



Case: 39 y.o. male with migraines

The Person & Complaint

A 39-year-old man presented with severe headaches. He generally would get a bad headache every week or two, which would require at least one day of bed rest, and sometimes up to three days. His headaches were behind his eyes and on the sides of his head. He said sometimes the headaches were in other areas in the head, including the base of the skull, the front of the head, and sometimes all over the head. On the first day I treated him, his headache was 7/10 and building up. He said he would usually take a heap of drugs and immediately put himself to bed when he could feel a headache building like this. He said that if he was at work when this type of headache started, he knew he wouldn't have enough time to drive home safely and would have to go to bed at work for at least six or eight hours before considering driving home.

Client gets stiffness in neck and shoulders, as well. No other major medical history.

The Story & Emotions

The client is a shift worker who constantly changes from day work to night work to time off. He is extremely focused at work for long shifts, and then needs to crash during his time off in order to recover. There doesn't seem to be any correlation with where he is in his roster to when he gets the headaches, although when he came to see me he was in his time off.

The Energetic System

Gallbladder organ and channel blocked

Possible blocking of Brow Centre through over-concentration

Treatment – first session

- Resonance to GB 1's – too much pain (for him) to continue treating from there
- Open GB channel at GB 44's. Pain went down to 1/10 within about 15 mins.
- Open GB organ (which was also sore on palpation) – did about 30 mins. The GB organ felt hot and tight, and while it opened somewhat, more treatment will be needed.
- At end of session: no headache

Treatment – second session

Result from last session:

- No headache since last session. Neck and shoulders seem a bit less tight.

Treatment:

- Resonance to GB organ, whole session. Released a lot of pain and there were several big "croaks" of the GB releasing. GB felt quite good by the end of the session.
- At end of session: No pain in head. Neck and shoulders have released.



Treatment – third session

Result from last session:

- No headache since last session. Neck and shoulders seem even less tight.

Treatment:

- Resonance to GB organ - felt good after 15 mins.
- GB 44's – a bit tight at start, but then started to unwind. 20 mins
- GB 1's – he could manage being treated from here without any pain. Very tight! Got them moving and then expansive by end of session. (45 mins)
- At end of session: No pain in head, no stiffness.

How it was resolved

Client has had only about two or three headaches since the treatment (12 months previously), and all headaches have been related to outdoor exercise and dehydration.