

Endometriosis

DNA Health Report

REPORT CATEGORY —



REPRODUCTIVE
HEALTH

Sample Client

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DISCLAIMER

This report does not diagnose this or any other health conditions. Please talk to a healthcare professional if this condition runs in your family, you think you might have this condition, or you have any concerns about your results.

Personal information

NAME

Sample Client

SEX AT BIRTH

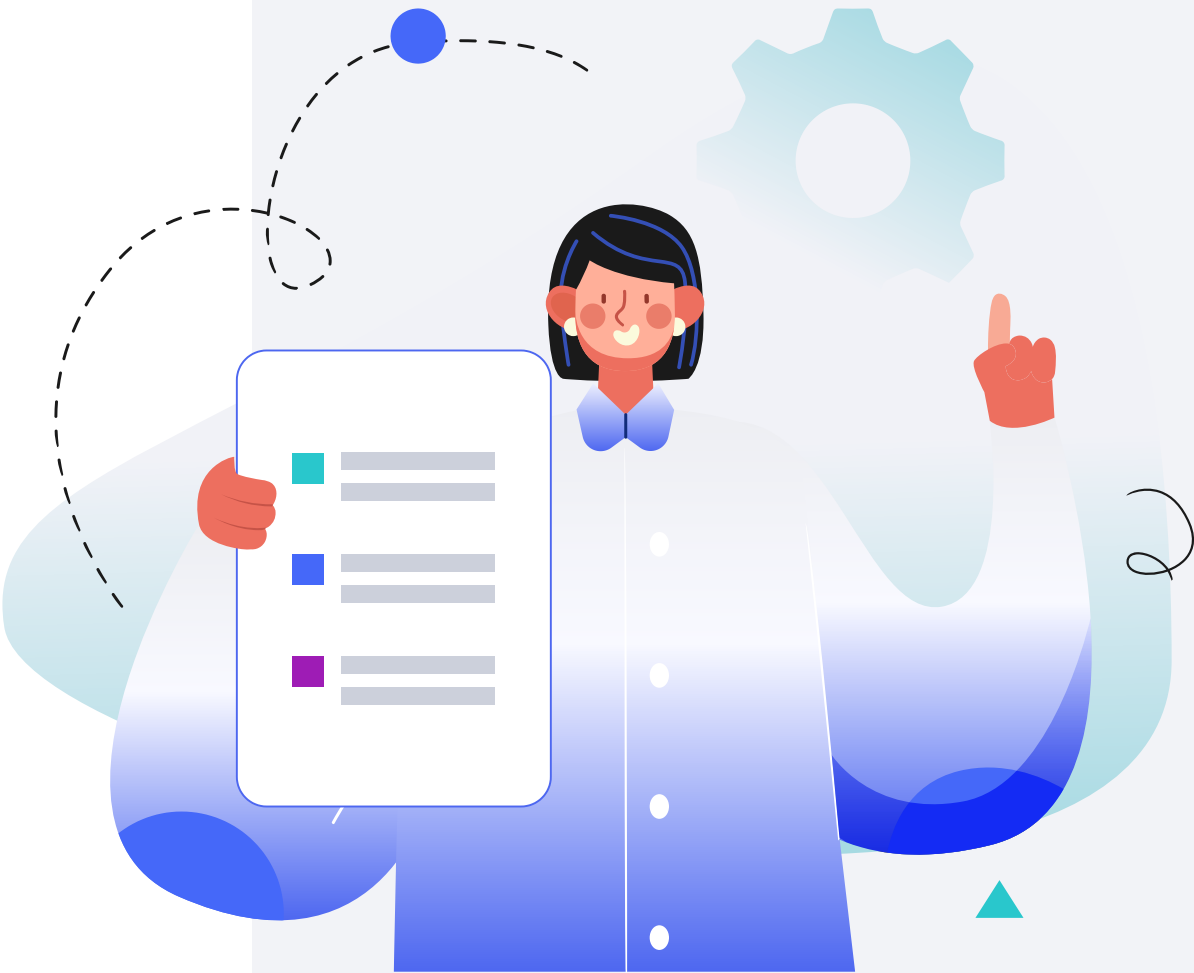
Male

HEIGHT

5ft 5" 165cm

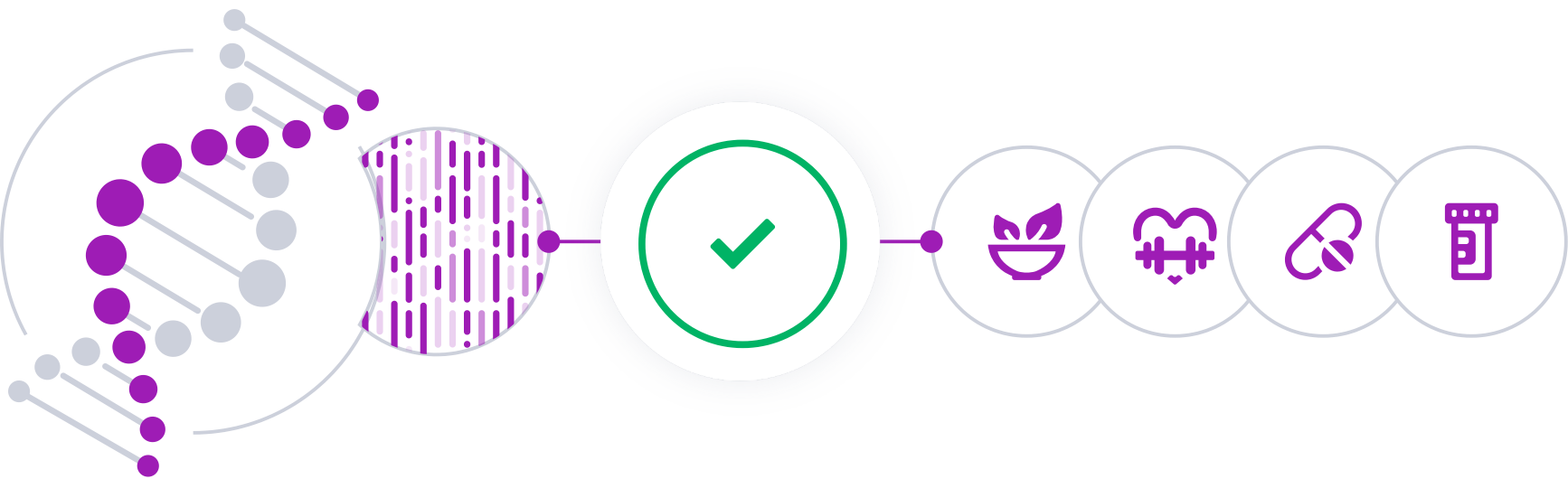
WEIGHT

137lb 62kg



How this works

Our Wellness Reports analyze how your DNA influences your health.
We then use this analysis to give you personalized risk estimates and recommendations.

