

Peace WITH ENDO PODCAST

PWE33: Get Pregnant Naturally with Functional Medicine

Aubree: Hi, love. This is episode 33 of the Peace with Endo Podcast. My name's Aubree Deimler and I'll be your host. I am an author and wellness coach who helps women with endometriosis to naturally manage pain, increase energy and find peace with endo.

Today's show features a chat I had with Sarah Clark, author of *Fabulously Fertile: Supercharge your Fertility Naturally*. She helps couples to get to the root cause of infertility with the help of functional medicine. Her program layers in strategies that focus on your health and wellbeing, while giving you both a positive outlook for the future.

We chatted a bit about tools that are available through functional medicine to get to the root cause of infertility, physical and emotional stressors that can influence fertility, the importance of sleep and how to improve your sleep, and how to manage the emotional ups and downs that come with infertility. So without further adieu, I hope you enjoy the show.

Hi, Sarah. Thanks for being on the show today.

Sarah: Hey! Thanks for having me.

Aubree: So can you share a little bit of your story and how you got into doing what you're doing now?

Sarah: Yeah. So I'll kinda go way back a little bit here but I'll... it'll be succinct somewhat. So, basically I was in my early twenties and I was having menopausal hot flashes. I remember being in HR at the time interviewing people and like fanning my face, joking about that. It turns out that's what was happening actually. So, before that I had irregular periods. I think I was getting my period maybe you know three or four times a year, and I also had... I had acne. During my teen years I had great skin and then all of a sudden I had acne in my early twenties, and I had this weird fungal rash on my chest and I started getting dandruff so kinda these health issues going on and then these... and then my periods. At the time I didn't really think I needed to look into the period thing because I thought Ok I don't have to deal with the monthly hassle. I did go on the pill to help regulate it and then I had this plan where I was getting married at 25.

So I got married at 25, and then I wanted to have my children at 28. So at 28 came off the pill. The periods were still irregular and then I went to my OBGYN and was told I had premature ovarian failure, which is a loss of function of the ovaries before the age of 40, and I remember her reaching up on her shelf there in her office and giving me the brochure for the IVF clinic and telling me the only way I'd have children is by using donor eggs.

So, I was in complete shock. I was like what the heck has just happened? Because I'm a person of action I went... I didn't take any time to grieve. I didn't take the time to connect any of those symptoms I talked about like the acne, the fact that I didn't have irregular periods, the, you know, weird fungal rash and yeast infections that I also had at that time too. So I went straight to the fertility clinic and we got on a list for donors and went to have my daughter, first fresh transfer. Ava is now 17.

So, this is back when I talked about donor eggs and people were like what are you even talking about? And now, you know, I coach a lot of people that are going through... that are using donor eggs, and you know, had someone on my podcast talking about she used a donated embryo or so embryo adoption or donated embryos, because all the people that are going through IVF there potentially could be, you know, embryos left over. So she actually adopted one and the natural siblings to the one of the embryo that she adopted are 13 years old. So that little embryo sat there for 13 years and then she just had her little girl. Her little daughter is a year old. So kinda cool what science can do.

So, we were lucky enough to have our daughter and then wanted to have our kids close together so we went back and we had two embryos left over, so went back in and my husband's like Sarah you seem stressed, you know, let's just kinda hang on a little bit here and I'm like nope. I want to go back into the clinic you know I want the children close together, and so those two transfers didn't work so then we went on another list for another donor egg and we were lucky enough on the first fresh transfer. This is back when they used fresh transfers, now they use frozen, that we had our son, Will, and Will is 14, so, again many years ago.

And then fast forward my health just took a major nosedive. I had... I remember after I had my daughter I had nine colds. Every cold turned into a sinus infection. I thought it was a great idea to take antibiotics for every cold, for every sinus infection. I had chronic bladder infections. I was peeing blood on antibiotics for that. I was allergic to all the antibiotics, thought I had fleas at one point, but no it was the hives from the antibiotics. I had chronic yeast infections at that point as well.

