

## FERTILITY MASSAGE CASE STUDY - Shenaz - 13th May 2014

Overview of Client: Shenaz is a client of mine who has been coming for Abdominal Massage (she had Amno Fu with me but now I use the Fertility Massage techniques instead and have added the sacral massage too) and Reflexology. She suffers from Stage 4 Endometriosis (part attached to bowel & previous Left Ovarian Cyst which was drained) severely and has surgery threatening. Her two daughters are adopted. When she first came, she suffered pain during most days and her cycle was hard to distinguish. However I have treated her with both therapies - Abdominal when she is not in too much discomfort and Reflex pre bleed.

It has taken only 3 cycles for us to see a clear monthly pattern of several days of bleed followed by a good two weeks pain free, followed by pre bleed discomfort etc. Now her main area of discomfort is over the Left ovary. She is able to go through the month without taking pain killers and she feels so much better that she is going to go for an appointment with her consultant to have a updated scan etc and see what they say now in terms of potential surgery - something that she would really love to avoid if possible. Her bleeds are lighter and must less clotted. She is really pleased with the result and likes the way we alternate with massage and reflex. She is now able to take the abdominal massage much stronger.

Emotionally I have worked with her and used hypnotherapy to help her relax. We have talked about all the stresses and strains of family life and two adopted girls (little) from orphanages in India.

I don't really spend longer anywhere except over the left ovary/bowel once she has relaxed and I am able to work a little more deeply. Still ascertaining the womb is sometimes difficult. But the results have been so very good. Her cycles vary from around 26 - 33 days but there is a pattern now and a proper bleed and pain free/medication free cycles.

She finds the massage really relaxing and the benefits are clear from the results. I've added the Sacral Massage which she loves and has felt the relaxing benefit from these.

I have given her a great deal of advice on nutrition and supplements but there is some resistance here and she sights having two small girls as a hectic life, one that she doesn't feel able to introduce some changes too. I don't think her diet is poor but I do feel that she would perhaps get even greater benefit if she did make one or two changes nutritionally.

Fertility Massage has really given me the extra knowledge and techniques to help this client and she is a great example of how committing to regular treatment (pre ov and pre bleed) has really bought her benefit. It will prove very interesting to see if the scan results are beneficial. I honestly believe that if we make certain changes we can correct conditions and be free from stressful symptoms.