



Why You Still Hurt After Surgery

**The 3 pain types and 6 systems
your doctor never connected**

Endometriosis isn't just a pelvic disease.



Endo has traditionally been treated solely as a problem of lesions—find them, cut them out, suppress the hormones.



Newer research shows it is a **full-body chronic inflammatory disorder**. The lesions are part of it, but they don't explain the bloating, fatigue, brain fog, gut problems, or why your pain came back after a technically successful surgery.

That's because surgery only treats one of three types of pain.

There are 3 types of endo pain. Surgery only treats one.



Nociceptive Pain

Tissue damage from lesions, adhesions, and inflammation. This is what surgery removes.



Neuropathic Pain

Nerve damage from chronic inflammation. Causes burning, shooting, and electric-shock sensations. Ignores standard pain medications.

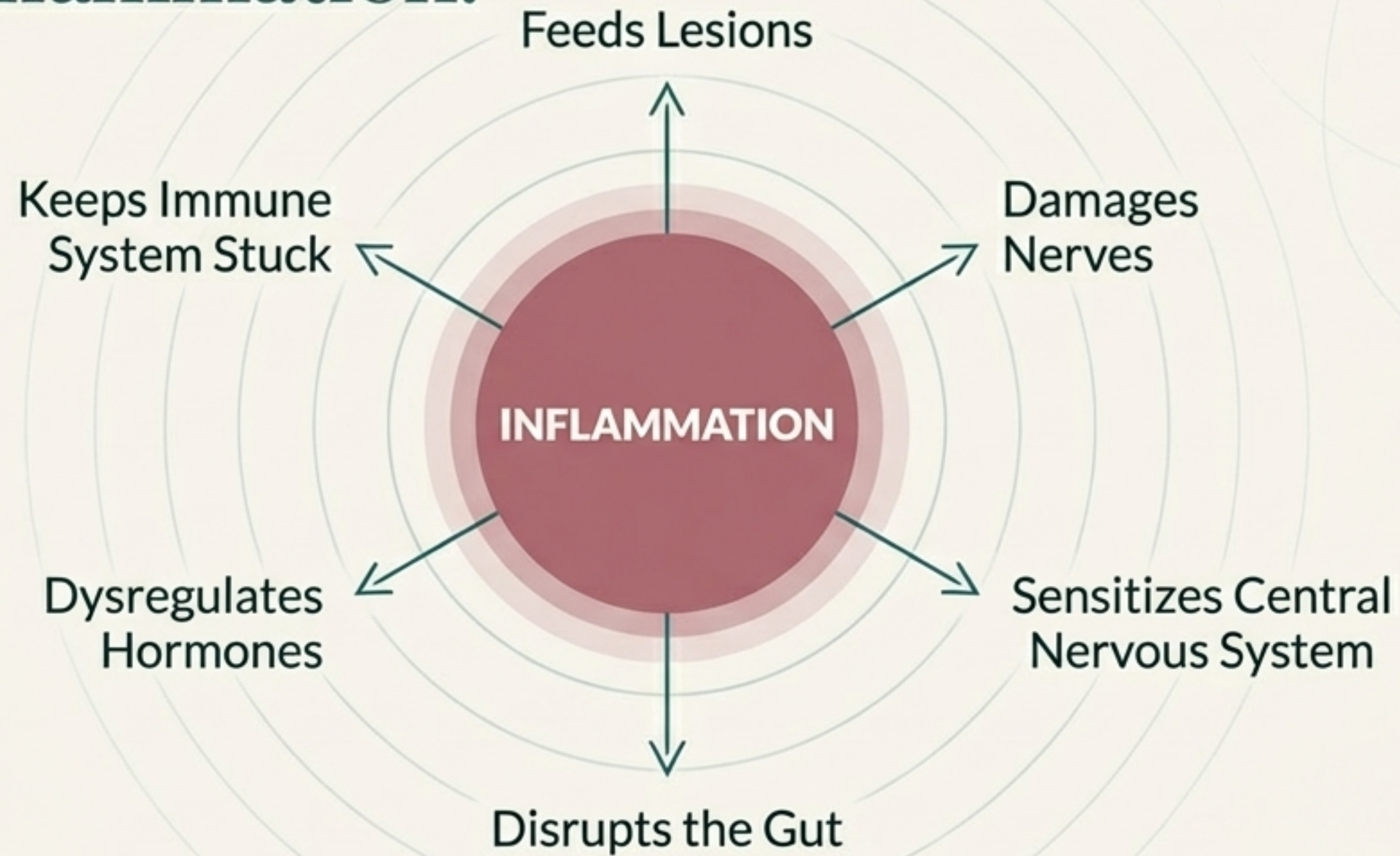


Nociplastic Pain

Central sensitization. Your nervous system has been in pain so long it turned the volume up on everything. Normal sensations become painful.

