

# Episode 90: An Integrative Approach to Endometriosis

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## SUMMARY KEYWORDS

endometriosis, dioxins, endo, eat, estrogen, liver, inflammation, people, progesterone, hormones, stressed, life, lesions, surgery, body, feel, literally, immune dysfunction, red meat, supplement

## SPEAKERS

Katie Edmonds, Leah Brueggemann

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Leah Brueggemann 00:03

Welcome to another episode of the Balancing Hormones Naturally Podcast where we offer actions and steps you can take today to start balancing your hormones naturally. This is your podcast host Leah Brueggemann. I am a Functional Diagnostic Nutritional Practitioner. I am honored and excited to be your guide on your journey to better understanding your hormonal health and how it affects your everyday life.



Leah Brueggemann 00:35

Hey, ladies, welcome back to another episode of the Balancing Hormones Naturally Podcast. So we have Katie Edmonds on which, okay, get ready. So she is a nutritional therapist, Paleo autoimmune certified coach and creator of the popular blog called Heal Endo. And she just had a book come out, called The Anti-Inflammatory approach to Healing from Endometriosis. Or it is called Heal Endo. In my mind, that's what it's called. Yeah. So we are literally going to talk about endometriosis. If you thought we were gonna talk about something else. You're crazy. So let's just jump in. So I connected with you through Dr. Angie Mueller has been on the podcast a few times because we love talking about pelvic floor over here. And so yeah, I just I want to hear your story. So you have I guess you still have to say have because you can't say it's technically gone. It's in remission. Yes, endometriosis. And I love how you you got this diagnosis. And you're like, this isn't going to define me with infertility and pain and digestive issues and quality of life. So can you kind of walk us through like when you got that diagnosis to when you were like, Okay, let's do something about this.



Katie Edmonds 01:53

Yeah, well, I'll you know, I'll be honest, but it did kind of define me at first. So I was 22. And I was super lucky to be diagnosed really early. It was suspected endometriosis, because they have to do an invasive laparoscopy in order to actually diagnose you. So it was suspected. And

you know, I was told the exact same thing women are told all the time, you have birth control, you have chemical menopause as an option like lupron, you have these generic surgery. So the same people who deliver babies are actually going to go inside of you and just remove this, you know, random tissue, they say we don't know much about it. And then the holistic side is like cut out all these foods and lower your estrogen. So I was, you know, I felt really screwed over at 22-23 with chronic pelvic pain. It was it was for me all the time, not just that may period or not even at my period, so I was actually really lucky to be diagnosed without having period pain, because a lot of people wouldn't have been. But um, I kind of, you know, I have this downward spiral for about the next decade where I did all the things I you know, I'm a little bit of a perfectionist. So like I did the birth control, I did two surgeries, I cut out so many foods and did everything to lower my estrogen. And at the end of the decade, I was feeling worse, which was, you know, a shocking horror when you're 30 and you've done everything that doctors say to do and the holistic people are saying to you and you still feel really bad and some days were better and I think that's how it can get a little bit addicting the oh what's my next reach sort of thing going to be because I still feel a little bit better. So if I cut out more foods, maybe that will help me feel a little better. Like if I do this candy that cleanse remember when candy that was like really big.



Leah Brueggemann 03:33

It's coming back it's coming back it was like a trending thing.



Katie Edmonds 03:37

So self diagnosing I obviously it sounds it can be that but then we weren't getting pregnant and this is kind of I became furious, which I'm very okay with because it was my silver lining. I have chronic fatigue at this point. And that's the fatigue where you're not just tired and a cup of coffee doesn't fix you. You're like devastatingly tired, it's hard to take a shower, you know, you can't exercise because you can't move I felt like like a zombie. So the anger actually fueled me to research endometriosis in a brand new light. And the first thing I discovered was that endometriosis wasn't caused by estrogen. And my head just about exploded, I was like, what what I would have been doing this past decade all this hormonal treatment and you know, all these lower estrogen at all costs, you know, dim and cruciferous everything else. So that was my first realization and the second realization through the research on PubMed was that it's actually an inflammatory disease. So endo behaves more like something like an autoimmune disorder, or even like a cancer than it does a hormonal disease. So it's on the inflammatory disease spectrum. And when I started treating my disease as this as an inflammatory disease, so I was at the time I was treating it like it was an autoimmune disorder. I saw these healing gains that I didn't know as possible, like my only goal was to get pregnant. That's all I wanted to do. And in the process, I actually reversed symptom after symptom to the point I achieved for clinical remission and you know, if anyone with endometriosis achieved full clinical remission, you know, like dancing on the rooftops like this is a miracle because it's not possible it's a disease, they say there's no cure. And that's the commonly talked about thing online, there's no cure, there's no cure, it becomes a defining thing of the disease. So this, you know, it sparked all this stuff, I did get pregnant, I, you know, I now have two two babies. And I count my blessings for that, but I didn't have advanced scar tissue or adhesions or anything. I was diagnosed early. I think that helped a lot. But, but it's become kind of my mission in life now is

to help educate about what endometriosis is, and that that it should not be seen as something like a period problem or a hormonal disease, or, God forbid, just a woman's issue, you know, just put on the realms of gynecology, because it's so much bigger than that.



Leah Brueggemann 05:52

Yeah, I hear that all the time. And I just a lot of times, I guess, in the western medicine, or honestly, not even just in western medicine, I hear the only thing the only thing that you can do for endometriosis is surgery. And while I have seen that help a lot of women, I also get a lot of women post surgery and they're like, I'm still in pain. And they're still having so many issues like digestive issues and really bad periods. And they're, they aren't regularly ovulating and I yeah, I mean, it's not caused by estrogen. So I love that you you share that because yes, estrogen is connected, which I'm sure will go into that but it's not causing you to have endometriosis. So



