

Psychosomatics chart: women's health

Conditions from A to Z and what may be behind each one. Tap a condition to open the full article on the site. Topics: 73

Aizhan Li, author of the Ladder method

Condition	What may be behind it
Acne	How you look in other people's eyes
Adnexitis	Hurt from being humiliated as a woman
Allergy	An old separation your body remembers
Amenorrhea	Your body says "not now"
Anemia	Living a life that isn't yours and "I can't cope"
Anorgasmia	A ban on pleasure
Anxiety and neurosis	Worry about the future, the habit of control
Back and lower back	Support, and the feeling "I can't carry this load"
Bartholinitis	Readiness for intimacy
Bowels and IBS	Powerless before other people's demands and duties
Breast calcifications	Traces of old pain
Breast shape changes	Self-esteem: "I'm not pretty enough"
Breasts	Caring for loved ones and your nest
Cervical erosion	The boundary between you and a man

Condition	What may be behind it
Chronic fatigue	Losing your way and "I'm not in my place"
Cold sores	Unwanted closeness, hurtful words and breakups
Constipation	A habit of holding in and not letting go
Cough and bronchitis	Fighting for your place and fear of not breathing
Cystitis	Boundaries people cross without asking
Dermatitis and eczema	Missing closeness, or contact that's too close
Dizziness	Loss of support, the ground slipping away
Endometrial hyperplasia	Intimacy without respect, as a duty
Endometrial polyp	Hurt in intimacy and how you see your femininity
Endometriosis	Pain you've learned to bear in silence
Excess weight	Abandonment and a need for protection
Eyes	What hurts to see and who you lost sight of
Fibroadenoma	Worry about your nest
Gallbladder	Anger you've held inside for years
Gastritis	Anger when someone invades your life
Genital warts	What makes you vulnerable
Hair loss	Separation from someone who was close
Hands and arms	"I can't cope," guilt, and what's hard to hold on to

Condition	What may be behind it
Heart palpitations	Pain in close relationships, fear of losing love
Heartburn and acid reflux	What you swallowed and can't "digest"
Heavy periods	Your strength goes to others
Hemorrhoids	Doubts about where you belong and whose you are
High blood pressure	Living under pressure, always ready for battle
High prolactin	Caring for everyone and fear of not providing
Hypothyroidism	Running out of strength after a long race
Infertility	Fears and exhaustion from the waiting
Insomnia	What won't let you go at night, fear of not sleeping
Kidneys and pyelonephritis	Crossed boundaries and "where is my place"
Legs	Support, and a load that keeps you stuck
Lump in the throat	Unspoken words and swallowed feelings
Mastitis	Anxiety of the first weeks of motherhood
Mastopathy	Worry about loved ones and family conflicts
Menopause	Letting go of a role, "who am I next"
Migraine	Tension there is never time to let go of
Miscarriage	Grief of loss and the right not to blame yourself
Missed miscarriage	Grief after a loss and fear of hoping again

Condition	What may be behind it
Morning sickness	How you inwardly accept your pregnancy
Mouth ulcers and stomatitis	What is unsaid and hard to "accept"
Neck	Unfairness and doubting your own mind
Osteoporosis	"I'm not who I used to be": your worth with age
Ovarian cyst	Losing someone close, or the fear of it
Ovaries	Loss and the fear of loss
Painful periods and PMS	How you feel about being a woman
Panic attacks	Fear of losing control, anxiety with no name
PMS	Built-up fatigue and the unspoken "enough"
Polycystic ovaries (PCOS)	How you feel about your body and femininity
Psoriasis	Closeness you want and push away
Runny nose and sinusitis	What you can't stand and worry about the future
Shingles	A blow you didn't expect and strength at its limit
Shoulders and shoulder blades	The load of responsibility and guilt towards loved ones
Teeth and gums	You can't snap back or stand up for yourself
Thrush	How you really feel about intimacy
Thyroid gland	The pace of life and the feeling "I can't keep up"
Urinary incontinence after childbirth	Keeping everything under control and shame at weakness

Condition	What may be behind it
Uterine fibroids	Something unresolved around motherhood
Uterus	Motherhood and the role of a woman
Vaginal dryness	Intimacy before you've had time to want it
Vaginismus	Your body says "no" when your voice can't
Vaginitis	You want tenderness, not only sex

See what is holding you back.

In 10 minutes, the Ladder shows past events, other people's words and your fears on one map.

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Psychosomatics does not replace tests and treatment. Only a doctor can make a diagnosis.