

# Outsmart Endo

Nutrition and Health Coaching



## Program Guide

*Integrative Support for Endometriosis Patients*



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# Outsmart Endo

Nutrition and Health Coaching

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*At Outsmart Endo, We Welcome:*

ALL RACES

ALL GENDERS

ALL RELIGIONS

ALL COUNTRIES OF ORIGIN

ALL SEXUAL ORIENTATIONS

ALL ETHNICITIES

ALL ABILITIES

 @outsmartendo

Questions? Email us at

[endo@integrativewomenshealthinstitute.com](mailto:endo@integrativewomenshealthinstitute.com)

# MEET OUR FOUNDER

OUTSMART ENDO HEALTH COACHING



Dr. Jessica Drummond, DCN, CNS, PT, NBC-HWC, is the founder and CEO of The Integrative Women's Health Institute, The Outsmart Endo Health Coaching Program, and the creator of The Women's Health Coach Certification.

She is passionate about caring for and empowering people who struggle with women's and pelvic health concerns. She is equally passionate about educating and supporting clinicians and wellness professionals in confidently and safely using integrative tools to transform women's and pelvic healthcare.

Dr. Drummond has two decades of clinical experience as a licensed physical therapist, licensed clinical nutritionist, and board certified health coach working with women with pelvic pain, including endometriosis, vulvodynia, and bladder pain syndrome.

She brings a unique and integrative approach to supporting women to overcome hormonal imbalances, and chronic pain conditions. She is a sought after international speaker on topics such as integrative pelvic pain management, natural fertility options, optimal hormone health, menopause, and female athlete nutrition.

Dr. Drummond was educated at The University of Virginia, Emory University, Duke Integrative Medicine, and Maryland University of Integrative Health.



**Dr. Jessica  
Drummond, DCN,  
CNS, PT, NBC-HWC**

**Founder & CEO**

# LETTER FROM OUR FOUNDER

## OUTSMART ENDO HEALTH COACHING

*Hi! It's so great to connect with you. Welcome to Outsmart Endo! You are in good hands here. Our team has worked with tens of thousands of people just like you with endometriosis and related pelvic pain conditions for over 20 years. While the traditional healthcare support for people with endometriosis has improved in that time, it hasn't improved very much. It still takes an average of 12 years to even get a proper diagnosis. And, there is no path through your traditional hospital system for a complete integrative approach to root cause recovery of your symptoms.*

*For more than a decade, my team and I have pioneered this approach to holistically support people around the world to learn the tools and strategies that they can use to fully relieve their digestive, pelvic pain, fatigue, anxiety, and other symptoms related to endometriosis, vulvodynia, and painful bladder syndromes.*

*We have refined our approach to uniquely suit the challenging times that we are living in today. We offer a group supportive telehealth coaching model that is backed by evidence-based tracking of how well your recovery is going using heart rate variability (HRV) technology. Fortunately this technology is now widely available, and when combined with skilled nutrition recommendations, mind-body medicine support, and other day-to-day health behavior practices the results are deeply transformative.*

*The Outsmart Endometriosis Health Coaching program is distinct from working with your gynecologist, endometriosis surgeon, or physical therapist. But, we do work in tandem with the rest of your healthcare team. In fact, we can support you to curate and collaborate with your best possible team that can shift through the course of your recovery if and when you need surgery, mental health support, and/or physical therapy support.*

*Our program works at the level of the autonomic nervous system and the cellular level to help your body build the resilience to have your best surgical result, and get more out of your physical therapy sessions. Plus, these are tools that you'll be able to take with you for years as you transition through life stages like pregnancy, postpartum, perimenopause and menopause.*

*This program is designed to give you the support you need to not only learn these healing strategies, but to put them into practice in your busy life. Health coaching is all about health behavior change, and you will learn the power of making small changes consistently over time to experience significant and lasting improvements in your pain, energy, digestion, mood, fertility, sexual health, and more. My team and I can't wait to support you!*

**Warmly, Jessica**





# ARE YOU A GOOD FIT?

## OUTSMART ENDO HEALTH COACHING

**You aren't sure** if you have endometriosis, but you have signs - bloating, pelvic pain, period pain, fatigue (etc.).

**You're seeking** a moderated and safe group space to share and learn about endometriosis without judgement or fear.

**You're preparing** for or recovering from surgery.

**You're confused** by all of the dietary recommendations for endometriosis and need guidance on how to best nourish your body.