Katie Edmonds 06:50

That's kind of the you know, the, the doctor route is hormones first. Like, that's what they're taught in OB GYN school. You know, when they're becoming doctors, they're taught that the way you treat endo is you go on birth control is your lowest hanging fruit. And then if that doesn't help, then you do diagnosis after that, because there's no point getting a diagnosis if they're just going to put you on birth control. This is their perspective, not my perspective. And then so you do a surgery and then you know you go keep doing hormonal treatments from there that endo there's this the new education that comes out about endo about 10 years ago 15 years ago is that it's one surgery one time yeah, this is like from the endo specialists side of things that are there legitimate specialist. So these are like you go see cancer specialists, you know, these guys, they specialize in removing endometriosis. But it's I think it's a really frustrating thing to say something like one surgery one time when they know even when endometriosis is excised. And maybe the the leading professional in the nation, it still could come back there's a small percentage that does come back, you know, can be up to like 10% or maybe 15% over the course of 10 years 15 years and then putting one surgery one time is as if endometriosis is just lesions, like that's the only problem that exists sort of like if you have acne, it's just that tiny miniscule acne on your face, not something systemic that's going on. So with Endo, we have two things that are happening. One, it's it's a full body of disease, not just full body where the lesions are, it's like there's immune components going haywire all over your body. There's chronic inflammation going on throughout your body. You know, the hormonal imbalances can be throughout your body all these different factors and then there's that endo lesions are almost you know, they can be a combination of this and they contribute to it and they respond to it. So becomes the full body thing. And when we see online, some people are saying, well, it's a full body disease because lesions can be anywhere and again, yes, they can they can be in your brain, you know, they can be in your nose, but it's beyond lesions as well. So that's why you can have a surgery and have your lesions removed. But if you're not addressing the full body aspect, you know, the immune dysfunction the wild inflammation that's going on, then you're not healing a new and people used to say in the surgery world that surgery was curative, because they thought it really was just the lesions let's totally incorrect. So surgery becomes a way to manage your disease and some people will absolutely need a surgery. I want to make sure because you have so many holistic listeners and I think so many of us want to avoid surgery at all costs. A surgery may be absolutely essential for some of us to

many of us. There's not research on that, unfortunately, how many people actually do need a surgery? But I like There's Dr. Jessica Drummond she's she's a nutritionist, you know? Yeah, yes. She she has a really cool approach to surgery and endometriosis and her what she says is, surgery is completely optional in that endo doesn't kill you like it's it's a quality of life issue, a) and it's a fertility issue, b) so if it's a quality of life is the only thing you're after and you can manage all of your symptoms, you know by addressing these root causes, your endo feels like it's gone, then you wouldn't, you know need to sign up for surgery. Even if you do manage your symptoms into complete remission and you haven't had babies and you do want them you're on that boat then I do like to recommend you know really recommend at least checking in with a specialist to see how far your endo is you can have silent endo without any symptoms. And as you know, a surgeon can be make it or break it. I've heard from too many women, you know that were diagnosed with irreversible scar tissue and damage, you know, at 34-35. And they missed their opportunity. So if you can address it earlier on, it's definitely an important factor in our holistic, you know, the integrative care that endo requires.



Leah Brueggemann 10:54

Yeah, especially like if you are wanting to have kids and if you have silent Endo, it's like this boggles my mind when people are dealing with infertility, and they're just like, sent on their way you have unexplained infertility, like your hormones are fine. And I'm like, Yeah, nobody wants to talk about the fact that like your periods are irregular, or you have painful periods, or you know, like, just not even looking at that whole aspect. And birth control is just, I just had a client that had endometriosis and trio surgery. I don't even know how to describe that. And the doctor is like, well, you need to go on birth control so that it doesn't come back. And she's like, well, I don't want to do that. And I'm going to do this and they just kind of go, Okay, see you again. And like, Yeah. And she's like, Um, no, like, this has helped me feel so much better. So you know, I had the surgery, and now I'm going to support my body and in this way, so can we talk about what drives endometriosis, can we like dive right in there?



Katie Edmonds 12:01

Yeah, well, okay, so it's big. And I think one of the factors holding back all this big information is that it's so vastly complex, that sometimes it's easier to say it's confusing. But my new ship that sailing here is let's complexify this disease, let's like really understand how complex it is. Because when we understand we can, you know, approach to treatment options better. So endometriosis is an inflammatory disease, rooted in immune dysfunction. So if you are unfamiliar with inflammation, this was me my 20s I thought inflammation was something you got, like, I ate sugar, and that sugar is giving me all this inflammation, something like that. The reality is your immune system does inflammation, inflammation is your immune systems army attacking. So if you eat sugar, and there's some cellular damage, because of that sugar, your immune system picks up SOS, their cellular damage, send inflammation. So you really want inflammation, you know, to protect you from cuts, you need to pray, you know, if you get cut, because cutting chicken with all that Ecoli like inflammation is the first thing it's like your innate Neosporin, that goes straight. Well, in the case of an inflammatory disease, what you have is too much inflammation. So it's like basically, everything that we do nowadays can cause cellular damage. At some level. It's not like we're just getting caught and then healing and moving on with life. It's the stress, it's the poor nutrition. It's the all the chemicals, it's you know, et cetera, et cetera, et cetera. And there's so much inflammation, your immune system

is saying implant, inflame, inflamed, and it starts to go a little desert. And this is when there's immune dysfunction. And this just means your immune system starts behaving, it stops behaving normally. So it's doing things that shouldn't and it's not doing things it should and this is the foundation for so many chronic diseases of our day. They're all on this I call it the you know, the inflammatory disease spectrum. And maybe on the left, you have the less severe inflammatory issues like acne, or maybe like chronic allergies, or you know, eczema, things that are they're not killing you. They're they're annoying nuisances, but they are right, they're rooted with systemic inflammation. Then you have on the more severe side of the spectrum, you have things like autoimmune disorders and cancer. Endometriosis is right there on that spectrum. And there's there's different types of endometriosis. So I do think some might be way less severe than other types, like why can some woman cut out dairy and literally reclaim her life? And it just sounds absurd to someone who has, you know, endometriosis riddled throughout their body at the age of 25 and had to get a hysterectomy, you know, to the most severe extent. So there's different types of endometriosis. So yours could be anywhere on the spectrum. But inflammation becomes the driver of endo in so many ways. So there's two fancy words here and one is heterogenous. And the other is multifactorial, because, you know, just having inflammation doesn't equal endometriosis. So the heterogenous means there's different types of Endo, doctors diagnose three types right now. It's like superficial, deep infiltrating and endometrioma, which are endometriosis filled cysts on the ovaries, then there's a four, which is basically it's the rest, and it's the holding pattern. And what research has right now is there's up to 65 different types of endometriosis. And these types have completely different behaviors. So they're actually acting different. And you can think of it like cancer because a lot of us are more familiar with cancer in this way, that there's over 100 different types of cancer. And some are really slow growing tumors and some you know, metastasize rapidly throughout the whole body, you know, you have a melanoma on the skin that super minor, or you know, some really terrible type of breast cancer. So endometriosis appears to be similar in that way, there's all these different types that maybe someone has one very slow growing endometrioma, and other people are just riddled with a different type of endo. You can also have different types of endo in the same body. And this has been discovered in more recent literature, which makes the treatment options even a little bit more not confusing, is complex, a little more complex when you're dealing with oh, maybe have a few different types of Endo. So right now, your doctor is not going to know that if you're listening to this, you're like, oh, I need to know the type doctors aren't testing for the genetic and epigenetic differences yet, and I hope they will in the future. You know, hopefully, there'll be specialists that will say, Oh, this type of treatment works best for this type of Endo. This is why dairy works for cutting out you know, this woman because she had this type of Endo, maybe this one is more associated infertility. So there's that factor right there, then there is, so multifactorial means there's many factors that feed into the inflammation. And this is where our, you know, our treatment plans can start to be better developed the heterogenous thing that's just like fancy backup information, you can impress people with knowing that, but the multifactorial pieces, inflammation drives endometriosis, inflammation, immune dysfunction, but there's so many different factors that play into creating that inflammation and immune dysfunction. So if you imagine like an octopus, and the brain is the inflammation, all the little arms make that octopus be able to move and live its daily life. So and those, it's similar that each one of those arms is going to be a factor. There's a whole endocrine component to endometriosis. And it is really important to address. Estrogen is one hormone on the endocrine arm, you know, then there's a bacteria component that's really important. There's a genetic component, you can't do anything about that, like you can thank your your health history for that your parents and your ancestors, epigenetics a really big one, right, we can start to tease out all these different factors and choose which ones we have

