

Endometriosis Reset Diet Plan: 15-Day Nutrition Plan

(15-Days DIET Only Plan)



This 15-Day Endometriosis Nutrition Plan is specially designed for women managing the chronic inflammation, pain, and hormonal imbalance associated with endometriosis. If you're experiencing bloating, cramps, fatigue, mood swings, or irregular cycles, this reset plan will support your body's healing journey. With doctor-designed meals and lifestyle guidance, the plan focuses on reducing systemic inflammation, supporting liver detox and hormone balance, and improving gut health — all key to managing endometriosis naturally and effectively.

Before starting the plan, please fill out the required form before your start date so that we can gather all your necessary details.

Form Link:

[Click here to fill out the form](#)

Pre-Requisites & Preparations for 'Endometriosis Reset Diet Plan'

(A Doctor-Curated Nutrition Plan for Endometriosis Management)

Before starting the Endometriosis Reset Diet Plan, it's essential to prepare both physically and mentally to achieve the best results. Here's what clients need to do:



Pre-Requisites:

Recent Health Evaluations:

- Please share a review of recent reports such as pelvic ultrasound/MRI, hormone panels (estrogen, progesterone, AMH if fertility concerns), and inflammatory markers [If done in past 1 year].
- This helps establish a baseline to monitor improvements in pain, cycles, and inflammation but is optional.

Doctor's Approval:

- If you are undergoing medical treatment (e.g., hormonal therapy, IVF preparation, or surgical follow-up), please inform beforehand.
- This plan supports but does not replace medical therapies.

Commitment to a 15-Day Clean Anti-Inflammatory Plan:

- Be mentally prepared to remove inflammatory foods like processed items, sugar, red meat, excessive dairy, and gluten (if necessary).
- Follow the plan consistently without major substitutions unless discussed.

Understanding Your Symptoms:

- Track your current symptoms — pelvic pain, bloating, fatigue, painful periods, digestion issues, and mood fluctuations.
- Awareness of symptoms will help measure your healing journey.



Preparations Before Starting:

Stock Up on Endometriosis-Friendly Foods:

- Anti-inflammatory foods: berries, leafy greens, turmeric, ginger, olive oil, walnuts, chia seeds.
- Omega-3 rich foods: flaxseeds, walnuts.
- Gut-health foods: yogurt (if tolerated), buttermilk, fermented foods, fiber-rich vegetables.
- Hormone-balancing foods: cruciferous vegetables (lightly cooked), nuts and seeds.

Eliminate Symptom-Agravating Foods:

- Remove or minimize red meats, processed meats, sugar, fried foods, excessive gluten, alcohol, and dairy (if intolerant).
- Limit cold, raw foods to prevent digestive distress.

Plan Meals in Advance:

- Prepare a grocery list based on the Endometriosis-Friendly Food Chart.
- We suggest you eat freshly cooked meals or snacks but batch-cooking can be done if you are short on time to avoid last-minute unhealthy eating.

Hydration & Lifestyle Readiness:

- Increase water and herbal teas intake (ginger tea, peppermint tea).
- Ensure quality sleep and begin basic stress reduction practices (like deep breathing, meditation).

Tracking & Monitoring Tools:

- Keep a symptom and food diary — we will guide you on sharing the same with us.
 - This will help personalize your plan over time.
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What to Expect in the Endometriosis Reset Nutrition Plan

(A Doctor-Curated Nutrition Approach for Hormonal and Inflammatory Balance)

The Endometriosis Reset Nutrition Plan is designed to lower inflammation, balance hormones naturally, improve digestion, and enhance overall well-being. Here's what you can expect during the plan:

♦ 1. A Personalized, Anti-Inflammatory Diet

- Daily meal plans centered around anti-inflammatory foods like turmeric, berries, leafy greens, fatty fish, nuts, and seeds.
- Balanced macronutrients to stabilize blood sugar, reduce hormonal spikes, and lower chronic inflammation.
- Gentle, warm, easy-to-digest meals focusing on cooked foods, as per Ayurvedic principles.

♦ 2. Elimination of Inflammatory & Hormone-Disrupting Foods

- Removal of red meat, processed foods, high-sugar foods, and ultra-processed snacks.
- Reduction in excess gluten, dairy (if sensitive), and cold raw foods to ease digestion and reduce gut inflammation.
- Minimizing foods high in omega-6 inflammatory fats (fried foods, processed oils).

