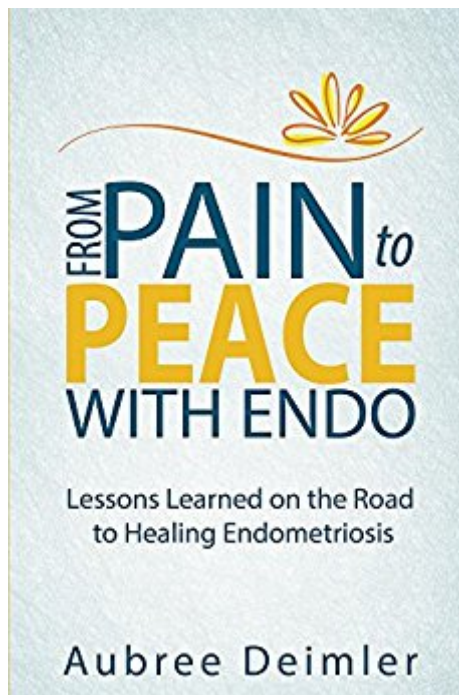




Ebook Directory
the best source of ebook

The book was found

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

File Size: 530 KB

Print Length: 180 pages

Simultaneous Device Usage: Unlimited

Publication Date: November 24, 2014

Sold by: Amazon Digital Services LLC

Language: English

ASIN: B00Q55MXJA

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #218,382 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #9

in Amazon Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Endometriosis #271

in Amazon Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Alternative Medicine > Healing

#444 in Amazon Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Personal Health > Women's Health

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 share 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 road 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.

[Download to continue reading...](#)

From Pain to Peace With Endo: Lessons Learned on the Road to Healing Endometriosis The Endo Patient's Survival Guide: A Patient's Guide to Endometriosis & Chronic Pelvic Pain Back Stretching: Back Strengthening And Stretching Exercises For Everyone (lower back pain, healing back pain, stretching exercises, back pain treatment, ... pain relief, stretching, back pain Book 1) Healing: Reclaim Your Health: Self Healing Techniques: Fasting, Meditation, Prayer, Healing Medicine, and Energy Work (Channeling, Shamanism, Chakra Healing, ... Qigong Healing, Ayahuasca Book 1)

Crystals and Gemstones: Healing The Body Naturally (Chakra Healing, Crystal Healing, Self Healing, Reiki Healing) Hip Flexor Pain: The Ultimate Guide to Fix Tight Hip Flexors and Cure Tight Hips Life! (hip flexors, hip pain, hip flexor stretches, hip flexor, hip pain relief, hip joint pain, hips) Overcoming Endometriosis: New Help from the Endometriosis Association The Better Bladder Book: A Holistic Approach to Healing Interstitial Cystitis & Chronic Pelvic Pain[THE BETTER BLADDER BOOK: A HOLISTIC APPROACH TO HEALING INTERSTITIAL CYSTITIS & CHRONIC PELVIC PAIN] by Cohan, Wendy (Author) on Nov-09-2010 Paperback Endo-Periodontal Lesions Hemp, Cannabis and the Endo-Cannabinoid System: YOUR DOCTOR'S GUIDE TO THE NEWLY LEGALIZED PERSONAL MEDICINE (Dr. Jeffers) Crystal Healing: Simple Guide To Understanding The Benefits Of Crystals (Healing Stones ,Energy Healing,Crystal Healing Book 2) Reiki: The Healing Energy of Reiki - Beginner's Guide for Reiki Energy and Spiritual Healing: Reiki: Easy and Simple Energy Healing Techniques Using the ... Energy Healing for Beginners Book 1) Crystal Healing: The Ultimate Reference Guide To Understanding The Benefits of Crystals (Healing Stones, Energy Healing, Crystal Healing, Chakras Book 1) Crystal Healing: The Ultimate Reference Guide To Understanding The Benefits of Crystals (Healing Stones, Energy Healing, Crystal Healing, Chakras) Crystals: The Ultimate Guide To: Energy Fields, Auras, Chakras and Emotional Healing (Aura, Healing Stones, Crystal Energy, Crystal Healing, Energy Fields, Emotional Healing, Gemstone) Love, Medicine and Miracles: Lessons Learned about Self-Healing from a Surgeon's Experience with Exceptional Patients Faith, Hope and Healing: Inspiring Lessons Learned from People Living with Cancer Powerful Peace: A Navy SEAL's Lessons on Peace from a Lifetime at War MARIJUANA: Guide To Illness And Pain Management (Medical Marijuana, Pain Management, Cannabis, Epilepsy, Cancer Treatment, Chronic Pain) Classification of Chronic Pain: Descriptions of Chronic Pain Syndromes and Definitions of Pain Terms

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)