



Support for
PCOS & ENDOMETRIOSIS

Advice based on the pearls of Chinese
medicine wisdom.

KIM CHILD | LICENSED ACUPUNCTURIST



Welcome!

I'M KIM

I've supported many women over the years with issues caused by endometriosis and poly cystic ovary syndrome. Acupuncture is beneficial to manage symptoms and conceiving (naturally or assisted conception).

It would be great to help you!
Please feel free to reach out, I offer a free 20 min. discovery session virtually or in person.

[BOOK NOW](#)

SUPPORT FOR PCOS & ENDO

2023

ABOUT

PCOS is the most common pattern of infertility in developed countries along with endometriosis. Polycystic ovaries contain a large number of harmless follicles that are up to 8mm (approximately 0.3in) in size. The follicles are underdeveloped sacs in which eggs develop. In PCOS, these sacs are often unable to release an egg, which means ovulation does not take place.

With endometriosis, cells similar to the ones in the lining of the womb grow elsewhere in the body. These cells react to the menstrual cycle each month and also bleed. However, there is no way for this blood to leave the body. This can cause inflammation, pain and the formation of scar tissue.

The prevalence of endometriosis in women with infertility can be as high as to 30–50%.



PCOS

TIPS

1 Low GI

Eat foods low on the Glycemic Index (GI) such as vegetables & whole grains. It's very important to completely avoid refined carbohydrates which include: sugar (fizzy drinks & candy), white flour, whole wheat flour and products made from them (pasta, breads, desserts, etc.)

2 Keep your blood sugar stable by eating regularly

Meal intervals should be around every 3 to 5 hours. Include some protein and good fats (e.g. nuts or seeds or nut butters, eggs, humus etc. at each meal. Foods higher in protein take up to 5 hours to digest while carbohydrate foods digest within 30 minutes and spike your blood sugar only providing a quick energy fix.

3 Eat at least five servings a day of vegetables

Including at least two of leafy greens (kale, broccoli, collard greens, bok choy, cabbage, etc.) Leafy greens contain indole-3 carbinol, which helps to regulate liver function which is key in glucose and hormone metabolism.

4 Beans please...

Have **regular servings of legumes** such as black beans, aduki beans, mung beans, black-eyed peas etc.. Aduki beans are beneficial in draining 'dampness' from the body.

PCOS

TIPS

5 *Meat*

If it's possible, try to eat organic or grass fed meats. Plan a meal with red meat up to 2 times per week. When meat has been grain fed it changes the fats from healthy omega 3 fats to omega 6's.

6 *Berries*

Eat up to 3 daily servings berries. They are lower on the glycemic index and high in anti-oxidants.

7 *Cinnamon*

Include cinnamon into your diet daily as it helps to reduce insulin resistance.

8 *Exercise*

Include some form of moderate exercise (yoga, pilates, walking) for at least 30 min/day 5 days a week. Studies have shown exercise can reverse diabetes & improve insulin sensitivity as well as help with weight control.

PCOS

TIPS

9 Try Acupuncture

A study at Goteborg University in Sweden showed electro-acupuncture may help 38% of women with PCOS women ovulate. Acupuncture can help to restore the ratio of LH and FSH, reduce the level of testosterone and beta-endorphin. Some studies show acupuncture also helps to reduce the size of polycystic ovaries, which can enhance ovulation and egg implantation.

10 Lose some weight

Fat cells store oestrogen which can have a direct influence on PCOS and fertility. Losing even a moderate amount of weight can produce a significant improvement.

11 Love your liver

Your liver is important in insulin metabolism, it's important to keep your liver functioning well. Adding vitamin B complex to your daily routine.

ENDOMETRIOSIS

TIPS

1 *Eat a Healthy Diet*

A low-fat primarily plant-based diet rich in fibre and antioxidants has been shown to decrease the symptoms of endometriosis. Include foods high in omega-3 fatty acids in your diet, such as avocados, nuts, olive oil, and low-mercury wild fish, as these are linked to reduced inflammation.

2 *Stay active*

You may not want to exercise when you're in pain, but when you feel up to it, try to move at least 30 minutes a day. A study from 2022 showed that women with endometriosis who exercised three days a week reported lower pain levels on the days after exercise.

3 *Take a bath*

Bathing with Epsom salts can also help soothe pelvic and abdominal pain.

4 *Explore mind body connection*

Living with pain is draining emotionally as well as physically, soothing your mind with approaches like meditation and deep breathing may help your body feel better.

ENDOMETRIOSIS

TIPS

5 *Get a good nights sleep*

Women with endometriosis are twice as likely to be affected by fatigue as those who don't have the condition. This fatigue was also linked to an increase in insomnia. To get a better sleep, check out [The Better Sleep Guide](#) in Kim's free resource section.

6 *Try Acupuncture*

Acupuncture can reduce pain related to endometriosis and regulate your cycle. A qualified acupuncturist who specialises in women's health applies fine needles to correct imbalances by increasing blood flow to the uterus. Treatment is varied to each individual diagnosis.

7 *Be kind to yourself*

Keep track of your period and endometriosis symptoms on a monthly basis, you can get an idea of when you may experience the most pain. Try clearing your calendar during these times so you won't have to rush between social and work obligations and can focus more on taking it easy.



Testimonial

'I have used many acupuncturists over the years and find Kim to be one of the very best. You get so much from each appointment, help, advice and continued support with follow up e-mails. I have had endometriosis for 2 years and since seeing Kim my pain management is greatly improved using far less conventional pain relief. I highly recommend her to anyone'. C.K.