

Extremely painful periods, desire to become pregnant, 36-year-old Female

The Person & Complaint

Very polite and friendly in her outward demeanour the young woman came to see me because of extremely painful periods that would prevent her from working or doing anything, especially during the first days of her monthly menstruation. Besides, she articulated a strong desire to have children and had been trying to conceive with her husband for a while.

Other issues

- stress management issues
- tight on the left side of the body, especially hamstrings (apparent during exercise)

The Story & Emotions

The client was a freelance stage designer who knew me from attending my yoga classes at the theatre where she was working at the time. She seemed rather stressed and burdened by her work, but withholding those emotions. Her periods had been troublesome for ever since she could remember. It worried her because she would feel unable to do anything during those days of the month, which had adverse impact on her busy work schedule and made her feel even more pressured in turn. She also felt that the stress she was experiencing correlated to her not having been able to conceive. She had been in a happy relationship with her husband, a young doctor, for some time.

The Energetic System

- sex, throat, heart centre: blocked
- insufficient flow in kidney and BL meridian

Treatment – first session

I gave her a C.o.L and noticed that the connection through the legs upwards was blocked. Furthermore, there was insufficient flow of energy in the kidney gate, shen tao, throat, heart and sex centre.

After finishing I suggested that she try not to schedule any appointments during the days of her period and take note of how that affected her and her emotions/ stress levels. I asked her to try keeping external activities to a minimum and spend time nurturing herself instead, doing things at home that she enjoyed and that would help her relax.

Treatment – second session

When she came back the following month, her period pain had been alleviated and she had experienced less stress during her flow days due to the reduced schedule. She also reported that she felt more energy in her legs and that the pain on the left side of the body had vanished. I gave her a sacral balance and could already feel better flow in her legs. She talked about how she had been brought up, duty and discipline playing an important part. She had not been used to making space for her own feelings and was enjoying the newly found possibilities.

Treatment – third session

She responded remarkably well to the treatment to the extent that her next period was pain free.

I continued with the reverse sacral balance, staying with the perineum to the vagina opening for the entire session (first slow, then very charged and painful, releasing a lot of heat and eventually opening up towards the end of the session). She talked about attitudes towards sexuality in her family and especially on her female lineage. She said that the women in her family were all pretty tough and the relationship with her mother was somewhat difficult. The client felt that there was a lack of awareness of and tending to her needs of being comforted and cared for. As a result she had developed a tendency to put others first.

Result/ How it was resolved

When I saw her during a yoga class a few weeks later I made a comment about postures that should not be done by pregnant women. The client contacted me a few days later and said that she had indeed fallen pregnant.

I congratulated her and suggested she take a break from the general yoga class . After the first three months of pregnancy she came for a private one-to-one prenatal yoga session. She announced that her husband had found a job in another city and that they were moving at the end of the year. She gave birth to a healthy child the following year.