control over and say, Oh, I can address that inflammatory factor in my daily life or through working with a specialist and then one by one, you start to just take away those inflammatory factors and see how your endo responds.



Leah Brueggemann 18:06

And I think that's where I'll have people say like, I did take out gluten and dairy and I'm still struggling or I had a hysterectomy and I'm still struggling or I've done this and I'm still struggling and I'm like, well, there's like so many things going on. It's like our your drainage pathways How was like, you know, your your stress levels and your blood sugar and like, it just the it just keeps piling on. But since you talked about endometriosis, I mean, estrogen, can we like flip and continue talking about progesterone? Actually? Yeah. Because I know that you talk about progesterone as like one of the missing equations when it comes to estrogen and I know one of the symptoms that crops up a lot of times for women with endo is they start spotting in that luteal phase, which is a big sign of low progesterone. So can we can we talk about that?



Katie Edmonds 19:10

Yeah. Um, so estrogen has been totally demonized by the endo world doctors, everyone you know, they're saying well, endo appears to be caused by estrogen, which is not true. But this is kind of the thing so we have to get rid of estrogen. So this we can there's a few factors into the hormonal component of endometriosis. So it progesterone resistance and low progesterone are both consideration. So we could start at the microscopic level and maybe move to the body wide level. So at a microscopic level, endometriosis lesions have genetic and epigenetic abnormalities that make them more sensitive to estrogen and resistant to progesterone. And that just means that they you know, your estrogen and progesterone receptors should be balanced in a certain In a way, you know, they balance each other out. Estrogen is a lovely hormone for female health, right? It makes us feel great if you've ever watched someone go through menopause with hot flashes and mood swings and dry skin and thinning skin like that happens when estrogen lowers. So you need wonderful estrogen levels, healthy levels, balanced with progesterone, which stops the growth, you know, it's like the cooling factors, the anti inflammatory, it's what helps build and shed your endometrial lining every month. Well, in the endometriosis cell, basically, you can have too many estrogen receptors. And then what's been shown is to have such extreme progesterone resistance, that these cells can have minimal to zero progesterone receptors on an endometriosis cell. And what this means is that estrogen can grow the cell and there's nothing cooling it down, it's all growth. So this is where it becomes estrogen sensitive. These cells can also have a lot more estrogen receptors on them. And some of them are shown to have up to 140 times, which is, you know, an ungodly amount of estrogen receptors. This may be the people that have you know, feel like it just spread like wildfire inside, it could be something like that. But so this creates a pedestrian resistance issue, it becomes challenging in this aspect that you can technically have normal levels of progesterone. But if you have progesterone resistance at the cellular level, it just means you're not absorbing it.



Leah Brueggemann 21:21

I think the hardest thing when you're making products, swaps to non toxic living is finding things that are actually non toxic, and not greenwashed. And actually work that being the key

phrase right there. I tried out Rowe Casa Organics spent my own money on this, you guys. And I am thoroughly impressed. And so I reached out and I got a discount code for you. So I want to share with you some of my favorite products swaps to non toxic that actually work are actually non toxic. And you're gonna really really, really like okay, so okay, it's really hard to choose but number one has got to be their body butter, it's got to be if you want your legs to look so smooth, and so incredible. Be so luxuriously moisturized, you need their body butter, it's my favorite thing ever. So that's going to be number one. Number two is going to be their magnesium cream or gel. I use that at nighttime so amazing. And if you really want to optimize like how well you sleep, do their magnesium gel, or their magnesium cream with their tart cherry juice because it has Valerian and chamomile extract in it. So you're gonna sleep amazing. It's also great for blood pressure, which is cool. And then on top of that I do there you can do their deep sleep salve on the bottoms of your feet, you will sleep like a baby. And we all know how important sleep is for our hormones. And then I know that I love all of their products, but I'm going to give them to other honorable mentions because they're I think they're so important. You guys there lymphatic cream is one of the coolest things ever make sure you drink enough water when you use it. But it's incredible. You can see the different difference in inflammation in the face, like literally seeing people's faces thinned out just by getting rid of inflammation, so I highly recommend the lymphatic cream. Also, if you ever get swollen ankles or anything like that, it's great to have on hand like after you're hiking. The muscle drink cream is also awesome for that. And you guys you want with limbs on weird, but you want the baby bottom cream and you want it for yourself. You want it for your babies, but you want it for yourself. Because if you put this on after shaving, you get no razor bumps, it's like this magic potion. So anyway, those are all of the ones that I would start out with and go to rowecasaorganics.com use the code LEAH for 20% off your first order. Yes, that's 20% Definitely take advantage



Leah Brueggemann 22:12

So is this where the not the theory but like that endometrial tissue is producing its own estrogen. Is that where that's from?



Katie Edmonds 24:14

That's a second. Okay, so that's the second so that's the Microsoft. Okay,



Leah Brueggemann 24:18

I jumped ahead.



Katie Edmonds 24:19

No, that's great. We'll move right into the environment surrounding the endometriosis. Okay, so now endometriosis Damn, it's sensitive to estrogen. So it actually is also altered that it makes its own extra gin. And so your endometrial lining will make like, you know, the tiniest fraction of estrogen, endometriosis also makes the tiniest fraction of estrogen but also makes aromatase and this is basically I just like to say It basically turns into estrogen.



