



Endometriosis

An enigmatic disease

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Anatomy and Histology

The womb has two sections, the body of the womb and the cervix. The wall of the womb is composed of three layers:

- The outer, abdominal layer, the perimetrium
- In the middle, the thick muscular layer, the myometrium
- The inner layer, the uterine mucosa, the endometrium.

Thus, the womb is a large, hollow muscle.

Under hormonal influence, particularly that of oestrogen and progesterone, the endometrium prepares itself within the monthly cycle for the implantation of a fertilised ovum. Should fertilisation not occur, the surface of the endometrium is dissipated by bleeding, known as menstruation. This may involve painful contractions and conditions with variable levels of bleeding.

Symptoms and Diagnosis

Endometriosis is an enigmatic disease, which is on the increase. As much research has been done on it as on cancer, and the results are similarly negative.

Alongside myomas (fibroids), endometriosis is the second most frequent abdominal disease among women. A quarter of all women are affected by it, and it is estimated that the number of undetected or unreported cases is high. It is calculated that the annual number of new cases is 40,000, of which 50% are progressive. The lower the age of the women affected, the more severe are the complaints that they

must suffer. Pain is the most prominent symptom and, in a third of patients, childlessness is found to be a symptom.

In this disease, tissue which is very similar to that of the endometrium grows within and outside the womb, for reasons as yet unknown, and can even occur outside the pelvic area. It follows the same cyclical changes as the endometrium within the womb. There is proof that such separated tissue can even be found within the lung and the brain.

In this respect, the dislocation resembles that of scattered testicular tissue in men. However, in endometriosis, it is mostly the pelvic organs, the peritoneum and the bowel that are affected, especially the Douglas pouch. The processes of endometriosis can be very violent and destructive, and strongly reminiscent of cancer, e.g. when growths occur on the intestinal wall,

even though the potential is not as life-threatening as neoplasms would be.

Because of the localisation in the pelvic area, pain may easily be experienced during intercourse, from pressure from the rectum and on defaecation.

Female infertility and pelvic pain are the usual reasons why women go to the doctor. Frequently, the initial diagnosis is only a tentative one, because there are many illnesses with similar symptoms. This means that there is often a certain time-lapse with a series of treatment attempts, before a definite diagnosis is made on the basis of abdominal imaging.

According to Pschyrembel, we may distinguish between:

1. Endometriosis genitalis interna, localised in the muscular layer of

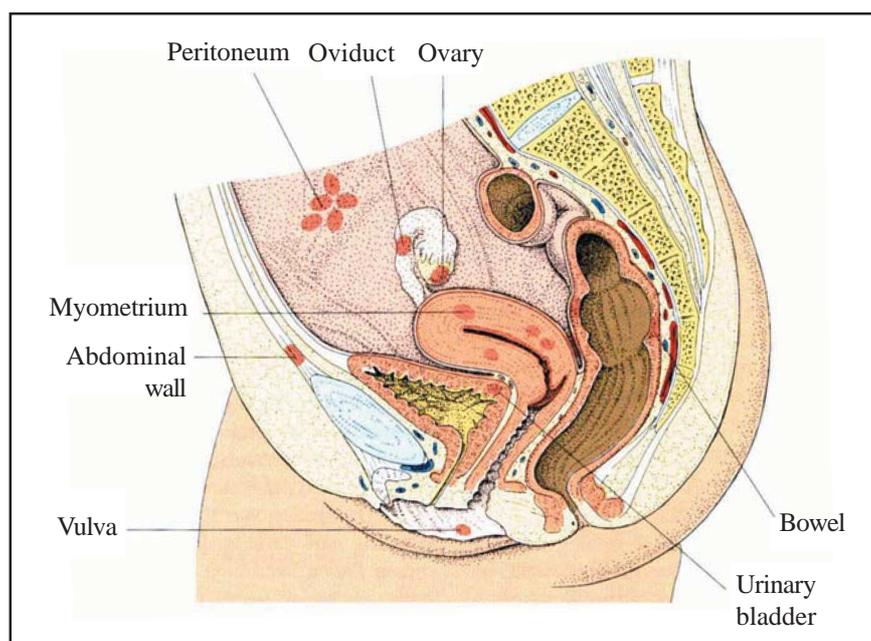


Fig.1: Possible localisation of foci in endometriosis (from NATURHEILPRAXIS HEUTE [= Natural health practice today] by Elvira Bierbach (Ed.), Urban & Fischer Verlag, München, Jena. 1st edn. 2000)



the womb (endometriosis uteri interna, adenomyosis) and in the oviduct (endometriosis tubæ), with direct connection to the uterine mucosa (40%);

2. Endometriosis genitalis externa, in which case, apart from the womb, the ovaries, oviducts, ligaments and the whole Douglas pouch may be affected (5%);
3. Endometriosis extragenitalis, where the bowel, urinary bladder etc. are affected (55%).

