



HealEndometriosisNaturally

A Real Alternative

Hi, everyone, and welcome to Heal Endometriosis Naturally with Wendy K Laidlaw. Wendy has spent the last two years helping women with various stages of Endometriosis to heal naturally after putting her condition into remission. After her own healing success from stage four Endometriosis and adenomyosis, she's inspired to heal others, and her goal is to help some of the 175 million women know that there is another way other than painkillers, drugs, or surgery. This is the place to be for real talk with real people for real results so you can learn how to heal your Endometriosis naturally. Please note that the opinions expressed in this program may represent options that are not a substitute for proper medical care. Before starting any new health care programs, we recommend you consult with a health professional.

Wendy: Hi, everyone. It's Wendy Laidlaw here from Heal Endometriosis Naturally. I'm really excited today to have the lovely Dr. Anh Nguyen with me from Food As Medicine. She does an amazing podcast sharing the amazing abilities that we have within ourselves to heal ourselves if we're putting the right, rear ingredients inside us. And I just thought you would all really appreciate---while she's not had Endometriosis herself, she fully understands and appreciates and embraces just how some subtle and even some changes can be made to your diet that can have a big impact on your body. And of course, she was a pharmacist before so has a scientific background based on on the body and the foods and things that. So I thought it'd be really interesting to hear from her. Her experiences, what she's doing and how she's helping other people heal through food as well. So great to have you here, Anh.

Anh: Oh it's a pleasure. Thank you so much for having me, Wendy. I'm so excited.

Wendy: Yeah. We spoke ourselves a couple weeks ago, and you're just so lovely, and I just thought it would be so great for people to hear your story. You've got some great stories, and of course your podcast is amazing as well. Your Food As Medicine. That says it all, doesn't it? So maybe you could give us a bit of background information. What you did before, and then kind of what led you to discover the amazing Food As Medicine.

Anh: Yeah. So, my traditional training is as a pharmacist, and I still am licensed as a pharmacist, although don't practice anymore. And for me, I became a pharmacist because I had an opportunity to shadow someone my junior year of high school. We could shadow any person that we wanted who was available just to see what the job was like. And I really wanted to be a pediatrician but my mom planted a seed in my brain and she said, "Hey, why don't you think about pharmacy because it's a great field for women. It's also in the medical profession." So, I said, "Okay. So I wrote down pharmacist and I got matched to shadow a pharmacist and I really loved what they did. Bob was the person I shadowed and he knew everyone's names who came into the pharmacy He knew their family. He knew their vacations and their kids, and he seemed to know all the little home remedies that would help people feel better.

I was like, Oh! I want to be like Bob!" and so I went to pharmacist school. But then after I graduated I started working and very quickly I realized that I wasn't actually helping people get better. You know, I had one patient who I loved dearly, and he had plenty prescriptions. I remember looking at his basket of medications and making sure I counted to make sure that I had every single prescription. And as I was checking them all I was like, okay, he's on four different inhalers. He's on pain medications. He's on constipation medications for his pain medications. And I said if I could sit down with him and help him. "No, quit smoking, lose some weight, eat better, I think I can help him come off of some of his medications.

And it really was an eye opening experience for me. And to see him every month progressively getting worse. He couldn't walk. He used a walker. And then he could walk a couple steps and then he had to sit down to rest. And then eventually he stopped coming into the pharmacy just because he didn't have the energy to. So he started delivering his medications. And I just got so concerned, and I said, okay, we have to do something. And luckily in my job we had an opportunity to do some health coaching with some corporate clients and I found that was my passion. I found that sitting down with people, helping them figure out what they should be eating, how they should move their bodies, how they should think, and then de-stressing all of these lifestyle changes, and seeing them get better just through these simple changes that they were making. That was really---like, Oh my gosh, this is where my heart sings. This is where I want to be.

So I decided---on the side I just kept doing more research. I did an elimination diet and I found out he was gluten sensitive. And he was like, "Whoa!" I didn't know about food sensitivities. And then I learned about functional medicine and that kind of snowballed. So that led me to---I started the podcast, to be honest, to really help me see that I wasn't crazy, that there were people out there who could heal themselves from all these crazy conditions that I was taught in school had no cure. Like, you know, they could just take medications to help their symptoms but there was no way that they would ever be cured from their condition. And, you know, I talk to people who had breast cancer, who had lupus, multiple sclerosis and all these other conditions. And they made changes in their diet and they were living much better lives than they had been when they were taking medications. And so that gave me the confidence to know that, okay, this is a real thing. Because from my traditional pharmacy background I didn't know and I thought I was crazy. So I needed to hear these stories over and over again and with different conditions to see that, okay, this is real.

