Title: The relationship between surviving childhood abuse and developing PCOS later in life: A Case Study

Sara Jacobsen Conceive With Joy

Abstract

Statement of the problem: One in every 10 women are diagnosed with infertility in the USA. Researchers have studied the relationship between women experiencing childhood abuse and developing PMS, uterine fibroids, endometriosis and pelvic pain. However, not much research has been done on the relationship between experiencing childhood abuse and developing PCOS. This presentation will highlight the potential relationship between experiencing childhood abuse and developing PCOS. This presentation will detail how I, the presenter, healed myself of PCOS through healing my childhood sexual abuse, and through ritual. Lastly, this presentation presents possible viable alternative healing modalities, such as spiritual healing, energy healing, and Shamanism, for women desiring to heal naturally from PCOS. Methodology and theoretical orientation: Our subject, Sara Jacobsen, was diagnosed with PCOS and infertility at age 29. Subject was given treatment of an herbal remedy which she consumed for one month. A month after diagnosis, subject met a Priestess of the fertility Goddess Oshun, and received a spiritual cleaning on her womb by said Priestess. Subject released emotional pain over childhood sexual abuse through spiritual healing work and rituals with the Goddess Oshun, as well as energy healing and Shamanism, over an 8 month period of time. Findings. Subject then went back to her doctor and underwent a trans-vaginal ultrasound again as well as a blood test again. Subject's physical markers of having PCOS were gone. Conclusion and Significance. The significance of this case study is threefold. 1. To establish the connection between experiencing childhood abuse and later developing PCOS or other gynecological disorders 2. To educate the practitioners in attendance on this phenomenon so they can better educate their patients and 3. To inform practitioners in attendance of possible techniques for patients to naturally heal from PCOS including practicing spiritual healing, energy healing, mindfulness techniques and Shamanism.

Recent Publications.

1. Money, M (2001) Shamanism as a healing paradigm for complementary therapy. Complementary Therapies in Nursing and Midwifery 7: 126-131
2. Vuckovic, N et al (2010) Journey into healing: The transformative experience of shamanic healing on women with temporomandibular joint disorders. Explore: The Journal of Science and Healing 6: 371-379
3. Benor, D (1996) Spiritual healing for infertility, pregnancy, labour and delivery. Complementary Therapies in Nursing and Midwifery 2: 106-109
4. Boyton-Jarrett, R et al (2011) Abuse in childhood and risk of uterine leiomyoma: the role of emotional support in biologic resilience. Epidemiology 1: 6-14.

5. Rapkin, AJ et al (1990) History of physical and sexual abuse in women with chronic pelvic pain. Obstetrics and Gynecology 76: 92-96
6. Bertone-Johnson Elizabeth R. et al (2014) Early Life Emotional, Physical, and Sexual Abuse and the Development of Premenstrual Syndrome: A Longitudinal Study. Journal of Women's Health. 9: 729-739.
7. Campbell, R et al (2006) Gynecological health impact of sexual assault. Research in Nursing and Health 5: 399-413.
8. Pikarinen, Ulla et al (2007) Experiences of physical and sexual abuse and their implications for current health. Obstetrics and Gynecology 109: 1116-1122
9. Allsworth, J et al (2001) Ovarian function in late reproductive years in relation to lifetime experiences of abuse. Epidemiology 12: 676-681.

Biography: Sara Jacobsen is a Natural Fertility Guide, International Board Certified Lactation Consultant, Prenatal and Post Partum Massage Therapist, Birth and Post Partum Doula and Energy Healer. Sara has attended home births in East Oakland, California, helped HIV positive mothers breastfeed in South Africa, lectured on C Section Scar Massage at a mother-baby resource center, educated student doulas about the importance of natural fertility, and everything in between. Sara now supports women healing naturally from infertility, PCOS and Endometriosis through her business, Conceive With Joy.

Sara@conceivewithjoy.com