

Peace WITH ENDO PODCAST

PWE55: Managing Mental Health & Endometriosis with Jessie Madrigal

Aubree: Hi, love. This is episode 55 of the *Peace with Endo Podcast*. I'm your host, Aubree Deimler. I am an author, coach and energy healer who helps women with endometriosis naturally manage pain, increase energy and find peace with endo.

On the show today I chatted with Jessie Madrigal, a fellow endo sister, advocate and writer. She shared her story with endometriosis and how it's impacted her on a mental and emotional level. We chatted a bit about PMDD or Premenstrual Dysphonic Disorder and what symptoms can show up with that. Jessie shared what has helped her manage mental health with endometriosis and what she's learned along the way.

I know there are many of you who will relate to this conversation. I hope it helps you develop some strategies to manage your own mental health and know that you're not alone on this journey, now on to the show.

Hi Jessie. Thanks so much for being on the show today.

Jessie: Thank you for having me.

Aubree: So will you share a bit of your story with endo and how it led you to what you're up to now?

Jessie: Yes. It's quite of a long story (laughs). I think I can... I can easily say that yeah it started with my first period and I ended up in hospital because I'd lost an incredible amount of blood and... and I spent a short while in hospital and then through my teenage years it just never got any better, so I had very painful periods. The ones that just... you just have to stay in bed and you know your fists clenched and just curled up in pain and my parents completely clueless and always losing a lot of blood, always anemic and those... those were my teenage years in terms of... of my period and you know I was the girl who was always sort of fainting and missing the... the majority of the PE class, you know? Not being able to exercise like everyone else, low energy, blah, blah.

And then it was in my twenties is when I became a regular at gynecologist's appointments and having tests, regular tests, trying to find out what was wrong with me. I started having pain when ovulating. My left ovary was always very painful and I had all sorts of diagnosis, you know, ranging from well it's Polycystic Ovaries and then another doctor would say no it's not that and then a third doctor would deny the, you know, the diagnosis of the first one and then it was it's all stress, it's all in your head. You need to... to, you know, calm down. You need to, you know, it's... reduce you're... the anxiety that you live with and but yeah just... I just kept going back and forth to the doctors and just complaining and being told that it was normal and then it was when I turned 30 that I developed a really bad back and hip issues and then a limp, which I... I've always referred as my sexy limp, because it makes an appearance every so often and again I had all sorts of tests done and it was... you know in several countries because I lived in Europe and I lived in Belgium and Spain.

And so whenever I moved and I went to the doctor they would do all of these tests on me: MRIs and all sorts of imaging tests and they couldn't find anything. It's scoliosis. It's... you've got one leg longer than the other. You need to do more physiotherapy and then it was only when I was in my mid-thirties that a friend of mine who has endometriosis, we were once having a casual conversation about what I lived with and I explained all of my symptoms and she said Jess it sounds like you have what I have and at the time, I mean this is just a couple of years back, there really wasn't that much information online about endometriosis and I found a couple of newspaper articles and then a link to the NHS website, which is the... the health system we have here in the UK and I went through the list of symptoms and I had every single one of them, like every single one of them and so with that...

With that information I went to see this... this surgeon who was going to perform some surgery on me to remove a polyp and he reluctantly agreed. Fine we'll do a laparoscopy and see, you know, just you know, see whether you have endometriosis and... and then I got diagnosed with endometriosis after that surgery and... and funnily enough the doctor that did the... that performed that surgery was not the one that initially was going to and it was somebody else who knew nothing about the disease so they didn't touch anything. They didn't even explain to me exactly what I had, but a junior doctor that was in the... that was in the... that was present at surgery and when I came round, when I woke up. She explained that you don't have the worst kind of endometriosis, but you have a really, you know, bad... bad one (laughs)

Just not the worst that she'd seen. And then it took me a further year to finally get a specialist and a doctor who seemed to know what they were talking about and who actually sat down and listened to all of my symptoms and... and actually gave me the answers and why I had developed a limp and why I had all these hip issues and everything else like the painful left ovary, like he had answers for everything. And then yeah I mean because it affected me so badly, I mean especially once I reached

the age of 30, it started affecting my career and I had this... I used to work in fashion and I had my dream job, but I had to give it up and so I had to find a way of... of ... of making a living so I started... I started writing and I became a fashion and lifestyle writer, but then two years ago I... somebody found my work online and they asked me to write about endometriosis and that's what I've been doing every since, for the past couple of years I've become a columnist and an advocate for this disease, yep.