And so the podcast, I started that just for myself and it really took off. And now I do consulting and I help people. I had a mentor who helped take me under her wing and teach me everything I know about Hashimoto's and how to help people get into remission from their Hashimoto's. But as I learn about functional medicine I realize that all disease really starts with really three legs of the stool. And like all of these three factors are all these main reasons for all these autoimmune conditions. And in some ways we can think of Endometriosis as an immune condition. So, we can't really fix genetics, but by addressing the triggers and by addressing the leaky gut, oftentimes the body is able to heal itself by supporting and giving the body the nutrients it needs and removing the triggers that's causing those inflammatory reactions in the body. So I'm super happy.

Wendy: It's amazing, because even just taking it back to where you were saying your mum was saying you wanted to be a pharmacist and you thought like with home remedies. And you can see how some part of you understandably would've thought, "Oh, I'm going to help people get well. And even just how the pharmaceutical route just doesn't address the underlying causes. So that's amazing that you were able to identify that. And that's what I loved about you when I heard that story, that this man was coming in and you had like these 20 prescriptions that you were like, "No, he's getting sicker." And I think that's why it's so important that we share these messages now. If you're taking medicine or you're having surgeries and you're not getting better and they're not helping, then---the definition of insanity is doing the same thing over and over and expecting a different result. Well, stop! Looking at a new path and take a different path. And that's wonderful that you've been able to make all these connections yourself. And even with the whole gluten sensitivity thing, as well.

Have you heard of the Spontaneous Remission Project, that there's over 35,000 documented case studies of all these different types of conditions that medicine can't explain that have healed themselves?

Anh: Yes. Because they can't explain it, they say it's spontaneous remission, whereas people systematically make changes to their lifestyle, their mindset, how they moved, and that's how they healed themselves and put themselves in remission.

Wendy: Absolutely. And what is it that you find with people that you're working with now, with their conditions? Are there any specific other top tips that you can give people that would help them that they might feel a difference with?

Anh: Yeah. So I mean I specialize in Hashimoto's, but when you look at the big picture of all disease, there's really the foundational things that we always talk about. You know, we have to heal the gut, we have to heal the adrenals, we have to support detoxification. And that's kind of the three foundational pillars that I address in---I have a twelve week Hashimoto's Self Healing Program, and that's what we address. And so you know the the first thing is our lives are so we are exposed to toxins every day.

So, the first thing is our liver. We are exposed to toxins every day. Our bed has flame retardants. Our clothing has flame retardants. The makeup we put on our faces has chemicals. The water we drink, in some countries, there's fluoride in it. The air we breathe. I live in an area where there's a lot of construction because of the growing area. So all the chemicals from the construction. Pesticides on our food. We're all exposed to toxins everywhere. And so our liver is getting so backlogged with having to process all those toxins. And so supporting the liver, getting it to be able to function efficiently, getting rid of the backlog. So that's really one of the first things, is removing toxins and also supporting the liver.

So after that everything seems to work better. Because sometimes people will jump right in and they'll start to do a gut repair protocol or they'll try to fix the adrenals, but if the liver is backlogged then all those new supplements that you're taking, the toxins just kind of recirculate in your body. And you don't handle the supplements very well and you may have reactions to these supplements. But if we address the liver first then everything else goes smoothly. All the different protocols are more effective and better tolerated. So that's why we address the liver first.

And next is the adrenals. I mean, we live in a stressful society. The other day I was talking to a friend. She's like "I'm not stressed at all!"

Wendy: That's funny. You see, I went on holiday for the first time in nine years the other week and it took me five days to get to the point where I was so relaxed that I hadn't realized I was so stressed. And this is like---there's a different level of stress that I used to be in before I fell deathly ill with Endometriosis. So we lived in this like high octane, adrenaline-fueled lifestyle all the time now.

