

A FUNCTIONAL MEDICINE GUIDE

# Empowered Living with Endometriosis



RESTORE YOUR:

*Health*

*Fertility*

*Family*

*Joy*

*LIFE!*



Women are worthy of the highest standard of medical care, including the opportunity to assess, understand, and improve their overall and reproductive health!

## INTRODUCTION

# Hello, I'm Dr. Patrick Yeung, Jr.

I'm the Founder of the RESTORE Center for Endometriosis, dedicated to addressing the root causes of endometriosis through optimal excision surgery and advanced adhesion prevention.

With over 15 years of experience and more than 4,000 surgeries, I specialize in minimally invasive laser excision (LAPEX) to treat pain and infertility, inspired by my personal journey with my wife toward health and fertility restoration.

As an Adjunct Professor at Saint Louis University, I'm committed to advancing research and providing personalized care to help women regain their health and quality of life.



At the RESTORE Center for Endometriosis, we offer a root cause treatment to remove the disease to help pain, quality of life, sexual functioning, and recurring fertility.

*- Dr. Yeung*



Follow us for healthy living tips + endo education!



# Endometriosis & Functional Medicine

## What is Endometriosis?

Endometriosis is a chronic inflammatory condition where tissue similar to the lining of the uterus grows outside the uterus, causing pain, inflammation, and often impacting fertility. Common symptoms include pelvic pain, heavy periods, fatigue, painful intercourse, and infertility.

While the exact cause is unknown, common triggers include hormonal imbalances, inflammation, and immune system dysfunction.

## The Functional Medicine Philosophy

Functional Medicine focuses on treating the root causes of conditions rather than just managing symptoms. For endometriosis, this means addressing hormonal imbalances, reducing inflammation, and supporting the body's natural detoxification processes. By taking a holistic approach, Functional Medicine aims to restore balance and promote overall health.

Unlike traditional options that often rely on band-aid treatment-pain management, hormonal suppression, or repeated surgeries, Functional Medicine seeks to provide lasting solutions by optimizing the body's systems, reducing dependency on medications, and focusing on personalized care to improve long-term outcomes.

## RESTORE'S Principles

At RESTORE, our approach emphasizes long-term solutions over temporary fixes. Our key principles include:

- **One & Done Surgery:** Comprehensive excision surgery to fully address endometriosis in one procedure
- **Natural Fertility:** Supporting the body's natural ability to conceive by addressing root causes
- **Avoiding Band-Aid Options:** Steering clear of temporary symptom relief methods that don't address underlying issues
- **Adhesion Prevention:** Utilizing advanced techniques to prevent adhesions and improve outcomes after surgery

## The Power of Small, Daily Changes

Improving your quality of life starts with small, consistent, sustainable steps. Simple changes like adopting an anti-inflammatory diet, practicing stress management, and prioritizing restorative sleep can significantly impact your symptoms and overall well-being.

At RESTORE, we empower you to take control of your health through informed, actionable strategies. Over time, these small changes compound, leading to meaningful improvements in managing symptoms and fostering a healthier, more balanced lifestyle.

# The 4 Phases of Your Menstrual Cycle

One of the most empowering pieces of education any woman can receive is understanding the four phases of your menstrual cycle.

Understanding that you are experiencing shifts in your hormones, emotions, energy levels, and nutritional needs, you can give yourself permission to live with your cycle—eating foods that nourish hormone balance, choosing appropriate workouts, and focusing on self-care.

## Understanding Your Menstrual Cycle

Your menstrual cycle consists of four distinct phases that work together to regulate reproductive health and overall well-being. Each phase has unique hormonal changes, symptoms, and needs.

### Phase 1: The Menstrual Phase

- **What Happens:** The uterine lining sheds, producing your period. This marks day 1 of your cycle
- **When:** Typically lasts 3–7 days
- **Signs/Symptoms:** Low energy, fatigue, mood changes, mild cramping, and bloating
- **Self-Care Tips:** Focus on rest and gentle activities like yoga, walking, Epsom baths, a massage, or journaling

### Phase 2: The Follicular Phase

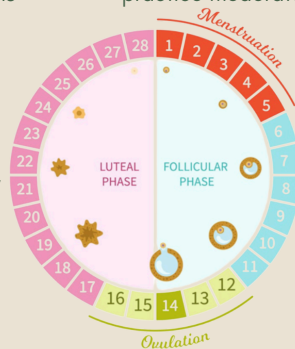
- **What Happens:** Follicles containing eggs develop in the ovaries, and estrogen levels rise to rebuild the uterine lining
- **When:** From day 1 to around day 14, overlapping with menstruation
- **Signs/Symptoms:** Increased energy, better mood, and productivity
- **Self-Care Tips:** Incorporate light cardio, strength training, and creative hobbies

