

Peace WITH ENDO PODCAST

PWE63: Rise Up & Reignite your Life with Endo with Brittney Denson

Aubree: Hi, love. This is episode 63 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, Brittney Denson. Brittney is the founder of The Endo Channel, where she interviews endo experts and shares her story with how she found freedom and more pain free days with endometriosis.

In today's episode Brittney shared some of her story with endo and how it's impacted her on a mental and emotional level. She shared what she's learned on her healing journey along the way from finding the right endo expert, to facing old scars and releasing trauma that was trapped in her body from childhood onto the surgeries she faced with endo.

I hope you enjoy our conversation and it inspires you to explore deeper and not give up, now on to the show.

Hi, Brittney. Thanks so much for being on the show today.

Brittney: Of course. Thank you so much for having me. It's such an honor.

Aubree: Let's go back to the start of your journey with endo. Do you remember what you were thinking and how you were feeling back then?

Brittney: Definitely. So, my journey it's a 20-year long journey. So, it kick started off with me starting my period at 12 years old. I remember debilitating pain at a very young age and heavy, heavy bleeding. I was not wearing tampons at the time. I was soaking through pads and I'll never forget the day at school what kick started the emergency surgery I had to have.

I remember the pain in my pelvic area. It was on my left and my right side to the point where when I would walk just the pressure from my feet hitting the ground, it was such a deep, deep pain, stabbing pain and I just... I would push on and push on and one day at school I just couldn't do it anymore and I just collapsed. I collapsed to the floor. My mom came to pick me up and she rushed me to the doctor and the doctor... he immediately was like you need to go to the hospital right now. They need to do imaging and possible surgery. They were fearful for my appendix.

And so we did. We went in and I was only 13 years old and I was on my period that day and I'll tell you in a moment why and how I remember that, but when we got there they started doing exams, nobody had answers, direction. I do remember being kept in the dark a lot since I guess I was so young, they would just talk to my mom and I was feeding off of my mom's emotions, which she was very upset and then they rolled me away to get my very first trans-vaginal ultrasound at 13 years old and that's how I remember I was on my period.

I was so embarrassed. For the... for our listeners, if you don't know exactly what a trans-vaginal ultrasound is there is... it's a sonogram, but from the inside, so they did have to insert a wand and it was very uncomfortable, and I was embarrassed. Not only because of that because I was 13, but also because I was bleeding and bleeding heavily and so they had me in a gown. I was walking to the table and I was dripping blood and I was apologizing and everyone was so nice.

And before I knew it I was in surgery. They opened me up. They found a healthy appendix, but my ovaries, both of them were covered in endometriomas, and not one word. Not one word of endometriosis. Not one doctor referred us to... to go get it checked out in that sense. I do recall my mother discussing a hysterectomy at 13 years old. Again, I was kept in the dark. I did catch when that was something that was brought up. I don't know if my mom was advocating for me to not have it, or if they were... or recommending it.

So, that was my introduction to endometriosis at such a young age and my very first surgery and what's so frustrating is in hindsight, 20 years later, my life probably would be so much different if I would have had the proper care, but what happened next it really was detrimental in my eyes, because it kick started my self-taught journey in the most devastating way, because my step mom, God love her, I love her (laughs) however, whatever the doctor says... she's always been like this... whatever the doctor says goes, right? That's why they're doctors. They go to school for it. They know best.

So, as he sat there with us and he told me, he said, Brittney, you know, this really sounds like endometriosis. Do you know what that is? And I said, no. Well, he said it is something that... he gave me a number, like a statistic, I do not remember what it was, so many girls go through it. It's super common. It's nothing to worry about. You may have issues, you know, getting pregnant whenever you're older, but it's probably the worst that will happen, and he did tell me, you know, to get a diagnosis

we would need to... to do a surgery on you, to lay eyes on it, however, you know, you just recently had a surgery, you know, and given your age I... I really don't want you to go under the knife again and it's not necessary, because it is something that can be controlled with birth control and all we need to do is just put you on a birth control and it's going to shut down your progesterone and that's going to regulate your periods and that's going to stop the endometriosis from growing and that's that.

And he did also bring up pregnancy again and he said now another negative would be, you know, the endo itself could cause infertility issues and then on top of the fact that I'm putting you on birth control at such a young age, this too could hinder you in the future from having kids, so he advised me, you know, later on in life if... you know, once you get ready... you're probably going to need to take yourself off of birth control for a few years for your body to regulate and to hopefully get pregnant.