Anh: And so it feels normal! Like, "Oh, I'm not stressed! I'm fine!" But we're like go, go, go. So the people we work with, we usually have them do a saliva test just to see where their cortisol levels are. And like 90 percent of the people come back with some degree of adrenal dysfunction. And the reason is if we can help the adrenals become more effective, produce---some people, if they're in like a high advanced age of adrenal fatigue or dysfunction, they're not going to be able to actually put out Cortisol. And then in the early stages of putting out too much. So, depending on where they are, we can normalize the levels. And in the adrenals all the different sex hormones are made. Testosterone, Progesterone, Estrogen. All those hormones. So if the adrenals

aren't working well, then that affects all those other sex hormones, which can be a problem in Endometriosis. So making sure the adrenals are supported, all those other bodily functions, hormones, would be supported as well. So we make sure that people take time to rest, take time to de-stress, get some herbs and adaptations if needed, reduce inflammation. The blood sugar is a really big deal and many people have ups and downs in their blood sugar. So making sure they're eating foods that don't raise their blood sugar and improving their insulin sensitivity. So those are the things that we address in the adrenal section.

Wendy: So, I'm going pour some other things into this. How would you suggest they support their liver. You know, the Food As Medicine. How would they support their liver through just their diet? How would someone do that for listening to that right now?

Anh: Yeah. So there's four steps. The first step is to remove triggering foods or foods that are difficult for the liver to process. So really the program, it kind of eases people into eventually getting into the AIP program, the Autoimmune Paleo. But first---it's really hard for people to just dive right and do AIP. So kind of ease them into it. So the first step in the liver protocol phase is we take them off of gluten, dairy, soy, sugar, alcohol, and caffeine.

Wendy: So some people are going to be going, "But that's my whole diet! What do I eat?" They're going to be dying when they hear this.

Anh: Yes. And it seems overwhelming, but really it's [inaudible] [00:13:59]. So I encourage people not to focus on what they can't have and just focus on what they can have. And my friend had a saying. Crowd out the bad by just adding in the good. So just adding in good habits and slowly those bad habits will fall off the radar.

Wendy: That's what I promote in my programs as well. Healthy eating habits. And then, in fact, my son made the most amazing meal the other night and it was so full of color and raw vegetables. And it was just such a beautiful meal that I was so excited when I saw it from the color. And the taste was so amazing. And I didn't feel deprived or missing out on anything, and I felt so good. So you're right, it's that crowding out the bad with the good. A really lovely saying.

Anh: And, you know, I actually feel like I'm missing something when my meal doesn't have vegetables. I'm like "I need my vegetables!" And so that's the first thing people can do.

Wendy: So, your body's now adapted to the good. And that's it. It's amazing. And I know you and I have spoken privately, like how our bodies really notice. And I used to be like the sugar queen of the world. I had a handbag full of what I thought were healthy bars, but they were like---I don't have any 15 grams of sugar in a bar. I used to graze on sugar all day long. Have the big spikes and the big slumps. So, exactly. But now, I love it. And of course, sugar is really addictive, so the more you have the more you want because you want that bliss point of the sugar. But when you, as you say, slowly do it, because that's the key, isn't it? Slow is fast, and I have that as my motto with with the woman I work with because otherwise it's not a diet. It's a lifestyle of adjusting eating habits. And then when you do it slowly you crowd out the bad with the good stuff, and then suddenly your taste buds return, your bowel movements work. Everything. Your skin, your hair. Everything just starts to go back to normal and even thrive.

Anh: Exactly, and it becomes more sustainable as a habit. Because if you're just diving right in and you're forcing yourself to get rid of all those habits, you feel deprived immediately and a part of you want to rebel. So you can do it maybe for the length of the program, but then when there is no one watching you it's very easy to fall back into it. But if you slowly ease yourself in and you just add a new habit and it sticks, then you can continue to add another new habit.

Wendy: And then you start to feel better. Then you get the rewards. It's a different type of rewards. They're long-term rewards, and especially for women with Endometriosis, that you talk about, the inflammation, the hormone imbalance---if you're feeding that fire with these products and ingredients you're talking about, they just add to the inflammation. But if you [inaudible] [00:16:49] these things out, the body starts to calm down. Things start to repair and correct themselves. And the pain reduces and the symptoms reduce. And then before you know it, the pain is gone and then the symptoms have gone. And that is an adrenaline buzz in itself.

