



Practitioner Case Studies

Case Study 3 for Michelle Crowe December 2012

The Person & Complaint

A 33 year old woman came to me for treatment for pain in the neck and swelling on the the left side up to her ear. She's had the pain for 6 weeks, started 2 weeks before Christmas, doctor has told her it is shingles there was nothing she could do. She has been on a course of antibiotics in case it was an infection. The pain is 9/10 most of the time, better when not at work. Other health issues include an under active thyroid and severe migraines and not sleeping well.

The Story & Emotions

6 months ago she bought a new business this has created enormous stress in her life. She feels guilty for spending so much time working, her children are 5 and 3.5. The eldest has just started school and she feels very anxious about how he is coping. She is a worrier, worries about everything. In her words she is a control freak. She is not good at expressing her emotions, feeling anger and resentment with some of her employees and the people she bought the business from.

The Energetic System

Pain in the neck from the anger follows the Triple heater meridian tracking up the arm across the shoulder up the neck and behind the ear (pericardium channel pair). GB channel affected from the control and anger creating the migraines on side on head. Chesed (from udana) blocked from not expressing anger and resentment. Feeling guilty has congested Yesod and therefore the soul correspondence with the throat (Not expressing emotions therefore under active thyroid). She also appears to have blocked netzach from all the worry, which through the double pass has congested Hod. (Feeling dishonoured by the people she bought the business from.) The stomach channel is also affected by the worry.

Treatment – first session

We talked mostly and then I opened Shen Tao to PC 9. It felt tight and prickly but started to move. The pain reduced to a 6/10. Her whole field felt tight and frazzled. As she talked she felt her body relaxing and letting go. Talked about her anxiety and worries. I also felt chesed which was sore and congested but ran out of time in that session. At the end of the session the pain had dropped to 4/10 pain. I taught the client to do the inner smile and to start to become aware when she was rushing.

Treatment – second session

She had been really tired all week, falling asleep at 8.30pm, she usually stayed up working late. She is sleeping much better. I explained when the body is stressed you run on adrenaline when you slow down the body feels tired because it is no longer running on false energy. Will take time to adjust. She feels like her body is detoxing her skin has

broken out, she had low blood pressure and felt dizzy for first 2 days after treatment. For the last 2 days she has had a little pain in the ear, a clear head and no anxiety either.

Opened Shen Tao to PC 9 channel cleared she felt some pain in back of her heart. Worked on GB organ to GB 34 bring qi down from the throat released anger and talked about control. Then GB organ to Chesed, client felt a lump in her throat she released anger with herself for getting sick.

Gevurah to Chesed release holding on to old patterns of stress, anger with self with work. Anger with neck not functioning holding on to pain.

Th1 to TH23, Pain cleared completely. Talked about how she is in her every day life, she felt inner smile was helping her to manage things better.

Treatment – third session

Feeling good, emotionally stronger. Pain and swelling cleared up after last session. Ear and neck pain started again on Saturday after 2 weeks with little pain. Felt like she was fighting a virus, both kids have chicken pox. Said she got really angry on Friday with employee. TH5 (some pain at this point) to Gevurah pain, talked about anger on Friday pain 9/10 cleared to 1/10. Client understands how attitudes and emotions are affecting her body and health.

GB organ to GB 34 released controlling life and anger. GB organ very noisy, sharp pain at GB34. Opened belt channel GB41 to TH5 (good for herpes) similar to shingles.

Treatment – forth session

No pain all week, has not had a migraine for weeks, very happy it's a miracle! Still a bit tired and feeling upset about work.

Resonance to Hod little movement, talked about feeling dishonoured with work, not supported. Stomach organ to ST 36, Netzach released worrying about work and kids. Opened Strange flows CV and GV, mini Circulation of light to help build immune system.

How was it resolved

Told client to come back in 4 weeks if any flare ups. She cancelled because she was feeling great.