

The Relationship Between Surviving Childhood Abuse and Developing PCOS Later in Life: A Case Study

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My name is Sara Jacobsen, and today I'll be speaking on "The Relationship between surviving childhood abuse and developing PCOS later in life: A case study". I have four main objectives for this talk.

Objective one: To educate you on how prevalent this issue of childhood abuse is in our country, and in your medical practice.

Objective Two: To convince you of the relationship between experiencing childhood abuse and developing various gynecological diseases later in life, including PCOS.

Objective Three: To share with you my story of how I was able to heal and reverse my PCOS through spiritual healing, and through releasing pain over surviving child abuse, and to show you what's possible for your patients and clients.

Objective Four: To offer some clinical applications for bringing this work to your patients and clients in your practice.

You may be wondering where my interest in this subject comes from. I'll go into my story a bit later, but briefly, I was diagnosed with PCOS and infertility when I was 29 years old. I made the connection shortly after being diagnosed with PCOS and Infertility that my PCOS developed in part because of childhood abuse I had experienced, and the pain from that abuse still negatively affecting me. After I was able to heal myself of PCOS and Infertility through healing the pain from experiencing childhood abuse, I knew there was something to this connection between surviving childhood abuse and developing PCOS and other gynecological diseases, and that's where the interest and inspiration comes for this talk.

First, let's talk about childhood abuse in the US. It's a big problem. Here are some statistics.

- Every year more than 3.6 million referrals are made to child protection agencies involving more than 6.6 million children (a referral can include multiple children).
- The United States has one of the worst records among industrialized nations - losing on average between four and seven children every day to child abuse and neglect.
- A report of child abuse is made every ten seconds.

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Submitted: 11 Dec 2017; **Accepted:** 23 Dec 2017; **Published:** 15 Jan 2018

- Yearly, referrals to state child protective services involve 6.6 million children, and around 3.2 million of those children are subject to an investigated report.
- In 2014, state agencies found an estimated 702,000 victims of child maltreatment and Individuals who reported six or more adverse childhood experiences had an average life expectancy two decades shorter than those who reported none.
- Ischemic heart disease (IHD), chronic obstructive pulmonary disease (COPD), liver disease and other health-related quality of life issues are tied to child abuse.

These stats are from the non-profit Child Help, which aims to prevent and treat child abuse. These numbers are huge, and we can use them to extrapolate how many of our adult patients and clients are survivors of childhood abuse.

In my research, I've found studies that look at the role of surviving childhood abuse and developing a myriad of reproductive diseases and disorders later in life, including severe PMS, severe pelvic pain, uterine fibroid's and Endometriosis. I want to share with you two such studies I've found that looked at the role surviving childhood abuse plays in developing severe PMS and uterine fibroid's.

The first study is called "Self Report Abuse in Childhood and Risk of Uterine Leiomyoma: The Role of Emotional Support in Biological Resiliency". The lead researcher is Dr Renee Boynton-Jarrett, Division of General Pediatrics at Boston University School of Medicine [1].

This study was published in Epidemiology in 2011.

In this study, they took data from 68,505 women from the Nurses Health Study II who had both completed and submitted the violence questionnaire from 2001 and had completed and submitted biennially a questionnaire about health behaviors and disease occurrence. The study population was restricted to women who were pre-menopausal, with intact uteri in 1989 and who had responded to the 2001 violence questionnaire.

Upon examining the data, the researchers found a graded association between early life exposure to physical, sexual and emotional abuse and leiomyoma risk.

The second study I want to talk about today is "Early Life Emotional, Physical and Sexual Abuse and the Development of Premenstrual Syndrome: A Longitudinal Study". The lead researcher is Dr Elizabeth Bertone-Johnson at the School of Public Health and Health Sciences at University of Massachusetts, Amherst. This study was published in Journal of Women's Health in 2014 [2]. In this study, they looked at Nurses Health Study II data from 1,018 women who had been diagnosed with PMS after 1989 and had also completed and submitted the 2001 violence questionnaire, and compared these women to a control group made up of 2,277 women who had no PMS diagnosis, or only experienced minimal PMS, and had also submitted the 2001 violence questionnaire. Through looking at the data, they found that women who had survived childhood emotional abuse had 2.6 times the risk for developing PMS versus women who had not experienced childhood emotional abuse.

