



Case: Toe nail fungus and yeast infection
Age 37 Female

The Person & Complaint

My client came to me with a very bad toenail fungus. It was across all 10 toes. They were predominantly yellow and flaky and the big toe was also a little black in colour. The toes were not straight and she could not wear open toe shoes. She was embarrassed at how they looked. The left hand thumb nail looked like it was just starting to turn. They had been in this state for about 7 years. She also had a bad yeast infection and had been taking antibiotics for 2 months without any improvement. My client mentioned that she had a sweet tooth. She was eating a lot of chocolate especially when she was emotional.

The Story & Emotions

My client was very lonely and was feeling quite disappointed in her life and helpless. Her parents had passed away and she was not close to her siblings. She was angry with the way her father had treated her as a child and she was still angry with him as he had left most of his inheritance to someone else. He had sent her to boarding school at a young age. She had very few friends and had many "stories" to tell relating to her life ...mostly complaints. She had a very negative outlook on life and seemed somewhat depressed.

The Energetic System

The liver and spleen were quite congested because of the suppressed anger, the "stories". The yeast infection was probably because of the congested spleen and the sweet tooth issue was not helping. The throat was congested because of the held anger and Netzach was congested because of the emotional worry about her situation. Her heart felt prickly and her eyes looked very sad and almost teary when she was telling her "stories". The Lung and spleen were affected because of the held sadness and obsession along with Gevurah. Yesod was congested because of her "struggle" with relationships with others.

First Session:

I worked on the heart and PC 9. Hese was burning my hand and I also tried to work on Netzach. It was also extremely prickly. I talked about release work and that we would probably do it in the next session. I talked about cleansing her liver. I asked her to drink lemon juice in hot water every morning and to start a series of liver flushes. I asked her to try and stop eating sweet things for a while. I talked to her about held emotions in the body and the importance of

meditation. She was going to try and meditate. She left the session much calmer and looked much brighter.

Second session:

My client reported that she had slept well after the last session. She had started to drink lemon juice in the morning and said that she had failed at meditation. She had been for a liver flush and didn't feel anything. She didn't feel any better.

I felt her liver and it was very congested so in this session I decided to do a liver flush. At the end of the session it felt much better and she appeared to be brighter. I asked my client to continue to have liver flushes.

Third Session

In this session I decided to do some release work. My client's father had passed away approx. 7 years ago and this was when she started to have the problems with her feet. She released a lot of anger (hesed and yesod) relating to her father and mother. She was angry about how he had treated her and the fact that he had passed away. She was quite emotional and was exhausted after the releasework. I did a little bit of work on Shen Tao at the end of the session.

Fourth Session

My client reported that after the last session she went home and slept for 12 hours. She had also had another liver flush in the last week. In this session I opened the liver meridian and I worked on the spleen organ as we talked as it was quite congested. She left feeling quite sleepy.

Fifth Session

My client arrived feeling very positive about taking action with her health. Liver flush had been done during the week. This week the liver still felt congested but much better than previous sessions. I worked on the spleen again

I opened CV 2 (liver and Conception vessel meet here) and CV 4 Meeting Point on the Conception Vessel with the Spleen, Liver and Kidney Channels. I opened Spleen 6 on both sides and CV3, ST 40 to assist with the candida.

Sixth Session

My client reported that the yeast infection had improved significantly

My client had received another liver flush and her liver was feeling much better. In this session I opened LIV 5, ST 36 and did some more release work around her relationship with her family. I also opened yesod and the heart. She released feeling alone and feeling helpless.

She left feeling very content and reported feeling extremely relaxed.

Seventh session

In this session we talked about the sweet tooth and my client's eating habits. We also talked about my client's relationship with her mother. I viewed her problems with sweet foods as her inability to nourish herself as her mother had not been able to nourish her when she had

needed it. We did some release work around her relationship with her mother and I tonified the stomach with St 41, Spl6 and Sp 2. I also opened Netzach

Eighth session

My client reported that her craving for sweet food had diminished and on a physical level her yeast infection had almost cleared. I worked on SPL 6 again and opened the liver channel gain. I also worked on Hesus.

In this session there was a small breakthrough we could see a new nail starting to grow on the third toe. The candida had cleared but the toenail fungus is part of an ongoing treatment plan. I will continue to treat the liver and spleen and look for more new nails. This could take months.

Ninth Session booked

I am very pleased to report that my client has booked another session and she has told me that her thumb nail has cleared.