Leah Brueggemann 24:48

Yeah,



Katie Edmonds 24:49

but it still only makes a little bit when provoked by inflammation. So your inflammatory immune factors are swarming this endometriosis lesion, your lesion can make up to 48 times more estrogen, which brings back the inflammation component, like, if we're going to address estrogen locally, you actually need to remove that inflammation, like imagine you have 50 times less estrogen, you know, that's 50 times less food that your endometriosis can eat at the lesion site, and we have the ability to really address some of the inflammation right there. So those are, those are the factors of the localized ones. And that is the systemic imbalance. And I like to say, you can have, there's nothing about having endometriosis, that means you have way too much estrogen that you are overflowing with estrogen. This is the you know, the common theme, we're told it's not true, you can, you absolutely can have too much estrogen, but you can also have normal levels of estrogen, and you can have low levels of estrogen. And this is actually what I had back in the day. And that was why I felt you know, basically like crap trying to always lower my estrogen, I should have been trying to raise my systemic levels of estrogen, you want balanced levels of estrogen, you don't want to have low levels, just because and then you need to raise, you know, you need to raise your progesterone a lot.



Leah Brueggemann 26:02

But even this, the, the resistance of progesterone, I think is so important there. I don't know if you're familiar with Dr. Perry Jones at all. But she, I was listening to a talk by her. And she was saying that she hopes that she thinks the future of testing is going to get to that cellular level. Because she said, Why is it you know that women have all these symptoms of low progesterone, but their progesterone is normal, their estrogen is normal. And if you supplement, it doesn't get any better. And it's because those cells like and people are like, Oh, just supplement with progesterone, it will solve your issues. But if your cells are literally like, What the heck is progesterone, it doesn't do anything.



Katie Edmonds 26:47

So there's some factors in here. She's absolutely right. And, you know, I'm, I'm really looking forward to the day that we can do a lot better testing, I think in technology is advancing so fast, I hope in 10 years, we look back and think Oh 2022 is archaic, you know. But until we get there, there's chemicals that are associated with progesterone resistance, you know, so like BPA, if you expose endometrial cells to BPA, they become progesterone resistant, which means they lose progesterone receptors. And BPA is something we have such high levels in our body, oh, it should come out pretty fast. It's because we're touching it and drinking it and eating it all day long. So that's something we can start to say, what epigenetic factors what's making this happen, right? Like why do I have such high levels of progesterone resistance? Oh, chemicals are like a really big one. So that's something I definitely talk about in the book is you want to



limit your epigenetic exposures and see if you can start to retrain your cells to behave correctly. So BPA is associated with endometriosis for that very reason, you know, higher levels of BPA in our bodies than someone without endometriosis. So it's actually like you can test people for that. If you remove the BPA, you know, just from your daily life, you can reduce those levels significantly, you know, we can't control what's going on our city or our job site necessarily. But at home, we're in control. And the other one that's really associated with endometriosis is dioxins. dioxins, you can, you can inherit these epigenetic alterations from your grandparents. So your grandma may have been exposed to dioxins and epigenetically altered the cells to be progesterone resistant. That's one thing that dioxins do so make it you know, clearing out the dioxins as much as possible as well. So those are two chemicals you want to avoid and help your body purge so to speak.



Leah Brueggemann 28:41

Yeah. So I feel like everyone knows what BPA is, are think about plastics, you guys, plastics, receipts, a lot of your like hair.



Katie Edmonds 28:51

People don't think about that.



Leah Brueggemann 28:53

That was the weirdest one for me. Now. I'm like, they're like, do you want your receipt? I'm like, no idea.



Katie Edmonds 28:57

No, no. And you should be wearing gloves like don't touch that cashier.



Leah Brueggemann 29:01

I know. But dioxins like how would you how would you avoid and start clearing those out? Well, obviously read your book. But



Katie Edmonds 29:11

yeah, well, dioxins are their nuts, right? There's some really cool information about dioxins though is that they had they're some of the worst chemicals in the world, and it's very widely agreed upon. So there is this international cleanup around the 50s and 60s, because in the 50s, there were such high levels of dioxins. It was disgusting, and they're worldwide they blow around in the breeze. They don't just stay put in one little area, like if you're spraying roundup on your plants, you know, it's like dioxins will just go and they have this very long half life, so they exist in the environment for a long time. So a lot of countries put, you know, stopping on

dioxins. It's mostly around factories, now dioxins, but the levels have plummeted. They're like a 10th of what they were since the 50s. So there's still some that exist in the environment. And this is one of the things that they say to avoid red meat. If you have endometriosis because meat accumulates dioxins, but it's, which is technically true. But what, what, when you dig into the research, I spent so much time looking at dioxins because I'm really into supporting women eating red meat, if they are morally okay with it to heal. So the dioxin thing, it literally just depends on where that animal was raised, you can have there as they did all these studies on cattle and how many dogs and so like it was a steer from Alabama had something like, you know, 40 times more dioxins than most of the other ones. So it's just stuck in a wind pattern, and maybe it was near factory. And then when you pull out vegetables they have, they can have just as much if not more dioxins than beef or chicken. They looked at it was in Europe, they looked at, you know, poultry, veggies, fruit, vegetable, oil and meat, and it was all around equal it was it was very, very, very close. So that don't the scary, I'm not saying this to scare you, it's everywhere. So that being said, dioxin levels as a whole are already down. We can just, you know, I like to say we all have to eat. So the best way that I found through some of the research is actually chlorella. And, yeah, it's an interesting supplement. So if you take it with food, you, you actually absorb less dioxins. If you take it in general, as a supplement, it can actually reduce the amount of dioxin stored in your liver by a third. So sort of like it can help pull these really nuts chemicals out of your body. If you take it every day. A little side note on chlorella, you have to like buy the right brand, you know, because there's heavy metal, we have



Leah Brueggemann 31:38

to pause for a second. The timing of this is unreal. So I'll have to make sure they come out in the right order. But literally, I just got off interviewing Catherine Arnston, who is the founder of energy bits. And we and they have algae like chlorella and spirulina. And we were talking about the processing of how making sure it doesn't have lead and all of this. And I just feel like wow, it's just ironic. I just got off top. Yes, and then you're like take chlorella. So everybody get chlorella.



Katie Edmonds 32:14


Yeah, you know, it's one of those supplements that I don't know if it's gonna be life changing overnight. But some of us have such a heavy burden of, you know, of chemicals. And as you become more fatigued, your body works less well, over time, you know, you don't have enough nutrients, all these things, you just start to bio accumulate toxins, that's just a natural thing that's going to happen, you know, to anybody that's not sweating and breathing and rightly have digestive issues. So, so plural can be a very gentle thing to do. If you commit to taking it, you know, for a year or so it can also help take out chemicals in breast milk for breastfeeding moms out there.



Leah Brueggemann 32:50

And especially, you touched on the liver for a second. I know everyone likes to come back with your liver is a self detoxifying organ. But like you said, with the dioxins and BPA and everything, like our bodies weren't meant to, like be walking around with, you know, just such a high load


of toxins and we wonder why like disease and inflammation is on such a rise. So, again, like we talked about in that episode, like you guys, you literally just take chlorella, you know, like that's not even like a life changing thing you have to do like we're not telling you to get up at 4am and take cold showers.