Now, I want to tell you my story of how I healed my PCOS and Infertility by healing and releasing pain and trauma over surviving childhood abuse. I was diagnosed with PCOS and Infertility when I was 29 years old through a trans-vaginal ultrasound, which found cysts on my ovaries, and through blood work, which showed my testosterone was extremely high. At the time, I was around 125 lbs (I'm 5 Foot 4 Inches tall) and vegetarian, almost vegan. About a month after my PCOS and Infertility diagnosis, I met a woman who would change my life forever. Her name is Luisa, and she's a Priestess of the Fertility Goddess Oshun. Luisa gave me a message during a spiritual reading that shook me to my core. She told me that I needed to release the anger and pain over being sexually abused as a child. When she told me that, I cried. Until that moment, I had never felt brave enough to confront the truth of what happened to me as a child. Receiving this message from Luisa, I made the connection between my PCOS diagnosis and surviving childhood abuse. Right before I was to leave Los Angeles for Northern California, I went to her house for a spiritual cleaning on my womb space. She said prayers over my lower belly, invoked the Goddess Oshun and rubbed a kombucha squash over my belly to support my womb in releasing pain and trauma stored inside from the childhood sexual abuse I had experienced. I left that spiritual cleaning with Luisa feeling my reproductive organs for the first time in my entire life.

After that spiritual cleaning with Luisa, I took the following herbs for one month: Tribulus, vitex, white peonie and false unicorn. After one month, I stopped taking all of the herbs, because it didn't feel like the right step to heal from my PCOS. I continued my journey of healing with the Goddess Oshun, doing spiritual work with Her, and asking Her to support me in releasing the pain and trauma over being abused as a child. In addition, I asked Her to reverse my PCOS and Infertility. Six months after I started this solo journey with the Goddess Oshun, I went back to do laboratory testing. I did bloodwork again, and to my surprise, my testosterone was now normal. Eight months after this blood work, I did another trans-vaginal ultrasound, and found out that the cysts had magically released from my body. I also started to experience more regular menstrual cycles and even started ovulating again. After I was healed of PCOS and Infertility through healing and releasing the pain over being abused as a child, and through the spiritual work with the Goddess Oshun, that's when I knew that I had to share my message of hope and start my business, Conceive With Joy. In my business, I help women who have unexplained infertility, PCOS or Endometriosis truly heal from the inside out, so they can get pregnant or stay pregnant with ease, joy and grace.

I share my story in the spirit of what's possible for your clients and patients who have PCOS, Endometriosis, Unexplained Infertility, and other reproductive diseases and disorders. It is possible to naturally heal from all of these reproductive diseases and disorders, if you are willing to do the deeper inner healing work, and I'm living proof.

At this point in my talk, I hope I've achieved three of my four objectives. I hope I've convinced you that childhood abuse is a very serious issue here in America, and I hope you've started to think about these large numbers in terms of adult survivors of childhood abuse, whom you see in your clinic and practice every day as clinicians. Secondly, I hope I've gotten you to start to think about the role of surviving childhood abuse and developing gynecological diseases and disorders through highlighting two such studies I found in my research. Thirdly, I hope I've shown you that it is possible for your clients and patients with PCOS and other gynecological diseases and disorders to heal naturally from them, as long as they are willing to do the deeper inner healing work, and heal from childhood abuse, and other traumas. Lastly, I want to share with you some clinical applications- how you can use this information in your practice to better serve your clients and patients.

The first thing you can do is have a conversation with your patients who check the box on your intake form that they have survived abuse. Nowadays, most medical intake forms have an option to check a box or write in whether they are survivors of abuse or not. I know these conversations aren't easy to have, however, I feel as health care providers, we should be having these conversations with our patients and clients. Your client or patient may never have had an opportunity to share their pain in a safe environment, and if you can provide that safe environment for them, not only will it support you in building trust with them, but it could be an incredibly healing experience for them. Secondly, if you truly don't want to start a conversation with them, you could create a one-sheet that is given to all patients/clients, that talks about the role of childhood abuse and developing dis-eases, and offer them some resources to heal that trauma. Two modalities you can recommend to your patients/clients to support them in deeply healing from childhood abuse would be shamanic healing and somatic experiencing. Sandra Ingerman is a shamanic healer and shamanic teacher, and her website has a list of shamans she has trained. Your client or patient could go to her website and find a shamanic practitioner in her area to work with. The website is: <http://www.shamanicteachers.com/practitioners.html>

Another wonderful option that you can recommend to your patients or clients to support them in healing from childhood abuse and trauma is Somatic Experiencing. Somatic Experiencing is an somatic energy healing modality created by psychologist and physicist Richard Levine, with the purpose of helping people release trauma from their bodies. The website to find a Somatic Experiencing practitioner is here: <http://sepractitioner.membergrove.com/member-listings.php>

Lastly, I'm a resource. I support women one-on-one and in group healing programs, to release pain and trauma from their bodies, and to open themselves up to healing and wholeness, on every level, so they can get pregnant with ease, joy and grace. My website is <https://conceivewithjoy.com/> and I have lots of fabulous free resources on my website as well for your patients and clients.

I want to wrap up by saying that naturally healing from childhood abuse and PCOS is possible, especially when you as the practitioner

have an awareness of the connection, are willing to lend an ear to your patients and clients, refer them to the right people to help them heal, and, most of all, hold them as powerful enough to heal themselves of childhood trauma and PCOS, Endometriosis and Infertility. I'm ready to take any questions you may have.

References

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