

Guillermou

We know that intestinal dysbiosis, defined by an alteration in the composition of the intestinal microbiota and the reduction of its diversity, is associated with intestinal and extraintestinal conditions, such as irritable bowel syndrome, inflammatory bowel disease, celiac disease, colorectal cancer, metabolic disorders (obesity and type 2 diabetes), Alzheimer's and Parkinson's diseases and other pathologies. In this study, gut microbiota diversity was significantly lower in patients with adenomyosis. Furthermore, the analysis showed that the composition of the intestinal microbiota differs between patients with adenomyosis and controls.

Patients with adenomyosis presented a reduction of the Bifidobacterium genus in the intestinal microbiota compared to the control group. Bifidobacterium is known to have beneficial effects such as the production of short-chain fatty acids (SCFAs), the formation of biological barriers, and the secretion of antimicrobial compounds. Most of the other bacterial taxa depleted in the adenomyosis group are important butyrate producers and some have also been found to be reduced in the inflammatory bowel disease, Crohn's disease.

disease, and endometriosis. Butyrate is a SCFA found in the intestinal metabolome that serves as a crucial energy source for enterocytes and stimulates the growth of the intestinal epithelium, repairing and strengthening the intestinal barrier. A decrease in the abundance of taxa responsible for butyrate production can lead to compromised epithelial cell integrity, increased colonic permeability, bacterial infiltration, and local inflammation.

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Guillermou

Strobolome has been considered to contribute significantly to adenomyosis and endometriosis by deregulating circulating estrogen levels in women, through gut microbial enzymes involved in its metabolism. In particular, beta-glucuronidase, beta-galactosidase and beta-glucosidase are bacterial hydrolytic enzymes that play a key role in the deconjugation of estrogens leading to an increase in estrogens in the circulatory system. As Dr. Mercola reports, prolonged exposure to estrogen may be a contributing factor to adenomyosis. Bacterial taxa are Gram-negative and, therefore, are characterized by having lipopolysaccharide (LPS) as the main component of their outer membrane.

LPS functions as a powerful endotoxin and its activation of pattern recognition receptors, such as the toll-like receptor, plays a crucial role in eliciting pro-inflammatory and immune responses, as well as promoting neoangiogenesis and the secretion of growth factors. It is known that all of these mechanisms are involved in the pathogenesis of adenomyosis. The composition of the intestinal, vaginal and endometrial microbiota of patients with adenomyosis is a factor of important evidence in adenomyosis.

Probiotics are beneficial for health and, according to studies in humans and animals, they act to eliminate female gynecological disorders such as vaginal infections, polycystic ovary syndrome, adenomyosis and endometriosis. journals.plos.org/plosone/article?id=10.1371/journal.pone.0263283 (2022).-- www.ncbi.nlm.nih.gov/.../PMC9369051 (2022).-- www.ncbi.nlm.nih.gov/.../PMC11168261 (2024).-- scholar.utc.edu/.../478 (2024).-- www.ncbi.nlm.nih.gov/.../PMC10301998 (2023).-- journals.sagepub.com/doi/10.1177/17455057241234524?icid=int.sj-full-te.. (2024).-- obgyn.onlinelibrary.wiley.com/.../aogs.14847 (2024).--

Posted On 06/26/2024

juststeve

Gui, would you know is this condition also known as Fibroid Tumors? I've known way too many women in this area who have suffered what were called Fibroid Tumors and the symptoms sound very much the same. Most of them have ended up with hysterectomies.

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Guillermou

Yes Just, my dear mother had a uterine fibroid. It is estimated that currently between 20% and 50% of women of reproductive age have fibroids, and up to 77% of women will develop fibroids at some point during their childbearing years. Only about one-third of these fibroids are large enough to be detected by a healthcare provider during a physical exam, so they often go undiagnosed. Fibroids are not cancerous and do not increase the risk of uterine cancer. Studies suggest that genetics and long-term exposure to estrogen may increase the risk of developing fibroids. Symptoms may include heavy and prolonged periods, bleeding between periods, pressure in the abdomen, and pelvic pain.

www.hopkinsmedicine.org/health/conditions-and-diseases/uterine-fibroid..

Posted On 06/26/2024

juststeve

So sorry Gui to know your mom must have gone through so much discomfort and pain.

