



Case Study

Case: Gout

Male Age 62,

The Person & Complaint

The client had a sore ankle, which his doctor had diagnosed as gout. There was pain along the inside of the ankle, around K 3 to K 6. He was limping and the pain he described as being 8 out of 10. He had cramping during the night on the inner thigh. The client had been in hospital the year before with kidney function problems.

The Story & Emotions

What's the story with the client? Is there one? If there's nothing obvious, is it more of an attitude or recurring feeling? What are the emotions that the client is experiencing or repressing?

The client said he knew what the fear was about – when his partner got angry he was frightened. He was also fearful that his partner would leave. He spoke about how his mother would become angry when he was a child and again his response was that of fear. In his childhood he was also afraid that his Mother would leave (she had travelled overseas at one stage and left the children behind).

The Energetic System

How has the story, attitudes and emotions affected the energy system? What is blocked/congested? What obvious centre's, meridians, fields etc are contracted?

- Kidney channel was blocked through fear.
- Check the Spleen and Liver channels re cramping and swelling on top of the foot.
- GB controlling himself in front of his mother and also controlling his anger.
- Heart open to choose love rather than the fear.

Treatment – first session

What did you do in this session? What happened? What was the conclusion at the end of the session?

- K1 - He spoke about the situation with his mother. At one point I asked him to step on the leg and he reported the pain was worse. I continued opening the K channel. When he said the words to his mother 'Deal with it'.
- Spleen - He didn't feel he could let go of the story with his mother.
- Tiffereth - choose love not fear

How was the client after the first session? How is the complaint? Improved or not?

He noted that the pain was down to a 4 out of 10.

What did you advise the client?

I suggested he focus on the inner smile practice and not on regurgitating the situation with his mother and analysing it. I explained how the choices were practice smiling and opening the heart or choosing fear.

Treatment – second session

How was the client after the first session?

The client was surprised that he now had the spring back in his foot and could drive and garden. He said that the pain was almost gone except for a little near K4.

What did you do in this session? What happened? What was the conclusion at the end of the session?

- Open K1's
- He then felt pain along the spleen at Sp 3. So I opened the spleen channel.
- The pain moved to the lower shin area along the GB. – Letting go of controlling his response to his mother.
- Further pain along the stomach and liver meridians
- He felt it was like a quintet of emotions all untwined together. K, SP, L, St and GB

What did you advise the client?

I explained again that the choices were many we can be fearful, worry hold onto our stories or control ourselves or we begin to understand that our minds become what we think about so it is helpful in our lives to practice the inner smile and open our hearts.

He was resolved to do this and aimed to practice smiling more when he was alone as this was when he would go into the fear and worry.

Result/ How it was resolved

The pain had completely gone from his ankle. As he lives in another state he was very happy with the result and aimed to practice the inner smile.