### Phase 3: The Ovulatory Phase

- **What Happens:** A mature egg is released in hopes of fertilization. Hormone levels peak, making this the most fertile phase
- **When:** Around days 12–18, commonly day 14—peak fertility
- **Signs/Symptoms:** High energy, increased libido, and mild bloating
- **Self-Care Tips:** Tackle big projects, enjoy social activities, increase physical activity

### Phase 4: The Luteal Phase

- **What Happens:** The uterine lining thickens to prepare for pregnancy or the next period
- **When:** Post-ovulation until the next menstrual cycle (days 15–28)
- **Signs/Symptoms:** Calmer feelings during the first half followed but higher emotions with possible bloat or cramping in second half
- **Self-Care Tips:** Prioritize relaxation, practice moderate exercise, Epsom baths





# Eating for Your Cycle

## Menstrual Phase (Days 1-7)

- **Focus:** Replenishing iron and supporting detoxification.
- **Recommended Foods:**
  - Iron-rich foods: grass-fed beef/lamb, pork, chicken, turkey, liver, lentils, spinach, kale, dark chocolate/fat bombs
  - Anti-inflammatory foods: bone broth, turmeric, ginger, cinnamon, chamomile or red raspberry tea, golden milk lattes
  - Hydrating foods: watermelon, cantaloupe, oranges, cucumber, celery, smoothies, coconut water
- **Foods to Avoid:** Caffeine, spicy foods, processed foods, excess salt and sugar, dairy

## Follicular Phase (Days 8-14)

- **Focus:** Building energy and supporting estrogen metabolism.
- **Recommended Foods:**
  - Lean proteins: chicken, eggs, salmon, turkey, quinoa, smoothies
  - Leafy greens & cruciferous vegetables: broccoli, cauliflower, Brussels sprouts, cabbage
  - Healthy fats: avocado, nuts, seeds (pumpkin, flaxseeds), olive oil, dark chocolate/fat bombs
  - Fermented foods: sauerkraut, kimchi, yogurt, kefir
- **Foods to Avoid:** Processed sugars, excess alcohol, refined carbs

## Ovulatory Phase (Days 15-17)

- **Focus:** Supporting liver function and reducing inflammation.
- **Recommended Foods:**
  - Antioxidant-rich foods: berries, citrus fruits, pomegranates, cherries, tomatoes, turmeric
  - Zinc-rich foods: shellfish, seeds, nuts, grass-fed beef/lamb, eggs, chickpeas, quinoa
  - Liver-supporting foods: beets, broccoli, Brussels sprouts, spinach, kale, artichokes,
  - Omega-3 sources: salmon, walnuts, flaxseeds
- **Foods to Avoid:** Excess alcohol, fried foods, artificial sweeteners

## Luteal Phase (Days 18-28)

- **Focus:** Supporting progesterone production and reducing PMS symptoms.
- **Recommended Foods:**
  - Magnesium-rich foods: dark chocolate, bananas, almonds, pumpkin seeds, spinach, kale
  - Complex carbs: quinoa, brown rice, sweet potatoes, oats
  - Healthy fats: olive oil, ghee, sunflower seeds, sesame seeds
  - Soothing foods: herbal teas (peppermint, chamomile), bone broth, soups, stewed meats
- **Foods to Avoid:** Excess caffeine, high-sugar snacks, inflammatory foods

# Building a Healthy Plate

## Healthy Fats

25%



## Veggies

50%

## Lean Protein

25%

### Foods to Emphasize

- Healthy fats—**avocado, eggs, salmon, nuts + seeds, olives, avocado/coconut/olive oils, ghee, nut butters, and fat bombs**
- Low-sugar fruits like **berries, cherries, citrus, melons, and kiwi**
- Gut-healing foods, including **bone broth, grass-fed meats, green tea, and fermented vegetables like kimchi and sauerkraut.**
- Lots of **veggies!**

### Foods to Avoid

- Processed foods, fried foods, refined sugars, gluten, dairy, alcohol, caffeine as these foods fuel inflammation, leaky gut, and hormonal imbalances

### Seed Cycling

Incorporate seed cycling to support hormone balance.

Have 1-2 tbsp. of flaxseeds and/or pumpkin seeds each day during the first half of your cycle then have 1-2 tbsp. of sunflower and/or sesame seeds during the second half of your cycle.



