



Case Study 14

A 50 year Male –Tight legs and inability to bend over with pain in his knees.

My client came to see me as he was finding it hard to walk his dog. His legs were really tight and he had some bad pain in his knees when he tried to bend over. He was on pain killers and had also been diagnosed with fatty liver disease. He was seeing his Dr for the fatty liver disease and the Dr had recommended a special diet which he was finding it hard to adhere to. He confessed to eating at least 2 bags of red frogs (sweets) every day and drinking lots of diet coke.

My client also told me that he had been involved in a number of car accidents in his life. He had been a delivery driver and had spent a lot of time on the road. There had been more than 10 accidents. He had broken many bones including his legs, ankle and had strained his back. He had been the driver in all of these accidents. He said that he was experiencing insomnia and that he had recently started wearing glasses as his eyesight had been deteriorating.

The Energetic System

My client's liver and gallbladder organs and meridians were not very healthy and were very congested from the medication and probably because of his eating/drinking habits. When we spoke about the accidents I asked about the circumstances and he blamed the other driver for every accident and said that he had never been at fault. He had really tight shoulders. My client's heart was congested and when I asked about the insomnia he told me that he had been waking up every night around 1 am and could not get to sleep until around 4.30. He was constantly tired as he had to be on the road at 5.30 am for his job. He was very frustrated about this. Gevurah was also blocked through frustration and resentment about his situation. Netzach was also blocked. He appeared to be blaming others from his situation. Hesed was also congested probably qi rising from the liver. He was also worried about his situation on some level which could have been affecting Netzach and his knees. His knee situation could also be related to his relationships with others affecting Yesod. It felt congested.

Session 1

I started this session by feeling the Heart which felt really hot and prickly and so did the liver. The gallbladder was very tender and on palpation he suggested it was an 8/10 in terms of tenderness. I spent the entire session on PC 9 and TH5 and the gall bladder organ. I explained how treatment works and explained held emotions and the impact on the body and I also told him that he would require a number of sessions and to support his treatment a liver detox would certainly help.

Session 2

In this session I did a liver flush. It was extremely congested and I suggested having them weekly for at least 6 weeks. My client went to have liver flushes with a student weekly for 3 weeks allowing me to focus on other things.

My client reported that he did not feel any different but perhaps a little more relaxed.

Session 3

In this session I worked on the gallbladder organ again and GB34, GB 40 and GB43.

He fell asleep and said that he felt very relaxed. I checked LIV7 and it was very tender. I thought it may help the knee and I also opened LIV8 hoping that this would help the stiffness in the knees. I opened Netzach whilst talking about worry and how it can have an impact on the body.

My client hopped off the table with more movement in his knees in terms of being able to bend. It had improved significantly but still required some more work. He left feeling much happier with his progress.

Session 4

In between session 3 and 4 I had discovered that my client was drinking heavily. He had not told me about this. As he was a distant social acquaintance. I discovered this issue through our mutual social network. He had been extremely drunk over the previous weekend and had fallen. My feeling was that his liver was not able to cope with the toxicity and as a result the ligaments and tendons could no longer hold him upright. I also started to think about his other symptoms. He had expressed quite a lot of anger about the accidents and had blamed others. He had also realised that he had vision problems and the fatty liver disease diagnosis. All symptoms pointing towards a very sick liver. In this session I realised that my treatments were probably not helping my client that much. I told him that I could not help him if he was drinking to excess etc. It was wasting our time. I was also not keen to continue treatment given our mutual social connection.

In this session he said that he was severely constipated. I spent the entire session working on LIV 3 because of the stagnant heat.

He went away to think about what to do next.

This experience taught me about the complexities of treating social acquaintances and the potential challenges that may arise around healing expectations.

Session 5 (3 months later)

My client to his credit went and sought help for his drinking and was on a detox diet prescribed by a naturopath.

I started our treatments again with a liver flush so I could feel the current state of the liver. It had improved slightly since the last session. He appeared to have changed his attitude and looked a little healthier. I told him that I could find another practitioner and explained why but he decided to stay with me.

Session 6

I worked on the Gall Bladder organ, LIV 3, LIV 8 and GB 43 in this session and the client reported that he felt much better. His knees were not so painful.

Session 7(2 hours)

I Opened Netzach and this took quite a while. We did release work around blaming others and worrying about his situation. I opened Hessed and we did some release work around his anger. We also opened Gevurah and released resentment towards others and the accidents. Netzach to the heart to support the liver.

My client was exhausted after this session and reported that he had slept through the entire night for the first time in months.

Session 8

In this session I opened the ST4s to see if it would help with the knees and we released worry again. He was very relaxed and the legs responded well. I also opened Yesod to each patella which felt really good but took a while on both sides. This was an experiment.

Session 9

In this session I worked on Shen Tao as I wanted to see if I could improve and support his sleeping through. I also worked on PC6 and TH5. I also opened LIV 8 to help with the knee pain and my client reported a significant improvement in his knees at the end of the session. I opened LIV4 and HT 7, SPL 6 bilaterally to help with the insomnia.

My client reported that he had slept really well.

Session 10

I opened Liver 13 to support the liver and gallbladder and I decided to focus on the liver. My understanding was that fatty liver was about blood stagnation. I worked on the spleen organ and SPL 6

Session 11

We continued to try and support the liver with liver flushes running in parallel. I worked on the spleen and opened LIV 14, SPL 21 (to help with the distribution of qi) and GB 34. My client reported that he felt very tired and had a mild headache.

Session 12

I worked on the spleen again and opened BL 18 (to regulate and nourish the liver blood.)I also recommended that my client see a student in between my treatments so that they could focus just on the spleen organ.

Session 13

In this session I opened a series of points to help support the liver. I opened BL 17 and BL 18 and LIV 4 and LIV 3...together they are able to activate the qi and blood .

My client continues his journey of healing of his liver and I now see him fortnightly. He has lost 10 kilos and is feeling much better. His knees and stiffness in his legs are improving slowly. The work on the liver, gallbladder and spleen has helped improve the flexibility of his ligament and tendons. He is very aware that his ability to move has improved. He said that he has never felt better in his life. He hasn't had any more accidents.