Help is at hand - undo what has created the problem

Firstly:

1 - What is endo? Endometrial tissue that has lost its way.

(It may be spreading outside of where it is to be).

2 - Why is it there?

The usual internal checks and balances are not working.

3 - What can you do about it?

Make friends with your body - it is trying really hard to work as designed – and may need some help. Undoing - decluttering is needed. There are so many things that have upset it. Having been whispering in your ear in vague ways, it is now maybe laying you low. STOP and fix me!! You need to listen. And act.

Are you ready?

**1) – Your body is telling you that it is not happy.** Not only menstrual upsets.The world is gradually getting more toxic. Body burden is real. Your womb has been making extra cells in response. Maybe called endometriosis. May also be PCOS. Fibroids. Adenomyosis. Likely also IBS, GERD, Krohn’s. Eating troubles of all kinds. Possibly also dyspareunia, vulvodynia, chronic pelvic pain. Leading you into – depression, anxiety, self-soothing behaviours that may not be helpful. Moving towards - life not worth living. Do something different!

**2) – Take charge yourself - do not hand over the problem – it is YOUR life.** You have a life issue – not a medical one. Endometriosis is not a disease but your body warning you that things are NOT ‘OK’. This is not just about your periods.

**3) – Help yourself - research. Different questions will give you different answers. Maybe start with – why me?** You may ask - ‘why does my medical team not know?’ (or even care?

**4) – Begin bleeding in the** [**safe intimate care products.**](https://heatherbrucehealing.com/safe-intimate-care/) To actually clear this problem up permanently you need more than just something that soaks up discharges. I have found that by getting women to use these products – this alone has repaired their problem periods. Cutting out what is creating the mess. Serious. Read more about [toxic intimate care products here.](http://www.womensvoices.org/2014/10/13/testing-reveals-toxic-chemicals-in-procter-gambles-always-pads/) Avoid all products that hold blood from flowing.

**5) -** [**Iodine**](https://solutions.heatherbrucehealing.com/iodine-why-is-an-adequate-intake-important/) – it is highly likely that [your problems are due to a lack of it](https://solutions.heatherbrucehealing.com/essential-minerals/about-iodine/). Easily tested - paint some Aqueous Iodine solution on your belly and watch it disappear. [more here.](https://www.youtube.com/watch?v=hMjKmi12UX0)

**6) – You need to know how your body really works**

* Simplify your life, be closer to nature.
* Practice gratitude mantras/moments/thoughts
* Live only this moment, as it is the only one you have.

You may have in the past just taken for granted what is going on – without knowing that there is usually a very simple and easy solution – just not necessarily found within the ‘toolbox’ of the average medical specialist – as they have different strengths and tools for these.

# Summary

Make friends with your major chemical detoxing unit/ hormonal laboratory

Become more liver friendly in all life choices.

(No place here for caffeine/alcohol/nicotine or replacements/sweet addictions)

Food factory

Eat to repair and rebuild, not to satisfy emotional cravings

Supplement your diet with natural healing substances

Drink plenty of clean non-chilled water to flush out what is ready to leave.

Clean and safe

Choose everything natural.

Use safe intimate care products.

Detox using easy and life friendly remedies

Let go what is holding you back

Undo your past – heal your present and future.

Express yourself especially to your intimate partner – and become thus less stuck in all aspects of your life.

Become more rested - and happy with what you have.

Let the energy/Qi flow

Move more – get heaps of exercise whilst breathing clean air

Turn all sexual encounters into orgasmic events

To do list

1. Start steaming. (Delicious self-care at home – you will want to do every night) Peri steaming - is part of [the Selfing project](https://heatherbruce.mykajabi.com/offers/3iEy2NqL))
2. Begin your own self care/self soothing belly work.
3. Find yourself a friendly natural health care professional who is a women’s belly worker.
4. Removeunwanted chemicals from your body – [see why here.](https://detox.heatherbrucehealing.com/hormones/)
5. Use only what is nontoxic - [safe intimate care products .](https://heatherbrucehealing.com/safe-intimate-care/)
6. [Hydrate for life](http://www.watercure.com/) - drinking pure and body temperature water – all and every day.
7. Become a more physically active person
8. Undo what does not serve you – [especially emotionally](https://heathersays.heatherbrucehealing.com/common-imbalances/stuck-liver-qi/).
9. Find and paint 15% Lugol’s solution - iodine on your skin – a little daily.
10. Find a detox protocol that allows you to pare back to basics. I suggest that all start taking [liquid activated zeolites](http://simple-natural-detox.com/endometriosis/) to gently and effectively remove past toxic substances to allow the nutrients you chose to eat to get where you need them most.
11. Nourish yourself - replenishing foods: enjoy feeding your body

**Self** care – [online 3 part Selfing course](https://heatherbruce.mykajabi.com/offers/3iEy2NqL) has been designed to take the worry out of life. Written for my anyone who wishes to enjoy the way back to easy womanhood.

AND

AS WELL as you finding a local women’s holistic professional who can guide you through back to health. Begin undoing your entire health catastrophe today. Show up for your womb!!!

**Simple and natural can take you back to perfect**

A picture containing flower, plant, outdoor, pink

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