

## Endometriosis and CranioSacral Therapy

**By: Pam Kapoor**

**Personal:** E **Age:** 28 years **Sex:** F

### **History:**

**Symptoms:** Severe abdominal bloating and cramping, very heavy bleeding with big clots, backaches, headaches, moodiness, irritability, and severe nausea.

**Pertinent medical history:** E suffered from endometriosis since her early 20s, left ear drum burst every few years since her childhood and suffered from sinus infections occasionally. She had two laparoscopic procedures for her endometriosis which did not help her much. She took lots of analgesics during the beginning of the periods. She was treated with antibiotics for her ear drum problem and sinus infections as needed.

### **Evaluation:**

**Findings:** Significant fascia1 restrictions in the body. All her diaphragms were very restricted so was her CS system. Her overall SQAR of CSR was quite low.

**Tools Used:** CST, SER, CSIR, BS, CSIR, VM, LDT, Homeopathy

**Objective Results:** Her CS system and the fascia1 restrictions gradually got better with each treatment. During one of the SER session the body revealed that her ear problem was also related to the endometriosis which she worked through.

**Subjective Results:** E reported positive changes in her moods, backaches, headaches, nausea, and abdominal cramping. E had practically no pain during her periods towards the last few months of her treatment. She reported normal menstruations and she felt that practically all her symptoms related to the endometriosis were gone.

**Average Length of Session:** 1.5 hours

**Number of Sessions:** 80 (average 1/wk.)