

Did you know that there's an emotional cause behind cystitis?

Cystitis is a common and painful illness that affects 1 in 5 women at some point in their lives - as well as a smaller percentage of men and children. It is often said to be linked to bacterial infection, yet interestingly, this isn't always the case. If there is no bacterial infection, and we can't put it down to 'honeymoon cystitis' or tight underwear, we're left wondering, what's the cause? And when bacteria are found, is this just the body's mistake, or could there be a meaning?

If you've ever explored the mind-body connection, you'll be aware that our thoughts and emotions affect our physiology. When we get stressed, we experience physical symptoms, such as headaches, tension or constipation. META-Medicine takes this understanding to the next level: it explains which stressful emotions cause which illnesses - including cystitis and other urinary tract infections.

META-Medicine goes beyond mind-body understanding: it's a biopsychosocial model, explaining the interconnection between our thoughts and emotions, physiology, brain, spirit and behaviour within a social environment. It shows how illness is never a mistake - there's always an emotional and bio-logical meaning behind any health issue. By uncovering the root cause, we discover what we need to do to overcome the issue.

In this article, we explain five of the key principles behind META-Medicine and how they explain cystitis, followed by two case studies. Get ready to look beyond the usual surface-level explanations...

Principle 1: there is a meaning behind every symptom

META-Medicine is a system for pinpointing the root cause of any illness. Cystitis, like osteoporosis, heart disease, acne, eczema, back pain and all other health problems, is a meaningful response to a particular emotion. The body's reaction occurs as a response to the emotion, to help us deal with the emotional situation in that moment.

Principle 2: emotional shock is the cause of most illnesses

META-Medicine explains how all illnesses, with the exception of poisoning and accidents, begin with an emotional shock. For a shock to cause an emergency dis-ease programme to begin, it must be unexpected, dramatic, highly emotional and isolative. In the moment, the individual has no way of mentally dealing with the unexpected event, so the body takes over.

To identify the specific shock that causes cystitis, we need to look at the biological function of the bladder mucosa (the layer of the bladder that makes contact with the urine), usually associated with cystitis. All mucosa tissue, as the barrier between the internal and external, is related to our connection with the outside world: our social environment or territory.

In META-Medicine terms, the root cause of cystitis is a territory-marking conflict, an inability to set boundaries, mark the limits of our territory



or define a position. To understand what this means, we have to think bio-logically: how does an animal, such as a dog, mark its territory? One of the main ways is through urine. The animal will hold onto urine until it's needed to define its territory. We still have the same instincts, yet in a human context, our territory often relates to our home, identity, beliefs or boundaries with others.

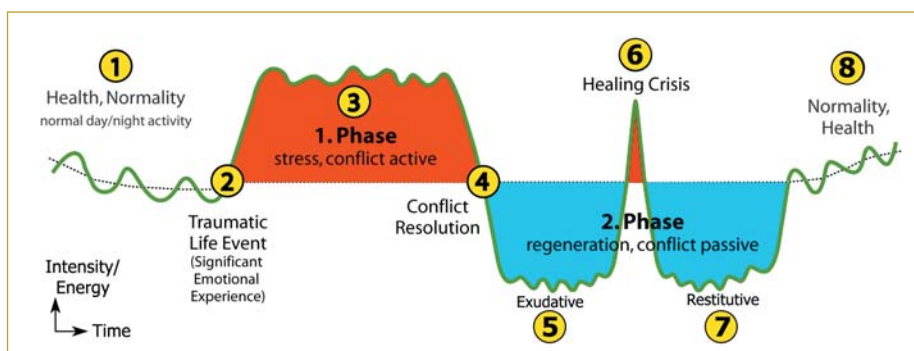
We may feel our territory has been breached if, for example, we feel unable to mark our position in conversation for fear of rejection or having our beliefs challenged. It is also common for people who are living in shared accommodation to have disputes about territory, such as room use, or feel they have no territory to call their own, which can lead to chronic urinary tract issues.

Principle 3: all illnesses follow a two-phase pattern

We tend to think of illness as a fixed or static state, yet META-Medicine shows how all illnesses follow a two-phase process.

After a shock, in this case a breach of territory, we go into the first phase, a state of sympathetic stress. This is characterised by:

- ☹️ Fight-or-flight
- ☹️ Stress and tension
- ☹️ Compulsive thinking about the shock
- ☹️ Sleeplessness





- ☹ Reduced appetite
- ☹ Cold hands and feet

In the first phase of cystitis, when the bladder mucosa is in stress, there is an ulcerative dilation of the bladder that allows for more urine for marking the limits of the territory. This bio-logical reaction is usually unnoticed: the individual will be stressed about the shock.

