



Case 9: [chronic vaginal thrush] 27yr old female

The Person & Complaint

Suffering from frequent bouts of vaginal thrush for over a year. Feeling very fatigued and suffers from indigestion (frequent diarrhoea) & bloating (around the navel area).

The Story & Emotions

Started after stressful period at work where she was working long hours and feeling anxious.

The Energetic System

Stress, anxiety and over concentration depleted the stomach and spleen, causing an accumulation of dampness in the intestines and leading to yeast overgrowth through the body.

Treatment – first session

To help relieve stress I started by opening shen tao to PC-9
Opened heart to navel and talked her through the inner breath meditation to help deepen her breathing and calm anxiety.
Once there was some flow I went to palpate the Sp-6's and they were incredibly painful
Opened Sp-6's to help clear stale qi from the spleen, liver & kidney's

Treatment – second session

Felt an immediate improvement in symptoms after the session. Bloating went down by 50% and thrush irritation reduced.
Opened front of heart to yesod
Then went directly to the spleen organ (which was virtually numb)
Very difficult to get movement so opened the male pole (chochma to yesod) then opened chochma to spleen. This helped to get more movement in the spleen (has a tendency to over concentrate).

Treatment – third session

Bloating improved again (down to 20%). Hasn't had any diarrhea but energy still quite low. Hasn't had a thrush infection in 2 weeks.
Started by opening shen tao to back of sacrum (got some flow between centres)
Opened perineum to Ren-2 and Ren-2 to the heart
Opened stomach and spleen to netzach (a lot of heat released from stomach).

Treatment – fourth session

Bloating has fully cleared but still has fatigue. Hasn't had a thrush infection in over 1 month.
To support the spleen function and help fatigue I went directly to the liver. Did a full liver flush. Particularly painful at Liv-3's when palpated.

Treatment – fifth session

Felt a big improvement in energy levels in last 2 weeks. Also no indigestion or vaginal irritation.
To help with anxiety started by opening shen tao to PC-9
Opened heart to netzach & double pass (hod to netzach). Noticed that she could breath much deeper after opening these pathways.
Taught inner smile meditation to help with anxiety and stress.

Result/ How it was resolved

Working on the heart, pericardium and navel helped her to relax and manage her anxiety with daily meditation. Focusing on the spleen, stomach & liver helped to clear the damp heat from the body and fight off the candida overgrowth. The liver flush also had a profound impact on her energy levels.