

Chapter Twenty-Four

Women's Conditions



certain ailments peculiar to the female organism have become almost universal among civilized races. Probably the majority of surgical operations are performed for so-called women's diseases. That women suffer untold agonies during menstruation, in childbirth and at the climacteric is looked upon as unavoidable and a matter of course.¹

The fact that the native women of Africa, of the Sandwich Islands, the South American bush and our western plains are practically exempt from these ailments indicates that the cause of female troubles must lie in artificial habits of living and in the unnatural treatment of diseases.

Many are beginning to recognize these truths. For them is dawning a new era, when knowledge will free Woman from physical suffering as it has freed her from other bondage.

Instances like the following are of common occurrence in our free clinics for Diagnosis from the Eye:

A lady tells us that she has been suffering for many years from a complication of female troubles. Her eyes show a heavy scurf rim, indicating an inactive, atrophied skin, poor surface circulation and, as a result of this condition, defective elimination through the skin and accumulation of waste matter and systemic poisons in the

¹Surprisingly, this concept has changed little since Dr. Lindlahr's day. I always remember the words of my gynecology professor in medical college who stated, "I've seen a lot of men with swollen and inflamed testicles, but I've never seen doctors cut one of them off as they so readily do with the female counterpart, the ovary."

system. The areas of stomach and intestines reveal the signs of chronic catarrhal affection and atrophy of the membranous linings and glandular structures. This, of course, means indigestion, fermentation of foods, gas formation, constipation and a multitude of resulting disturbances.

The signs in the iris also indicate an atonic, relaxed and prolapsed condition of stomach, bowels and other abdominal organs. This is likely to cause sagging of the genital organs, relaxation of the bands and ligaments which hold them in place and, as a result of this relaxation, misplacement of the womb.

We tell the patient of our findings in her eyes and she admits all the conditions and symptoms which we describe, but she is not satisfied because our diagnosis does not agree with that of the great specialists and professors of medicine whom she has consulted. Every one of them has told her that all her troubles are due to the fact that her uterus is flexed and retroverted, that it presses on the rectum (this being the cause of her chronic constipation and of the obstructed menstrual flow, the congestion, pain, etc.), and **that the womb must be placed in its normal position by a surgical operation.**

In this and many similar cases that have come to us for treatment, it was the relaxed and prolapsed condition of the stomach and intestines that caused the sinking (prolapsus) of the uterus with the attending distressing symptoms. In some instances the womb and with it the bladder had fallen so low that they protruded from the vagina. In all of these cases, as the patients without exception told us, the professors and specialists assured them that surgical treatment, shortening of the ligaments, the insertion of pessaries, the cutting loose and raising of the womb, etc., were the only possible means of curing these ailments.²

So we explain to the lady that the relaxed and prolapsed condi-

²Today we realize that the most common cause of these problems is the inferior treatment of the mother following the birth of her child. This poor treatment begins with the improper management of the postpartum suturing (where an episiotomy was given or tearing of the sphincter muscles and vaginal wall occurred), to the care of the mother to assure proper realignment of the female organs before the mother is allowed to resume an active life, to the exercises given, or lack thereof, to that mother to reestablish normal tone of the pelvic and abdominal tissues.

tion of the genital organs, the misplacement of the womb, etc., are not causes of disease, but only the effects of the weakened and relaxed condition of the digestive organs, and that this, in turn, is due to indigestion, malnutrition, defective elimination through skin, bowels and kidneys; that, therefore, the only possibility of cure lies in correcting and overcoming these constitutional conditions through an eliminative diet, blood-building remedies and other natural methods; that the blood must be built up on a normal basis, and that the digestive tract and the other abdominal organs must be made more alive and active through hydropathic treatment, massage, spinal manipulation, general and special exercises, air and sun baths, etc.

In thousands of cases we have thus cured female troubles without poisonous drugs or surgical operations, simply by improving the digestion, purifying the blood and invigorating the abdominal organs in a natural manner.

On the other hand, almost daily we meet with instances of untold suffering as the direct consequence of operations, the use of pessaries, etc., which only served to weaken the genital organs still more and resulted in all sorts of complications, inflammations, adhesions, etc., and in many cases in malignant tumors.