Depending on the duration of the illness and the findings from laparoscopy, a further differentiation can be made between:

1. Early stages with plaques on the peritoneum;
2. Ovarian cysts, so-called "chocolate cysts" containing old blood;
3. Nodules and scars on the organs and the peritoneum.

Sure signs for a diagnosis of endometriosis are characteristic black "gunpowder marks" - stains and scar tissue on the affected organs or on the peritoneum. Depending on the degree of hæ-morrhaging and the age of the disease, the discoloration may initially be very light and inconspicuous, so that at this stage endometriosis may easily be overlooked.

Thus, the morphology can be very varied. The greater the thickness (also in the anthroposophical sense), the less favourable will the response be to hormonal treatment.

If the dispersal of mucosa manifests in the vaginal or cervical area, then

a diagnosis can be confirmed via a speculum.

In an astonishingly large number of asymptomatic women, endometriosis may be confirmed by a chance discovery. The suspicion has been voiced that endometriosis could be confirmed in every woman. It is not frequently recognised, because it has not reached an early stage of development. It is assumed that in every woman's pelvis, there are rudimentary cells, which possess the potential to become endometrium. Often, endometriosis is associated with the development of myomas, with the symptoms running into each other: severe pain, dysmenorrhœa and infertility.

In a biopsy followed by histological investigation, cells of varying differentiation are found. There are highly, moderately and slightly differentiated cells, so that these findings are akin to those of cancer. In fact, only the highly differentiated cells respond to hormonal therapy.

Causes of Endometriosis

There are very many assumptions regarding the origins of endometriosis, but no conclusive explanation as to what endometriosis is and why it affects so many women.

Tentative explanations:

1. Retrograde menstruation: at menstruation a build-up of menstrual blood and fragments of discarded endometrial tissue may extend back into the oviduct. Capillarity may cause this material to be "sucked" back into the abdominal cavity, which it may colonise and begin to grow

more strongly. And indeed, blood can be found in the abdominal cavity of menstruating women, which may have arrived there in this way. However, it does not explain why this build-up leads to illness in some women.

2. Metaplasia theory: embryonic valencies are always present in the pelvic area which could develop into endometrium, so that endometriosis could be inborn. This could explain an increased occurrence in certain families, which can cause intense pain to developing women even from the onset of menstruation, especially in the pre-menstrual and menstrual phases of their cycle.
3. Immunological factors.
4. Changes in the protein- and genome processes.
5. The excessively long time-lapse between the menarche and the first pregnancy: formerly girls used to have their first period at about 16 and, over the following two years, would establish regular ovulation along with the appropriate physical and emotional development; at 18 or 19 they would experience their first pregnancy. Nowadays the menarche occurs at 12 years and pregnancy when women are almost 30. This means a very much higher number of menstrual periods before the first pregnancy than used to be the case. Pregnancy gives the hormones a break, which now, they do not get.