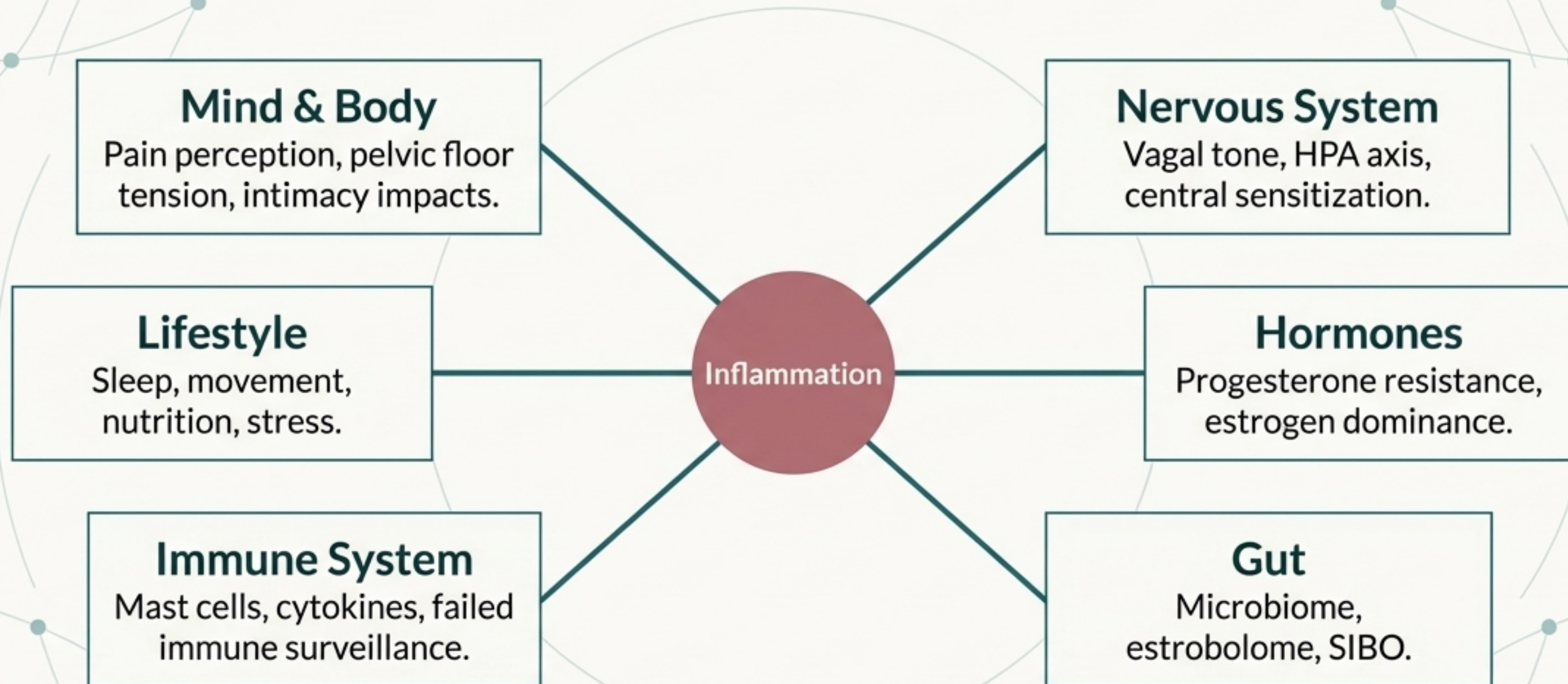
This is why disease stage doesn't predict pain severity, and why IBS, IC, migraines, and fibromyalgia heavily overlap with endo.

All 3 pain types share one driver: chronic inflammation.



Treating one system at a time doesn't work because they're all connected downstream of this central driver.

6 systems drive your endo symptoms. Here's what they are.



Every patient has a unique pattern across these 6 systems.
I call it your endo pain signature.

Which systems are driving YOUR pain?

Mind & Body

- My pelvic floor always feels tight or heavy.
- Intimacy is painful or I avoid it.
- I brace or hold tension without realizing it.

Nervous System

- My pain flares with stress and feels unpredictable.
- I startle easily or feel wired but tired.
- Light touch or normal sensations feel painful.

Hormones

- Symptoms get way worse around my cycle.
- Birth control helped at first but stopped working.
- Heavy periods, breast tenderness, mood crashes.

Gut

- Bloating so bad I look pregnant.
- I cycle between constipation and diarrhea.
- I react to foods I used to tolerate.

Immune System

- Always tired no matter how much I sleep.
- New sensitivities to foods, smells, or chemicals.
- I get sick constantly or never fully recover.

Lifestyle

- I sleep but never feel rested.
- Exercise makes me flare.
- I know stress makes it worse but I can't stop it.

If you checked boxes in 3 or more systems, your pain is being driven by more than



Get your full endo pain signature mapped

The Comprehensive Assessment is a 45-minute video appointment where I review your full history, connect the dots across all 6 systems, and give you a one-page report of exactly what's driving YOUR symptoms.

Investment

\$149 (Applied directly to the Luteal Protocol cost if you enroll)

Guarantee

If you don't get clarity, full refund—no questions asked.

Your pain makes sense. Let me show you why.

Book your assessment at luteal.health