

## **Case Study 5, PMT & Menstrual problems, 42yo female**

### **The Person & Complaint**

L a 42yo married, 2 children: Son 7yo, daughter 3yo.  
Complaining of tiredness & family stress.  
Has a long history of back pain. Gets worse with weather changes  
Kidney stones in the past. See a TCM practitioner re kidneys.  
Had wisdom teeth removed.  
Glandular fever in her 20's  
Cholecystectomy 7 years ago, after birth of first child. Had gall bladder pain during pregnancy.  
Italian, went to Catholic school taught by nuns.  
Met husband 9 years ago, on a blind date set up by his sister, who was her cleaner at the time. They eloped because of (his) Visa issues, then had to get 'married' in a church, for the conservative family.  
Used to work as a corporate banker, until had children, now works 3 days/week in related area with less responsibilities.  
Recent diagnosis of high blood pressure. Runs in family. Deferring medication.  
Periods are regular. Period pain and PMT have been worsening.  
Fell pregnant as soon as they tried to.  
1<sup>st</sup> birth was a vacuum extraction without pain relief.  
2<sup>nd</sup> birth was a quick, normal vaginal delivery.

### **The Story & Emotions**

She is 'treating' herself with a session for her birthday!  
She doesn't want to talk or share any personal information.  
I offered her a Wellness Balance – Circulation of the Light, where she doesn't have to talk or discuss anything personal.

She did start talking, from her 3<sup>rd</sup> session, after she had noticed some major changes from her first 2 sessions!

### **The Energetic System**

Given her Italian Catholic background, I would assume that there is congestion in the sex area (painful periods), Throat area (doesn't want to talk and Gall bladder removed), Base (kidney stones).  
There is also congestion in Hod (ongoing back pain) and liver (heavy, painful periods).  
There is also pain in her heart from family issues, especially her in-laws!

## **Treatment – First session**

I did a full Circulation of the Light

Her K1's were really blocked, has been running on adrenaline.

Binah to Geburah (fairness) also very slow to open.

Taught how to do the Inner Smile meditation

## **Treatment Session 2**

Came back 2 weeks later.

Said she'd been quite under the weather for a few days after previous session, including 1 day of 'sciatica', left GB pain until she realised that the feelings must be a result of the treatment.

She also had left kidney pain and took cranberry tablets. Her Mother-in-law has been 'hell' the last few days, is really pissed off with her.

I started on a Sacral Balance with her. Managed to do both legs only.

Her heel edges were very blocked. Did release-work: I release being pissed off with my M-in-Law while I held her heels.

## **Treatment Session 3**

Came back 2 months later.

Was again 'knocked around' by previous session.

Has been flat out with work

In-laws are driving her mad!

She lay on the table and said do what you want!

Straight away it came out that she'd had PND after her 2<sup>nd</sup> child (daughter). Had counselling.

Release-work:

I release sadness, and sadness of being a woman (heart)

I release rejection by Mother-in-law (heart)

I release guilt (sex)

Also had had a termination of pregnancy (TOP) between her children as it had Downs Syndrome, which her husband said he didn't want.

I release: guilt, sadness

I forgive: self, husband, baby.

I open my heart to: husband, 1<sup>st</sup> son, daughter, baby and self.

I release blaming: husband, baby and self for TOP

Resonance over heart, netzach, base & sex. Heart & Netzach were particularly congested.

Has a history of frequent urinary tract infections (UTI's)

Has always had menstrual cramps.

Finished with base to Shen Toa - Shen Tao was closed initially, but softened.

She commented that she had thought the counselling helpful at the time, but it had barely scratched the surface of the issues, feels much better now.

#### **Treatment session 4**

Came back 4 weeks later.

Said she'd had lots of abdo cramps and upper back pain for a couple of weeks.

Gets Chinese herbs for 'liver inflammation'

Did Windgates balance. All points need burning off, especially Small Int, Stomach/spleen & Liver/GB.

Releasework: I deserve love (heart)

I release my fear of getting pregnant – Huge! Sex to base.

I imagine opening myself to enjoying sex for it's own sake (sex to crown)

#### **Treatment session 5**

5 weeks later

Is facing the hell of moving the In-laws to another house, which they have bought for them. New visas also due for them, costing over 10k. Work has been frustrating as sub-workers not working as efficiently as she would like.

Has been doing the Inner Smile meditation regularly – feels a bit clearer.

Her husband has booked himself in for a vasectomy!! Suddenly the communication lines were open. The release of fear of pregnancy was a huge issue. Fears getting even more UTI's if she gets an IUD(?)

Has been feeling better, and so is pushing the limits. Got back pain again while gardening and tidying the place up the day before brother & sister-in-law were due to arrive. Was a nice visit.

Opened belt channel, GB 41 (right side very blocked)

TMJ's

Bilateral GB 44

Back Shu Bl 28 – very tender

GB 30 – left side very tender.

Complained of always having cold feet.

Face down – opened Du 1.5 to Hod & Shen Tao

On side – opened Shen Tao to p/c foot divergent channel.

## **Treatment session 6**

Came back 10 weeks later

Is planning a trip to WA to see her family. Wants stuff cleared before the visit, as she usually gets UTI's, lower back pain and abdominal pain during family visits.

Her Mum is demanding, OCD.

She has had lots of counselling re her parents. Dad had only been recently diagnosed for a mental illness he'd had since a childhood accident. Is now on medication.

Still meditating well.

Work has been going well.

Husband has had his vasectomy.

Upper back pain has eased.

Still has lower back pain.

Also wants period pain and heavy bleeding addressed today.

Did perineum to Ren 2, 3 & 4. All opened.

Perineum to St 30 was Ok. St 29 & St 28 were huge releases!

Base to sex & heart: I release feeling anger with Mum.

Sex to Spleen (hands on) was huge.

Sex to Spl 6 & 8.

**Result/ How it was resolved**

She was very tired the next day.

The WA family visit went much smoother than previously and Christmas with them wasn't too bad.

Her period pain is much less, as is the amount of bleeding.

Sex life is more relaxed.

UTI's now very infrequent.

Upper back pain hardly bothers her.

She chose to continue with other, better known modalities for her lower back pain.