In this connection I would warn especially against the use of pessaries. They are at best only a mechanical contrivance, and do not add anything to the improvement of the diseased condition. On the other hand, they irritate the abdominal organs by excessive pressure, which in many instances produces inflammation of the neighboring tissues and abnormal growths.³

Suppressing inflammation of the genital organs by poisonous antiseptics, sprays, tampons or other local applications only tends to aggravate the chronic conditions. Curetting (scraping) the womb does not cure the catarrhal affection, but only serves to destroy its delicate mucous lining and to suppress catarrhal elimination. Holding up the womb by means of a pessary in order to strengthen its

³ Interestingly, Dr. Lindlahr's view of indwelling pessaries has now been accepted by most of the medical community. They are almost extinct today and were discontinued basically for the exact reasons given by Dr. Lindlahr over eighty years ago. Perhaps in another eighty years we will see some of his other practical and logical suggestions implemented by medical orthodoxy.

muscles and ligaments is about as reasonable and effective as to try to strengthen a weak arm by carrying it in a sling. Replacing or removing misplaced or affected organs by means of surgery does not contribute anything toward correcting the causes of these abnormal conditions, but in many instances makes a real cure impossible. How can an organ be cured after it has been extirpated with the knife?

It is a fact known to every observing physician that from fifty to seventy-five percent of all women have some kind of misplacement of the genital organs and that only a comparatively small number of these suffer from local disturbances, indicating that, in most cases, misplacement alone will not create serious trouble.

It is ridiculous to assume that the small, flabby uterus of an anemic woman can block the rectum and cause disease, but it is an excellent talking point, as effective in bringing victims to the operating table as appendicitis with its fairy tales of seeds and foreign bodies lodging in the appendix vermiformis.

While studying Nature Cure in Germany, I took special courses in the Thure-Brandt Massage. By means of this internal manipulative treatment, weakness of ligaments and muscles, displacements, adhesions, etc., can be corrected without the use of knife or drugs. During my first years in practice, I frequently resorted to the internal manual treatment with good results; but I found that in most cases it was not at all necessary in order to produce perfect cures.⁴

I saw that chiropractic and osteopathic correction of spinal and pelvic lesions and consequent removal of irritation and pressure on the nerves, the cure of chronic constipation and malnutrition by pure food diet and hydrotherapy, the strengthening of the pelvic muscles and nerves by means of active and passive movements and exercises, were fully sufficient to correct the local symptoms in a natural manner. Thousands of cases cured by us by these methods attest the truth of our statements; while those who failed to understand the simple reasoning of the Nature Cure philosophy or lacked will power to withstand the arguments of friends and physicians

⁴ This type of manipulative treatment is used in our Healing Research Centers today. We find that with its use the treatment of female problems can be much enhanced.

followed the siren call of the operating table and have been sorry for it ever since.

In case of operation for misplacement of the womb, it is necessary, in order to keep the womb in its new position, to stitch it to the frontal abdominal wall. Very frequently it will not stay there, breaks loose, and relapses into an abnormal position. Granted that it remains fixed, woe to the woman if she becomes pregnant. The womb cannot assume the constantly changing positions of pregnancy, and the result is either abortion or malformation of the fetus, together with great and constant suffering to the woman.

The operation has done nothing to correct unnatural habits of living or to purify the system of its scrofulous and psoriatic taints, of drug and food poisons. Frequently these gather in the parts that have been weakened and irritated by the antiseptics and by the surgeon's knife, and set up new inflammations, ulcerations and only too often malignant tumors. As a result, one operation follows another.

We cannot cut in the genital organs without cutting in the brain. [Interestingly, Dr. Wisner, my gynecology professor used to make the very same statement even though I am certain he never heard of Dr. Lindlahr or his book *Nature Cure*.] The nervous system is a unit, and the brain is directly and intimately connected with the complex and highly sensitive nerve centers of the genital organs. Mutilation of the genital nerve centers, therefore, invariably affects the brain, and thus the intellectual and emotional life of a woman. It is almost axiomatic that a woman whose uterus or ovaries have been removed or mutilated is afterward mentally and emotionally more or less abnormal. Nervousness, irritability and only too often nervous prostration and insanity are the sequelae of operative treatment.⁵

In medical colleges, among students and professors, these facts are freely admitted and discussed, but the prospective patient hears a different story. "Cut loose the womb, shorten the ligaments, put it into the right position, and everything will be well." This sounds plausible and seductive; but everyday experiences expose the inadequacy and the destructive aftereffects of local symptomatic treatment.

⁵ This is probably too extreme a statement. Many women do seem to survive these operations with little effect, but this is not true of all and I too have seen many instances of the sequelae described by Dr. Lindlahr.

The Climacteric or Change of Life

Under our artificial methods of living, the climacteric or change of life, has become the bugbear of womanhood. It seems to be universally assumed that this period in a woman's life must be fraught with manifold sufferings and dangers. It is taken as a matter of course that during these changes in her organism a woman is assailed by the most serious physical, mental, and psychic ailments which may endanger her sanity and often her life.