And I was 13 years old. When we left my mom was... my step mom, she was, you know, relieved. Oh no, you know, this is great. This is great news. No big deal. Let's get you on birth control. We found the solution, done and done, you know, and... and that was it. We didn't revisit it. We didn't Google it. This was... oh man... this was years ago in the 90's, so there... we didn't hop on Google. I didn't go home and jump on my cell phone and... and... and look up with endometriosis is and what it could potentially mean for me.

So, therefore we left. My mom wasn't worried. The doctor wasn't worried. That weird word the doctor said, can't even remember it. So you know what? In one ear, out the other, and I continued on with life, taking birth control at a very young age. I do recall the birth control helping with some of my cramps. It did help with some of the regulation of the period. I... I finally kind of had a schedule with my period, but that's really it. My pain and everything that would come along with it, it was still very present and dominate in my life.

I went on with life thinking that this was completely normal and that... that's just how it is, but to fast forward my husband, my then fiancé at the time, we... I told them I said look with all the things... with all of these cysts issues that I have and with me being on the birth control on top of that, you know, I've been told I... it may take a couple of years if even to get pregnant, so we decided to start trying, thinking it was going to take awhile, but thank God that wasn't the case for me, so we got pregnant like really quick and before we were even married actually, and then my son came shortly after that.

And then after my son came endometriosis brought me to my knees, debilitating pain, migraines, it brought me to my knees and finally my husband and I were like Ok there's something else going on. It's not just you have random cysts that come... come up. So, that's when we sought out help.

So, I go in and I see this doctor and he was (laughs) he was fresh out of residency, super nice, but his knowledge of endo, especially looking back now, he didn't have it. He didn't... he simply didn't have it, and his very first question to me when I came in was have you ever been sexually abused?

And my jaw just dropped, and I was like why are you asking me this? And he said well you know with your symptoms and you know, everything that's going on. It's very possible that, you know, I've learned in school that it could be... it could be this and he did bring up endometriosis and then he connected the two, and of course I was extremely and confused and once he brought up endometriosis again I was like whoa. Wait a minute.

I've heard this word before, and I explained to him my 13-year old self and... and surgery story and... and I also told him I can't believe you even asked me about the sexual abuse thing, because no it has not particularly happened to be, but within our family, so that just really struck me like deeply, deeply, deeply, deeply.

Looking back now he did not give me a choice when it came to how do you want to go about this surgery. Before he would operate on me, and this is huge, this is huge because so many women are still going through this. Before he would even operate on me I had to do Lupron and I... I did my research on Lupron and I came back and I said absolutely not. I... I had... I do not want to do Lupron. It's not of interest to me, and he said I'm sorry, you know, this is the first step, and unfortunately for me being at that teaching hospital I had zero options. I didn't have the money to go and seek a second opinion or... or anything it was...

I felt as though like my fate was in this newly graduated doctor's hands and so I... against everything inside of me, I said, fine. Let's do it. Let's just get it over with, because I know in my heart I need surgery and so let's just get this over with and do what you need so I can do that and it was a three month, a series of six months, but three months shots, right? Two shots, for three months.

I did the first shot and everything I was suffering from before, I was praying to only be suffering from that after that shot. That shot turned me into someone that I'm not. It's... my pain increased. Everything was just exaggerated. Everything was just intensified the... the pain, the... the sensitivity to... to just life, to everything like I felt everything. I felt like I was... you know... on the verge of losing my cool, like my sanity, like every... every day, every moment, like I was having to talk myself off of a ledge every day.

And I had two small children. I mean.... It was... it was intense, and so I was going through this period of Ok six months you have to do this. I couldn't make it through the three months and one day I just... my pain was just through the roof and I just didn't know how I was going to get through the day, much less take care of these sweet souls, and I just couldn't take it anymore.

I told my husband, you know, I'm... I'm having these thoughts, I'm like... not myself. There's, you know, there's... it has to be this shot, there's no way I'm going to survive another one and I will not do it. We told the doctor this. We went round and round. I... I fought with the man. I... I was yelling at him by the time I was... by the end of my appointment and finally I just looked at him and I said after everything that I have told you and everything that I'm going through would you look me in the eye right now and tell me that you would recommend this to your wife, that you would put your wife on this, and put your wife through this hell. Would you do that?

And he... he couldn't answer that and he... was like Ok, you know, he moved forward, and I was able to get my surgery, without having to do the next round of Lupron and so yes, stage three endo, he was not much help after that, because he wasn't knowledgeable and it was teaching hospital, so he just kind of washed his hands of me.