Aubree: That's great. So it sounds like we had a similar story in that it was a friend who first mentioned endometriosis to you.

Jessie: Uh huh.

Aubree: And it sounds like essentially, with her help, you diagnosed yourself.

Jessie: Yes.

Aubree: With the information that's out there, which I think that's so common, and it's sad that it's like that, but it's great that at least she noticed and spoke up and pointed you in that direction.

Jessie: Yeah. I mean I will always be grateful to her, because if she hadn't said that I would have probably spent you know maybe another year completely confused and not seeing the connection or you know joining all the dots. It was once somebody mentioned, I think you have this, and then I went and did all of the research and it just made sense and in the end, I mean, when I went to... for my first laparoscopy I was hoping for a positive diagnosis, like I was like it has to be this because if... if it's not I don't know what it is after all these years it has to be this, and it's weird to want to be diagnosed with something, but it's that, it's like I woke up and when I was told it's endometriosis, it was like oh, yeah, yes I knew it, yes, yes.

Aubree: That's great that you're writing and know are an advocate for endometriosis how has that been, like how has that impacted your life?

Jessie: It's changed my life in... I mean it's... it's in a way it's given a new meaning to the disease and like when I first got it and I started going to a support group, because I... all I could do was ask questions about, you know, to others... ask others like do you know of anyone who has this disease? Do you know... have you heard of this and you know somebody always tells you of something and you sort of follow up and you know I ended up in a support group and what I realize is that we were all supporting each other. We were all... it wasn't a case of doctors supporting patients. It was patients talking to each other, explaining well this is what I use for pain management or this is what I use and...

And so when I started writing at first it was like writing into the void and I was just talking about my frustrations. I... I... it's also my... like if I look at my writing from when I first started writing about endo it's very angry (laughs) and it's very

confused and my voice is... is just full of rage and then over time it's turned into once I began thinking especially realizing how my emotions and how my mental health had been affected by all of this and I started thinking about how it affected others and I started getting messages from people that read my columns and here in the... sometimes the... the hope, sometimes the despair. They're hearing about their own stories. Sometimes even, you know, so much more complicated than mine, others less and I realized like there needs to be more of this. We need to talk about this more, you know, to raise awareness, but to help each other and help ourselves, because you don't get really time to talk fully and express yourself with... with your doctors and like here we... in our health system we barely get ten minutes to talk to a professional about what's wrong with us and... and then you... and then you're guided towards one direction or the other and... and it's so confusing.

And it's such a massive weight to carry. This... this label of you know, I have endo, and so yeah I started realizing that the more I spoke up and especially when I spoke about mental health it had a massive effect on me, like sort of cleansing, so I'm getting it out there. I'm telling other people this is what's happening to me and then I would get the feedback and it all just sort of... yeah this is what I'm supposed to be doing right now.

Aubree: That's great, and I have felt that as well. Once you start putting your story out there and starting connecting with others and really start to see the ripple effect of how many women really are impacted by this.

Jessie: Uh huh. Yeah.

Aubree: So how has your journey with endo impacted you on that mental and emotional level?

Jessie: Well first it's the length of it. It's a really long journey to be on. I mean we always talk about it takes an average of seven to eight years to get diagnosed but for a lot of women, including myself, it's longer than that and you end up building this identify. You... you end up self-identifying with this useless, unable to function person like I... I didn't know what chronic fatigue was and I... I didn't know that existed, so I always believed that I was this impossibly lazy person that cannot chase her own dreams and it's something that you end up sort of absorbing as like this is... this is who you are and it's only once you get your diagnosis that suddenly everything just changes completely and you realize that the... the view, the reality, you were seeing was not the one that was actually there.

And this disease has had a massive impact on my mental health since day one, like last year I was diagnosed with PTSD that I had developed from my first period from ending up in hospital and just being a kid and suddenly being... being surrounded by all these strange doctors and performing all these invasive tests that nobody had explained to me what they were about. Suddenly you're... you're a child and you're bleeding and you're rushed into hospital and that had after years... over the years

basically I developed a fear of being examined and at the doctors and it would... it would become like a proper struggle. My body would just completely shut down every time I'd go to the doctors and I've had it treated. I received therapy for the PTSD. I was very, very lucky, and I didn't have to wait long for it, but it made me realize how far back my journey and my emotions and everything, you know, how far back the effect and... and the damage that had, you know, how far back it went and the frustrating thing is that there is a distinct lack of emotional support from doctors. It really is.

