



Love your Liver Workshop: Day One

Why are some endo sisters able to create a life with less pain while others are always in pain?

Why do some have more energy while others feel exhausted all the time?

And why are some people finding peace with endo while others are feeling overwhelmed?

In this free workshop, I'll share the answers to these questions so you too can live a life with less pain.

Hi, my name is Aubree Deimler, founder of *Peace with Endo Connect* and author of *From Pain to Peace with Endo*. Welcome to my brand new video workshop, *Love your Liver*.

In this first video, you're going to discover a framework for creating a life with less pain. This is going to immediately help you gain clarity on factors that influence your liver health. Once you get this down, you'll start experiencing less pain and more energy.

So if you're new to the holistic journey, but you aren't getting the answers you need, or you're experienced with holistic options that aren't addressing your liver health, stay with me because you're going to discover why endo sisters like you and me can get less pain and more energy and why it's critical you get your liver health handled right now.

The goal of this workshop is simple: to help you create a life with less pain.

Today I'll show you the first step by helping you gain clarity on factors that influence your liver health, so you can have less pain and more energy.

And that will give you a greater opportunity to find peace with endo.

Are you ready to make this happen?

Before we dig in, I've got to warn you about something critically important. And not paying attention to this virtually guarantees you continue to feel like you do now.

Right now you might think you have to have surgery or resort to hormonal therapy to manage endometriosis.

But what if it didn't have to be that way?

What if instead you got to the root cause of the bulk of your symptoms?

I get this may be pretty different from what you've heard before about endometriosis.

But this fundamental shift is one reason why this framework works so well.

In fact, you might've already tried supporting your liver and it didn't work out the way you'd hoped.

Today, you'll see how to do this in a whole new way.

I'm sure you'll agree, trying to a life with less pain isn't always as simple as some people make it seem. It comes with its challenges.

Like maybe you changed your diet, took handful of supplements, or even had the surgery.

You wonder, "Can I really live a life with less pain?"

If this sounds familiar, I get it.

So many of us endo sisters have tried the exact same things.

We've heard that little voice of doubt in our head, wondering if it's possible.

And I'm here to show you it IS.

That's why in this video I'm going to demystify the process and help you focus on factors that influence your liver health, which will save you a lot of time and frustration.

In this first video, I'm going to share a framework that I've developed after years of trial and error.

It's called Naturally Calming Endometriosis.

If you continue to feel like you do now, this will serve as a tremendous resource to eliminate that frustration and help you gain clarity on what to focus on.

Maybe you're new to the holistic journey, or maybe you're experienced with holistic options. Either way, you're in the right place because after this video you'll know which factors influence your liver health.

I developed this framework for you because I saw so many endo sisters become completely sidetracked while trying to get the answers they need.

For example, I saw endo sisters who were new to the holistic journey trying to get the answers they need before they knew how to support the liver.

And if you're experienced with holistic options and you aren't addressing your liver health, it's often because the right information isn't in place.

I could go on, but I know you need clarity - because in full transparency, that was my story too.

Before I outline these factors that Naturally Calm Endometriosis and the specifics for each step, you might be wondering how I got into all of this and figured it out. Let me tell you so you can understand where it's coming from.

It started when I learned how important the liver is for releasing endo-feeding toxins, detoxing estrogen, and supporting your immune system.

I learned how important it is for blood sugar balance and my energy levels. I learned the influence the liver has on emotions of anxiety and depression.

I knew I had to address liver health if I was going to create a life with less pain, more energy, and peace with endo.

But I wasn't sure I could because I'm on a limited budget.

And to be honest, I doubted I could do it because I'm so busy.

And on top of that, I figured I was trying so much already.

If any of this sounds familiar, let me tell you - I know exactly what it's like!

I felt frustrated, and even questioned myself whether I COULD do it.

But I was tired of spinning my wheels, and knew that supporting my liver was key to getting what I was after.

So I set out to find a way to make it happen.

Once I got past my objections and began investing in myself, I started noticing changes with how I feel physically and emotionally.

And I did what I set out to do - now I know exactly how to create a life with less pain.

This helped me feel like I was finally on the right path to healing, which is exactly what I was looking for.

And if you're ready for less pain, more energy and peace with endo too, you're going to love what's coming up.

Because this story doesn't stop with me.

