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BACK PAIN AND UTERINE FIBROIDS

Sandra Leahy-Gustafson

I have recently had two ladies who came to see me for back pain that had not responded to massage or chiropractic work, or even the Bowen Technique that I did for them (one lady was 42 and the other 48 years old).

The interesting point in both their case histories was that neither of them had any knowledge of a back injury to which this pain could be attributed. The chiropractic x-rays were not able to detect any structural defects that would explain the discomfort.

One of the ladies explained her pain as hot "jolts" of pain that would immobilise her, and she would have to lie down as her legs felt so weak, she could not remain standing. The other lady's symptoms were more vague, and were described as a deep ache across her lower back and down her the front of her thighs. But in each of their cases, the pains were getting worse.

Another interesting point that each of them made, was that their symptoms were worse about a week before their menses. I mainly used the Pelvic, Sacrum and Coccyx procedures to address their complaints. But after 3 sessions I was most disappointed that neither of them had any significant response. The lady with the more severe pain reported that she felt a little better before her period, but still felt the weakness and pain.

It was then that I started to question more about the nature of each of these ladies' menstrual histories, and found out that the 48 year old lady (whose pain was most severe), had a history of fibroids. She had been aware of it, but was told by her gynaecologist that she was approaching menopause, and everything would settle down after that. In the meantime, she should just get by or have a hysterectomy.

The 42 year old lady had noticed that her menses were heavier and lasted longer, but thought that this was normal, as she had had 3 children. She had no idea whether she had fibroids or not.

I suggested that both of these ladies pay a visit to a more sympathetic practitioner, and have themselves re-assessed. Sure enough, the gynaecologist confirmed that they both had very large fibroid masses, that were causing abnormal amounts of pressure on their lower pelvic nerves, and could explain the back and leg pain symptoms. She suggested that the older lady consider a hysterectomy (of the uterus only) as the problem would not necessarily decline after menopause. The 42 year old and decided to try some herbal alternatives to try and reduce the fibroids.

The result of all this is that there are now 2 ladies who are no longer suffering debilitating back pain! I have seen both of them after their respective surgery and hormonal management of the fibroids, and they cannot believe the difference it has made in their lives. Best of all for me, they reported a definite improvement in their energy levels after a follow up Bowen session.

The age-old moral of the story: When Bowen does not achieve a noticeable result in 2-3 sessions, consider referring the client for further investigations.

Sandra Leahy Gustafson,

Bodega Bay,
CA USA

Intensive, Feb 2001, Tucson, Az with Alexia Monroe attended by Rackel de Oliveira from Brazil and John Dall Ava from Surfers Paradise at the Rural Metro Firehouse flanked by two firemen. We worked on five of them during the class with great results. They want to take the training now!

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