# Chemicals & Toxins to Avoid

## Endocrine Disrupting Chemicals (EDCs) and Their Sources

- **BPA:** Found in plastics and receipts
- **Phthalates:** Present in personal care products, fragrances, and candles
- **Parabens:** Common in cosmetics and lotions
- **Pesticides:** Found in non-organic produce

## Practical Tips for Reducing Exposure

Choosing organic foods whenever possible is a great way to reduce toxin exposure, particularly by prioritizing the "Dirty Dozen" and "Clean Fifteen" lists to identify which produce to buy organic.

Switching to non-toxic cleaning (keep it simple with vinegar or baking soda) and personal care (Dr. Bronner's is a good one!) products can further minimize contact with harmful chemicals.

Using glass or stainless steel water bottles and containers instead of plastic for food storage is another effective way to avoid exposure to harmful substances like BPA.

Additionally, avoiding synthetic fragrances in products such as candles, air fresheners, and perfumes (use essential oils instead!) helps limit endocrine-disrupting chemicals in your environment.

## Apps/Resources for Toxin Tracking

- **EWG's Healthy Living App:** Provides information on the safety of various products
- **Think Dirty:** Offers easy-to-understand ratings for personal care items
- **Toxin Tracker:** Helps monitor and reduce exposure to harmful chemicals

## DIRTY DOZEN

Buy Organic

1. Strawberries
2. Spinach
3. Kale, Collard, & Mustard Greens
4. Grapes
5. Peaches
6. Pears
7. Nectarines
8. Apples
9. Bell & Hot Peppers
10. Cherries
11. Blueberries
12. Greenbeans

## CLEAN 15

Fewer Pesticides

1. Carrots
2. Sweet Potatoes
3. Mangoes
4. Mushrooms
5. Watermelon
6. Cabbage
7. Kiwi
8. Honeydew Melon
9. Asparagus
10. Sweet Peas (frozen)
11. Papaya\*
12. Onions
13. Pineapple
14. Sweet Corn\*
15. Avocados

RESTORE  
LIVING FOR WELLBEING

\*A small amount of sweet corn, peaches and summer squash sold in the United States is produced from genetically modified seeds. Buy organic varieties of these crops if you want to avoid GMOs.



# Holistic Self-Care for Endometriosis

## The Importance of a Holistic Approach

Endometriosis is a complex condition that can affect every aspect of life. A holistic approach to self-care can help manage symptoms, reduce inflammation, and support hormonal balance.

## Stress Relief

Chronic stress can negatively impact hormonal health, increase inflammation, and exacerbate endometriosis symptoms. Managing stress effectively is essential for overall well-being.

- **Deep Breathing & Meditation:** Practices like guided meditation and breathwork help calm the nervous system and reduce stress-related inflammation.
- **Self-Love Activities:** Engage in gratitude journaling, warm baths with Epsom salts, massages, and creative hobbies to promote relaxation and emotional well-being.
- **Yoga & Mindfulness:** A gentle yoga practice helps to regulate cortisol levels and alleviate tension.

## Hormone Balance & Detoxification

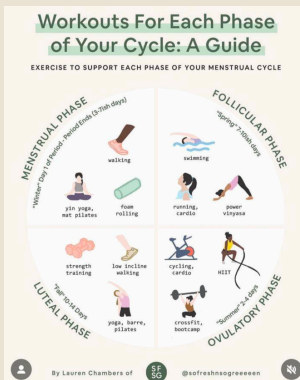
Supporting hormone balance and detoxification is crucial for managing endometriosis symptoms.

- **Liver Support:** Incorporate detoxifying foods such as cruciferous vegetables and lemon water to aid in estrogen metabolism.
- **Blood Sugar Balance:** Maintain stable blood sugar by eating regular meals with protein, fiber, and healthy fats while minimizing refined carbs and sugars.
- **Gentle Detox Methods:** Engage in practices like staying hydrated, dry brushing, lymphatic drainage self-massages, infrared sauna sessions, and sweating with light movement to support the body's natural detoxification processes.

## Movement

Exercise plays an important role in reducing inflammation, managing stress, and supporting overall health.

- **Low-Impact Activities:** Walking, swimming, restorative yoga, and Pilates are excellent options to keep the body active while minimizing stress on the joints and muscles.
- **Adapting Exercise to Your Cycle:** Modify workout intensity based on your menstrual cycle and flare-ups. Prioritize gentler movement during the menstrual phase and gradually increase intensity during the follicular and ovulatory phases.



# Daily Wellness Tips

## Support Your Health

Creating simple, consistent wellness habits can help to improve overall health and well-being.

Here's a sample daily routine that supports hormonal balance, reduces inflammation, and boosts energy levels.

