

PROTOCOL: Endometriosis

Assessment		
Health history	<input type="checkbox"/> Family history <input type="checkbox"/> Nulliparity <input type="checkbox"/> Recurrent miscarriage <input type="checkbox"/> IBS diagnosis <input type="checkbox"/> Dysbiosis	
Symptoms	<input type="checkbox"/> Dysmenorrhea <input type="checkbox"/> Menorrhagia <input type="checkbox"/> Dyspareunia <input type="checkbox"/> Dysuria <input type="checkbox"/> Dyschezia	<input type="checkbox"/> Low back pain <input type="checkbox"/> Pelvic pain <input type="checkbox"/> Nausea, bloating, diarrhea, and constipation <input type="checkbox"/> Fatigue <input type="checkbox"/> Infertility
Physical signs	<input type="checkbox"/> Cyclic pain <input type="checkbox"/> Fixed uterine retroversion <input type="checkbox"/> Nonspecific pelvic tenderness <input type="checkbox"/> Cervical motion tenderness	
Labs	<input type="checkbox"/> Laparoscopy <input type="checkbox"/> Pelvic ultrasonography, computed tomography (CT) scanning, and magnetic resonance imaging (MRI) <input type="checkbox"/> CBC <input type="checkbox"/> Urinalysis and culture <input type="checkbox"/> Autoantibodies against Thomsen-Friedenreich (T) antigen (Gal beta1-3GalNAc) <input type="checkbox"/> CCR1 mRNA <input type="checkbox"/> MCP1 <input type="checkbox"/> CA125 <input type="checkbox"/> Prostaglandins <input type="checkbox"/> Serum B ₁₂ <input type="checkbox"/> RBC magnesium <input type="checkbox"/> 25-Hydroxyvitamin D <input type="checkbox"/> Th1 Th2 test <input type="checkbox"/> Total serum tryptase, 24 hour urine histamine metabolites, or 11-beta-prostaglandin F2	<input type="checkbox"/> Genetic testing: MUC2, MUC4, MUC17, MTHFR, AMH, KAZN, LAMA5, NAT2, FAS, FSHR, WNT4, VEZT, FSHB, UGT2A, UGT2B, HOX, GSTM1, KRAS, ARID1A, PPP2R1A, PIK3CA, HLA-G, KIR2DL4, LILRB1, and LILRB2 <input type="checkbox"/> Environmental toxins (PCBs, PCDDs, etc.) <input type="checkbox"/> Thyroid panel <input type="checkbox"/> Organic Acids Test <input type="checkbox"/> HbA1c, fasting and random glucose, insulin <input type="checkbox"/> Omega-3 index <input type="checkbox"/> DUTCH and/or salivary hormones <input type="checkbox"/> FSH, LH <input type="checkbox"/> Oxidative stress markers (GSH, GSSG, SOD, lipid peroxidation) <input type="checkbox"/> Stool analysis

Assessment cont.

Rx/OTC directions

- NSAIDs
- Naproxen
- Birth control
- GnRH agonists
- Aromatase inhibitors
- Surgery

Other considerations

Endometriosis is associated with an increased risk of:
Ovarian cancer
Conventional therapy may increase risk of:
Osteoporosis
Hypoestrogenic symptoms

Notes:

Foundational

Focus	Nutritional Recommendations	Quantity	Frequency	Notes
Foundational	<ul style="list-style-type: none"> <input type="checkbox"/> Improve dietary quality and quantity <input type="checkbox"/> Focus on low GI, high fiber <input type="checkbox"/> Emphasize omega-3 FA intake <input type="checkbox"/> Phytonutrient rich <input type="checkbox"/> Low FODMAPs 			
Lifestyle	<ul style="list-style-type: none"> <input type="checkbox"/> Weight management <input type="checkbox"/> Smoking cessation support <input type="checkbox"/> Reduce alcohol consumption <input type="checkbox"/> Emphasize physical activity <input type="checkbox"/> Biofeedback <input type="checkbox"/> Stress management <input type="checkbox"/> Fertility support/counseling 			
Targeted nutrients and bioactives	<ul style="list-style-type: none"> <input type="checkbox"/> Calcium D-glucarate <input type="checkbox"/> Superoxide dismutase (SOD) <input type="checkbox"/> Curcumin <input type="checkbox"/> Iron <input type="checkbox"/> Zinc <input type="checkbox"/> Flax lignans <input type="checkbox"/> Indole-3-carbinol <input type="checkbox"/> L-5-methyltetrahydrofolate <input type="checkbox"/> Vitamin D <input type="checkbox"/> Chrysin <input type="checkbox"/> Vitamin B₆ <input type="checkbox"/> Isoflavones <input type="checkbox"/> Resveratrol <input type="checkbox"/> Xanthohumol <input type="checkbox"/> Sulforaphane <input type="checkbox"/> Green tea catechins <input type="checkbox"/> Beta-carotene <input type="checkbox"/> Vitamin C <input type="checkbox"/> Vitamin E <input type="checkbox"/> Probiotics <input type="checkbox"/> Isomaltooligosaccharides (IMOs) <input type="checkbox"/> Human milk oligosaccharides (HMOs) <input type="checkbox"/> Evening primrose oil (EPO) <input type="checkbox"/> NAC <input type="checkbox"/> Specialized pro-resolving mediators (SPMs) <input type="checkbox"/> Quercetin <input type="checkbox"/> Bromelain <input type="checkbox"/> Alpha-lipoic acid (ALA) <input type="checkbox"/> Chromium 			

Other Herbal Support Considerations

Focus	Nutritional Recommendations	Quantity	Frequency	Notes
	<input type="checkbox"/> Rosemary (<i>Rosmarinus officinalis</i>)			
	<input type="checkbox"/> Milk thistle (<i>Silybum marianum</i>)			
	<input type="checkbox"/> Chinese salvia root (<i>Salvia miltiorrhiza</i>)			
	<input type="checkbox"/> Kudzu (<i>Pueraria lobata</i>)			
	<input type="checkbox"/> Red clover (<i>Trifolium pratense</i>)			
	<input type="checkbox"/> Black cohosh (<i>Cimicifuga racemosa</i>)			
	<input type="checkbox"/> St John's wort (<i>Hypericum perforatum</i>)			
	<input type="checkbox"/> Peppermint (<i>Mentha x piperita</i>)			
	<input type="checkbox"/> Valerian (<i>Valeriana officinalis</i>)			
	<input type="checkbox"/> Dong quai (<i>Angelica sinensis</i>)			
	<input type="checkbox"/> Chasteberry (<i>Vitex agnus</i>)			

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