I was still doing my thing. Still in corporate HR and my health... I had vertigo. I had toenail infections, dandruff. I had... my acne was worse. It was cystic, you know, cystic acne. Not like tons of it but on my chin and it'd be like you know just want to put a bag over your head, and the vertigo piece. I remembering leaving the office one day and like the whole

room had tilted and I couldn't even walk so my health had taken kind of a nosedive and then I decided when I was in HR that I wanted to bring life coaching into the corporate environment so I took a life coaching course and that's when I had my own personal wake up call and decided that I really loved... I really loved health and wellness. So after that I took the course where we actually met at IIN so the Institute of Integrative Nutrition and did my health coaching and that's where I discovered that I had these food sensitivities.

So then I took out... so for me at the time it was dairy and gluten later it was also corn. So, I took those out of my diet and lo and behold a lot of these symptoms just seemed to gradually go away also doing... also making lifestyle changes as well so sleep, you know, mindset issues as well, or you know, working on that, slowing down, and years later I also found out I have a gut infection, so I had H. pylori and then I also had streptococcus, a bacterial infection. I had fungal overgrowth, so gut infections.

And then so really my message is one of hope. If you are still cycling naturally there are things that you can do. I didn't discover this until I was 40. I was fully in menopause, so it was too late for me, but if you're still cycling naturally there's things we can do using the tools of functional medicine to, you know, figure out why.

Aubree: So when you first get a client and they're wanting to get pregnant what are some initial steps that you take them through?

Sarah: Yeah. So we have a sorta of a system that we do. So we start off by using... so using functional testing and we start off by doing a food sensitivity test. We use a LEAP MRT test and that looks at 170 food and food chemicals and while we're waiting for the results of that we have people go through an elimination diet, so with an elimination diet you're taking out allergens, which are dairy, gluten, soy, corn, peanuts and eggs.

So you would take those out for ten days. Then you systematically re-introduce them over the course of 30 days. So you'd bring back in corn. People bring back in corn. It flares back up their asthma. Bring back in dairy and you know it could make you feel phlegmy or if you have any, you know, respiratory issues or even acne would potentially happen there. Bring back in gluten. You'd get digestive issues, brain fog. So, it's different for everyone because people, you know, just do a food sensitivity test and it could be like oh my goodness I'm intolerant to all my favorite foods, which that could be an indicator that you have leaky gut or intestinal permeability, so it's good to see to actually go through the elimination diet. That's really the gold standard to see how food impacts your body. So, it's a very systematic short-term approach.

And then you can... then you get the results of the food sensitivity test and then we... so there's foods in there in the yellow, you keep those out for 60 days. Foods in the red keep them out for 90. If it's really high red we would... you wouldn't bring it back in at all.

Typically people that are trying to conceive we recommend at the very absolute minimum going dairy and gluten free for three months and then if you haven't noticed any improvement in some of your symptoms then to go... to dig further with this... with this testing so take that very targeted approach. So that's the food sensitivity piece.

And then we go into the... we use the DUTCH test, so that looks at your hormones using urine over the course of two days. We had Dr. Carrie Jones who's the medical director of Precision Analytical. She's the founder of the DUTCH test and it really... it looks at your sex hormones and then your melatonin, your cortisol levels to see exactly where they're going in your body so it just gives us a better... a better clue than blood and then it helps us develop that targeted protocol for that. So that's the hormone piece of it.

Because we have people coming in with... yeah we typically work with a lot of people with low AMH so anti-Mullerian hormone so they've been told, you know, donor eggs are for them and premature ovarian failure, unexplained infertility. We do work with some people with endometriosis as well and then we... so typically we've been told, you know, donor eggs are their only options and we look at the DUTCH test and the hormones are different from what they may be presenting with blood. We've had people come back and actually their estrogen is fine, it's... they've been going down the wrong pathway, you know, maybe their cortisol is completely off.

So as part of my team I work with a functional diagnostic nutrition practitioner and she's the one that runs all the tests and developed the protocols so we do this in conjunction so I do the coaching side of things. Help people implement these changes, because it can be like overwhelming in the beginning. Help you implement these changes and then she does the nutrition part of it.

