



Case Study 10

Client: Female 17 years old

Severe tonsillitis and Raynaud's syndrome

My client was experiencing severe tonsillitis at different times of the year and had just been diagnosed with Raynaud's syndrome in her fingers.

My client had a tingling sensation down her middle finger and the finger was going white and numb even when it wasn't cold outside. She also said that she wasn't feeling very social and did not like mixing with people. Her fear of meeting new people had started when she was 15 when her family had moved to a new town and she had to leave her good friends behind. She had a tough time at her new school and had been bullied. The move to the new town had been caused by the breakup of her parent's marriage. Her mother had found a new boyfriend and they moved in together and her father was very distressed about break up. She felt like she was pulled in different directions in terms of her loyalty and attention. It was a very confusing and stressful time for her.

The Energetic System

My client's heart was not coping well with the family situation. Her small intestine was trying to sort out the good from the bad and was confused by all of the conflicting demands. Her stomach was a little bloated. The triple heater was under stress from the emotional turmoil within the family unit. The pericardium was very weak and as not protecting the heart as she was devastated by all of the changes. I sensed that the cold tingling finger was probably caused by the triple heater and pericardium imbalance. Her Base and Netzach were blocked because of the fear and especially the emotional fear of making new friends. This was also affecting the PC. She had the emotional fear of trying to make new friends as well as trying to cope with the unhappiness of her parent's situation. She also sounded very sad when she was talking to me and had an uncomfortable laugh at different times in the conversation. Hesed was blocked as she had not been able to express her feelings to anyone. I sensed that the tonsillitis was probably because of her inability to communicate.

First Session

I talked to my client about her situation at length and had minimal time for the treatment as it was a quite detailed story.

I worked on the Heart and Shen Tao in this session. I also opened GV 11 which helped a lot. PC 6 and TH 5 helped her calm down she said that she felt more relaxed at the end of the session.

Second Session/Third Session

I worked on the front and back of the Heart and opened the pericardium. PC 9 My objective was to strengthen the PC. I also tried to work on the Triple heater and I also wanted to strengthen the triple heater so it could perform its function so I opened TH3. I repeated the same treatment twice. I noticed that my client seemed a little happier in herself and she had some colour in her face. The uncomfortable laughter had also ceased.

Fourth session

I worked on GV11 and PC9 once again. I opened the Base and Netzach. We did some release work around her fears. My client appeared to be a little more confident and calm.

Fifth Session.

My client arrived and appeared to be quite happy. She reported that she had made a new friend at school and that her friend was protecting her from the bullying at school. Her social life was improving and she was starting to look forward to going to school. In this session I worked on the PC 9 and TH3 again. I worked on Hesed and it took some time to shift. I opened Hesed to the heart as well to help her to communicate from the heart.

Sixth Session

My client arrived very happy and reported that things had improved at home. When she saw her father she did not feel so bad about his unhappiness and her conflict in loyalty was more manageable. She had realised that she was not responsible for her Dad and how he was feeling. She said that she felt like her she was beginning to feel more like herself. In this session the Base and Netzach had improved significantly but required some more work. I also worked on PC9 again. I also opened SI 17...to support my client in not feeling like she was a victim of her life. SI 17 and Lu 11 are also good points for tonsillitis.

Seventh Session

My client arrived very happy and her physical symptoms were starting to improve. She felt much better in herself. The tingling in the middle finger had stopped and her finger no longer went white and numb. The tonsillitis had subsided the more she felt she was able to relate to people. I opened the PC and Netzach to the Heart to support the small intestine.

In the seven sessions I first observed a young girl who was very hurt and showing a lot of vulnerability. She was very lonely and scarred. By the end she was standing up for herself and starting to communicate and protect herself which told me that her heart protector was finally doing its job.

She was also able to decide who was safe to befriend and trust and who she should avoid. She was getting stronger and stronger. I continue to treat this client on her journey through her last year at school. We are now working on her ability to focus for her exams and her future. She has now incorporated meditation into her everyday life.