When we resolve the territory-marking conflict, either by emotionally letting go, or by a change in circumstances, we enter the second phase, a state of parasympathetic regeneration. In the second phase, we tend to experience:

- ☺ Tiredness
- ☺ Increased appetite
- ☺ Reduced thinking
- ☺ Warm hands and feet

In the second phase, the bladder mucosa swells, causing the painful symptoms of cystitis: strong urgency, pain and burning when urinating, and reddish or turbid urine. By the end of the second phase (which will usually last the same length of time as the first phase), the body has returned to normal functioning.

Viruses and bacteria are only active in the second phase of an illness. So, even if they are detected in the bladder, we know they're not the cause because they weren't active at the time of

shock or during the stress phase. META-Medicine explains how microbes may actually be biological helpers: they activate to normalise the body after the stress period, either rebuilding or ridding the body of excess cells and tissue, depending on their type.

Principle 4: chronic problems are responses to triggers

In the moment of shock, the unconscious mind records all circumstances of the event, in every sense: visual, auditory, kinaesthetic (feeling), olfactory (smell) and gustatory (taste). From a survival perspective, this is crucial. By remembering all the details, you have an in-built warning system to avoid the situation in future.

Next time one of these details, or triggers, is experienced, the body reacts in the same way. When we experience the triggers frequently, we get a chronic illness pattern. So, for example, if somebody experiences ongoing disputes over a shared kitchen, this may lead to recurrent cystitis.

Principle 5: healing occurs at all levels

A META-Medicine diagnosis reveals the root cause, two phases and triggers for a specific health issue. It also highlights clients' underlying emotional patterns. This in itself can be hugely empowering - for the first time, the client really understands why they have a particular illness, and knows what needs to change in order to heal.

There are three aspects to therapy following META-Medicine diagnosis:

1. **Biological programme:** Resolving the conflict mentally and releasing the negative emotions. If a person is experiencing ongoing symptoms, it is a sign that they haven't fully let go of the original event or the emotional pattern. There are many techniques, including EFT, which help people to release negative feelings;
2. **Self-healing response:** Stimulating the body to heal and raising vitality. This may include treating the symptoms if necessary. Raising vitality at all levels increases the individual's ability to deal with triggers and future shocks, and therefore stay well;
3. **Social Environment:** Changing the environment or social behaviours, such as setting boundaries.

Case Study 1: chronic cystitis

Sandra had been experiencing recurrent cystitis for over a year. During the META-Medicine diagnosis, she revealed that she was going through a divorce. Her husband had stayed in their home, while she had moved into rented accommodation. She was very emotionally attached to her old home, which she'd furnished exactly how she'd wanted. Having to move into a rented flat came as a big shock. Sandra felt uncomfortable that the flat wasn't hers, and she couldn't do what she wanted with it.

For Sandra, the recurrent trigger was the memory of her old home, and the uncomfortable feeling that the flat wasn't her own. The

environmental solution for her was to 'mark the new territory' by creating a comfortable surrounding for herself, filling the flat with her possessions.

Case Study 2: acute cystitis

Louise was a student teacher living in a shared house with three girls, two of whom were away on teaching practice. She had a new boyfriend, and wanted to spend her evenings with him. One evening, the other girl cornered Louise in the kitchen, shouting at her for spending so much time in her room with her boyfriend - this unexpected outburst gave Louise a shock! The girl demanded that the couple joined her downstairs watching TV, and while Louise didn't, she was nervous about being around her housemate, and whether she'd shout at her again.

A few days later, her other housemates came back for the weekend. Louise felt more at ease which enabled her to go into the second phase. Her cystitis started that evening, and continued for the next few days, the same amount of time that she'd been in stress.

A framework for biopsychosocial understanding

Whichever modalities you use, META-Medicine provides you with a framework for understanding your clients' health issues. With cystitis, by knowing that the cause is a territory-marking issue, and understanding how the two phases work, you can help your clients to identify the initial shock and triggers, and understand what they need to do in order to regain wellness. Your therapies can be applied within this framework, providing a deeper understanding for clients and enhancing your service immeasurably.

META-Medicine answers many health mysteries, including:

- ☹ Why we get ill when we do
- ☹ How specific stresses cause specific illnesses
- ☹ The emotional and bio-logical root causes of specific health issues, such as cancer, arthritis, heart disease, diabetes and asthma
- ☹ How to use our natural energy patterns
- ☹ How to get to the root cause of clients' health issues quickly and accurately. TT

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