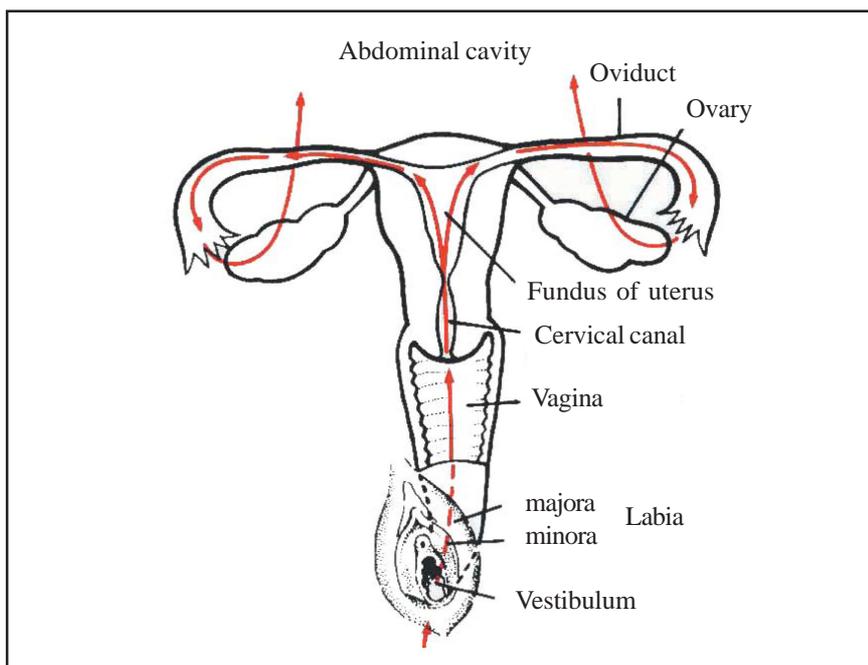


Fig.2: "Migration" of blood and endometrial cells from the womb into the abdominal cavity. (From: "Wie funktioniert das? [= How does it work?]" *Der Mensch und seine Krankheiten* [= The human being and his/her illnesses]. Meyers Nachschlagewerk, 3rd edn. 1984. Meyers Lexikonverlag. Mannheim/Vienna/Zürich)

Allopathic reasons for endometriosis include:

- excessive angiogenesis
- cytokines
- influences exerted by the various compartments within the abdominal cavity
- growth factors
- disorders of regulation
- communication with other organs
- enzymes, inter alia

The most relevant factors in a dissemination of endometriosis in the body are:

1. Immune disorder
2. Lack of inhibition of angiogenesis

The second point is particularly noteworthy, since it means that one of life's processes has gone off the

rails and the energies for degrading are too weak. Apart from this, the dislocation of tissue suggests that something has displaced itself. Everything is moving towards the woman's centre.

This thought leads us to consider something else: According to Chinese medicine, the functional cycle of spleen-pancreas has the job of transforming and transporting fluids within the body. It keeps the organs in place. The spleen controls the blood.

According to Chinese medicine, therefore, the cause of endometriosis lies in a disorder of the Spleen-Pancreas meridian. If this meridian is weakened, less nutritional Qi finds its way into the body. The patient feels weak. Of course, this is particularly relevant

for women who have a heavy double-burden, are extremely stressed, resulting in an energy-deficit in the meridian, and who do not eat properly. The result of this meridian's weakness is that tissue leaves its accustomed place. As well as this, bleeding occurs in the body. A particular form of the lack of energy in the meridian referred to affects the defence energy. Because of this weakness, disorders can occur in the immune system, accompanied by allergic and auto-immune reactions.

It follows that the best precaution we can take in order to avoid endometriosis, is to ensure that the Spleen-Pancreas meridian is working well.

Pathogenesis

In endometriosis, there is an imbalance between the hormones oestrogen and progesterone, the latter being disadvantaged.

The tissue of endometriosis is similar to that of the uterine mucosa, and so it is subject to the cyclical events within the womb. Endometriosis is especially strongly stimulated to growth by the hormone oestrogen, which certainly means slight bleeding accompanied by severe pain, since discharge is not possible. Consequently, scar tissue, e.g. in the peritoneal area, may develop, where the finest hæmorrhages occurred. This cicatrization may likewise cause severe pains.

Of course, a particularly large number of macrophages have settled in the pelvic area, and these ensure the physiological breakdown of foreign substances. This means that the



immune system's capacity for phagocytosis acquires a special role as regards the origin of endometriosis.

The frequency of occurrence of this illness peaks between the ages of 28 and 30, i.e. at the end of the fourth seven-year period of a woman's life.

The Rhythm of the Female Sexual Organs

The uterine mucosa is the basis for cyclical formation and degradation processes. We know that a normal female cycle is dependent on the phases of the moon. That being the case, the woman's cycle from one period to the next could embrace a period of 28 days, with the menstrual bleeding coinciding optimally with the new moon, and ovulation with the full moon. Of course, in an oscillating system, such as life is, there are deviations which may be entirely physiological. "Nothing is as irregular as periods." This cyclical event is very much dependent on a harmonious co-operation of a woman's mind, emotions and body. It is well-known that, within a social grouping, across this close intertwining of different levels of being, there can be a synchronisation of the sexual cycles of several women together, e.g. mother and daughter, women in camps.