Nobody tells you how this illness can affect you and will affect you, because it stays with you and it becomes a part of your life and nobody... whenever I went to a doctor and talked about my extreme bad and... and really, really horrifying PMS that I got every month. Nobody ever mentioned PMDD, for example. Nobody mentioned Premenstrual Dysphonic Disorder. Nobody said, well you know some women experience PMS in this way. Others experience it in another. Nobody even mentioned PMS.

This is again... this is all through research and speaking with other women and oh my PMS is really bad or I get this or I get that and then on... on the one hand I think there's a distinct lack of support, of emotional support for... for endo patients in... in the system in itself, you know in the medical system, but then on the other hand also is the judgment that you get from other people, because especially until you get your diagnosis, but sometimes sadly even after, but because you function differently, because you can't do the things that people expect you to do, fertility or the lack of fertility becomes a huge thing in... in your life.

Suddenly from... from right after being diagnosed, immediately there's talk about your fertility and some doctors even rush you to go and have children. Some doctors tell you that, you know, having a baby will cure your disease and it's just such an emotionally charged topic and that people will ask you openly about it and people will ask you very invasive questions that, you know, really uncomfortable, you know, social situations and/or in my case as well I've had people who have stopped talking to me because I ruined their plans, because I would go through a massive flare-up and... and I'd be unable to move and not be able to join them on this day out and people would stop talking to me.

And so I really think that until like you get like a diagnosis, you... you just spend all these years thinking that it's all your fault, your inability of having a child, if you suffer from fertility issues, your inability to function like everyone else socially. You're... you know, the chronic fatigue, the...the... you know... my inability to open my eyes, you know... wide and the way I should when speaking to someone. I just thought that all of those things were because I was a difficult person, who just couldn't deal with life and...

And then you get diagnosed and then everything starts falling into place and everything starts making sense, but then the diagnosis doesn't mean that you're free

and Ok this is what it is and now you're going to get treated and cured. You realize that no, that this is a chronic illness that needs to be managed in so many ways and that on many occasions doctors won't even have the right answers that you... That you so need. It has an immense effect on mental health I think. This disease it's like. I'm sorry. I could go on for hours (laughs). So... Yeah.

Aubree: So for those who aren't familiar with PMDD. Can you share a little bit about what that entails?

Jessie: Well, PMDD is basically... put it in a very simplistic way, is a really extreme bad case of PMS, so premenstrual syndrome. So if you have a... notice that every month you're... you know... you're having... your mood sort of changes, and you feel tired and... and just confused and all of these things can happen the days before your period, and it can happen to everyone to a... you know... to a different extent. Some people will... it has the... the stereotype and... and the... you know... the clichés attached to PMS is oh... you know... they're mostly to do with food cravings and stuff like that...

But it really is a dip in your mood, and with PMDD it's just... it's that thing, it's that dip in your mood, but it's very, very dramatic dip. In my case it would be just full on what... what somebody... you know a professional looking from the outside would say well it's obviously symptomatic of full on deep depression, anger fits, really... really strong inability to be able to focus or speak. It becomes very difficult for me to express myself. I get a brain fog that just completely takes over and yeah it's really life... life-limiting. It's... the complexity of this; of PMDD also lays in the fact that doctors don't talk about it. Many doctors don't... many doctors don't even think it exists.

They're a lot of people that have had to be very careful to talk about it and it... it gets treated with anti-depressants, but then some other people... there'll be other people that believe that it needs to be treated with hormones, because it's... they believe that there's a hormonal imbalance behind it, so yeah. This... this... this cases online of people who have been diagnosed with things like bi-polar manic depressive and then it turns out that it's actually an extreme form of PMS, so they will be treated with anti-depressants for years that weren't really making a difference because every month... you know... during the time, the days before their period they would develop all of these really uncomfortable and... and horrible feelings and emotions and that's what I've lived with for... for a few years now. I think it's... I think the last five years of my life I... I can really talk about suffering from PMDD, yeah.

Aubree: And I've seen other women online too in the support groups, you know, getting to the point of like suicidal type thoughts, like getting that low to where it can get really intense.

Jessie: Yeah. Yeah I've written about that. It took me a long time to be... and it still does. I still stop myself, but yeah the suicidal thoughts would just suddenly appear

in your head and there's nothing that externally that has triggered it. It's just suddenly your brain just starts going into this sort of endless cycle of... of self-loathing and just... you just feel completely... I stop being me, like honestly. I stop being me. My sense of humor disappears, my ability... it's almost like my ability to understand things and my intelligence everything just goes out the window like I... I just become this emotional, angry, distraught being that I don't recognize as myself, which is where the frustration comes, like it's not me, it's not me. I'm sure this is not me. It can't be me.

