

Case Study 4, Adult acne, 31yo female

The Person & Complaint

31yo massage therapist.

Complaining of a recent onset of oily hair, Acne and 2 weeks of PMS every month.

The Story & Emotions

2 years ago, things changed, she developed oily hair, acne, (takes drugs for the acne which make her sun sensitive), PMT for 2 weeks every month

Has had a pelvic ultrasound – possible PCOS as 13-15 follicles on each ovary.

Has been to accupuncturists, exercises well, looks slim.

Has changed her diet: decreased caffeine, alcohol & dairy.

She wants to go back to how she used to be!

Currently single. Broke up with boyfriend 1 year ago, were together 4 years. Finding it hard to say goodbye (is Christian). He's completing some renovations for her.

Just stopped taking Diane 35 OCP. Has had 1 period since, needed 2 Panadol & 2 Nurofen on the 1st day.

Has had 2 TOPs (terminations), early in relationships. Found them easy to decide, no regrets. 1 to ex (4 years ago) and 1 to a previous partner at age 22.

The Energetic System

Disclosed that she had been bullied by a landlady she had rented a treatment room from for 6 weeks.

Then she had been a bridesmaid at a friends wedding. The pimples had just started coming up, contributing to a stressful wedding lead-up.

Congested throat due to being bullied, humiliated and anger at land lady.

Treatment – First session

Release work:

I release being bullied by A, I release being angry at A, Fuck you A!

Did a Chakra Balance. Brow to Base needed extra time.

I release Humiliation, when hands over Throat to Brow.

Finished with Ovaries to nipples. (PCOS)

Discussed meditation. She does meditate when feeling bad, forgets the rest of the time. Encouraged to get back into it.

Treatment Session 2

Came back 2 months later.

Acne and oily hair all resolved.

Still has 2 weeks of PMT every month.

She has been doing a bit of meditation.

Tradie ex is finishing off reno today. She's feeling sad, angry and disappointed at end of this relationship and has been crying. He has also taken the dogs they had together and she's worried about them when he drinks & does drugs.

She's been vegetarian for 15yrs. Gets slack with proteins and doesn't eat mushrooms. Iron and Vit B12 levels OK when last checked a year ago.

Been achy in limbs: feet, arms & hands.

Did Circulation of Light for PMT.

Treatment Session 3

Came back 8 months later.

PMT has improved. Is now back on Diane 35.

Complaining of whole Left side of body soreness: shoulder, wrist, hip, knee and foot.

Wants to move on and meet someone new after breaking up with the builder boyfriend last year.

Has been to a Homeopath, Accupuncturist and TCM practitioner and has taken herbs.

Energy levels are OK and is sleeping well. Work has been steady.

Has been drifting around various accommodations and house-sitting.
Possibly moving back in with her mother soon.

Personal goals not going to plan, feels emotionally adrift.

Did Liver organ to each shoulder: I release my anger.

Liver to Throat

Throat to Heart – I release my Disappointment, + disappointment in myself

Opened TMJ's. the right opened easily, Left side took longer.

Geborah to Left shoulder, elbow & wrist

I release holding grief, I release my resentment.

Hod to Left Iliac crest, hip & knee.

Sex to Left knee & ankle.

Bilateral k1's

She felt overall balanced and "heaps better" after this.

Treatment session 4

Came back 3 weeks later.

Left side overall good, except for a small spot in her Left shoulder starting to get sore.

All the emotional issues of 3 weeks ago now not relevant. Has decided not to move back to her mother's place.

Did Heart to Sex, Base & Navel for emotional issues. All had slight congestion.

Did Sex to Base, Liver & Spleen for remaining PMT & period pain..
I release my old stories, I release my anger.

For her shoulder pain:

SmI 3 to sex, SmI 8, SmI 9 to sore spot. SmI 9 to Heart. SmI 9 to SmI 12.
Then Shen Tao (very congested) to SmI 9, Hod & Geborah

Result/ How it was resolved

Some time later I found out from her mother, that her daughter has been going really well and getting on with her life with a new boyfriend and flourishing massage practice.