



Your downloadable resource

Endometriosis

From Chloe's Clinic episode #2- Endo Sisters with Chloe Collins, Women's Health Expert and Registered Clinical Nutritionist

Support

QENDO (Endometriosis Association QLD) **P** 1800 FOR WOMEN **W** www.qendo.org.au
Endometriosis Australia **W** www.endometriosisaustralia.org.au for information on locations and tickets for the Endometriosis High Tea's.

Nutrition

Healing foods

Immune boosting- Bone broth, organic colourful fruits & vegetables, eggs, garlic, ginger.

Liver loving- Sprouts, broccoli, cauliflower, rocket, kale, spinach, grapefruit, lemon, cacao

High fibre- Fruits and vegetables, legumes, beans, nuts, seeds.

Anti-inflammatory- Turmeric, extra virgin olive oil, chia seeds, hemp seeds, walnuts, fatty fish, organic berries, oranges, tomatoes.

Things to avoid

Overconsumption of alcohol

Overconsumption of meat- try swap out some of your meat heavy meals for balanced plant based alternatives.


Overconsumption of processed cow's dairy- Whole butter is ok and highly nutritious. Try goat milk, yogurt or cheese as an alternative.

The Women's Health Reset

A meal plan designed for women. Not just another fast detox and leave you on your way, a meal plan that will continue to support you well after your reset in coming into a balanced & intuitive way of eating- a way of eating that supports you as a woman. 70+ nourishing recipes that you will have with you for life.

- A 4-week meal plan designed for women including breakfast, lunch and dinner
- Recipe cards for every meal
- Shopping lists
- BONUS Snacks & treats
- All in an easy to access downloadable E-book to your phone or tablet

Learn more at www.chloecollins.com.au/whr



For further holistic support visit www.chloecollins.com.au
or contact chloe@chloecollins.com.au