Anh: Vitamins and minerals and nutrients, they are found in vegetables. So there's a lot of people who say, okay, vegan is the way to go, paleo is the way to go, keto is the way to go. Atkins. Whatever. Everyone has a thing, but really most diets will not argue that people need more vegetables. And from from these vegetables this is where we get all these enzymes and vital nutrients that our body needs. And we know that vitamin C is good for us, but what we don't know is what works in concert with this vitamin C that makes it work well. So, yes, we can take a vitamin C tablet, but even better is getting our vitamin C from oranges and getting it from the food source, as well, because then we're getting everything that is in the package that nature intended, that we maybe scientists don't know is supporting the vitamin C and making it work better.

So I really try to have people focus on three things: FFP. So, adding fiber, fats and proteins into their diet. So whenever they're putting together a meal, just checking off those three things. Do I have fiber? Do I have fat? Do I have protein? So, fiber would be vegetables, leafy greens. Fat would be ,avocado nuts and seeds, chia seeds. And then protein. Could be a pea protein if you're doing a shake. It can be grass fed beef or pasteurized chicken. That kind of thing. So making sure that every meal has has those three components, and that will balance the blood sugars. Many

people have too many carbohydrates and that's why we focus on fats. If you have good fats in your diet then you're not going to feel hungry.

Wendy: Some people might not understand. They hear fats and they go "Oh, my goodness!" And they freak out at the word fat. On my programs I talk about it and it's great. You're talking about it now, but obviously there's good fats out there and our brain needs fats. It needs that good fat to think and function. And our bodies need. So maybe you could explain from your wonderful scientific background the important nature of fats in our diet.

Anh: Yeah, so our cells have fat in them. So our cells have a little layer called the phospholipid bilayer, and in that layer there's triglycerides, and those are fat molecules. And actually for things to be transported in our body, many times they have to be attached to a fat molecule or something that's fat-soluble to be able to get into our cells. And so are our cells need fat to function. Every single so everybody has this phospholipid bilayer. So our body, because if we don't get enough fat from our diet, we make fat. It's called cholesterol. Our liver makes cholesterol, and if we don't get enough cholesterol in our diet then our body produces it. And so we used to think in the 50s and 60s that cholesterol is bad because of this landmark study that was misinterpreted. And also there was some bias with the grain industry wanting to---

Wendy: [inaudible] [00:20:24]

Anh: [laughs]. And so, you know, that's why the food pyramid was designed. Oh, everyone has to have 6-11 servings of grains. And then what happened is we all got fat. So we don't actually need as much carbohydrates or starches as we thought we did. We actually need more healthy fats. And if you think of fat as fuel then---and actually, fat is a better fuel source for our brains

then the carbohydrates are. So it's like putting in premium fuel or putting in ethanol fuel to fuel your body. So avocados, fish, fatty fish like salmon, nuts and seeds, coconut oil, extra virgin olive oil. Those are all great sources of fat that we should be incorporating into our diets.

Wendy: Absolutely. And it's great to hear the science behind it. I get so excited now. And that's why I wanted you did speak in chat today so women could hear this because I think people get a little bit of information but not all the information and they get frightened by someone and don't understand it all. And I know in my own online programs I go into a lot of detail about these things because it's so important. And then when women do start to make the changes, or people in general start to make these changes, their body starts to respond really, really quickly. In fact, both my children, I have a 16 year old 25 year old, and I adore and just love avocados now.

You have no idea how exciting it is as a mother to watch your children eat green. And not only eat green but like really good fats. And I think to hear the scientific element is really interesting because of course we're all bombarded with different mediums and medias to fats, and even cholesterol. People get frightened, the whole idea of cholesterol. So I think that's where it's great, as you say yourself, having that other information to share with us so we can fully understand the biological processes that go on in the body. And the importance of your body's not functioning effectively. It's probably being deprived of these essential fats that our cells need, as you're telling us.

