

Case: C [PNP, RLS], 82, Female

Start September 6, 2017

The Person & Complaint

Include a brief description of the person, their relationships/family, their complaint, any relevant facts, health issues, history, etc.

relevant facts This old lady has a hard time walking without assistance and I had to help her get from her car to my office, as she was very upset from not being able to find my practice right away, making her 15 min late. She lives in an assisted living home, but still drives her own car.

She looks much younger, well taken care of average weight, alert.

Right away in the first session she tells me that her father always had painful legs when getting up, and also her brother and nephew (only rls) has it, thus she believes her complaint is inherited.

Describes herself as a basically cheerful person, but easily nervous, can't handle stress, feels depressed sometimes.

She has 4 adult children living nearby; her husband dies 11 years ago from a ruptured colon, after 3 months in the IC unit, a stressful time for her.

complaint Her complaint is a diagnosed polyneuropathy (PNP) of both legs, numbness in lower leg and pain, insecure walking and RLS restless leg syndrome since 15 years, which latter mostly happens evenings and at night, but also sometimes during the day. Her left leg is worse than the right and mostly the sole of the foot has like ants. Wants to try to improve without medicine, that's why she came to see me.

health issues and history She had a stent put in the heart 3 years ago because her artery was partially blocked, but it did not help with the RLS or PNP. She is Macumarized since then. She has UB incontinence and uses slip liners. This is why she does not drink hardly at all, especially when going out, because she then right away has to go. Had an operation where a band or strap was put in to help with the urinary incontinence but this was not successful.

Also, sitting normally on a chair, her legs shake.

She has support hose but does not wear it, because the warmth makes the feeling of ants in the legs worse.

She has cold feet sometimes but hot soles, also cool hands. Dry mouth and constipation, sweats easily, which gets better when eating fruit. I advised her to drink more for the kidney to be able to do its job properly and for the constipation. No stomach problems.

Also she is hard of hearing, has a hearing aid, but does not use it much.

She feels like she is just getting weaker, where last year she was able to walk around the lake in the park with her friends, this year she can only do ¼ of the walk and has to sit on a bench to wait for her friends, is getting tired faster.

No diabetes

Takes medication for RLS (Levodopa, see photo), will bring it in.

Doctors: Went to see physician about the numb feet, was told to wear inserts, but this did not help.

Doctors operated on her left leg to remove some nerve tissue to see what the matter was, the scar is on the outside of the left leg around GB39.

The Story & Emotions

What's the story with the client? Is there one? If there's nothing obvious, is it more of an attitude or recurring feeling? What are the emotions that the client is experiencing or repressing?

This woman is a war child, born in 1935 and right away was talking about war experiences, so from parents and her own childhood she has this war trauma. Her town was bombed Feb 2 1944 which she clearly remembers. Fear, trauma, survival are clearly an issue due to these traumatic experiences.

In the initial visit she mentioned that in her family one never talked about such things, so consequently my understanding is that communication about feelings, complaints, etc. were suppressed at an early age. She only found out that her brother has similar health complaints about 10 years ago (when she was 72).

Her father had a business where there was a problem and failure and the family had to survive the failure. She feels this was an impact for the whole family and that this was terrible.

She mentioned that this problem started 15 years ago. When during the treatment I asked what happened 15 years ago, she right away started to explain that her husband of 50 years never talked with her and that she really suffered from this, that he never shared and talked with her. He was a good chap but never expressed, just watched TV. All decisions about children etc her husband deferred to her. He also never wanted to do things with her. He refused to see a doctor until it was too late, his whole aorta was blocked, and then his colon ruptured. This is when her problems with the numbness started. Finally the attending physicians told her not to come see the husband every day anymore.

She acknowledges that this has to do with her problems, being overwhelmed with the situation. Also her old house was flooded twice, once after the husband was gone, so then she left that house.

I think she is also angry that she never got what she needed from him.

The Energetic System

How has the story, attitudes and emotions affected the energy system? What is blocked/congested? What obvious centre's, meridians, fields etc are contracted?

The problems of numbness below the belt indicate a block in the base, probably due to fear and life or death experiences during the childhood in the war. She was brought up to suppress her feelings and expressions. So when the crisis with her husband took place she cut off more, probably because she was afraid again. Shaking and numbness and dryness also indicate liver fire and anger being a factor. The kidney qi is blocked, and the heart and liver are heating up her system, thus the dryness, shaking, and RLS. Both kidney and liver are stressed due to the heavy duty medication this client is taking daily.

