

Case 13: Cold hands and Feet

The person and the complaint

A lady 40 years old presented with cold hands and feet all the time regardless of hot or cold weather. It had affected her work and sleep.

She always had to wear gloves and socks even in summer time. She tried a few herbs recommended by her friends being Gingko Biloba , Vitamin E and Coenzyme Q10 and none of this helped her. Her doctor said there was nothing wrong with her heart and it was common for many people to suffer this and she should just accept it or he could prescribed a drug to help her.

The Story and Emotions

The lady had been unhappy because she felt her parents never loved her as a daughter. She was always labelled the black sheep in her family.

Her parents favoured the boy in the family only because that is their tradition. She felt her mum used her only . She always helped them financially but never felt appreciated. She recently quarrelled with her mum and had not spoken to her for one and a half years.

The Energetic Systems

Her pericardium meridian was blocked and her heart was also blocked.

Treatment

One session only

Resonance to Pc8 for 20 minutes bilaterally and release work over her heart to release being hurt and being disappointed with her parents was done respectively. She was also encouraged to forgive her parents when she was ready to avoid damaging her heart. She received it well and was aware of the consequences of holding emotions in her heart.

Result

She reported that her hands and feet are normal just after one session. She was pleased with the result. She was taught to practice Inner Smile meditation as well as doing daily Vipassana meditation.