

Guillermou

Endometriosis is an inflammatory pathological process characterized by lesions of endometrium-like tissue outside the uterus, commonly in the pelvic peritoneum and ovaries. The condition can present with debilitating symptoms (dysmenorrhea, acyclic pelvic pain, dysuria, dyschezia, chronic fatigue) that have considerable adverse impacts on quality of life, including an increased risk of infertility. It is estimated that endometriosis affects 10% of women of reproductive age, which is equivalent to 190 million women worldwide. In the present meta-analysis, we confirmed that endometriosis was associated with a 1.9-fold increased risk of ovarian cancer compared to women without endometriosis.

Endometriosis was also associated with a very small (4%) but statistically significant risk of breast cancer. Endometriosis was associated with a 39% increased risk of thyroid cancer with little heterogeneity identified between studies. The strongest association observed was a highly significant 32% lower risk of cervical cancer for women with endometriosis compared to those without endometriosis.

academic.oup.com/.../5986656 (2020) Patients with endometrial cancer and endometriosis were significantly younger. Additionally, patients with endometrial cancer and endometriosis had fewer pregnancies and births. In the analysis of synchronous ovarian cancer, the percentage of dual primary cancers was higher in patients with endometriosis. The association of early-onset endometrial cancer with endometriosis is an important finding that cannot be ignored clinically. www.mdpi.com/.../5635 (2023).--- www.frontiersin.org/journals/oncology/articles/10.3389/fonc.2023.11931.. (2023).

Posted On 02/23/2024

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Gene ontology, gene set enrichment analysis, and immune infiltration analysis further confirmed the immune-related functions, pathways, and relationship between iron metabolism and ovarian cancer. This study highlights the potential of targeting iron metabolism in preventing potential ovarian cancer and in further exploring endometriosis and endometriosis-relevant ovarian cancer therapies. The association between endometriosis and iron homeostasis disorder is becoming clearer, mainly reflected by extensive ferritin staining of local macrophages, significant increase in erythrocytes, and increased ferritin gene expression. transferrin receptor. High levels of iron can cause inflammation, oxidative stress and lipid peroxidation, and the iron-binding protein hemoglobin is an additional potential danger factor. www.ncbi.nlm.nih.gov/.../PMC10101319 (2023).---

Posted On 02/23/2024

juststeve

The loss of Soil Life, the varieties, strains of Microbes, foods available to maintain a healthy balance of them so they keep each other in balance. A major issue fueled by Chemical Farming and Processed Sterile Foods. Lots of sources for fermentation of many kinds and variety of foods. Great for preparing for hard times, just regular bumps on your own path in life.

Posted On 02/23/2024

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Good proposal, Just, it would also save many people from dying from cancer due to endometriosis.

Posted On 02/23/2024

What worked for me to overcome endometriosis is to follow the anti-yeast diet as outlined in "The Yeast Syndrome" book. This involved eating only meat, veggies (except for starchy ones), eggs & sugar-free yogurt (3 cups per day) for one month. After that, other foods are gradually added in. After one month, my endometriosis, which I had had for 6 years and which was extremely painful and debilitating, was completely gone. Before this, I had been using strong meds that reduced the symptoms by placing me in a menopausal state. They did not get rid of the endometriosis; they only reduced the symptoms with major side effects.

The diet achieved what the drugs could not: complete remission from endometriosis. I went off the drugs and never needed them again. My endometriosis only came back if I ate too much sugar & high index carbs. If I made this mistake, as soon as I went back to a more restrictive diet, the endo went away again. My suggestion to anyone reading this who has struggled with endometriosis is get this book and try this diet -- you have nothing to lose and everything to gain: your health. I have a small warning: the more severe the yeast problems, the more severe the die-off symptoms (toxins released when the yeast die off) which are like a very bad flu.

However, this is a good sign because the worse the die-off symptoms are, the worse the yeast problems are, so a person can tell the yeast is dying off. A naturopath suggested taking one tablespoon of psyllium in a cup of warm water one hour after each meal to reduce the die-off symptoms (then not eating for an hour afterward). It works very well because psyllium, according to my naturopath, absorbs 40 times its weight in toxins, which yeast die-off is.

Posted On 02/23/2024

My experience with endo. lasted 25 years. I was lucky I was able to conceive but my daily life was a miserable life: for 2 weeks of each month for years, I could not get out of bed yet I had to function somehow. I had 8 major operation and a few minor ones too. After the 8th operation to remove all growths I knew without any doubt that the food I was eating was THE CAUSE of the endo. I concluded that the conventional dairy was causing the endo lumps to grow and grow larger in size because after each operation I couldn't eat any conventional = supermarket bought dairy products until some months afterwards.

