



PWE13: Endo Awareness & Support

Aubree: Welcome to the Peace With Endo Podcast. My name's Aubree Deimler. I am an author, speaker and integrative wellness coach who helps women with endometriosis naturally manage pain, increase energy and find Peace with Endo. This is episode number 13 and on the show today we have Kristen from Endometriosis and Me. Hi Kristen. Thanks for being here.

Kristen: Hi, thanks for having me. I'm really excited to be on the show.

Aubree: So, tell us a little bit about yourself.

Kristen: So, I run Endometriosis and Me and I started it way back in 2012, and it's really started to take off lately and I've just kind of been more dedicated to it now that we're starting to raise more awareness and it's becoming more known in social media and there's even an ad on TV from a drug company. So, I really just wanted to raise my own awareness and to be your own advocate and you don't necessarily need to do everything that the doctor says that should be your medical plan.

I started my journey in 2010 and I was 21 and what happened is I was just a normal day at work and I felt like I was getting my period. I've always had really bad cramps, so, it wasn't anything new to me, but then it increased in pain throughout the day to where I couldn't even focus. I couldn't even sit down. So, in my office we had a medical room. So, I went and I stayed there until someone could take me home and then that person later took me to the ER, and after many hours, 24 hours in total, being there without food or water, many, many tests and scans and they determined that I had a ruptured ovarian cyst, and recommended that I go see this specialist that's in town, and the first meeting with me she was certain that it was endometriosis.

So, I later that month went in for the diagnosis, diagnostic surgery and in that she said that I had the worse case that she had ever seen of severe stage four endometriosis and she then directed me to a specialist who is way more trained. He was trained in excision surgery. He then performed the excision surgery for me, which also was a hysterectomy, and that was when I was 24. So, that would have been 2013, and after that I did have a period of time, I would say six to eight months where I did feel better and more human, you know?

And I went back to work, and I thought that everything was Ok, and then one day you just feel like the, like you haven't even had surgery, like it might of well have not

happened. I was right back in pain, and it was horrible. So from that I decided that I didn't necessarily, that I don't necessarily want to do more of that medical route, to go more surgery and try more drugs and just continue in this spiral of medications and look at more alternative routes like medical cannabis.

Here in Canada we have medical cannabis and I have my license and really if I didn't have that to turn to, I don't think I would be able to function as well as I do now. It's really, really helped me in a big way and in the thought with a natural pain reliever working for me so well I thought why don't I dive into more natural solutions like pain rubs and suppositories and bath bombs and things like that. So, I've been doing product testing of things that I think would help the community, or things that I've seen lots of ladies ask about. So, I've talked to these companies and set up product reviews for them.

Aubree: That's awesome and that's great that medical cannabis has helped you. What are some ways that it has helped you? Does it help with the pain or is it more mental? Or can you talk a little bit more about that?

Kristen: Sure. I mean, I would say both. Physically, I mean in a big, big way. Before, like in the morning when I'm waking up before I've smoked I just feel so stiff. Like, it's like I'm Tin Man and medical cannabis is the oil that I need to get up in the morning, to alleviate my pain. It helps with my anxiety. It helps with my depression. It helps with my muscle aches. If you, and as I've been diving in to the different strains, so, if you get into that and figure out what strain is best for whichever symptom you're trying to treat, it really is beneficial.

Aubree: Absolutely. So have you tried, because I know, you know, everywhere, it's not, unfortunately it's not legal for everybody, but I have seen a lot of ladies talking about CBD, specifically CBD oil. Is that something you've tried?

Kristen: Yeah. I find CBD oil is very helpful, and especially if you put it under the tongue everyday you get the most effects from it and it just gives you a more relaxed feeling I would say throughout the day, and my personal favorite way to use CBD oil is in a bath bomb and I am not usually the type of person to just sit in the bath and relax, but one of these bath bombs and I'm in there for an hour and a half to three hours.

Aubree: Nice, and for those that don't know CBD doesn't have, if you get the oil it doesn't have the THC, which is what's, what gives you that high from the medical cannabis.

Kristen: It doesn't give you the high, quote-unquote high yes, and it doesn't have any psychoactive components to it so it's just the medical component, it's just that good pain relieving, inflammation relieving part of the plant.

Aubree: So, it sounds like you've been through a lot on your journey. What inspired you to start Endometriosis and Me?

