

Endo nutrition beyond the *anti-inflammatory diet.*

Pain-pattern eating, oestrogen science & the IBS overlap.
Built on ESHRE · NICE NG73 · WES · Cochrane.

Inside this preview: the Clinical Guide cover, contents page and a chapter sample, the Patient Handout Pack cover and 2 handout samples, and a complete contents map of the full bundle.



SWIPE TO EXPLORE

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A CLINICAL GUIDE

The *Endometriosis* Nutrition Handbook

PL. V

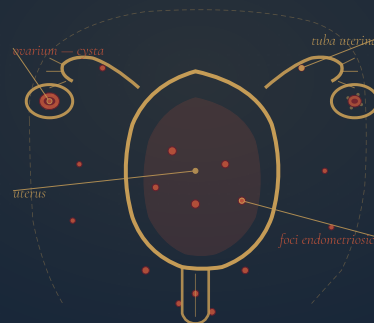


Fig. v · Endometriosis — distributio focorum
ECTOPIC IMPLANTS · CHOCOLATE CYSTS · INFLAMMATION

- Jurkiewicz-Przondziona, J., et al. (2017). Influence of diet on the risk of developing endometriosis. *Ginekologia Polska*

CONTACT

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Phytoestrogens — Friend or Foe?

Phytoestrogens are plant-derived compounds that bind to oestrogen receptors. In endometriosis, their role is nuanced:

TYPE	FOOD SOURCES	EVIDENCE IN ENDOMETRIOSIS
Isoflavones	Soy (tofu, tempeh, edamame, miso)	Bind preferentially to ERβ (which has anti-proliferative effects, unlike ER α). At typical dietary levels, isoflavones exert weak anti-oestrogenic effects by competing with more potent endogenous oestrogen for receptor binding. Epidemiological data from Asian populations with high soy intake show lower endometriosis prevalence . Current evidence supports moderate dietary soy intake (1–2 servings/day) as likely beneficial, not harmful. Avoid concentrated soy isoflavone supplements. ¹⁷
Lignans	Flaxseeds, sesame seeds, whole grains	Converted by gut bacteria to enterolactone and enterodiols, which have weak oestrogenic and anti-oestrogenic properties. Flaxseed lignans inhibit aromatase and increase SHBG (reducing free oestrogen). Ground flaxseeds (1–2 tablespoons/day) are generally considered beneficial for oestrogen modulation in endometriosis. ¹⁸
Coumestans	Alfalfa, clover, mung bean sprouts	Stronger oestrogenic activity than isoflavones. Intake from typical diet is low and unlikely to be clinically significant.

CLINICAL TIP

Do not advise patients to avoid all soy or phytoestrogens. The evidence does not support blanket avoidance. Moderate dietary soy intake (tofu, tempeh, edamame) provides anti-inflammatory protein with potential anti-oestrogenic benefit at the receptor level. The concern about phytoestrogens “feeding endometriosis” reflects a misunderstanding of ER β vs ER α receptor selectivity. What should be avoided are **concentrated phytoestrogen supplements** and excessive processed soy products.¹⁷

Fibre and Oestrogen Excretion

Dietary fibre plays a critical role in oestrogen clearance:

1. The liver conjugates oestrogen (glucuronidation, sulphation) and excretes it via bile into the gut
2. In a healthy, high-fibre gut, conjugated oestrogen **binds to fibre** and is eliminated in faeces
3. In a low-fibre gut with dysbiosis, bacterial **β -glucuronidase** deconjugates oestrogen, allowing it to be **reabsorbed** into circulation (enterohepatic recirculation)
4. Higher fibre intake = more oestrogen excreted, less recirculated = lower circulating oestrogen levels

KEY POINT

Women with higher fibre intakes have lower circulating oestrogen levels. Target: 25–30 g fibre/day (most women consume only 15–18 g). Increase gradually to minimise bloating (critical in endometriosis patients who already experience “endo belly”). Best sources: vegetables, legumes, whole grains, ground flaxseeds, chia seeds, psyllium husk.¹⁹