♦ 3. Gut Health Optimization

- Inclusion of probiotics (yogurt, fermented vegetables) and prebiotics (fiber-rich fruits and veggies) to strengthen gut flora.
- Improved digestion to aid estrogen metabolism and reduce bloating.

♦ 4. Blood Sugar Regulation and Hormonal Support

- Balanced carbohydrates with every meal to prevent sugar crashes and energy dips.

- Lean proteins (paneer, lentils, chickpeas) and healthy fats (avocados, nuts) to support hormone production and stability.

♦ 5. Symptom Monitoring & Progress Tracking

- Daily check-ins on pain scores, bloating, menstrual flow, energy levels, and mood swings.
- Journaling will help identify specific food triggers or improvements.

♦ 6. Lifestyle & Habit Refinement

- Gentle movement recommendations (like yoga, stretching, or light walking).
- Stress management recommendations (guided breathing, short meditation practices).
- Recommended to improve sleep hygiene tips to promote hormonal healing and repair.

♦ 7. Long-Term Endometriosis Wellness Guidance

- Education on nourishing, hormone-friendly foods for ongoing cycle support and fertility optimization if needed.

This plan is more than just a diet; it's a holistic path to healing and reclaiming control over your body, cycles, and well-being. 🌸

Program Details

The Endometriosis Control Plan is customized based on individual health needs. This plan emphasizes a sustainable, long-term approach to health.

- **Duration:** 15 days; 3 meal plans will be shared once every 5 days
- **Consultation Call:** Phone call with Dr. Akanksha before the plan begins to discuss your specific needs and health goals.
- **Communication via WhatsApp:** Most of the communication will be done via WhatsApp to share updates and plans, and address any questions.
- **Progress Updates:** Daily updates are required via WhatsApp, which should include:
 - Meal pics
 - Bloating – Yes/ No
 - Mood – Good/ Low/ Anxious
 - 10-minutes Yoga – Done/ No
 - 10-minutes Meditation – Done/ No

- Step count – photo of tracker
- If menstruating, then Pain severity – mild/moderate/severe
- Once the updates are received, the next plan will be shared with you.
- **No Breaks:** The plan is continuous for 15 days. We do not encourage any breaks during the plan. In case you need to delay your start, kindly inform us before the first plan is shared.

By tracking these factors, we will gain valuable insights into how your body is responding to the plan and be able to make informed adjustments to optimize your results.

About Me

I am Dr. Akanksha Sharma, a mother, a public health specialist, nutritional therapist, a researcher and a physician, and I have been working for over a decade to improve women's and children's health. I am a specialist in community medicine, holding an MBBS and MD degree, and various diplomas and certificate courses in diabetes management, vaccinations, nutrition and maternal and child health.

I have completed my education and residency at Maulana Azad Medical College, New Delhi, and I am currently based in Singapore with my husband and two daughters (aged 8 and 2 years). I started my website www.atozofpregnancy.com, during my second pregnancy and have encompassed all age groups since then.

Nutrition has always been my passion, and today, I dedicate most of my time to empowering people to reclaim their health through mindful, nourishing, and sustainable eating habits.

Bank Details for Payment

To begin your health journey, please make the payment using the following bank details:

Payment Details

- Plan Cost: INR 9000 / SGD 130

Payment Methods:

- For Singapore Transfers:

- Name: Akanksha Rathi

- PayNow Number: +65-96533603

· For Indian Bank Transfers:

- Name: Akanksha Rathi
- Gpay Number: +91-9911214187
- UPI ID: 9911214187@axisbank
- Account Number: 5081060234
- IFSC Code: UTIB0005140
- Bank Address: Axis Bank, DLF Capitol Point, Connaught Place, New Delhi
- Swift Code: AXISINBBXXX

Terms & Conditions

1. Payment & Confirmation: The cost of the plan is INR 9000 / SGD 130. Payment confirmation is required before the plan begins.
2. No Breaks in the Plan: The plan must be followed continuously for the designated duration.
3. Privacy: All personal details, including health information and payment details, will be kept confidential and will not be shared with third parties.
4. Results Disclaimer: Individual results may vary. This program is designed to support overall health and wellness, but results depend on consistency and adherence to the plan.

With consistency, patience, and small daily changes, we can support your healing journey naturally.

We are here to support you at every step. 💕💕