And then the last test we do is the... we do the GI maps, so we look at the DNA of the stool. So the majority of the people we work with we find something going on in the stool be it a parasite or multiple parasites. People with unexplained infertility and low AMH, endo are coming back with multiple parasites, bacterial infections like streptococcus, yeast overgrowth, H pylori, so it's different for everyone but we haven't had a stool test come back all perfect, so there's usually something going on.

And then we develop a low and slow approach to this, because you could take that stool test to your conventional doctor and they could potentially give you an anti-parasitic or anti-fungal and some people do go that route, but that's kind of like that atomic bomb that's going off in the body so it gets rid of the good guys, plus that... plus the bad guys. So we take a low and slow approach using supplements, professional grade supplements and... to help heal the gut and it just takes a little bit longer, so typically three to four months.

Aubree: So one thing that I've been learning more about and one thing that's come on my radar is the strep bacteria. Is that something that you're seeing commonly?

Sarah: Like a lot of the times we see these like pretty bad parasites like blastocystis parasite or giardia and with parasites we think oh we only get a parasite if we've traveled to, you know, a different country where there's... you can get parasites in North America. So especially what happens is if you have... if you have like this kind of cascading approach.

Actually I just had Dr. Jolene Brighton on my podcast and she talked about post birth control syndrome so if you're on the birth... or hormonal birth control that then sets up it impacts your nutrient levels and the ability of your body to absorb nutrients and then also your microbiome or the health of your gut so pre-disposing you to potentially to these food sensitivities, gut infections. Also we're in the middle of a huge food experiment so you've got all the, you know, the food being sprayed with glyphosate and that then impacting the health of your gut so that leaky gut then things can, you know, you can get food sensitivities and gut infections and yeah we see streptococcus. I had that.

So I strep throat, you know, for years that's when I was taking all those antibiotics too. I had like constant strep throat, and then because I didn't deal with... I had both my kids with C-sections. Both of them had constant strep throat. I didn't know this at the time and had both of their tonsils taken out and my daughter had ear infections. She had tubes in her ears so both of them are now gluten and dairy free. My daughter at 17 finally gets it a little better than my son at 14. He... I haven't had him tested for celiac because he's just so intolerant to gluten like every time he has it. He's in bed right now because he thought it was a great idea to eat chicken nuggets last week and I'm like dude when you have gluten you... it majorly impacts his body, but he's 14 and he can make his own decisions, but as far as the... with the streptococcus yeah that's... we've found that a lot.

Aubree: And I'm glad you brought up the birth control factor because that's something that I see a lot. That's a major treatment that's offered for endometriosis and I've had that question so I'm curious on your thoughts as far as is it good to stay up on the pill like right before you want to get pregnant or what are your thoughts on that?

Sarah: Yeah. So Dr. Jolene Brighton actually right now as we're recording this right now she's... her book *Beyond the Pill* just came out and there's actually a snippet on my web site where she's talking about if you have endometriosis yeah you may... because of the painful periods you may need to stay on the pill a little bit longer and then you know set yourself up with making dietary changes, making some of these lifestyle changes. Is there something else, you know, going on in your gut and then easing off of it because she was talking about if it's... if you're not able to do some of these, you know, simple, like easy, I guess simple but not easy changes. It's hard when you're like in excruciating pain.

Aubree: And I think for me. I feel for me the pill actually messed up a lot of my hormone levels so it's good to know. I was just curious if you've seen that and what helps. Do you have any tips as far as when you're getting off the pill. Do you see those types of people? Is there anything special you need to do?

Sarah: As far as when you're getting off the pill, because we do take that approach where we're kind of seeing if there's a food sensitivity and then we, you know, we dig into the whole sleep. So, it's almost a set... those foundational pieces up ahead of time so sleep are you getting seven to nine hours? If you're waking up or having a hard time falling asleep to looking at, you know, stressors in your life. There's a lot of the time we think of stress as just the mental, emotional stress, so dealing with that, toxic relationships, a job that's stressful, you know, all those different things really like having an honest conversation and really looking at that stuff and getting support, therapy, coaching, whatever's, you know, whatever you feel is going to work for you.