In earlier times, a girl's arrival at sexual maturity with her first period was celebrated as a holy rite, acclaiming the beginning of fertility in the woman's life. A great deal of attention was paid to the physical changes in women, and the menstrual period was spent partly by girls and women in special women's

huts, resting, taking time to be in the company of other women and preparing for a new cycle of fertility. The health and continued existence of the tribe very much depended on the state of health and the fertility of its women. Accordingly, in what was then a matriarchal system, these cyclical changes were regarded as extremely important.

Some 5,000 - 6,000 years ago, when society was becoming more patriarchal, people's way of looking at things changed. The phases of the moon and the 13-month cycle were abandoned in favour of the solar system, and the year was divided into 12 months, which should actually be called sunths. The cyclical changes in women's lives receded further and further into the background. The monthly days of bleeding were even regarded as something dirty and impure. In his expositions in 65 A.D., Pliny the Elder gave clear expression to the prevailing negative attitude towards women's physicality: "It is difficult to find anything more remarkable than women's flow of blood. Any contact with it spoils the harvest, devastates the gardens, kills the seeds, makes the fruit fall from the trees, kills the bees; if she touches the wine, it turns to vinegar, the milk goes sour. The sheen of mirrors and ivory turns to dullness, steel blades become blunt, and even bronze and iron go rusty in a trice, filling the air with an appalling stench. Dogs that lick it become rabid and their bite is incredibly venomous" - (from "Frauenkörper-Frauenweisheit" [= Women's bodies - Women's wisdom] by Dr. Christiane Northrup, 5th edn. 2001, Verlag Zabert Sandmann, München).

Also, right up to our time, women's "flow of blood" after birth has been a reason for barring them from entering a church, because of their "impurity" during that period.

Under such conditions, it is no surprise if girls and women nowadays are not exactly overjoyed at the arrival of the menarche, because of the many taboos which still surround this topic. A lot of fears and anxieties are aroused, and the impression persists that menstruation must of necessity be accompanied by pains, cramps and discomfort, both physical and emotional.

This negative and degrading attitude towards the menstrual cycle - linked with violence and fear - was the most effective method used in our culture to keep women in check, and still does. Women try compulsively to break out of this circle by ignoring their physical cycles and complaints, by conforming to the laws of the male world and trying to match up to them.

At the same time, almost without exception, it falls to the woman to ensure that contraceptive precautions are taken within a relationship. The Pill is able to turn an irregular cycle into a predictable procedure by imposing its own rhythm on the woman. The corresponding signals, which the body naturally gives off can thus remain unheard and ignored as the woman oscillates to an alien rhythm.

Nowadays we know that all vital processes that run their course healthily and naturally have a rhythm of their own, which is shaped strongly



by external and internal impulses. The variability of this rhythmic quality is the epitome of liveliness. It bears witness to the adaptability of a biological system. Viewed from this angle, it should not surprise us that an increasing number of women are being driven into ill-health by being pressurised into acceptance of an alien rhythm. A society which itself regulates the possibility of procreation and integrates women, like men, into a system which has its sights mostly on economic growth and consumerism, will leave nothing to chance and will negate the health-preserving impulses from the mental-emotional and cosmic realms. Our girls and women suppress their natural instincts and emotions in order to meet the demands of our patriarchally-led society. In view of this tension, we should not be surprised, if the women concerned suffer from tensions, cramps and pain; however, they seek to suppress these in order to meet the challenges that confront them.

Seen from this point of view, the increase in cases of endometriosis was regarded as "a career-woman's illness", and they were succinctly recommended to go home and raise children, and then their illness would go away. Unfortunately, it has turned out that treatment is not that easy. Scientific investigations in the clinical and therapeutic work of Niravi Payne have shown that women suffering from endometriosis-linked infertility unconsciously have very ambivalent feelings towards becoming pregnant. They have an intellectual desire for a child, but their heart says 'no', or is uncertain as to whether they really want

motherhood with all it entails.

