

# Peace WITH ENDO PODCAST

## **PWE61: One Part Plant with Jessica Murnane**

**Aubree:** Hi, love. This is episode 61 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 the show today I chatted with fellow endo sister, Jessica Murnane. Jessica is the creator of the One Part Plant movement and author of the *One Part Plant Cookbook*, host of the One Part Podcast and founder of Know Your Endo, an endometriosis education and awareness platform.

In today's episode, Jessica shared a bit of her story with endo and what has helped her feel better along the way. She also shared her inspiration behind starting the One Part Plant movement, which is to have at least one plant based meal a day, along with tips to help you implement that. We chatted a bit about stress and emotions with endo and some tips for handling that. I hope you enjoy our conversation. Now on to the show...

Hey, Jessica. Thanks so much for being on the show today.

**Jessica:** Of course, I'm excited.

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

**Jessica:** Yeah, of course, so, gosh, and I feel like is... I think you and I talked about this before. I think what's interesting is... is I think that when we talk about endo sometimes we talk about once we're diagnosed, but I think with so many of us our endometriosis started pretty much the first time we had our period, so I always like to give a little pre-endo, before I was diagnosed story.

I had very painful periods from the first time I had my period. I think I was 13 or 14. I had to leave high school on the first day of it. It progressively got worse in college and I think like so many of us that have endo, I thought that was a normal thing to be

in pain and have to go home when you have your period, and my mom, definitely think had undiagnosed endometriosis, because I mean she had all of the classic symptoms, and again she was my period role model, so I thought that it was just kind of normal to be very tired, to have heavy flow, to have bathroom issues during your period, and so I just continued on and I just thought that that's the way that periods were.

And then I was finally diagnosed when I was, I believe 28 or 29, and this was after, again like so many of us have gone to so many different doctors about my issues. I'd been diagnosed with IBS a bunch of times. I've been diagnosed with urinary issues. I was once told when I said that it hurt when I had sex that I needed to just relax more in bed, so I was diagnosed with everything but endo and then I had a cyst rupture and it sent me to the emergency room and for some reason one of the doctors believed me, I guess, the pain that I was talking about and one of the doctors sent me to a gynecologist that finally believed me. I got a laparoscopic surgery and was finally diagnosed.

So, it was a long journey to my diagnosis and then I think after I was diagnosed it didn't magically make it feel better. I really had to spend a lot of time and energy and it was really wasn't until probably even seven or eight years after I was diagnosed that I actually started to learn to manage it, which now I feel like I'm on the other side and I talk about it openly and feel happy about it, but if you had talked to me eight or nine years ago I would not have been smiling and giggling at all about my endo.

**Aubree:** Right, for sure. So, what... what helped you along the way, like what made that transition?

**Jessica:** Well definitely, I mean I call it my tools now, and they're tools that I use every single day and I think that... I think that there's a lot of things that we use in our life as quick fixes, like I just went to Sephora yesterday and I bought this hair mask (laughs) that I'm going to be basically do like once a month to make my hair a little bit shiner, but I have to use my actual endo tools every single day. It's not like a spot treatment.

So, for me it's eating a plant based, low inflammatory diet. It's movement. If I don't move my body, I'm in big trouble in terms of my pain and just my brain emotionally, stress management is huge for me. I just... I notice such a huge difference when I'm doing my stress management tools, whether that is movement or meditating or really just trying not to let the small stuff bother me as much. I just noticed that my periods can be horrific when... when I'm overly stressed.

And then I think one that I do pretty religiously is...is buying more natural products and when that comes to skincare and hair care and some of those things, which I don't know... I don't know if I necessarily feel the effects of those, but I know that in the long run those will help me. Do you know what I mean? Like do you feel any real

effects from going more the natural route? Or do you just know that it's good for you?

**Aubree:** Yeah, as far as the products go?

**Jessica:** Yeah.

**Aubree:** I do. I've always had super sensitive skin, so I definitely notice it, even if I go... I always used to be like the weirdo, like when I worked a corporate job, who brought my own soap to the bathroom (laughs)

**Jessica:** (laughs) Yeah. Totally.

**Aubree:** Because now, even when I go places and I like use the restroom at a public place and I use their soap like my hands start cracking and like I notice a difference right away, because there's chemicals in that soap. So...

