

Back Pain, Female, 50

Person & Complaint

Client had the flu a week prior to seeing me and since recovering from the flu she has had intense back pain. It was a line across her low back. She also felt her sinuses were blocked and had been dealing with headaches.

The Story & Emotions

Client really wants to feel better after recovering from flu. Client had a weak stomach channel prior to having the flu and struggles with worrying and trusting.

The Energetic Body

The client's flu experience caused a lot of heat in clients stomach muscle meridian system. This particular strain of flu went through my house as well and I noticed that everyone had a lot of heat in their stomach muscle meridians during and after this particular strain hit.

Session 1

I worked her stomach muscle meridian bilaterally to her low back. Her back pain was completely gone after opening those in 45 minutes. I then worked stomach organ to CV17 to get some movement, as well as St1's to St2's to clear her sinuses.

I recommended client come back for a few sessions to completely open up points on face for her sinus issues but client did not come back.

Case #6

Cough, Female, 26

The Person & Complaint

Client is a new doctor who has had a cough with the in breath that gets worse at night since she started her new job 5 months ago.

The Story & Emotions

The client said that she finished up medical school and had four months off prior to starting her position. At the time she was also in the process of buying a house with her husband. She described her new job as challenging, but really likes it. She loved getting to spend time with her husband and working in the yard and cooking during her four months off. They were also getting to spend a lot more time with his daughter. She said it was really sad for her when she started working because she didn't have time to do all those things. It felt like she had less time than she did when she was in medical school. Her hospital position is in pathology and she often has really sad and challenging cases. She comes home and can't stop thinking about the tough cases.

The complexity of the relationship with her step-daughter and the daughter's mother is very difficult and has only gotten more difficult since covid.

She really loves being a doctor and enjoys learning. Her husband does not love his job. When she comes home at night he is often frustrated with his tough day. She wants to be happy about her job, but he doesn't want to hear about how much she loves work. It also makes her feel torn about fully allowing herself to feel how she wants to feel. She said a coworker recently pointed out that she sighs a lot to catch her breath.

The Energetic System

The client is holding onto a lot of sadness and grief in her heart and lungs. Her solar plexus is also very tight and she can't get her breath past this area. She is sighing so that she can force her breath down to her navel. Her closed solar plexus keeps her from truly allowing herself to embrace and open to her new role as doctor.

Session 1

Started with Shen Tao to solar plexus. We talked about the sadness of starting work and of her job. Shen Tao started to move. I had her feel into sadness and notice where she felt it. Then we talked about stepping into her role of now being a doctor and letting herself enjoy it. Both Shen Tao and solar plexus connected and started moving. Then I went to the BL13 bilaterally to Lung1's. A lot of heat and pain came off of these points. I finished with Lu11 and bladder divergent (thumb) to Lu1 and unmarked bladder point that runs parallel to Lung1 and treated these bilaterally. I was able to get both sides connected and moving/releasing. Client said she was shocked she didn't cough the entire session. Her breathing was a lot more open and deeper. She said she could also feel a huge difference in her chest and how open it felt. She noticed that when I worked on Lu11 and bladder divergent to Lu1 and bladder points that her jaw really relaxed too.

Session 2

I saw client 2 weeks later. She said she still had a slight cough, but it was much better. She could sleep through the night now. I started with Shen Tao to solar plexus. They connected quickly but Shen Tao was painful so I let that release and calm before moving onto BL13's. They were not nearly as hot and blocked as the last time, but it took a while to get the charge out of them. I finished with Lu1's to Lu11's and bladder divergent bilaterally. These moved and connected really quickly. The bladder channel was where most of the charge was coming from. She could feel her jaw relax again as I opened these.

Session 3

Two weeks later I saw client for the last time. She said she had just a slight cough left. I started with Shen Tao to P5 and L5. I then did governing 12 to conception 20 and BL13 and got a flow. I finished with some heart work. We talked about her work fears and she recognized that her biggest stress at work was a fear of failure. It is a common fear in new doctors because of the lack of support and the pressure put on them by their senior doctors. I had her feel into what failure felt like and then I had her feel the fear of failure in her body. It was very clear how much more heavily the fear of failure felt and she was able to feel the toll that fear was taking on her body.

The cough went away completely after our last session.