Like rheumatism, neurasthenia, neuralgia and hundreds of other medical terms, "change of life" is a convenient phrase to cover the doctor's ignorance. No matter what ailments befall a woman during the years from forty to fifty, may the causes be ever so obscure, the diagnosis is easy. "You are in the climacteric, you are suffering from the change of life," says the doctor, and the patient is satisfied and resigns herself to the inevitable.⁶

Frequently women come to us for consultation, and after reciting a long string of troubles they conclude with the remark: "Of course, doctor, I'm in the change, and I know that lots of these things are natural at my time of life."

Is it true that all this suffering is natural and inevitable? Among the primitive races of the earth suffering incident to the change of life is practically unknown. The same is true in a lesser degree of the country population of Europe. The causes of it must, therefore, be sought in the artificial modes of living peculiar to our hyper-civilization and in the unnatural methods of treating disease as commonly practiced.

Which are the specific causes of the profound disturbances so often accompanying the organic changes of the climacteric?

Aside from their other physiological functions, the menses are for the woman a monthly cleansing crisis through which Nature eliminates from her system considerable amounts of waste and morbid matter which, under a natural regime of life, would be discharged by means of the organs of depuration, that is, the lungs,

⁶ This was written before the use of female hormones was understood. However, even today there is much controversy about their use. They work but do they cause cancer or other serious side effects. This subject is debated almost daily in medical circles and each new research project seems to create more confusion than enlightenment.

skin, kidneys and bowels.

The more natural the life and the more normal, as the result of this, the woman's physical condition, the shorter and less annoying and painful, within certain limits, will be the menstrual periods.

Through unnatural habits of eating, drinking, dressing, breathing and through equally unnatural methods of medical treatment, the kidneys, skin and bowels have become inactive, benumbed or paralyzed. As long as the vicarious monthly purification by means of the menses continues, the evil results of the torpid condition of the regular organs of depuration do not become so apparent. The organism has learned to adapt itself to this mode of elimination.⁷

But when, on account of the organic changes of the climacteric, menstruation ceases, then the systemic poisons, which formerly were eliminated by means of this monthly purification, accumulate in the system and become the source of all manner of trouble. All tendencies to physical, mental or psychic disease are greatly intensified. The poisonous taints circulating in the blood overstimulate or else depress and paralyze the brain and the nervous system. As a consequence, mental and psychic disorders are of common occurrence; the more so because the waning of the sex functions is accompanied by a tendency to negativity and hypersensitiveness.

How Can the Ailments of the Climacteric Be Avoided or Cured?

Is it not self-evident that the easiest way to sidestep the troubles incident to this critical period and to reestablish the perfect equilibrium of the organism lies in restoring the natural activity of the organs of elimination?

This is what Nature Cure accomplishes easily and successfully with its natural methods of treatment. Air and sun baths, water treatments and massage bring new life and activity to the enervated skin. Pure food diet, chiropractic and osteopathic treatment, curative gymnastics, homeopathic or herb remedies restore the natural tonicity and functioning of the stomach, liver, kidneys and intes-

⁷ We know as a statistical fact that women have a longer life span than men. Could this be due to the toxin-clearing effects of the menstrual flow? An effect so great that it even lasts into the woman's old age.

tines. Mental therapeutics, systematically practiced, make every cell in the body vibrant with the higher and finer forces of the mental and spiritual planes of being.

When the natural equilibrium of the organism is thus restored, there is absolutely no occasion for the troubles of the climacteric. We have proved this in hundreds of cases. As kidneys, skin and bowels begin to function normally and freely, physical and mental conditions commence to improve, and one after another the dreaded symptoms disappear.

Let us compare with this common sense, natural treatment the orthodox medical practice in such cases:

The medical treatment, as usual, is entirely symptomatic. The sluggish organs of elimination are prodded by poisonous cathartics, laxatives, diaphoretics, cholagogues and tonics, all of which, after temporary stimulation, leave the organs in a more weakened and the system in a more poisoned condition. If brain and nerves are irritated and aching, sedatives and hypnotics are given to stupefy them into insensibility. If the heart action is weak and irregular, it is whipped up by poisonous stimulants; if too fast, it is checked and paralyzed by sedatives and depressants.

Thus, instead of removing the underlying causes, every symptom is promptly suppressed. Drug poisons are added to the waste and morbid matter which are already clogging the channels of life. And, of course, under such unnatural treatment, in many instances things go from bad to worse. Flushes, headaches, rheumatic and neuralgic pains, melancholia, irritability, mental aberration, partial paralysis and a multitude of other symptoms appear and gradually increase in severity.

When the family physician has arrived at the end of his wits, the surgeon has his innings, and leaves the patient in a still worse condition of chronic suffering.

These experiences are so common that the manifold troubles of the climacteric are regarded as unavoidable and as a matter of course. Here, as in so many other instances, people fail to see that it is the treatment which prevents the cure. If the efficiency of common sense, natural treatment were more widely known and recognized, how much unnecessary suffering could be avoided.