 Katie Edmonds 33:30

No, we're not and I watched a video on that recently. I'm like, Oh, I can do that now like No, it's

 Leah Brueggemann 33:37

It's hard i i try and do like hot and cold. Especially like if sickness is going around just for like my attic system. And the first time I turn on that cold I'm like, I can't breathe.

 Katie Edmonds 33:50

Yeah, it's one of those things that you have to like force yourself to do. I live on kawaii so in the winter, I'm such a baby. It's like you know, I'm cold like at the beach when there was maybe like 70 degrees. I was like, Oh, it was like frostbitten here you know, so I side rant but I think being uncomfortable can definitely help heal in certain ways. It's just you addressing your level of discomfort and how much you can do.

 Leah Brueggemann 34:17

Yeah, well, sorry for that massive tangent. So we're going back to dioxins but okay, so chlorella is a great thing that you can do I also one of my favorite things that you when I started following you was you talking about red meat and organ meat and all of that because I talk about eating liver all the time. It's like you know, such this multinutrient and I Where did the fearmongering start with endometriosis? Where it says as soon as you're told, you have endometriosis so like, you can't eat meat, especially red meat.

 Katie Edmonds 34:55

Yeah, it's it's a crappy recommendation. And I followed it. You know, I say part of me felt better when I cut out a bunch of foods, personally I know. And then it was like over the course of years, I became significantly undernourished. And I think this was one of the I was never told what to replace foods with the red meat thing. I think, you know, part of it honestly, is coming from the grain Lobby because they're telling everyone not to eat red meat. You know, there's all the the propaganda machine in general, but I don't want to sound conspiracy theorists, that's like, there is a lot of, you know, money being thrown around there. But there's such limited studies that show endometriosis is associated with red meat consumption. And the biggest one comes from one called the Nurses Health Study, which is like the longest running observational study of women's health. So they, you know, ask all these nurses every four years, every four years, they give them a questionnaire, how do you feel? What do you eat, etc, etc. So the ones that had endometriosis, were also they said, the ones who were eating the

most red meat, oh, boom, you should not eat red meat. This is what they said. But there's so much information on this, this observational study. It also showed the women who are eating the most red meat also were the most sedentary, they were the most likely to be smoking and drinking alcohol and eating trans fats. So it's like this really highly damaging set of lifestyle choices, right? Yeah, you know, you could say, well, why aren't we pulling out the smoking? Why are we pulling out? It's just this red meat. And I imagine, you know, I have some family in inland California that they have, they eat a ton of red meat, that's all factory farmed. They're not eating vegetables, they're not moving, they drink a lot, and they smoke, like they really fit into that category. So on the other side of the spectrum, you have people who are part of like, the Paleo world who are saying, you know, eat whole foods, you know, in the way our ancestors ate, which was the Oregon's, like, my husband hunts, and there's definitely some muscle meat and then there's a lot of organ meats, and you don't just throw that away. You eat everything that's, you know. So, when I started eating like that, so actually, do you know Weston Price? Have you talked about? Yeah. Okay, so I found this Weston Price book a long time ago, when I was on vacation, and I had, you know, the strict diet. I was eating super quote unquote, clean, right, like vegetarian vegan, on and off. I was basically like living on grains and fruit. And I didn't know I was feeling so terrible. And this book is like, Oh, our ancestors ate from snout to tail. They ate the organ meats, they liver, they ate raw milk. And I was pissed that this book, I was so angry, yes. Like, these people should be dead. Like, they obviously weren't reading water and nutrition. Like, just so angry. But yeah, about this book. And I started to you know, I started to major in anthropology when I was in college. And so it really stuck with me. I was like, great, of course, they were eating that stuff. Like when I lived in Senegal, like they all the parts of the goat like this is that makes sense. I'm sorry, but didn't have chronic disease. It was like the slow turning of the tides. And that's when I started to question everything I had been told about red meat. And look, there's zero there's literally zero evidence, direct correlation, direct correlation between red meat consumption and Endo. Looking at that research combined with right so people have been eating like this, what if I tried it and so I was absolutely disgusting. But I started forcing down liver and I call it my like ancestral Red Bull because it started to actually reverse my chronic fatigue between raw milk and liver, my life started to come back into focus. And I say it's like the clouds lifted from my life. And this led me to do even more research on all of all of it and I talk deeply about it and in the book, the importance of getting these micronutrients from food to start reversing these nutritional deficiencies that almost all of us with endometriosis have and these nutritional deficiencies, you know, they contribute to immune dysfunction if you don't have enough, you know, antioxidant nutrition, so you literally cannot stop inflammation, you cannot stop it, and inflammation that's not stopped, it turns into scar tissue and adhesions. And so having a nutrient dense anti inflammatory diet does not just become about stopping or managing symptoms of Endo, it may help actually stop endometriosis progression, scar tissue and adhesions. So there's no research obviously, that has said, Okay, we're going to put these women on this diet and then we're going to look inside that just that type of research doesn't happen. But you can say if you don't have enough you can't stop it, you know, if you just work a little backwards and even if it is just addressing the symptoms itself, that can be life changing.



Leah Brueggemann 39:37

Yeah. reading that book probably was like, I don't know. I can see why you were so pissed because I have so many vegans who they come they start out vegan and at the end of our session of working together, they're not vegans anymore. By their own choice like I'm not like forcing them but after like looking at their labs and then changing some things with their their nutrition. They're like okay, I feel a lot different and yeah, you know, I know sometimes when

they start being vegan or vegetarian whichever they're like I feel amazing for like what I don't know a couple months maybe a year maybe a couple years and then over time yeah they get severely malnourished and can we talk about that for a second like that difference in the vitamins? Cuz I know I've seen you talk about this the difference of vitamins between plants and then meat and then specifically the vitamins that like you need if you have endometriosis because you are lower in them which is is it vitamin A and zinc are my like yes, yeah,



Katie Edmonds 40:46

yes, good memory. Yeah, vitamin A is one zinc and iron you know, they're really the best form to absorb them from as animals and they are absolutely essential for well for a healthy well functioning body and then they're important for endometriosis. So we just talked about BPA For example, A is called retinol and that's an it's it's a form that you as a human use to gush for everything I say your immune system is a binge drinker vitamin A, and if you had a grandma like me and my grandma was on Christmas every year would give her one cod liver oil and I'm like grandma and now like I literally give my kids cod liver oil because it's such a great source of vitamin A liver and vitamin A, your best sources or I'm sorry, liver and