And then there's the other stressors where it's the gut infections, so that's a stress in your body, the food sensitivities, which as I say especially for endo and for anyone really struggling with fertility to go in the minimum dairy and gluten free. Suck it up. It'll suck in the beginning but you'll feel awesome, you know, later on usually after the first seven days kinda can be tough, because there's some of these as you start to detox.

And then environmental toxins so taking out the, you know, the plastics, purifying your water, all your, you know, personal care, your cleaning products and then also another thing we don't really think a lot about that causes stress in the body is the structural stressors. If you have a pinched nerve or something like that out of alignment, you know, going to see a... your physio, a chiro or your osteopath to kinda get that checked, because that can be causing inflammation if there's something... if you're out of alignment, and there's pain there. So those are kinda some of the stressors. So those kind of things.

Yet beforehand you can do something about the food, you can do something about the lifestyle side of things like to really if you were to pick one thing, like if this is totally overwhelming, dial into your sleep, like really. We work with people for months of sleep hygiene so to, you know, have the... I finally just started wearing a sleep mask and I'm like why have I not worn this my whole life? It's so fun, because I had the blackout shades and all that stuff and I'm like oh this mask is so good. Yeah like have that dark room, get a bedtime ritual, you know, limit your screens, you get the blue light blocker glasses, you know, not have screens an hour before bed, take the phone out of the room, charge it somewhere else. So some of these basic things, which are extremely important, especially when you're trying to get pregnant, and really for a healthy lifestyle looking at sleep is a good place to start.

Aubree: Absolutely. I agree. It's kind of the foundation.

Sarah: Yeah.

Aubree: I'm glad you brought up the stress because infertility is probably one of the most stressful things I've dealt with personally. So do you have any tips on dealing with some of that emotional stuff that can come, those ups and downs that come with infertility?

Sarah: Yeah. Absolutely. So, first of all it's important to... at the beginning I was coaching women and then it was like the missing link of it actually takes two to have a baby so now coaching partners, I'm coaching couples, and so getting people in the same room and being able to talk about, you know, what it is they're going through, because a lot of the times, you know, a man and a woman may deal with it differently. It doesn't mean that they're not equally hurting, so being able to voice some of these thoughts, and realize, you know be an observer of your thoughts and realize that, you know, you are not that voice and then kind of making some strategies kind of around mindfulness.

So we run a mind/body fertility group so we challenge people to, you know, take up meditation for 20 – 30 minutes a day, and it's like a big buzzword about meditation. I literally was so resistant to meditation. I'm telling people to meditate, and I would do it like once a week, and then so last year I was like Ok this is craziness I need to, you know, dig into this meditation and really commit. So, it's been for me like really... because I'm like go, go, go and I just find that this is very grounding, and it's very peaceful for me and really helpful.

And I use HeartMath, so it's the... it tracks your heart rate variability and so it's when you're doing a meditation you could be... you know some people have meditated for years and maybe their cortisol is still up and they're still feeling completely wiped out, tired and stressed maybe when they're meditating they're not actually getting into that sweet spot where you're... you know your heart rate has come down. So the HeartMath will track to see your heart rate variability during meditation and you can see and I can tell if like I'm on my to-do list and all that stuff, it's lower. I can tell if I really got into that belly breathing and really just focused on the breath.

When I first started doing it I started with five minutes of meditation, and then I thought Ok I moved to ten. The thinking of me moving to ten was I had so much resistance about doing ten minutes of meditation and then finally I'm like Ok let's move it to twenty because I ran a mind/body fertility group back in... this was only back in September and I'm like Ok I'm challenging everyone to do twenty and so now I'm up to twenty and I'm literally like Oh I snap my finger and it's like I'm done, so there is kind of a... it's just that practice of you know showing up to the meditation space and just, you know, and doing the work and it's very calming and peaceful.

And then I've also added in... I went and saw Colette Baron-Reid at ... during the Christmas break and she has a whole line of card decks. So I have a little, she has the wisdom of the oracle so I downloaded that on my app and then at the end of the meditation I pull a little card and the card is always perfect for the day. Every time I pull the card I'm like Oh yeah that's exactly it. For me that's like really... that's really a way... a central piece to focus on because I guess you've got find what works for you and so is it either walking meditation, is it journaling, is it visualization.