Posted On 06/26/2024

Anne.Kirsche

I enjoy reading your comments. Your wealth of knowledge is extraordinary.

Posted On 06/26/2024

Guillermou

Anne.Kirsche. very grateful for being useful. As a former professor, my vocation continues to be learning from Dr. Mercola and all the excellent comments on this great website with international reach. A big hug. Gui

Posted On 06/26/2024

lixiang

I believe I had adenomyosis in my 40s-50s. Primarily, it caused my abdomen to be larger and harder feeling. I felt unattractive but otherwise had no problem with painful sex or other discomforts. I was eating a Weston A. Price traditional foods diet. I did a search and learned that the condition often subsides with menopause, so I chose to wait it out. No other treatments. And, sure enough, once I hit menopause my abdomen shrunk down to normal size. I'm glad I did not get a hysterectomy or other medical interventions.

Posted On 06/26/2024

hkpray2day

Unfortunately, it does not always disappear. 10 years after menopause I still have to be careful what I eat to avoid a flair.

Posted On 07/01/2024

josephunger

I have had MANY patients benefit from progesterone therapy including men. Personally reversed a decade old skin issue with progesterone. I was a staunch non-believer until I took a course presented by the authors of this book. Nice explanations. [www.simonandschuster.com/books/The-Estrogen-Alternative/Raquel-Martin/..](http://www.simonandschuster.com/books/The-Estrogen-Alternative/Raquel-Martin/) There is the GURU, John Lee MD, but a tough read for lay folks. www.johnleemd.com Any interested in exploring the true depth of this issue might find the following convincing. Opened my stubborn brain way up! www.penguinrandomhouse.com/books/214057/the-greatest-experiment-ever-p..

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Guillermou

Thanks Jose. A great woman: "As one of her friends wrote: "Her daring criticisms, her courageous persistence in the face of major efforts to silence and discredit her, provided a model for many and gave us all strength to ensure that women's voices are heard and our concerns taken seriously." In 1975, Seaman and 4 other women founded the National Women's Health Network, a women's health advocacy group based in Washington DC that continues to raise public awareness and influence public policy on women's health issues and concerns, as well as highlight the need for women to become knowledgeable about their bodies and care options. Seaman was also one of the first to question the medicalization of women's natural cycles, including the common practice of prescribing hormone therapy to "treat" menopause, raising concerns decades before the landmark Women's Health Initiative study (2002) demonstrated that long-term use of hormone therapy significantly increases the risk of breast cancer and stroke, among other harmful effects.

In her book, *The Greatest Experiment Ever Performed on Women* (2003), Seaman soundly demonstrates the failure of the FDA and the medical establishment to demand rigorous testing of hormone therapy before mass prescribing took place and punishes the pharmaceutical industry for profits putting above women's lives " .-----www.ncbi.nlm.nih.gov/.../PMC2276533

Posted On 06/26/2024

Guillermou

Ms. Seaman's first book, "The Doctors' Case Against the Pill" (P. H. Wyden), was considered groundbreaking when it was published in 1969. It argued that oral contraceptives, which then contained high doses of estrogen, posed serious, possibly fatal, health risks, and that doctors routinely failed to inform women of those risks. Among the risks Ms. Seaman listed were heart attacks, strokes, blood clots, cancer and suicidal depression. "The Doctors' Case Against the Pill" was credited with inspiring a generation of women, who had long been discouraged by male doctors from asking too many questions, to take control of their health care.

It was also credited with helping bring about Senate hearings in 1970, led by Gaylord Nelson, Democrat of Wisconsin, on the safety of oral contraceptives. As a result of the hearings, birth control pills were required to carry a printed warning that discussed risks in general and clotting disorders in particular. With four other women, Ms. Seaman founded the National Women's Health Network, an advocacy group based in Washington, in 1975. www.nytimes.com/.../01seaman.html -----
embryo.asu.edu/.../barbara-seaman-1935-2008

Posted On 06/26/2024

junebugsmith

For women who have had their ovaries removed what do you advise hormone replacement? Biotee bio identical hormones have been a saving grace for me, relieving my debilitating symptoms from surgically induced menopause.

