



Case: Lymphoedema, 49 y.o. Male

The Person & Complaint

- A 49 year old male presented for treatment for Lymphodemea in his left leg.
- He has had it for 6 months. It developed soon after an operation to remove a cancerous melanoma behind his knee and lymph nodes in his groin and abdomen. Pathology results were clear for the nodes, so there was no need for chemo or radiation therapy. Physicians gave him the "all clear."
- He wears a compression bandage on his whole leg, to help with swelling and the heaviness. He has no pain as such. He is embarrassed to have to wear compression with shorts.
- He is having weekly traditional lymphatic drainage which helps for a couple of days.
- Other health issues include:
 - o Kidney stones at 18 years old
 - o Severe twisted ankle, on lateral side of left leg 10 years ago

The Story & Emotions

His girlfriend left him the day after he was diagnosed with cancer. He was really angry with her 'because she was just thinking about herself,' so he told her to "f**k off," and she did. He was holding resentment, grief and sadness that she left at his time of need. He felt abandoned and dishonoured by her, fear of being alone. His mother died when he was 12 and he was sent to boarding school. His whole world changed. He hated boarding school was lonely and afraid and missed his parents. He has lots of stories, "How could my ex-girlfriend do this to me!" and is very disconnected from his body.

The Energetic System

- The trauma of losing his mother and being sent to boarding school meant he protected his heart (Back of Heart Centre) and congested the pericardium meridian.

- He also demonstrates anger, sadness and grief that his girlfriend left him.
- Fear has affected the kidneys: kidney stones.
- Being pissed off has affected the Bladder meridian which runs through the spot where the melanoma was at BL 40, the back of knee. The Bladder channel is affected by fear, as is the Base Centre, which energetically blocks through survival fear.
- Spleen governs the lymphatic system would be affected from all the stories.
- The Kidney Gate Energetic Centre is blocked through dishonour and fear, and the Navel Centre is blocked from emotional fear and blame.
- Stomach blocked from worry that his leg is not going to get better. The scar at the top of his leg is 10cm long and very hard. The stomach and spleen channels are both affected.
- Scar back of knee 5cm hard - bladder channel affected.
- Scar in groin - liver channel affected.
- Scar in abdomen - stomach channel runs through it, too.
- Scars are preventing fluid and qi from flowing properly through the affected areas, acting like a dam.

Treatment – first session

- Resonance: Back of Heart Centre to PC 9, bilaterally. Back of Heart not moving at all. Got him to talk about ex-girlfriend, he felt pain in his heart talked about resentment, anger and felt deep sadness. Back of Heart started to move - lots of pain in Practitioner's hand, pain in Pericardium channel, as well. He felt a bit lighter.
- Practitioner decided to come back to Heart congestion and moved on to the leg. Resonance: Kidney Gate to back of knee at BL 40, left leg felt very disconnected, talked about feeling dishonoured by ex, let down, abandoned at his time of need. Client talked about stories from his childhood, abandoned by his mother and father. Kidney Gate Centre felt very heavy, started to feel connection to his leg.
- Taught the inner smile mediation.

Treatment – second session

- Client felt emotional for a couple of days after last session. Still upset about his ex, but felt heaps better. Although he can't find forgiveness or move on. Talked about how holding on damages the body.
- Resonance: Back of Heart to PC 9: "f###k you" girlfriend, released resentment anger, rage. Back of Heart started moving, much lighter.
- Kidney Gate to knee, got them connected energetically after some time. Kidney Gate released congested energy. Kidney Gate to BL 40 pain in channel took a while to clear, talked about being pissed off with girlfriend and Dad.
- Lymph drainage to left side of body, energy stuck at scar at top of leg. Not moving up properly. Spleen very congested, Spleen to Back of Heart Centre. Resonance to scar really softened. Client could feel the difference, told him to massage scars every day, as they were acting like dams stopping the fluid from moving out of the leg.
- Practiced Inner Smile with client

Treatment – third session

- Client felt really angry and pissed off for a couple of days, feelings about his ex were intense. He recognised that by working on his leg it released the emotions and how holding on to ex was keeping him energetically connect to her and this was preventing his leg from getting better. Now he understood he felt he could let go. His leg felt lighter.
- Fluid level in leg was 17, and now 16.1, a slight improvement. Swelling was down, as well. He was very happy to see it had gone down.
- Resonance: K 1's then to Base Centre. Released: survival fear, fear of dying of cancer, fear leg not getting better.
- Strong Resonance, then 'Cylinder of Light' energetic technique to scar top of leg, which softened.
- Lymph drainage to left side, fluid moving better without so much resistance.
- Opened channels either side of scar: Lr 7 to Lr 11
- Resonance: Spleen 9 congested to scar, needs more time.

Treatment – fourth session

- Feeling much better, leg not so heavy. Swelling down. Ankle still swollen, knee cap sore. Has had upset stomach.

- Resonance to scar in abdomen, stomach channel running through it felt blocked.
- Resonance to stomach organ to Navel Centre: release blame
- Resonance: Stomach organ to St 36, lots of pain in channel.
- Resonance: St 45 to patella. Energy flowing in his leg, tracking stomach channel.
- Opened: BL 67 to BL 40. BL 62 strange-flow, helped ankle.
- Opened: LR 1 to LR 7 (knee gate).
- SP9 still very congested (resonance to spleen organ in balance whole of next session).
- Opened: GB organ to GB34 released anger and control. GB44 to GB34 left leg channel cleared.

Treatment – fifth session

- Much happier, leg lighter, no pain in knee, swelling down in ankle. Fluid levels down from 17 to 13. 10 is normal, a great result.
- Talked about self-nurture being kind to himself and his body.
- Full lymphatic drainage to whole body.
- Fluid flowing better through the scars.

Sixth treatment and How was it resolved

- Feels like he has let go of ex-girlfriend moving on, joined RSVP, had a date in the week.
- The fluid was now down to 11 from 17, normal levels are 10. He couldn't believe the difference. He thought he would have this swelling for life.
- Some pain in C7, resonance to Energy Centre at C7 while talking about holding on to old patterns, ways of being, mum and dad. Finding forgiveness.
- Resonance: C7 Centre to Throat Centre (Pathway: Hermit): loneliness, speaking truth, embarrassed about wearing compression sleeve.
- Suggested client come back for a Lymph drainage in a couple of months, or if swelling came back sooner.
- Practitioner received a text to say his leg swelling had stayed down and that the client was happy with the result.