Leah Brueggemann 41:34

cod liver oil



Katie Edmonds 41:35

cod sorry, cod liver, and egg yolks, they're like, they're really good sources of vitamin A preformed vitamin A, this is what you really want to eat. So if you're vegetarian, you're told to eat beta carotene, and this is a precursor to vitamin A, your body has to turn it into vitamin A. I like to say that you know, like any magic trick, you need a lot of things to happen to make that magic happen. Or if you're going to make cookies, you know, you have to take that flour and add a ton of ingredients to make it into a cookie, the same thing goes for transforming one nutrient into another you need a bunch of nutrients to go into this. So if you're deficient in them, then you won't be able to to make that transition. So you know you can have all the beta carotene in the world but you're already deficient in other nutrients or your stress your there's so many other things going on your body is not going to prioritize that it doesn't care. So you won't have enough vitamin A, something about vitamin A, it's absolutely necessary to detoxify BPA from the body. So 51% of Americans don't get enough vitamin A as is. If you have an inflammatory disease with a disease rooted in immune dysfunction, you might need even more vitamin A this is where like an RDA, RDA recommended daily intake for someone who's healthy can be really different. For from the amount of nutrients you need, because you have this I say like a wildfire versus a candle. Like you're gonna need a lot more water to put out the wildfire. If that water is nutrients, you need a lot more nutrients and your friend that doesn't have endometriosis. So you might need more vitamin A than someone without it. So the best thing to do is to get it through foods. And the only way to do that is you know, your liver and your liver oil. And egg yolks. Right so there's different things people are really really squeamish you can supplement with synthetic a but a is kind of it's a weird one to supplement with synthetically so I would leave that you know if you're you know to talk with a nutrition person and yeah, you know your own personal journey here



Leah Brueggemann 43:33

in quality of where obviously you're getting your your liver from is important. What do you think so I've had some people where I have tried very hard to get them to eat liver and they're like, I'm all about it, Leah. I just I just can't do it. And so they'll do like it encapsulated. So do you have any companies or places that you would recommend for that? Or are you just like suck it up honey swallow the liver? Um



Katie Edmonds 44:07

My husband would laugh. I think I've said that to him before. So yeah, I mean in our family we you know, we changed our entire way of life and we literally live this I was disgusted by liver and I you know, I couldn't get it down I would I would blend it and then just take shot of it like this was this is my thing right? Other people freeze it you can freeze it. But if it's the only way you're gonna get that liver and you have the money for it because it can get it can get expensive getting his liver supplements. If that's not an issue for you. You know, I like to say there's some really good I don't know the brand. It's like 100% grass fed New Zealand variety ancestral supplements. Yes, yeah, just look for 100% grass fed because there's a lot that just say grass fed and that doesn't mean anything. So get that 100% grass fed, you know, cool. Do you have a good brand that you recommend?



Leah Brueggemann 44:57

I like ancestral supplements. They're my go To for pretty much all that. And I do recommend those to people because like, for some people I mean I try or if like they're like let's say in an apartment complex or they're a college student and they're like I can't like store this and things like that, then it's better than nothing but you do to get the seven ounces a week you have to take six capsules of liver a day. Which gets expensive it's like \$50 a month so like opposed to like, I don't know, you can get grass fed beef liver like \$7 for like a pound or something.



Katie Edmonds 45:37

Yeah, and if you have a lot of grass around you and therefore cattle like we have on kawaii I get a whole cow liver for \$20 Yeah, so have you ever seen a whole cow liver it's like 20 pounds. It's so big. So you know you can make you can make that that reaching out to different ranchers nearby. It's definitely not everyone's case that they have something like that available to them. But as I'd say, you know, over time, like there's nothing wrong with taking a pound of beef and mixing in a tablespoon of liver and then it's not so scary. And then next week mix it mix in two tablespoons. Mix the what I think makes liver taste great is if you guys still don't like the taste of it like my husband now he can eat liver and onions. I'm like that disgusting, why would you



Leah Brueggemann 46:29

me I think it's very,



Katie Edmonds 46:29

but I you know, if you mix bacon and liver and equal portions, and then you mix that into beef, it really hides the flavor. It almost adds like an umami so it actually makes the meat more delicious. Rather than more gross. kidney and liver and beef once and almost died. It was so so gross. But bacon is like the missing ingredient. So you can do bacon and liver. Mix that like cook it and blend it and then add it into ground beef. You know, for anything for Chili's for. You know,



Leah Brueggemann 46:55

we would Yeah, so trying to I'm trying to think of the measurements of what I did. And I have zero idea but like we would do meatloaf anytime you made like meat sauce, chili, hamburgers. Yeah. You just stick it in there. And that way I didn't taste it, except for my husband would try and tell he's like, which one's the healthy burger? Which one's the normal burger? I'm like, I'm not telling you. Yes, yeah. So that I found worked worked fine. But yeah, okay, so I guess off the liver train. So what are some other. So these are eating this way and changing getting rid of your dioxins and your BPA. And all of that is obviously going to help us get more sensitive to progesterone, which we need. So what are some other things that you know, we should do? Because obviously, we know that like lowering estrogen isn't really the solution here. So we're getting in our liver, and we're getting in some more liver. And we're reducing our



Katie Edmonds 48:00

liver. So there's, there's so much there's so much we could talk about and you know, just to touch on the estrogen thing, if you do have high levels of estrogen, there are people with really high levels of estrogen, right? Like it is important to bring that down, because that is an issue. So I don't want this to seem like, oh, estrogen is not an issue. Because it can be for some people, again, you want healthy levels of systemic estrogen, and then healthy levels of systemic progesterone. So that's, you know, just a summary of that. So maybe it's not so confusing. And then again, at the localized endo lesion level, getting rid of the inflammation that could be provoking estrogen production at the localized level. Now for like, what else could we do? Because I don't know how much more time we have.



Leah Brueggemann 48:47

We have like 15 minutes.



Katie Edmonds 48:50

15 minutes. Okay, so what I like to just talk about the low hanging fruit and the free fruit because having a chronic disease sometimes makes us all immediately jump to I don't want to say snake oil, but sometimes snake like seeking Well, what's going to cure me and what can I throw money at this problem, you have your money on this problem to fix it. And it's like, supplements, programs, specialists, these things and so much like, God knows, everything's

expensive. Right now, inflation is expensive. Having a chronic disease can be expensive, but what I see a lot is people do all these really expensive things. They feel like they're doing everything. They're really just spinning their wheels, they're not feeling better, and they say, Oh, this is incurable condition. Like, this sucks. I'm over it. The reality is you can do the basics for free and I listened to your last podcast, the healing hustle. And yeah, yeah. Was it cara cara?