Posted On 06/26/2024

lecheese00

I just had an excision surgery for adenomyosis. They found Pelvic Congestion and Interstitial Cystitis as well as endometriosis. I got ZERO relief from this surgery so I am looking at a total hysterectomy now and just praying it relieves the heavy bleeding and clotting, back pain, pelvic pain, urinary urges, bowel issues. I have found NO natural remedies and my surgeon said I cannot heal holistically and will still have issues after the hysterectomy. I am actually contemplating assistance in dying as I do not want to live with the complications from this. Women's menstrual disorders are an awful thing that no man will ever know the scope of. For the record, I was only on contraceptives as a teen for a brief time while on accutane. I had 2 full term pregnancies and 2 miscarriages and never had a pregnancy again, never using contraception. I am in my early 40s now and adenomyosis has ruined my life. Please address these issues more frequently!!

Posted On 06/26/2024

Laura G.

I sympathize with you! You are correct that no man will ever understand this, and this is why I've had to boycott my favorite cosmetics store Ulta allowed a man who openly pretends he is an adolescent girl who menstruates to represent their company. I take utmost offense to this—it's like a punch in the uterus to those of us women who struggle with menstrual issues. Not to mention, he was buying tampons and pads, potentially preventing a girl or woman who really needed the products to use them. When I get my preferred pads, I currently have to buy multiples, but I always make sure to leave some on the shelf for the next lady who might be struggling. I do this with cat food/treats, too. lol

Posted On 07/01/2024

Docathelake

I know four women personally and 10 plus more in a facebook group I'm in that can't get pregnant and the ones that still eat a veggie based diet continue to adopt children and the ones that switch to fatty meat keto get pregnant in about three months js

Posted On 06/26/2024

carolbe

Metalloestrogens such as cadmium and others are also probably a contributing factor.

Posted On 06/26/2024

Laura G.

Dr. Mercola, thank you so much for writing about this! I am currently struggling with excessive bleeding. The problem I have when trying to take progesterone is determining when my period stops and starts. I'm spotting all the time. Any ideas? Also, should one take this indefinitely? Finally, is it possible to eliminate adenomyosis with these tips, or are we talking just alleviating symptoms?

Posted On 07/01/2024

pjucla

Very painful debilitating diseases be grateful for surgeons .

Posted On 06/27/2024

GoldCoaster

Unfortunately my organic raw milk comes in plastic. I often wonder if I should still drink it. Maybe the good out ways the bad????

Posted On 06/26/2024

Dr. Mercola

Nearly all raw milk comes in the worst plastic that is loaded with above average xenoestrogen. The more flexible the plastic the more they are. One of the major reasons they are in plastic is to make them flexible. The solution is to get the farmer to put it in glass for you or transfer it to glass as soon as you can.

Posted On 06/27/2024

pea7228

"If you are a menstruating woman, you should take the progesterone during the luteal phase or the last half of your cycle which can be determined by starting 10 days after the first day of your period and stopping the progesterone when your period starts.". Does anyone know the reasoning for beginning on day ten rather than on day fourteen, which is the typical guidance?

Posted On 06/26/2024

Dr. Mercola

They both work, but to optimize it more likely can start progesterone on day 10 but use it at half dose until day 14.

Posted On 06/26/2024

vwbabie

After vaccinating for Covid-19 at the end of 2021, due to a vaccination requirement being made by a youth organization that I regularly volunteer with, I developed severe menstrual bleeding. Within days of being injected, I started severely bleeding and it lasted 10 days. I reported this to Canadian healthcare officials and they said it did not fit with known vaccination side effects (even though it is now acknowledged). After this, I continued to have menstrual bleeding that was abnormally heavy, but stabilized to a more manageable/ normal length of days. My family GP's on-call Doctor remotely ordered blood tests (very low iron), ultrasounds and referred to Male Gyno who found pretty large (5cm) uterine fibroids (3) and very thick uterine lining (23mm).

Previously I had no bleeding issues, and have had 3 full term pregnancies and 3 miscarriages. The Gyno pushed hard for hysterectomy and I said no and asked for non-invasive alternatives - he had none, so I quit him and suffered. This year I needed to have a corticosteroid injection, due to calcific tendonitis in my shoulder, and it re-aggravated my bleeding issues and that lasted 4 months. I contacted my GP (I haven't actually seen him since 2019) and HE ordered another ultrasound, blood tests, and is referring me to a Female Gyno who is a friend.