Aubree: And you talked a little bit about therapy helping you with the PTSD. What else has helped you get through this every month?

Jessie: The main thing... the thing that helps me a lot and I always... it's quite controversial one because not... well we all think that we can't do it, but exercise really, really helps, physical exercise. I started running when my anxiety got really difficult to live with and that's when my mom got diagnosed with cancer, and I couldn't cope with my emotions, and especially every month with the fluctuations in my... my hormones and my body. I just couldn't manage it, and so I started running.

Running out of... I almost wanted to run away from... from everything, from the endo, from my emotions, from the sad news, and I run very, very slowly, extremely slowly. Sometimes I... my limp comes back and so it... you know it's there, but exercise gives me space to breathe and because I have to be so focused on what my legs are doing, and how I'm breathing and whether, I don't know like... you know if I've got my play list on, like do I really want to listen to Rupaul right now? (laughs). So there's like other things that I'm focusing on that I completely detach from... you know... everything that tends to get me down.

Exercise has become like a real, real great outlet and this year I did my first and probably my last marathon and I ran the London marathon and it was such a huge emotional exercise and reminding myself that I was... that I'm in control of my body, that my disease isn't, that I say what goes. Even though, like until the very last day... the day... the very last morning of the marathon and I knew that if my body said no. I wasn't going to be able to run it, like if my body... if I suddenly I get a flare-up, that's it Jess. You're not running, but still... the fact that I was able to do it just meant so much to me emotionally.

And another thing that... that's really important, especially with mental health is... is getting self-care right. It's very... I've noticed that in my case, in my personal case, safe self-care can sometimes become overindulgent and I can... you know... sort of activate the... the things in my personality or emotions that... the things that bring out the worst in me. If I indulge the... that side of my life, so self-care isn't staying in bed for a whole day. Self-care is getting up after a few hours. If I stay in bed longer than that my depressive thoughts kick in and everything just gets darker and darker.

Self-care is not eating things like pizza and cake and cookies and chocolate, because the following day I will pay for it. My body will just scream at me, because of the sugar and the wheat and the dairy and... and so that's not self-care really. Self-care is actually controlling that and saying no, well actually Jess you can't just dive in and go for what feels good when it is not good for you.

So for me, self-care is... is an art that I... that I'm perfecting all the time, and in the same level of... of self-care. I think also a thing that I has helped a lot with my mental health is to set up personal boundaries and that's something that I've only become better at. I don't think that I am that good at just yet, but I've become better just in the past two years, and it's basically deciding who I talked with... who I talk with about my illness, deciding who I don't want to talk with, what things I want to discuss, what is off-limits.

I've noticed that... you know... if I woke up to... if I walk into someone's house and the first thing they do is tilt their head and ask me about my body or... or what I'm doing, or how I'm feeling, am I Ok? Am I Ok? And I'm like... well I'm always Ok and I'm so much more than this disease, but I don't get asked about everything else. I don't get asked about my work. I don't get asked about the things that make me, Jess, make me who I am, and especially I... I get asked about things that are so intrusive like whether or not I am going to have kids, like... you know. I've been in situations in which I'm going on a group holiday and at 9am in the morning somebody comes up and says so hey when are you going to have kids? Are you going to have kids? Can you have kids? (laughs)

And it's just like I am... I've... my parents educated me to be a very polite and respectful person, but then I'm thinking but I am not speaking up for myself, like I should not be subjected to this kind of really invasive questionnaire every time I encounter somebody, or somebody that hasn't seen my in awhile, like why are you asking me about what I'm going to do with my ovaries or you know... especially when I'm challenged in that area, you know? Or you know I've had people that have blatantly told me that... you know I'm... you know... disappointed them by not giving them grandchildren or nephews or nieces and... you know... and it...

I've had to set up those boundaries. I've had to go Ok, well now with this person I will talk about the weather... you know... whatever's going on in my life that's not... you know... that's just casual and... you know... but I will not talk about my illness, and I will cut the conversation short or turn and speak to somebody else as soon as I see where the conversation is going and... and yeah... and then...

