



# **My Hormones Are Killing Me: Living with Adenomyosis and Estrogen Dominance**

*Maria Yeager*

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When it comes to disorders of the female reproductive tract, most people have heard of endometriosis, and most know of someone who has suffered from this disorder. However, adenomyosis is a closely related condition, yet very few people are aware of it. The purpose of this book is to bring awareness to this little-known disorder of the uterus by telling my own story of my 17-year medical struggle with adenomyosis. In addition, this book delves into hormonal imbalances which could lead to this condition, particularly estrogen dominance. There are many things that can be done to lessen the symptoms of adenomyosis and to help balance hormonal levels, from dietary changes to the use of natural progesterone cream. However, much more research needs to be done since adenomyosis typically can't be diagnosed until hysterectomy. I hope by writing this book I will be able to help others who might be struggling with a similar gynecological condition.



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