Thus, when we are assessing the disease of endometriosis, a very important aspect is the restoration of harmony within the bodies of the affected women. The aim is to retune the interplay of thoughts, emotions and immune system. In the case of women exhibiting symptoms of endometriosis, auto-antibodies can frequently be detected. That might mean that parts of the self are not being accepted by the creative spirit within the pelvis. The consequence of this would be diminished fertility, lower success rates from in-vitro fertilisation, and frequent miscarriages. And that is precisely what has been established in scientific investigations. Such autoantibodies can also be detected in other human illnesses, which can only be treated with difficulty or not at all by allopathic methods. Our sensitive immune system is thoroughly capable of reacting to messages from the mind. This is why it is so important to address the power of the subconscious adequately, and to mobilise it.

A Comparative Look at Uterus and Respiratory System

In fish, respiration takes place via the gills. In the sea-water, oxygen - either in compounds or dissolved in the water - flows past the thin respiratory membranes and is absorbed into the creatures' blood. Fertilisation also occurs freely in the water, with the females and males discharging their ova and sperm into the water, as far as possible at the same time. The germ cells then merge together, and from them new life comes into being.

In amphibians, respiration via gills is possible in the young, whereas the fully-grown animals breathe through lungs on the land. The organs used for this are "mono-directional pouches", through which nothing flows, as in the case of gills, but rhythm is required, in order to suck the air in and expel it again, alternately. When mating occurs, the male animals embrace the females and expel their sperm directly on to the egg-cells as they emerge. In more highly-developed creatures, the fertilisation of the ova takes place in a dedicated one-way system with, in some cases, the sperm remaining alive for several hours or days in a sperm receptacle specially created for the purpose (birds). Finally, in the case of mammals, the sperm is conveyed directly into the womb during the sexual act and remains there until it merges with the egg; from this, during a gestation period which varies according to the species, a new individual emerges. Symbolically, the sex act corresponds to the inhalation (of sperm), and birth corresponds to exhalation. So here too, we may recognise a rhythmic quality.

In endometriosis, there is an inability to let go, as is possible in the uterus, through giving birth or discharges of blood. In the transferred sense, the ability to "exhale" is lacking. Viewed from this angle, endometriosis may be compared to asthma.

Following this line of thought, it should be clear why it is not so much the frustrated women whose communication with the rest of the world is disordered, that are affec-



ted by endometriosis, but rather the "power women", because increasingly they internalise their problems along with their successes. There the problems are not solved, and neither are the signals from their bodies picked up until painful tensions occur because of the increasingly powerful suppression of their femininity and their feminine rhythms. In the anthroposophical view of life, between the ages of 28 and 35, a reversion occurs in the rising physical and organic growth energies, which may be compared to the process of inhalation. So the bodily energies of degradation take over, and they may be compared to exhalation. It is precisely in this phase of life, when a hormonal change is on its way, that most cases of endometriosis in women are diagnosed. Hormones are messengers that work in close collaboration with mental-emotional impulses, and they can bring about great changes in the body. They point the way and they get processes moving. Hormones are behind the constructive and degrading energies of the body.

Pathways Towards Treatment

If we make the above considerations the basis of our attempt at treatment, then our objective should be:

- as far as possible to clear everything out of the stagnant system that has led to its stasis;
- to eliminate dental infective foci and obstacles to healing (a search for infective foci and a thorough dental examination are indispensable);
- to aim for a freedom from symptoms;

- to drive back functional restrictions;
- to restore balance in the physical/emotional/mental areas;
- to rediscover the individual's natural rhythm;
- to strengthen the body's own healing and life-giving energies.

1. At the outset of a naturopathic treatment of endometriosis, there must be a dietary adjustment. It is known that a diet containing dairy products (from cow's milk) is especially favourable to the development of endometriosis. It is therefore advisable to abstain for a while from foods of animal origin, but particularly from cow's milk products, hen's eggs and products containing them, and to avoid pig-meat in whatever form. In this context, any animal fat at all is very harmful, because it supports the formation of prostaglandins PGE₂, which promote inflammation; these again are responsible for the pain, inter alia. The patient requires a lot of Ω -3-fatty acids, LIPISCOR, 4-5 capsules twice a day.

Acid-forming foods and social drugs such as coffee, black tea and alcohol are strictly to be avoided. The same applies to chocolate and cocoa. Tea, drinking chocolate and coffee all result in a strong sympathicotonic reactive state in the body, which combats the rhythmic system. Alcohol expands the vessels, particularly in the pelvic area, resulting in a further aggravation of the complaints from a build-up of blood and lymph. The patient should also avoid cooling food, especially citrus fruits.