There's fertility meditation apps like Circle + Bloom or we like Expectful. They have ones for fertility as well as pregnancy and post partum. The apps I like are Calm and set a timer. I've actually just been putting spa music from Apple music and then set a timer on the... I just got the Alexa so I was excited about that from Amazon, so that's what I do, but really kind of having that little sacred space in your house that you just feel happy in, maybe in front of a window or something good and just pick something and start tomorrow.

Aubree: With the HeartMath is that like something that you put on your wrist, or how does that work?

Sarah: Yeah so actually it's a little... it's a Bluetooth you put on your ear and I guess it tracks the heart rate through your ear and then there's an app on the phone. They also do the aura ring also is one and I'm like ooh that one's really nice it's like \$300 for the ring though so I'm like I don't know. They have different kinds. They have like a rose gold and a gold and a silver and then cause you... you put it on your finger and then it'll track your heart rate through that. The one with HeartMath they've been around for like over 20 years or more and there's a lot of science behind what they do and that little Bluetooth thing I think it's a \$150 bucks.

Aubree: Nice. So can you use that for other activities to kind of track stress or is it mostly meditation?

Sarah: No. It's the meditation one. I guess you could have it on during... yeah cause it's not... Muse as well that has... is putting it on your head and it's... They have heart rate variability they just added. I was going to look into that one too they've added is the brain waves and then they also have heart rate variability. So Muse is another one.

Aubree: So meditation I can attest to. That's definitely changed my life as well. So any other tips for dealing with some of the emotional stuff?

Sarah: Yeah with the emotional stuff it is really important to get support and to like know that you're not alone and to... you know it's either RESOLVE has local support groups that you can attend. That's the American or the National Infertility awareness association I guess in the US and Canada. There's Fertility Matters. But they have, you know, local meet

ups that you can go to. There are... like I have a support group online the Fab Fertile support group on Facebook, but it's really to, first of all it's really important to get support. Know that you're not alone and another good book is from Alice Domar so she's the pioneer of mind/body fertility so she's a Harvard researcher she's been doing this for over 20 years and her book is *Conquering Infertility*. No? Yeah. I think that's it and that's written by Alice Domar, so that talks about how men and women handle infertility differently.

It talks about like affirmations so maybe I will be a mother could be too much if that's, you know, that affirmation's not feeling right. You could say I trust my body. I am strong, you know, I am healthy, I am fertile, so having those affirmations Circle + Bloom and Expectful, like having those before you go to bed to, you know, to listen to positive things about you're... you know it will take you through different cycles actually if you have an IVF or an IUI or you're doing it naturally or you're preparing your body for pregnancy it's... there's... there's different ones you can listen to there and there's also... they have visualizations. The other one is Miracle of Life video. We like for people to look up Miracle of Life and there's basically the sperm and the egg and at the end there's a little baby and it's 12 minutes and you can see it going through, you know, with the whole process of how life happens within nine months and visualizing that for yourself and to...

I think a lot of people get caught up in the how's it going to... like the how and instead it's being able to just believe that it will happen some way, some how, and because a lot of times people that see us they're like the type A planners and they're like alright what are we doing... and they're like pushing and I know this thing and beating at it, pushing it, and this is really on my podcast I talk a lot about this where like the more feminine energy, into the receiving, like into the vulnerability, the creating, like the softening and the opening rather than the masculine energy, so we have both that need... each is good in some way.

Masculine is more of the... you know the achieving, driving, taking it off the to-do list, which is equally as good that's why you've typically probably engaged a coach and, you know, started making these changes, but it's equally as important to... you know you have like the functional testing, the dietary changes, the lifestyle changes are equally as important to do the mindset work and to really get into the place, because if you have got... like there's subconscious block so hypnotherapy can be really helpful.