I remember, you know, him saying here's your birth control and I... I was at home recovering from surgery, absolutely miserable and had no direction. What do I do now? I healed from surgery. Recovery was hell. Once I got to the other side of it, the six month mark hit, and I needed help again and again we're just like what do we do? We couldn't even afford that first surgery, you know? And... and now what we do? You're not better. You know? My husband's looking at me like I thought you were going to be better? And I thought so too.

We... we had no idea what was about to happen and how our journey would unfold, but I... I learned very quickly that the knowledge, the health care knowledge was not there and I was so confused by this coming from, like I said, my step mom, my... you know... whatever the doctor says goes. I quickly had to... you know... release that and... and enter a new world of, you know, **these doctors don't know what they're talking about and you... you have to rise up. You have to be your best advocate**, you know, and if you don't you're going to be continued to handed off to that doctor, to that doctor, to this doctor and... and be operated on multiple times.

Aubree: How has your journey with endo impacted you on a mental and emotional level?

Brittney: I remember feeling so alone. I remember feeling, you know, like a failure as... as a human being, you know? Like I could not be there for my husband, although he was doing everything for me. I... so I felt that I was failing as a new wife. I felt I was ultimately failing as a mother, you know? I brought these two sweet babies into the world and they're having to watch me go through this and... and... and what kind of life is that for... for anyone?

I knew I was dealing with something way bigger than me (laughs) and I needed to equip myself, but even more so, I needed to save myself. I was... I was going down this dark, dark hole. I was becoming someone that I didn't of course recognize, but someone that I didn't want to be, but I didn't know what to do. I didn't know how to

escape it. I didn't know, you know, that I was the... that I wasn't the only one out there.

Aubree: What has helped you with that?

Brittney: So, social media started becoming, you know, more and more popular back then and I needed to get what was going on inside of me out and the only way I knew to do that was by writing and I loved to write and it was very therapeutic for me, so I started getting on Facebook and I found groups. I found other souls. I was... I was floored. I was like there's no way. I was like there's... I mean... I know Google said there was other people, but here they are! It's like a community.

And so I joined these groups and connected and... and I... you know... a part of me felt... I don't know... more whole. I... I felt more empowered. I was like Ok, I'm not alone, but it was also saddening and... and just heart wrenching because you would scroll through these... these groups back then and it's so different than it is now and... all these... all these souls just like... everyone please help me. What's going on with me? Pictures being posted, people saying this is happening and people going hey that happened to me too and... and everyone it was just like the beginning of something amazing, like... I mean I had just joined. I'm not sure what... when it all started, but...

It was, in my eyes, still looked fairly new, because looking back now all these groups have grown so much, but yeah it was very... it was heartbreaking, because I was like, Ok, I'm not the only one, but yet everyone here is still seeking answers too! Very overwhelmed, but I didn't feel alone. So, I had my next surgery and I shared it, you know, in the groups and a little bit, you know, I kind of started off slow.

I had no idea how I was going to save myself. I didn't. But I knew I had to do something, and the only thing at the time that was on the table was an opportunity online to make money and to workout and to get healthy, right? So, I knew I needed to produce money. I knew I needed to help my family financially because part of the reason we were struggling was because of me, and... but holding down a job with two little kids that weren't in school yet, we couldn't afford daycare. Are you kidding me? So, working from home was ideal.

So, I took the offer up. It was Beachbody, and I knew, and the only reason I did it, it wasn't because oh I just need an online sales job, right? No, this was... this was something that... that I knew, if I could get back into that that would be a huge, huge step for me and... and saving myself.

And a lot of this stuff is in hindsight, a lot of it. Putting... you know... looking back on my journey and... and putting these pieces together, it's just like wow, you know? Just wow. Because I was not planning this epic comeback, you know? When I hit rock bottom... it... it naturally, organically came to be.

And so, I told my husband I'm going to do it. I'm going to sign up for Beachbody. If I can... I love working out. I absolutely loved it. I've always worked out, so I was like, you know, it's... I... the workout looks great. It's going to be easy on my body, low impact and I was like just I'm going to try it, and so I did and I immediately...

I think this is just how I'm wired though, how I am as a human, how I was created, whenever something... I put my mind to something or if I'm like I'm going to join this, or I'm going to do this or you know what I really want to see this come to pass... I don't... I just... I put every single ounce of me into it, so much so it can be detrimental, you know, like it's just like I'm giving my all and that is exactly what I did with this. I had an open mind, an open heart and I was ready to receive anything and everything that was going to come from this and I had no clue what I was walking into.

