

Peace WITH ENDO PODCAST

PWE59: Constipation and Endometriosis

Aubree: Hi, love. This is episode 59 of the *Peace with Endo Podcast*. I'm your host, Aubree Deimler. I am an author, wellness coach and energy healer who helps women with endometriosis naturally manage pain, increase energy and find Peace with Endo.

On today's show I wanted to dive into a topic and concern that unfortunately impacts a lot of us with endometriosis, which is digestion, and most specifically constipation. I'm going to share some knowledge I've gained along the way as to what causes constipation with endometriosis and some tools and tips that can help you naturally find relief with this.

I had a call with one of my clients a few weeks ago and her primary concern was just that. She asked me, "Aubree, do you struggle with constipation with endometriosis?" And I paused to think about it, and replied that no, not really, unless I ate something out of bounds.

Now, here's the thing with the coaching relationship. There's a magical component to it, as it opens the doorway for me to connect with other women that serve as a mirror to my own life. They share issues and concerns that tend to align with messages that become apparent with me. These are messages that I very much need to hear at that moment, and more often than not the advice and guidance that I give to my client is advice that I need to heed myself as well.

If you talk with anyone in the coaching field, I bet they can attest to this, and if you're a coach or a counselor, or someone who does service and connects with other people in a more intimate way, then I'm sure you get this too.

So, anyways, in speaking with my client with constipation and my response that it didn't really bug me, I hung up the phone and moved about my day. It was the end of the week and I geared up for the weekend and some fun and relaxation with my husband, Ryan.

As is true, I'm sure with most of us, the weekend is a time to let go a little bit with food and drink choices. As I've reduced the inflammation in my body over years of healing and introduced components to help my body to heal and perform better, foods don't bug me as much as they once did, but I definitely have a limit.

I can still only steer so much off track before my body starts to scream at me, and this is generally in the time before my period or ovulation where there are more hormones in action, along with emotional components that rise up during these times.

But, honestly this doesn't always stop me from pushing the limits. It's easier I think to more deeply consider your health when you're not feeling well. When I experience a flare-up or issue, I tune into healing mode and do what I know will help to calm things down. It's easier to steer off track, I think, when you're feeling good, especially if cheating a little bit doesn't hurt you that bad.

So, ironically enough after that weekend my stomach was in a real bad way. I was bloated and felt gross. I could not go poop. Things were stuck. Constipated inside of me. I was uncomfortable for like a week.

Like I said, this is not something that I normally experience, but it was there, and a strong reminder of how miserable this feels when you can't release... the shit.

I slipped into super healer mode and self-corrected. I have the knowledge and know how to get back on track, and I did. As a wellness coach, my number one client is always myself. Health and healing is a lifelong journey, so full of lessons. I recognized the wrong turn I'd taken, I took in the pain and experience from my client, and I pulled out all the stops.

And I'm here today to share some of this knowledge with you, because truth be told, your gut is the gateway to truly healing your body and mind. The two are oh so connected. If you strengthen up your digestive system you're going to feel better overall, not just with obvious digestive issues like constipation or bloating, but also with how energized and focused you feel.

Nearly 80% of your immune system's located in your digestive tract. This is where your body assimilates the vitamins and minerals you get from your food. Supporting and strengthening your digestive system in turn strengthens your immune system, so you feel better, with less aches and pains and fatigue.

So, let's get into it. First and foremost I want to talk about a key player in your digestive system and really in your body's ability to heal overall. That is your liver!

I've learned a lot about the liver and it's many important roles after reading Anthony William's, *Medical Medium: Liver Rescue*. I'm a big fan of Anthony's and his advice has completely changed my perspective and really he's changed my life. He has

become my go-to source for advice and guidance. I have all of his books and am excited about his new one that's coming out soon.

Anthony writes that most people who are dealing with constipation are dealing with a sluggish, stagnant liver, and if you have a chronic condition like endometriosis then your liver is likely already sluggish. That's part of the reason why the disease is there in the first place. So, overall when your liver is overburdened and slows down on fulfilling all its important duties, then different symptoms can arise, many of which we find with endometriosis.

Your liver plays a key role in your digestive tract as it produces bile. When you eat fat your liver releases bile to break it down to then be used as an energy source. So, if you're eating a diet that's high in fat, whether healthy or unhealthy fats, the more your liver has to work.

An overburdened, weakened liver results in lower bile production, and as bile diminishes fats don't break down and disperse like they should and they end up going rancid in your gut, feeding bad bacteria and causing gas, bloating and constipation.

Your liver tries to protect your body from excess fat because otherwise your pancreas is impacted and forced to produce more and more insulin.

Your liver is an energy center. It's where you get the long-term fuel between meals. When your liver is sluggish, you feel sluggish. When it's overburdened blood sugar issues can show up.