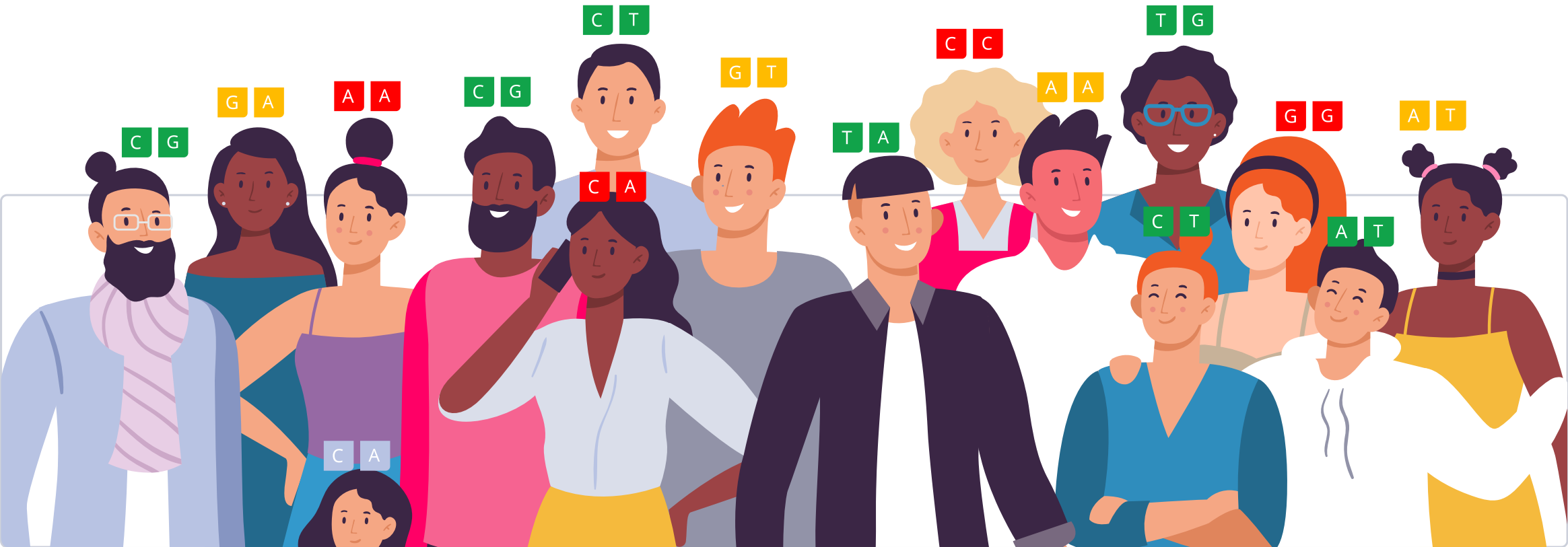


Similarly, our Trait Reports look at how your DNA influences your traits.



Your DNA is like an instruction manual — it contains a lot of information.
You can think of it as a blueprint for your body.

Genetic variants are parts of DNA that differ from person to person. Some can make you more vulnerable to certain health issues, while others may influence traits such as eye color.



We use artificial intelligence and machine learning to analyze all this information.
We then summarize your results as a risk score or display it on a gauge.

In total, we analyze up to 83 million genetic variants.

When we give a risk score, the risk icon tells you if you are at a higher or lower risk compared to other people:



Genotype color info:

AA

You don't have any risk alleles

AA

You have 1 risk allele

AA

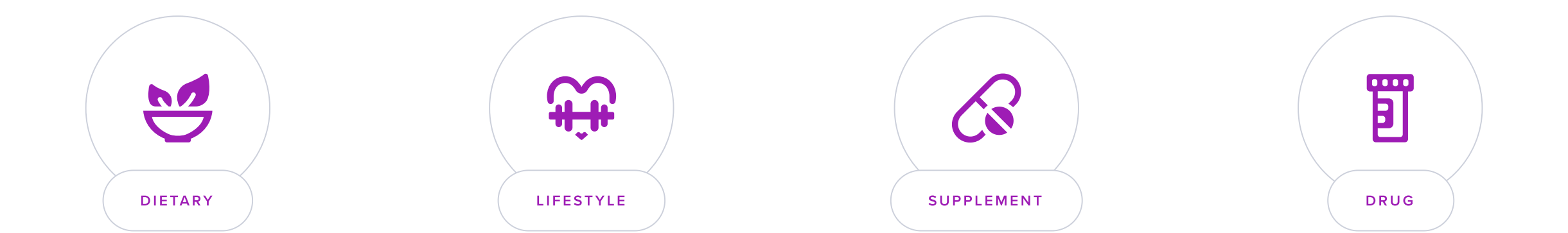
You have 2 risk alleles

Your risk is also displayed as a percentile. This will tell you how your risks compare to our sample population. The lower your percentile number, the lower your risk. The "50th percentile" would be an average risk.

Similarly, the gauge tells you your relative risk score compared to our sample population, or it indicates a specific trait or haplotype you are more likely to have based on your genetic variants.

When applicable, we also list top evidence-based recommendations that may help lower your risk. The focus is on recommendations that may be of benefit to you, based on your genetics.

Our recommendations come in four categories: lifestyle, diet, supplements and drugs.
The following icons tell you which category a recommendation falls into:



Our team of scientists also ranks each recommendation.
We rank based on impact and the strength of evidence in the medical literature.

Impact shows how strongly a recommendation will affect your health in a certain area.
Evidence is how much scientific support there is for the recommendation. Rankings are from 1 to 5 (low to high):



Impact

Impact scores range from 1-5. These scores reflect how much of an effect each recommendation can have. An impact score of 5 predicts the biggest effect.

When a recommendation affects something we can measure, we use those measurements to assign the impact score. For example, a recommendation that decreases cholesterol by 20% will have a higher impact score than one that decreases it by 5%.

Some recommendations affect things that we cannot directly measure, like stress or mood. For these, the impact score is based on how well they work relative to other recommendations and standard treatments. The best ones get the highest scores.

If there is a lot of research that shows a recommendation works especially well for your genotype, the impact score gets increased.

Recommendation Evidence

- 5 / 5
- Recommendations that are considered effective and generally recommended by experts and medical bodies.
-
- 4 / 5
- Recommendations that are considered likely effective and that have multiple independent meta-analyses and a great many studies supporting them.
-
- 3 / 5
- Recommendations that are considered possibly effective and have many studies supporting them
-
- 2 / 5
- Recommendations that have insufficient evidence, with two or several clinical trials supporting them, or many studies but with ambiguous results.
-
- 1 / 5
- Recommendations that have insufficient evidence, with a single clinical trial, or with many studies most of which didn't find support for the recommendation.
-
- 0 / 5
- No evidence in humans.

Genotype-specific Evidence

- High-quality
- Direct evidence that a recommendation helps more in people with your gene variant (many clinical trials, a few large clinical trials, or a meta-analysis).
- Medium-quality
- Direct evidence that a recommendation helps more in people with your gene variant (a few clinical trials or one large clinical trial).
- Low-quality
- Direct evidence that a recommendation helps more in people with your gene variant (a single clinical trial or more trials with inconsistent results).
- Indirect
- A recommendation may help more in people with your gene variant because it targets a specific gene or protein affected by your variant (e.g., MTHFR, dopamine).
- In theory
- A recommendation may help more in people with your gene variant because it targets a specific mechanism affected by your variant (e.g., inflammation, oxidative stress).

Some things to keep in mind:

- Genetics doesn’t play a considerable role in a condition or a trait.
- There is not enough research available to estimate a genetic predisposition.
- There are technical limitations to estimating or presenting a genetic predisposition.
- The topic is sensitive, and a genetic predisposition should only be estimated and presented by a healthcare professional.

Introduction

Endometriosis is a condition where tissue which normally grows inside the uterus grows outside. It can be extremely challenging to live with [\[R\]](#).

It can have a huge impact on not only your day-to-day life, but also your plans for the future.

Around 190 million women of reproductive age worldwide, or **around 1 in 10**, have endometriosis [\[R\]](#), [\[R\]](#).

With the condition being so common, it’s no surprise many celebrities like Whoopi Goldberg and Emma Bunton (Baby Spice) have been open about their experience of living with the condition [\[R\]](#).

Those with the condition have to learn to manage and live with frequent bouts of pain. This pain comes in the form of period pain, pelvic pain, pain linked to sexual intercourse, and pain when going to the bathroom. **Pain is a key element of their lives** [\[R\]](#).

Beyond pain, endometriosis can also cause fatigue and depression, and almost 50% of those with the condition struggle with fertility [\[R\]](#).

Certain factors may increase your risk of developing endometriosis. Your DNA has the potential to interact with these risk factors.