I was just going to own it, period. And so (laughs) I took that opportunity to the fullest and I did the most, you know? I started doing the workouts and I was like well, you know, I'm going to follow these other people's leads. They... they posted on... and we were being trained on this by our Beachbody team. They were like you need to, you know, post about your workouts and talk about your workouts. Start little groups and things like that. Well... I was like Ok, cool.

Well, I took it to the next level, you know, I'm like alright, well let's... let's try this. I've always been a creator. I love to create, so I started, you know, taking my own photos and... and I would (laughs) my husband would come home some days and I would have my own little photo shoot set up (laughs) going on in the living room and he wouldn't even think twice about it after a while. He was like, Ok Brittney's just doing her thing, but I would take... I would... I would take these photos of myself and find these positive, uplifting, motivational quotes, right?

They were not my own words, yet. It organically, beautifully came into that, but then I would use quotes and lay them on top and create my own images and these... These things and... and push Beachbody, you know? Each photo had, you know, some kind of Beachbody product in there, and so I would post these images and I would promote it and it wasn't... oh check out this PiYo, it was filled with therapeutic writing.

So, the creative image that I would create and then my therapeutic writing, became fuel for my soul and it fed me daily and eventually it ignited my light, and reignited my light and I clung to it, and I clung hard to it, and I said I can do this. I got this. I got that spark for life back and it was for... it was simply because I was... I was releasing everything. I was... I was boldly just getting it out of me and I'm not, you know, saying everyone needs to take to social media and do the route I'm saying, that I did.

I'm saying even if it's to your best friend, even if it's just to... you know... an empty room, you know, somebody or something... just get it out of you. Speak what is going on inside of your soul, because it's part of releasing, it's part of feeling it. We have to

feel it to heal it, and I was learning those things as I went, and again in hindsight, I didn't put all this together until years later.

So, I continued on and I was doing my Beachbody. I was... I was feeling so much better, not just because of my working out, but because my husband stepped up. He stepped up and he decided to research nutrition, and he was like, you know what one of these doctors said this is like an inflammation type thing, you know, a disease, or you know, like inflammation in the body. He's like that's interesting. He's like so... he started researching...

He's a... he's an amazing cook y'all, always has, always been and one day he will have a restaurant, that's one of his dreams. I know he will, but he researched and he started finding ways that I could fuel my body and it was going to help me, not hurt me further and wow, like... if it wasn't for him I... it would be... you know... years and years and years later before I connected the nutrition part of it.

And so I started fueling properly and differently and downing water, like a gallon a day, water, water, water and I would get up before anyone in the house would be up and... because that's when my pain was at it lowest. My pain gradually increased throughout the day and so I knew... I was like Ok note I need no distractions to get this workout in and I need little to no pain. Ha.

So I knew that getting up at the crack of dawn, before the... anything, and it was just quiet and I could focus on me, and what my soul needed, and put the work in. **I started to see that I needed to put the work in, and nobody else was going to be able to do it, but me**, you know? Not one soul, you know? Not one. It had to be me. And so, the more I saw me stepping up and... and then what was coming from it, again, it was fuel for my soul.

Aubree: What has endo taught you?

Brittney: Our environment is what we create, you know we feed our minds with what we surround it with and so it didn't make... like quite click until years later, but during that time period at night in preparation for my next day for work with Beachbody and my posts and things like that I would lay in bed in pain, unable to sleep, that painsomnia and I would look up inspirational quotes. I would... I mean until the late hours of the night I would... like ooh that's a good one, you know, and I would save them and so I was feeding and fueling my soul with all of this positive and... and just speaking it over and over me and into my own heart.

And then surrendering. We can't forget that. That's what kick started it all. Surrendering it. Laying it down, giving it to God and walking away. Not picking it back up, not questioning it, not saying well why me? Why me? But laying it down and saying I rise up and I know that you are here, even though I do not feel that you are because I'm suffering. I knew that he was there and he had a plan... that he had a

plan for me and for every soul and that it became very clear later on that what I felt lead to do.

A lot of souls are suffering. I knew it, but on such a deeper level then we may know and it's simply because of knowledge, again knowledge is power and aware is key, and if our minds are completely shut and our hearts are not open to... to receiving true healing and... and listening and learning from those around us in a positive light, and we're only taking in that negative that we can... that we know we can connect with, you know? Like if somebody comes in and they have a positive light to shine and they're like oh wait a minute this is different. This is different and there's no way this can be true, because X, Y, Z.