We talked about possibly using progesterone to see if that might help with the bleeding - but he will let the female gyno go over pros and cons. I don't know if the Covid-19 vaccine caused the fibroids, but I do know that I did NOT have bleeding issues prior to the vaccine. Does anyone know if this using progesterone works well for controlling menstrual bleeding? I am not comfortable getting a hysterectomy and only want to do it if it's the only option. This started when I was 39 - which felt way too young for this stuff to be happening. :(

Posted On 06/26/2024

pea7228

Vwbabie (hard to type that name without smiling), I'm sorry for all you are going through. Please consider joining the Estrogen Dominance Support Group on Facebook. This group will likely help you find the answers you are looking for!

Posted On 06/26/2024

starstuff

Hi, I'm not sure about PG for reducing bleeding. But, my experience is similar. Normal cycles and no bleeding issues until my partner (not me) was vaccinated, and immediately I started experiencing major clotting and heavy, painful bleeding. (this was immediately after our first exchange, 3 months after his first vaccine; apparently that was perfect timing since sperm take about 3 months to go from formation to release.) I went to my OB, and after ultrasound determined that fibroids had oddly, suddenly developed. My acupuncturist administered Chinese herbs, essentially for "stasis in the lower house." My next appointment was only 4 weeks after the first, to assess for surgical removal.

I visualized faithfully each day of those 4 weeks, took the herbs, and abstained from intercourse with a presumably spike-protein shedding partner. I was given the "all clear" at the next ultrasound. Consider the stasis in the lower house herbs and visualization. That all said, if your partner is vaxxed, consider barriers to protect your womb. After things were clear and cycles normalized, we resumed our normal activity and the same clotting occurred. It's a shame and has been the cause of many marriages ending, but if that's not an option, barriers might be permanently necessary.

Posted On 06/27/2024

Laura G.

I'm going through something similar, only I didn't get the shot, but I think I had C19. Here's the thing, I spoke with a naturopathic doctor who explained fibroids aren't the reason for the bleeding, and at first I didn't believe him, but now I understand—many women have fibroids and don't even know it, so it isn't the fibroids causing the bleeding, rather the fibroids are another symptom of the hormonal imbalance causing the bleeding. We can get rid of fibroids and still have heavy bleeding, so that opened my eyes to what he was saying. I had success supplementing with iron, B6, B12. Recently, I ate like crap and am experiencing a setback. I'm going to continue with the supplements because paradoxically having low iron/anemia can cause heavy bleeding. I think it just takes one or two cycles to get low and then it's a vicious cycle. I'd mistakenly thought the heavy bleeding always had to come first, so I never thought to look at it the other way. Good luck to you!

Posted On 07/01/2024

michelevmoore

Dr Mercola - - thank you for this rare article on a condition I was diagnosed with only after a hysterectomy due to uncontrolled bleeding and horrible pain during my cycles in my 30's and 40's (after numerous years on birth control pills). The fact that more doctors don't know about this or correctly treat this debilitating and unnecessary disease is appalling. It's too late for me, but I hope it will help someone else.

Posted On 06/26/2024

adecellesgmail.com

It looks like the chickens have come home to roost! The unintended consequence of over-prescribing birth control pills by the medical industry for every female malady including cramps and acne, which are normal for children entering puberty. Not to mention what the disposed birthcontrol pills have done to the waste stream. (gay frogs, TY Alex Jones) Free Love as it turns out is not free after all.

Posted On 06/26/2024

Anne.Kirsche

I'm confused. I had this condition in my 40s, and even then my estrogen levels were low - in the post menopausal range. I had been supplementing with natural progesterone, and while my levels were higher than a non supplemented woman, they didn't even reach the lower levels of supplementation. My doctor said if I was menstruating, my estrogen was good, but when looking at the test results, had no explanation. I wasn't on the pill, but 30 years earlier had complications from an iud.

Posted On 06/26/2024

josephunger

It can be complicated and confusing. The book I referenced in a previous post has good explanations. One issue could be the form of progesterone. If it was the oral variety, the digestive system destroys and renders less effective.

Posted On 06/26/2024