The initial plan Just hold the feet for a while to bring life into the feet. Start with kidney nourishing, and bladder, and liver/gall bladder to distribute and drain excess fire, and help her share and release her deep life experiences.

Give deer exercised to strengthen the bladder control, and wheel of dharma to increase flow into the legs.

Treatment – first session September 6 2017\ 100 min

What did you do in the session? Be specific. What happened? What was the conclusion at the end of the session? What did you advise the client?

In this first session I first did a free consultation. After that, the client decided to do the treatment which was about 60 min.

Treatment: Sitting up I checked the finger end points and the GB and Kidney are tight. Started at left leg as it is slightly worse. **K2 to K1 to GB39** as these are points affecting the leg qi in general and the numbness and restless legs in particular. The **GB39** is numb, so are the K points. After a few minutes, when client mentioned that the foot was cold, I just held the foot for about 20 minutes. She reported after about 10 min treatment that she felt sensation all the way up to the knee, more feeling than at the start. Once I found out, that doctors actually operated on the outside of the left ankle to remove nerve tissues, I located the scar near GB 39 and held that area which was numb, in my palm, and the foot sole in the other hand. The scar area ached in my hand, the K1 felt like a hole or vortex but both started to move. When I asked her, what happened in her life 15 years ago she started telling me about her relationship with her deceased husband and that he never talked with her, also not when he obviously was sick. Telling me about the experience of losing her husband brought tears; I did resonance to base and heart. She quickly stopped the tears. Continued with **GB41 belt to GB44 and to GB39.** Finally I just held behind ankle to behind knee and briefly behind knee to off base. She reported clearly several times that she had an increase of sensation in her leg, not unpleasant.

She had a bit of a hard time getting up and reported that now the left leg, which I treated, was more numb than before. I did a good grounding which made her feel suddenly better and she reported walking out, that she could walk without her walking aide, feeling much lighter.

Next time: Feels like a sacral balance would be the best for her, but it's a bit too early, too intimate – she is 82 years old!

Treatment – second session 13 September 2017\ 75 min

How was the client after the first session? How is the complaint? Improved or not? What did you do in this session? Be specific. What happened? What was the conclusion at the end of the session? What did you advise the client?

Feed back: The leg I treated 1 day much lighter, after went back to how it was before. Before the left leg was 8-9, after a good 8. She is optimistic that this will help. Explained that a chronic 15 year condition will take some time, but that it did help was a good sign. She had a cramp last week in the

back of the right knee, which is another indication for liver blockage, plus bladder as the location of the cramp. Last night she woke at 3/liver time and could not go back to sleep.

Treatment: Took pictures of neck range with the turn to her right is more restricted than the left. First did **K1s** for a few minutes, she fell asleep. Then worked on right leg, did **K2 to K3 and Liv2 to Liv3**. The Liv3 and K3 points were electric, so focused more on these – both started to move. There was no talking so far.

Without prompting she started talking about how she felt afraid of doing things where her balance was affected, such as going down stairs, going on a boat of her son in law, going swimming which she used to love. When confronted with such a situation, she becomes numb up to her hips. Also treated briefly **LIV3 to Ki3** on the left leg. At this point I gave her and did with her the deer exercise, also to do at night. She did it about 10 times. Explained about how fear, shock, panic might sit at the perineum, that this exercise might release these and help with bladder control.

Last 15 min I held under the right ankle to base, right knee to base, then under left ankle to cover also the operation scar to base, then under the left knee to base. When doing the deer exercise and me at the same time treating at base, she suddenly, with no prompting by me, or 'release' talk, started talking about her childhood experiences with her epileptic sister, who she shared a room with as a small kid. She was terrified of her epileptic attacks, then with 6 she had to take her sister who was 3 years older to school and her get mobbed because of this. She basically told me the life story of her and her sister, who died 2 years ago, crying 3 separate times.

After we talked about how talking about these things felt. She did not share this with her children, and her husband anyway never talked, she also noted that she did not know why all these things came up. Explained that I treated the base and that ridding herself of these memories was helpful and unburdening.. She felt great after the treatment, apologizing for burdening me..

Just a few minutes **SP6** both sides which also were electric.

Advised her to take it easy today and call me if there is something.

Next time: Mainly treat kidney to help knees, balance heat, dryness, balance and strengthen yin LIV3 to SPL6 to reduce the liver and deficiency heat.

