

# Endometriosis

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## Acupuncture, Chinese Medicine & Counselling offer great help in treating the cause of this problem

Endometriosis has now reached an all time high in its ever-growing presence. This disease is often debilitating both physical and emotionally. To date western medicine does not know why it occurs or even how it occurs. The only solution that has been offered in the past is to laser it. This usually has a recurrence rate of up to 90%.

Recently many doctors have been cutting it out, which offers better relief and less re-occurrence. But it still usually re-occurs again. So why is this?

Well, primarily it is because they are just treating the symptoms and not treating the cause. You can take away most physical symptoms very easily, but if the real cause isn't addressed at the same time, you have no chance of full recovery. (Not just the physical cause either).

Also many of the drugs that women are put on after surgery, only mask the problem and actually can make the problem worse. By actually stopping the period, like many of these drugs do, you actually increase the risk of further endometriosis growing. Sure, while you have no period, you have no pain or symptoms, but internally it is still there waiting to flair up again. Primarily caused by emotional outlook and the very drugs that were supposed to be helping.

The Chinese see Endometriosis as being caused by Blood Stagnation, caused by long term Liver Qi Stagnation. In essence, what this means is that over a long time emotional issues have caused stagnation in the body and then turned into very real physical symptoms. The Chinese believe that the real cause behind Endometriosis and many Gynaecological problems is long-term emotional problems such as frustration, anger and long-term resentment. I haven't met anyone with endometriosis without these emotional issues causing their condition. I honestly haven't. Also, long term use of the pill and also increasing levels of hormones in our food have caused some of the problems too. But at the end of the day, emotions are the real cause.

Endometriosis can also be caused and exacerbated by a protein deficient diet, but really, stress and emotional issues are seen more as the cause. But diet does need to change in order to fix this problem. So what is the solution to this problem?

Well, in my opinion I think the best course of action is to use a combined approach. By seeing a good gynaecologist to get as much of the Endometriosis cut out, firstly, if it is very bad. ( A laproscopy may be needed to assess if you have it and how bad it is anyway).

Secondly then use the Chinese to treat the cause. This will be the primary treatment after surgery. By treating the cause, it will stop it from coming back. Do not use any drug that will stop the period. It will only cause blood stagnation again by not bleeding. It is true!

Lastly see a good counsellor. The Acupuncture / Chinese medicine will help both the physical & emotional side too but sometimes solution based therapy is needed for better results.

So the solution to Endometriosis is really Acupuncture, Chinese medicine and counselling. The surgery may be a much needed process if the problem is either too chronic or too acute, to alleviate and remove painful initial symptoms. But in the end the Chinese medicine treats the real cause. We really can help. But for anything to work more effectively, you have to change too.