

Case: 17 y.o. girl with ulcerative colitis

The Person & Complaint

A 17-year-old girl presented with ulcerative colitis and severe pain in the left side of her abdomen. She has bad abdominal cramping and needs to have a bowel motion urgently 4-8 times a day. She sometimes has blood in her stools and her stools generally are not solid. She cannot wear any pants or skirts with waistbands, and she generally has to roll down her clothes to sit just over her pubic synthesis so that there is no pressure on her abdomen or descending colon. She also cannot lie on her left side or abdomen without severe pain. Worst pain is located in descending and sigmoid colon.

She also suffers from severe social anxiety, and she has never shared this with anyone or sought treatment.

The Story & Emotions

- Pain started two years previously after she got salmonella poisoning. She went onto Amoxicillin, which helped temporarily, but then her symptoms got worse and worse. She was hospitalised for severe cramps and blood in her stools, and was eventually diagnosed with chronic ulcerative colitis. She has been on and off steroids, which help, but then she gets worse again.
- She has seen a naturopath and has cut gluten, dairy, meat, and (more recently) all solid foods out of her diet. She now primarily drinks juices, as does her whole family now, but she still needs to urgently go to the bathroom 4-6 times per day.
- At the time of the salmonella poisoning and subsequent hospitalisation, she was going through a lot of stress at school due to working on her School Certificate and going through a breakup. Her parents didn't know she'd had a boyfriend for the entirety of their 6-month relationship, and she didn't feel supported at home. She has not had a boyfriend since that breakup.

The Energetic System

- Navel / Heart / Kidneys / Kidney Gate blocked through anxiety
- Build up of charge through intestines from Navel / Kidney Gate / Heart
- C7 blocked through holding on to ex-boyfriend
- LI organ and channel blocked
- Possible blocking of Belt Channel – will need to see if pain remains after LI is opened.

Treatment – first session

- Release work: C7 to Heart centre
 - “XXX, I love you and I let you go” → Not much happened, then she said “Can I just say I let you go? I don't know if I really loved him, or if I just liked him a lot.”
 - “XXX, I let you go” – massive release for her. Big opening at both C7 and Heart. She said “I feel lots better now, why didn't I do that two years ago! I didn't even realise how much I was holding on to him!!!”
- Check: kidney to belly button (left)
 - Super painful, heaps of congestion. Will need a lot more, but need to open Navel and double pass first.



- Resonance: Navel to Heart Centre
 - Very shaky, could feel emotion and anxiety rise, got some movement
- Resonance: Navel to Kidney Gate
 - Lots of gurgling
 - Anxiety rising in heart, talked to her about anxiety – when it comes up, how to talk to her mum about it, etc.
 - All pain in belly went away
 - She needed to rush off to bathroom to urgently pass bowel motion
- Taught her belly breathing
- Sat with her as she told her mum about her anxiety. She did a great job – clearly difficult, but also a big weight off her shoulders to open up about it.

Treatment – second session

Results from last session:

- She only had to go to the bathroom urgently once in the whole week, when she was sleeping on her L side at night. Pain woke her up and she needed to rush to bathroom. She has not had to go at school at all!
- She's been experiencing some anxiety, but not as much as usual. She feels good about having shared it with her mum.
- Not much abdominal pain

Treatment:

- C7 to area of pain in descending colon: LI was very painful and C7 took 15 mins to get any movement. Both started to open up.
- L kidney to Belly Button: lots of gurgles, some sharp pain in belly button for client, but got both moving in 30 mins.
- LI pain area (on) to LI channel on lateral side of middle toe. End of channel was completely dead, then we started to get some pressure and pain. Gurgles in LI, then high pain in LI. Was not able to open channel by end of session. Do again!