PATIENT HANDOUT PACK

The *Endometriosis* Handout Pack

FIG. VI

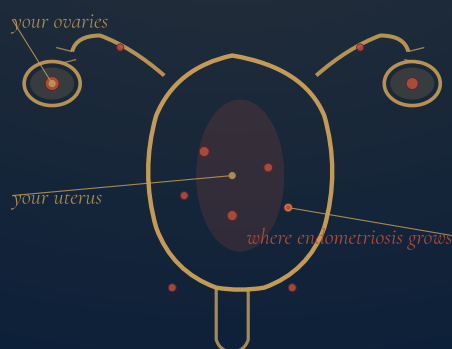


Fig. vi · Living with endometriosis

UNDERSTANDING · NOURISHING · THRIVING

Patient Handouts

01 Understanding Endometriosis & Nutrition

02 Anti-Inflammatory Eating Guide

03 Omega-3 Rich Foods

04 Oestrogen & Your Diet

05 Gut Health & Endometriosis

06 Managing “Endo Belly”

07 Supplements for Endometriosis

08 Meal Planning for Flare Days

09 Anti-Inflammatory Food Swaps

10 Eating Well with Endometriosis

11 Caffeine, Alcohol & Endometriosis

12 Your Endo Food & Symptom Diary

13 7-Day Meal Plan & Shopping List

14 Cycle & Symptom Tracker

15 Supplement & Lab Tracker

Foods That May Increase Inflammation

LIMIT OR REDUCE

- **Processed meats** — bacon, sausages, deli meats, hot dogs
- **Refined carbohydrates** — white bread, pastries, sugary cereals
- **Added sugars** — sweets, fizzy drinks, biscuits, cakes
- **Trans fats** — fried fast foods, some margarines, commercially baked goods
- **Excessive red meat** — aim for no more than 1–2 servings per week
- **Highly processed foods** — ready meals, crisps, instant noodles
- **Excess alcohol** — alcohol promotes inflammation and may affect oestrogen levels

The Mediterranean Dietary Pattern

The Mediterranean diet is the most studied anti-inflammatory eating pattern and is a great foundation for women with endometriosis. It emphasises:

- Plenty of vegetables, fruit, whole grains, and legumes daily
- Olive oil as the primary cooking fat
- Fish and seafood at least twice per week
- Moderate amounts of poultry, eggs, and dairy
- Limited red meat and processed foods
- Herbs and spices for flavour instead of salt

PRACTICAL TIP

You do not need to follow a strict Mediterranean diet. Start by making one or two swaps each week — for example, replacing butter with olive oil, or having fish instead of red meat twice a week. Small, consistent changes add up over time.

NOTES FROM YOUR DIETITIAN

The *Endometriosis* Nutrition Handbook

You have just previewed 6 pages. Below is what's in the full bundle.

PART ONE

Clinical Guide

12 CHAPTERS · ~69 PP

- Understanding endometriosis
- The inflammation connection
- Anti-inflammatory dietary patterns
- Oestrogen & nutrition
- Gut health & the IBS overlap
- Supplements & complementary approaches
- Pain & symptom management through diet
- Endometriosis & fertility · living with endo · case studies

PART TWO

Patient Handout Pack

15 PRINT-READY
HANDOUTS

- Understanding endometriosis & nutrition
- Anti-inflammatory eating guide
- Omega-3 rich foods
- Oestrogen & your diet
- Gut health & endometriosis
- Managing “endo belly”
- Supplements for endometriosis
- Meal planning for flare days
- Caffeine, alcohol & food & symptom diary

PART THREE

Recipe Collection

46 ENDO-FRIENDLY
RECIPES

- Breakfast · lunch · dinner
- Snacks · desserts
- Anti-inflammatory swaps called out on every recipe
- Omega-3 rich options flagged
- Pain-flare friendly tags

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