

Case Study 1: Menorrhagia, severe uterine bleeding. 46yo female

The Person & Complaint

A 46yo woman had very heavy periods, resulting in a low haemoglobin (blood iron levels) and being run down.

Doctors had advised her to have a hysterectomy, She had tried various medications which were only effective in the short term. She was trying to avoid major surgery.

She was otherwise fit and well, except for occasional upper back pain.

The Story & Emotions

She was born in the Philippines, is a strong Catholic, has 4 children, doesn't like to use contraception but is fearful of conceiving another child, so avoids sex with her husband and then feels guilty for denying him.

The Energetic System

Her sex centre was blocked from her upbringing as a Catholic girl and guilt about all things sexual.

Her base was blocked due to fear of (another) pregnancy, marital obligations and of possible surgery.

Her throat was blocked as not speaking out her needs (contraception) in spite of being a trained nurse. Throat also corresponds to sex centre.

Spleen was blocked with many stories. Spleen governs the blood system and the heavy bleeding was evidence of spleen being out of balance.

Likewise with Liver. Blocked through anger of current predicament and built up over the years.

Naval was congested from worry, is a worrier and currently worried about possible surgery.

Shen Tao was also very tight, lack of trust that her husband would withdraw in time in order to avoid pregnancy.

Treatment – First session

Lying on her back, I asked her to tell me about her bleeding problem while I held my hands over her sex centre to heart initially, until they each softened and opened.

Then sex to base, as she discussed her fear of pregnancy, denying her husband and of possible surgery. Also of fears that her daughters would develop heavy periods as well.

Then spleen to sex, base & heart as I asked her about each of her pregnancies and births – some big stories released!
Finished up with Shen Tao to P/C 8 and she felt herself relax.

Discussed meditation, she says she prays a lot and that gives her comfort and relaxes her.

Treatment – 2nd Session.

5 weeks later (after Christmas holidays), her intervening period had been much lighter, not painful and she had only needed medication for the first day. She was very keen for another follow-up session!

I checked the centres treated previously, all felt much smoother however there was still some congestion present.

Sex to throat as she talked about her relationship with her parents, especially her mother, and her husband – opened well when issues were aired.

Liver to throat as she voiced her anger about various issues, including doctors who hadn't given her many viable alternatives to her heavy bleeding.

Did heart to most of the centres which brought up a number of relevant issues, felt congested but eased when voiced.

Checked Shen Tao – more open than previously. Her back pain had eased over the holidays and her sex life had resumed when husband had agreed to use condoms.

Result/ How it was resolved

Subsequent menstrual periods remain lighter, pain-free and manageable.

Blood iron level increased to normal levels and client subsequently has good energy levels for family, work and other activities

Client very happy to have avoided a hysterectomy.