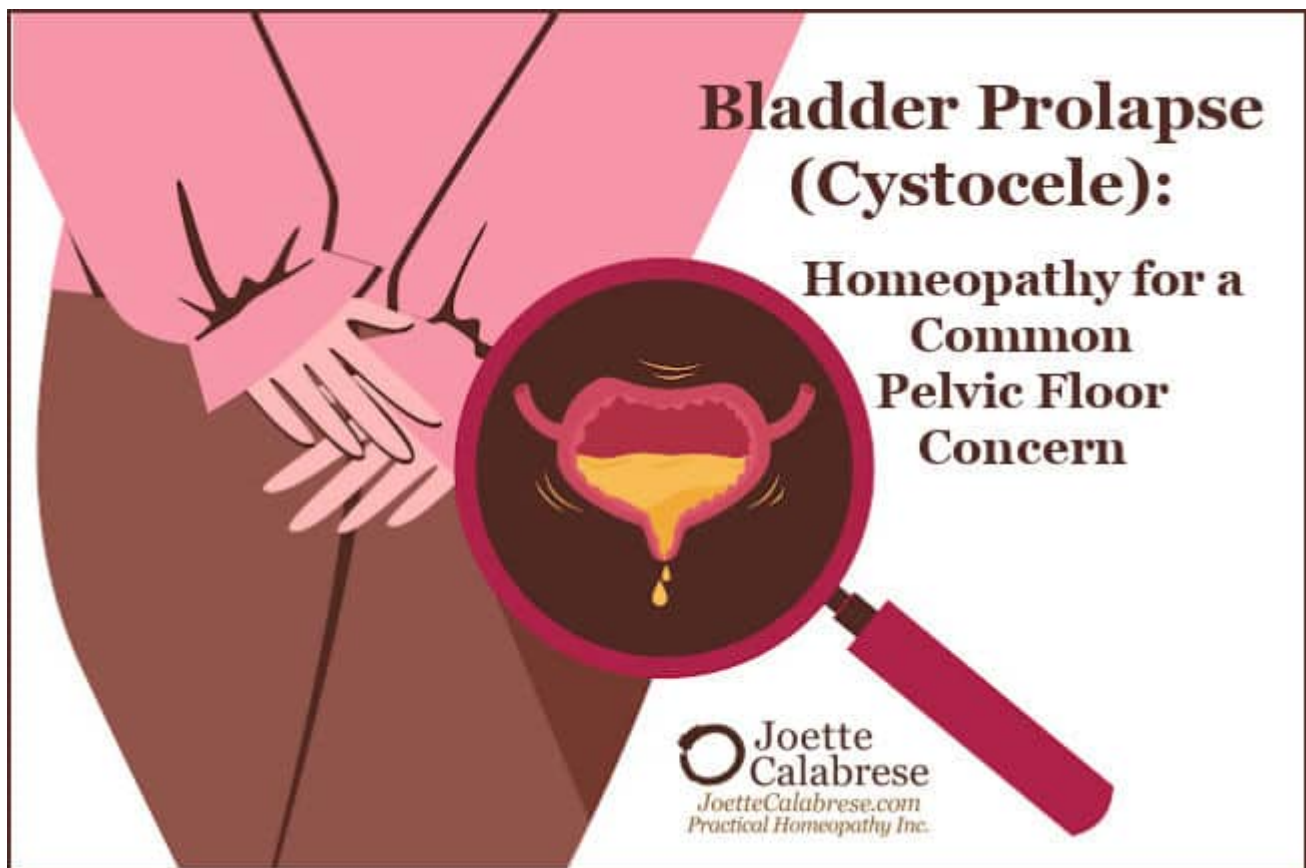


Bladder Prolapse (Cystocele): Homeopathy for a Common Pelvic Floor Concern



Conversations about colds and flu abound during this time of year. Friends compare their allergies in the spring. But there's one equally common, year-round condition that is rarely discussed in polite company: bladder prolapse (cystocele).