To support the spleen, the patient

needs a warm diet, which should also be cooked. It can taste slightly sweet, maybe by adding small quantities of honey, molasses, barley malt or maple syrup. Recommended are all dishes prepared from local root vegetables (beetroot, carrots, parsnips, cabbage and swedes), plus other vegetables from "close to the ground" (potatoes, courgettes, pumpkins, kohlrabi, radishes). Along with these, maize, barley, sweet potatoes, yams, sweet chestnuts, garlic and leeks should also be eaten.

Warming cereal porridge of millet or rice, possibly with some cinnamon and small amounts of dried fruit, makes an energy-giving meal, to complement the spleen Qi.

2. The patient must be de-acidified and detoxified. One way of doing this, is taking a relaxing bath with ALKALA N (a foot-bath, arm-bath or the whole body). These baths stimulate the skin's detoxifying functions considerably, addressing both sweat-glands and sebaceous glands alike. They should last over 20-30 minutes to ensure that both detoxification and relaxation have a lasting effect.

At the same time, the patient can take ALKALA N orally in hot water, in the morning on an empty stomach and in the evening before retiring to bed. Half a measuring spoonful in a large glass of water is sufficient.

The intermediate metabolism can be addressed at a deep level by employing potency accords (harmonic potencies) of dextrorotatory Lactic acid in the form of SANU-



VIS, and of Citric acid in the form of CITROKEHL.

3. MUCEDOKEHL 5X as drops has a regulatory action on the hormonal system via the hypothalamus and the pituitary. At the same time, it takes away the anxieties and results in greater even-temperedness. It combats lymphatic congestion.

4. Since, with endometriosis, we are concerned with a pre-cancerous state, we need to build up the intestinal flora, and with it the immune system. Therefore, we prescribe FORTAKEHL 5X drops, to be massaged into the stomach area in the mornings. We begin with 2-3 drops and can increase the dose up to 10 drops, of which a part is always massaged in and the rest taken orally. In the evenings, we get the patient to massage in 3-4 drops of PEFRAKEHL 5X around the navel, and here too, the dose may be increased up to 10 drops, depending on the state of the patient. If the patient's reactions are good and she is eliminating well, then instead of the already-mentioned FORTAKEHL and PEFRAKEHL 5X drops, EXMYKEHL 3X suppositories may be prescribed. In that case, one suppository is inserted in the rectum in the evenings before retiring to bed. After 10-14 days, the FORTAKEHL and PEFRAKEHL drops or EXMYKEHL suppositories are stopped, and the patient is instructed to massage in, or take orally, 5-10 drops of SANKOMBI 5X, both morning and evening. During this time, one can always return for two days of the week (e.g. Saturday and Sunday)

to FORTAKEHL and PEFRAKEHL or EXMYKEHL. This "see-saw treatment" can be continued for weeks or months.

5. As well as this, when treating endometriosis, we must think of the SANUKEHL preparations, as we have to get to work on either cell-wall-deficient forms or a tuberculinic constitution. The remedies concerned are SANUKEHL Coli, SANUKEHL Myc and SANUKEHL Pseu 6X. These can be massaged into the hollow of the elbow. Beginning with 3-4 drops, the dose can be increased up to 8 drops. After 14 days, it is advisable to take a fortnight's break from SANUKEHL preparations, and then make a fresh start with the low dose.

6. The spleen-pancreas meridian should be supported with PINIKEHL 5X drops, 8-10 drops daily. At the same time, USTILAKEHL 5X drops or suppositories are excellent in all the complaints associated with endometriosis (dysmenorrhœa, uterine bleeding, pain). It has proved its worth in illnesses, which arise from a disordered immune system with allergic reactions. In the indigenous American culture, the maize plant is considered a fertility symbol, and in this context corn-smut too has a strongly regulatory action.

7. A modulation of the immune system needs to be achieved, using the immuno-biological remedies LATENSIN, UTILIN and UTILIN "S", likewise UTILIN "H" or RECARCIN. Initially, we give just one remedy once a week, and there can be a weekly change of pre-

paration. The earliest that these immuno-biological remedies should be given, is in the third week of treatment, concurrently with isopathic remedies. It is advisable to open the capsule carefully with a pulling and screwing movement, to dispense just a part of the contents on to a plastic spoon, and to take this quantity undiluted under the tongue in the evening before retiring to bed. The remedy is simply wetted with saliva and held there. The rest of the capsule is closed and is then available for the following week.

