



**Title:** Using an Integrated Approach to successfully treat complex conditions presented by Covid

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### **INTRODUCTION:**

We are complex Beings, more than simply the sum of our individual parts. Attempting to treat complex chronic conditions like Stress, Anxiety and Physical Pain using a unidirectional approach is of limited value. Mainstream medicine treats conditions by reducing human beings to simple mechanical systems. Little attention is paid to the [interaction of systems](#) and the [power of the mind in the process of healing](#). The way the Coronavirus effected people has shown that [no two people are the same](#).

### **AIM:**

The Covid Pandemic has caused huge challenges for all, but more so for women. The Office of [National Statistics in the UK](#) has revealed that women suffered more than men with anxiety, depression and loneliness. Isolation, loss of agency, fear and grief led to these conditions. My patient experienced loss, anxiety, grief and physical pain during the Covid pandemic. This case study will demonstrate how providing an integrated approach provided longstanding relief

### **MATERIALS AND METHODS:**

According to the NHS, the 3 highest cause of morbidity and mortality – cardiovascular disease, strokes and cancer - are caused by Stress. The HeartMath Foundation terms Stress as the number 1 proxy killer. Long term stress can lead to anxiety and physical pain. There is a growing body of research highlighting the intricate and intimate connection between our emotional health and physical health.

Evidence suggests that chronic psychological stress activates the autonomic nervous system and hypothalamic-pituitary-adrenal axis, creating an unhealthy environment within the body. Our healing abilities are compromised and we begin to experience anxiety and physical pain.

I will present a case study of a woman who presented with a complex history, suffering from stress, anxiety, physical pain and grief during the Covid lockdown. The intricate causal relationship between different systems will be discussed and evidence provided to show how an integrated Mind-Body-Spirit approach resulted in steady, consolidated and comprehensive relief.

**CONCLUSIONS:**

Using a combination of bodywork, Mindfulness meditation, clinical hypnotherapy, plant based medicine and other modalities, this patient showed progressive and long lasting relief from anxiety and physical pain

**KEYWORDS:**

Anxiety, stress, clinical hypnotherapy, mindfulness, meditation;

**BIOGRAPHY:**

Diksha has been a successful clinician for over 20years and has helped more than 800 professionals, executives and business people manage their Stress Anxiety & Pain.

She has an honours degree in Psychology, a Masters in Behavioural Neurophysiology. Her training includes Clinical Hypnotherapy, Ergonomics, Stress Management & Mindfulness, as well as Chiropractic & Massage Therapy. Diksha is therefore able to bring a unique integrated approach to Stress, Anxiety and Pain Management. Her life experiences have taught her a great deal about stress, anxiety and pain: more recently, she helped her 25year old daughter rehabilitate after an ischaemic stroke and thyroid cancer, all in the same year. She has faced the challenges of pivoting her business through COVID...Diksha has been supporting individuals and groups during the pandemic, helping them manage their anxiety.

There is nothing theoretical in her content, it is all tried and tested - Diksha brings real life experience & knowledge to each of her clients, freeing them from pain and enabling them to regain control of their lives. Each client has an individualised treatment plan.