



PWE03: Let Your Voice Be Heard

Welcome to the peace with endo podcast. My name's Aubree Deimler. I am an author, speaker and integrative health coach who helps women with endometriosis naturally manage pain, increase energy and find peace with endo.

This is episode number three. I'm so happy you've joined me on the journey. Today I'm going to touch on the topic of expression. The power of using your voice and letting it be heard, even when you feel like no one is listening.

March is endometriosis awareness month and I want to talk a little bit about an impact of this condition that perhaps isn't always talked about. Focus tends to be on the physical pain involved, but today I want to shift to the psychological distress that can come from living a life with endo.

It very much impacts your nervous system so it can come with mental distress such as anxiety and depression.

The average time for diagnosis of endometriosis is eight years. Eight years of women going to their doctor's offices, letting them know of their symptoms, and being pushed away or pushed around to a multitude of different doctors. It took me 17 years to get a proper diagnosis. 17 years.

Women are told over and over again that painful periods are normal. That having this type of pain is part of being a woman. For many years women experience excruciating pain with their periods or have other strange systems that aren't being collected together to give a proper diagnosis of endometriosis.

The problem is our medical system is so cut up into specializations. We're passed around to different specialists: urologists for bladder issues, a GI doctor for digestive concerns, a psychologist for mental mood changes, and so on. We're put through invasive, painful testing, that more often than not comes back "normal". Yet you continue to have this pain, this horrible pain inside and it feels like nobody's really listening to you. Have you ever felt like that?

It's rare for a specialist to piece together the whole picture of symptoms and to really listen to what the woman is saying. Many young women are told over and over again that the pain is normal or even worse that it's all in your head. When you hear this over and over again, subconsciously you lose trust for your body's natural signs and signals. You learn to suppress that or in a way to develop your own ideas of what's normal.

This weighs on you psychologically and subconsciously you can develop that belief that you're not heard. As I've become more aware of my personal triggers, I know that's a big one for me. When I use my voice and speak up and I don't feel like the recipient is hearing me, that they're not listening to me, especially when I'm vulnerable, or asking for help, that can trigger deep pain in my heart space. I think it's a natural human desire to want to be heard, to be acknowledged, especially when there is a great pain that needs to be addressed.

Endometriosis is a silent condition. You may look perfectly fine on the outside. The women that I've met with endometriosis are some of the most beautiful women in the world. Outwardly you look radiant, so it's hard for others to understand that there's this condition going on that's causing a lot of pain inside. So, when you speak up and you say that you're having this pain, it's easily brushed aside because there's a lack of understanding or belief on what can't be seen.

So, you stop speaking up. You suppress the pain and when others ask how you are, you say that you're, "fine", instead of how you really feel. It's easier that way. Others don't understand. You're silenced. That can turn into feelings of isolation. Like you're not being heard. Like your voice doesn't matter.

But I want to take a moment and remind you that's not the case and even if the people that are around you don't understand, even if they really aren't listening to you. I want you to you hear me when I say that you are heard.

I believe there is greater love and guidance available, that's beyond what your eyes can physically see. I believe this in my heart of hearts. My perspective on all of this changed a great deal in the past few months as I've been introduced to some powerful spiritual healers, people that have connections to higher sources of energy and what is often referred to as guides or angels.

One of these powerful healers that I connected with came through written words in the book *Medical Medium*. Have you read this one? If you haven't, I highly recommend you do. I came away feeling enlightened about my health and how to move forward on my healing journey. The author is Anthony William. His suggestions have helped me more than any other, and I've read hundreds of books in the health and wellness genre.

Anthony shares his story in the book to his connection to what he calls the Spirit of Compassion, or simply Spirit. Spirit first appeared to him when he was four years old. He writes about the encounter in the book and how Spirit told him to tell his grandmother that she had lung cancer. As a young four year old boy Anthony walked up to his grandmother and with his small hand on her chest said those words, "lung cancer." His grandmother had no symptoms of lung cancer at the time, but she went to the doctor and found her young grandchild's diagnosis to be spot on.

Spirit didn't leave Anthony. He continued to whisper in his ear, and as a result Anthony was able to read everyone he met and immediately he knew what was wrong with them, and how to address the issue. It became intense living in this world where he immediately knew what was wrong with everyone he encountered. He could read people over the phone and even those on television. He writes about how this connection to Spirit was both a blessing and a curse. I can only imagine.

He's helped hundreds of thousands of people heal from mysterious symptoms that stumped conventional doctors.

In his book Anthony gives great truth to the cause of many silent, auto immune conditions as well as suggestions on how to address them. One thing I love about his suggestions is that they are primarily focused on fruits and vegetables. He's reminded me of the healing power of food. I implemented a suggestion from his book a couple of months ago. I've been juicing fresh organic celery juice in the morning on an empty stomach. Celery is an incredibly healing food with a near perfect balance of electrolytes, so it can help to balance blood sugar and it's refreshing for your adrenals first thing in the morning.

