

Skin rash, 61-year-old Female

The Person & Complaint

Single Woman, member of a spiritual community, came to see me with a skin rash, which looked like a severe burn and was especially acute on her right hand and right foot. These body parts were swollen, itchy, red, inflamed, making it difficult for her to work and prevented her from exercising, dancing, etc. She was wired and exhausted from pain when she came to see, stressed by limitations the disease imposed.

Other issues

- hip pain, emotional issues/ feels undermined/betrayed by previous partners

The Story & Emotions

The client has a history of skin issues. They have been part of her life since her teenage years, used to take heavy hormonal cremes and steroids to deal with it, but no longer wants to go on heavy medication.

The Energetic System

- Shen Tao – relationship issues with ex-partners
- Kidney gate: tension, feeling dishonoured, finding it hard to honour her needs
- tension in gallbladder organ
- Insufficient flow in her GB meridians- pain along hips and jaw line
- Spleen – taxed from overthinking/worry

Treatment – first session

The client had asked for a 1 hour treatment and I started with Shen tao & kidney gate (very hot and painful, started to balance after 30 min.) and she talked about how she always finds it hard to give space to her need for rest and relaxation, made worse by tight and demanding work schedule in community. I then balanced Shen tao to GB 41 BB (about 15 mins. each- extremely hot and charged, dissipation accompanied by intense pain and heat) and she started burping. A lot of air was releasing in her body as inflammation visibly went down. Right afterwards she wanted to keep resting and retreated to her bed right away. During the following days she felt clearer and more able to make decisions as her skin started healing.

Treatment – second session

I did not see the client for half a year as we live far away from each other and she went to see a skin specialist in the meantime. Even though the inflammation and rash itself had decreased after the session, the pain still seemed unmanageable. Since she had decided not to take "heavy" medication, the dermatologist prescribed a "milder" hormonal crème, which helped with the symptoms.

I treated Shen tao & GB organ "off"- very charged and painful, hot, started opening up after 30 min., can do with more work) and she talked about having to control her emotions and energy

in past frustrations, feeling that she was too much/intense for others, especially men. I continued by balancing the GB organ (off) & GB 41 BB (hot, wiry, painful right side took longer as more intensely charged) and she talked about how she felt more able to express her emotions in the community and that being helpful.

Treatment – third session

I did not see her for another half a year and she returned with trigeminal neuralgia like symptoms on the left side of her face. As she had only sat aside time for a short session, I balanced SI 19 & ST 1 & GB2- all left (very hot, wiry, charged, started opening after half an hour, can do with a little more work).

Result/ How it was resolved

She called me thank me a few days later saying that the inflammation had stopped and pain subsided as a result.