Now, it's not just fats that bog down your liver, but also toxins. Your liver is responsible for disarming harmful factors like pesticides and herbicides, pathogens, molds, plastics, toxic heavy metals and more.

Your liver can neutralize these factors, but if it's rundown and sluggish, then it's not able to do it as well. Things get backed up and these poisons enter your blood stream into your lymphatic system, causing havoc to your immune system and flare-ups to endometriosis.

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. Pay attention to what you put on your skin. I love 100% Pure beauty products and I've switched to using essential oils for cleaning around my home.

Also excessive use of pharmaceuticals and other over-the-counter pain relievers like Ibuprofen add additional burden to your liver. The good news is that there are many natural options to help relieve pain and other symptoms of endo. I have a free guide with a bunch of ideas over at peacewithendo.com/pain-relief. I'll drop a link to that in the show notes.

Another factor to consider when it comes to supporting your liver and your digestive track is dehydration. Chronic dehydration puts further strain on your liver. Without enough hydration your liver struggles to release what it needs to. So, make sure to be drinking enough water during the day. A great way to start the day is with at least 16 ounces of water with juice from half a lemon. This is a great way to hydrate first thing in the morning and release toxins and waste from your liver's work the night before.

You can also stay hydrated with the foods that you eat. Organic fruits and veggies are so good and hydrating for your liver. Now animal protein is super dehydrating, so are caffeine sources like coffee, soda or tea, so try and limit your intake of these. And make sure you're sipping on water during the day.

Another factor that is dehydrating and wears on your liver is alcohol. Most of us with endometriosis can't handle alcohol that well, so I'm sure that's not a huge surprise to you.

Now speaking of caffeine, adrenaline is another factor that adds burden to your liver. When your body or mind is stressed then your adrenals release adrenaline. Too much adrenaline overloads your liver's ability to perform its everyday responsibilities. It also serves as fuel for endo flare-ups. Have you noticed how stress causes pain?

Adrenaline also decreases your stomach acid, which is another key factor in digestion that we'll get to in just a minute.

For more on sluggish liver symptoms and how to support it, I highly recommend checking out Anthony William's book, *Liver Rescue*. I'll drop a link to that in the show notes. Like all of his books, I found it to be super fascinating.

Ok, so let's talk about stomach acid. This is another component that can interrupt your digestion. The hydrochloric acid or HCL in your stomach is your body's first line of defense against viruses, pathogens and parasites. Without enough of it your body cannot properly absorb minerals, such as selenium and zinc, which are key factors in the functioning of your immune system.

If your stomach acid is weak then bad bacteria can multiply in your digestive tract causing inflammation and more constipation over time. Without enough stomach acid food goes into your gut undigested and can get stuck.

As that undigested food rots in your gut, it releases ammonia gas, which can cause other issues including gas, bloating and constipation. If you have low stomach acid then you'll feel bloated and gassy after eating, especially after heavier animal proteins. You could see undigested food in your stool.

As with your liver, one primary factor behind low stomach acid is adrenaline. Stress. Pharmaceuticals, antibiotics, anti-fungals, birth control pills and over the counter pain relievers also lower stomach acid. So, again, it's a good idea to do what you can to manage stress and eliminate these other additions from your body.

Now, here's the good news. There are ways to help rebuild your stomach's supply of hydrochloric acid, support and nourish your liver and strengthen your digestive system.

The most powerful one: celery juice! Celery juice revitalizes a sluggish, stagnant liver so that bile production is replenished. It also revives your stomach glands so that hydrochloric acid production is restored.

Celery juice helps to break up toxins, bacteria and viruses that your liver has become too overburdened to handle and filter out. These troublemakers can end up inside your intestines. It helps to stimulate food along in your intestines and get things moving. I can certainly attest to the fact that celery juice really helps with this!

So, all you have to do is juice one bunch of celery in the morning on an empty stomach. 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 to it. Keep it simple and to the point. Your goal is to get to 16 ounces, which is about one full bundle of celery, but if your new to this practice then you may want to start with a lower dose. Depending on what's stuck in your digestive tract and what other factors you've got going on in your body, you may feel a detox reaction from the celery juice, so then you'd want to decrease your dose.

Celery is powerfully cleansing and it can cause some detox reactions. This can get intense for some people. So, start slow and stick with it. It can take some time before you really start to feel a difference. Overall the celery juice has helped me big time with the bloating and endo belly. It's cleared up my skin and my foggy headed thinking. It's granted me more energy and less aches and pains in my joints.

I had another client of mine who I recommended the celery juice to, who'd been constipated forever. She did it for three weeks and was celebrating with things finally started moving out of her gut.

Celery juice has definitely been a game-changer for me. If you have any questions any of this, fear not, Anthony William put out a whole book on the topic of celery juice. I'll drop a link to that in the show notes too.

