffee recently, he's been really wonderful helping me in cope with my mood swings. S o y f e e is made from soy beans that is roasted just like coffee. I enjoy the taste and don't miss coffee one bit. Buy it online at [...] o y c o f fee.com.

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