The primary reason I've been doing this straight-up celery juice is because of Anthony's suggestion that it strengthens up your stomach acid. The strength of your digestion is a key part of getting better. Nearly 80% of your immune system is located in the lining of your gut, and our stomach acid is a primary player in the health of your entire digestive tract. It's your body's first line of defense against toxins and it's the way that your body breaks down the food that you eat so that you can absorb vitamins and minerals, the nourishment you need to survive.

If your stomach acid is weakened, which happens with things like stress, pharmaceuticals and over the counter pain medication, then your food's not going to be broken down like it needs to be, so bigger chunks of food go down into your gut and they get stuck. This food then starts to rot, which releases an ammonia gas that can cause a host of issues including inflammation and chronic fatigue.

After introducing the celery juice into my morning routine I've been feeling so much better! It's a great start to my day. I've had less pain in my joints and even more incredible is the dramatic difference I've felt with the start of my period. My last three periods have been mild. I've had minimal cramping, which is simply amazing. I owe a lot of this to the celery juice, as well as to the emotional healing I've experienced in the past few months. I talked a bit about my experience with reiki in past episodes.

So, the last time I went in to see my reiki practitioner I told her about Medical Medium. I was excited about the lessened pain with my periods, and I related this to the celery juice. This of course expanded into the story of Spirit, which prompted her to suggest I check out a woman named Lorna Byrne and specifically her book, *Angels in My Hair*. She said that her story had completely shifted her perspective.

After our session I ordered Lorna's book and spent the weekend taking in the story of this Irish mystic that can see and communicate with angels. Lorna's story changed my perspective too. She states that everyone does indeed have a guardian angel. It's always there, but in order to receive it's help, you have to ask for it. Lorna says that there are so many angels lingering about, waiting to help, except many don't believe in them, so they don't talk to them, and they're left, waiting and hoping to be of assistance.

Since reading Lorna's book, I've shifted my prayers to addressing the angels and I tell ya what, since doing that, many of my prayers have been granted. It's comforting to me to believe that there is this love and protection around me all the time and that when I speak, when I use my voice to express what I need, to express what's inside, I am being heard.

You're not alone love. You will never be alone.

I know that for some this may be hard to believe. It's easy to be a skeptic when you can't see what's in front of you. Much like the disbelief that comes from an invisible illness like endometriosis.

Regardless of what you believe, on a more physical basis, there is great benefit that comes from expression, from using your voice. The vibration of sound plays a key role in your physical body. This is most greatly seen with the role of your vagus nerve.

The vagus nerve is a long nerve that connects your brain to your gut and connects many other important organs along the way including your liver, spleen, pancreas, heart and lungs.

The tone of your vagus nerve is key to activating your parasympathetic nervous system, which is that rest and digest part of your nervous system. It's the calming, healing part of you.

High vagal tone has a positive impact on many of your body's systems including blood sugar regulation, digestion, and mental health. It also plays a key role with regulating inflammation in your body.

You can stimulate high vagal tone through the medium of sound: talking, singing, humming. I'm decreasing inflammation in my body right now by speaking to you.

You can also stimulate high vagal tone through slow, rhythmic, diaphragmatic breathing. For good measure, let's pause for a second and take a long deep breath. As you breath in, allow your belly to expand out like you're blowing up a balloon inside your belly, and as you breath out slowly allow that balloon to deflate.

When you take long deep breaths like this you're stimulating your diaphragm and thus, your vagal tone. Make time and space for that everyday.

Breathe.

And use your voice. Speak up. Release what's inside of you.

Regardless of everything I've shared with you today, it can still be hard to live with a misunderstood invisible illness. Especially when it's one that impacts your fertility. It's really helpful to connect with other ladies who understand.

I remember when I was first diagnosed with endometriosis and how fearful I was of all the negative information I was pulling in. I had to separate myself from that. I became conscious of the energy that I was around and I shifted towards a community of women who believed that they could get better. I started a group for positive ladies who support natural methods on Facebook. It's called Finding Peace With Endo. I invite you to join us there.

I'm also in the process of putting together a more intimate gathering space so that we can connect face-to-face with face-to-face support sessions, group meditations and a continual education for those who are interested in naturally addressing this through body, mind and spirit. Stay tuned for more information on that.

You can also connect with me further at peacewithendo.com or on Facebook, Twitter and Instagram at [peacewithendo](https://www.instagram.com/peacewithendo).

And if you enjoyed this episode, I invite you to subscribe to continue on the journey.

I hope you find some peace in your day today. Sending you so much love. Bye for now.

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