**Jessica:** Yeah.

**Aubree:** So, for me I've always noticed it, because I'm super sensitive to everything. (laughs)

**Jessica:** Yeah and I think that's a really good point actually because. I was talking about how I directly feel it with my period, but I think that that's such an interesting way to look at it, that if your hands are cracking, and I know for me if I use certain products my skin definitely breaks out, so clearly I'm having a reaction to it, so maybe my insides are having a reaction to it too, without even me knowing it.

**Aubree:** Absolutely, and I think, you know one big shift for me has been just addressing more of the immune system aspect of things and I think with endo, especially in the medical system there tends to be such a focus on the reproductive pieces, you know, if you're struggling with infertility, or if you're having that period pain. It's very much like reproductive system focused.

**Jessica:** Mhmm. Mhmm.

**Aubree:** To where, I think if we do take that bigger, broader look at Ok we need to like heal the whole body, the whole system of things, because endo isn't just a reproductive disorder, it's systemic.

**Jessica:** Yeah, and I think that the scary thing is... is when we label it a reproductive disorder too, like you said, I think we're missing a lot of the components of it, and there's a lot of women that don't want to have kids or don't ever care to be pregnant, so the... it's not necessarily affecting their reproductive issues or body, but it's affecting everything else.

**Aubree:** Absolutely and I think sometimes people don't notice that, like oh I didn't know that this impacted endo, or whatever, but it's like your body is showing a reaction, whether it be your hands cracking, you know, whether it be your face breaking out, whether you're having digestive type issues, like everything feeds into each other.

**Jessica:** Yes. Oh my gosh.

**Aubree:** I think it's a big reason why the doctors miss it too, because they're not putting that all together.

**Jessica:** Oh my gosh, I mean I had a colonoscopy (laughs) you know what I mean? Like they thought that I had IBS and serious digestive issues and when they went in there everything was fine and it really wasn't until I was diagnosed with endo that everything made sense.

**Aubree:** Exactly. So, one thing that you said that you've done is you're following a plant based diet and so I'd love to talk more about that and what inspired you to start the One Part Plant movement and can you share a little bit more about that and what that entails?

**Jessica:** Yeah. Sure. I... well my book is actually on the very first page of my book, *One Part Plant*, when you open it, there's a dedication to my friend Amanda, and Amanda is actually... this was eight or nine years ago that she was staying with me at my house. She was visiting from California and she noticed that I was in a lot of pain. It was during my period, and at that point I had decided that I was probably... well not probably, I wanted to get a hysterectomy, because I thought that that was the best choice for me.

And she went back home... because I think that, you know, when you have chronic pain or a chronic illness you get really good at hiding it and I never liked to complain about it, so a lot of my friends never actually saw me in pain the way that she did, and so she saw that pain and she went back home and she did some research and you know this is before there were incredible websites like yours, and there was information out there, but she did find this little link about how a plant based diet could help endometriosis, and she sent it to me and I had zero faith that it would work, but then, I mean, it completely transformed my life.

And I will say, though it was very, very, very hard. I just used like five very's, because that's how hard it felt. It felt impossible. It... at the time it felt that I actually... this sounds sad, but I thought that maybe getting a hysterectomy would be easier than following this new lifestyle and diet plan because I just... I don't know. I felt very lonely with it. I think that eight or nine years ago too, there was less options out there in terms of food, where you could go pick something up. There was less websites to find recipes, so it was...

It was a huge struggle for me at first, but after three weeks my pain started to fade. I started to feel different. I mean now I clearly know that I had lessened my inflammation load so much and that's why it was helping so much, so I really couldn't deny that it wasn't working. I couldn't deny that it was working for me, so I just continued on and I ended up not getting a hysterectomy, and it felt so powerful to me, and I had heard stories about people changing their diet and then this happened, and I never believed them, but I...

I just felt like I needed to share the information, so I started One Part Plant. It actually started as a restaurant program at first. I partnered with restaurants to have at least one plant based meal option on their menus. I turned it into a website and then a publisher was interested in making a book about the idea of One Part Plant, which is to eat at least one plant based meal a day, because I think that when we are making changes, especially changing our diet, going all or nothing is very hard, but I think that we can all do at least one plant based meal a day and then it turns into two and then maybe it turns into three and then maybe you feel a lot better.

