Help is at hand – this is easy!!!

Undo what has created the problem

*Inflammation is from contamination.*

Where from?

That is for us to find out. Let us begin . .

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 checks and balances are not working

3 - What can you do about it?

Make friends with your body - it is trying really hard.

There are so many things that have upset it.

Now it needs you to listen.

Are you ready?

Love Your Body Better

**1) – Your body is telling you that it is not happy. And not just menstrually.**

The world is gradually getting more toxic. The [chemicals that we are exposed to freely](https://detox.heatherbrucehealing.com/) in are not helpful. Although not all women have their cycles/bodies/ periods disordered, [as you may have.](https://detox.heatherbrucehealing.com/hormones/) Your body has responded by making endometriosis.

**2) – Start your own research.** 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 -** You may ask .. (Why does my medical team not know? Great question – ask them. All of this is obvious when pointed out to you – and It really works!

**4) -** [**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)

**5) – 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/)

This is really a major contributor. Watch the ‘normal’ pads and tampons shown up [against what really works.](http://safe-intimate-care.com/demonstrations/) The Drion are dry all the time, absorb far more and are SAFE. They are inert/benign. They work. Safely. Not available in US as their government has decreed that menstrual aids are ‘medical devices’ (!!!) –demanding $5,000 USA payable annually to anyone who wishes to import.

**6) – Investigate the** [**liquid activated zeolites**](http://simple-natural-detox.com/endometriosis/) as they pull out a lot of what has leaked into your body - safely and effectively. Remove the heavy metals and pesticides. Pull out what is stopping your body from working as it is supposed to.

**7) – 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 ‘tool box’ 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.
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 preferably also a [Gentling Way practitioner.](https://gentling.heatherbrucehealing.com/accredited-practitioners/)
4. Removeunwanted chemicals from your body – [see why here.](https://detox.heatherbrucehealing.com/hormones/)
5. Use [safe intimate care products.](https://heatherbrucehealing.com/safe-intimate-care/)
6. [Hydrate for life](http://www.watercure.com/) - drinking pure and body temperature water
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. 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 - Find a women’s holistic professional who can guide you through back to health. Start undoing your entire health catastrophe today. Simple and natural will take you back to perfect.

Check out Heather’s initial woman’s self help [online course here.](https://heatherbruce.mykajabi.com/offers/3iEy2NqL)

If you wish to become a Gentling Way practitioner – [maybe reach out](http://www.heatherbruce.com.au/contact/) . .

