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## THE DOCTOR'S PARADOX

A POST-READING  
COMMENTARY AND  
COMPANION TO THE WHITE  
PAPER

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## Post-Reading Commentary: The Doctor's Paradox by Christine Marie Quigless

An interested party once asserted to me: “So, you’re smarter than a doctor?”.

This question reflects the paradoxical role that doctors have in our society.

When we discussed her statement further, she explained that my offering of a means to shift people who suffer with menstrual problems to pain-free, PMS-free cycles and the reversal of symptoms of menstrual disorder typically attributed to PCOS, PMDD, fibroids, endometriosis, irregularly long or short cycles, means that I would have to be smarter than a doctor because I was doing something that doctors could not do: offer a sustainable solution for Menstrual Suffering beyond symptom management.

This exchange illustrates: The Doctor’s Paradox, when it comes to Menstrual Suffering.

Paradox (n.): a statement or proposition which, despite sound (or apparently sound) reasoning from acceptable premises, leads to a conclusion that seems logically unacceptable or self-contradictory. A person or thing that combines contradictory features or qualities.<sup>1</sup>

Doctors are generally seen as the ultimate healers, the highest and most reliable authority for healing. When we go to the doctor and are put on medication, we assume that the medication is helping us get better, and often this is true—except for problems concerning Menstrual Suffering. In the case of Menstrual Suffering, symptoms like cramps, PMS, and other forms of menstrual pain can be treated for short-term relief, but not medically cured. A quick google search for “cure for menstrual pain” or “cure for menstrual cramps” or “cure for PMS” will pull up advice from the Mayo Clinic to take warm baths, take pain relievers, go on birth control, or undergo surgery to remove fibroids and/or to get a diagnosis for endometriosis, which is also medically incurable<sup>2</sup>—relief to mitigate symptoms, not treatment to stop the causes that effect as those three symptoms.

We, as a Western society, and I particularly speak to Americans, as I am an American, have come to prioritize our comfort ahead of the opportunity for healing, which has had, sadly, irrevocable effects such as the Opioid Crisis that continues to ravage the country. It was under the pretenses of supporting access to pain management as a human right, in the late 1990’s, that made it easier for doctors to prescribe highly addictive opioids like oxycontin. Much like menstrual sufferers often experience, the prescribed “solution” can create a bigger problem than the initial issue.

Combine the orientation toward symptom management rather than cure with the perception that doctors heal, as well as the expectation that we must leave the doctor’s office with medication to ensure that we’re *doing something* to fix the problem, and we end up with a population filled with people who mean to get better, but instead are only getting by.

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<sup>1</sup> Languages, Oxford. “Paradox.” *Oxford Languages*, Oxford University Press, 2023.

<sup>2</sup> [Mayo Clinic, “Menstrual Cramps”, © 1998-2023 Mayo Foundation for Medical Education and Research \(MFMER\). All rights reserved.](#)

This is the Doctor's Paradox.

It is hard on doctors who came to the profession to actually heal their patients.

It is hard on patients who are doing the best they can to have access to the best care and end up with more problems as the untreated cause means a degeneration of the health issue.

In an effort to be the healers they intended to be, we see more and more doctors adding Life Coaching, Mindset Coaching, Wellness Coaching, Homeopathy, Gut Therapy, Hormone Therapy, and many other supplemental ways to help patients, beyond the medical, because the clinical approach limits the options of the doctor.

The Doctor's Paradox: we go to them for healing, and we get symptom management. We refuse to get help beyond the doctor because our suffering is so severe, and we literally can't believe that doctors can't heal us. Doctors want to help.

In the case of Menstrual Suffering, the reason that I can offer a sustainable and proven solution for Menstrual Suffering is because the Fierce Gentleness™ framework addresses the *cause* of the suffering instead of the symptoms.

An Holistic perspective on menstrual wellness informs our success in much the same way that the admission that Ether is not the fifth element made it possible for Einstein to develop the "Theory of Relativity": there are particular givens of this perspective, that unlock the change and healing, which the allegiance to historical precedence and societal beliefs blocks.

Max Planck and H. A. Lorenz held fast to the beliefs and protocols that blocked them from realizing the "Theory of Relativity". Einstein observed and followed the evidence, including evidence provided by these two scientists, that led to his groundbreaking discovery.

I'm definitely not Einstein, but I am an open mind with a history of developing easeful solutions to big problems, who observed and followed the evidence to enable sustainable shifts that end Menstrual Suffering.

*The Story of the Four Philanthropists as told by Wayne Dyer<sup>3</sup>*

*Once upon a time, there was a small town besieged by war. Invading marauders eventually captured the land, built a prison in middle of the town square, and imprisoned all the warrior men of the community. And every day citizens would see their sons and fathers suffering behind bars in the middle of the town square. Unable to bear it any longer, 4 philanthropists got together and decided to make an offering of peace.*

*The first philanthropist went to the jailer and said that he had a lot of money and couldn't stand to see the prisoners without fresh water. He begged for mercy so that he could spend all his money to buy fresh water for the prisoners to drink. The invaders allowed it and the philanthropist felt at peace with his offering.*

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<sup>3</sup> Aurin, Aurin. "The Fable of the Four Philanthropists." Six Perfections, 22 Aug. 2013, <http://sixperfections.blogspot.com/2013/08/the-fable-of-four-philanthropists.html>.

*The second philanthropist went to the jailer and said he had a lot of livestock and couldn't stand to see the prisoners sleeping on rocks and dirt. He begged the jailer to be allowed to use his sheep and animal skins to make beds and pillows for the prisoners. The invaders allowed this gift and the philanthropist felt at peace.*

*The third philanthropist went to the jailer and said he had a very large farm and he couldn't stand to see prisoners eating so poorly that many were malnourished. He begged the jailer to be allowed to bring all his food from the farm and make meals for the prisoners. The invaders allowed this gift and the philanthropist felt at peace.*

*The fourth philanthropist had neither farm, nor livestock, nor money. He was very poor. But he was a saint. So for his gift he did what any saint would do: he stole the jailer's keys, snuck back to the jail at night, and released all the prisoners. And he felt at peace with this offering.*

We have to decide if “suffering in comfort”, waiting for medicine to orient toward healing menstrual suffering, and then waiting for medicine to find a clinical approach to ending menstrual pain, is worth it. Long-term suffering includes consequences like missed opportunities, lost time, lost money, lowered fertility, premature hysterectomies, misused sick days, lost relationships, and all of the ancillary effects that come with living in the clutch of Menstrual Bondage.

How much more important is upholding societal norms and historic precedence than ending suffering for 84.1%<sup>4</sup> of half of earth's population?

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<sup>4</sup> Grandi, Giovanni, et al. “Prevalence of Menstrual Pain in Young Women: What Is Dysmenorrhea?” 20 June 2012, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3392715/>.