

# Endometriosis

First of all, let me say that endometriosis is very hard to get rid of. Having said that, it is just hard, but very doable. It is an overgrowth of the uterus, or very possibly the uterus and ovaries that signifies an imbedded stagnation of that area. So the question around reversing the condition is not whether you can get rid of it, but whether the stagnation can be eliminated.

I always remind patients of the old Chinese medical maxim that: "Where you have a flowing stream, nothing grows...but as soon as it becomes a pond, everything grows." Of course the implication is that the area around the uterus has become a pond filled with overgrowth which is not a very nice picture.

One of the problems most doctors have in dealing with the problem is that they are just looking at this area and not the whole person. In looking at the whole person, we have to say that this stagnancy can happen on many levels, not the least of which is possibly emotional, but we'll get to that later.

## **Blood Stagnation, Qi (chi) stagnation**

When a woman has endometriosis, there is a fairly good chance that they have some level of blood stagnation. We see the outcome of this in periods that are not only brutally painful, but are dark and clotty as well. This can be the result of a couple of causes.

Many times we can trace the onset of endometriosis to contusions of either the physical or emotional sort. Often, a patient will recall a major car accident or sports accident that happened just months before the periods started becoming more painful, a precursor to the eventual overgrowth. Then too, just as easily we can see a protracted period of stress with the same eventual end.

In high school, when I was in football, I kept getting hit in the same place which eventuated in a very bad bruise, medically called a hematoma. They injected it with some kind of thinner to break up the blood clot. When someone gets into an automobile accident, this very same thing can happen, except that the whole body may get shaken, which causes an overall clotting of the blood or thickening of the blood, more intent on a clot. In the old days of Chinese medicine they thought of the uterus as a cup, called the "Tang-kuei," which fills up over the course of a month and naturally spills over. When the blood tends to clot easily, however, it is like this thickened blood forms a tight lid over the cup which takes a great force to emerge into onset, which of course represents the pressure and pain. This can also be implicated in a longer period with more profuse bleeding because once so much force gets the ball rolling, it is hard to stop.

When the cause of the blood stagnation is too much emotional stress, we are often treating the liver as well. This is a bit involved, so if you can just stay with me for a bit, I think we can make this somewhat clearer. The liver has many faces. It is the governor of the blood and in normal happy circumstances makes sure that the blood flows smoothly throughout the body. When the liver is not in good working order it's outward representation can be anger, or if repressed an inner frustration or resentment. These emotions would be anything short of the feeling of completely free flowing *Qi* or Vital energy. This *Qi* is responsible for the movement of blood and blood is responsible for anchoring the *Qi*. In these times of emotion, the *Qi* can stop or at least become halted. If this were just an interlude of emotion, it would probably become inconsequential, but when it becomes more protracted, this stagnating of the emotions, stagnating the *Qi*, eventually stagnates the function of the liver and the blood as well which causes this clotting, pain and overgrowth in the uterus.

## **Stomach Prolapse, the Pressure Cooker**

Another anomaly, and again most probably the result of extreme emotions is a prolapse of the stomach. In medical terms, a prolapse means sunken or fallen. In this case the *Qi* of the stomach is usually interrupted by the emotion of worry or over-thinking and the stomach falls down lower in the abdomen as a result. I write about this as a causative phenomenon a lot as it can be implicated in many chronic disorders.

In this case, the prolapse can cause a congestion of space in the lower abdomen. As it rests on the Sigmoid Colon of the large intestine, it can cause constipation of a sort. Over time it can cause pressure on the bladder or even bladder prolapse, not unusual in older women. It can also cause a compression of the circulation of blood through the areas of the uterus and ovaries and eventuate in the stagnation of blood and energy that we call endometriosis. What we have to do in this case is undergo a course of Nesshi Therapy ( see related handout ) to lift up the stomach and address the resultant stagnation of blood and energy.

## **Your Kidney Energy**

In Chinese medicine, anytime we are dealing with sexual function or sexual organs, in some way or another we can be dealing with kidney energy. As it is the very base energy of the body, when it is less than dynamic, we learn to recognize it in many different ways (see handout: Kidneys in Support of Everything). We see this energy in two parts, yang energy and yin energy. If we are yang deficient, we would be cold all the time. Moreover, yang is the dynamic representation of *Qi*, the warming and free-moving form of our body's energy. If it is lacking, this energy may begin to slow down which eventuates the slowness of the blood. This deficiency is often seen as a state after an

extenuated time of prolonged periods which eventually weakens the body, so it is hard to say whether the state of the patient is a cause or a result.

Peculiarly, a yin deficiency is more often implicated in the resultant endometriosis more directly. The blood not only warms the body, it cools it as well. Actually, we consider blood to be a substrate of yin and so it is this liquefying portion of blood that actually cools us, especially at night. Of course it follows that if the blood is less liquefied, it is less able to cool and more likely to stagnate over time. This stagnation could result in things like varicose or spider veins, coronary occlusions, arteriosclerosis or in this more dynamic place when we are younger, our reproductive organs.

### **Conclusions**

In western medicine the doctor is going to offer you birth control which makes your body feel that it is already pregnant and sort of skips the period altogether. They may try an ablation, which means that they practically go in with lasers and cut the overgrowth out, but eventually grows back and then eventually they are going to suggest a hysterectomy, the consequences of which is emotionally far reaching (see handout: The Uterine Connection).

Regardless of which stopgap solution you may choose in this regard, the causative imbalance in your body is still causing problems and you are thereafter living life as an adapted human being. If you are a person still interested in achieving your maximum human growth potential, you will use this as a launching pad for a more balance you, both physically and emotionally