**Aubree:** I love that. So, if there was somebody out there who's listening, who wants to try that like what are some tips you have for them?

**Jessica:** Oh my gosh. Well I think that one, I think that you have to find... this sounds like the most obvious tip, but it was not obvious to me at the time (laughs) I think you have to find meals that you love and you enjoy, because I think that when I first started I felt very limited to having steamed broccoli and brown rice and that's it and that sounded so boring and not fun, and not how I like to eat.

So, I think it's finding things you love, like how could you make... like I have a great, plant based lasagna recipe that's in my cookbook. I also have it on my website, and that felt exciting to me. I could still eat lasagna or if you love Mediterranean food, or you love Indian food. What about recreating those flavors at home, or if you don't want to cook, getting that out to eat. That's Ok too.

So, I think first things first is finding recipes and finding food that you actually love and a lot of... I think... of... a lot of that is finding recipes that are also easy. There's a lot of plant based recipes out there that have 30 ingredients in them and I don't want to spend that much time in the kitchen making something, especially if it's new and I'm not sure if I'm going to like it or not, so I think that finding super easy recipes is a great place to start.

I know that with my cookbook that was a huge intention of mine to not have like a ton of obscure ingredients or have a lot of them, especially for people that are just starting to transition.

And I think my third tip is to take it slow. I mean I... like I said, I don't... I don't think it's fair to yourself to say that you can change something over night. I think it's really

hard to do that, so give yourself some space, give yourself a little compassion and do your best because... I think there's also a lot of people there... out there on the Internet that are very black and white and cold turkey and you have to do it this way about things, but it's your body, it's how you feel, so do it at your own pace.

**Aubree:** Absolutely. I love that. One step at a time (laughs).

**Jessica:** Yes and I think that... I will also say too I think that... I think food is just one component of it, and I think it's a amazing place to start, but I do get a lot of people... messages from people that say, you know, I tried a plant based diet and I don't feel better.

One, I think that some of us still need to make sure that we're getting checkups. We all need to make sure that we're getting checkups. We all need to make sure we're getting ultrasounds and food necessarily... we know for sure food is not going to heal or take away our endo, or stop it from growing, but I think it's an amazing management tool to couple surgery, or to have after your surgery or to couple with exercise and movement and stress management. I think it's just one tool out of the whole toolbox.

**Aubree:** Absolutely, and I think food is easier to control (laughs)

**Jessica:** Mhmm.

**Aubree:** When it comes to a lot of these things, so I think I've seen that as well within the community and with the clients that I've worked with one-on-one, just how much weight people can put on the food and you can almost go to the extreme. I know, I sort of did at the beginning of...

**Jessica:** Mhmm.

**Aubree:** Where you're almost stressing yourself out like I have to eat perfect.

**Jessica:** Yes. For sure. Yeah. I think that orthorexia... and I'm not saying that you had orthorexia but...

**Aubree:** I totally did (laughs)

**Jessica:** But I think that that is a huge issue in the wellness community, because... you know... we're seeing all these people and we're seeing a glimpse of their... I mean the, what I eat in a day videos drive me bananas sometimes, because we're seeing one day of someone's life and you know that they do not do that every single day.

**Aubree:** Right.

**Jessica:** So, yeah, it's... you don't need to be perfect.

**Aubree:** So do you have like some go-to, easy types of foods that you like to eat?

**Jessica:** Yeah. Well I mean I can tell you this week I made... I have this butternut squash recipe that I make. It's just roasting butternut squash, putting it in a food processor with a little bit of coconut milk, salt and lime juice, and it's kind of like a puree basically, spread. And I keep that throughout the week and I... one day I spread it on some cassava tortillas and I make tacos out of it. Another night I had it with some veggies with some mushrooms and broccolini, so I think it's really important to me to have stuff ready to go.

I also have this really quick moule sauce that is one of my friend's recipes that I can share with you that I have in the fridge a lot, that I just pour over veggies or rice or sweet potatoes. I like a lot of sauces and dips and spreads and things, because I think that it makes vegetables a little bit more fun and you know it's interesting too, because I had someone message me yesterday and said I really want to shift more to a plant based diet, but it seems like there's so much meal prep, and I don't have time to do that.