Treatment – third session Thursday October 5th, 2017\ 75 min

How was the client after the last session? How is the complaint? Improved or not? What did you do in this session? Be specific. What happened? What was the conclusion at the end of the session? What did you advise the client?

Feed back: It's been about 3 weeks since last session. Effect for 1-2 days, then back to old state. Her neurologist has prescribed her support implements for lower legs, but now her right thigh muscle hurts which upsets her since it's hard to drive like this. I advise her to massage the leg when she takes the support off and in her exercise class ask for thigh strengthening, which is hard since it's 10 people. She is on antibiotics since she was diagnosed with a bladder infection.

Treatment: Did **K1s** for about 5 min, she falls asleep and stays asleep for about 45 min. Next I do **K3s** both sides, then left foot **K3 to K6 to LIV3**, then on right foot, most time on kidney. Both sides start to move after about 15 min each, the left foot is slightly worse and has some pain stabbing in my

hand. Last I move to off base to under left ankle then knee, then off base to under right ankle then under right knee. At the last position there is a huge release of heat, have to take off my top shirt. She reported that she felt movement and sensation in her feet which is great since before the treatment she does not feel much besides the restless legs and pains.

Next time: treat perhaps stomach muscle meridian, perhaps GB30/34/39/41 to legs, Ren 4,

Treatment – fourth session Monday October 9th 2017\ 75 min

How was the client after the last session? How is the complaint? Improved or not? What did you do in this session? Be specific. What happened? What was the conclusion at the end of the session? What did you advise the client?

Feed back: Day after last session no improvement to numbness/pain in legs, but bladder is better. She was very tired after the treatment, could sleep well but woke from the leg pain. In the next session, today, she reported a noticeable improvement in the restless legs and that she could walk better and sleep better, bladder problems fine, finished with the antibiotics treatment

Treatment: Few minutes K1s which are buzzing but quickly relax. Then first left then right side GB30 to GB34 at least 15 min each then GB30 to GB39+41. She reports a twitching sensation in both legs, but fell asleep for most of the time. Explained that blockages in the gall bladder started to drain blockage and heat, and should help with her complaints. Advised her to continue to drink more than usual support bladder after her infection. At the right side GB30 to 41 there was a release of heat for just a few seconds but very strong.

Next time: Liver/gallbladder and kidney/bladder again, based on results of this session. Check phlegm at ST40 and ST36, SP6. TH5, LI4 for pain

Treatment – fifth session Monday October 17th 2017\ 75 min

How was the client after the last session? How is the complaint? Improved or not? What did you do in this session? Be specific. What happened? What was the conclusion at the end of the session? What did you advise the client?

Feed back: Patient walks in much easier, does not use walking cane and gives a light and happy impression. She talks about her outing last Sunday and when I ask how it was after last session she tells me 'oh much better for 2 full days no pain at night, no RLS, and the numbness gone, after the 2 days some pain at night but only in the morning. She considers the treatment a success but I tell her we intend to relieve all the pain and problems.

Treatment: Did K1s for about 10 min as they are buzzing. Decide to do similar treatment to last time. First lying on her left side I do the right hand GB30 to GB41, then GB30 to GB34 about 10 min, she reports tickling sensation in her legs and her left great trochanter. There was no injury but I explain that perhaps she has some sort of scar in this joint which activates when the energy starts to flow. Then the same on the left side. On the left side the points are much more electric, I have again a heat flush and she reports after that she clearly feels tingling in her legs and in particular around GB39 where she had some nerve tissue removed 15 years ago for diagnosis purposes. I do both SP6

which are also electric but not sore to her. At this point she suddenly starts talking lively about some childhood memories. I explain that the treatment may have such effect.

Next time: Perhaps a liver flush, as she has shown me the medication she is taking!

I explain she should talk with her neurologist to slowly reduce the meds load

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Levodop 100/25	0	0	0	1	0		
Tramadol AL Tropfen LSE N3 100 ml	0	0	0	0	10		X
ASS 100	1	0	0	0	0		
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Treatment – sixth session Wednesday October 25th 2017\ 75 min

How was the client after the last session? How is the complaint? Improved or not? What did you do in this session? Be specific. What happened? What was the conclusion at the end of the session? What did you advise the client?