After about a month of resuming dairy foods I would feel nauseous and the cramps would return getting worse and worse with each passing month. Finally, after the last operation leaving hospital I decided to change my whole diet to eat only biodynamic dairy and food. Although I consumed A3 milk protein dairy products, I had no recurrence of Endo. In time on a website called .not milk.com I found out that poor cows are fed a cocktail of chemicals primarily glyphosate and many more. I also learned that there is a vast difference between protein from A3 milk from the black/white cows = Friesians to the protein A2 milk from = Jersey cows.

When in europe I had no problems at all and felt fine but returning home and consuming the A3 milk protein all over again was a disaster for my health and brain health. My illness was so severe I became depressed but no male doctors could understand what it feels like living in a female body so I was offered yet refused a hysterectomy, and thank goodness I followed my woman's instincts. Any novel Bacteria does not just appear from thin air... it is a product of man made nefarious acts, simple yet devastating... The rest is history.

Posted On 02/23/2024

Just an FYI; Iron deficiency is a common cause of heavy and irregular periods. When you experience heavy menstrual bleeding over an extended period, it can lead to anemia, specifically iron deficiency anemia. Here's how it happens: **Heavy Periods:** Prolonged heavy bleeding during menstruation depletes your body's iron stores. Iron is essential for the production of red blood cells. **Iron Deficiency Anemia:** When your iron levels drop significantly, it affects your body's ability to produce enough healthy red blood cells.

As a result, you might experience symptoms such as fatigue, weakness, dizziness, and shortness of breath. **Folic Acid (Vitamin B9):** While folic acid is a B vitamin, it doesn't directly alleviate heavy periods. However, it is crucial for overall health and red blood cell production. A daily multivitamin containing folic acid, along with other vitamins like vitamin C and vitamin B-12, can help build red blood cells. **Other Nutrient Deficiencies:** Besides iron, deficiencies in other minerals and vitamins can also impact your menstrual cycle.

For example: **Zinc Deficiency:** May lead to heavier periods. **Magnesium Deficiency:** Can cause more cramps and premenstrual symptoms (PMS). **Copper Deficiency:** May result in irregular cycles. **Selenium Deficiency:** Could contribute to fertility issues. Remember that heavy periods can have various causes, including hormone imbalances, uterine fibroids, or certain intrauterine devices. If heavy periods bother you, consult your healthcare provider for personalized advice and guidance.

Posted On 02/23/2024

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Hi everybody, Endometriosis can be caused by low VK1,2/damaged liver. Glyphosate lowers quinones production and liver function www.researchgate.net/figure/Correlation-between-plasma-phyloquinone-c..

ThrombusVK1 fights LPS. Fusobacterium doesn't produce VK www.jstor.org/.../30131520

"Menaquinones were found in all of 24 organisms of the Bacteroides fragilis group. Two other Bacteroides species, Bacteroides disiens and Bacteroides bivius, also produced menaquinones. A single isolate of Bacteroides species lacked menaquinones. These constituents were found in all of five strains of Escherichia coli, all of four strains of Klebsiella pneumoniae, five of eight strains of Propionibacterium species, two of five strains of Eubacterium species, and the one strain each of Arachnia propionica and Veillonella parvula tested.

No menaquinones were detected in organisms of the genera Fusobacterium, Clostridium, Bifidobacterium, Lactobacillus, Actinomyces, Peptococcus, or Peptostreptococcus. These findings suggest that E. coli, Bacteroides species, and some gram-positive, anaerobic, non-spore-forming bacilli produce menaquinones that may be a source of vitamin K in patients who are deprived of exogenous vitamin K." Paracetamol -used for pain lowering -can deplete cysteine, which is needed for glutathione, metallothioneine, insulin receptor function.

Low thyroid/CO2 produces less active VK1,2 .Accupuncture with VK3 can bring instant relief.

mednexus.org/.../2096-2924.242757 Objective: Acupuncture can relieve pain by acting on the mitogen-activated protein kinase (MAPK) signal pathway, which plays a critical role in the balance between hyperalgesia and inflammation. Our previous studies have suggested that acupoint injection of Vitamin K3 (Vit K3) had an intensive analgesic effect on primary dyspareunia. However, the mechanism by which Vit K3 worked on nerve cells has not been elucidated.

