



## LOVE YOUR LIVER: DAY TWO

Hi, love. It's Aubree Deimler again, founder of *Peace with Endo Connect* and author of *From Pain to Peace with Endo*. Welcome to video #2 of my free workshop, *Love your Liver*.

### YOU WILL LEARN...

Now in this video, I'm going to teach you how to take the first steps to supporting your body's natural healing process. And more importantly, this will help you feel better with endometriosis.

So if you're new to the holistic journey, but you aren't sure how you can take the first steps to supporting your body's natural healing process, or you're experienced with holistic options looking to support your liver in the morning, you'll discover how endo sisters like you and me can take the first steps to supporting your body's natural healing process - and why it's critical you focus on this right now.

### YOUR FIRST STEP...

In video #1, we talked about a framework for creating a life with less pain. I shared how this is going to immediately help you gain clarity on factors to focus on for liver health. So if you haven't seen that video, go back and watch it now - and then come back to this one.

Today I'm going to build on what we discussed by sharing the #1 thing you must master if you want to take the first steps to supporting your body's natural healing process. Think of this as your "first step" towards making this happen.

This is an entirely new way of thinking about endometriosis so you'll want to pay close attention.

## HOW TO SUPPORT YOUR LIVER

I'm also going to share how to support your liver. When you know how to do this, you'll know exactly the steps to take each morning to best support this powerful organ.

The goal is to break you free of overwhelm. This way, you'll never have to worry about how to take the first steps to supporting your body's natural healing process, which means you'll feel better with endometriosis.

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

## HITTING ROADBLOCKS...

Any time you're trying to take the first steps to supporting your body's natural healing process, it's inevitable you'll hit roadblocks. You might've experienced some of them already.

Things like time, money, and even taking the step and getting frustrated when you don't experience immediate results.

Well, here's what I know to be true: if any of this sounds familiar, it's totally normal.

But if you simply accept this at face value, you'll never take the first steps to supporting your body's natural healing process.

And I know where you're coming from. I get that it feels like some this is out of your hands.

It's frustrating to come up against these things - again and again. I've been there myself, and I've seen other endo sisters go through the same thing.

And it's especially stressful because you know that getting past these challenges are key in helping you take the first steps to supporting your body's natural healing process.

## SIMPLE STEPS TO SUPPORT YOUR BODY'S ABILITY TO HEAL

So in this video, I'm going to make it easy for you. I'll help you avoid these usual headaches by showing you the simple steps I follow to support your body's ability to heal, via your liver, which will save you lots of time.

However, before we go any further, it's important I bring your attention to something that often gets overlooked as you begin to see this on a practical level.

And ignoring this virtually guarantees you'll have a tough time trying to take the first steps.

It's easy to think that endometriosis is a hormonal condition and should only be addressed on a reproductive level.

This is a dangerous assumption to make, and I don't want you falling into this trap. But at some point, most of us believe this is true - myself included!

And this big assumption is why so many endo sisters are struggling.

Coming up, I'll reveal the truth behind the old belief that endometriosis should only be addressed on a reproductive level. And more importantly, I'll share with you what you need to know instead.

## HOW TO SUPPORT YOUR LIVER IN THE MORNING...

So let's get into the meat and potatoes of today's video starting with the steps to take to support your liver in the morning.

Your liver does a lot of work in the early morning hours. It helps clear your body of toxins and waste. When you wake up for the day there may be some remnants of that from the night before.

### #1. 16 OUNCES OF WATER WITH JUICE FROM ½ A LEMON

One of the best ways to continue your liver's important cleansing process during these morning hours is to start your day with 16 ounces of water with the juice from half a lemon.

The lemon water is a great way to hydrate and cleanse first thing in the morning when your tissues very much need it.

The lemon water stimulates your liver and bowel and clears out toxins that remain from the work these vital organs did while you were sleeping.

Lemons can help to cleanse and detoxify your entire body. They are great for your immune system and for clearing out your detoxification channels, including your almighty liver.

This is a big deal for those of us with endometriosis. If your body's going to be able to release bad estrogens that feed endo and toxins that inflame and aggravate your body then you need to support your liver.

Lemons can also help alleviate digestive issues such as gas, indigestion and constipation. They also help bring down inflammation in your body and can provide an energy boost, which is an added bonus to start your day.

The practice is simple. Add the juice from ½ a lemon to 16 ounces of room temperature water first thing in the morning. If you're new to this practice then know that it can have a detoxing effect.

If you struggle to drink it with just the lemon then feel free to add a little bit of raw honey too.