For example, one factor which may increase your risk of endometriosis is drinking alcohol. This could be because alcohol can disrupt hormone levels [\[R\]](#), [\[R\]](#), [\[R\]](#).

Those who have a certain varian of the [KLB](#) gene tend to drink more alcohol, so they may need to try harder to lower this risk factor than others [\[R\]](#).

Another factor linked to endometriosis risk is stress. Stress can make the condition worse, and having the condition causes stress, so it’s a bit of a vicious cycle. Similar to alcohol, stress may worsen the condition by disrupting hormone levels [\[R\]](#), [\[R\]](#).

Individuals who carry a certain variant of the [DRD2](#) gene may be more prone to stress, so may need to make more time for stress busting self-care techniques like yoga or getting out in nature [\[R\]](#).

Read on to find out more about:

- **How your genetics play a role in endometriosis**
- **Your genetic risk score based on over one million genetic variants**
- **Personalized recommendations based on your genetics**

Risk Factors And Genetics

Key Takeaways:

- Up to **50%** of differences in people's chances of developing endometriosis may be attributed to genetics.
- Other risk factors include early puberty, shorter menstrual cycles, heavy bleeding during periods, higher estrogen levels, lower BMI, and certain medical conditions.
- Around **1 in 10 women** of reproductive age have endometriosis.
- If you have high genetic risk, pay attention for symptoms and speak to a healthcare professional for the best course of action.
- Click the **Recommendations** tab for potential dietary and lifestyle changes.

Endometriosis is a condition in which tissue from the uterus lining grows outside of the uterus. It most commonly grows on the ovaries, the fallopian tubes, or the tissue lining the pelvis [R, R, R].

During each menstrual cycle, this tissue grows and breaks down, just like normal uterine lining. However, it has no way to get out of the body. This can cause serious issues such as cysts or fertility problems [R, R, R].

Endometriosis is very common, affecting up to 15% of women. Among women with pelvic pain or fertility problems, the rate is up to 50% [R].

The exact cause of this condition is unknown. Risk factors may include [R]:

- Going through puberty early
- Shorter menstrual cycles (less than 27 days)
- Heavy bleeding during periods
- Higher estrogen levels
- Lower body mass index (BMI)
- Some medical conditions
- **Genetics**



TYPICAL LIKELIHOOD

Typical likelihood of endometriosis based on 1,145,572 genetic variants we looked at



Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
CDC42	rs2235529	CT
GNRH1	rs35698191	TT
CDC42	rs12037376	GA
IL1A	rs10167914	GG
SLC66A3	rs7580473	TC
CDC42	rs4654783	CT
ZNF239	rs10508881	AA
SYNE1	rs17803970	AA
/	rs993184	AG
GREB1	rs11674184	TG
CDC42	rs16826658	TG
ARL14EP	rs74485684	TT
KDR	rs1903068	AA
ID4	rs760794	TT
DMRTA1	rs1448792	GG
HNRNPA2B1	rs12700667	AA
VEZT	rs3596	AG
/	rs113537648	GG
KSR2	rs10431397	CC
CCDC170	rs12173791	GG
OR1E1	rs12449465	TT
VEZT	rs4762326	CT
ID4	rs6907340	TT

Endometriosis is often painful. Symptoms may include [\[R\]](#):

- Painful periods
- Pain during sex
- Pain when going to the bathroom
- Heavy bleeding during periods

The main complication of this condition is infertility. **Up to half of women with endometriosis have trouble getting pregnant** [\[R\]](#).

Treatment options may include [\[R\]](#):

- Pain medication
- Hormone therapy
- Surgery

Some people with the condition may need fertility treatment if they want to get pregnant [\[R\]](#).

Up to 50% of differences in people's chances of developing endometriosis may be attributed to genetics.

Genes involved may influence [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Reproductive system development
- Estrogen
- Inflammation
- Cell growth

GENE	SNP	GENOTYPE
RND3	rs6757804	TC
PPP1R17	rs2270221	CC
MOAP1	rs1268843	CC
SORCS1	rs11193561	CC
IL33	rs10975519	TC
CSMD1	rs7816936	TC
GREB1	rs77294520	GG
SYNE1	rs71575922	CC
ESR1	rs2206949	CC
CCDC170	rs1971256	TT
CDKN2A	rs1537377	TT

The number of "risk" variants in this table doesn't necessarily reflect your overall result.

Your Recommendations

Your recommendations are prioritized according to the likelihood of it having an impact for you based on your genetics, along with the amount of scientific evidence supporting the recommendation.

You’ll likely find common healthy recommendations at the top of the list because they are often the most impactful and most researched.

DOSAGE		DOSAGE	
1	Avoid Endocrine Disruptors	2	Avoid PCBs
3	Avoid Dioxin	4	Acupuncture1 hour
5	Relaxation Techniques30 minutes	6	Dietary Antioxidants
7	Avoid Sugary Foods & Drinks	8	Dairy Products
9	Gluten-Free Diet	10	Low-FODMAP Diet
11	Avoid Phthalate Exposure	12	Avoid Lead Exposure
13	Yoga30 minutes	14	Resveratrol150 mg
15	Avoid Organochlorine Pesticide Exposure	16	Maintain Optimal Vitamin D Levels1000 iu
17	Limit Caffeine Intake	18	Hatha Yoga1 hour
19	Progressive Muscle Relaxation10 minutes	20	Mindfulness30 minutes
21	Mediterranean Diet	22	EPA (Omega-3)500 mg
23	Omega-3 (Fish Oil)2000 mg	24	Acceptance and Commitment Therapy (ACT)
25	Garlic Supplement200 mg	26	Low-Nickel Diet
27	Avoid BPA (Bisphenol A) Exposure	28	N-acetylcysteine (NAC)1200 mg
29	DIM (Diindolylmethane)100 mg	30	Polyunsaturated Fatty Acids (PUFAs)
31	Astaxanthin12 mg	32	Aerobic Exercise (Cardio)1 hour

33	Melatonin	500 mcg	34	Apply Heat	15 minutes
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1



Avoid Endocrine Disruptors

IMPACT

4 / 5

EVIDENCE

3 / 5

How to implement

Minimize exposure to endocrine disruptors by opting for organic foods to reduce pesticide intake, using glass or stainless steel instead of plastic containers for food and beverages, avoiding cosmetics and personal care products with parabens or phthalates, and regularly vacuuming and dusting your home to reduce contact with flame retardants found in household dust.

Description

Avoiding exposure to endocrine disruptors, such as certain chemicals found in plastics and pesticides, is crucial for maintaining hormonal balance and reducing the risk of hormone-related health problems.

Endocrine disruptors are chemicals that interfere with the body’s hormone (endocrine) system by [\[R\]](#), [\[R\]](#):

- Blocking the function or activity of hormones
- Mimicking the function of hormones

Based on limited studies, long-term exposure to these chemicals can have negative effects on health [\[R\]](#), [\[R\]](#).

Endocrine disruptors can be found in cosmetics, food products, pesticides, and other common household items [\[R\]](#).

How it helps

Exposure to endocrine disruptors is linked to an increased risk of endometriosis. Chemicals that may play a role include [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Environmental pollutants (PCBs and dioxins)
- Pesticides (organochlorines)
- Compounds added to plastic and cosmetics (phthalate esters)

Some tips to avoid these chemicals include:

- Washing your hands, especially before eating
- Washing your fruits and vegetables
- Buying organic foods whenever possible
- Dusting and vacuuming regularly
- Reducing the use of certain plastics and cosmetics

 PERSONALIZED TO YOUR GENES

In people exposed to more PCBs, a [GSTP1](#) gene variant may increase the risk of endometriosis [\[R\]](#). Do your best to avoid endocrine disruptors.