And I knew that I wanted to continue to inspiring and continuing leading by example and continue... you know... pulling other souls out from that deepest, darkest hole that I had ever known, you know, and I know so many can relate to, you know, and I wanted to inspire people to ignite, reignite their light like I did. I was like man, if I can do it, you can do it.

So I was... I was sharing that. I was sharing that and... and writing and walking people through what I was going through.

Aubree: What inspired you to start The Endo Channel?

Brittney: Everything I had been through, like I said, it just kind of organically started unfolding my healing, my mental state, my direction, my passion, my light, and I was being led to continue leading by self example. What I suffered through is not going to be in vain... and that's what I was feeling and I was like this is going to create change because every woman should have access to this knowledge.

There should not be suffering. There should not be ten years delayed diagnosis, because of doctors not knowing what's going on and these incredible souls not knowing to avoid those doctors and to seek the ones that can help them, right? So, I decided to start a YouTube channel and gosh I had no clue how to use YouTube. I had no clue what I was doing, but I made the decision and I got on YouTube and I'm going to you know step out even more and... and create something for... for all of these women suffering.

And of course my number one driving force behind all of this is my daughter. I knew that I wanted to create generational change, not just change for my situation, and for my daughter's, God forbid that's what happens, but I knew I wanted to be generational, so I was like alright let's start this channel.

It was just following that deep soul pull within, you know? Each moment, each breath, each... how am I going to get through this? Lord wherever it is you want me is where I want to be, please, and that's... that's just it. That's... and that's it. There's nothing more than that, like I just continued to follow that... that soul, deep pull.

And so, as nervous as I was and, you know, I did it. I started my YouTube channel and I... it was very low quality, and honestly it... it still kind of is, but it's so humbling, and again, I wouldn't change a thing, because this is part of my journey and I know that, you know, years down the road that I'm going to look back, and it's just going to be... it's going to be really neat to look back on, even more so than it is now, but...

So, I... I decided to share my story and journey with traveling to Dr. Dulemba and to share, you know, some... some things that I've learned and... through my story. Not because I wanted to... oh it's all about me and my story, and my story's the only one that, you know, you should listen to. It's about empowering each soul to really own their space in this world and their truth, because it is... it is... if you don't know anyone listening... there is not one case the same.

They are all different, so therefore our voices can make a difference because there could be someone out there who is hearing your story and being like wow, you know, it's not identical, but it is so similar. They relate to that and they... and they can connect with someone leading them into their reigniting of their light.

So, I started the channel and I went to Dulemba. I asked Dr. Dulemba, I was hey, you know, this is what I'm doing, you know, I've been doing this Endo Channel for a little bit. I had a few videos up before I had actually started, well before I went to Dr. Dulemba, so I told him, I was like I have this channel, would you be Ok with me recording our... our consultation?

And of course he was like yeah absolutely. I was so scared. I thought he would be like...no, because it's not just a 20, 30-minute consultation. We were there for three plus hours, like at least three hours and that's what he does. He sits you down and he educates you on the disease itself, the options out there, and then he tells you what tells you what's going on inside of you, because they do this... they'll do a sonogram, an internal sonogram and no you can't detect, you know, endo on there, but they... he... if you have a really, really talented, skilled radiologist they can tell you a whole lot more than you think and that's what his team did.

And so, every woman should have access to this information, so I put myself in my shoes and if it were me, I'd want someone to post the whole thing, so I did. I cut out some of the things, but I mean, there's so much info there, like so much info. I was... I learned a lot, and so that's kind of how it started and started to unfold even more.

I... I interviewed Dr. Dulemba, well not interviewed but included that. I... I documented my surgery, my recovery and sure enough six months to the tee, my... my pain and my symptoms came screaming back and that hit me hard. It hit me so hard, because I was like wait. I was just in the best hands I could be in and look what's going on. I... I'm back at battling this and I was... I wasn't...

A part of me understood that... where I was. A part of me was really, really hurt and just felt defeated because I knew the reason I was there probably, not probably I was, is because of all of the prior surgeries that I had that were done incorrectly that was the wrong technique. It wasn't excision. All of those factors go into your story, and then when you finally reach an expert, you know, yes take a deep breath, you're there, you made it; however keep an open mind and know that they're going to do everything that they can within their power from where your journey hit them, you know?

