10 Natural Pain Relief Strategies for Endometriosis
Why listen to me?

I used to be like you are now..... constantly getting through each day, waiting for the pain to end.
Or perhaps yours isn’t as bad as mine was but you might be experiencing pain with your Endometriosis on certain days, in certain moments? Maybe with your monthly? with ovulation? while being intimate?

After years of taking pain-killers, 7 surgeries and hormone treatments to try and subdue my pain, I finally found real answers for my body.

Here’s the thing: I don't have pain anymore. None of it! Not during my period, my ovulation or during sex! How cool is that?

I feel it is my mission to share what I have learnt with you, so you too can experience pain free days!
An Introduction

Pain is our body’s way of telling us that there is an imbalance and that there is something it is not happy with. When we experience pain, it is a clear indicator that whatever you are doing, it is clearly a message from your body saying: “Please stop!”

Very often, we might use pain-killers and methods to try and subdue that pain. Though these methods might offer us some kind of temporary relief, they don’t get to the reason our bodies are sending us this message.

I think, if we keep ignoring this message, it will just get louder and so it is important to start listening and really supplying your body with what it needs to actually begin to feel normal and balanced again.

The Strategies I share within this guide are methods I have personally used with my Endometriosis and believe that they can offer you amazing pain relief - for immediate or long-term results.

* It helps to approach the body holistically and to eliminate all other factors which might be contributing to your pain and imbalances.

* **Please review my recommendation at the end of this guide, to allow you to truly get to the root cause of your pain.**
Strategy No. 1 - Castor Oil Packs

When I first started on my Healing Journey with Endometriosis, these were my absolute lifesaver! I would pop one on my tummy for 30 minutes and just watch as the pain slowly melted away. I think it was the combination of the warmth and the Castor Oil that just worked brilliantly for me!

How to make a Castor Oil Pack

You will need:
• Castor Oil
• A thick cloth
• Heat Pack of your choice

Step 1: Rub the Castor Oil onto your abdominal area. Step 2: Place the cloth on top of the Castor Oil. Step 3: Place the heat pack on top of the towel. Here is a link on how to make them. *Update: You can now get Roll-on Castor Oil, which is much easier to apply.

What else you need to know:
Castor oil is super sticky so be careful with clothing. The best time to use Castor Oil packs is the days leading up to your period. It helps your body eliminate so much easier!

The great news!
Castor Oil packs do more than just eliminate pain and inflammation. They have been shown to reduce cysts!
Strategy No.2 - The TENS Machine

The TENS machine works by sending electrical impulses within the body. It has been proven to substantially reduce pain and is often used during labour to alleviate contraction pain.

It is not an expensive machine and can provide a huge amount of relief for all sorts of pain flare-up’s within the body. I often used it for lower back pain and shoulder pain as well.

A couple of pointers:

• Follow the instructions carefully as touching the pads will shock you! Only turn it on, once you are all set and ready to go.
• Start off with a very low impulse level and only use it for a maximum of an hour at a time.

Though I am a great fan of the TENS Machine, I don’t believe it is the right approach for Endometriosis, on a long-term basis. We are far better off finding the underlying reason for the pain signal by the body, than trying to stop it on a constant basis.

I recommend this strategy for those out of the blue days or when you would likely reach for pain-killers. There is a period of adjustment within the Natural approach to healing and this one is a great “go between” for those moments.
Strategy 3 - Just Breathe

I am sure there is a reason why Women who go into labour are told to breathe and it is not just a distraction! Our cells all require oxygen to function at their best and often times, we don’t actually breathe correctly.

Next time you have a flair up, notice and try these ideas:

• Notice if your breathing is getting really shallow as perhaps you are getting anxious about your pain levels. The easiest way to see this is by noticing if your stomach expands as you inhale. If not, breathe deep and allow it to expand.
• Breathe in for 10, hold for 10, and breathe out for 10. Do this 5 times in a row. You will not just feel calmer but you might even find your Endo Pain reduces.

It is much easier to learn to breathe properly when we exercise. The lungs almost demand you to breathe properly when you need more oxygen! Exercises like Yoga also really enhance the focus on breathing and are incredibly beneficial for Endometriosis.
Strategy No. 4 - Stretch

Our inner abdominal muscles are often flexed or held in the same position for hours at a time - think about all that time, sitting at your desk! These muscles and fascia need to be stretched and loosened or they can become tight and sore.

Try these techniques:
• Stand up and stretch your arms all the way to the ceiling. Hold and breathe in deep.
• Sit on the floor, open your legs as far as they feel comfortable and stretch down your legs.
• Circulate on your hips, like you are using a hula hoop and loosen those hip muscles.

It doesn’t really matter too much which type of exercises you use but the point is to loosen and stretch your inner abdominal muscles as much as you can.