**You're uncertain** about which supplements could help and which could be harmful.

**You've struggled** with endometriosis pain for years, have tried everything, and are still struggling to get your symptoms under control.



*Endo affects over 200 million people with uteruses worldwide and every person living with endo deserves support. We are here for you.*





# PROGRAM OVERVIEW

## OUTSMART ENDO HEALTH COACHING

Designed to help people struggling with Endometriosis **develop the skills needed to holistically manage their endometriosis symptoms with an integrative approach.**

We offer a **group, supportive telehealth coaching model that is backed by evidence-based tracking** of how well your recovery is going using heart rate variability (HRV) technology.

Fortunately this technology is now widely available, and when **combined with skilled nutrition recommendations, mind-body medicine support, and other day-to-day health behavior practices** the results are deeply transformative.



PAIN  
MANAGEMENT



SURGERY PREP  
& RECOVERY



VITAMINS &  
SUPPLEMENTS



INTEGRATIVE  
NUTRITION

*Group Health-Coaching Program  
for Endometriosis & Pelvic Pain*

**6-Month Online, Virtual Program**

**Group Video Calls Twice a Month**

**12 Modules of Content**



# WHAT YOU WILL GAIN

## OUTSMART ENDO HEALTH COACHING

**12 Educational Modules** on everything you need to support your pelvic health right now.

**Bi-weekly Live Coaching Calls and Peer Support** with our coaches and the other participants in your group healing community. Your health coaches are the leaders on this topic globally and have taught this work around the world to thousands of professionals.

**Referrals** to our extensive network of healthcare and wellness practitioners as needed.

**Original Presentations, Videos, Worksheets and Activities** designed specifically to support endometriosis patients.

**Data-driven Fitness and HRV Tracking** device that will help our team to determine the best plan of action for you.





# HEALTH COACHING

OUTSMART ENDO HEALTH COACHING

Being chronically ill and accessing the integrative support you need has never been more challenging.

We offer a virtual health coaching program that has been successfully used with our clients around the world for more than a decade.

**Who can benefit from the Outsmart Endo Program?**

**Anyone who is struggling with:** endometriosis, PCOS, chronic pelvic pain, vulvodynia, bladder pain syndromes, sexual health issues, overwhelm, hormonal imbalance, fatigue, anxiety, burnout, trauma, digestive issues, bladder incontinence or frequency issues, or sleep challenges.



*Hands-on options for pain relief are limited or difficult to access right now, we are here to support you wherever you are in the world.*





# HOW WE CAN HELP

## OUTSMART ENDO HEALTH COACHING

Our program is distinct from working with your gynecologist, endometriosis surgeon, or physical therapist. **However, we do work in tandem with the rest of your healthcare team.**

**We can support you to curate and collaborate with your best possible team** that can shift through the course of your recovery if and when you need surgery, mental health support, and/or physical therapy support.

Help you learn how to **manage your endometriosis** and other related conditions and symptoms to improve your quality of life.

**Learn to cook and nourish your body** with the nutrients it needs for resilient health. We're all about adding nutrient-rich foods instead of restricting or strict dieting.