If they would have had you in their hands from the beginning we probably would be having a very different conversation, so I knew, obviously it wasn't anything that Dr. Dulemba did or did not do. I just knew it was time to collide other efforts into my healing, and I had at the time been equipping myself further. So, we learned about, you know, exercise and... and just moving our body and having that quiet time to ourselves and speaking life and love, and you know, making sure our environment is... is the same and then food, nutrition. I mean, we are what we eat, and it is an inflammation disease and then so... getting to an excision expert and getting that excision surgery, so I knew, like Ok there's got to be something more to this.

And so I started to explore the whole, you know, sexual abuse thing, you know, trauma. I was like Ok what is all this about? And in... in my findings... in my studies and I just knew that our bodies they... they store trauma. I had no clue. I mean your body is holding on to every single trauma, if you haven't released it, every single trauma you've ever been through, dating back to childhood, whether you were abused or not, whether it was mental, physical, you witness something happening, a car accident, just trauma, period. Not to mention all the surgeries you've had.

Trauma. Trapped in the body. And this trauma is... is and will cause further issues and I was floored. I was just like wow, like are you kidding me? Like you know it's just one thing after another with this disease and it's everything continues to point back to you. **You have to be the one to rise up and it sucks, and it's not fair, but we are the change, like we, unfortunately, have to be the ones to say I've had enough** and I'm going to do the research and I'm going to seek out proper care and I'm going to change my environment. I'm going to change the way that I speak to myself. I'm going to change the way that I fuel my body. I'm going to acknowledge the trauma that I've been through.

So many of us, it's so easy, me included, to suppress, to push things down. I'm... I don't have time to deal with this, you know, I don't have time to sit here and cry over something that happened years ago, but we have to make time, because that is hurting us more than we know, and I didn't realize that until I walked through the actual steps to... to learning how to release it, if you will?

So, I got connected with Tall Cole, they are a power couple that are helping millions of souls around the world untangle, unravel their traumas and... in a safe space, right? So, I signed up for a women's retreat that Cole, she was putting on and this

was after six months, right? It... my... after Dr. Dulemba everything started coming back and I reached out to her and we were actually... we were connected... I had a meeting with her. I had her over to the house with her husband, before I had surgery with Dr. Delumba and I wanted... I wanted her to help me. I didn't want to have another surgery, even if it was with Dr. Delumba.

Because what she was putting out in the world, I was like... wow. She totally could help me, you know, like if this is... if what she is saying is true like she could totally help me. How she explained it was **you cannot reach the root of your issues with... with a scalpel**, or something along those lines, like you have to face them. Surgery is only going to get you so far, before you have to face all of this and release it.

And so knowing that, learning that, getting equipped with that before Dr. Dulemba, it was... it was huge for me, because after my surgery with Dr. Dulemba I was like oh I feel like a million bucks, and I did. I did, man I was back in the gym faster than I had ever been. I was lifting heavy. I was feeling great. My world was... it was completely changed and six months hit and so I got back with... I immediately reached out to her and I said it is time to collide our efforts, like I have been...

Because she commended me, she was so sweet. She commended me on like... she was like wow, like you... you know... you should be very proud of yourself, and every single soul that's listening to this, you should be very proud of yourself, because it is not easy to save yourself, but you are more than capable of doing it.

So, whenever we connected, I told her, I said, it's time. I... I need... I need to get to this next level. A week before she had a women's retreat she sent me a message, and she's like hey, listen, I have like one or two spots left in this retreat. I would love it if you could go, and she gave me a really great deal, like a really great deal, and it was less than \$500, and I was... I was floored. I was like I'm there. I'm there. I'm there. I'm there.

And I went to this retreat and the... the reason she invited me to this particular one, because she does all kinds of events, right? Like I see her all over the place doing things and... but this particular one, she's like, Brittney you have to come to this one. It was... it was high focused on childhood trauma, and trauma trapped in the body, so not just childhood trauma, but also trauma that's trapped in the body, so addressing that and releasing it, so... and the whole idea around it is creating a safe space, because it is not easy to un... uncover and dig up old scars, and it is so important to be in a safe space where one, you feel as though you can be as vulnerable as you need to be and to... you need someone there that can hold that space for you, because if it... if you... because you will... you're going to break down. You're going to cry. You're going to... x, y, z, and you need someone there that is... that is equipped and... and trained and... in handling that and facilitating that type of healing.

That was life-changing for me, and that was my missing piece of true, deep-rooted healing. Whenever I went in to this retreat I was still having pains. I was... I mean I had a hysterectomy. I was living proof that a hysterectomy was... is not a cure for endometriosis and I was... I was in pain... I was miserable, and we go... whenever I walk... whenever I'm driving there I had a conversation with myself.