What helps me a lot with my mental health is my dogs (laughs). I live with two small sausage dogs and one of them especially sees, feels my anxiety attacks and my panic attacks as they are happening and he's a sausage dog, like a wiener dog, and a small one. He will climb up my leg, like a cat climbs up a tree to get to my face and stop me from having that strong reaction like if I'm suddenly bursting into tears, and I feel like I cannot carry on he just stops me from going down that spiral and suddenly I...

because he starts howling or licking my face and then I have to go Ok, Ok, sorry, I'm sorry, and you know take care of him and then that snaps me out of it, and having... sharing my life with these two dogs as well, it's... it teaches me a lot about... again self-love and self-care, because dogs don't demand anything from you and when I'm not well they'll just adapt to my rhythm. If I'm having a slow day, they will have a slow day, and they don't demand or ask for anything, other than the basics (laughs). You know... I think they... they've... they really benefit my... my mental health so much. Yeah.

Aubree: Yes. Bless the animals, because they are like our earth angels.

Jessie: Oh my gosh yeah.

Aubree: So that's great that you've found some stuff that helps you. Definitely setting those boundaries is huge for me as well, and realizing the people that are good to have in your life and not to have in your life (laughs) and of course the food piece and the food piece also impacts the mental health as well and I think sometimes we overlook that because it impacts you physically, but it impacts your mind too, the mind-body connection.

Jessie: Yeah. I believe in that. I do believe there's a strong mind-body connection and yeah things like food. They... they are just... it's a pathway to... to feeling so much better and it's... but it's a slippery slope and when your emotions are getting the best of you... you know... staying loyal or staying... you know... respecting the things that you know that your body... that trigger bad things happening in your body that trigger inflammation, that trigger nausea, everything, the IBS symptoms... you know... as soon as you go down that route, because it feels good to just put something in your mouth that's sugary and you know... or, or, you know... or fatty or you know... It feels good in the moment, but then you are going to pay for it and it's... yeah it's... it's a slippery slope.

I mean this last weekend I had a bit of a downer of a weekend and... and the first thing I thought about was well I'll get some chocolate cookies (laughs) and that's the thing and then it's knowing well yeah the following day you are experiencing the symptoms like ah yes. That's why I did this, you know... and it's because I had this and you know, but yeah, it's a... but it's all I mean it's... I think that as much, I mean all of these tools and things that are... that each of one... each one of us have put into place over time, you know it's because you're... you're getting to know yourself and it's not something that you do from one day to the next.

I mean for me there are just a few tools. Exercise doesn't always work, because sometimes I just can't exercise and it's just the way it is, and so it's... it's a work in progress and I think it's important to remember that what works now may not work tomorrow and what doesn't work now may work tomorrow, and not get frustrated when, you know, when these mechanisms don't cut it, don't... because some days it

just doesn't cut it. Some days you are going to have your panic attack or you're going to have to go and lie under the duvet and hide, you know?

Aubree: Mhmm. So what has endo taught you then along the way?

Jessie: I don't know that it's taught me, but it's been more showing me things that were there like there's you know the saying that what doesn't kill you makes you stronger, and I really don't like that saying (laughs) because you know it's like why am I suffering. I'm that kind of person that gets very frustrated and like... you know... the big meaning in life and you know... why I am going through... you know... this and ah because you're strong enough. No. (laughs) But I do believe that having endometriosis has shown me how strong I am, and it's something that I never considered. I... I... like I said I thought I was a weakling. I thought I was this very tiny little person that wasn't able to... to take control of her life, but this illness has taught me that I do have an incredible strength and that I'm very resilient.

I mean I believe I... I love women and so I'm a big fan of women and I think... I do think that... that we're like a superior species. We like exist on another level, because you know just the things that we have to go through biologically are just another level, but yeah this disease has... has shown me that and... and... and it's... it's been sort of like an exercise in sort of getting to know myself better, or getting to know deeper aspects of myself that I don't think I would have explored had I not had this disease you know.

And then a sense of humor, that's something that I've developed (laughs) through having endometriosis, because I... it's... it's a coping mechanism for me and like a couple of weeks ago I was... I had... I went to see this osteopath who specializes in endometriosis and there was the osteopath who was being assisted by another osteopath and then there were two other assistants and a student, and there I was in this room half naked and just being prodded and you know... and asked all these questions, intimate questions about all sorts of things, you know... and... and you know I had to make jokes. I had to make fun of the situation and... and you know... because otherwise I... I go the opposite direction. I go... I go towards self pity and... and lack of control and then I get angry and having a sense of humor... a sense of humor and lightening the mood, for me is... I do it as a coping mechanism and now it spills into my writing sadly. I don't think I'm as funny as I think I am (laughs). I'm definitely not heading towards being a standup comedian but I do like to... to put a funny spin on... on the things that happen to you when you live with endometriosis

Aubree: Absolutely. So, what words of wisdom can you share with endo sisters who may be listening, who feel like there's no hope?

