

Case Study

Rosemary 34, fashion designer, clinical hypothyroidism (Hypothyroidism), has been on 300mg of Oroxin (TSH 3.2) for 5 years. Menstruation is completely irregular, can go between 15 to 90 days. (amenorrhea, anovulation). Menstruation can bring on severe lower back pain, lower abdominal cramps that feels cold and heavy, physical weakness, blurred vision, palpitation, depressive mood, needs more than 12 hours of sleep. Pale watery blood, medium flow but spot for 7 days after proper bleeding. She is puffy all over the body, put on 15 kgs for last 12 month. (80kgs)

Her endocrinologist told her that she will Never be able to conceive naturally and it would be a miracle if she becomes pregnant even with IVF.

She was devastated when she visited me.

I identified her inner state: Powerless, Depressed and Defeated.

Here is the conversation which was designed to shift her negative state and empower her.

“ Why are you so devastated, Rosemary?”

“Wouldn't you be devastated if your doctor told you, you will Never be able to be a mother?”

“No, of course Not.”

“ Why not?”

“ Because it is NOT my condition or situation, but my DECISION to that situation that shapes my destiny!!!. I am the master of my own life, I am not the victim. I Choose Who I Want To Be, I Choose What I Want to Achieve, and I give NO ONE consent to take my power away. The doctor does not and can not choose and determine my destiny , I DO!!!!.”

“ Wow, that sounds really powerful!! That makes me feel really good. How can I start thinking like you do?”

“ By starting to think like a winner, a master who consciously designs her own life rather than being a slave who lives under the effect of life. You can either Choose to be the power that moves the wave, or you can be the wave that gets tossed and turned by every wind that blows. It is your CHOICE to be the CAUSE of your life or the effect of what happens in your life.

What would you rather Be?”

“ I certainly would rather be the Power that moves the wave.”

“ Are you very sure about this?”“ Yes, of course, I am 100% sure.”

“ Then make this an absolute clarity about who you are. This Clarity of WHO YOU ARE, is the Absolute Power that will guide you through the jungle of life. It is what is going to clear your confused mind and put you in touch with your inner power/SPIRIT that creates the results your desire.”

“ You really want to be a mother? “ I asked her.

“ Yes, I do. I am ready for it, 100% commitment.. I will do anything, anything you asked me to do.”

“ You have just given your power away to me, Rosemary . Remember, you are in charge, not me! . I am merely a sign post that points you to the right direction. Why do you want to be mother?”

“ Because I love my husband. We want to spend the rest of our life together and we are ready to commit to create a loving family.”

She has passed my test. I Do Not help couples to conceive unless the motivation behind this sacred creative process is Love To Each Other.

Rosemary started a full bowel and liver detox, followed by natural fertility treatment. After 3 months of Detoxification, she had lost 8 kgs.

Rosemary conceived on the fourth month of her natural fertility treatment. She gave birth to a healthy full term baby girl, Grace . She took her girl to the endocrinologist and showed him her miracle.

She said “ remember you told me that I will Never be able to conceive naturally and it would be a miracle if I do get pregnant? I have come to show you my Miracle today so your heart may open to natural fertility methods and to always give hope rather than fear to your patients.”

“ You should have been there with me, Hong” she cried with the tears of joy “ you have made me into the most powerful person I can be. My God, the feeling of self empowerment I now have is so incredible.” You have changed my life forever.

Fertility Treatment: Resillian, 4 caps three times a day to tonify her thyroid and adrenals, whilst improving digestion and anemia

Menstrucare, 3 caps three times a day to warm her uterus, regulate cycle and induce ovulation (Enhance progesterone)

80% of her physical symptoms resolved after two month of fertility treatment. She had three periods in three months, ranging from 27 to 32 days.

I then add Female formula (similar to Ovairanne , an oestrogen and blood tonic, hormonal regulator, the dosage of female formula is similar to 3 Ovarianne three times a day.)

She conceived on the forth month of treatment.

The primary task in the whole process of a patient's healing is to demonstrate your own quality of empowerment and passion for life. It is this quality/energy that opens the door to a new truth or perspective to enter your patients heart (not their mind) which inspires them to commit to a new path of positive emotional development and empowerment.

It is not getting what I want that makes me Happy. It's my internal state of gratitude and belief in WHO I AM, that empowers what I CHOOSE to come into Being.

The foundation of healing starts from the fundamental principle of gratitude, appreciation and acceptance for the current moment or situation.

Then having the power to choose WHO and What I want to BE in that moment to change the results I AM producing.

Taking responsibility for the results of your life is the first step to empowerment and self mastery.

We have the choice to Be Who and What you want to BE in any given moment, no matter what the circumstances. This then shapes our actions and determines our results in life.

Without supreme clarity about Who you want to BE and What you want to Achieve, there is very little chance to RESPOND to a situation in a manner that empowers the expression of your desired qualities/identity.

Instead we simply REACT to a situation based on FEAR, generated from our past negative experiences which perpetuate the cycle of critical, self destructive thoughts and emotions that disconnect us from the power of love, joy and peace within us.

The results of your life are determined by your state of
BEING/RESPONSE not your state of DOING/REACTION.

You are either the victim or the master, WHO DO YOU WANT
TO BE.