And I... I told myself, I said, I... you know... I'm going to take full advantage of this opportunity. I went in with an open heart, an open mind, and ready to bear it all. I wasn't going to hold anything back. This was my time to shine. This was my time to release everything that I needed to get out and I wasn't... I wasn't about to... to... you know underestimate, you know... giving it my all, because like I told y'all at the beginning I give (laughs) my all in anything, you know... I put my mind to and this was nowhere near different.

So, I get there and I think a little shock from other people that were there. Yes, it was a group of women. There was probably 13 of us in total, but everyone there was there for the same reason, for healing and for a safe space, and so I was that bold one that was like I'm not holding back. I'll go first. I'll share first, and I went straight into some deep stuff and one moment in particular I'll share with you.

Was... she has this drum, right? She sets the scene, sets the mood, sets the... I guess the scene is the best way to put it, I guess the environment, you know? You kind of have to get your body to calm down and... and to feel safe to where you can release everything and talk about it to all these strangers, so she had his drum going with... we had our eyes closed. She was walking around and we were practicing our deep breathing, and during that time I was having an experience with myself and afterwards when she stopped drumming she asked us, was... is there anything that y'all would like to share that you were experiencing during this... this time of preparation, if you will.

And my hand immediately goes up and again, I'm like I am here to share everything and she was like Ok, you know, what... what did you experience and I told her, I told her what I had just told y'all about how I prepared to come here and I'm fully showing up, and in doing so before we shared and we had this moment, which I was so thankful for. I... I closed my eyes and I called... I called myself to the table, if you will, every single piece of me.

And my parents got divorced when I was three, and my sister remembers it, everything. She has like such a good memory and I don't, and I know I'm probably being protected, I guess, but... so I knew that maybe something did happen to me, and I just don't remember, so I remember calling everyone to the table, myself, every single piece of me from childhood to current. I would... I had a nickname of... of Britt Britt when I was little.

I, you know, people call me Britt, people... I called them all and especially Britt Britt, because that's who I don't remember and I told her it was safe. I said y'all are safe

and everyone we're safe. You can come to the table. We can talk about this. We're... we're going to be Ok. We're going... we're going to be healed and I was giving myself, in that moment, subconsciously I was... I was giving myself permission to come out of hiding, and to come out of protective mode, and to fully be open to receiving healing and it was so powerful, like I had no idea, like it was...

I had never been fully filled with so much... life in that moment and I felt as though I, Brittney Rockamonas Denson had finally showed up, every single piece of me, and when it was my turn to share my story and everything I... I, again, I didn't hold back.

And so to flash forward, so we released it and... by simply sharing and I will say this, there was another amazing, incredible soul who through my boldness, she even said it during the thing, she's like you know, I wasn't planning on talking about... and it was her deepest, darkest scar that she needed freedom from. She didn't want to unveil it, because it was so personal through my boldness, she was like I'm going to do it. I'm just going to do it and she did it and she... oh my gosh she is thriving to this day, like I follow her on Facebook and it is just incredible to watch her bloom and to... to have that healing and that space and... it's amazing.

And so after we all shared and eventually we... we went into these different techniques on how to release things and there was one in particular that I shared in The Endo Channel and it's... excuse me, The Endo Circle, which it... I mean it... there's so much that needs to go on The Endo Channel, side note. It's still growing, it's still coming to, but yes this is one thing that... that needs to be on there: trauma release... trauma releasing exercises. It's TRE, is the abbreviation for it and whenever she explained to us how to do it, and what to expect.

She said, now some people they experience body shakes and uncontrollable crying. Some people laugh, because that's just how their body responds and how it comes out. Whatever and however it comes out of you. Do not fight it. Do not fight it. Embrace it and allow it to pass, and they would walk around the room, because all of us were doing this simultaneously, so there was emotions going everywhere and my... my experience was... was amazing.

My whole body... I was trembling from head to toe uncontrollably and... and then I... I was like Ok this is really strange, because I was very mindful. I was in the moment, very present and I was like Ok, I... I'm not controlling this. I can't get this to stop if I wanted to, so I... I settled into it. I settled into it. I was breathing, again I was... I was honing, you know, like honing in on... on all of me, all of me being present and everything that I've been through, and releasing it, and watching it, visualizing it just me, being Ok with me. Me being free of it. This is... you know Ok. This is a safe space, you can heal from this, you can release it. Let it go.

