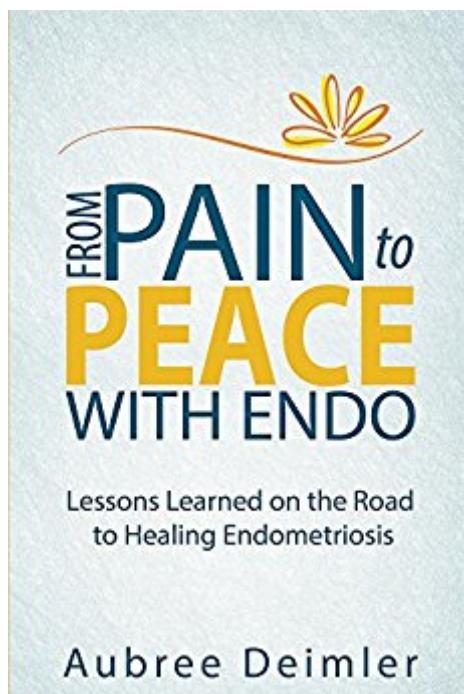


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# From Pain To Peace With Endo: Lessons Learned On The Road To Healing Endometriosis



## **Synopsis**

Your body has an amazing ability to heal when given the proper nourishment. Learn about the interplay of your body's natural healing mechanisms to put in place an environment to ward off endometriosis and related conditions: Learn how to eat to decrease inflammation in your body and why healthy digestion is key. Understand the connection of your hormones and endometriosis. See why it is necessary to release toxins from your body and mind. Learn how to find peace and love for your body and that which is greater than your physical shell.

## **Book Information**

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## **Customer Reviews**

From Pain to Peace With Endo: Lessons Learned on the Road to Healing Endometriosis by Aubree Deimler is a fantastic book for any women who has or thinks she has endometriosis or any family member that doesn't quite understand the disease. Aubree shares her life story, poignantly depicting the emotional and physical pain that is endometriosis, including the inability to have children. You can sympathize with her on the lack of education on doctors part as to proper diagnosis and treatment. Why don't our doctors care more about women's body?

Why are the only options to pump us full of synthetic hormones or to put us into menopause surgically or chemically? And why, oh why, do we have to seek treatment at the same doctor's office with pregnant women when we're in pain and likely never going to be able to have kids? Aubree lays out an alternative treatment plan that includes removing all toxins from your diet and skincare regimen, as well as some more rigorous detox measures. One thing missing from her book was the risks of any of the supplements or detox methods she suggests, since most of them at the minimum can interfere with medications and at the worst cause death. While she suggests using herbal supplements to detox the body, she does not acknowledge that most herbal supplements on the market are in fact tainted with toxins including mercury and purchasing high quality, tested brands is a must. Aubree, for her lack of a traditional medical education, easily explains how endometriosis impacts more than just your girl organs, and goes through each organ system contributing to or hurt by endometriosis. She also offers solutions on how to fix each of these organs systems using non-Western medicine. I found peace knowing that I had many of the same symptoms as her, and don't need to run to a urologist, liver expert, kidney expert, dermatologists and 800 other specialists that don't understand endometriosis impacts the entire body. I almost died from treatment for my endometriosis. Last Christmas, I had a heart attack from blood clots in my lungs, due to long-term treatment with estrogen from my birth control pills. I was put on blood thinners to prevent further blood clotting and taken off of birth control pills. This led to my endometriosis being excruciatingly painful and bloody daily with multiple ER visits and mental breakdowns, all while on an oxygen tank & walker recovering from the heart attack. I was put on blood thinners and taken off my birth control pills to prevent blood clots. This made my endometriosis horrific, bleeding and unbearable pain every day. I passed out twice on the side of the rode and woke up in an ambulance each time. My ob/gyn ramped me up to 60 mg of morphine up to 4 times a day before dropping me for being too complicated of a patient. The high doses of morphine barely covered the pain, and the side effects like inability to pee or poop, acid reflux, vomiting, opiate withdrawal in the morning weren't worth it. After landing in the hospital the 50th time, enough was enough. I detoxed from the morphine and looked for other answers to my endometriosis symptoms. From Pain to Peace With Endo provides solutions for that healthier, happier life I am looking for. There's only part of the book I didn't care for. I skipped the chapter on battling infertility because I don't want kids (or maybe more truthfully, accepted from an early time that I would not be able to). From Pain to Peace With Endo is worth the read, and if you're on a budget, the Kindle version is cheaper than your Starbucks latte.

it's a great read, especially for those trying to get a sense of what it's like to live with the disease. as an endo sufferer myself, I didn't agree with her chapters on infertility, and I even questioned some of the things she said she had experienced - but I did really enjoy the rest of the book.

Great book. I read this book to educate myself for my queen. It a lot of great information. I appreciate how it attempts to show that you can be healed in a wholistic way and that because you have Endometriosis it does not mean your life as a woman is over and can't conceive. Doctors may scare you in that way but I never believed it. If you want to be informed, read this book!

The best book ever!!! Kudos to Aubree for the book, blog, and facebook page.

Excellent on all items!

I highly recommend this book for my endo sisters. It's soothing to read Aubree's story and to feel like you're not alone. I learned more about treating inflammation and overall health. You really will feel better if you take heed.

Great read. A necessity for anyone with Endo. Plus, Aubree is a wonderful advocate and she really does interact with her readers on her blog and facebook. Great tips and advice. Must read if you have been diagnosed!

This book is incredible. It has so much good information. My favorite part is that it's positive. It gives me hope and motivation.

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