

checklist:

Endometriosis

- Follow the instructions closely for period pain.
- Reduce stress overall in your life and by cooperating as much as possible with the rhythm of the cycle.
- Learn lots of soothing practices (see the section on Soothing in the HH course) Start by just picking one thing and commit to doing that now.
- Reduce the toxic load by using only the safest cleaning and body products. Avoid all synthetic perfumes, incense and candles. Consider purchasing an air purifier or ioniser especially if you live and work in the city.
- Consider a detoxification process supported by a qualified practitioner.