

# Endometriosis

## What Is Endometriosis?

Endometriosis is a condition where the cells in the lining of the uterus flourish on the outside of the uterine cavity. The uterine cavity is coated in endometrial cells, and these are at the influence of female hormones. In the areas outside of the uterus, the endometrial cells are influenced by any hormonal changes and can respond in a similar way to the cells that are found within the uterus.

## What Is Endometriosis?

Endometriosis does not have a known cause but may be related to retrograde menstruation, embryonic cell growth, endometrial cell transport, surgical scar implantation, or immune system dysfunction.

Some of the symptoms of endometriosis are pain and also infertility; this can be made worse during the menstrual cycle, the most common cause of secondary dysmenorrhea. Endometriosis is estimated to occur in around 6-10% of women and most commonly in women who are experiencing infertility.

## Endometriosis FAQ

**Q: I have been taking Serrapeptase for several years, and it is one product I won't go without. My question is: Is it safe to take both Astaxanthin and Serrapeptase? Don't both thin blood? By the way, I started taking systemic enzymes after having a blood transfusion due to extremely heavy periods.**

A: Yes, it is fine, and for your information, neither of them thins the blood.

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**“Hi there, a couple of years ago I took your product Serrapeptase for endometriosis, and with the help of this and other things, I no longer have it. Thanks.”**

**- Julie K.**

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**“Thank you - just to say I've had great success using the SerraEnzyme for clients with endometriosis. Great products.”**

**- Sally**

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*Follow the Health Plan as recommended for the best results:*

## ENDOMETRIOSIS HEALTH PLAN

The endometriosis health plan is designed to provide relief from symptoms within a few short weeks, when the plan and the healthy lifestyle are followed correctly. For best results, commit to the plan and a healthy lifestyle in the long-term as good health will result.

*Your 4-8 Week Plan, From My eBook, by Robert Redfern  
Supplements to support women's health - in order of priority:*

- **BlockBuster AllClear** - Take 3 capsules x 3 times a day, 30 minutes before eating, with water. This Serrapeptase/Nattokinase formula is designed to clear inflammation and to support the healing process.
- **Curcuminx4000** - Take 1 capsule x 3 times per day, with the BlockBuster AllClear. Curcumin is a powerful antioxidant that supports the healing process.
- **NatraGest Progesterone Cream** - Apply 1/4 to 1/2 teaspoon to skin daily. This regulates and supports hormonal balance.
- **Nascent Iodine** – Iodine is essential for a completely healthy body. Take 5 drops x 3 times per day in 20ml of water, swish around the mouth for 30 seconds before swallowing. Build over 2 weeks to 15 x 3 until well and then slowly reduce back to 5 x 4. Take 1st dose on waking, 2nd midmorning and 3rd midafternoon. Note that Iodine needs a supplement containing Selenium to activate it, such as Active Life, D.I.P. Daily Immune Protection or B4 Health Spray.
- **Active Life Capsules** - Essential vitamins, folic acid, 77 trace minerals and elements, electrolytes, and 18 amino acids to help replenish storages in your body that are naturally depleted each day. Take 3 capsules, twice daily.