



Practitioner Case Studies

Case Study 13 for Michelle Crowe January 2013

The Person & Complaint

A 40 year old female came for treatment of numbness in many areas of her body, a symptom of MS. She has had MS for 15 years, but was only diagnosed 7 years ago. Health has been ok she has suffered from some mild back pain and spasms. Things changed in April this year when she lost the eyesight in her right eye. She had steroid treatment and restored her eyesight, but the side effects were horrible. She has numbness on her right top lip and under her palette, on the right side of her nose, forehead and eye. Her right hand is numb and has pins and needles in it sometimes and stomach is numb in a band around the front of the waist. The biggest issue is her legs, they are going numb and she is worried about losing the ability to walk. Her left leg is more numb than the right. Some pain in the back of knees too. She is due to see the specialist in 2 weeks and he will put her on steroids if her legs have not improved. She really doesn't want to take them again. She injects every second day to slow the progress of the MS. Other health issues include a heel spur on her right heel and a fragile stomach and shoulder pain right of Shen Tao 7/10 at present.

The Story & Emotions

She has been responsible for looking after her parents who are not in good health so the burden is on her shoulders, her brother doesn't do much to help, so she feels some resentment towards him. She works in a very high pressure job and gets stressed. She has not got a partner, because she doesn't want to burden them with her ill health in the future, so she gives her all to her job and parents. She is sad because she will not get to experience being a mother and living with a partner. She pushes herself, is a control freak (her words) and gets fatigued. She doesn't express anger at all, she holds it in and is nice. Work are very supportive, but she has not told most people she has MS, she doesn't want to be treated differently. The numbness started 4 weeks after her father went away to Greece for a 6 week trip to see family and she was left to look after her mum, it was hard and she had to push herself she was also worried about her mother being on her own.

The Energetic System

The back/shoulder pain was close to Shen Tao, not trusting in life. Numbness in the legs tracks the stomach meridian, she has been worrying which would have also affected the Stomach organ and Netzach, netzach governs the right leg. This in turn would have affected hod and the double pass, energy distribution in the body, hod dishonoured by her brother, it distributes energy to the brain and it governs the left leg. Back of knees BL40 may be from fear of her health declining and of having to be responsible for her parents (Yesod too). Resentment would have congested Gevurah and not expressing her self would have affected Chesed pathway of Hermit (lonely). (Worth opening all the centres/pathways on the head to help with the liaisons on the brain.) Chochma (right side of brain and face), affected from pride of not wanting others to care for her. Numbness in face tracks SI and St meridians, a pair, and GB on the outside of the eye, possibly Th too from anger, numbness above the lip could be LI

meridian and ST. ST and BL divergents both encircle the eye too. She injects her stomach always in the area around Netzach, (she is supposed to move them around) which would have affected flow in that area. Most people who have MS are know to control their lives, this is a recognised emotional pattern with this disease. Control = GB and Binah which will help with her eyes too. Numbness in the hand can be treated with the GB and BL divergent channels and opening up the related meridians in the hand, plus PC and wrist gates if needed. Right arm Chesed, left arm Gevurah. Malkuth could be congested from fear of her survival in the future, who will care for her as her health declines.

Treatment – first session

I asked her what her priority was and she said it was the back/shoulder pain and the numbness in her legs. I worked on kidneys first, this relaxed her whole body, she said she felt great couldn't remember the last time she felt this relaxed. Then BL K3's indicated for numbness and pain in the legs. Then resonance Shen Tao to Hod, hod started to move and she felt energy running into her legs then Shen Tao to PC 9 in numb arm. Pain in back/shoulder (Shen Tao) got worse as she started to talk about her mother, then eased. PC 9 very congested sharp pain then eased too.

Pain now 2/10. Moved to Hod and hand of back of left knee over BL40. Not talking then started to move as she talked about her brother and dishonour. Client felt energy trickle in to her left leg. Stomach organ to St36 very blocked, talked about worrying about her mother, while her father was away. Pain in St36, stomach organ contracted and making lots of noise, then softened. Then opened St32 for numbness and contraction in muscle and thigh and St38, indicated for numbness in the body, Then Netzach to back of right knee, they started talking to each other. End of session.

