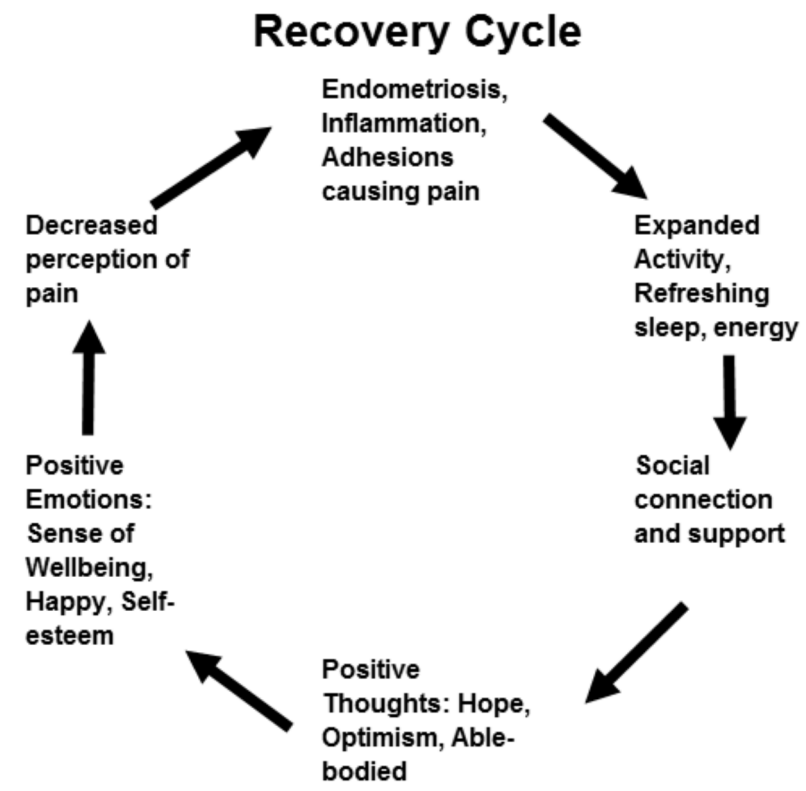
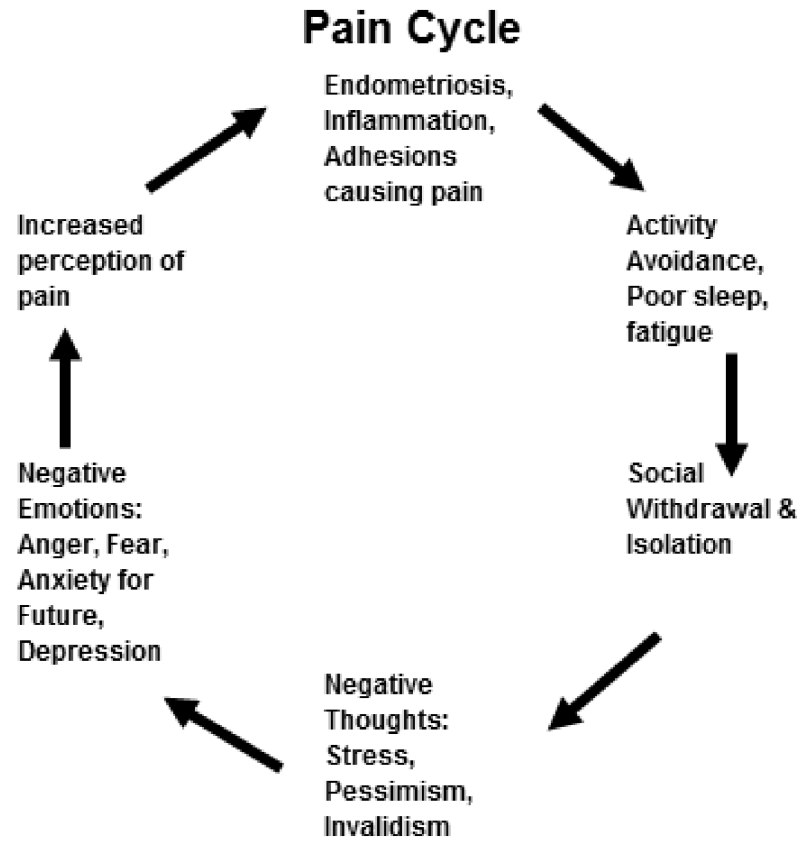


When pain becomes constant, it can have dreadful impacts on quality of life and relationships, depicted by the Pain Cycle – adapted below for endometriosis. It can help to reflect on the pain cycle as an opportunity to reverse the trend to a Recovery Cycle:



For more information: visit www.InsightEndometriosis.org.nz or www.facebook.com/InsightEndometriosis or contact our Educator, Annette ph 07 8555 123 | email info@InsightEndometriosis.org.nz | FB message.