Anh: And for your women, they have hormonal balances and the starting place where all these hormones come from is cholesterol. Cholesterol is like the raw material from which we get pregnenolone. And then from that we get progesterone, testosterone, estrogen. So that is like the raw material from which everything is made, so if we don't have enough cholesterol, we don't make enough hormones. So people who are on statins [inaudible] [00:23:05], we're finding they

are having all kinds of problems with the hormones. And so, we shouldn't be scared of cholesterol. Cholesterol is a good thing. The type of cholesterol---like there's fluffy cholesterol and light, or small and dense. And that's a little bit more detailed. But, the type of cholesterol matters, but don't be scared of cholesterol because our bodies need that as raw material for our hormones.

Wendy: Well, I think what I'm hearing from you---and this is why I love this chatting, is to educate yourself. If you're listening to this, and I hope women are listening to this and getting excited about what is possible and hearing the scientific element, then keep educating yourself. Keep expanding your mind. Don't just be complacent to what is being fed to you. Question it and query it and start to explore, because if you're on medication or you're on drugs or you're having surgery and it's not working for your body, then you need to look at how you're fueling your body, what's coming into it and how it's responding. If it's not responding, well, then stop. Do something different. Don't keep going down that path, because I think that's---a lot people get some information. I know in the UK they're trying to roll out everybody over 50 goes on statins, and that just freaks me out. You know, that's a big pharmaceutical drive, which is the biggest corporate business in the world is these pharmaceutical giants. So we have a responsibility to look after our bodies, to take power and control back by what's coming in, on and around our bodies. So that's why I thought it was great to hear your take on it, because you're just going that deeper level and helping people understand.

Anh: And, you know, in my training I was taught basically every diabetic should be on a statin, and someone with a family history of heart disease, and all these conditions where people would need a statin. And then I was taught that saturated fat was bad and I was taught the food pyramid where we had all these starches. And so I accepted all these things, but because I learned about my gluten sensitivity, I was like, wow, this is something I have which I can see. I can feel in my stomach and see the rash on my body that I was never taught in school, which then I was like,

well, why wasn't I taught this in school? And then that made me question is this valid? And so you're right, having that that mindset of questioning things and---so like, seeing the results that you want to achieve. And if doing what you're doing now isn't getting you there, then maybe you have to do something different and maybe you have to challenge the beliefs that you once had to be able to achieve the result that you want to achieve.

Wendy: Absolutely. That's what got me out of my condition to where I am now. It was just being curious and questioning, and asking "Why?" and "What happens here?" And then, "Well, actually you're telling me this thing but my body is responding in this way. My body doesn't like this thing." So I have the power and control to change it by just being curious and educating myself, because that's all important.

And I know you were wanting to touch on, as well---we're talking with very much the physical and biological stuff but it's also very important, certainly as women in this day and age, to take the time to come into us emotionally. You know, what we're doing for ourselves. Standing up for ourselves. Our voices, our boundaries, all these kind of things. So I was wondering if you've got any kind of thoughts on that for the women.

Anh: That's an amazing question. So, actually, this past year, or past seven or eight months, I've been doing a lot of work myself in terms of meditation. And I recently went to a silent retreat where I learned that one of the things I really need to work on is setting boundaries and sticking to my boundaries. Now, I'm a people pleaser. I like to make people happy. And I had the opportunity to see that I actually will sacrifice my needs for other people, and I think women tend to do that a lot.

Wendy: I think that's conditioning. I think that's a cultural thing across the world. I think in our family of origins, girls to be seen and not heard type thing. And they have a role of server and people pleaser and caretaker, almost at the expense of themselves as they get older.

Anh: Yeah. And so an example would be we---so I had a friend who was coming to this retreat, and she lives far away so we were really excited that we were doing the retreat together. And she had booked some extra days so we could spend time together. And she was going stay with me. I had room for her to stay and that was great. And then all of a sudden there was this other girl that we met in the retreat who didn't have a place to stay but didn't really want to rent another hotel. And so she asked if she could stay. And my room is big enough, but I didn't have an extra bed. I didn't want her to stay, and yet I still said, "Oh, yeah! Come. You can stay for two days until you need to go." And it was miserable for myself, for my friend. And so that was like the big awaking I really needed because like this special time I wanted with my friend was tarnished by having this third person who had negative energy. And so that was really important to know, okay, now I need to first assess what do I want in this situation and, and speak up for it. And knowing that being able to speak up for myself and my needs is not being selfish. It's self-preservation and self-care.