Leah Brueggemann 49:45

Cara Barone



Katie Edmonds 49:47

Hara Yeah, she, the way she described her life was the way I would have described my life 10 years ago. She has endometriosis. So does she That is so funny. Okay, because this is this was so interesting and research if you did listen For that podcast, she's basically saying how she was so stressed without realizing it all because it was her way of living. She would just rush from one thing to the other and just check your email. She's doing all these things. And someone say, Well, have you lowered stress? I don't even stress, what are you talking about? And I was like, I was so me. I was, I was so stressed. I had so many stress hormones, you know, we think of this word stress is like, Oh, I have a very stressful career. It's like, why don't have a stressful career. So well, like, what do I have to be stressed about? And my head is like everything, you're in so much danger, there's not enough time, like, you know, thing after thing. And in this questionnaire that went out for women with endometriosis. Two thirds of women with endo said they were had so much chronic anxiety that it was a personality trait, versus a percent of women who didn't have endometriosis, that as a personality trait. So this is really important to understand that when you know, stress and anxiety should be a fluid thing, like you're really stressed about a test or giving a speech at a wedding or something, but it comes and goes. But when we think it's who we are at our core, that means every day your body is flooded with the exact same immune factors that endo requires to thrive, right, it's progressed by inflammation. When you're stressed, your body has no if you're stressed from a leper chasing you or because you're like scrolling on dooms news or whatever it is, it just, you know, floods your body with the with the exact same, you know, the fight or flight hormones, which then signal to your immune system, we're in danger, we're in danger. And this becomes a cyclical thing. So addressing that is so vital. And it's hard to say stress less when people don't even know they're stressed. Right. Yeah. So is when I, you know, talk to clients who say, Well, do you feel like you're rushing like, Oh, yes, all the time? Do you feel like you have enough time to do anything? No, I have no time. You know, so you started saying, well, actually, let's, let's start to question all these things. These are all stressors, you know, let's not think of stress as like a career woman stress, or, you know, I have to work three jobs. And I'm a single mom type of stress that you can have stress and have the most relaxed life in the world, and still be really stressed out. So addressing that. And in my book, I say, well, let's change the perspective. Let's flip the switch and say, let's create a life of safety. Instead of saying why am I stressed, they like what's unsafe right now. And let's try it, we can actually mitigate how much we interact with those stressors every day, like social media, what most people are on social media, like five hours a day or something is the average is a huge amount. Social media is very stressful. There's no relaxing on social media, the news screens, there's all this stuff. And since we have limited time, listen to that last episode, everyone about that healing hustle, that's, then that



will signal to your body to actually start to balance your hormones naturally. So that's the first thing you want to let your body know, you know, because your sex hormones are really down the stream hormone. So if you have a hormonal imbalance, which a lot of us with no do we do have a hormonal imbalance, but it's taking because you don't know what your imbalance is? Or you know how much energy you have. Don't think about that for a minute. Just go you do the up the line hormones, which is your Danger, danger hormones, are you safe or not hormones, and that's going to be you know, cortisol and insulin. So the dress that okay,



Leah Brueggemann 53:15

yeah, blood sugar is like, so massive. And it's something free.



Katie Edmonds 53:20

Just Yes. Yeah.



Leah Brueggemann 53:24

So Oh, okay. So I just need to like backtrack and recap for some people, because I have this. It's like pulling teeth. So whenever I work with clients, we start talking about managing stress, like it's in all of their protocols. And they always are, like, kind of stressful. Yeah. And I'm like,



Katie Edmonds 53:42

me, too. I have that same issue. Yes,



Leah Brueggemann 53:44

I guess you are. I know, you're stressed. Because you're here. Like, if you have hormonal issues, you're probably stressed. So definitely, I think, just just start that, but also, I know that we had this conversation the other day, but everybody, like nobody sticks to anything like you, you have to stick and be consistent, because it's going to take a while to heal. So like, don't just try and be looking for the next thing to try. You know, you have to settle in and be consistent with what you are trying and then actually be consistent. Like, I know that that just seems like cliché, but I have a past client, actually, and I'm sure she will call herself out on this because we had a laugh about it. But she had put this post in one of our alumni groups, and she's like, Oh, I'm struggling with blah, blah, blah, and I'm so frustrated because I feel like I'm doing all of the things I'm supposed to. And then she came back later that day because it just happened that I had put out a podcast episode on the foundations of your health and she goes, nevermind, I'm gonna actually Try and be consistent with my protocol for three months, I'll check back in. And it's that's how true it is like, we think we're doing everything, you know, like, I, you know, here lots of times people are like I eat healthy, like today was just an off day because I had to rush my kid to school. And then the next day, I really do eat healthy, like I really get outside and exercise. I just didn't have time today because of XYZ. And that turns into every day. So even

though like, we think we eat healthy, like, that's the end goal, we think we're managing our stress. If we actually sit and do an audit, it's like, wow, my days are basically my whole life right now.

K

Katie Edmonds 55:39

And it's hard like when you come from a place of, you know, deep chronic stress or anxiety flustered and then you're also not eating well. And you're also sedentary that just meeting this foundation. You're like, we don't have time for that, like, yeah, that's gonna take a lot of time. But that is exactly what you're saying. It's so much more important to get get your say your nutrition dialed for a year figured out no matter what, no matter if you're rushing out the house, you already know that you spent Sunday because every Sunday afternoon, you spent three hours making some school lunches and some pre made breakfast like you figure every time a problem comes up. Besides like the reframe stressors, don't let it trigger you take control of it, say okay, this is that was an issue, that's a problem I need to solve, solve every problem that comes your way and take your time solving them. That is what's going to get you those those healing gains at the end of the day, like you're saying, and that's part of my issue, you know, I have this one really love hate relationship relationship with social media, it's mostly a disdain for it, because there's so much information out there. Like when I go on even as a health practitioner, it's like, Oh, I could do that. I could do that. I could do that. And there's so much to do, but you have to go back and get a very basic foundations being met, like why am I even on social media dinner's not ready. Like, we know what to do the food shop, I have to do this list, like, having a Whole Foods lifestyle is more work than a convenience, you know, food lifestyle, so you have to make it, you know, incorporate it into your life, and then as a scaffold skills from there, because then it becomes second nature, like, you know, getting kids out of the house and having a stressed morning, but you it wasn't even an option to eat, you know, what you were eating before, you know, or like grabbing some sort of fast food on the way or something is, it wouldn't be as much of an option. Of course, like sometimes things happen. But like, if you're gonna make it your lifestyle, really sticking with it. And you know, making movement, a part of your life making problem solving a part of your life, like learning how to deal with addressing anxiety, understanding, if you're a sensitive person and being okay with being a sensitive person in a world that doesn't do well, for sensitive people, you know, limiting the amount of stressful incidents that you come across, I'm totally in agreement with you, you know, just getting those foundations. I know, even when COVID hit, I got in my email box, it was like a great number of former clients, all of a sudden, my hand goes back my elbows back, it was overnight and you're like stress, my friends, you know, like, let's really, really need to start addressing that will COVID was not for everyone, but it was a great example.



