



LOVE YOUR LIVER WORKSHOP: DAY THREE

Hi, love. It's Aubree Deimler again, founder of *Peace with Endo Connect* and author of *From Pain to Peace with Endo*. It's great to have you join me for the third video in my free workshop, *Love your Liver*.

YOU WILL LEARN...

In this video, I'm going to outline the exact blueprint you need to experience long-term relief from endometriosis.

If you've ever been confused about how all the pieces of holistic healing fit together, and more importantly, what goes into creating success in feeling better endometriosis, this video is for you.

Maybe you're new to the holistic journey, and you aren't sure how to get started, or you're experienced with holistic options that aren't helping you with all your symptoms. So in this video, I'll show how endo sisters like you and me can experience long-term relief from endometriosis.

WHAT YOU'VE ALREADY LEARNED...

In video #1, we talked about how now is the right time to gain clarity on factors that influence your liver health so you can have less pain and more energy.

Then in video #2, we covered the first steps to take so you can take to support your body's natural healing process by supporting your liver in the morning.

So if you haven't seen those videos, go back and watch them now and then come back to this one.

THE PEACE WITH ENDO BLUEPRINT

Today I'm going to build on what we've already discussed by giving you the complete blueprint to experience long-term relief from endometriosis. By the end of this video, you'll have so much clarity about the self-healing journey and you'll see how everything fits together.

I'm also going to share the most important questions to ask your self on the holistic healing journey. Once you use this, you'll never have to worry about what choices to make again.

This will help you break free of that frustration, and is key in helping you live a life with less pain so you can experience more energy.

We've got a lot to cover today, so make sure you've got your pen and paper ready so you can take notes as you follow along.

Any time you're trying to experience long-term relief from endometriosis, it can be hard because in the beginning, everything's new.

Things like figuring out what to eat, what supplements to take, and navigating what may feel like a lonely life with endometriosis.

And you can see that as you grow, you come up against new challenges.

Even if you have experience with naturally managing endometriosis already, you're always looking for the 80/20. You don't have time to waste, so you want to find the 20% that's going to produce 80% of the results.

That's why the Peace with Endo blueprint is going to save you a ton of time. This is the exact blueprint you need to experience long-term relief from endometriosis.

So go ahead and click the button to download your own copy of the Peace with Endo blueprint!

With that said, I need to warn you before we get going.

Once you see the Blueprint, you'll be tempted to dive in and start reading.

It gives you the complete overview, but I want to make things easy for you by covering that 20% that we talked about earlier.

So although the Blueprint gives you the high level view, stay with me because I'll walk you through the 20% that gives 80% of the results.

THE FIRST STEP TO SELF-HEALING IS AWARENESS.

So let's get into the meat and potatoes of today's video starting with the first stage of the holistic healing journey: observer.

The first step to self-healing is awareness. You are a creature of habit. You may be doing things every day you don't even realize you're doing until you start to pay attention.

The first step to changing your behavior is to gain awareness of your behavior. It can be easy to skip over this step on your quest to stop the pain. You may be feeling impatient and just want to get better.

But having self-awareness is a vital first step. If you skip over it, then it's easier to feel overwhelmed and frustrated if things aren't working.

HOW DO I FEEL?

The most important question on the journey to healing is *How do I feel?* How often do you check in with yourself after you eat a meal? When you wake up in the morning? When you introduce a new food or supplement?

This check-in with yourself helps you build awareness and connect with yourself. When you do this then it becomes easier to listen to the natural messages of your body.

In this first observer stage of the healing journey you learn to cultivate self-awareness by paying attention to how you feel and how certain things make you feel.

I've watched many endo sisters skip right past this stage and honestly I did the same. When I first started on the holistic journey I started making massive changes. I cut a lot out of my diet and started introducing a ton of supplements.

Yet I wasn't exactly aware what was working. And those supplements add up fast! I started to feel frustrated because I was impatient. Pain can make you feel that way. I totally get it.

But when you're not aware of your body's natural signs and signals then it becomes harder to discern if things are working and if you're making progress.

HOW DO I WANT TO FEEL?

Once you become aware of your body's natural signs and signals it will be easier to course correct and figure out what works for you.

The question, "How do I feel?" is a powerful one.

Once you start paying attention to how you feel, and how certain things make you feel, the next step is to get clear on how you want to feel.

Take time to consider that question and write out three to four words that describe how you want to feel.

Feelings are energy. They connect to the higher intuitive part of yourself that will never steer you wrong.

You deserve to feel good and please know that it's totally possible.

Now what can you do today to feel how you want to feel?

LET'S REVIEW...

Let's do a quick review of what we learned today.

The first step to changing your behavior is to gain awareness of your behavior. What are your daily habits? Self-awareness is a vital first step. If you skip over it then it's easier to feel overwhelmed and frustrated if things aren't working.

The most important question to ask on the self-healing journey is, *How do I feel?* How often do you ask yourself that during the day? Start paying attention to how certain foods, supplements or situations make you feel. What changes do you need to make? Intuitively you already know the answer.

As you make changes to start supporting your liver in the morning pay attention to how that makes you feel.

Isn't it easier seeing how everything fits?

And most importantly, doesn't it feel good knowing what you should focus on right now... regardless of where you are in your journey?

Do you see how this clarity will help you live a life with less pain easier and faster?

Now that you've got those wheels turning, I want to hear from you.

TAKE ACTION!

I know you picked up a lot of ideas from this video, and now's the time to get started. So let know in the comments know what your first step will be! How do you want to feel? And what can you do today to feel how you want to feel?

And if you found this video helpful, others will too. So give someone else a hand by sharing this video on Facebook, Twitter, or even sending a link to a friend.

WHAT'S NEXT?

In the next video I'm going to show you how to implement what you learned today easier and faster.

If you're new to the holistic journey, this lays out the exact plan so you can live a life with less pain.

And if you're experienced with holistic options, you'll build on what you've already created by following specific steps designed to get you past what's holding you back, so you get on track and reach your goals.

HOW TO LIVE A LIFE WITH LESS PAIN

Speaking of learning how to a life with less pain, I've been hearing from a number of people who've had questions about Peace with Endo Connect - and I'd love to see you in there! In the next video, we'll talk more about the program and how you can join.

The way it works is that I open the full class to the general public on a very limited basis. We do this so it runs similar to a college class where we all go through together.

So if you're interested in moving forward and want to know how, you'll want to join me in the next video where I lay it all out for you.

But for now, I want to leave you with this...

Just by taking part in this workshop, you're already closer to knowing how to a life with less pain.

Think about video 1, where you learned how to gain clarity on factors that influence your liver health. This training alone has shown you how to have less pain and more energy. And it's amazing how simple it can be - once you have the steps.

Then you made big strides in Video 2 where you saw how to take the first steps to supporting your body's natural healing process by supporting your liver in morning. That's huge! And knowing this will continue to pay off, from now and into the future.

And today you got the complete blueprint so you can experience long-term relief from endometriosis. Isn't it easier understanding every step along the way?

To make it even better, we cut to the chase so you know exactly what gives you bigger results, faster, and with less demand on you.

In just a few days you've learned so much about how to a life with less pain. And in the next video I'll share the next step on your journey.

SENDING LOVE.

I'm so excited about what's in store for you! Sending you so much love. I'll see you in the next video. Bye for now.

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