Wendy: Exactly, and I was just about to say I bet there's someone thinking, oh, but I don't want to appear selfish. But it's actually self-preservation, especially if you're ill. If your body is racked with pain and symptoms---and obviously when you try anything new or you're starting anything new it's awkward, it's uncomfortable. It's a bit challenging and difficult. That's okay. That means you're growing. I love to use the analogy of like the caterpillar. It goes into the cocoon and then has to break out to be the butterfly. It ain't an easy transition to get out of that cocoon to be the butterfly. So part of healing physically, as well as emotionally, is learning your worth and learning that actually it doesn't make you selfish. It is absolutely self-preservation. Now you mentioned boundaries. I never even knew what that meant on my journey. When did you learn

the phrase and what does boundaries now mean for you, and for those that are listening? What does that mean as a woman to have boundaries?

Anh: Yeah. So, it comes up for me in many different instances. So like someone would ask me can I do something to help them. And then I now have to like assess---am I able to do it? Do I want to do it? Do I have the time to do it? And so oftentimes I have projects I need to complete, but then someone asks me to do something and it feels like it's an emergency. I need to help them in this moment. And then I really just have to take a pause and think about: does this need to be done right now? Can it be done by someone else? And so like before I would just throw everything I need to work aside and just handle the situation. Well I know I'm like, I just kind of sit down and think about it. Do I have to deal with this right now? And that's really helped me, just being aware of that.

For me, I have certain goals I want to achieve in helping people in my business and in my personal care as well. And I used to---if something that seemed imported came up I was like, "Oh, then I don't need to go to yoga class today," or, "I you know I don't need to go grocery shopping today." I'll just cross something off of my schedule that doesn't seem as important so I can help someone else with something. Like, my friend needed help booking tickets and I like shoved everything aside to do this for her. And it took like three days of my time to do this because she couldn't get it done in one day. We had to meet again. Then there was a problem. She didn't get the confirmation. And, like, why did I do this? Why do I do this to myself? So now I realize, what are my capabilities and what am I willing to accept? And is is this important enough to put my work aside, my work, my purpose, like helping people with Hashimoto's. Is this worth putting my purpose aside to do this right now? Or can someone else do it? So it's just making me more aware of that.

Wendy: And how has that impacted on your health?

Anh: It's been so much better. I used to feel guilty. But since the medications, since all these courses, and even inflecting---so, this time that I had with my friend, it was tarnished by this other person. In addition, then I needed another week to kind of mentally recover from this negative energy and this negative space that I was in. And I said was it worth it? And same thing, spending three days to help this person book tickets, was it worth it to do that? Like they were not sure so I had to keep following up with them. Then they wouldn't respond to me. And like just being in limbo with this, it was just exhausting mentally, and I said I don't need this mental exhaustion anymore.

Wendy: It's wonderful to hear you talk like this because I think every Endometriosis woman that I've encountered or met is incredibly caring and considerate an empathetic and compassionate to other people. And there's nothing wrong with that, but they give out too much of themselves. And I remember being bedridden for three years, lying in bed wanting to save the world, but I couldn't even save myself. And like yourself, I would end up climbing over mountains to help somebody who is invariably a toxic person who didn't appreciate me. And I was left feeling empty where---and it's not that I don't help people now, but I know I have to put myself first because if, like you say, cancelling the yoga and cancelling the shopping trips, I can't do those things because they fill me up, they feed me, and they make me healthy in a different way emotionally, psychologically, and spiritually.

It not only helps my body physically---If anyone was listening going "What has this all got to do with the physical?" But we're all connected. It's all a whole body, whole person approach, which has then allowed me to speak to, meet people like you and and help women with Endometriosis heal naturally. So if people are listening to this, you are important. It doesn't make you selfish. It's absolutely essential for your health to---and I love what you're saying. You know, even just stopping and thinking---and I personally had to learn if something happens or something feels a trigger, I just slow it down. I just stop and think. I journal every morning and that's been a huge thing. Especially for a women with Endometriosis. They should be journaling because they can

monitor their progress to their new healthy eating habits. And even just who annoys them, who triggers some, who's always demanding, who's that person who vampirizes your soul? They suck you dry. You know, what words do you use for certain people? And then what boundaries can you put in place to protect yourself?