And I don't think that there's any more meal prep then it would be to not eat a plant based diet. I think that it's just, you know, finding, again easy recipes and if it's... let's say you want to watch Netflix and it's disrupting that. Watch Netflix while you meal prep, like you can... it doesn't have to be this precious, mindful cooking thing. You can kind of multi-task and do it while your watching Netflix, if you want to (laughs). That's what I do.

**Aubree:** (laughs) Nice. Ok, so it sounds like then the diet made a difference with you? Like what results have you found?

**Jessica:** Oh my gosh. I'm a... I mean... I... every single period I have, and this is not a joke. I'm not exaggerating. This is eight or nine... I can't remember if it's eight or nine years, so I keep on saying eight or nine... but I actually in my head still can't believe how I feel, so it's made a dramatic difference and I notice what a difference it makes when I do... let's say have some sugar or have some gluten... I immediately feel it, like I immediately have to go to the bathroom the way I used to.

You know I thought it was normal to be able to basically read like half a book while you're sitting on the toilet, which it's not. You just kind of go and then you leave, so I noticed a huge difference with my bathroom habits, with the way that my periods feel and it's completely changed my entire life, I just... and I think that a lot of times friends or even people I don't know will message me and say... you know... what's your cheat food? Or how often do you eat this way. It's like, I'm all in man, because I'm at the point where I don't feel like it's worth feeling the pain. I... I've had that pain for over 20 years and it's not worth having that anymore.

**Aubree:** Well that's great, and was it something that happened pretty quickly or how long did it take you?

**Jessica:** Yeah, I mean I would say that... I mean I felt really a big difference within about three weeks I feel like after changing I felt a difference, but it... you know it wasn't until maybe a full three months, six months, that I felt dramatically different when I started incorporating other tools and I also, to be fair, I ate like total garbage (laughs) so I think that really any change in my diet would have improved a lot of things in my life, but I think that each time that I got my period it was progressively easier and it... also it affected things like my sleep.

I used to have chronic insomnia, and I changed my diet and I started practicing movement more and I started doing stress management tools and now I actually sleep and my skin looks better and I have more energy, and so there's a lot of things that have changed in my life, I mean dramatically changed in my life because of that.

**Aubree:** That's awesome. So, when you talk about some of the stress management tools, like what does that look like in your toolkit?

**Jessica:** Yeah. I mean, it's a constant battle, right? (laughs) because I think like you said there's things that we... we can't control, like food seems easier to control sometimes, you know, getting a text from a parent that you don't like, not saying I don't like one of my parents, but getting a text you don't like from one of your parents or having a friend that's kind of an energy vampire, I feel like sometimes it's harder to control those stressors, so I know for me I really limit my social media use.

I feel like social media stresses me out, because I see things that I might not want to see, but it's kind of, you know... you can't really control what you're seeing on there and just the comparison game. I just... social media stresses me out, so I really limit that.

I do kind of silly little art projects, especially with my son, we'll paint or we'll color or like just earlier today we were painting these little popsicle sticks, and I had this moment where I was like wow this feels so relaxing, so I think knitting, quilting... I think that anything that really takes you mind off of your current stressors in life, I think is huge.

I do... I am an on and off again meditator. I'm not going to say that I do it twice a day, every day, but I do... do it and I've found a technique that I finally like. It's called Ziva technique. I really, really enjoy it a lot. It's just 15 minutes and it... I feel like it's made a difference for me and I think just... I don't know...

Moving my body helps with my stress management too, and I don't think that means that you have to go for a run, because I think a lot of us with endo, you read that exercise and movement helps and you're like yeah but I can't even get out of bed today, how do you want me to run, so for... you know it's simple exercises like doing

foam rolling or putting my legs up against the wall or stretching in bed or using my rebounder, so just making sure that I do move my body.

Because I think that something that I've been thinking about so much lately with the endo community and with myself is we... we get into sort of into a flow right of event better and moving our body and then the period hits and it kind of knocks us out of our routine and then it's kind of hard to get back into that routine again. I don't know if you've experienced that, but I do, so it's kind of nice to always be doing small, little things all the time even if it is just putting your legs up against the wall, or stretching in bed, so you're not really completely giving up on your routine during some bad period days.