YOUR GENETIC VARIANTS			
GENE	SNP	GENOTYPE	EVIDENCE
GSTP1	rs1695	AA	

2



Avoid PCBs

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

To avoid PCBs (Polychlorinated Biphenyls), do not use old electrical equipment manufactured before 1977, avoid consuming fish from contaminated waters, especially larger species such as shark and swordfish which are higher in the food chain, and check for and properly dispose of any old fluorescent lighting fixtures that may contain PCBs. Pay attention to local advisories regarding the safety of locally caught fish and wildlife.

Description

PCBs are toxic chemicals that can cause cancer, reproductive problems, and developmental problems. Avoiding exposure to PCBs is important for protecting your health.

Polychlorinated biphenyls (PCBs) are man-made chemicals. They were used in the industry until their **ban in 1979**. PCBs are considered **persistent organic pollutants** (POPS) due to their slow degradation in the environment. They may also **accumulate** in the food chain and the human body [\[R\]](#), [\[R\]](#).

We may be exposed to PCBs through contaminated [\[R\]](#), [\[R\]](#):

- **Food** (e.g., fish, meat, rice)
- Soil
- Air

PCBs may have toxic effects on [\[R\]](#), [\[R\]](#):

- Immunity
- Nervous system
- Reproductive system
- Hormone levels

They may also increase the risk of cancer and reduce lifespan [\[R\]](#), [\[R\]](#).

How it helps

Avoiding PCBs (polychlorinated biphenyls), which are chemicals found in older products or polluted environments, can help manage endometriosis. PCBs are endocrine disruptors and may exacerbate endometriosis by mimicking or interfering with the body's hormones, potentially provoking more severe symptoms.

A [meta-analysis of 12 studies](#) concluded that exposure to PCBs **increases the risk of endometriosis by 58%** [\[R\]](#).

Another [meta-analysis \(17 studies\)](#) found that PCBs **increase the risk of endometriosis by 70%** but warned about the **high heterogeneity** of the included studies [\[R\]](#).

A [meta-analysis of 14 studies](#) associated PCB exposure with **39-51% higher risk of endometriosis overall and 3.6-fold higher risk in European populations** [\[R\]](#).

3



Avoid Dioxin

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Reduce consumption of animal fats, since dioxins accumulate in fat tissue. Choose lean cuts of meat, and opt for organic or pasture-raised when possible to minimize exposure. Additionally, avoid burning trash that contains plastic, treated wood, or chlorinated chemicals to prevent dioxin release into the environment.

Description

Avoiding exposure to dioxin, a highly toxic environmental pollutant, can help protect against serious health risks, including cancer and hormonal disruptions. Reducing contact with dioxin-contaminated sources such as certain foods and industrial emissions is essential for long-term health.

How it helps

A systematic review of 10 studies concluded that exposure to dioxins increases the risk of endometriosis by 60% [\[R\]](#).

4



Acupuncture

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Visit a licensed acupuncturist for a session, typically lasting between 30 to 60 minutes, once or twice a week. Depending on your specific condition, a course of treatment might range from a few weeks to several months.

TYPICAL STARTING DOSE

1 hour

Description

Acupuncture is a part of traditional Chinese medicine. It involves inserting thin needles at specific points on the body. People use it to relieve pain and allergies, as well as reduce nausea and improve sleep.

[Acupuncture](#) is a part of traditional Chinese medicine. It involves **inserting thin needles at specific points on the body**. People use it to [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Relieve pain
- Improve sleep quality
- Relieve allergies
- Reduce nausea

How it helps

Acupuncture may reduce pain and serum CA-125 levels in women with endometriosis. However, the evidence is limited, and more well-designed studies are needed to confirm these benefits [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

5



Relaxation Techniques

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Incorporate relaxation techniques such as deep breathing exercises, meditation, or yoga into your daily routine. Spend at least 15-30 minutes each day practicing one of these techniques, preferably in a quiet, comfortable space without interruptions.

TYPICAL STARTING DOSE

30 minutes

Description

Relaxation techniques encompass various methods like deep breathing, yoga, meditation, and progressive muscle relaxation, aimed at reducing stress and promoting mental and physical relaxation. Practicing these techniques regularly can help manage stress, improve mental clarity, and enhance overall emotional well-being.

We all get stressed from time to time.

[Stress](#) can help you deal with a challenge or avoid danger. However, **it’s not healthy to be stressed for a long time** [\[R\]](#), [\[R\]](#).

Relaxation techniques such as [yoga](#) and [meditation](#) can relieve stress in different ways. Most of them focus on breathing and help you get rid of negative thoughts and emotions [\[R\]](#).

People use relaxation techniques to improve conditions like [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Anxiety
- Depression
- Chronic pain

Progressive muscle relaxation is another relaxation technique. In this technique, you focus on tensing and relaxing different parts of your body. It is common to start with the toes and slowly work your way up to the neck and head [\[R\]](#), [\[R\]](#).

Autogenic training is a relaxation technique that a person may carry out on their own. It uses exercises that take the mind’s attention to bodily sensations such as warmth and heaviness [\[R\]](#), [\[R\]](#).

How it helps

People with endometriosis often experience stress, and stress may make endometriosis worse [\[R\]](#).

This may be because stress can increase inflammation and interfere with hormones [\[R\]](#).

In people with endometriosis, relaxation techniques may support mental health and decrease pain. They may also improve the quality of life. The following techniques may help [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Yoga
- Mindfulness
- Progressive muscle relaxation

6



Dietary Antioxidants

IMPACT2 / 5

EVIDENCE2 / 5

How to implement

Incorporate foods rich in antioxidants, such as fruits (berries, oranges, plums), vegetables (spinach, kale, bell peppers), nuts (walnuts, almonds), and seeds (flaxseeds, chia seeds) into your daily meals. Aim for at least 5 servings of fruits and vegetables per day, ensuring a variety of colors to cover different antioxidants.

Description

Dietary antioxidants are compounds found in foods that help neutralize harmful molecules called free radicals, potentially reducing the risk of oxidative stress-related diseases and supporting overall health. Examples include vitamins C and E, beta-carotene, and polyphenols.

Our cells sometimes produce molecules called **reactive oxygen species (ROS)** [\[R\]](#).

High levels of ROS can cause [oxidative stress](#) and damage our cells. Oxidative stress plays a role in many health conditions, including [\[R\]](#):

- High blood sugar
- Type 2 diabetes
- Heart disease

Antioxidants are substances that help combat ROS [\[R\]](#).

Antioxidants are found in many plants. Good sources include [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Fruits like tomatoes, berries, and pomegranates
- Vegetables like onions, spinach, and celery
- Chocolate
- Olive oil
- Wine

How it helps

Oxidative stress may play a role in the development and progression of endometriosis [\[R\]](#), [\[R\]](#).

In line with this, antioxidants may help reduce endometriosis pain. However, the conclusion is not definitive [\[R\]](#), [\[R\]](#).

7



Avoid Sugary Foods & Drinks

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

To avoid sugary foods, eliminate or significantly reduce consumption of foods and beverages high in added sugars such as sodas, candies, baked goods, and sugary cereals from your diet. Instead, opt for natural sugar sources like fruits. Aim to do this daily for ongoing health benefits.

Description

High-sugar foods like baked goods, sweets, and sugary drinks, can spike your blood sugar levels. Consuming a lot of these types of foods can contribute to health issues like diabetes, obesity, insomnia, and heart disease.

High-sugar foods and refined carbs have a high glycemic index (GI). This means they tend to spike your blood sugar levels. They include [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Sugary drinks
- Baked goods
- Sweets
- White bread
- White rice
- Pasta

Eating a lot of sugary foods can contribute to:

- Diabetes [\[R\]](#), [\[R\]](#), [\[R\]](#)
- Weight gain and obesity [\[R\]](#), [\[R\]](#)
- Insomnia [\[R\]](#)
- Heart disease [\[R\]](#)

You may also want to avoid processed sugars and sugary drinks. They may have a role in increasing IL-1B [\[R\]](#), [\[R\]](#).

