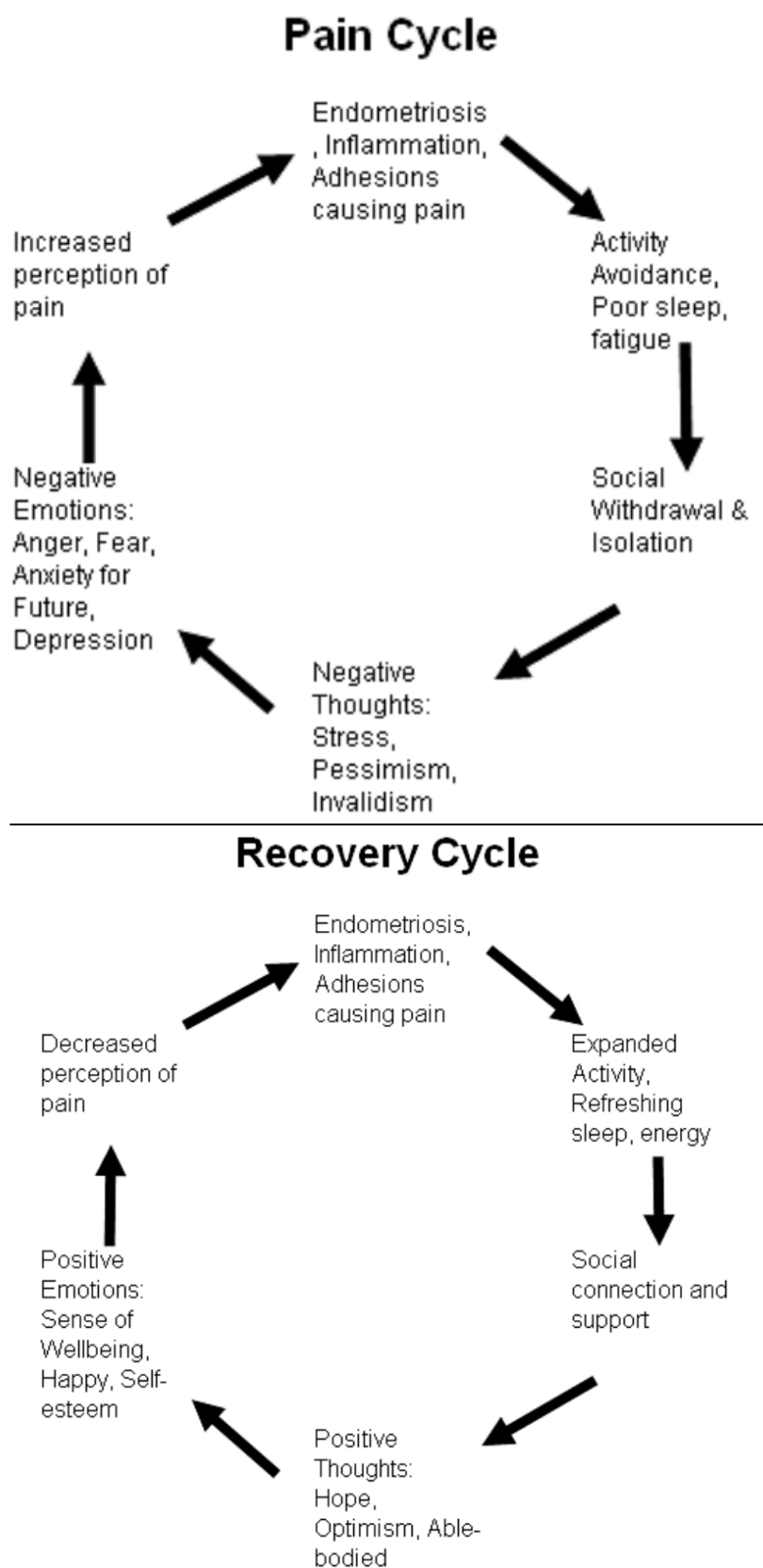


When pain becomes constant, it can have dreadful impacts on quality of life and relationships, depicted by the Pain Cycle – adapted below for endometriosis. It can help to reflect on the pain cycle as an opportunity to reverse the trend to a Recovery Cycle:



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or contact our Educator, Annette: ph 07 8555 123 email info@insightendometriosis.org.nz