## WE PROVIDE SUPPORT FOR



Endo Belly and  
Chronic Bloating



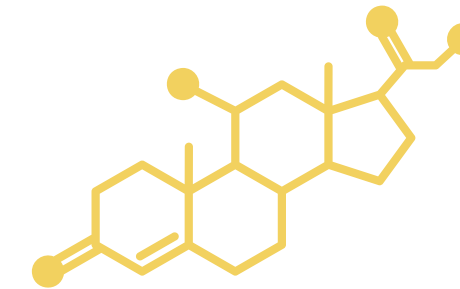
IBS, Chron's Disease,  
Digestive Issues



Urinary Issues,  
IC, Bladder Pain



Chronic Pain & Flares



Hormone Imbalance



Brain Fog



Chronic Fatigue  
& Sleep Issues



Vulvodynia &  
Vaginismus



Stress, Anxiety,  
Mood Swings



# MODULES & TOPICS

## OUTSMART ENDO HEALTH COACHING



*Outsmart Endo*

Nutrition and Health Coaching

- ✓ Clarify Your Mindset
- ✓ Create Your Optimal Health Vision and Values
- ✓ Personalized Nutrition Assessment
- ✓ Troubleshooting, Personalizing, & Refining Your Nutrition Plan
- ✓ Testing, Medications, and Supplements for Pelvic Health
- ✓ Nutrient Support Education
- ✓ Lifestyle Strategies for Quieting The Nervous System
- ✓ Lifestyle Strategies for Pelvic Pain Relief
- ✓ Build Your Healing Team
- ✓ Movement As Medicine
- ✓ Optimize Your Hormone Health

**Each Module will be presented on a Live, Bi-Weekly Call by the Outsmart Endo Team, Dr. Jessica Drummond and Dr. Dawn Allen.**

**You will also receive a downloadable copy of all modules to keep.**

In addition to the tips, recipes, practices, tools, and strategies you'll receive to relieve your pelvic pain and other associated symptoms, you will also be joining an amazing community of chronic illness, pelvic pain, and endometriosis warriors.



# Take Your Power Back

YOU DESERVE TO FEEL BETTER & ENJOY LIFE

Enroll Now



**Outsmart Endo**

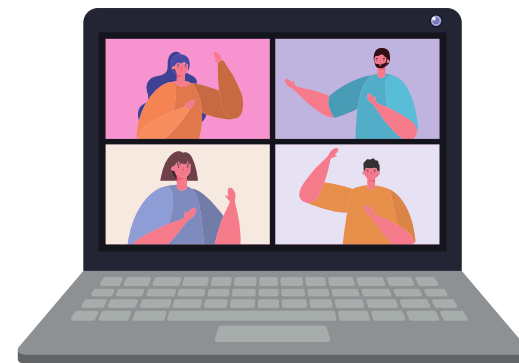
Nutrition and Health Coaching

## *Ready to Reclaim Your Life? Get Your Endometriosis Symptoms Under Control?*



### STEP 1

Enroll in The Outsmart  
Endo Group Program



### STEP 2

Begin The Outsmart  
Endo Program  
(Group or 1:1)



### STEP 3

Create Personalized  
Action Plan



### STEP 4

Learn How to  
Manage Your Endo  
& Reclaim Your Life

Questions before you enroll?  
Reach out to us at [endo@integrativewomenshealth.com](mailto:endo@integrativewomenshealth.com)



# HAVE YOU READ OUR BOOK?

## OUTSMART ENDO HEALTH COACHING

Stop missing out on life (important work meetings and deadlines, family gatherings, vacations) because of your endometriosis pain, fatigue, anxiety, and/or digestive symptoms.

