



# Reclaim Your Life - Your Guide to Aid Healing of Endometriosis

*Carolyn Levett*

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## **Reclaim Your Life - Your Guide to Aid Healing of Endometriosis** Carolyn Levett

The author was a previous sufferer of endometriosis and was given a clean bill of health following a regime with four years of homeopathy, following the endo diet and simple self help measures. As well as including her own healing story, the main focus of this book is to provide a comprehensive and realistic guide to help other women towards natural healing of endometriosis; interwoven with many anecdotal stories of other women who have healed from this disease. Advice is included about natural therapies, diet, supplements, the immune system and healing, natural pain relief, home made toiletries, financial tips, combined with lots of supportive messages and health tips. The book also contains a section covering up to date facts about endometriosis and looks into why so many women are getting this disease today. In this second edition of the book, feedback is included from women who have followed the guidance contained in the book, who have significantly reduced their symptoms or healed from endometriosis.

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