**Aubree:** Right, and knowing that we are cyclical beings and it's Ok to take a little time out I think during those times.

**Jessica:** Yeah. Yes.

**Aubree:** And to start to pay attention to the times when you do have more energy and you can do a little bit more, but like you said, still doing some small things that are... that you're still capable of doing during those harder times of the month.

**Jessica:** Yeah because I felt like Ok so I can't do jumping jacks, so I can't do anything, but really I can still do some stretches in bed, like I'm capable of doing that and that might help me get back into my routine quicker.

**Aubree:** Right. And for me it's just walking, like I like to walk my dogs.

**Jessica:** Mhmm.

**Aubree:** But yeah just getting out I think for me just getting outside and just doing a little bit of walking is helpful... it's not putting that pressure like I have to go run (laughs) you know because I don't run anymore either. I think even walking is low impact, excellent exercise.

**Jessica:** Yeah, for sure.

**Aubree:** Jessica what then... what have you learned from endo, like what has it taught you?

**Jessica:** That's such a good question. I think... I think that it's taught me to be more hopeful, and I know that might sound crazy, because I think endo can be a very... not very hope-filled condition, but I have seen what my body is capable of... this... this for some reason is making me want to cry.

I've seen what my body is capable of and sometimes when I just kind of sit back and... and look at my self outside of myself... as maybe another person...I mean

when you have endo you are working sometimes two, three times harder than everyone else and I think sometimes when I go pick up my son at school and I don't know if some of the other moms have endo or not, but it's the first day of my period, I still go and pick him up I still have a smile as best as I can on my face and those times I feel proud of myself.

And I think that we need to celebrate those wins more and have a little bit more hope because it's sometimes hard to have hope when you have a chronic condition that's painful, but yeah it's really taught me to be more hopeful and also be more proud and also celebrate more what I can do versus what I'm not able to do.

**Aubree:** Absolutely. I agree. And I think it almost makes you be more grateful for those times when you do feel good, because like you said, you're putting that smile on your face and just warrior-ing through (laughs)

**Jessica:** Yeah. Yeah and I think that, you know, and I think that there's a lot of people in the endo space, and I think it's how they express their condition, and it's how they get through it, but I think that overall when you look at the Internet... I just had someone tell me today they Google endometriosis and it felt like just the most depressing thing that they've Googled, because it felt like there wasn't a lot of hope, and I think that with the work that you're doing and the work that some other people, I think it's... you're giving people hope that they can have a somewhat close to... most normal life that they can, and I think that that's so important, so thank you for doing that.

**Aubree:** Well thank you for mentioning that too, because that's been really my purpose and drive because I felt the same thing when I first Googled endometriosis as well (laughs) I had the same experience like this is depressing, and a lot of women that are sharing their story, you know, that doesn't always help when it's more negative, so I do think that it does really help to shine a little bit of a light on those that are feeling better, like you, so thank you for being here and sharing your story as well.

**Jessica:** Yeah, and I think it's also Ok. We don't all have to feel good all the time, like I definitely still have... I felt so proud the other day the first day of my period. I did my make up. I did my hair. I was feeling good and then the next day (laughs) is when all the fatigue hit hard and I'm... so I think sometimes, you know, I think that just when we think it's like ah man, I figured this out... it was a little bit out of my control so I... I think that it's not to say that we will all have perfect days, but I don't think that they all have to be horrible.

**Aubree:** Absolutely, and so what words of wisdom can you share for other endo sisters who may be listening who feel like there's no hope.

**Jessica:** Oh my gosh. Well I... I think that... I think that there are some very big changes happening in the endo world for us. There's more doctors that are training

to become proper excision surgeons, hopefully insurance will be changing soon, and I think that where there is hope, if you don't feel hope, is that every single day is a new day tomorrow, which I know is very cliché, but I think when you're laying in bed and thinking this is the worst pain ever or how am I going to get through this?

If you can get to the next day and then maybe connect with someone or talk to someone, and I think therapy if... if you can afford it, or if you can save up for it, or I know there's even online therapy... I think it's great to talk to a professional about this too, because I think that... you know... depression isn't necessarily a symptom of endo, but I think sometimes it can be a huge byproduct of endo, so if you're feeling like you have zero hope, talk to someone if you can, and if they're a professional, I think even better.

