



Case: Lower Back Pain and Fertility

Age 32: Female

The Person & Complaint

My client was very stressed when she first came to see me. She is married (5 years) and had just returned from 8 months overseas. She was about to move house had lower back pain and wanted to fall pregnant as soon as possible. She had a happy family life back in Argentina and had been in Australia for 3 years and was missing her family. There was a lot of pressure from her family to have a baby. (The client explained this as being a cultural issue) My client had been to a physiotherapist about her back and her GP. It wasn't getting any better. She had been to many Drs and a Naturopath about having a baby. She had many tests for fertility, hormone imbalances and nothing had showed up. She was desperately trying to lose weight and she wasn't sleeping well.

The Story & Emotions

I started by asking the client about her 8 month break overseas and what she was doing when she hurt her lower back. How long had it been sore and what was going on at the time? She had been in Poland and had received an email from her brother-in-law announcing that he and his wife were expecting a baby. She admitted to being disappointed about this and somewhat jealous. He had also been rude to my client a few weeks prior when they met up in Italy together. He insulted her about her weight. She went for a run and on her return her back was sore. She struggled with the back pain and went to the hospital in Poland and they gave her pain killers. Back in Australia the back continued to bother her and the physio was not helping. I asked about the brother-in-law incident and there was a lot of anger and frustration. My client was also feeling frustrated by not being able to have a baby and expressed her disappointment that her in-laws were expecting a baby before she was. Her work was also quite stressful and she was rushing around in her daily activities.

The Energetic System

Heart was extremely congested (hot and prickly), Gevuruah because of the frustration with the brother in law and the frustration of not being able to fall pregnant, running on adrenalin her kidneys felt very low on energy, no meditation very much in her head, kidneys were exhausted, the Gall bladder channel was blocked, Bladder channel also needs some work. Yesod was very congested. Netzach was hot and prickly from...worry, the "wanting" to have a baby and from her jealousy of her in laws.

Treatment – first session 2 hours

My objective in the first session was relieve the problem with the lower back and to have the client feel a sense of calm as she was very stressed. The first session actually went for 2 hours. I worked on Shen Tao and the kidneys to calm the client down and I thought this may also help her sleep. I opened the gall bladder and bladder channels and Liver 3 and she felt some relief when she got up off the table. I explained the inner smile and how emotions held in the body

can have an impact. I checked in with the client the next day and her back had improved slightly and she had slept really well which is what she needed.

Treatment – second session-(2 hours)

Client reported feeling much better in the lower back. Pain was now 4/10. She was very emotional when she arrived about her in-laws. There was some serious family conflict and she was very preoccupied about this. I spent 20 mins talking about looking at things from a different angle and reinforced the impact of emotions held in the body. She had not done any meditation in the last week. I started this session again by opening Pericardium 6 and Triple heater whilst we were talking. (she was talking incessantly) I worked on Shen Tao again and the kidneys. I stressed the importance of meditation and I seeing things from a different angle i.e. not getting involved in "the story" I and again worked on the gallbladder organ and the gallbladder channel and the gallbladder muscle meridian. The client went home without any pain and very relaxed.

Treatment – third session (2 hours)

The client reported that she had again slept extremely well and that her back was much better 3/10 however her digestion was really bad. Working on her digestion was her priority. Her stomach was severely bloated and she was severely constipated to the point where it was quite painful. She was still very uptight about the family issues with her brother in law and started to talk about her frustration about not being pregnant. She talked incessantly again. I was opening PC6 and TH5 whilst she was talking. I explained the concept of release work and she agreed to participate. We did release work whilst working on Gevurah releasing anger and frustration about her brother in law and also releasing some of the anger about having pressure from the family about having a baby. I also opened Stomach 1 and Bladder 21 and did resonance to the spleen while she was talking more through her story. This was extremely emotional for the client. She was very teary and released a lot of emotion. I did some resonance to the stomach and talked about worry and the impact that it can have on the digestive system I also did some resonance to her belly button and Ming Men and to Netzach to help the digestion I also opened Heart to Netzach as her liver was quite congested with the anger she had been harbouring.

The client went home quite drained from the reasework but had a calmness about her.

Treatment – fourth session (2 hours)

My client had reported that she felt much lighter and that she had taken the initiative to talk to her family. She had asked them not to put pressure on her to have a baby and that she was doing her best. The constipation had gone completely and her digestion settled down the very next day after the previous session. Her back however was still bad. She said it was a 6/10. I opened Small Intestine 19s and Stomach 4s because of her leg length. My client appeared to be worrying about many things over the time she had been coming to see me we talked again about worry and the impact it can have on the body.

She revealed that she was worried she was failing in the eyes of the parents to become a mother and that the brother in law was winning on many fronts with his job and the fact that he was expecting a baby before she and her husband were. She was worried that something was really wrong with her and also revealed that she had been to another GP for more blood tests for her infertility. We did some release work releasing worry and jealousy and relaxed the stomach and Netzach.

She went home feeling very drained but motivated to change how she perceives things.

Treatment – fifth session (2 hours)

My client reported that her back was much better 2/10 and that she had taken the initiative to address the anger and resentment that she had with her brother in law.

She had a skype session with him and his wife and expressed her feelings about his comments (re her weight) that had upset her. She backed it up with an email and her husband reported that he was happy that this had taken place as well as she had been using him as a sounding board for quite some time. She then decided to embrace the meditation and I talked to her in this session about trusting in life and the process.

I was able to work on shen tao and her base and kidneys which really calmed her down. Small Intestine 19 and Gall Bladder 21 to alleviate stress and overwork that she was exhibiting she went home a completely different person who seemed to be very peaceful. We discussed potentially being able to do a sacral in the following week.

Treatment 6th Session (1.5 hours)

The client arrived very calm and smiling and told me that her colleagues at work asked her what she had been doing as she was very different and had a sense of calm about her

I then did a sacral balance and she reported that her back was feeling good.

Treatment 7th session

My client arrived smiling again and prepared for the Frontal sacral balance which we did up to Conception Vessel 3. She was calm and in no discomfort.

Treatment 8th session (2 hours)

Conception Vessel 3 up to the Navel. I also did some kidney work as the client was very tired and low on energy.

She left very content and positive. The next day she reported that she had slept well and that she felt great.

Treatment 9 (1.5 hours)

My client arrived happy and bright .I decided to focus on the female pole to begin with.

I opened Spleen 6, Conception Vessel 3 and Yintang. I also opened the zi gong points 3 cun lateral to CV3.

I opened Triple Heater 20 and Bina at the same time. Triple Heater 20 and Bina on both sides – then Triple Heater 20 to Yintang on both sides.

The client went home very content and relaxed. She reported feeling very tired the next day but had slept well. She also informed me that she needed to have a 4 week break from treatments as her exams were approaching and she needed to study.

12 weeks passed and I had not heard from my client even after her exams. She did however call me and informed me that she was 3 months pregnant. Her baby boy was born in February 2015.