Yoga is of course fantastic for this and really loosens up tension.

The key thing is to move your body each and every day. I know it can sometimes feel incredibly hard to move, when you feel sore and just want to stay in bed all day but the less you move, the tighter those adhesions will get and the more pain you will experience.

Copyright Protected www.melissamturner.com
Strategy No. 5 - Replenish with Diet

"You can trace every sickness, every disease, and every ailment to a mineral deficiency." - Dr. Linus Pauling, two-time Nobel Prize winner.

It isn't possible for me to share everything I know about diet and real nutrition within this guide, but let me share 5 things you can try for this month. If you try these and they show a difference, you will know that what you eat really can change your Endo Experience.

1. Cut out Gluten. I know you will hate me for this one but Gluten has been directly attributed to a lack of mineral absorption and inflammation within the body.
2. Watch and avoid these nasties! Every chemical you put into your body can positively or negatively effect it's reaction. Watch out for fake sugars, preservatives, sulphur dioxide (used on dried fruit), sulphites and soy lecithin.
3. Sugar is an endo ignitor! Sugar is fuel for endo and will trigger it’s growth. It adds to the load on the liver. Watch out for all those hidden sugars in your foods.
4. Add in super foods that provide high levels of nutrients. My favourite of these is Moringa Leaf. It is a plant which contains high amounts of B12 & iron (lack of which will make you feel super tired) and has been shown to help malnutrition in children.
5. Replace one meal a day with nothing but fruits or vegetables. This could be a bowl full of fruit for breakfast instead of your usual or it could be a salad of greens and veggies for lunch instead of a sandwich. Pick one meal a day and replace with those options.
Strategy No. 6 - Get rid of Stress

By now you have probably worked out that stress plays havoc on your Endometriosis pain levels. Any anxiety or worry, just makes it flair up, even more!

Here are my favourite tips on how to reduce stress in your life:

1. Use supplement to support you during particularly stressful times, like when you are moving house or there are personal things going on. My favourite are Tulsi and Astragalus.

2. Be present. Try and feel all that you are feeling in this moment. It is easy to feel anxious and worry about things that haven’t even happened yet or might never happen.

   “Whatever is going to happen will happen, whether we worry or not.”
   — Ana Monnar

3. Make note of the things that stress you out and get rid of them where you can. Many of our emotional stressors are linked to things that happened to us in our past. Freeing those and releasing them, will release huge amounts of anxiety and stress within your body.

4. Meditate or take up Yoga. These are amazing at really reducing stress levels within the body and mind. Allannah does a great exercise where she centres the body down to your feet. You feel instantly grounded and present. Stand steady, focus on your feet and breathe in deep. Be present and focus on your breathing.
Strategy No. 7 - Posture Review

We often dismiss our posture with our bodies but poor circulation dramatically affect pain levels.

Some things to try with Endo:

• Sitting for long periods of time will likely make endo feel more tight and sore. Try and stretch every few hours and allow the blood to flow horizontally again - not stagnating in the abdominal cavity.

• Avoid exercises which close in the abdominal area, like cycling and horse riding. If you love these sports, make a point of doing an opposite motion within your body to stretch those muscles the other way.

• If you are sore right now, sit like you are about to give birth! I know this sounds strange but after many years of holding myself in the foetal position, clinching my abdominal area, I actually discovered this is far more releasing to the body. Place your bottom on the ground and open your legs. This will allow the body to free whatever it is trying to get out. *I love this one for your monthly cycle!

Put your bottom on the ground
Strategy No. 8 - Special Massage

One of the reasons Endometriosis feels so incredibly painful is because all those cysts are developing into adhesions and causing organs to stick together. Ouch!

When we regularly massage the area, we can free the build up of those adhesions and loosen them, so they don’t become all taut and tight.

My top recommendation is to see a Mayan Massage therapist or someone that specialises in abdominal massage and experience the healing benefits of this. They really do amazing work!

If you don’t have access to one right now, try doing the Mayan Massage technique yourself or just create your own version of a Massage you can do for your body.

1. The Mayan Massage.
   The goal here is to encourage blood circulation towards the uterus. Massage from the outside and in, towards the Uterus in the centre, in three strokes. Do this from top, right, left and from the pubic bone and up. Do this every morning and night, 3 strokes on each. Here is a FREE video to show you how to do it.

2. Your own Massage Treatment
   Get yourself a lovely oil and simply massage your abdominal area for 20 minutes until it feels nice and warm. I personally find Geranium Oil is my favourite. It smells nice and offers wonderful healing properties.
Strategy No. 9 - Drink Tea?

The word tea doesn’t perhaps describe what I am suggesting that well….. you want to make a Decoction.