Posted On 02/23/2024

cont. "Results: The level of ROS first decreased and then increased with Vit K3 at 20 mol/L, but no change in neither apoptosis nor MMP was evident. In addition, only ERK level decreased at 20 mol/L and the relative phosphorylation level increased. Changes in ROS were negatively correlated with the expression of ERK. Conclusions: The rapid analgesic effect of Vit K3 acupoint injection may be through the reduction of ROS in nerve cells with a small dose of Vit K3 or by influencing the expression of ERK but without damaging the nerve cells themselves." There are few phytoprogestogens en.wikipedia.org/.../Phytoprogestogen Relative to their phytoestrogen counterparts, phytoprogestogens are rare.[1] However, a number have been identified, including kaempferol, diosgenin (found in yam), apigenin (found in chasteberry),[1][3] naringenin, and syringic acid, among others.[2] In addition, 3,8-dihydrodiligustilide from Ligusticum chuanxiong is a potent progestogen (EC50 = 90 nM), whereas riligustilide is a weak progestogen (EC50 81 M).[4][5] www.sciencedirect.com/science/article/abs/pii/S0006291X16308543 Highlights Vitamin K3 suppresses mouse uterine spontaneous and PGF2-induced contraction in a concentration-dependent manner.

The mechanisms involve the opening of K⁺ channels and inhibiting VDCCs and intracellular stored calcium release. Vitamin K3 could be a promising therapeutic strategy for myometrial contractile complications.

Posted On 02/23/2024

journals.plos.org/plosbiology/article?id=10.1371/journal.pbio.3000788 Glycan cross-feeding supports mutualism between *Fusobacterium* and the vaginal microbiota " *F. nucleatum* is not known to express sialidase of its own [41], but it commonly resides among sialidase-producing bacteria in the mouth, gut, and vagina [4246]. Some *F. nucleatum* strains also encode putative sialic acid catabolic pathways, although functional characterization of the corresponding gene products is still limited [4751]. We hypothesized that *F. nucleatum* may derive nutritional benefit from host sialoglycans when exogenous sialidases produced by other bacteria are present.

Here, we use in vitro approaches and a mouse model to show that *F. nucleatum* cannot obtain sialic acid from intact glycoconjugates, in which sialic acid is bound to underlying glycans, but can nevertheless benefit from sialic acid catabolism when colonizing a sialidase-positive vaginal niche. Unexpectedly, our models also led to the discovery that *F. nucleatum* does not act in a simple one-way relationship with sialidase-producing bacteria, but rather engages in a mutually beneficial relationship.

In fact, the data demonstrate that *F. nucleatum* exposure to vaginal communities may encourage features of dysbiosis (increased sialidase activity and *G. vaginalis* abundance) in susceptible vaginal communities. These results may help explain why women with BV are at increased risk of vaginal colonization by some pathogens such as *F. nucleatum*. Additionally, our data suggest that mutual reinforcement between bacterial species, made possible in part through metabolite cross-feeding, promotes pathogen colonization and vaginal dysbiosis."

Posted On 02/23/2024

TGF-PROGESTERONE/CALCITRIOL tcr.amegroups.org/.../html Results: Treatment of ovarian clear cell carcinoma, endometrioid carcinoma, papillary serous adenocarcinoma, BRCA1 null, and DNA MMR deficient EC cell lines with progesterone alone or in combination with calcitriol inhibited cell growth and expression of TGF-1, TGF-2, TGF-R1, TGF-R2, pSMAD2/3 and CYP24A1. Expression of TGF-R3, SMAD-4, progesterone receptor (PR) and vitamin-D receptor (VDR) was not altered in any cell line tested except, ES-2, where VDR expression was upregulated in response to treatment. Conclusions: These results suggest that progesterone alone and progesterone-calcitriol combination have broad application in both chemopreventive and therapeutic settings that merit further development in a wide variety of ovarian and ECs, including those derived from germline or somatic mechanisms.

Moreover, our data suggest that TGF- signaling proteins and CYP24A1 may be effective surrogate markers indicative of treatment response. onlinelibrary.wiley.com/.../ijc.33866 Changes in cellular sialoglycan expression are frequently correlated with malignancy, and therefore could be used as diagnostic, and prognostic biomarker.¹³ Elevated levels of serum total sialic acid have been found in many cancer patients. Hypersialylation supports tumor cells to grow and metastasize, resulting in a worse prognosis.¹⁴⁻¹⁹ Sialoglycans are recognized by sialic acid specific receptors on immune cells, such as sialic acid-binding immunoglobulin-like lectins (Siglecs).