And I remember her coming over to me and because I was just... I was crying and she was holding like brushing my hair back, and she was like you're doing so good, you're doing so good. She's like you're releasing it and she's like continue and it

was... it was amazing. I'd never been a part of anything like this in my life, and I walked away from that weekend with another soul family, and with deep rooted healing I didn't know existed.

And from that day on I have experienced pain free days and one day turned into two, two days turned into two weeks, two weeks turned into two months and I'm still... pain free, and it's absolutely mind blowing to me, humbling it's... it's like I have you know something so exciting to share with the world and I just feel like, you know, with a community that is so hurt.

It is so hard to express and share something that has completely transformed me and to... into this... into pain free, and it's not something that is just oh you're pain free now, you went through the motions, you know? Awesome. You know, have a great life. It is... it is something that you have to work at and continue and maintain, and be present with yourself, and if you see, or feel yourself going down a certain path and your pain or aches are returning, and signs of, you know, those symptoms coming back. You're in control.

And you're so knowledgably equipped at this point that you see it from a mile away and to be completely transparent with all of you listening, just now today, Ok I said today, yesterday. I have been pain-free up until yesterday. I started noticing the stabbing pains down in my pelvic area. I started noticing pain in my diaphragm, where I had endo before. I'm, as of right now, like right now I'm having like some... some pain in my pelvic region, and none of this is shocking to me. None of this is... is... none of this makes me feel defeated. I'll put it that way.

And the reason being is because I know exactly why this is happening, and I know how to fix it now, and what is going on is, if you are in the Endo Circle, you saw my life. I have some things coming up in my life, old, old scars that I have healed from, yes, but are now taking on another light, another level, that I now have to face again, and revisit old things that once would put me down for weeks or months at a time.

I've healed from those, but like I said, this is something new that is now igniting what once was, if that makes sense without going into it on here, so I addressed that in the circle and I was like guys I... I've been pain-free and I am not about to lose it because I don't have time to deal with it, and that's what's been going on. I'm so busy with my new job, my new transition into real estate that I've been ignoring what I know I need to do, and that is releasing it, and I've just been pushing it down, pushing it down and so I stepped out and spoke about it earlier this week, and in doing so, you have to understand that it's going to ignite hurt. It's going to ignite that... that... those pains with your endo, because our bodies are feeding off of the hormones, or the... the... what we're releasing.

And I, not only it's... not only am I dealing with these other personal issues that have come up, but I'm also stressed to the max (laughs) to the max and it is all overwhelmingly good, but I am human and I am under an immense amount of stress

and... and pressure and... and... not only my new job, but... you know... new levels of motherhood. My daughter is going to be turning ten in two months. I mean how neat is this? She's a March baby, endometriosis awareness month. March 3rd is her birthday and she's going to be ten years old.

I started my period at 12, so subconsciously I have a lot of pressure I'm putting on myself that I am releasing. I am aware of it, but again I'm human and so this is what it's about for us.

Aubree: Thank you so much Brittney for coming on today and sharing a bit of your story. Do you have any final words of inspiration for our listeners?

Brittney: It's about being in control, being empowered, igniting our light, reigniting our light when needed, and never... never quitting when it comes to equipping ourselves with knowledge when it comes to this disease, and getting to know us as a soul, as a human. We are so amazing and as long as we tap into our deep soul pulls within. We're honest with ourselves. We allow and we... we allow ourselves that true healing by giving ourselves a chance.

It's a choice. It's a choice to open up those old scars. It's a choice to... to change our lifestyle, our eating, our everyday norm. It's a choice when you're struggling and you're down in the deepest, darkest hole you've ever been in. It is a choice, but you're not alone, and there are souls that have done it and can hold your hand through it and you're not alone.

It's not too late. You're never... you can be saved from the... the deepest depths. Never give up on yourself and ignite your light. Reignite your life. You can, and if you don't know how, reach out. There are so many souls out there that are willing to be there for you, me included. I... you're not alone.

Aubree: How can our listeners connect with you further?

Brittney: The Endo Channel is on YouTube. It's on Facebook. You just simply type in The Endo Channel, and it will pop right up.

Aubree: Thanks again Brittney for coming on and sharing your story and inspiring our listeners. I appreciate you.

Brittney: Of course, absolutely, any time.

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 related to Brittney's story, as the missing piece for me too was addressing trauma and opening up to receive true emotional and spiritual healing. I shared more about

this in my newest book, *Energetics of Endo*. Pick up an autographed copy over at peacewithendo.com or on Amazon.

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