



Abdominal pain

37 y.o. Female

Keywords: abdominal pain, mass, rib

The Person & Complaint

37 y.o. female has been having pain in the abdomen and she saw a physician about it. They found that she has cysts in her liver and also some dense masses as well. Clinical terms are: benign local nodular hyperplasia, hepatic cyst, and hepatic mass. Doctor said that usually they do not cause pain and that he recommended not doing any surgery if she could tolerate the discomfort. No previous history of liver issues.

Pain is on the right side just below the rib cage and a bit medial from being in line with the nipple; and she also sometimes has pain in the back below ribs and down a bit. She is a mother of 2 children under the age of 10 and is married. She has been in college for 6 years and is in her final semester as a graduate student for Speech and Language Pathology.

Other issue: she just got on an antibiotic for a urinary tract infection. She had had one about a month ago as well.

Past issues: last year in the winter she got shingles during her second semester of graduate school. She has had weak legs (quadriceps) for years and also low back pain that flares regularly. When she was pregnant with her first child, she was bedridden near the end because she had so much kidney pain.

The Story & Emotions

- She had been on her semester break from graduate school when the pain came on and she sought medical insight into what was causing it because it was so intense.
- The last semester had been very challenging. She was doing a couple nights of college classes and also doing interning during the day. Her work load and content was intense.
- Since being a grad student she has been indulging her sweet tooth and eating lots of M&Ms and drinking diet coke amongst other sweet treats.
- She is starting back to school and is in her final semester. Her internship work is different, better hours for her family, and she only has one night class this semester.

- She notices sometimes when she is sitting bent over studying that the pain can really bother her. It waxes in intensity and sometimes is high in intensity and others low.
- The pain has been interfering with her exercise routine. That really makes her frustrated that she cannot exercise.
- She is the leader of her home, her husband follows her lead, and she is the one that makes the household decisions and makes sure everything gets done and is in its proper place. Her husband helps but she directs.
- This semester with her new schedule she is not able to be home in the morning and get her family going so she has had to tell her husband how to do it and then just let it be.
- Both her children have food sensitivities and her daughter also has thinning of the skin in her genital area. She is very attentive to what her kids eat, and do and it has been this way since they were infants. She plans out their schedules and gives them responsibilities around the house as well.
- She often gets frustrated and angry with her children when they misbehave and feels her son has some behavioral issues that she is seeking help for. She admits that she swears at her children when she is really angry and that she would like to change that behavior in herself.
- She cannot leave the house a mess and feels chaotic in environments where everything is not in its proper place. She gets angry if she is running behind and still needs to get the house cleaned up before she leaves, because she does not like coming into a house that is a mess.
- In childhood, her parents fought a lot and drank and home life was volatile, unpredictable. She kept her room very clean and organized, as a means of controlling her environment and soothing herself amongst the chaotic human happenings.

The Energetic System

- Liver/GB meridians are affected by her need to control her home, work, and school life. Tension in life = tension in systems.
- She is the, "corporal" of her household, an energetic function of the gallbladder indicating there is a holding in that organ as well as the liver.
- Liver is also being congested by frustration/anger and being an over-planner. Her poor diet is a contributing factor in liver health since she has been a graduate school student.
- Throat is also blocked by anger/frustration and is linked to the congestion of the GB/Liv organ systems.
- Back pain could be in relation to kidney congestion and past issues during

pregnancy or could also be in relation to liver congestion and causing pain on the back side of the organ.

- UTI is indicator of congestion in bladder system related to kidney system. However, liver meridian is also indicated for treatment of urinary issues in Deadman' s so the liver meridian in a UTI in her case appears to be related.

Treatment – first session

- On the day that she comes in for treatment her pain level is at a 3. She says on average it is a 4 or 5 but can get higher than that.
- I started off doing a liver flush streaming radiance through the organ in the area where the doctor said her cysts and mass was. I also noticed at times the energy moved like gel and was prickly.
- I took notice that where she pointed on her body for the location of pain seems lower than the actual liver organ. It seems to be under where her gallbladder is but in the soft of the abdomen, diagonal to belly button.
- Did resonance over the throat to off the liver and had her talk about frustration, anger, and control. She talked about how she controls everything. She likes things a certain way. Talked about growing up in chaos of her home and that her need to control probably made her feel safe- she kept her room very clean growing up.
- Release work at the throat "I release control." The throat center got painful and tight and finally relaxed after quite a while.
- Continued to do resonance off the throat. She was also verbally processing on how her kids and husband feel about her excessive control and an awareness of a need to let some of that go, the need to control. I talked to her about being aware and not needing to change how she is controlling because that's just another level of control but in just being aware and open to making conscious decisions instead of having her need to control dictate her life.
- After the throat felt more open I added off the liver back in and the two felt much more connected.
- At the end, I bilaterally balanced Liv3s. Had some back and forth pain in these points, got some movement by the end though and got some flow going there.
- The day after the session I checked in and she reported: Less pain today, ranging from a 0 to a 4. She said it has been better, sometimes she forgets about it because she can't feel it. She said she was even able to exercise today and that went good and made her happy.

Treatment – second session

- Since her last visit she said her pain has been at a 0. It had decreased in the days following her last visit, flared a little on the weekend, and then has been at a 0 all

week. She has been more mindful of noticing when she is controlling, and then has been practicing consciousness of in the moment asking herself, "Do I need to control this or can I let this go?"

- She started back to graduate school this week and has been handling that transition well.
- Her UTI is gone, at least she thinks so, she had a little irritation just before session when she went to the bathroom.
- Again, started with part of a liver flush. Went off of the area of the liver and over where her pain had been also. When went into that area it felt more liquidy.
- Resonance to GB organ area on to GB34. Super painful at the area of organ and no movement at the GB34 point. Once the organ area felt a bit better moved off and it was super painful for a long time, GB34 got buzzy. Off organ got to feeling a little bit lighter with no pain and there was more movement in GB34 as well.
- Resonance at Liv3 to GB34. GB34 got painful and Liv3 felt buzzy. They both kicked out heat together for a while and then at the end of the session felt warm, but even and smooth in movement.

Treatment – third session

- Since last visit her pain has been at a zero for an average and when it does flare it is only at a 2 or 3. She noticed it flared after she ate some spicy food.
- She has been thinking about control and being aware of it, feels like she tries to control everything. She shared a story of crutches under her daughter's bed. Her daughter had crutches exposed from under her bed and every time she would walk by and see them it bothered her, but she would not go and fix them. But she said it got to the point where it was driving her crazy so she did go and cover them up.
- Doing resonance to her GB organ felt warm, introduced GB34 to off GB organ and it did get a bit achy, and the point got achy too. Both kicked out heat for a bit. And then was starting to feel really good, soft, even, but would have intermittent ache.
- Liv3's felt ok to start but did kick out some heat for a short bit. We talked about how she is always thinking of how to prepare for things, or fix things, and we talked about her trying to be more present instead of trying to be five steps ahead in planning and getting tasks done.
- Ended session with connecting Liv1 to GB44 to get flow between those two meridians to support a balanced system between the two yin and yang pair.

Result/How it was resolved

The next time I connect with her she is in full swing of her internship and schooling. The mornings are going great with her husband handling the kids and she feels good about just

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letting him, and the kids, do it their way. She has had no pain and is in good spirits.

A couple weeks after that I talked to her again and she had recently been having more pain. It was flaring during the days she was dealing with a quick onset of an illness with her dog. Her family had to put her dog down and that was hard but in the days following the ordeal the pain completely subsided again. A month out from last check-in and zero pain. No re-occurrence of UTI either.