Treatment – second session

Her legs felt much better, numbness heaps better was 80% now 20%, legs no longer feel like cement, a big change. Face felt a bit better too. Belly around Netzach was less numb, she is injecting in her buttocks instead. She felt a bit cranky for a couple of days after the session, has started speaking her truth, which has been difficult for her in the past. Right foot is sore at the heel. Back/Shoulder 2/10.

Started with resonance to kidneys, client asked for it as she it really relaxed her last time. K1's and K6's both sides, client felt trickle of energy in her right leg then the left. Th5 for numbness and pain in hands and feet. BL LR3 for numbness and pain in heels, then hands on both heels, client felt pain in heel get stronger then release. Shen Toa to Hod, pain cleared in back/shoulder, Hod to back of left knee BL40. Then worked on the head, Kether to Tippereth, Binah to Tippereth, then Kether to Chochma, and Chochma to Binah when opening this pathway there was a big shift, client felt light in the centre of her head, heaviness in her head gone, she felt very different. Opened St4's for numbness in lips and face and then BL divergent channel in hand, for hand and face. Less numbness in her lips and face. Talked about inner smile. End of session.

Treatment – third session

A few days ago she saw the MS specialist and he was pleased that the numbness was subsiding, she did not need to go on the steroids for now. She was very happy and keen to work with more Acu sessions to clear the other areas of numbness and work with the primary reason why she got MS. She has realised during the week that the MS probably started when her Grandmother died 16 years ago. Her right leg now only 5% numb, left leg no numbness at all. Eye and forehead better, face was 80% numb, now 40%. Lips tingling. Numbness in hands better, but comes and goes. She has had a migraine on the left side of her head

tracking the GB channel and pain at Shen Tao, now only 3/10. I asked her if she had been angry. She said yes she had been very angry with her boss, pissed off too. She had not expressed how she was feeling. I explained that holding the emotion in, qi rising and expanding in GB channel created the migraine. She said it was really good for her to understand how holding in her emotions and her attitude towards her boss was affecting her body.

I worked on the migraine first, the Gallbladder organ to GB 34 right leg, (this point is also indicated for numbness and contraction of the thigh and knee) organ very noisy as is released, pain at GB34 then GB32 (indicated for numbness in the body) and BL GB44's, got to 70% clear then, stuck at the chest. Then Gallbladder organ to Tippereth and then to Gevurah. Pain increased as she talked about anger and resentment mainly towards her boss, then a big release in Gevurah. Back to GB44s and the channel cleared. Migraine now cleared. Then Gevurah to Shen Tao released sadness with mum and not being able to have a family, cleared pain in back. GB 1 to TH 23 outside of the eye not connected at first. Then opened GV and CV strange flows after these were both flowing opened magpie bridge, GV 25 to CV 24 to get circulation of light flowing in the body and this helped with numbness in palette and lip. Numbness in stomach area and in her legs has completely cleared. Numbness on face now 20% was 80% 3 weeks ago. End of session.

Treatment - Fourth session and How it was resolved..

After a 4 week break over the holidays the client returned to report that all numbness in her legs had gone. The numbness in her face had cleared completely just 2% over her lip. Her shoulder 3/10 pain and her arms were at 50%. She was over the moon she couldn't believe it. She had new pain in her right heel, she was limping 6/10. Hand on heel to Yesod she talked about getting angry with a family member, really angry, she was on her feet organising for hours and the anger went to her foot, from stomping around. She was really starting to understand that her attitudes, how she was and how she reacted to situations was affecting her body. The pain reduced to 3/10. I then opened Gevurah to the GB divergent channel in the right arm. Then BL divergent channel in hand. Feeling in her fingers improved.

The above are symptoms of MS, we still need to work through the primary reason why she has this dis-ease, and she now understands that she needs to love, nurture and care for herself, the sessions will continue to help her work through this.