

Case Study 9, Menopause symptoms, 53yo female

The Person & Complaint

MW 53yo married woman with a 33yo son who is living back with her after recent divorce, and a 34yo daughter who has 2 children she minds 4 days/week. Her son's 2 children live with their mother.

Her periods ceased 3.5 yrs ago after 3 years of irregular cycles.

Menarche age 13.5yrs, were regular and not problematic.

She used to be really fit, doing walking marathons.

Now complaining of calf & hip pain, general weakness, tiredness, aches & pains, hot flushes and night sweats, forgetfulness, irritability, decreased libido, teariness, now avoids others and gets claustrophobic in public places.

Recently started on antihypertensives and diuretic, hates the medication side effects.

Recent blood tests are all OK

Has a mild goitre.

Family history of breast cancer – mother & Auntie had it.

She's had 3 breast biopsies due to lumpy breasts, all OK.

Mammogram and breast ultrasound 6 months ago all OK.

Had frequent mastitis.

Not a candidate for HRT

Has tried herbal preparations for menopause, which weren't very effective.

Has seen an acupuncturist and a Naturopath for breast pain.

Breast pain has not abated since periods ceased.

Has a sore, weak, left wrist.

Started taking Magnesium 1 week ago and leg cramps are easing up.

Had first child, daughter at 17 – easy birth and post-natal period.

Had son at 18.

Went on The Pill caused her breast pain, then tried IUD which had to be removed to pain and increased bleeding.

Husband then had a vasectomy.

Her mother wouldn't consent to her marriage. So had to wait til she turned 18 to get married, after the birth of her daughter.

Her husband is 26yrs older than her with 6 other children. He gets on well with her family and her mother even ended up living with them for many years before she died.

Broken tibia 6 years ago when she fell off bus steps.

Currently having counselling for depression

The Story & Emotions

Current stresses: Husband has been ill early in the year – had a lower lid eye operation to remove a skin cancer.

He is 79yo, depressed, has erection problems, diarrhea and chest infections

Their dog died 3 months ago – both are very sad about this.

Their new puppy is a ratbag. Finding it stressful to train a new dog.

GP says that M has many signs & symptoms of depression.

Has wrist pain

The Energetic System

Most obviously M has chronic Throat issues: mild goitre, wrist pain, anger & depression, (liver), lack of energy (Udana), fatigue and hip pain (GB). Snoring due to congested Geborah.

Also blocked is her Heart – hot flushes, forgetfulness, lack of libido.

Breast pain could be caused by a combination of congested P/C and stomach meridians.

Congested Base, Netzach Hod all contributing to underlying anxiety.

Low kidneys contributing to fractured leg.

An older person, often has multiple, interlinking energetic blockages.

Treatment – First session

A full history was slowly elicited over the first few sessions.

I started off with releasing Blame from Netzach to throat (Husband & dog).

M accepts it when others, such as husband, son & daughter blame her for things. Says she's a rescuer...

I release feeling angry (that son dented her car)

I release feeling unappreciated (by daughter when helping her out with the kids.)

I release anger (at being taken for granted by both her children)

Also did most of a Chakra Balance.

Treatment Session 2

3 weeks later.

M had no leg aches when she went for a long walk after our session.
M has declined to do any child-minding for her daughter's children over the holidays!

She is now also refusing to do their housework for free.

When her daughter asked to borrow money for a dental bill, M wrote out a contract for the first time, expecting full repayment!

M noticed that when she had family stress, she would get stabbing pains in her breasts and leg pains (St, p/c & Liver?)

Night sweat causing her insomnia.

Her son is in the spare room, so there's nowhere for her husband to retreat to when she has bad night sweats or snores, so both have sleep interruptions.

Husband has a gambling problem, so M now controls his money.

I explained Bai Mai connection between sex & heart.

M very keen to work on opening her heart.

Taught her the Inner Smile meditation.

Keen to minimise all aspects of stress.

M has an older sister & brother and a younger brother.

Her mother died 10 years ago.

Father died when M was 6 from lung cancer.

M disclosed that she had been sexually abused by her father at age 6, penetrated when he was drunk after episodes of digital abuse..

Releasework, mainly over Throat to Heart: Anger with Dad – Fuck you Dad! Told him how it hurt her.

Anger with Mum – lack of recognition of distress with what was going on, (sexual abuse) not protecting me. Also I never had a birthday party as a kid.

M used anger to get her way as a child.

Anger with her sister, who was the 'luck one'.

Shen Tao to Hod: release envy at sister who got preferential treatment.

Treatment session 3

1 week later.

Breasts were pain free for 5 days, then had a confrontation with an acquaintance and experienced stabbing pains in her chest.

Issues about her sister emerged: Mainly anger & jealousy

Opened Throat to Geborah

Bladder to Base

Kidney -1's - blocked

GB-44's – blocked

Liver Flush – certainly needed doing – lots of noise!

Heart balance to Shen Tao

Heart to p/c-1

Encouraged to do the Inner Smile..

Treatment session 4

5 weeks later.

M's son suddenly found a place to live and moved out of the house – much to her relief.

No leg pains when walking now, only occasional hip pain.

Meditated a couple of times during the last week – felt clearer in the head afterwards.

Feels happier and lighter.

Did a last day of babysitting for her daughter, last week and had some leg aches at the time.

Doesn't have as many angry thoughts

Still has some insomnia.

I did a full Circulation of the Light Balance

Result/ How it was resolved

Many of M's 'menopause' symptoms resolved or minimised over the 4 treatment sessions.

Most of M's sources of family stress & friction also resolved with her children taking responsibility for their own lives.

She refused to be a door mat anymore.