And as we've talked about, it's important to consider stress when it comes to constipation and endometriosis. Holding on to worries, stress, hardships and

betrayals shows up in that solar plexus part of your system, in the gut. This internal unrest can cause things to back up.

On an energetic level the solar plexus goes back to your personal sense of power. I know with endometriosis it can be easy to feel powerless. It may feel like sometimes you have no control over your body, especially if you're dealing with a painful impact like constipation.

You may feel like you can't eat anything without your stomach blowing up like a balloon. That endo belly. We know it all too well.

Starting to heal this powerful space goes back to connecting to that power within you. You do have a role in how you feel. One component you can control is the food you put into your body.

Certain foods that can cause digestive distress are things like gluten, which is found in wheat, barley and rye, dairy, eggs, soy and other chemical additives that can cause havoc and flare-ups in your body. Staying hydrated, eating lots of nutritious and nourishing fruits and veggies, and cutting back on all the fats from animal protein, nuts and seeds. Give your liver a break.

Fruits and veggies also provide your body with much needed fiber to push things out of your digestive track. Now if your digestion is weak you may struggle with certain fruits and veggies at first. To help eliminate some of the extra gas and bloating, then many women with endometriosis have success following the FODMAP diet. I wrote a blog about this in the past. I'll drop a link to it in the show notes if you want to check out the guidelines and which foods to avoid, in the interim, as you strengthen up your digestive tract.

And do what you can to relax and de-stress. While I have you here let's take a moment to do just that, and tap into this powerful energy center at the core of you. Take a moment to get grounded. Feel the support underneath your feet if you're standing or sitting, take a moment to connect to your root space that's holding you in place, and supporting all that is you. If you're lying down, feel the weight of the support underneath you.

As you breathe in expand your lungs and open up your heart space, connect to this, and as you breathe out, release any stress, any tension you may be holding here down, down, down to the earth. Let's do that one more time. Nice long breath into the heart space, expanding your lungs, stretching out that heart space, and releasing any stress any tension with the out breath let it go that need go down, down, down to the earth.

Now place a hand over your solar plexus area, over your belly, and take another deep breath, allowing your belly to expand and push out your hand. As you breathe out release any stress or tension, down your spine, out and down to the earth below.

Let it go. Take a moment and breathe, feeling the power underneath your palm, connecting to that internal power, the fire, the strength that lies within you. Nice long deep breath in.... and release it out, allowing your belly to soften with the out breath.

Breathing in, feeling that power beneath you, stretching out your belly, expanding a beautiful golden light of power that is you, and breathing out, releasing the tension, allowing it to go... out... release.

Yes. How was that for you? If you start to feel anxious or stressed during the day remember your breath, and I encourage you to follow a similar exercise in preparation for eating, especially if you're constipated and finding eating to be an annoyance and painful component. Relax before you eat, connect with your breath, and give thanks to the nourishment the food will provide you. Make choices that do nourish you on a physical, emotional and spiritual level.

Now, before we wrap up today I do want to mention one more component that could impact constipation and endometriosis and that are adhesions that can gather over your gut and impact your digestive process. Also tight pelvic muscles can impact the release of your bowels.

There are different modalities that can help break up and release some of these adhesions and tension. I did a recent episode here on the podcast #57 with Jessica Delgado, who is a pelvic physical therapist. Seeking someone like Jessica can help relax some of those pelvic muscles. Another option I've heard can help with endometriosis is done at a place called Clear Passage. They do a specific type of hands on bodywork that helps relieve scar tissue and adhesions from endo. The owner of Clear Passage has severe endometriosis. I'll drop a link to those in the show notes as well, if you want to seek them out.

So, as a quick review the primary component to consider when it comes to constipation and endometriosis is your liver. Your stomach acid also plays a key role. Celery juice is magical and can help nourish both of these.

Also cutting back on all the fats and protein, de-stressing with conscious relaxation practices like the one we did a bit ago, and avoiding problematic endo foods and adding in good ones.

If you're new to the food side of things, check out my mini course called The Endo Diet Jump-start. I'll drop a link to this in the show notes too.

If you need further help with endometriosis and constipation, or with any other physical and/or emotional component that can come along with endo, I'm here to help. I do offer one-to-one coaching, group programs and online courses to help you. Please know it is possible to feel better, love.

After my week of yuck, I was reminded how horrible this feels, but when I gathered the knowledge that I shared with you in this episode and made the right moves, things got moving again! I was cheering the day it finally dropped out of me! Honestly a good poop is so satisfying (laughs). It's time to release it!

If you enjoyed this episode I invite you to subscribe to continue on the journey. Please leave 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.

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

Check out the resources from this episode in the show notes. Please reach out to me if you have any questions.

Thanks 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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