How it helps

A study involving 81,961 premenopausal women found that those consuming high glycemic index foods had a 12% increased risk of being diagnosed with endometriosis compared to those with lower intake [\[R\]](#).

8



Dairy Products

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Incorporate 2-3 servings of low-fat or fat-free dairy products into your daily diet. One serving could be 8 ounces of milk, 1 cup of yogurt, or 1.5 ounces of cheese. Choose options that are low in added sugars and consume as part of balanced meals or snacks throughout the day.

Description

Dairy products, such as milk, yogurt, and cheese, are rich sources of calcium and protein. They are essential for bone health, providing nutrients that support strong bones and teeth, as well as overall nutritional well-being.

Dairy products are made from milk. They include [\[R\]](#):

- Cheese
- Yogurt
- [Kefir](#)
- Butter
- Cream

Dairy products contain high levels of [calcium](#). Calcium helps build strong bones [\[R\]](#).

How it helps

Eating dairy (at least 3 servings/day) may be linked to a reduced risk of endometriosis. This may be especially true for cheese. Nutrients in dairy, such as calcium and vitamin D, may help by reducing oxidative stress and inflammation [\[R\]](#).

9



Gluten-Free Diet

IMPACT

2 / 5

EVIDENCE

1 / 5

How to implement

Remove all foods containing wheat, barley, and rye from your diet. This includes obvious sources like bread and pasta, as well as hidden sources in sauces, soups, and processed foods. Check labels for gluten-free certification, and aim to maintain this diet consistently, as even small amounts of gluten can cause symptoms to recur in sensitive individuals.

Description

A gluten-free diet is essential for individuals with celiac disease or gluten sensitivity. It helps prevent digestive issues and promotes overall health by avoiding foods containing gluten, a protein found in wheat, barley, and rye.

Gluten is a protein found in wheat and some other grains. **People with celiac disease have to follow a gluten-free diet to prevent gut damage.** A gluten-free diet eliminates all foods containing [\[R\]](#), [\[R\]](#):

- Wheat
- Barley
- Rye
- Malt
- [Brewer’s yeast](#)

How it helps

A gluten-free diet may help some people with endometriosis by [\[R\]](#), [\[R\]](#):

- Reducing pain
- Improving physical and social functioning
- Improving mental health

10



Low-FODMAP Diet

IMPACT2 / 5

EVIDENCE1 / 5

How to implement

Eliminate foods high in FODMAPs (fermentable oligosaccharides, disaccharides, monosaccharides, and polyols) from your diet for 4 to 6 weeks. This includes certain fruits, vegetables, dairy products, grains, and sweeteners. After the elimination phase, gradually reintroduce foods one at a time to identify triggers.

Description

The low FODMAP diet is used to manage symptoms of irritable bowel syndrome (IBS) and other gastrointestinal disorders. It involves restricting certain fermentable carbohydrates to reduce digestive discomfort and improve gut health.

[FODMAPs](#) are a group of carbs that are hard to digest. Rather than being absorbed by the intestines, these carbs are fermented by your gut bacteria. A product of fermentation is gas [\[R\]](#), [\[R\]](#).

FODMAPs also pull fluid into your gut. This may promote diarrhea [\[R\]](#).

Foods high in FODMAPs include [\[R\]](#):

- High-fructose corn syrup
- Artificial sweeteners
- Apples
- Corn
- Dairy
- Beans

A [low-FODMAP diet](#) limits the intake of **FODMAPs**. Some health experts recommend it for IBS and other digestive issues [\[R\]](#), [\[R\]](#), [\[R\]](#).

How it helps

A study of 160 women found that 72% of those with both endometriosis and irritable bowel syndrome got improvement in gut symptoms after following a low FODMAP diet (for 4 weeks) [\[R\]](#).

12



Avoid Lead Exposure

IMPACT1 / 5

EVIDENCE2 / 5

How to implement

Prevent lead exposure by using cold water for drinking and cooking, regularly cleaning dust from windowsills and floors, and ensuring that your home's paint is not chipping if it was built before 1978. For occupations involving potential lead exposure, use protective gear and follow safety protocols. Test your home for lead if it's old or you're concerned about contamination.

Description

Lead is a heavy metal. It is naturally found in the environment in small amounts [\[R\]](#), [\[R\]](#).

Exposure to lead can cause it to build up in the body. A buildup of lead can contribute to oxidative stress and cell damage. This is called **lead poisoning** [\[R\]](#), [\[R\]](#).

Lead is no longer used in the manufacturing of some products like gasoline and paint. However, it can still be found in some pipes, batteries, and the wall paint of older homes [\[R\]](#), [\[R\]](#), [\[R\]](#).

How it helps

A meta-analysis of 14 studies associated high levels of heavy metals (including lead) with infertility, miscarriage, congenital heart disease, PCOS, endometriosis, and uterine leiomyomata [\[R\]](#).

Lead is a toxic metal that can interfere with sex hormones, potentially exacerbating endometriosis.

13



Yoga

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Practice yoga for at least 20 to 30 minutes a day, most days of the week. Choose a style that matches your fitness level and goals, and consider attending a class or using online resources to guide your practice.

TYPICAL STARTING DOSE

30 minutes

Description

Yoga is a mind-body practice that combines physical postures, breathing exercises, and meditation. It enhances flexibility, strength, and mental well-being and is used for stress reduction, relaxation, and overall health improvement.

[Yoga](#) combines breathing, stretching, and relaxation techniques. Practicing yoga may help [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Reduce [stress](#)
- Improve fitness
- Lower blood pressure and heart rate
- Manage pain

How it helps

Yoga (2x/week for 8 weeks) may help improve endometriosis by reducing pelvic pain and improving quality of life [\[R\]](#), [\[R\]](#).

14



Resveratrol

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take 150-500 mg of resveratrol as a supplement daily, preferably with meals to enhance absorption. This dosage range is based on studies for various health benefits, and it's advised to not exceed 500 mg per day without medical supervision.

TYPICAL STARTING DOSE

150 mg

Description

Resveratrol is a natural compound found in red grapes, red wine, and some berries. It is known for its potential antioxidant properties and its role in promoting heart health.

[Resveratrol](#) is an antioxidant found mainly in [\[R\]](#):

- Berries
- Red grapes
- Red wine
- Peanuts

It’s purported to have anti-inflammatory and antioxidant effects [\[R, R, R\]](#).

How it helps

In a non-placebo-controlled trial of 34 women with endometriosis, supplementation with resveratrol (400 mg/day) for 12-14 weeks reduced the levels of MMP-2 and -9, possibly decreasing inflammation [\[R\]](#).

Resveratrol may help by reducing inflammation and preventing the growth of endometrial cells.

15

Avoid Organochlorine Pesticide Exposure

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Minimize exposure by choosing organic fruits and vegetables, thoroughly washing produce before consumption, and avoiding areas where organochlorine pesticides are applied. Consider using air purifiers in homes close to agricultural areas to reduce indoor pesticide levels.

Description

Reducing organochlorine pesticide exposure involves minimizing contact with pesticides like DDT, which can accumulate in the body and potentially lead to adverse health effects, including disruption of hormonal functions and carcinogenicity.

How it helps

Reducing exposure to organochlorine pesticides is beneficial for endometriosis as these chemicals may mimic estrogen, a hormone that can worsen endometriosis. Less exposure helps reduce the likelihood of endometriosis progression and severity, potentially improving quality of life.

A study with 100 women undergoing laparoscopy found a fivefold increased risk of endometriosis in those with high exposure to aromatic fungicides, t-nonachlor, and HCB pesticides. This suggests a link between OCP exposure and endometriosis [\[R\]](#).

16



Maintain Optimal Vitamin D Levels

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Check your vitamin D levels, they should ideally be in the 30-66 ng/mL range. If your levels are lower than that, take a vitamin D supplement, 1000-4000 IU daily, to reach an optimal range.