If there's a block in there, you know, like I really don't even see myself as a mother. I just don't see it happening then that's to work through that as well, right? Because it could be especially... most people I see have been going through this for years and years. They've gone to the fertility clinic and they've gone through years of failed cycles and it hasn't worked so they're... they're very in a dark spot, and typically they find functional medicine and naturally solutions at the end when they've given up rather than... that's why I do my podcast to say let's look at this first, before we go to the fertility clinic let's look at you

know if there's a thyroid issue, if there's blood, you know what's going on with your blood chemistry, if there's potentially a food sensitivity or a gut infection let's set you up here so you'll either get pregnant naturally or if you do go to the fertility clinic you'll increase your success, because otherwise there you can fall through the cracks, you know, there's a 30% chance with IVF, 10% with IUI, 50% with donor eggs, but if there's something going on if you've got an autoimmune disease, which a lot of people who come to see us there's an undiagnosed autoimmune disease and you're running off to the fertility clinic no one's caught it and we work with a lot of medical people that are trying to get pregnant, things that have just been missed.

So we really believe in all of it, the preparing the body, because otherwise, what happened with both of my kids they both got food sensitivities, you know, my son had asthma. When he has gluten he has just horrible moods. My daughter had all these ear infections and upper respiratory and she had acne, you know, young and EBV and all this sort of stuff so instead of medicating which so many... and anxiety and so many of the kid's friends on anti-anxiety and ADD medication is shocking. We do it differently, but it's not to say it's easy.

So if I had of known back then was wait a minute my body's trying to tell me something it was whispering to it and I was like you know on a mission to go and... I wasn't even listening. I was so disconnected. I had no clue that I could make any of these changes. I was just... and you know I also have the MTHFR gene. Growing up, we grew up in a cedar house that my... that had carpenter ants. We had it sprayed on a regular basis, you know, my dog died at 10. My brother has blood cancer. I have infertility. I don't know if it's back to all those toxins I inhaled when I was a kid from all the spraying and the fact that I have the MTHFR, so not being able to detoxify I had no idea that that set up food sensitivities.

I remember looking in the mirror when I was 12 and I had these big circles under my eyes, like you know, what was going on there? So there's all these clues. We go off, you know, when we go on the birth control and think that's going to fix it, and meanwhile there's other things going on. It was funny with my daughter, so you know, living this way and hopefully modeling some form of healthy living she's like oh my periods, so painful, and I'm like Ok have you been, you know, sticking to the diet kind of thing and she probably hadn't at that point, but anyway she's like I just want to go to the doctor. I'm like Ok let's go to the doctor, see what they say, get in there, she's like my period's are really painful. I haven't been feeling well. He's like, Ok, let's just get you on the pill, and she looked over at me, and I'm like see (laughs).

Yeah it is, it's just really, you know when you're dealing with infertility being able to... you know I just spewed a whole bunch of stuff that can be overwhelming, but we stop to talk about you know looking at your sleep and then really listening to what's going on in your body, and being your own advocate is extremely important.

Aubree: Absolutely. And I think it's also... one thing you brought up there... you're preparing your body for a new life, so you know, you don't want to pass down some of this stuff to your kids by forcing it I think maybe before, you know, you kind of need to do that healing first, and create a nice safe home in a sense for new life within you.

Sarah: Absolutely, and then the post partum period too, right? I didn't have post partum depression I had post partum anger, like I was freaking ticked, and then, you know I always thought I was like this super irritable person, but then as I took out some of these inflammatory foods, I'm like still, you know, I can get irritable once in a while, but before I was always like eergh. I was just like moody, and now this is more of an even, an even mood.

I do know now, for me now, for stress, right? It becomes like a certain thing where before we just keep pushing forward, and you know, we keep going and know I'm like no. Let's pull back a little bit. Let's like... body's saying I'm getting a little cranky. I'm getting a little bent out of... you know, and just being able to say wait I just need to not say yes to that tonight and we need to pull back a little bit. Maybe I like really need to book that massage or like chill and watch a favorite show, like is it go, go, go. So to put those breaks in there for yourself and there's a lot of talk about self-care and self-love but it's really important especially when... as you head into, you know, taking care of another little human, to really put yourself first to begin with.

Aubree: Absolutely and it can be hard you know if you're struggling with infertility and endometriosis if you have both of those going on it's easy to dislike your body I think sometimes. So, that's good advice. Definitely take that space to receive and to build that self-care into your day for sure.

