Integrative Nutrition for Endometriosis

Food as Medicine Study – Now enrolling participants

UC San Diego Center for Endometriosis Research and Treatment (CERT) and Center for Integrative Nutrition is offering an opportunity for those with Endometriosis to participate in a new research study involving the use of food as medicine.

Study Overview

CIN will conduct a study of a 3-month long program that focuses on the use of food as medicine and natural healing through nutrition with the adoption of a whole food, plant-based diet. The program includes a detailed baseline orientation, health and dietary questionnaires, expert nutrition counseling and education, cooking classes (with shared meals), and phone coaching.

Relevant clinical testing (blood tests, body weight assessments, etc.) will be performed at various times in the study.

Enrolled participants will be encouraged to bring their partner or a friend to counseling sessions, cooking classes, and group meetings throughout the program as desired.

Scheduling

Interested individuals may talk with a research coordinator for consent and guidance at any time during the study.

Contact:

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Center for Integrative Medicine: http://cim.ucsd.edu
CERT: https://health.ucsd.edu/specialties/obgyn/endometriosis/Pages/default.aspx