



Practitioner Case Studies

Case Study 14 for Michelle Crowe January 2013

The Person & Complaint

A 61 year old female came for treatment for Tinnitus. She had a high pitched noise which sounded like radio interference and throbbing sound in her ear (which got worse 6 months ago) 9/10, she has an under active thyroid, is tired often and has a constant feeling of a lump in her throat, she often gets sore throats, she is not sleeping well. She had an MRI and her head and throat were both clear. The doctors have no idea what the feeling in her throat is caused by, but there are no physical issues. History includes an infection in the kidneys in 1975 and infrequent bladder infections.

The Story & Emotions

The Tinnitus started in 1988 after a fall and she hit her head. She has had problems with her sister for over 6 months, she is 19 years younger than her and before her Mother died 2 years ago, she asked her to look after her sister and was resentful about this and worried about taking care of her. Her sister has some social and development issues, this causes her lots of stress as her sister doesn't appreciate all that she does for her. The lump in her throat has always been a problem. It's been there since she was at school, she was bullied at school from 5 years old, by the teachers and children, because she was an immigrant from Hungary this resulted in her feeling anger, grief and sadness. The teachers changed her name at school to "a proper Australian name." She felt humiliated and angry with them and the injustice. She felt very alone and fearful. She was afraid of failing, a perfectionist, always tried hard to prove herself, controls her world. Although she had a poor relationship with her mother, she felt sad about her death.

The Energetic System

TCM states that tinnitus is the bodies alarm system to tell you when the kidney qi is low and the body is under stress, Liver fire and Liver yang rising. The fall may have created a block in the channels surrounding the ears, TH from anger too. She hit her head on the right side just above the ear. The ears are energetically closely connected to the kidneys, (kidney channel also spirally wraps the heart), Hod is the kidney gate too. The heart and PC, not trusting and protecting her heart, excess grief and sadness leads to stagnation of the middle burner, weak qi doesn't rise to nourish the head. Netzach from worry, stress, emotional fear and blame from her mistreatment at school, possibly Hod from dishonour, self worth. The repeated bullying at school, not feeling accepted, humiliation and shame meant she would have contracted Chesed to the heart and the pathway of Yod, therefore creating symptoms such as an under active thyroid, sore throats and lump in the throat. In reflection this would have affected Yesod which would have been contracted by negative relationships at school, guilt from the poor relationship with her mother, she was very controlling. Gevurah contracted from the resentment she felt towards people who bullied her and her mother. Gevurah to Chesed blocked pathway of Teth - the Hermit, fear of being lonely. Not trusting and therefore controlling her life, anger blocks the Gallbladder and this blocks the flow of energy to Cheth -

Justice and therefore Binah. I would need to open the GV and CV both passing through the throat, the bladder channel and Malkuth survival (fear).

Treatment – first session

We talked mostly, then resonance to both Kidneys, right Kidney felt very tight and took a while to relax, client felt some pain as it cleared. The Kidneys felt softer. Then resonance Shen Tao to PC9, no movement in either, got her to talk about what she was feeling, thoughts about her mother came up, irritated by her, angry with her, both started to move, pain in both. Deep ache in heart. She released “being angry with you Mum” resentment, “closing heart to her”, “sad about losing her”. Sadness and grief, pain slowly cleared in her heart and PC. End of session.

Treatment – second session

She said she felt lighter in her heart, but very tired. She had a great nights sleep just after the session. Talked about running on adrenaline, that sometimes working on the kidneys can make you feel more tired initially, as your body adjusts to not running on adrenaline. Talked to her about the inner smile. Also about not pushing herself so much, putting herself in disregard, reducing stress. When doing exercise I suggested that she was gentle with herself, not bring hardness into her body from trying to hard.

BI K1's felt wired, then settled, then Kidney love to the kidneys to help with the tinnitus. Resonance to Tippereth and Chesed, she talked about school, humiliation and shame of them changing her name, rage with one teacher, she felt the lump in her throat, it got worse, intense pain in throat and heart as she talked about the anger she felt. Pain in heart eased, Chesed to Gevurah released holding on to resentment towards teacher, then her parents. Big emotional and energetic release. Binah to Gevurah - Cheth, she talked about fairness. Lump in her throat cleared, she said her throat felt strange couldn't remember the last time her throat was clear.

Treatment – third session

Tinnitus had reduced was 9/10 now 6/10. Lump in the throat has gone completely. Sleeping much better, but still tired in mind.

Kidney love, then Hod to Netzach, released worry, fear and feeling overwhelmed, then Netzach to Yesod, Yesod felt contracted, she felt distressed and started to talk about her formal at school, how she had been asked by the school captain to attend the formal with him. Her mother waited until he arrived to pick her up and then told them both she could not go because she did not trust either of them. She talked about the anger she felt towards her mother, (Yesod went off) and how she wanted to hurt her mum, then she felt guilty about feeling that way. There was a big shift in Yesod, then balanced it to Chesed, talked about how she expresses herself, pain in both centres as she talked then they settled. Then Yesod to the heart, which balanced. Then BL67's to balance bladder channel, not moving, so got client to release fear and it started to shift, client felt a river of energy travelling up the channel all the way to the eyes, she felt pressure in her head and then it released. Opened GV and CV strange-flows.

Treatment – forth session

Tinnitus now 4/10. She had been to the doctor and her latest thyroid reading was good. She has been doing the inner smile daily.

Resonance to the Kidneys. K3, GB43, LV3, ST36 and BL23 are all points indicated for Tinnitus and increasing Kidney essence, so I planned to work through them. I sat on K3 for a while, it then started to clear. I then opened it to GB43, GB not doing anything so I palpated the organ and then did resonance, very contracted, released control/anger and there was lots of high pitched noise and bubbles as it released. GB organ to Gevurah, anger and resentment towards sister. Then back to GB43 moving now, but took a while to open. Then opened BL LV 3's wired then settled. Then opened TH1 for tinnitus and then TH5 transporting point of TH to open channel around the ear, client felt pain around the outside of the ear, talked about the accident, then it cleared, I then opened TH1 to TH23, GB1 to TH23, throbbing in the ear stopped completely. Tinnitus now a 2/10. End of session.

How it was resolved..

A couple of weeks later I received a text from the client to say she was good, the tinnitus comes and goes, but at it worse its only 3/10 which she can live with. She recognises when she pushes her self and is stressed it gets worse. Lump in throat had not returned. Thyroid levels had settled too. Her relationship with her sister has improved, and she feels much better about her mothers death.