The sialoglycan-Siglec interaction results in suppression of an immune response as sialic acids are considered self-associated molecular patterns. Many studies have demonstrated that (hyper)sialylated tumor cells benefit from this mechanism to evade the immune system.^{17, 20-26} Furthermore, the negative charge of sialic acids results in enhanced cell-cell adhesion, actomyosin contraction and migration.²⁷

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continued " The active form of vitamin D3-calcitriol, produced in the epidermis or obtained from the diet is known for the prevention of a number of tumors, including ovarian and ECs (8,9). Levels of vitamin-D are maintained by a number of enzymes that are involved in the synthesis, activation and inactivation (10). The active 1,25-D3 is NEUTRALIZED by CYP24A1. This enzyme is vital in determining the antitumor activity of vitamin-D3. It has been shown that high expression of CYP24A1 promotes carcinogenesis in a number of cancers, including breast, thyroid and prostate (11-13). We compared the expression of CYP24A1 in endometrial and ovarian cancer cells and in immortalized endometrial and ovarian epithelial cells, and found elevated CYP24A1 expression in cancer cells compared to normal cells.

Furthermore, our data demonstrated a marked reduction of CYP24A1 expression in progesterone treated endometrial and ovarian cancer cells. These findings imply that CYP24A1 overexpression diminishes the antitumor effects of calcitriol in cancer cells and that progestins can be promising for sustaining calcitriol's anti-cancer activity (14,15)." en.wikipedia.org/.../CYP24A1

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Vitamin D reserve is higher in women with endometriosis academic.oup.com/.../644729 Magnesium regulates VD3 activation www.healendo.com/blog-1/2022/3/23/magnesium-is-important-for-endometri.. Bee venom therapy could help in lowering histamine problems www.alexandramiddleton.com.au/endometriosis-histamine-intolerance/ "Many women with Endometriosis are unknowingly suffering from a histamine intolerance' that can be making their symptoms worse." www.ncbi.nlm.nih.gov/.../PMC7917649 "Abstract Animal toxins and venoms have recently been developed as cancer treatments possessing tumor cell growth-inhibitory, antiangiogenesis, and proapoptotic effects.

Endometriosis is a common benign gynecological disorder in reproductive-age women, and no definite treatment for this disorder is without severe side effects. As endometriosis and malignant tumors share similar characteristics (progressive, invasive, estrogen-dependent growth, and recurrence), animal toxins and venoms are thought to be effective against endometriosis." PEA increases endorphins www.frontiersin.org/.../fphar.2016.00382 Palmitoylethanolamide (PEA), an endogenous fatty acid amide, has anti-inflammatory and neuroprotective effects.

Posted On 02/23/2024

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en.wikipedia.org/.../Fusobacterium "A few additional sources of its pathogenic nature include its association with oral inflammation diseases, cancers such as pancreatic, oral, and colorectal, as well as infections of the head and neck. This association is due to the high increase in the prevalence of *F. nucleatum* in those infected areas. *F. nucleatum* can worsen or initiate colorectal cancer by stimulating other bacteria such as *Streptococcus*, *Campylobacter* spp. and *Leptotrichia* as well as cancerous gene expression from Beta-catenin signaling.[...] Upon diagnosing the infection, action to treat it involves the application of antibiotics over a 2-week period which could be in the form of penicillin or other variants as well as using anaerobic antibiotics like clindamycin and metronidazole which work when the *Fusobacterium* can break down the Beta-lactams.

[...] The bacterium is a big anchor for biofilms.[20][21] It is usually susceptible to clindamycin,[22] while approximately 20% of the clinical strains are resistant to penicillin.[23] In contrast to *Bacteroides* spp., *Fusobacterium* has a potent lipopolysaccharide." www.ncbi.nlm.nih.gov/.../PMC4741656 " *F. nucleatum* colonization in the intestine may prompt colorectal tumorigenesis. BBR could rescue *F. nucleatum*-induced colorectal tumorigenesis by modulating the tumor microenvironment and blocking the activation of tumorigenesis-related pathways."

Posted On 02/23/2024

Almond

Since *Fusobacterium* is a bacterium normally residing in the gut, might not its aberrant activity be related to overuse of antibiotics and diet--esp. high in sugar and unnatural foodstuffs? Even treated municipal water supplies (chlorine, fluoride). Glyphosate? These can alter the gut lining and epithelial tissues. Many hormonal disruptors, too.