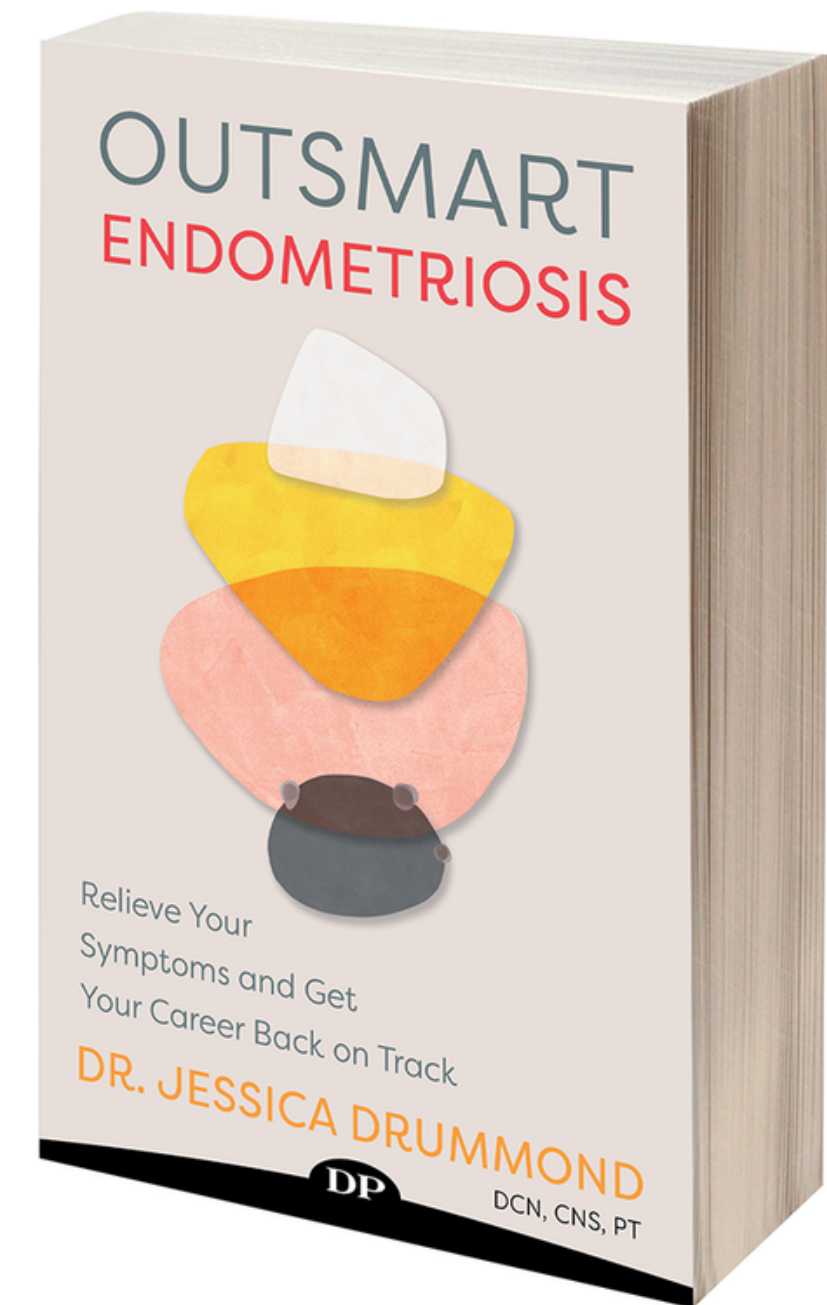
Let go of your worries about your fertility.

Clear your brain fog so you can live your best life at work and at home.

Get control over your symptoms so you can feel more comfortable, and no longer just power through or be forced to quit your job.

Build a team of the right healthcare and wellness professionals to support you along the way.

Relieve your symptoms and get your life back on track.



*Download The Best Selling  
Book for Free **HERE***

## *What our clients have to say...*

*"In my first session with my health coach, I already knew she understood everything I needed and more."*

"I was struggling with undiagnosed endometriosis for ten years and it continued to get worse even after having a Laparoscopy. A good friend of mine over the pandemic brought me to Dr. Iris Orbuch for a second Laparoscopy that ended up being successful, she brought me to Jessica Drummond's team. In my first session with my health coach, I already knew she understood everything I needed and more. She was so patient and smart, I learned and improved my diet so much in a matter of weeks. I went from poor water intake to drinking a gallon of water everyday and learning the importance of food mindfulness and more. I started to feel so much better energy-wise and it felt like an amazing cleanse. I learned A LOT and I'm so grateful. My health coach sent me notes that I will never forget or misplace! Her advice is timeless and she was very easy to talk to. She made me feel supported and so did Jessica's entire team."