Jessie: That's always... firstly like whenever I... I... I feel... I see or I receive a statement like that from somebody who really doesn't see the point of it and doesn't see... doesn't see anything good in their future... it breaks my heart. And it breaks my heart because I see myself and I've been there many times, and the one thing

that I know for sure is that even when it gets super dark and super bad... it will pass. It's... it's this phrase, you know... this too shall pass is to me is one of life's biggest truths, like it's not going to last forever, whatever you're going through right now.

A new day will start and you will get your life back. Endometriosis is that kind of disease that claims you for a few hours or days or however long, but then it sort of winds down and you get to be you again. You... we are so much more than this disease... you know... we're writers, we're teachers, we're lawyers, doctors, mothers, aunts, sisters, we're so much more than this illness and we cannot forget that. We have so much more that defines... that makes us who we are, a whole bunch, a whole list of things and endometriosis is just this really annoying presence that's come along for the ride, but it's not us. I think it's really, really important to think about that and... and remember we're so much more than this disease.

Aubree: Indeed. And I think coming back to that self-care conversation. I think sometimes you do have to be intentional about bringing things that bring you joy into your life and it's easy to get struck in like that dark place, but you really have to be intentional about Ok what do I love to do? Like what did I love to do back when I was a little girl and bringing... intentionally bringing that stuff back into your life I think can help a lot.

Jessie: Yeah. I think so. It's really important to have those... those things that you can go to and remember that they're there and say Ok well now... you know... I'm going to treat myself to this particular thing. Connect with yeah, like you said connect with like that child that you were... you know... when you were in your bedroom or outside in the fresh air and you were doing the things that just seemed amazing for you.

I used to love listening to... to music when I was a little girl and I would... you know... get my mom's music player, her cassette player, or her record player and play... you know... records and just listen to music for hours and two years ago I was gifted this record player, and I started buying records and it's a very methodical thing. You have to sit there and you know... put this piece of plastic... you know... this circle (laughs). Put it on... you know... on the record player and really carefully move the needle and you know... and play at a certain speed and then suddenly these... this thing that we've... we take for granted now because we have things... you know... we have music apps and you know everything is digital, but the fact that I have to take the time to do that takes me back to when I was a little kid and it's... it's... it's yeah... it's proper self-care. Yeah. It really is.

Aubree: I love that. Well thank you so much Jess for sharing a bit of your story and your wisdom with us today. Do you have any final words of inspiration for our listeners?

Jessie: Yeah. Speak up. Speak up. Tell others about what you're going through. Watch out for others, telling signs, because I would have never started this journey

had my friend... you know... if she hadn't shared her diagnosis, I wouldn't know where to go to. Don't accept care that does not satisfy you. Don't accept friendships that don't satisfy you. Be choosy about who you want to be... who you want in your life and just be you. Don't be afraid to voice how it feels. Yeah.

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

Jessie: Well. I'm mostly on Twitter and my user name is @missjesswrites, and I share a lot of my articles through Twitter and on Instagram I'm on @onegirlinten, all in letters: onegirlinten. And yeah you can find me and connect and message me, say hi and yeah. I'm an advocate, so I am happy and proud to answer any questions or just listen to whatever anyone has to say. I'm always up for a good rant. Yeah.

Aubree: (laughs) Excellent. Well thanks again for coming on and sharing a bit with us today. I appreciate it.

Jessie: Thank you. It's been lovely and it's great to have a platform like yours to be able to talk about things like this, so thank you.

Aubree: If you enjoyed this episode I invite you to subscribe to continue on the journey. Please leave us a positive review and share with your friends so more endo sisters can find the show and get on track to finding peace with endo.

I do share more about the emotional impacts of endometriosis in my newest book, *Energetics of Endo*, and over the break I received some lovely messages from some of you who've been truly impacted by my words and related on a deeper level to them. Thank you for that and if you haven't read it yet, you can pick up an autographed copy over at peacewithendo.com or it's also available over on Amazon.

If you want to connect with me further and see how we can work together, you can find me at peacewithendo.com or over on Facebook, Twitter and Instagram @peacewithendo. Pop on over and share your thoughts on the show, or simply say hello.

Thank you so much for tuning in. I hope you find some peace in your day today. I'm sending you so much love. Bye for now.

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