TYPICAL STARTING DOSE

1000 iu

Description

Vitamin D, often referred to as the "sunshine vitamin," can be synthesized by the skin when exposed to sunlight, as well as being found in fish, eggs, and fortified milk. It helps regulate calcium absorption, promoting strong bones and a healthy immune system. Vitamin D deficiency can lead to conditions like rickets in children and osteoporosis in adults.

Your body needs [vitamin D](#) for strong bones. Vitamin D also plays a role in [\[R\]](#):

- Mood
- Immunity
- Heart health
- Blood sugar control

[Sunlight](#) is our main source of vitamin D. Experts recommend getting at least **5-15 minutes of midday sun, 2-3 times per week**. People with darker skin and those living at high latitudes may need longer periods of sun exposure [\[R\]](#), [\[R\]](#).

Foods like fish, eggs, and fortified milk provide small amounts of vitamin D. **People lacking vitamin D should consider taking a supplement** [\[R\]](#).

How it helps

Women with endometriosis may have lower levels of vitamin D. Lower vitamin D is also linked to more severe symptoms [\[R\]](#).

According to one study, vitamin D may help reduce pelvic pain in people with endometriosis. However, adding vitamin D didn't help with pelvic pain in two other studies [\[R\]](#), [\[R\]](#), [\[R\]](#).

Vitamin D may help by [\[R\]](#):

- Supporting a healthy immune system
- Reducing inflammation

Please note: *Experts recommend getting 600-800 IU of vitamin D per day. Medical bodies recommend against taking more than 4,000 IU per day* [\[R\]](#).

17



Limit Caffeine Intake

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Limit your caffeine consumption to less than 200 milligrams per day, equivalent to about two 6-ounce cups of coffee. Aim to avoid caffeine-containing foods and beverages such as tea, chocolate, and some soft drinks, especially in the late afternoon and evening to minimize sleep disturbances.

Description

Although caffeine is the world's most popular stimulant, some people choose to limit or avoid it due to potential adverse effects on their sleep, mood, or blood pressure.

How it helps

A high (over 300 mg/day) caffeine intake is associated with a 30% higher risk of endometriosis. However, a low or moderate caffeine intake may have no effect, and not all studies have found this link for high caffeine intake [\[R\]](#), [\[R\]](#), [\[R\]](#).

18



Hatha Yoga

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Practice Hatha Yoga for 60 minutes at least twice a week. Choose a quiet, comfortable space and consider guided sessions for beginners or those unfamiliar with the poses. Consistency over a period of months to years is beneficial for appreciating its full effects.

TYPICAL STARTING DOSE

1 hour

Description

Hatha yoga is a gentle and accessible form of yoga that combines physical postures, breathing exercises, and meditation. Practicing hatha yoga regularly can promote flexibility, stress reduction, and overall physical and mental well-being.

How it helps

Practicing Hatha Yoga may help manage Endometriosis by reducing stress, promoting relaxation, and improving blood flow to the pelvic area which can potentially alleviate some pain. The poses can also improve flexibility and strength, which can help with discomfort caused by the condition.

Forty women were randomly divided into two groups: an intervention group of women who practiced [HATHA] yoga (n = 28), and a control group of women who did not practice yoga (n = 12). Participants attended 90-min scheduled yoga sessions twice a week for 8 weeks.

Yoga practice was associated with a reduction in levels of chronic pelvic pain and an improvement in QoL in women with endometriosis [\[R\]](#).

19



Progressive Muscle Relaxation

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Set aside at least 10-15 minutes daily in a quiet, comfortable spot where you won't be disturbed. Start by tensing the muscles in your feet for 5 seconds, then relax for 30 seconds, and progressively work your way up through the major muscle groups of your body, tensing then relaxing each for 5 and 30 seconds respectively.

TYPICAL STARTING DOSE

10 minutes

Description

Progressive Muscle Relaxation is a relaxation technique involving the systematic tensing and releasing of muscle groups to reduce muscle tension, stress, and anxiety. Regular practice can lead to improved physical and mental relaxation.

Progressive muscle relaxation is a relaxation technique focused on releasing muscle tension. In this technique, you focus on tensing and relaxing different parts of your body, one after the other, to relieve stress [R](#), [R](#)].

It is common to start with the toes and slowly work your way up to the neck and head. Try to focus on a single muscle group at a time (for example, the calf muscles). Tense these muscles for 5-10 seconds, then relax for 20-30 seconds before moving on to the next muscle group [R](#), [R](#)].

How it helps

Progressive muscle relaxation (for 12 weeks) may improve anxiety, depression, and quality of life in a study of 100 women with endometriosis [R](#)].

20



Mindfulness

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Set aside 5-10 minutes each day to practice mindfulness meditation. Find a quiet place, assume a comfortable seated position, close your eyes, focus on your breathing, and observe your thoughts and sensations without judgment.

TYPICAL STARTING DOSE

30 minutes

Description

Mindfulness involves paying focused and non-judgmental attention to the present moment. It can reduce stress, improve emotional regulation, and enhance overall mental clarity and well-being.

Mindfulness is the practice of being aware of the present moment. When practicing mindfulness, a person acknowledges their thoughts, feelings, and sensations without any judgment [R].

Mindfulness and other types of [meditation](#) may improve [R]:

- Weight and anxiety
- Low mood
- Sleep disturbances
- Pain
- High blood pressure

How it helps

In a study of women with endometriosis, a mindfulness-based intervention improved short-term [R]:

- Pain unpleasantness
- Pelvic pain
- Defecation difficulties

It also offered benefits in the long term, including [R]:

- Endometriosis-related pain
- Mental health
- Vitality

21



Mediterranean Diet

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate a variety of primarily plant-based foods, such as fruits, vegetables, whole grains, nuts, and legumes, into every meal. Choose healthy fats, like olive oil, over saturated fats and consume fish and poultry at least twice a week. Limit red meat to a few times a month and include a moderate amount of dairy products. Opt for water and red wine in moderation as your beverages.

Description

The [Mediterranean diet](#) is based on the traditional cuisine from the Mediterranean regions. It moderates the intake of red meat and dairy, while being rich in fruits and vegetables, whole grains, and healthy fats ([olive oil](#)).

The [Mediterranean diet](#) focuses on traditional cuisine from the Mediterranean regions. It’s rich in [\[R\]](#):

- [Olive oil](#)
- Fruits and vegetables
- Whole grains
- Nuts and seeds
- Fish

This type of diet may **reduce inflammation and protect the brain and heart** [\[R, R, R, R\]](#).

Limited intake of animal products, saturated fat, and refined sugar likely contribute to the health benefits of the Mediterranean diet [\[R\]](#).

How it helps

An analysis of 10 studies suggests that a diet that includes fruits, non-cruciferous vegetables, dairy, fish, potatoes, and legumes, along with vitamins A, C, D, and B12, monounsaturated and polyunsaturated fatty acids, and minerals like calcium, potassium, and magnesium, may lower the risk of developing endometriosis. However, consumption of some of these nutrients may not be common in women with endometriosis [\[R, R\]](#).

Moreover, a study of 35 endometriosis women revealed that following the Mediterranean diet (for at least 3 months) reduced [\[R\]](#):

- Painful intercourse
- Non-menstrual pelvic pain
- Painful urination
- Defecation difficulties

22



EPA (Omega-3)

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take an EPA (Eicosapentaenoic acid) supplement in the form of fish oil or algae oil capsules, aiming for a dosage of 500-1000 mg per day. This should be taken with a meal to improve absorption, and continuous daily use is recommended for general heart health and to support mental well-being.

TYPICAL STARTING DOSE
500 mg

Description

EPA is an omega-3 fatty acid found in fish oil supplements and fatty fish like salmon. It is known for its anti-inflammatory properties and is associated with cardiovascular health, mood regulation, and cognitive function.