*Maya McHenry*

*"I felt that they really listened to my past experiences and developed a plan that worked for my unique body."*

"The support I felt both leading up to and after my surgery was outstanding. Working with Dr. Drummond and my health coach was so positive and I felt that they really listened to my past experiences and developed a plan that worked for my unique body. My coach was so supportive throughout the entire program and allowed me to be honest so she could provide support where I needed it most. Her kindness and understanding were so appreciated. I loved that my health coach team had the ability to communicate with my endo surgeon and their flexibility to change strategies when needed. I would recommend the Outsmart Endometriosis program to anyone who is living a life with endo."

*Grace Harvey*



## *What our clients have to say...*

*"She helped me realize that it is possible to still make and eat foods that I enjoy while sticking to my specific diet."*

"I really believe that the Outsmart Endometriosis program has helped improve my overall quality of life. I have been feeling better, learned some new mindfulness techniques, and realized that I can stick with the elimination diet for as long as I need to. The best thing about the program was working with my health coach. She really helped me ease into the elimination diet, listened to all my concerns, and helped me realize that it is possible to still make and eat foods that I enjoy while sticking to my specific diet. She taught me new techniques for journaling and meditation and introduced me to supplements and more nutritious ways of eating. I really have gotten my stress under control and have been feeling better. While the Outsmart Endometriosis program is pricey, it is worth every penny and I definitely would recommend it to anyone with endo."

*Elizabeth Carr*

*"They are far more than doctors and coaches; they are caring and brilliant healers who believe in listening to their patients' every concern"*

"It's difficult to summarize all the ways in which the Integrative Women's Health Institute has changed my life. They are far more than doctors and coaches; they are caring and brilliant healers who believe in listening to their patients' every concern and treating with a holistic approach to feeling the best version of yourself. This program is a true blessing to those women suffering from endometriosis or any other health issues. Anyone who feels helpless when it comes to their health needs to know there is a solution unlike anything out there, and it's The Women's Integrative Health Institute."

*Gabrielle H.*

## *What our clients have to say...*

*"The Outsmart Endometriosis program was an eye-opener and a great learning experience for me"*

"The Outsmart Endometriosis program was an eye-opener and a great learning experience for me. My coach was very patient and armed me with so much knowledge to help me heal myself in a variety of ways that I would have never thought about. My coach is a wonderful listener and offered me great guidance. This program was excellent and I would definitely recommend it."

*Marcia Woodell*

*"After this program, I feel the best I have ever felt in my life and would highly recommend this program to anyone."*

"The Outsmart Endometriosis program was very integrative and encompassing and I felt supported and cared for, especially by my health coach. The encouragement and support I received were wonderful, and the knowledge I learned and applied to my life was groundbreaking. After this program, I feel the best I have ever felt in my life and would highly recommend this program to anyone."

*Ryan Young*



## *What our clients have to say...*

*"In 2012 I was in pain almost daily. I don't know how to express in words what I feel about this program."*

"I am a health & wellness coach with endometriosis myself. In 2012 I was in pain almost daily. I don't know how to express in words what I feel about this program.

It has made me better personally and professionally. In my personal and professional opinion, this program is the best one out there."

*Audrey Sourroubille*

*"This was my first introduction to a comprehensive approach to healing my recent diagnosis of IC."*

"This was my first introduction to a comprehensive approach to healing my recent diagnosis of IC.

I was desperate for help and support. Your caring and professional approach was a relief. I'm a health care professional and appreciated your health care education and background."

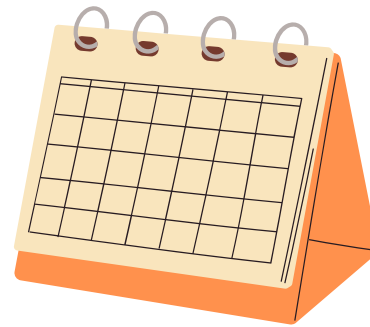
*Kathy McCune*



# Outsmart Endo

Nutrition and Health Coaching

## *Take the First Step To Feeling Better*



Enroll in The  
Outsmart Endo Group  
Health Coaching  
Program TODAY!

**STEP 1**

*Enroll Now*

Questions before you enroll?  
Reach out to us at [endo@integrativewomenshealth.com](mailto:endo@integrativewomenshealth.com)