So it's great to hear you talk like that because I think, again, in the Western medicine field it's one drug, one painkiller, one surgery fixes you. But actually our bodies can take on, in addition to all the toxins and everything, from foods and environmental aspects, there's the whole emotional element too that can make us feel super stressed and super exhausted.

Anh: Yeah. So now I have non-negotiable time, so time that is just for me or just for working that no one can interfere on. And then there's time when I have allocated to help other people. So from 11:00 to 1:00 that's like free time. It's my lunchtime and errands and meet with friends for coffee, and in the evenings. So now I have dedicated time. If people need help, that's a time that they get slotted in to have my attention. But then the other times, like early in the morning, that's yoga time, that's meditation time, that's grocery shopping time, that's journaling time, and now it's non-negotiable. No one---except my mother---[laughs] can infringe upon that time.

Wendy: that's amazing and it is wonderful to hear because I'm hearing from you and I really completely---I had to do---that was very challenging for me. How easy it was that for you to get these things in place>

Anh: It took my whole life to get here. [laughs] I'm always refining my schedule to find works what works best for me. And like you said, journaling and reflecting, what do I need to do? Like I knew I needed to set aside Sundays to kind of catch up on things. So that worked for me. And now I just feel like my friends will always want to catch up, so I have to set time aside for that.

Wendy: It sounds almost like---and I refer to the woman who came onto my show with [?] Foundation Program [00:36:20]. I talk about parenting. Parenting ourselves for the first time. It's self parenting. It might be no fault of our family of origin. We maybe just didn't get what we

needed for whatever reason. But now that we are---if our bodies are not healthy or not happy or our soul or our spirit is like waning and wanting and just wanting more, then we have to learn to listen to what it is that our body needs. We have to listen to hear what our heart, our soul needs, our spirit needs. And we can only do that through those practices. And it is that very act of self-parenting, because even you talking about putting these boundaries in, putting these specific times in, it's all about learning to love yourself in a healthy way. No one can take advantage of you, that you can really listening to---and I talk about parts as well, psychological parts, because this person used the analogy: you imagine that you're a bus driver. You're driving this bus, and then all the seats behind you, filling these seats, are different ages, different stages of you, and they all have different needs and different wants. And it's allowing yourself the time just to stop. You know?

I encourage a lot of women to turn the ringer off their phone, unless there is an emergency call. That they have on airplane mode or they have it on for two hours a day. Or they have a power hour in the morning. They do not turn their phone on. Leave that phone in another room. Get an old fashioned arm clock and just wake up, journal, and just allow yourself that time, that space, to think "What do I want to do? What's important to me?" And as I said, self parenting I think is the phrase that works for me. I had to learn to parent myself. Nourishing physically. And this is why I bring all back 'round to the physical. You know, you mentioned the adrenal glands and the stress. We can keep ourselves triggered all the time buying messages and beeps and bongs and calls and whatever. But actually, what is it that we're drowning out? Is it some pain inside? Is it an emotional pain, some unmet need? So it's really important.

Anh: Yeah. And so, in listening to my body more, I realized I need to be in nature more. And so making sure I get out barefoot on the grass. And now when I read Im like I'll just read outside and lay on the grass while I'm reading. Why do I have to sit in my chair in my room and read? So just making sure---and all those little things are self-care. And for me, it's been a work in progress. Even learning to love myself, I had to really work on it. And the way I did it, for two years I hadn't been in a relationship in a long time, but I always imagined that the type of

relationship I want to have is where the person will bring me fresh flowers every week. And it doesn't have to be store-bought. I could be hand-picked. But I just always loved fresh flowers. So I said I'll do that for myself until I find this person. So that's what I did for two years is every week I made sure I had fresh flowers. And that was an amazing process because then I realized I loved myself how I wanted to be loved. And that was just one big step in self-love and self care.

And then now I do goddess time. I call it goddess time. I get my nails done, my hair done. I get massages. I go out a nature. Yeah. And it's all really great because you can't pour from an empty cup. Like, this is what I realized. I used to be like okay, I have my business goals, my career goals, and my family, and my health. So it was like that order, and I realized because my health was suffering I couldn't be the best daughter I wanted to be. I couldn't be the best person in my business I wanted to be, and everything was suffering. So then this year I made a conscious decision to make my health a priority. This year I made a conscious decision to cook every day and get myself ready for the week, meal planning, and make meditation a priority. Everything has changed. I'm so much calmer. I've lost weight, and my friends say I'm glowing. And it's just like everything is happening more effortlessly because I'm taking care of myself.