Posted On 02/23/2024

Excuseme

Here it is!!! Save it for your suffering female friends!

chiro.org/Conditions/Endometriosis_and_the_Anterior_Coccyx.shtml

Posted On 02/24/2024

Excuseme

Well, I was just now reminded why you should ALWAYS save valuable documents off the internet. I probably have this article printed out somewhere, but it's no longer available online.

www.chiro.org/research/ABSTRACTS/Endometriosis_and_the_Anterior_Coccyx.. It was about women coming to a chiropractic office complaining of tailbone pain and endometriosis. When the DC would treat the tailbone, the patient would typically call back in 1-3 weeks asking about bruising going down the fronts of their thighs. And their endo would improve. They offered 2 recently dx'd cases free chiropractic treatments if they would be guinea pigs.

5 months of drug tx from their MD and 5 months of chiropractic treatments later, no improvement. Then the DC treated their coccyx, then along comes the weird bruising and the endo gets better. SO, I have learned in my professional capacity, to watch for an extreme lumbar curve. In such cases I ask, "Did you play basketball in school? Did you ever think you broke your tailbone? Do you have endometriosis?" If I get yeses, I tell them to go to a pelvic floor certified PT to loosen up their tailbone.

I assume it's where the tailbone gets shoved forward and the tissues bruised so it loses normal flexibility. The DC's assumed it was from nerve effects on the uterus, etc. So what about all the other factors you all have mentioned? Well, not every woman who gets their tailbone shoved forward develops endo. But I am telling you, this is a cheap and frequently effective treatment for endo. Spread the word! Especially if you know women who played basketball in school.

Posted On 02/24/2024

helpothers

After I'd already had a child I was diagnosed with endometriosis. Cycles got unbearable and I am lucky one month not to have poisoned myself taking tylenol and ibuprofen trying to get the pain to stop. I ended up having laparoscopic surgery for an inverted uterus - what they thought was causing the pain, and found endometriosis. I did have a varicose uterine vein which wasn't helping as well. I got to see the video which was fascinating. It looked like I had chicken pox inside my peritoneum. None of the organs were involved luckily and they lasered those lesions away. I was told at the time the only way to treat it was with depot lupron so I got those shots for 3 months and was put into chemical menopause.

It was terrible and I had lots of rollercoaster emotions and hot flashes that I've never experienced in my menopause. I've since read many people have had terrible side effects of that drug. Luckily I was able to get pregnant 3 months after and had 2 more children after that. At the time there were theories of dioxin causing this and this was found in the water where I lived. And later that it was an estrogen dominance problem and they were treating with progesterone. I'm always curious about the cause of things and ultimately I believe our disconnect with nature and the polluting of our water, air and soil are root cause of many of our ills.

Posted On 02/23/2024

LucasKnight

Kudos to Dr. Joseph Mercola for presenting a well-balanced exploration of the subject, combining scientific rigor with reader-friendly language. The article successfully communicates the significance of the study while acknowledging the need for further research, maintaining a nuanced perspective. An idea for the author could involve exploring emerging research areas or interviewing experts to provide additional context and potential future developments in understanding endometriosis. This would enhance the article's depth and keep readers engaged with the evolving landscape of this critical health topic. Overall, a commendable piece deserving of appreciation and encouragement for continued insightful contributions. Additionally, readers may find valuable insights by exploring Health Kept's related article on the microbiome and gut health, available at www.healthkept.com/good-gut-bacteria-from-prebiotics.

Posted On 02/23/2024

TRitchie

Thank goodness this came along. I've had issues as a young woman where my periods would go from 38 days to 61 days (bleeding on day 1 to day 7). I had to take Synthroid (Levothyroxin) because my T3 was low. I had to take 25 mcg on one day and 50 mcg the day after while I was pregnant. I wondered if this was a contributing factor to what my daughter is going through. I believe that she has this affliction because it's been over half a year since she had her menses. We used sunscreen when she was a toddler (now regret) and she has chemicals all around all of her life (even before birth but using Johnson and Johnson's products probably added even more when she was a baby).

She has issues with being fully rested, always had my crazy sleeping schedule, and we eat whatever the grocery store provides (my husband does the shopping). I guess we need to be more active, remove sugar/starches, and I don't know how we're going to remove endocrine disruptors in a suburb atmosphere. She is 15 now and I hope when she's 18 that she will move to a place where she can remove all that toxic sludge out of her body, but that's her choice.

Posted On 02/23/2024