Kristen: What inspired me most was: a.) In seeking for information I found that it was either like too complicated for me with all the medical terms and I felt like I needed something where I could compile this information but then break it down even more for the average person to understand and b.) Is because when searching for that support system either on a web site or on Facebook, I didn't find the exact thing that would suit my needs and what I thought that would suit other needs is to share information, to share articles, to share experiences, to support one another and have that all in one area, not to have one group for strictly information and that's it, and then another one is support, but maybe it's not all that support full because it's not monitored properly. So, I really just wanted to do something where I could do both of those things, which got me into making my website and running the both the Facebook page and Facebook group, which has now led me to start on Instagram and Twitter.

Aubree: So, we are in the first week of March and Endometriosis Awareness Month. Do you have any tips for ladies that want to spread awareness on social media?

Kristen: My tip would be to not be afraid to share your story because you might inspire someone else to share their story and then we can really get the word out there and really make people understand how common this is. I mean we know tons about diabetes and we never talk about endometriosis. I mean, maybe sometimes it's an uncomfortable subject, but it's very real and it's one in ten women, I mean that's a huge number worldwide, I mean an estimated 176 million women that is a lot of women. We should all be out there trying to spread awareness to get a cure, or at least some kind of better treatment.

Aubree: Absolutely, and I know like you said that can be scary and I think some of that comes from just societal beliefs.

Kristen: It's a stigma. Talking about periods is dirty or maybe if things that are uncomfortable people just don't want to talk about, but we're humans, we go through lots of uncomfortable things.

Aubree: Right. So, it sounds like from what you were saying earlier that, you know, a big part that has helped, and a big part what motivated you to start sharing on social media was to build the community, to bring ladies together, I know that's really helped me on my journey, as well. What kind of benefits have you seen from having that community support?

Kristen: Definitely bringing women together. I mean, a lot of women in other countries are just starting to tap into social media and starting to get this information and really when people use the Internet they're looking for information.

They want to know what's going on in their bodies and what's making this happen, and how to treat it.

Aubree: Right. And I know for me I've received so much more information by connecting with other ladies that have this, rather than what you get from a doctor. So, having, you know a gathering in a sense of women that are trying different things can really help you figure out what to do next.

Kristen: Definitely they and when talking to other women I definitely feel like you get more of a sense of what treatment may be right for you than what the doctor is saying that they think is right for you. They are just guessing really at what treatment may work. If you do your research and you find out the side effects of a lot of these medical implants and pills and things like that maybe you wouldn't have gone through with that. Maybe you would have chosen a more natural route to go about it.

Aubree: Absolutely. The one thing that I always share with ladies is it's important to know, you know, the doctors are doing the best they can with what they have available, which, you know, is usually synthetic hormones, or surgery, well that's about the extent of it, right? Or pills, pain pills. So, keep that in mind as your seeking treatment, those are the options that they have. So, if you're looking for something other than that. You really have to, kind of, step outside that Westernized medical system.

Kristen: Exactly. You have to do your own research, know your body and be your own advocate.

Aubree: Absolutely. So, since we are in Endo Awareness month, what are some common misconceptions that you've heard about endometriosis.

Kristen: Well the number one is it's just bad periods.

Aubree: Right.

Kristen: Pregnancy will cure endometriosis. Hysterectomy will cure endometriosis. If you have surgery, like ablation you will be fine and the endometriosis is gone, where you're really just getting the tip of the disease. It's like an iceberg. So, you're just getting what's above water and not down into the root of the disease. There are so, so many more. I could go on forever.

Aubree: It sounds like you're doing great things out there in the endo community. So, I know we appreciate that. We appreciate spreading the word, and inspiring other ladies to do the same. How can listeners connect with you further?

Kristen: You can go to my web site, which is endometriosisandme.weebly.com. I'm also on Facebook. I have a public page and a private group. The group is

facebook.com/groups/endometriosisandme and the Facebook page is facebook.com/endometriosisandme. You can find me on Instagram @endometriosisandme and Twitter @endoandme.

Aubree: Awesome, and I'll include links to those in the show notes for those of you who want to connect with Kristen further. I appreciate you Kristen for being on the show today and sharing some of your story and knowledge with us.

Kristen: Thank you so much for having me.

Aubree: If you enjoyed this episode I invite you to subscribe to continue on the journey. If you want to connect with me further you can find me at peacewithendo.com or on Facebook, Twitter and Instagram @peacewithendo. I hope you find some peace in your day today. Sending you so much love. Bye for now.

All information provided within is for informational and educational purposes only and should not be construed as medical advice or instruction. No action should be taken solely on the contents on this podcast. Please consult your physician or qualified health professional on any matters regarding your health and wellbeing on any opinions expressed.

When trying any suggestions posed, please do so at your own risk. You are responsible for consulting your own health professional on matters raised within.

