

# The NEWSLETTER for the WOMAN on a quest to find the TRUTH



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"A woman can say more  
in a sigh than a man can  
say in a sermon."

Arnold Haultain

[Yale University Research  
on PMS - Dr. Yonker.](#)

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## Good day dear woman reader!

As promised, this month I will share yet another case where I can emphasize and share with you the degree to which our emotional state has an influence on our physical being and health.

Meet "Julia".

Right now, she is 40 years young and full of desire to live and find her perfect mate, for she has been divorced from a man that just did not fit her values and aspirations.

Her personal history is quite interesting as the vast majority of humans do not go through what she has been born to experience.

She was born in Japan, the daughter of an American father and a Japanese mother, who both have been traveling extensively between the States and Japan, and providing their daughter with some "international" schooling. Once a young teenager, her family moved back to the States and she continued to study on the continent until the age of about 21.

Once she reached her early twenties, her parents moved back to Japan and she continued her studies in Japan. Julia confesses that her mother had some debilitating symptoms while menstruating but kept them to herself as much as she could so as not to demonstrate her monthly beast. However, Julia could still see her mother's fatigue, anemia and irritability.

Once Julia moved back to Japan in her early twenties, with hindsight, she realizes how such a different diet influenced her to develop severe allergies, and even asthma. Julia described her symptoms, ranging from bloating, cramping and a down moment in her first days of menstruating while she was in the States, to becoming totally devastating with a PMS that started anew once she moved back to Japan.

Then a young adult and working toward a career, she found herself with the most severe PMS one can imagine. She started vomiting and fainting almost every month. Severe cramps were part of the recipe.

Outside the interesting and emotional realities she shared (which I will not include here), I can tell you that she is now very well-aware of the differences she went through as a young adult in Japan compared to being in the States.

Julia says that she felt the immense stress of not being a "perfect" Japanese woman - for she has facial features that could come from another European nationality - even though she could speak fluent Japanese, she still felt a foreigner in her own native country. She confesses that she always felt as though she were under the spotlight. The reality of a daily routine in Japan - the long commute, being a woman

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and expected to be so perfect, the pressure of not being able to relax, on constant alert of pleasing others and being of service - just finally took its toll on Julia.

She constantly felt the pressure of having to become independent while being perfectly feminine, work hard and prove herself regarding the highest expectations from the environment, yet never achieving them because she would always be a foreigner. In a nutshell, she lived a constant double message that she would never truly fit because she would never be a perfect Japanese woman.

What a nightmare! She shares that she endured those debilitating symptoms for nine years!

As I often say in my office, there is nothing like being fed up to become willing to effect some changes.

Eventually, Julia started to care differently for herself. She looked at a different diet, started taking supplements, massage, holistic tools that helped her, and moved to the USA.

Once she came back to her father's land, she realized her PMS almost totally disappeared.

As I speak with her, her regret is that she never looked at other alternatives or other points of view about life earlier on, for she felt she missed out a lot because of all the symptoms she could never get rid of all those years.

I can understand her very well. She felt she should have been taking "The Pill" to resolve her pains. My comment to her is that, in my surveys, many women shared that the pill helped them for a while but that symptoms came back with a vengeance over time. She also shared that during her PMS moments, she would get into accidents and become prone to physically hurting herself.

I wonder how much harm we produce unto ourselves because we are stressed, doing too much, trying to keep up the crazy pace of our demanding schedules and so on... How much energy are we going to waste before we stop ourselves and examine our own realities?

If I can leave you with just this important message (that I am serving to myself at times, by the way), I will have accomplished a lot.

Anyhow, since she moved back to the States, it appears to have been a true healing for her, in spite of some turmoil she went through, divorcing a man who did not fit her expectations of what a good relationship should be, having a child for which giving birth made her realize her monthly cramps were exactly of the magnitude of her birthing contraption!!! Quite a task, I will admit.

#### **As a conclusion:**

You know, dear women reader, the more I continue with my research, the more I investigate women and their realities, the more I feel we have to become our own best inner healer.

It does not mean we cannot be helped or inspired by mentors, books, therapists and friends, but in the long run, it really is our own individual responsibility to care for our own well being and happiness.

I wish I had known Julia in her early twenties and helped her to start making sense of her feminine reality. What is the blessing she finally understood by going through all this? Even if she is 40 years young, it may be too early to know. God knows! At times, life presents us with a full plate that we do not seem to be ready to digest.

Julia finally shared, and I have professed the same at times in my office, that menstrual cramps may very well be helped with a wonderful sexual exchange with a



partner that you care for and who cares for you, for love will always be a healing, in and of itself. Women, just be informed.

**NEXT MONTH: A surprise. Maybe we will have a real Spring pushing on us!**

**I WISH YOU A WONDERFUL MONTH** filled with sunny thoughts and warmth in all areas of your life.

Warmly:

*Pauline Houle* - Therapist – author

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