### Morning Routine

- Start the day with a glass of warm lemon water + a sprinkle of sea salt to support digestion, detoxification, and cortisol balance.
- Engage in gentle stretching or light yoga to improve circulation and reduce stiffness.
- Spend a few minutes outdoors in the sunlight with your feet on the Earth to support cortisol balance and heart rate variability.
- Have a protein-rich breakfast with healthy fats and fiber (e.g., eggs with avocado and sautéed greens, or a smoothie with chia seeds and almond butter).

### Mid-day Routine

- Enjoy a balanced lunch rich in anti-inflammatory foods like salmon, leafy greens, and quinoa.
- Take a short walk outside for sunlight exposure and stress relief.
- Stay hydrated with herbal teas such as ginger or peppermint, which support digestion and reduce bloating.
- Take stretch breaks throughout the day

### Evening Routine

- Engage in relaxation techniques like listening to soft music, deep breathing, or reading while avoiding screens to wind down.
- Have a light, nutrient-dense dinner with lean protein, roasted vegetables, and healthy fats.
- Follow hydration goals, avoiding excess caffeine in the evening.
- Create a calming bedtime ritual, such as a warm bath with Epsom salts, journaling, or sipping chamomile tea.
- Maintain good sleep hygiene by setting a consistent bedtime, limiting screen time before sleep, keeping your bedroom cool and dark, and using a sunrise alarm clock for waking.

### Daily Wellness Habits

- Spend at least 3-5 minutes in the sunlight upon waking
- Start each day with at least 8oz of room temp/warm water
- Wait to eat at least 1-2 hours after waking
- Chew your food to the consistency of salsa
- Drink at least 1/2 your weight in ounces of water
- Get at least 30 minutes of consistent, active movement
- Spend at least 10 minutes on quiet/self-care time
- Finish meals/dessert 2 hours prior to bedtime
- Turn off all screens 1 hour before bed
- Stick with a sleep schedule, 7-8 hours/night
- Learn something new about wellness each day

# Helpful Resources

## Books:

- This is Your Brain on Birth Control
- It Starts with the Egg
- Women, Food, and Hormones
- The Pegan Diet
- Practical Paleo
- Cognitive Behavioral Therapy Made Simple
- Anxiety RX

## *Women's Health, Hormones, and Endometriosis:*

- Restore\_Endo
- PPyjungjrm
- Napro\_Fertility\_Surgeon
- VeritasFertility
- CenterForEndoCare
- Nancy's Nook (FB)
- Dr. Jolene Brighten
- Composed Nutrition
- HormoneHarmonyRD
- LittleRaeofHealth
- Doctor.Paria
- AvivaRomm
- LJS\_PowerHouse
- NicoleJardim
- WalkTheNaturalPath
- Endometriosis\_Surgeon
- EndometriosisSummit
- EndometriosisDietitian
- SarahHillPHD

## Recipe Sites:

- Paleo Running Mama
- Unbound Wellness
- Through The Fibro Fog
- Downshiftology

## Documentaries:

- Endo What?
- Below the Belt
- Period. End of Sentence.
- What the Health
- The Earthing Movie
- Explained: Why Diets Fail
- Fed Up
- Stink!
- Heal

## Social Media Accounts to Follow:

### *Living Functionally:*

- Mark Hyman
- IsabelSmithNutrition
- TaylorDukesWellness
- Max Lugavere
- GlucoseGoddess
- SaraGottfriedMD
- EnvironmentalToxinsNerd
- EnvironmentalWorkingGroup
- The Food Babe

### *Yummy Foods:*

- Paleo Running Mama
- Detoxinista
- Unbound Wellness

## Podcasts:

- Mark Hyman
- Mel Robbins
- Max Lugavere
- Josh Axe
- Endo Battery
- The Cycle

Healing takes time, and small, consistent steps can lead to significant change.

Trust your body, educate yourself, and seek the support you need. You are not alone, and there are many paths to reclaiming your health and well-being!

We are here to support you on your journey to  
***RESTORE your life!***



# Hope and Healing

Endometriosis as a disease requires a surgeon who is completely focused on removing it, and patients with endometriosis deserve a surgeon fully committed to serving them.

Our mission is to offer a ROOT CAUSE, one-and-done treatment for endometriosis, a debilitating and devastating disease associated with pain and infertility. Dr. Yeung brings a deeply personal connection to his work, driven by his wife's own journey with endometriosis and its effect on her fertility.

This journey is about more than just symptom management; it's about restoring quality of life and fertility. Through expert excision surgery, personalized care, and a holistic approach to healing, patients can reclaim their health and well-being.

If you are struggling with endometriosis, know that you don't have to navigate this path alone, we are here for you!

*- Dr. Yeung & Your Restore Team*



Follow us for healthy living tips + endo education!