Ok once you've finished your lemon water it's a good idea to wait 15 – 30 minutes before the next step.

## #2. 16 OUNCES OF FRESH, ORGANIC CELERY JUICE

Now what I'm going to share with you next is one of the most powerful components you can add in to support your liver on a daily basis.

That is... celery juice! Fresh celery juice is one of the most powerful and healing juices.

Just sixteen ounces of fresh, organic celery juice in the morning, on an empty stomach can transform your health.

Celery has anti-inflammatory properties and it's like a shot of oxygen to your cells. It purifies your bloodstream and flushes out toxins from your body.

Celery has a near perfect blend of electrolytes, so it's great for your adrenal glands, and for decreasing stress in your body. It helps balance out blood sugar, which is a big deal for hormone balancing.

Celery juice helps to clean and detoxify your liver, and a sluggish, toxic liver is behind weight gain and bloating. I'm sure you can relate to that annoying endo belly!

Celery juice also prompts your liver to increase bile production and strengthens your stomach's hydrochloric acid production so that you digest and assimilate the foods that you eat during the day

Celery juice protects your liver health and is a super powerful healing component.

All you have to do is juice one bunch of celery in the morning on an empty stomach, again about 15 – 30 minutes after you drink the lemon water.

If you don't have a juicer you can also chop the celery and blend it in a high-speed blender until smooth.

Don't add water or ice for the most healing benefits, use only celery.

Then strain the blended celery well through a fine mesh strainer, cheesecloth or nut milk bag and drink immediately.

Since conventionally grown celery is doused in pesticides, it's a good idea to use organic celery.

Keep the juice to only celery. Don't add anything else. Keep it simple and to the point.

I've been drinking about 16 ounces of organic celery juice in morning nearly every day for almost three years now and I have noticed a difference when I'm consistent with it.

The celery juice has helped improve my digestion. A lot of the foods that used to bug me in the past no longer do.

It's helped calm the crazy sugar cravings I used to have and has cleared up a lot of the brain fog I used to struggle with.

Please know that celery juice is super detoxing too! You may feel the impacts of that after starting on it.

If things get too intense then you can try a smaller amount and work your way up to the 16 ounces.

You may feel worse before you feel better with the celery, but if you stick with it I promise you'll start to notice a difference.

But if you're new to all this you may want to start with just the lemon water and make that a habit before adding in the celery.

## YOUR LIVER PROCESSES FAT.

Ok. Now that you've juiced the celery juice in the morning you want to wait at least 15 – 30 minutes again before eating breakfast.

Now before choosing what foods you're going to eat in the morning consider the fact that one of your liver's main duties is to process fat.

Whenever you eat fat (even healthy fats) your liver releases bile to break it down for your body to use as an energy source.

You don't want your liver to have to repeatedly raise bile because that takes it away from its other important duties and eventually, over time, it wears your liver out.

Remember that your liver does a lot of work in the early morning hours. That's when it's filtering and cleansing your blood.

When you wake up for the day there may be some remnants of that work from the night before.

If you wake up feeling nauseous, that's an even greater indicator that your liver needs some love!

As soon as you add fat into your body in the morning your liver shifts from its morning cleansing activities to having to process the fat.

In reality your liver could use further support to help flush out toxins from its nightly work and to continue the detox process into the morning hours.

To do that, keep breakfast light.

One of the best things to add in during this time is fruit. Fruit contains a natural form of glucose, which is the perfect fuel for your liver.

It's best to consume fruit on its own so that your body's able to absorb all the glorious, energizing glucose without interference of fat and/or protein.

Wait at least 20 minutes after eating fruit before adding anything else in.

Now to truly support your liver and its natural cleansing process, it's best to hold off on eating fat and/or protein until lunchtime or later.

Your body signals this choice, as your digestive fire is naturally weaker in the morning time. Your body's not designed to take in heavy fat and protein during this time.

The morning time is the perfect time to give your liver a break and to fuel it with fruit. Don't be afraid of eating a lot of it during this time. A single banana or apple isn't going to cut it.

Without the addition of fat and protein then you're naturally going to be hungrier. Try making a fruit smoothie, or keep additional fruit on hand and eat every hour or so.

I understand that this may be radically different from what you've heard about eating in the morning.

When I first started on this holistic journey I learned about the connection with breakfast, hormones and blood sugar and how it was important to start your day with healthy fats and protein. This was said to help balance blood sugar for the day.

I followed this advice for years. I added healthy fats and protein to my breakfast without another thought.

Now that I know more about the important role of the liver and it's duties in the morning time I've switched this habit and while it took some time to get used to, I do feel a difference.