[Omega-3 fatty acids](#) are some of the healthiest fats we can eat. They help lower inflammation and protect the heart, brain, and eyes. Our bodies produce less omega-3s than we need for optimal health, so it's important to get enough through food or supplements [\[R, R, R\]](#).

There are three major types of omega-3s: ALA, EPA, and DHA. **EPA and DHA are vital for cognition and mental health** [\[R, R\]](#).

The body can produce eicosapentaenoic acid (EPA) from alpha-linolenic acid (ALA), another type of omega-3 fatty acid found in plants. We can also get EPA directly from food sources such as oily fish, shellfish, and algae. EPA helps make DHA. [\[R, R, R\]](#).

Please note: *Fish oil can interact with blood thinners (like aspirin, Plavix, Coumadin). Consult your doctor before taking fish oil* [\[R\]](#).

How it helps

A study of 205 women found that those with high blood EPA levels had an 82% lower prevalence of endometriosis. However, not all studies found this link [\[R, R\]](#).

23



Omega-3 (Fish Oil)

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Take 1-2 g of omega-3 (fish oil) supplement daily, preferably with a meal to enhance absorption.

TYPICAL STARTING DOSE

2000 mg

Description

Omega-3 fatty acids are essential fats found in fatty fish like salmon, flaxseeds, and walnuts. They are known for their potential cardiovascular and brain health benefits, including reducing the risk of heart disease and supporting cognitive function.

[Omega-3 fatty acids](#) are some of the healthiest fats we can eat. They help lower inflammation and protect the heart, brain, and eyes. Our bodies produce less omega-3s than we need for optimal health, so it's important to get enough through food or supplements [\[R\]](#), [\[R\]](#), [\[R\]](#).

There are three major types of omega-3s: ALA, EPA, and DHA [\[R\]](#), [\[R\]](#).

Fatty fish are rich in EPA and DHA. They include [\[R\]](#):

- Salmon
- Tuna
- Herring
- Sardines

For optimal protection, try to get at least **two servings of fatty fish per week**. Fish oil supplements are available for those who don't eat fish regularly [\[R\]](#).

How it helps

A pilot study of 27 women found that omega-3 polyunsaturated fatty acids (1,000 mg, 2x/day for 8 weeks) may alleviate pain associated with endometriosis compared to olive oil. However, more and larger studies are needed to confirm this potential benefit [\[R\]](#).

24



Acceptance and Commitment Therapy (ACT)

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Participate in Acceptance and Commitment Therapy (ACT) sessions with a licensed therapist weekly for a minimum of 8 to 12 weeks. During this period, engage in daily ACT exercises at home as recommended by your therapist, such as mindfulness practices and writing exercises that help you connect with your values and accept your thoughts without judgment.

Description

ACT is a type of psychotherapy that focuses on accepting one's thoughts and feelings while committing to actions that align with personal values. It is used to improve mental well-being and treat conditions like anxiety and depression.

How it helps

In a study on 58 women suffering from severe chronic pelvic pain due to endometriosis, a mindfulness- and acceptance-based intervention improved quality of life aspects such as [\[R\]](#):

- Control
- Powerlessness
- Emotional well-being
- Social support

Despite it did not improve pain, it also reduced symptoms related to endometriosis like [\[R\]](#):

- Defecation difficulties
- Constipation

25



Garlic Supplement

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take a garlic supplement, such as a garlic extract or aged garlic supplement, in a dosage of 600-1,200 mg per day, divided into separate doses. This should be taken with meals to minimize digestive issues. Continue daily for at least 8-12 weeks to evaluate its effects on health markers like blood pressure or cholesterol.

TYPICAL STARTING DOSE

200 mg

Description

Garlic is a pungent herb known for its potential health benefits, including cardiovascular support and immune system enhancement. It contains bioactive compounds that may help reduce the risk of chronic diseases and support overall well-being.

[Garlic](#) is a delicious aromatic herb that adds flavor to your food. But did you know that garlic has been a part of traditional medicine for thousands of years? **From ancient Egypt and Rome to China, people have praised garlic for its many health benefits.** Today, we can trace many of those benefits to sulfur-rich compounds found in garlic. People take garlic to help control their blood pressure and cholesterol [\[R\]](#).

Please note: *Garlic can interact with blood thinners (like aspirin, Plavix, Coumadin). If you are on blood thinners, consult your doctor before supplementing with garlic [\[R\]](#).*

How it helps

Added to usual care, **garlic extract (400 mg/day for 3 months)** may reduce pain linked to endometriosis [\[R\]](#).

Garlic may help by reducing oxidative stress and inflammation [\[R\]](#), [\[R\]](#).

Please note: *Garlic can interact with blood thinners (such as aspirin, Plavix, and Coumadin). In addition, garlic can irritate the stomach in some people. Talk to your doctor before taking garlic [\[R\]](#), [\[R\]](#).*

26



Low-Nickel Diet

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

To follow a low-nickel diet, avoid high-nickel foods such as whole grains, nuts, soybeans, oatmeal, legumes, and canned foods. Opt for a variety of fresh fruits, vegetables, and lean meats, ensuring your water intake is from distilled or reverse-osmosis filtered sources. This diet should be maintained consistently for at least 6 weeks to observe potential improvements in symptoms.

Description

A low-nickel diet can benefit individuals with nickel allergies or sensitivities by reducing exposure to nickel-rich foods and alleviating skin rashes and other allergic reactions.

Nickel is an element. It can be used to make cutlery, plumbing fixtures, coins, and more [\[R\]](#), [\[R\]](#).

It is found in soil, water, and other parts of the environment in small amounts. Some foods may also contain nickel, including [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Chocolate
- Soybeans
- Legumes
- Nuts
- Oatmeal

Some people can have an allergic reaction if they come into contact with nickel. This can occur when they touch or eat things that contain nickel. These people may need to avoid nickel [\[R\]](#).

How it helps

Nickel allergy may be more common in people with endometriosis. In such cases, a **low-nickel diet** may reduce pain [\[R\]](#), [\[R\]](#), [\[R\]](#).

27



Avoid BPA (Bisphenol A) Exposure

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

To avoid BPA exposure, choose BPA-free products, particularly when selecting food containers, water bottles, and baby bottles. Prefer glass, porcelain, or stainless steel containers, especially for hot food or liquids. Reduce use of canned foods as they may be lined with BPA and avoid handling thermal paper receipts, as they can contain BPA. When possible, select fresh or frozen foods over canned goods.

Description

Avoiding BPA (Bisphenol A) exposure involves minimizing contact with products or containers containing this chemical, which is commonly found in plastics and can potentially disrupt hormone regulation.

BPA (bisphenol A) is a chemical used to make certain plastics and resins. BPA-containing plastics are often used in containers that store food and beverages. Plastics marked with **recycling code 3 or 7** may contain BPA [\[R\]](#).

BPA is a well-known hormone disruptor. Research has linked BPA exposure to diabetes, heart disease, altered behavior, and more [\[R\]](#).

How it helps

A meta-analysis of 30 studies found that specific chemicals like PCBs, OCPs, PAEs (except BPA) were associated with higher endometriosis risk [\[R\]](#).

However, another meta-analysis found that only PCBs, but not BPA or phthalates, increased breast cancer and endometriosis risk [\[R\]](#).

28



N-acetylcysteine (NAC)

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Take 600 mg of N-Acetylcysteine (NAC) supplement daily with water. It can be taken at any time of the day, but try to take it at the same time each day for best results.

TYPICAL STARTING DOSE

1200 mg

Description

NAC is a supplement that contains a form of the amino acid cysteine, a protein building block that your body uses to make the antioxidant glutathione. It is used for its potential antioxidant properties and its ability to support lung, gut, and mental health.