Feed back: Again, no pain or RLS at night and good sleeping till morning for 2 days after the treatment, then complaints back to status before. No change in the numbness of the legs except in the session. Client judges the complaint at the beginning with 5 out of 10, now with 3 so there is a 20% improvement, even though 2 out of 7 days is actually around 30% improvement. To me surprising with all the medication she takes. We talked about her medication and I recommended finding another neurologist to get a second opinion about reducing her medication, and to not attempt it by herself. Her primary physician told her to discuss it with the doctor who prescribed it.

Treatment: Again started at both K1s. Her right one is painful right away, the left foot's K1 only after about 5 minutes – the left is always worse. Both start moving after about 10 min. and I go to the left foot K3/K6/K2 with my left hand and LIV2-LIV3 with the right for about 15 min. Finally SP6 on left leg to STO36. Her SP6 is totally numb and she cannot feel it at all, or the STO36 when pressed. I close the session for 15 off base to over Ren4 to nourish Jing and Qi. Right away she reports tingling and lightness in both feet plus a streaming sensation. I sense pain in the hand over the below navel

center. I recommend she continues to do the deer exercises. She has a bit of a hard time getting up and some back pain but quickly recovers, I do the grounding with her sitting down, she feels better and states that she always feels great the day after the treatment. Again I explain that a chronic condition of 15 years takes a bit of patience.

Next time: See how this went.

Treatment – seventh session Thursday November 2nd 2017\ 75 min

How was the client after the last session? How is the complaint? Improved or not? What did you do in this session? Be specific. What happened? What was the conclusion at the end of the session? What did you advise the client?

Feed back: This time she expressed that she was satisfied with the treatments, as the effect lasted over 3 days, so an improvement of approximately 50%. She feels much lighter on her feet, less restlessness and pain and feels also happier. Today she still has a slight congestion in her bronchia's, did not sleep well after a family get together yesterday and feels weak and overtired.

Treatment: Start with **K1** just a few minutes, they start to move quite soon, and she falls instantly asleep and stays asleep for the rest of the treatment. Next both sides **K3**. On left leg **LIV2/LIV3** to **K2** and **K3**. Next **GB41** to off **navel/CV6** to clear the belt channel and improve Jing at the lower dan tian. This spot is quite sore deep in my palm and also **GB34** to **STO36** to navel. For the rest of the time I do a modified **sacral** off the base to under left ankle, calf, knee, inner thigh and then off base to under right ankle and knee. Close with off base to navel and then off base to off crown. I give her an exercise to feel soles on ground and a breathing qi gong exercise. She feels really much better on her feet after we do it together breathing in and out about 10 times.

Next time: Will be only in 2 week as I am not here next week and then off to Florida, to return in January. Less LIV2 as acute, more LIV3, plus STO/SP points, depending on how the sacral worked

Treatment – eighthth session Monday November 13th 2017\ 75 min

How was the client after the last session? How is the complaint? Improved or not? What did you do in this session? Be specific. What happened? What was the conclusion at the end of the session? What did you advise the client?

Feed back: It's been 2 weeks since last session and client reports definitive, lasting improvement in the pain in the legs, the RLS, the waking up all night with pain and finally a clear improvement in the numbness of the legs, the PNP symptom. She is walking much better and often does not use her cane, where before she never went without her rollator (walker with 4 wheels and 2 handles). She is very happy and especially so, since this time there was a lasting improvement. Still has a congested bronchies today from a cold a couple of weeks already.

Treatment: Did **K1s** both sides, then first on the left **K2** to **LIV3** and **SP6** to **KI6** at the same time. While client was nodding off at K1, she came awake and said that for the first time she could really feel a streaming in her left leg, like tingling but not unpleasant. She expressed joy that she can feel her legs much better! I held the foot for a while with both hands to even out the flow a bit, which



she likes. Did right leg which has fewer blockages but she did not feel so much here, did it shorter. Next I treat off below navel covering **REN4 to REN6** which is sharp and painful in the hand, to **LU7**, to help with her bronchitis and bring down the lung energy. She breathes easier after that.. Good grounding and she expresses after treatment that she feels much more stable on her legs now after the treatment.

Next time: Will be in January, she made already an appointment. Another sacral off would be good to re-start treatments.

Result/ How it was resolved

What was the result after treatments concluded? How was the complaint resolved?

The treatments improved the complaint from a 8-9 at the beginning to a 3 now. I feel confident that we can make further improvements, with the bladder, and also help with the numb fingers when she comes back in January.

Upon my return in January 2018 she was not able to drive to see me, due to the doctor's orders, as her feet were numb from the cold and it is too dangerous to drive her car. She wants to return when the weather gets better, as she felt great improvement from the sessions.