If you decide to stick with eating fat and protein in the morning please know it's not the end of the world, it simply cuts that cleansing time and shifts your liver into process the fat.

It takes its attention away from its other cleansing, healing activities that are so vital in these morning hours.

Another worry some have is about eating fruit because of the sugar content. But the natural glucose that's found in fruit is different from that found in a donut or other breakfast treat.

The glucose in fruit is pure power for your liver. The truth is fruit is super healing for your body, specifically for your liver.

Since upping my fruit intake, especially in the morning time, I've naturally felt more energy and focus for the day.

## #4. DEEP, CONSCIOUS BREATHING

Ok now that we've talked about the food and drink side of the morning let's start your day off in right vibe by taking space for deep, conscious breathing.

You can do this with meditation or simple mindfulness during your morning shower or other parts of your routine. If you don't have the time to sit and meditate in the morning then try and still do some deep, conscious breathing with another activity you do.

It really only takes a minute or two to slow down and take some long deep breaths. Let's pause and do it now. Take a nice long deep breath in and release it out. Another nice long breath in and release it out. One more time in and release it out.

Don't you feel better? Connecting with your breath in the morning helps ground you and sets you off on the right track for the day.

## LET'S REVIEW...

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

First we saw a whole new way to think about how to take the first steps to supporting your body's natural healing process.

By supporting your liver you get to the root cause of a lot of the symptoms that pop up from endometriosis.

Simply keeping endo as a reproductive disorder limits your body's natural ability to heal. Endometriosis is a complex condition and it's systemic.

Your liver is a primary player in so many systems in your body. It needs your love!

You can use what you learned here today to immediately help you support your liver in the morning.

To review the steps:

- #1. Start your day with 16 ounces of water with juice from half a lemon.
- #2. Wait 15 - 30 minutes before juicing 16 ounces of fresh organic celery juice.
- #3. Wait another 20 - 30 minutes before breakfast. Keep breakfast light. Fruit is an excellent choice for your liver.
- #4. And incorporate some deep, conscious breathing. Be that through meditation or simply taking a moment while you take a shower or another part of your morning routine where you can connect back and slow down with your breath.

Now if you're new to the holistic journey this may feel overwhelming at first. Take it a step at a time. You don't have to incorporate all four steps right away. Start with one, make that habit and then add another step.

If you're experienced with the holistic journey then it'll be easier for you to implement all four steps right away.

You've found out how to support your liver so you know the steps to take each morning to best support your liver.



It's been a jam-packed video, so make sure you review your notes and put this into action right away.

## TAKE ACTION!

Speaking of taking action, before we go today, leave me a comment right below this video.

Tell me, *what will life look like a year from now once you've applied all of this?* Knowing how to support your liver in morning absolutely helps you feel better with endometriosis. *What does that look like to you?*

Get clear about the impact it'll have on your life, the lives of your family, and those around you.

So let me know in the comments below. And if you found this video useful, please share it on Facebook, Twitter or even simply share this link with a friend.

## WHAT'S NEXT?

In the next video I'm going to show you the entire process so that you can experience long-term relief from endometriosis.

It builds on everything we talked about today. And most importantly, it outlines everything from starting from the ground up to further support of those seasoned holistic explorers.

I believe this is the most valuable training in the whole workshop. You'll walk away with so much clarity about how everything fits together - and you'll see the areas that are most important for you to look after right now.

So if you're new to the holistic journey, this will give you the extra track to run on to experience long-term relief from endometriosis.

And if you're experienced with holistic options, then you'll learn the specific steps you can take right now to amplify the momentum you already have.

Plus, you'll identify a few things, which are likely holding you back.

I'm even including a PDF download of the entire process, so you can print this out and use it as a roadmap to experience long-term relief from endometriosis.

The next video is all about equipping you for long-term success and giving you the big picture strategy for making the progress you're after.

## PUT IT INTO PRACTICE

But for now, I'll leave you with this...

Just by learning what we covered today, you're one step closer to your ultimate goal.

You want to a life with less pain - and you and I both know it's SO much more than just that.

Because it means you'll have more good times, and energy to live a life you love. And that's what really matters.

So take what you've learned here today and start putting it into practice. Maybe you're just in the beginning stages, or maybe you can apply it right away.

The key thing is to get moving! You'll want to take these small steps, which will get you where you want to be.

## SENDING LOVE...

Next up, I'll share the process, which will help you a life with less pain. I'm excited just knowing what a difference this will make! I can't wait to see you in the next video.

Sending you so much love. Bye for now.

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