[N-acetylcysteine](#) (NAC) is converted to cysteine in the body. Cysteine is a protein building block (amino acid) that helps make the antioxidant glutathione [\[R\]](#).

People take NAC to potentially support [\[R\]](#), [\[R\]](#):

- Mental health
- Ovarian health and pregnancy outcomes
- Lung health
- Gut health

How it helps

A study on 120 women with endometriosis found that N-acetylcysteine supplementation (600 mg, 3x/day, 3 days/week over 3 months) may improve endometriosis symptoms, including [\[R\]](#):

- Painful periods
- Painful intercourse
- Chronic pelvic pain

NAC also decreased the size of ovarian endometriomas and Ca125 serum levels, indicators of inflammation and endometriosis severity, and enhanced fertility in affected women [\[R\]](#).

However, another study did not find these benefits [\[R\]](#).

29



DIM (Diindolylmethane)

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take a DIM (diindolylmethane) supplement daily with water during a meal to aid absorption. Dosages typically range from 100 to 200 mg per day, but always start with the lower dose to assess your body's response before increasing.

TYPICAL STARTING DOSE

100 mg

Description

DIM is a natural compound found in cruciferous vegetables like broccoli and cauliflower. It is known for its potential to support hormonal balance and may be used in supplements for its estrogen-regulating properties.

How it helps

DIM can help endometriosis by potentially influencing estrogen levels, as it aids in balancing the body's hormones. This balance may reduce the pain and inflammation often associated with this condition.

In a [placebo-controlled trial of 8 women with endometriosis](#), administration of DIM for 3 months **reduced viability and estradiol secretion**. Its combination with dienogest therapy **further reduced them and improved pelvic pain** [\[R\]](#).

30



Polyunsaturated Fatty Acids (PUFAs)

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate foods rich in polyunsaturated fatty acids (PUFAs) into your daily diet. Examples include eating fatty fish like salmon, mackerel, or sardines two to three times a week, using plant-based oils like flaxseed, soybean, and canola oil in cooking and salads, and adding nuts and seeds such as walnuts and flaxseeds to your meals or snacks daily.

Description

Polyunsaturated fatty acids (PUFAs) are fatty acids with at least two double bonds. They are considered "healthy fats" and include **omega-3** and **omega-6** fatty acids [R].

[Omega-3 fatty acids](#) help [R, R]:

- Lower inflammation and blood sugar
- Protect the heart, brain, and eyes

Omega-6 fatty acids play important roles in [R]:

- Skin health
- Energy production
- Immunity

Good sources of PUFAs include [R, R, R, R]:

- Fish and seafood
- Plant oils (e.g., flaxseed, corn, sunflower, soybean, and grapeseed oil)
- Seeds (e.g., safflower, sunflower, and pumpkin seeds)
- Walnuts
- Tofu

How it helps

A study of 205 women found that those with high blood EPA levels had an 82% lower prevalence of endometriosis. However, not all studies found this link [R, R].

In line with this, a high intake of polyunsaturated fatty acids may reduce endometriosis pain [R].

31



Astaxanthin

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Take an astaxanthin supplement daily, with a typical dosage ranging from 4 to 12 mg. It is best taken with a fat-containing meal to enhance absorption.

TYPICAL STARTING DOSE

12 mg

Description

Astaxanthin is a powerful antioxidant found in certain microalgae and seafood. It is known for its potential benefits in reducing oxidative stress, supporting skin health, and promoting eye health.

[Astaxanthin](#) is a naturally-occurring orange-red pigment carotenoid found in algae, shrimp, lobster, crab, and salmon [\[R\]](#). As an antioxidant, astaxanthin is **10 times stronger than zeaxanthin, lutein and [beta-carotene](#), and 100 times stronger than [vitamin E](#)** [\[R\]](#). People take astaxanthin to:

- Support skin health [\[R, R\]](#)
- Reduce exercise fatigue [\[R, R\]](#)
- Prevent heart disease [\[R, R, R\]](#)

How it helps

Astaxanthin, a potent antioxidant, may help endometriosis by reducing inflammation and oxidative stress which are often elevated in this condition. However, more research is needed to fully understand its effects on endometriosis.

In a [placebo-controlled trial of 50 infertile women with endometriosis undergoing assisted reproduction](#), supplementation with astaxanthin (6 mg/day) for 12 weeks **increased TAC and SOD while lowering MDA**. Astaxanthin also **improved the number of oocytes retrieved, number of mature oocytes, and high-quality embryos** [\[R\]](#).

32



Aerobic Exercise (Cardio)

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Engage in at least 150 minutes of moderate-intensity aerobic exercise or 75 minutes of vigorous-intensity activity each week. Distribute this time over at least 3 days per week, avoiding consecutive days of vigorous exercise to allow for recovery.

TYPICAL STARTING DOSE

1 hour

Description

Engaging in regular aerobic exercise, such as running, swimming, or cycling, offers numerous health benefits, including improved cardiovascular fitness, weight management, and mood enhancement. It supports overall physical and mental well-being while reducing the risk of chronic diseases.

Cardio, short for cardiovascular exercise, is any type of physical activity that temporarily increases your heart rate. Examples include **running, cycling, swimming, and brisk walking**.

Regular cardio exercise has many benefits for your overall health. It can help lower your risk of heart disease and diabetes, support weight loss, and improve your mood and energy levels. To get the most out of cardio, try to do it for at **least 30 minutes, 3-5 times a week**.

Interval training is a type of cardio that combines periods of high-intensity training with brief rest periods.

How it helps

A study of 39 women with endometriosis found that moderate-intensity physical activity (50-70% of maximum heart rate, 40 min/session, 4x/week) added to standard therapy reduced the therapy side effects [R].

33



Melatonin

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take 500 mcg of melatonin orally, about 30 minutes before bedtime, to help with sleep. It can be taken daily as needed.

TYPICAL STARTING DOSE

500 mcg

Description

Melatonin is a natural hormone produced by the pineal gland in the brain that helps regulate the sleep-wake cycle. It plays a crucial role in promoting sleep onset and maintaining a consistent sleep pattern, making it a commonly used supplement for managing sleep disorders and jet lag.

[Melatonin](#) is an important sleep hormone. Bright light at night may prevent your body from making enough melatonin [\[R\]](#), [\[R\]](#), [\[R\]](#).

Your body makes melatonin on its own. However, some people take melatonin supplements to help them sleep. It may help with jet lag in particular [\[R\]](#), [\[R\]](#), [\[R\]](#).

How it helps

According to a single small study, **melatonin (10 mg/day for 8 weeks)** may help reduce pain in people with endometriosis. It may help by influencing pain signals [\[R\]](#).

Please note: *Melatonin may interact with some medications. Consult your doctor before taking melatonin* [\[R\]](#).

34



Apply Heat

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Place a warm, not hot, heating pad or a warm wet towel on the affected area for 15-20 minutes at a time. Do this several times a day, ensuring there's at least a 1-hour interval between sessions to avoid skin damage.

TYPICAL STARTING DOSE

15 minutes

Description

Applying heat, such as through heating pads or warm baths, can help relieve muscle tension and soothe pain. It is a common method for managing muscle aches, menstrual cramps, and minor injuries.

People use hot applications to relieve pain, improve blood flow, and more [\[R\]](#), [\[R\]](#).

Types of hot applications include [\[R\]](#), [\[R\]](#):

- Heating pads
- Hot baths
- Saunas
- Hot water bottles

How it helps

No studies have reported the impact of heat on endometriosis. However, heat is commonly considered useful for endometriosis-related pain [\[R\]](#).

Remember, your genes only tell one important part of your health story!

Now that you've seen your DNA-based results for this health topic, let's take a look at other contributing factors.

Your lab results are impacted by the combined effect of your genes, environment and lifestyle.

Lab tests will give you the best picture of your current health status, while your genes provide insight into your health predispositions and which recommendations are best for you.