Treatment – third session

Results from last session:

- She has not had to go to the bathroom urgently at all except when lying on Left side
- She only has pain when physically pushing on descending colon area
- No blood in stools
- Still some pain in LI area when wearing high-waisted pants
- Not feeling stressed about upcoming HSC exams

Treatment:

- LI pain area (on) to LI channel on lateral side of middle toe. Heaps of pain in both!!! Pain was like knives for both of us.
- After 55 mins, moved hand to OFF LI pain area. After a few minutes, she had to run to the bathroom...she said the feeling was exactly the same as she used to get, but this time created energetically.
- LI toe to St. 25 (LI mu point) – felt connected and put more flow into LI channel from toe. Painful.
- Check: St. 25 to St. 12 (internal trajectory for LI) – energy goes exactly where her usual pain is. Do it next time!



Treatment – fourth session

Result from last session:

- She hasn't had hardly any LI pain. Pain still happens when she eats a lot (she's back on solid foods now!), and a little when she lies on left side.
- She has not had any need to go to the bathroom urgently in several weeks.
- No stress from HSC, which starts in a few days

Treatment:

- St. 12 to St. 25 (Internal Trajectory for LI). MASSIVE cramp at 30 mins, which felt exactly like it used to feel for her when she would get the problem. To me, it felt like a turtle came up out of her LI and clamped on to my finger with its mouth, then shook its body around. So incredibly painful! After this, the points came into good balance. There were rumbles in her LI, but she did not need to run to the bathroom (she was amazed that there was no urgency, especially with how bad the pain had been!).
- Lu 1 to CV 13 (Internal Trajectory for Lung, which wraps the LI as its pair) – could feel the wrapping of the LI, got good movement and balance. Rumbles in LI continuing.
- GV 3 to CV 3 (spinal meridian for LI) – got good movement in lower areas of LI, no cramping. Rumbles calmed.

Treatment – fifth session

Result from last session:

- No need to go to the bathroom urgently at all
- Wore high-waisted jeans without pain, but leggings (with more elastic compression) still hurt. Also some pain still remains when lying on Left side.
- She has not been stressed with the HSC which is currently underway

Treatment:

- Belt Channel:
 - GB 41 to GB 34. Super stuck for 20 mins. Couldn't get any movement.
 - Add in Navel Centre (associated energy centre for Belt Channel Strange Flow) – got Belt Channel to unlock at GB 41 in 5 mins.
 - GB 41 to TH 5 (coupling point for Belt Channel) – finally got some opening. Energy slowly climbed up foot, leg, thigh, then into usual pain area around the descending colon by the end of the session. Will need more!

Treatment – sixth session

Result from last session:

- No need to go to the bathroom urgently at all
- Can now lie on Left side for 10 mins, used to be less than 1-2 minutes before she had problems
- 6/10 pain yesterday from wearing a high-waisted skirt
- HSC going well, no stress

Treatment:

- Belt Channel:
 - GB 41 (L) to Navel Centre. Took 25 mins to get some opening.
 - GB 41 (L) to TH 5 (R). This caused very strong pain in her usual area of pain and she had to run to bathroom after 10 mins. After, she felt much better and



pain reduced, but pain remained at 9/10 in both points for me at end of session. Do it again!!

Treatment – seventh session

Result from last session:

- No need to go to the bathroom urgently at all
- Can lie on Left side for 30 mins now
- Can wear pants/skirts at waist level for at least an hour before pain starts
- No anxiety, HSC/ATAR results expected this week

Treatment:

- Belt Channel: GB 41 (L) to TH 5 (R) – painful at beginning, opened up through the whole area of the belly pain. Got movement at both GB 41 and TH 5, and the channel flipped directions a couple of times.
- GB 41 (L) to Navel Centre – increased flow through Belt, but feels very open and no pain in the channel.
- Kidney (L) ON to Ovary/Descending colon area (also on). VERY painful. Did not get all pain out of area. Will need to do more on this if she comes back.

How it was resolved

I suggested to her to see how she goes with the pain during normal life, and rebook if any pain remains. I saw her parents six weeks later and they said she had been doing really well, didn't think she needed more treatment, and that everyone was so happy with the transformation she'd had.