



**Endo What?
April 28th, 2016**

When Dr. Towfigh told me that the mass they found during my surgery in LA was endometriosis, I looked at her, and said, "What is that?" I had heard of it before, but I really did not grasp that these rogue cells similar to uterine cells had migrated and the painful mass that sat inside of my right hip bone was of this nature. In true Tamara fashion, I have since been on every informational site I can find, researched on Pub Med, and was tickled to find out that the premier of the most informative documentary on endometriosis was being held in San Francisco while I happened to be in the city for my doctor's appointments.

After attending the *Endo What?* premier, I was overwhelmed with the information that was shared by the panel of experts from the movie who shared that evening. In the blogs that follow we will cover what I have learned and am continuing to learn to help us cope, deal, and heal this common dis-ease that is so misunderstood. According to the experts, it takes an average of 9-11 years to get diagnosed properly if you have endo. For me, it was a lifetime of not knowing what was happening in my body, and since my 3rd childbirth, the last 3 years have been painful, emotional, uncomfortable, and frustrating as doctors paid attention to other possibilities and missed the obvious signs of endo. If you have endo, if you live with someone diagnosed with endo, or if you want to learn more as a health professional, then this video is your foundation and starting place. There is great evidence presented, physicians share their experiences, and our medical communities' lack of experience, and lifestyle information is given to help us make wise diet and lifestyle decisions.

If you'd like to order the film, you may contact me or order from my site. I will ship for free. Thank you for sharing my journey with me, and assisting in empowering yourself and the women in your life.

Tamara Joy Patterson, MA, ACSM

www.tamarashealinggarden.com

~true healing from the inside out~