Everything I'm about to share with you is the exact plan I followed to create a life with less pain. And it's led me to have more energy too.

More importantly, this means you'll experience less pain, more energy and peace with endo.

And that's what I want for you. All endo sisters could use that, which is why I want to make it easy for you! So coming up, I'll share just how I do it.

The purpose of the framework to Naturally Calming Endometriosis is to help you quickly support your liver so that you can start to feel better.

To get started, I created a simple PDF that includes the framework to help you keep notes and to provide even more value from this training.

You'll see the download link on this page. Hit pause on the video now so you can download your own copy. Once you're ready, let's continue.

So as we go through each part of the framework, I want you to identify obvious areas of opportunity for your current situation.

You ready?

Let's get started.

I'm going to go over seven different healing categories that influence your liver health. The first one is food. Food makes a big difference in how your liver functions and your body's capabilities to heal.

While there's not one size fits all diet, there are some specific foods that support your liver and the more of these healing foods you can get in, the better.

The second factor is your digestion. Your digestion plays a big role in healing. It's where nearly 80% of your immune system is.

Your liver plays a key role with digestion because it produces bile that helps break down fat and turns it into an energy source. Your liver is an energy center. It's where you get the long-term fuel between meals.

The third factor to consider is stress. When your body or mind is stressed then your adrenals release the hormone adrenaline. Too much adrenaline can overload your liver's ability to perform its everyday responsibilities.

The fourth component to focus on is your sleep. Sleep is when healing happens. It's when your liver does a lot of its work filtering and cleansing your blood and building up energy for the next day.

I know how living with endo or other type of chronic illness can make sleep hard, but improving your liver health will certainly benefit your sleep over time.

The fifth components to consider are toxins and heavy metals. One of your liver's jobs is to protect you from toxic threats in your blood stream. Your liver uses its power to fend off and dispose of these inflammatory factors as part of its screening and filtering process.

To help avoid extra burden on your liver it's a good idea to eliminate as many toxins as you can from your environment. Choose natural products as often as possible.

The sixth component to focus on is self-care. This is super important for managing stress as we talked about a moment ago. Taking care of you and incorporating things you love to do, to have joy, rest and relaxation, these all make a big difference.

The seventh component to consider are your emotions and how these are influenced by liver health. Your liver is an emotional storage depot and when it gets overburdened and stressed then similar feelings of anxiety, depression and anger can arise.

Supporting your liver can in turn help calm your mind and body and get you on track to finding peace with endo.

Now that you're clear about how to create a life with less pain, the BIG question is, how do you take the first steps to supporting your body's natural healing process?

Hands down, this is the most important key piece for endo sisters. If you support your liver in morning, then you take the first steps to supporting your body's natural healing process.

Without this, it means you'll feel sluggish and inflamed.

What if instead you could feel better with endometriosis?

This doesn't mean having to work much harder. It's about working smarter.

A way better result, for the same amount of effort? It's possible!

Now, how DO you take the first steps to supporting your body's natural healing process? That's exactly what I'll show you in the next video.

If you're new to the holistic journey, this will serve as the foundation so you see how to take the first steps to supporting your body's natural healing process. If you're experienced with holistic options, then you'll be able to quickly put this into practice to support your liver in the morning.

I'm also going to introduce you to case studies and provide you a process that you can download and use as an ongoing reference and tool.

Once you know exactly what to do, you'll see it's easy to take the first steps to supporting your body's natural healing process - and I'll show you how in the next video.

Before we go today, I'd love to hear from you. Tell me, what would your life look like if you could create a life with less pain?

How will life be different when you gain clarity on factors that influence your liver health?

Let me know in the comments below! I'm going to read every one, and I'll respond to as many as I can.

And if you found this video useful, please share it on Facebook, Twitter or even by sending a friend the URL to this page.

What you've learned here today is a simple process for creating a life with less pain.

It's a game changer in helping you naturally manage endometriosis! These are key steps along the way in reaching your goal.

You now know which factors influence your liver health... and, more importantly, you have the tools to experience a life with have less pain, more energy and peace with endo.

And what you're learning in this workshop puts you on the right path to get there!

Next up, we'll talk about how to take the first steps to supporting your body's natural healing process by following a simple process to help you support your liver in morning.

I can't wait to see you in the next video!

Bye for now.