**Aubree:** I think it does certainly help to talk about it, because you don't always have that space to talk about things.

**Jessica:** No, and I think it's great to talk to other people online about it, and I think it's great to talk to your friend about it, but sometimes it's really good to just pay somebody a little bit of money that has a completely unbiased opinion about what's happening with you and can give you some tangible advice or to help you in some way that is a professional.

**Aubree:** Because there definitely is an emotional component with endo. I can say from my own story after addressing all of the physical things, you know, the diet, the detoxing, the stress, and still having horrible pain, you know, for me it was that emotional stuff that I needed to address, you know, that deeper stuff, so I don't know if the same has played out in your story, if you've noticed that emotional connection?

**Jessica:** Yeah. I mean I've been going to therapy for other things for a long time (laughs) so I think that ah... it was not something that I necessarily would talk to my therapist about, but I do think what's interesting now that we're talking about this, I wonder if some of my underlying issues, I mean I definitely went to therapists about my body image issues and I definitely went to therapists about body dysmorphia, which goes along with the body issues, and I think a lot of those come from the fact that sometimes I looked three months pregnant.

I felt like I didn't have control over my body sometimes or I felt just disgusting in my own skin and I think a lot of that did come from the pain and things that were out of my control. I didn't really ever put that together but I think... I think that that might be true.

**Aubree:** Absolutely and I can speak to that too. I mean, I've had similar feelings, like you from an early age too, I mean you're talking when the period first hits and then you're going through puberty and all of those changes and when you're not knowing what's going on with your body, and you're feeling pain, and then feeling like you

don't want to be in your body in a sense, I guess that's some of the stuff that's come up with me is just disassociating and not wanting to actually be in my body (laughs) kind of checking out in a spiritual sense.

**Jessica:** Yeah and then I think it's really tricky then with the whole body positive movement, where it's like love your body no matter what it is and love your body it's the only body you live in and then you start feeling shame for not liking your body, because people are telling you, you should love your body no matter what, so it's... it's confusing when you get mixed messages.

**Aubree:** And I think it... you can eventually love your body again.

**Jessica:** Yes. For sure. (laughs)

**Aubree:** But yeah definitely being young and not knowing what's going on and so I think for me, at least having the diagnosis was helpful, at least Ok here's what's going on, and now it sucks but at least you know there's something that can be addressed and managed.

**Jessica:** Yeah, for sure. Yes.

**Aubree:** Well Jessica I appreciate you coming on and sharing your story and some of your wisdom with us. Do you have any final words of inspiration?

**Jessica:** Oh my gosh. Thank you. Final words of inspiration. I would say read as much as you can. Read the positive stuff. I think we can definitely find a lot of sad endo things online, but I think that it's also cool to read the more positive and hopeful things to balance that out too.

And celebrate your wins, even if it seems small that you went to the grocery store on the first day of your period, or you only had to wear one pad instead of three (laughs) like whatever it is, celebrate it, and share it with me if you want to, like if you feel like weird sharing it with someone else, DM me. I would love to hear your wins.

**Aubree:** Yes. Likewise. So how can our listeners then connect with you further? Like how can they get your book and find out more about you?

**Jessica:** Yeah, sure. So I have a... my cookbook is called *One Part Plant*. You can get it on Amazon or your local bookstore, wherever books are sold. My podcast is *One Part Podcast*, and it's not a completely endo podcast, but we do cover a lot of issues that I think affect women with endo. We do talk a lot about stress management, which is awesome, and I then have a website called Know Your Endo and my Instagram. I have two... Oh my God I have three Instagrams (laughs) but I have one Instagram is @jessicamurnane, which is where I do podcast stuff and then also @knowyouendo and then also @onepartplant, where it's more food stuff.

**Aubree:** Awesome, and I'll be sure to share links to all of those in the show notes for those who do want to connect with you further. Well thanks again for coming on and sharing with us today. I appreciate it.

**Jessica:** Yeah. 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.

If you want to connect with me further and see how we can work together, you can find me over at [peacewithendo.com](http://peacewithendo.com) or 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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