Sarah: I had Elizabeth Manning on the podcast and she's a spiritual fertility coach or sort of a medium and she really talked about like right now really taking the time to mother yourself, and creating that safe space for the baby, because if you're in this like you know this fight or flight or you're, you know, not in a good spot, as the baby's little spirit is up there looking down like she's not in a safe space right now. It doesn't feel safe to come in so she's... so Elizabeth Manning was like let's just really... like really mother yourself and really take care of yourself, you know, set up that beautiful safe space for your baby to come in, because she or he is waiting.

Aubree: Right. I love that. That's beautiful.

Sarah: Yeah.

Aubree: And I'm glad you brought up hypnotherapy as well, because that's something that I went through. Actually one of the things that I did identify going through that process was

this issue of safety and not feeling safe or feeling like it's safe to bring a child into this world, which was an interesting kind of subconscious thing going on and that can influence your hormones if you're having that belief that it's not safe and just what you said if the new soul's trying to come in like no it's not safe to go there.

And I think also, you know, being on the pill for so long, that's another thing to bring up, is you're... that was kind of sending that message over and over again to my body that I don't want to get pregnant for a really long time, so kind of learning how to shift some of that as well, and kind of shifting some of the energy in that area like Ok now it's safe and now I'm ready. So I think some of that mindset stuff definitely can help as well.

Sarah: Yeah. The mindset piece is huge, right? It is cause really there's the... I work with people on the inner critic and the gremlin cause... and also ask the question: do you believe? Do you believe you will be a mother? And sometimes people are like it actually comes out no. I don't really think it's going to happen, and then to figure out... that's where to kind of using EFT, so tapping, or hypnotherapy, or Reiki, like some of these other different modalities even like shamanic journeying, like all of these are like very important to kind of dig into and see if there are some blocks and to work with that because it's that whole spirituality place is just a really cool place to delve into and play with.

Aubree: So Sarah what words of wisdom can you share for women who feel right now like there's no hope.

Sarah: Yeah to really to me... using the tools of functional medicine. So functional medicine is the future of conventional medicine and it's looking at the why and the root cause and you know progressive doctors that are no longer want to just manage symptoms with prescription medication and pills they're into this model of healing. It's a very holistic approach looking at the mind, body, and spirit. It's all connected. So a really big part of that is to listen to the signals that your body will whisper, whisper, whisper to you and when you ignore the signals it starts shouting at you and form a disease. So to really step back and to be... and to... it's hard without the judgment, but to look without judgment, and to you know, when you know better you do better as Maya Angelou says. So it is very important to, you know, to not look at this in a judgmental way and to say Ok wait what can I do now to help improve this.

Aubree: Awesome. So how can our listeners connect with you further?

Sarah: Yeah. So they can check out my Get Pregnant Naturally Podcast on iTunes, Stitcher and Google Play. So we have a free yoga download so you can go to yogafreebie.com and then you can download your... there's a 20 minute fertility yoga video that you can get so that's at yogafreebie.com.

Aubree: Excellent. So any final words of inspiration for our listeners today?

Sarah: Yeah. I think it's just really to... I like this thing from Doctor Oz where he talks about that healing roundtable so you have your OBGYN, your RE, your fertility coach, a nutritionist, your masseuse your chiro, your physio, your acupuncturist, like all of these people are at the table, but you're in the middle, and a lot of times we go straight over to the RE and we forget all the rest of the people at the table, and we actually forget ourselves so you know we're in charge of our own healing. This is our healing roundtable and really you know being the connector of healing and it's very empowering. There's things that you can do and support is there for you.

Aubree: Well thank you so much for coming on the show today Sarah and sharing some of your wisdom with us today.

Sarah: Awesome. Thanks for having me it was fun.

Aubree: If you enjoyed this episode, I invite you to subscribe to continue on the journey, or leave us a review on iTunes so that more endo sisters can find the show and help find their peace with endo. You can connect with me further at peacewithendo.com or on Facebook, Twitter and Instagram @peacewithendo. I hope that you find some peace in your day today. Sending you so much love. Bye for now.

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