Nutrition in Endometriosis Study

Now enrolling participants

The UC San Diego Center for Endometriosis Research and Treatment and The Center for Integrative Nutrition are offering an opportunity for those with Endometriosis to participate in a research study evaluating a whole food, plant-based diet for endometriosis symptoms.

Study Overview:

The Center for Endometriosis Research and Treatment, together with the Center for Integrative Nutrition, is conducting a study of a 3-month long program to test nutritional changes for women with endometriosis. This involves education and support in the adoption of a healthy and nutritionally balanced whole food, plant-based diet. The program includes a detailed baseline orientation, expert nutrition counseling and education, cooking classes (with shared meals), and telephone coaching. Enrolled participants will be encouraged to bring their partner or a friend to counseling sessions, cooking classes, and group meetings throughout the program.

Further information:

If you are interested in this study and would like further details, please contact the Nutrition in Endometriosis Study coordinator at:

UC San Diego Center for Endometriosis Research and Treatment (CERT)
UCSD Reproductive Endocrinology and Fertility
9333 Genesee Avenue #340, La Jolla, CA 92037
Phone: 858-642-1266

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