Leah Brueggemann 58:15

It really is. And I think one of the biggest things I find myself doing with clients is yes, like, you know, there is some knowledge that needs to be imparted. Like, it needs to be like, they need to learn some things. But I feel like the majority of the things that we do are learning how to attain Hubley change a lifestyle to make it a healing environment for their body. Because I feel like all of us can maybe buckle in and like try and rough our way through it for maybe 30 days. Because we're like, we're just gonna do it for 30 days. But if you truly want to be in that healing environment, you have to be in that for the long term, which is like not letting like weddings or anything like derail your progress. So it's like how do you put those things in place? And like, for

example, today, I know I was talking about this on social media places. But today for some odd reason turned into like a million calls days. Like I have interviews, I have calls and I had calls with my team and you know, I could have been like, oh my goodness, I'm just going to try and like figure this out. But yeah, last night I was like, Okay, what's for breakfast? Get that ready? Is lunch ready? Is lunch meal prep is lunch, something that I can grab with one hand. Like while I'm breastfeeding? Is my like, Are my water bottles filled up? Do they have my electrolytes in them and all that type of stuff because I knew that if I just waited and tried to figure it out the day of I would be so flabbergasted To be stressed, yeah. So I think like you learn you, you have to practice that muscle of consistency because you aren't going to heal in 30 days.

K

Katie Edmonds 1:00:12

No, and that is, you know, the big thing that there's these 30 Day pushes, but you can't like you're saying you can muscle through it, but healing from chronic disease, you know, healing hormones is really, you know, it's a long haul deal going on. So it is like, getting comfortable with doing little things bit by bit and not getting it all at once, you know, there's like 30 days and body transformations for working out, it's like to get your ligaments strong, you know, strengthen your feet to get your alignment, you know, document, Dr. Angie's course, oh, my gosh, I've been doing hyper presence for like two years, and I still see little bits of progress, where it's one of the only things fitness wise I've ever stuck with, because I felt such amazing difference from it. But it's like, it just builds on itself. And that's how I feel almost in life, as you know, not becoming an adult, because I'm 3037 I am an adult, but you know, you just keep getting better and better at stuff like I'm always getting better and better at being a mother and better and better at living our healthy lifestyle while juggling things you know. So it's, it's not like you were born doing all this, you know, as much stuff as we're doing now. But you just get better at it, it becomes second nature without the stress. Because everything I used to do so much less and be stressed about everything. And now I feel very calm and collected and in control of all of it and can happen. It just takes practice, like you're saying,



Leah Brueggemann 1:01:33

Yeah, flexing that muscle. Oh, my goodness. So I don't know if you're taking any clients at this moment. But obviously put your information down below. But everybody needs to go get your book, which it is a number one bestseller, isn't it? I saw Yeah, that little tag.

K

Katie Edmonds 1:01:51

I know I am. I'm so honored to be the number one bestseller on Amazon and the endometriosis category when there's some incredible books there. So you know, just makes my heart sing. I'm not taking clients, but my website is [healendo.com](http://healendo.com). And it is just tons of free information. There's lots of blogs, there's lots about food, there's videos, you know, I made some Cartoon Videos just explaining what endometriosis is in four minutes flat. So if this was a little bit too much for you go back and watch those. We just really have to know what our disease is in order to take control of it. You know, and there's so many options out there, you have to read your own body, which hopefully the book can help help offer. And, you know, explain some of the things more in depth promise nutrition talks more about liver talks a lot about liver. But there's way more to nutrition than just managing symptoms. We really have to bring a body at the

brink of you know immune dysfunction. How do you regulate the immune system? It says, there's there's literally ways that we start to do that. And it may be easier than you think. And it may involve a team of professionals. You just don't know until you start looking. But you really have to take endometriosis seriously. You know, there's not a period probably said if you want to have kids, like sit down and and do the research, read the book, read it two or three times and start to make a plan, you know, to reclaim your life.



Leah Brueggemann 1:03:13

Yeah, it's possible. It's possible. It is. Well, thank you so much for hopping on, I thoroughly enjoyed this. And I know everybody's mind is probably exploding,



Katie Edmonds 1:03:23

Hope it wasn't too much.



Leah Brueggemann 1:03:32

The Hormone Reset Program is opening back up, which is so exciting. We only have this program three times per year. It is a group coaching program. And so obviously, it's a much more cost effective investment than doing one on one coaching. So if you're like, hey, I need a good jumping off place, I need to start feeling better, then this would be a good place for you to start feeling amazing. So if you have been feeling like you're terrified of the pain when your periods show up, you believe that like symptom free and pain free periods are totally impossible. You wake up with migraines, you struggle throughout the day, you have to call in sick to work, you've done everything, you just can't drop the weight, you're tired and fatigued. Or maybe you're on the complete opposite end of the spectrum and you haven't had a period in months or years. Or maybe your periods take you out not because of the pain but because of the mood swings and you're just like you feel like you want to tell somebody before your period. You're moody and anxious. You're like I can't even relate to the women who knows when their periods gonna show up because like mine are all over the place. And so then you're just like, well, I want to get pregnant. I don't have a period like why is this not working? So then this is going to be for you. So this is a group coaching program. It's eight weeks. You get group coaching calls once a week you get a Facebook accountability group. You get recipes, you have your training module. Because you also get weekly workouts which are really cool, you get access to some pretty cool guest speakers like we have a pelvic floor therapist that comes on and talks about the placement of your uterus, and how pelvic floor therapy can help balance your hormones. So, you guys, I'll put the link to join the waitlist in the show notes. But you guys, literally it this is one it's just it's such a life changing program. And we try and make it as accessible to as many women as possible with payment plans. So I truly invite you if you are like I just don't know what else to do then this is probably a very good fit for you. If you are worried about it, please send me a message because I want to make sure that you feel empowered and strong about your decision to join and so therefore, if you are in any way worried, please reach out and talk to me because I want to make sure that it's a good fit for you. Okay, so if you join the waitlist, you'll get a fancy email and it will give you a discount code and if you join from the waitlist you guys and save your spot for this next round. You get to

save like over \$100 So use that coupon code. Save your spot early so that you know that the coupon code does expire. So save it use it save your spot take advantage of the payment plans. Let me know if you have questions.



Leah Brueggemann 1:06:28

Thank you for listening to today's episode of Balancing Hormones Naturally. If you found this helpful, I would love for you to share it with a friend and post it on your stories and tag balancing hormones naturally podcast so we can get this message out. You can find me on Instagram at @leah\_brueg and I would absolutely love to hear from you