

## Effectiveness of a Healthy Lifestyle Combined with Abdominal Massage on Treating Infertility Due to Endometriosis and Adhesions in the Fallopian Tubes

**Authors :** Flora Tajiki

**Abstract :** Undoubtedly, the desire to experience the beauty of motherhood is a dream for every woman, and delays in achieving this can have significant psychological consequences. Endometriosis, which is the presence of endometrial tissue in organs other than the uterus, can cause infertility through adhesion and inflammation. The fallopian tubes play a crucial role in transferring the egg to the uterus; if adhesions are present, the chances of natural pregnancy decrease, while the likelihood of ectopic pregnancy and miscarriage increases. In cases of mild adhesions observed during hysterosalpingography or laparoscopy, the tubes may open, but in severe adhesions, this is usually not possible. The aim of this study is to assess the effectiveness of a healthy lifestyle combined with massage of the uterine and ovarian areas in relieving adhesions in the fallopian tubes and treating the complications of endometriosis. This case study focuses on a 33-year-old woman, who married at 20, and experienced a miscarriage five years ago that required curettage. Following this, a hysterosalpingography revealed blockages in both fallopian tubes. A laparoscopic examination also indicated endometriosis and specialists in infertility ruled out the possibility of natural pregnancy. Three years ago, she underwent an unsuccessful IVF procedure. Two years ago, she began a lifestyle modification program that included improving sleep patterns, eliminating sugar and preservatives, avoiding red meat and gluten, eating a balanced diet, walking, exercising, and incorporating beneficial foods like olive oil, almonds, and nutritious vegetables, along with abdominal massage using chamomile oil. She also took vitamin C and vitamin D supplements. After approximately twenty weeks of these methods, and given that infertility centers had indicated that surgery and repeated IVF were the only options for her to conceive, she became pregnant naturally and had a successful pregnancy and delivery. Endometriosis is one of the significant factors contributing to infertility and adhesions in the fallopian tubes and uterus, and unfortunately, it has no definitive cure and can recur even after surgery. The treatment of similar cases emphasizes lifestyle modifications, and this approach has proven to be both cost-effective and harmless. Therefore, it seems essential to focus on this treatment strategy.

**Keywords :** infertility, endometriosis, adhesions, fallopian tubes, healthy lifestyle, lifestyle modifications, abdominal massage, case study, natural pregnancy, ivf, psychological consequences, uterine health, complementary treatments, nutrition, women's health.

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