



Case Study - Panic Attacks

The Person & Complaint

- Young man, aged 17 years old
- Currently in period between Year 11 and Year 12, on school holidays
- Experiencing panic attacks daily currently, including feeling nauseous, chest pain, sweaty and cold hands and feet. Sometimes panic attacks happen in night. No obvious activity or time-of-day trigger.
- Experienced fast weight-gain 18 months ago (gained 40kg).
- Panic attacks started 10 months ago when was crossing the road to a job interview. Was not first job interview and was not particularly stressed about the job interview.
- Wakes up with anxiety in the middle of the night, no consistent time.
- Neither kinesiology nor acupuncture has been able to help.
- Has normal urination, except for during a panic attack when needs to urinate excessively.
- Mum has had an adrenal gland tumor. It was benign and has been removed.
- Has had chronic sinusitis throughout life. Tonsils and adenoids were removed at 7 years old. Previously antibiotics were prescribed by doctor in year-long doses for chronic sinusitis. Stopped taking antibiotics 4 years ago because it wasn't helping.

The Story & Emotions

- Combination of high school stress and job interview pressure put additional tension in the already tight heart / kidney / pericardium system.

The Energetic System

- Weakness in pericardium / stomach from birth (as noted with the chronic sinusitis).
- Appears to be a common issue with kidney tension in the family.

Treatment – first session

- Shen Tao to P7, P8 and P9 until all feeling open
- Heart centre to H7. Heart centre had a tight numb-like electrical field across chest.

Treatment – second session

- Outcome since last session (one week ago): No panic attacks this week

- Treatment:
 - Shen Tao still feeling open.
 - Heart centre had improved since treatment last week. Stayed on heart until was feeling open.
 - K1s were very electrical, but felt open by the end of the treatment.
- Talked about meditation. He currently meditates 30 mins per day of a “watching the breath”. Suggested the Inner Smile daily.

Result / How it was resolved

Client went from experiencing severe panic attacks on a daily basis to no panic attacks after one treatment. Saw client one month after first treatment and still had not had any panic attacks.