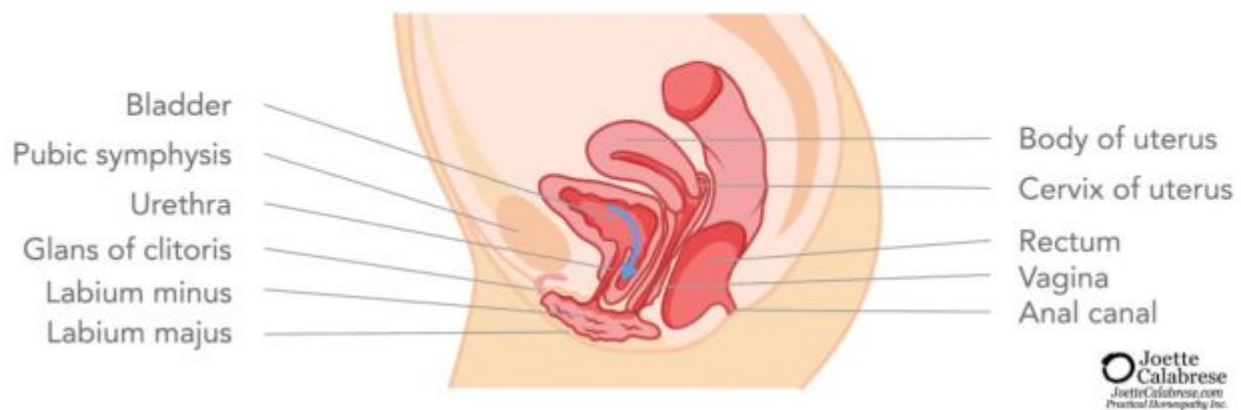
So, ladies, let's chat.

You're not alone. Cleveland Clinic states that 50% of women will suffer from this bladder prolapse.¹ This condition can range from annoying to downright debilitating.

While not all bladder prolapses lead to incontinence, many women must curb their activities to avoid the constant bathroom trips.

The sensations of pressure and heaviness in the pelvic region can be disconcerting. Insertion of menstrual products can become difficult. Intercourse can become painful, leading to marital strain. And don't even think about coughing or sneezing!

CYSTOCELE PROLAPSE



What's a girl to do?

While surgery was often conventional medicine's answer, pessaries (a removable device inserted vaginally to support the prolapsed organ or tissue) are increasingly being utilized, as discussed in my blog post from years ago, [Pelvic Organ Prolapse](#).

However, some women can't use them because they just don't stay put. Others don't want to get fitted for one because the idea scares them. Some don't believe their condition is that bad, thinking, "Do I have to go that far? Can I nip it in the bud before it gets to that point?"

Homeopathy is often a better place to start, especially before the bladder prolapse gets too severe. In my clinical experience, I have seen that it can help. Honestly, I've seen

results running the gamut. In some cases, homeopathy has acted spectacularly, while in others, it really hasn't helped. Some cases have resolved quickly, while others required six months or more.

I would love to say it's a matter of severity. You know, something like, if it's really severe, it's going to work faster, or the younger the woman is, the better. However, those specifics don't seem to come into play as much as one might think.

I mean, it does to a certain degree, but not nearly as much as one might think.

Let's cut to the chase: homeopathic *Sepia* for bladder prolapse

Okay, so which homeopathic medicine(s) are we talking about? The first I consider – also the one that is most highly regarded in the homeopathic repertory for bladder prolapse – is *Sepia* 200C, preferably purchased in [liquid form](#). Generally, this would be utilized with one dose (according to the bottle's definition of a dose) every three days for a couple of months.

Then one would reassess to determine whether to continue the medicine (because improvement is observed but the condition has not quite resolved), pivot to another medicine (because there has been no improvement whatsoever), or halt treatment because the condition has sufficiently resolved.

If the condition were to resolve after only a few weeks, one would discontinue the medicine at that point, without waiting the full two months. Remember, we only use homeopathic medicines when needed. When no longer necessary, we halt. We can always pick it up again should the condition return.

Now, before you ask, if you are unable to procure *Sepia* 200 in liquid form, the next best option would be [pillules](#), which are

more readily available.

If you want to learn even more about conditions uniquely affecting women of all ages, take a deep dive into my course, [Feminopathy: How You Can Correct Female Ailments Using Safe, Inexpensive and Effective Homeopathy](#).

Check out my [podcasts](#), [Monday Night Lives](#), and connect with me on [YouTube](#), [Instagram](#) and [Facebook](#). And if you enjoy this content, please share it and pass on the good news of Practical Homeopathy®!

Warmly,

A handwritten signature in black ink, appearing to read 'Joette', with a large, stylized loop at the beginning.

P.S. Remember – all my Mighties [\(Joette's Mighty Members\)](#) qualify for a 10% discount on course purchases. If you need assistance getting your discount, email contact@practicalhomeopathy.com for more information.

1. Cleveland Clinic: Cystocele (Fallen Bladder) – <https://tinyurl.com/2b5pwzfr>

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