A decoction is similar to tea but you simmer the water on the stove and for much longer than you would a simple tea. You would also choose your herbs very wisely to provide healing for your body and reduce that Endometriosis pain.

My favourite combinations to provide instant pain relief are:

1. The Chai Decoction
   Ingredients
   • 1 1/2 – 2 cups water
   • 2 teaspoons dried astragalus root
   • 6 black peppercorns, crushed
   • 4 cardamom pods, crushed
   • A few cloves, ground or crushed
   • 1 slice fresh ginger, minced
   • a sprinkle of nutmeg
   • Two cinnamon sticks
   • 1 teaspoon dried orange peel
   • 1/2 - 1 cup almond milk
   • Maple syrup/honey, to taste (optional)

   Let’s make it:
   Place water and astragalus root in pot and bring to boil, then simmer covered for 20 minutes.
   Add the spices and the milk and simmer gently for a few minutes more.
   Turn off heat and add tea. Steep for 10 minutes.
   Strain into mug, then stir in sweetener to taste if desired.

Copyright Protected www.melissamturner.com
The idea behind the Chai drink is to provide warming and soothing properties to your body. Often times Endometriosis is associated with pain due to poor circulation. Ginger is a natural anti-inflammatory and reduces muscle spasms as are many of the other ingredients. Astragalus is said to “raise vitality” and will help boost our immunity. ¹

2. The Yarrow, Pau D’Arco & Peppermint Combo

Ingredients
1 Teaspoon of each herb in 250ml of filtered water.

Let’s make it:
Simmer on low heat for 20-40 minutes or until the mixture turns a darker colour.
Drink hot or cold. Will keep in the fridge for 2-3 days.

Yarrow is a well known herb to alleviate Endometriosis and menstrual conditions. It works on inflammation, any infections that might be going on in the body. It also happens to contain high amounts of Folic Acid, which is great if you are trying to conceive. Pau D’Arco is amazing for Fungal infections (like Candida: often linked with Endometriosis) and also tastes really nice and sweet. Peppermint will alleviate inflammation and if your pain is connected to any digestive issues.

Just try them and see how you feel afterwards!

Dianne January 14, 2013 at 9:40 am #

Hi Mel

I have been drinking my yarrow tea daily for the past 2 months and i have had no ovulation pain since! Before this my doctor wanted me on either Depo-Provera to stop my periods or operate and remove everything included my one and only ovary which keeps getting cysts.

¹ (Kerry Bone, 2013)
Copyright Protected

www.melissamturner.com
Strategy No.10 - Pain Relievers

Few us know that most drugs or anti-inflammatory medications are derived from plants. Aspirin is derived from Willow Bark for instance.

The benefit of using plants in their whole form, rather than extracting just the one element, is that the plant supplies the necessary chemical compounds for our bodies to avoid all the nasty side-effects and who wants those?

Here are 2 of my favourite for Endometriosis:

**Cramp bark**
Ask any Chinese Doctor on what Endometriosis is and they will describe it as “blood stagnation”. What this means is that we essentially have blood “stuck” in the body, that needs to come out. What Cramp bark does is increase the blood flow to the abdominal area and this in turn relaxes the uterus and helps clear this stagnation. It also reduces overactive uterine muscles caused by over-production of prostaglandins.

**Black haw**
What Black haw does is provide a sedative tonic, which is similar to aspirin (without the negative side-effects) and relaxes the contractive mechanism of our uterine muscles.

It also contains scopoletin, which helps our immune system and fights off bacteria and viruses. As Endometriosis is often linked to poor immune function and fungal conditions in the bowels, this would be a great added benefit. Black haw also helps with the liver and increases bile production. This is why it is often also used for morning sickness and nausea.

Get both now

---

Wendy October 28, 2012 at 6:05 pm #

I have been using cramp bark for a year now and I find it very helpful. I rarely need an anti inflammatory.
Conclusion

I hope this guide has given you heaps of ideas to try and find methods that work for your personal body. You might find combining these with each other or even just one works for you! Have a go and know that your body wants to heal.

There are lots of reasons why the body expresses pain with Endometriosis. Though many of these methods will help, we are far better looking at correcting the various personal imbalances that are going on for your body. Let us get to the root cause!

I highly recommend you find out about the REACH Technique® and how that strategy has allowed me to live a completely pain and symptom free life with Endometriosis. Find out more by visiting www.reachtechnique.com.

You can also visit my site to get more information @ www.endoempowered.com

---

So happy and I feel great! I have just experienced my first almost pain free period! By almost pain free I mean I only had a few slight cramps! I am stage 4 and this is the first period that I've had that I am not laying around with a hot pack. Yesterday I planted flowers and did a lot of garden work and today I have energy and am so happy!
Bibliography