Wendy: Well that's so awesome. What a lovely way to end this interview. And I hope people get inspiration from this. It's a whole body, whole person healing journey, whether it's Endometriosis or whether it's any other conditions. But before we finish up, perhaps you could share with people, if they do even know people who have this condition, the name of your program or where they can get more details on Hashimoto's.

Anh: Yeah. And, you know, sometimes Hashimoto's and Endometriosis go hand in hand. You know, they're both hormonally linked and so oftentimes fixing Hashimoto's can help resolve the infertility issues that people are having. So I always encourage people, if they're feeling fatigued, they're gaining weight, they're losing their hair, they have no energy and they don't know why, check their thyroid levels, but also check their thyroid antibodies because there might be something else going on. So my program is Hashimoto's Self Healer. The reason it's called is I

want people to empower themselves to heal themselves because you are the ones that are going to heal yourself. I cannot heal you.

Wendy: And this is what I share, too. The people that are listening, you can do this yourself. You don't have to feel alone in it, but you have the power and you can get the support to take back that power and control.

Anh: Like, I am your guide. I'll take you by the hand and show you where to go, but you have to walk that path. So, the Hashi Self Healer is a twelve week program. It addresses the foundational things we've talked about, the gut, the adrenals, and the liver. And it builds the foundation for your body to heal itself. And you will get your symptoms in remission. You'll get your labs back in the normal range and the optimal range, and in some cases we can get your thyroid to be able to produce its own hormone again. So then you don't need medication or need less of your medication. And some people may need more help because they have more deeper triggers, advanced things, and different infections going on that we have to dive deeper in. But this twelve week program will be it for like 80 percent of the people who have Hashimoto's. It will help them get into remission. So they can go to Facebook. Just type in 'HSH Program for Hashi Self Healer.' HSH Program. They can join the first two weeks for free. The liver cleanse. That's like the beginning of it all. Everyone needs to do a liver cleanse for every other protocol to work effectively. And they get that for free. So then they can see the results for themselves. See how it works, if we work well together, and then they can decide if they can continue with me or not.

Wendy: Fantastic. Well, look, you're going to be sending me details anyway, so they'll be under this podcast. So people can click on that or make referrals to you if need be. So if they've got anyone that knows, they can take back power and control and help this condition themselves. Thank you so much for being here today. And for those who have Endometriosis and are listening to this and haven't taken this step, I hope that by hearing Dr. Anh's story herself what she's doing, that it might inspire you to take power and control yourself. If the painkillers, the

drugs, the surgery aren't working for you, then stop and look to the other path. Look outside the box and see what else is available.

You can get a free paperback copy of my book "Heal Endometriosis Naturally Without Painkillers, Drugs or Surgery" for 14.99. Just go to my website HealEndometriosisNaturallyBook.com. I just ask you to pay the shipping charges and I ship all over the world. I even offer a money back guarantee in the shipping charges if you get the book, you read it, and you don't like it. That's how important is it for you to get this information and start reading it and applying it.

If you have read my book and you're listening to this podcast, and and you've maybe hit a wall or a roadblock and you're not making the progress or you're slipping back, don't despair. Reach out for help and support. I have a twelve week online foundation program. So go to HealEndometriosisNaturallyCourse.com and apply to work with me there so we can get you back to living your full life that you're supposed to be living and not just existing in some vat of treacle, which is what I used to be like.

But thank you so much, Dr. Anh. It's amazing. And of course your podcast Food As Medicine, if people want to hear more from you in that realm, as well. But thank you so much. It's been great chatting to you.

Anh: Yes, likewise. It's been an honor. Thank you, Wendy.

Wendy: Thanks. Cheers. Bye-bye.

Anh: Bye.

Thanks for listening to Heal Endometriosis Naturally with Wendy K. Laidlaw, and I hope you enjoyed the show. Don't forget to subscribe, like, and rate us. If you're interested in learning more, you can download your Top Five Jumpstart Tips at HealEndometriosisNaturally.com and jump on the VIP email list. Remember to keep you Number 1. The world needs a healthy you.