

Lisa Brown Case History

I'm a 48 year old female, holding a Bachelor's Degree in Interdisciplinary Studies, a Teaching Credential and a Master's Degree. I've been a professional educator for years specializing in science and math. I can research anything. I just need to know what to research. So here's my story.

Eleven years ago I started to have pains in my lower right quadrant near the pelvic region. I see my local internist. The symptoms I describe, sharp, burning pain, relentless, usually coming on a few hours after I eat, including the middle of the night, makes him suspect acid stomach. He prescribes a medicine to treat the acid. The acid medicine makes it worse. We take x-rays, we do a barium test, they both show nothing. I tell him, let's try my OB/GYN.

The OB/GYN says that my symptoms suggest endometriosis. I ask, "Is there anything I can do for that?" She says, "No". Not believing this, I start the research. Turns out you can do a lot with diet. Turns out there are thousands of women who get misdiagnosed with stomach disorders when it is simply endometriosis.

I fix my diet; off caffeine, off acid foods, particularly marinara sauce. I am very careful with what I eat, whole grains, yogurt, soy products. This seems to work, although the pain still comes back occasionally. We try birth control pills. That seems to work, but I didn't like the weight gain and so I stop them.

Years go by and I'm holding my own, watching my diet only having pain occasionally. However, six months ago, the pain wouldn't stop. I was living with 800mg of Motrin every 8 hours. I had to do something. I went back to my OB/GYN. We did an ultra sound. She said that there was fluid accumulating in my uterus. I've had my endometrial lining removed which scars the uterus shut. After years it has opened up a bit and she thinks that the fluid in there and has no way out, thus causing the pain. We do a D and C, to remove the fluid. Two days later, I'm in pain. On the pain scale from 1 to 10, I'm a 12; naturally this is on the weekend. I head to her office on Monday, telling her the problem. The D and C had made the pain worse, did she know why? She says I need a hysterectomy with no explanation.

I delay that, and I start asking my friends for a new doctor. One of them wants me try her internist Dr. Rita Stec, founder of the Women's Wellness Center in Palm Desert, California. It's an hour away but I make the appointment. Dr. Stec sets up an MRI. It shows I didn't need a hysterectomy. She directs me to a gastroenterologist.

The gastroenterologist says, it has nothing to do with gastroenterology, and that it sounds like spasms. I leave his office with anti-spasm medicine. The pain comes on, I try the medicine. It makes it worse.

So, back to Dr. Stec, and back to the birth control idea to control the endometriosis, she also directs me to a specialist. The specialist in endometriosis says that I can try the birth control pills but if they don't work, I can try Lupron which will put me into menopause and then the pain should go away. He says that even laparoscopic surgery may not show that I have this disease, but if I wanted to try it, I could. I start the birth control pills again.

Dr. Stec says the pills should start working in a few days. Unfortunately that wasn't going to be fast enough. Two days later I end up in the ER, screaming. I've had both my children at home, I've been burnt. On a pain scale from 1 to 10, this is a 12, making child birth look like a hang nail.

Dr. Stec says the birth control pills should start working, so I wait. I'm pain free for a few months. The pain comes back. I try another gastroenterologist. He says it can only be stomach acid, and that the hormone pills would have worked for awhile because hormones control many things, including digestion. He wants to do a colonoscopy. He doesn't think he will find anything, but he wants to check and make sure there isn't something else. He finds nothing and goes back to trying pills. He prescribes Protonix that gave me a mild heart attack. Next he tries Aciphex, another acid pill and that makes things worse. I stop it all and ask him, "Is there anything I can do with my diet?" He says, "No", some people just have more acid than others. I don't believe this and go back to doing my own research.

I head to Dr. Stec's office with a friend who has an appointment with her. I see the book "Deadly Harvest" [1] by nutritional anthropologist Geoff Bond, on her counter. I've got nothing to do but pop Motrin, so I read the book. I read every page, every word, and I start the diet. Everything Bond said not only made sense, it was something that I has questioned from the very beginning, wasn't there something I could do with my diet?

To make this long story short, the diet worked. I've been pain free for weeks. For eleven years I've been in pain and all I had to do was fix my food intake. All I can say is read the book. Don't skim it looking for answers, read the book for WHY you need to change your diet.

Thank you Geoff Bond for all your research and for giving me an opportunity to live pain free.

¹ Deadly Harvest, by Geoff Bond, Square One Publishers, New York; ISBN: 978-0-7570-0142-0