8. If the pains are severe, compresses of an infusion of Fennel, Lavender or Yarrow are helpful. A very nice body-oil can also be produced using Red Oil (maceration of Hypericum) as the carrier oil. To 50 ml. of Red Oil, add 10 drops of essential oil of Lavender and 2-3 drops of essential oil of Rosemary, and mix by swinging the bottle. This oil is massaged pleasurably into the abdomen with the finger-tips. A dessertspoonful of this blend can also be carefully heated and applied overnight to the abdomen as an oil compress. Lavender oil has a calming, healing action, the St. John's Wort macerated oil contributes its sunny warmth and healing energy, and from the Rosemary, there comes a cosy warmth, which gets all that's static flowing again.

Where there are severe inflammatory changes, NOTAKEHL can be supplemented with other available homœopathic remedies such as Belladonna cum Mercurio, Ammi visnaga for pain and Berberis as a strong eliminative remedy. In cases of painful indu-rations and scar tissue, we should think of com-



presses of *Argentum nitricum* 4X in warm water on the abdomen at night. An ointment cloth (15 x 25 cm.) can also be applied overnight, using silver ointment (*Unguentum Argentum* 0.4%). This introduces the "moon element" into the treatment. Severe bleeding can be treated with *Tormentil* tincture (diluted in water) or weak Yarrow tea - both taken orally. We should always bear in mind a tea made from the good old stinging nettle, it is an excellent detoxifier and helps to replace the iron, which is lost on account of the bleeding. As a plant under the sign of Mars, it also complements the Venus principle splendidly. Apart from this, nettle roots and seeds contain the early stages of the steroid hormone. It is a similar story with linseed, which is soaked for several hours as a cold compress and then drunk and chewed with a shot of hot water or tea. This linseed preparation has the advantage that, apart from supplying important nutrients (protein, carbohydrates, omega-3- and -6 fatty acids), the stools become greater in volume and easier to pass, which results in relaxation throughout the lower abdomen and easy, regular defaecation.

9. Where ovarian cysts are present, apart from *NIGERSAN* 5X and *CITROKEHL*, we must definitely bear in mind *MAPURIT* (1-2 capsules daily), *Ovaria comp.* (from

Wala as injection or globules), and *Angelica* root (*Angelicæ archangelicæ radix*, e.g. in tincture form). *Marjoram* and *Melissa* are wonderful herbs to re-establish the flow of warmth in the lower abdomen and to deliver the woman from the stasis of her rhythms. These healing herbs can be prepared and administered in various forms (as teas, spices, homœopathic remedies, tinctures).

Where there is any type of cramping or disorder in the womb area, we must think of *Lady's mantle*, Yarrow, *Mugwort* and *Crampweed* (*Potentilla anserina*). This mixture has a calming action, releases cramps, detoxifies and encourages elimination.

Recipe:

Alchemillæ herba
Achillæ millefoliæ flos
Artemisiæ vulgaris herba
Potentillæ anserini herba aa ad
100.0

Dosage: Pour 1 l boiling water over 2 tsp. of the mixture, cover and leave it to infuse for 10 minutes. Drink it over a day, a cup at a time.

Another healing blend of tea might consist of equal parts of *White nettle* (*Lamiæ albæ flos*), *Lady's Mantle* (*Alchemillæ vulgaris herba*) and *Stinging nettle* (*Urticariæ dioicæ herba*). Here too, 2 tsp. of

the herbal mixture would suffice for 1 l of boiling water. This tea is likewise covered and left to infuse for 10 minutes, strained and drunk by the cupful over the course of a day. This blend detoxifies the body when drunk over a lengthy period of time, and in cases of slight discharge, it simultaneously affords a local cleansing action. Through the use of such a blended infusion, the woman's whole pelvic area is, as it were, surrounded by a protective mantle.

Concluding Remark

The treatment of endometriosis needs to employ such imagery, so that a flow can be re-established through rhythmic processes where before there was stasis, or some loss of self-esteem and sense of self-worth.

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