



Case 8: [PCOS] 36yr old female

The Person & Complaint

Suffering from PCOS. Since getting period at age 13 they have always been irregular. At worst has been several years between periods. Went on pill to regulate cycle but since coming off six months ago they haven't returned.

Also suffering from lower back pain, fatigue (in the area of hod) and hair loss.

The Story & Emotions

Deep core holding in malkuth – survived bombing in Ireland as a child. Has deep fear of death and what it symbolises to her, which is being alone for forever.

The Energetic System

The deep holding in malkuth has affected the flow of energy through the whole body and particularly the reproductive organs. It has also weakened the kidneys causing back pain, fatigue and hair loss.

Treatment – first session

- Started by opening shen tao to the back of the sacrum (very little flow in yesod)
- Hod to malkuth (this was numb)
- To get some flow at malkuth I went to the female pole (binah to base). This released a sharp pain at malkuth.

Treatment – second session

- Felt some tingling in sacrum after session but no sign of period

- Talked about death and fear of what this means while opening malkuth
- Did release work around fear of death and fear of being alone for forever
- This had a profound effect on the body, releasing sharp pain and tingling through the whole body.
- Opened malkuth to front of the heart to finish the session

Treatment – third session

- Felt a deep sense of calm after the session and had sensations of period paid in the week following but period hasn't arrived yet.
- Opened binah to malkuth
- Malkuth to yesod
- Malkuth to hod (very painful at the kidneys)

Treatment – fourth session

- Kidney's ached for 2 days after session then cleared and lower back felt much better
- Opened hod to netzach (very painful and weak)
- Because I couldn't get much flow between them I opened each to malkuth which helped considerably.

Treatment – fifth session

- Noticed big improvement in energy levels and mental foggyiness completely lifted
- Had some breast tenderness over the last week but no sign of periods returning.
- Opened front of heart to yesod and
- Front and back of yesod (energy was starting to flow better)

Treatment – sixth session

- Had her first natural period in over ten years. Had 3 days of good flow and moderate period pain. Some stagnancy in blood as it was brown for the first day.
- Also noticed that hair has started to grow back thicker.
- Opened the male pole (chochma to yesod)
- Chochma to binah and each to the crown (felt a lot shift through the body)
- Malkuth to shen tao (flow is getting much stronger)

Treatment – seventh session

- Had period second month in a row – this time there was no brown blood
- Opened Kidneys to the ovaries (sharp pain released from ovaries)
- Ovaries to the nipples. This induced a stomach headache across the forehead so I went direct to the stomach organ which relieved it.

Result/ How it was resolved

Working on malkuth and the main fertility pathways of the body helped to return her menstrual cycle. Regular treatment of Hod and the kidneys has also helped to clear the lower back pain, fatigue and to stimulate hair growth.