

Case: D [Fibromyalgie], 65, Female

Start October 16th 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 Widow with 2 adult children and grandchildren, medium height, about 10 kg overweight mainly around shoulder and upper body. Even though chilly 18 C she arrives with short sleeves and sandals no jacket. She is Italian from Naples, living in Germany for 50 years. Had 5 siblings, was second oldest and had to help bring up the little ones

complaint Has been to many different doctors. Main complaint that brings her to me are right arm and shoulder pains over deltoids and LI meridian, and neck pains.

health issues and history in order of her mentioning in first session

Fibromyalgia diagnosed more than 13 years ago, went to sit in ice cold chambers for this. Short improvement then again recurring.

Inflammatory Rheumatism

Arthrosis

Neurosurgon inserted a flexible implant in spine due to slipped disk one year ago
back pain still after back op

neck C1 right and C2 left (by diagnosis neurologist)

both arms operation for torn tendon and cracked bone plus arthrosis, 4 and 2 years ago, no pain till neck problems

Menopause start with 39, major hot flashes, started hormone replacement therapy as she could not work anymore

Restless legs syndrome, does not like to wear socks, thus cold feet

Lactoseintolerant

pneumonia 3 years ago, lost sense of smell, gained lots of weight trying to taste food hoping to get it back, now still lacks smell, taste ok

eye problems retina has hole and has already detached twice once partial, once completely, has a tick in the left eye

her job was loud, ear pain, light loss of hearing

heart burn even when not eating, gastroscopy showed nothing wrong

cannot sleep at all well

blood pressure is high, 170/110, now takes 5 mg in morning

silver allergy, also gold, metal

anemia thalassemia which includes an excess of iron, linked to the metal allergy? This is a hereditary disease mainly in the Mediterranean region and she is Italian, 40 years in Germany

ruptured stomach, resulting in operation

Gall bladder removed because of blocked duct

Sleep apnea (in back op she kept stopping breathing in recovery)
 cataract operation on both eyes, she sees not completely straight
 sometimes strong muscle cramping, cracking neck joints
 Hypothyreosis, takes meds for this
 knee problems right side, cyst op one year ago along GB 35
 had an ovarian cyst removed years ago on left ovary
 op on back of left shoulder for an lipoma removal
 The palm of her left hand has contractions as well but does not affect touch or nerves right now.

NO

osteoporosis, incontinence, does not smoke, no colon problems, no alcohol, no headache, cramps, shaking, breast exams ok

ACUP

Feels warm during day, cold feet at night, stool ok normal, urine normal, appetite normal
 lost sense of smell, feeling in chest heavy (tears), no restriction in throat
 does aqua gymnastics, goes 2x weekly fitness, drinking ok
 heart burn even when not eating, Schleimhaeute im Schlund dry.

Fire burns out of control damaging her shen and

Doctors: Last visit to primary physician requesting therapy for slipped disk, was told to go see a psychoanalyst and that Neurosurgeons and Orthopedists had 'acted out' on her...!! Who says that to a patient??

Has received 10 Cortison injections, is taking pain medication when going out, not at home.

Medication: Iboflamm 600, Voltaren, Novalminsulfon drops, Estrogen hormone replacement, blood pressure medication 5 mg



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?

In first session her way of talking about the doctors actions is **full of rage**, as she feels that doctors tell her she is crazy only imagining the pain, sending her to psychoanalysis. She wanted to discuss with me if she should go see an analyst. I explained that I do not do **psychoanalysis** and explained how we treat energetically while chatting about issues related to her complaints. I said that sometimes to talk with an analyst might be helpful. Her unbalanced emotions are a typical symptom of her fibromyalgia.

Story she tells me brings **tears** during the whole first session. Took second job to distract her thinking. Not anymore as she would lose widow pension. When husband died she took over his responsibilities at a local factory for over 20 people up until 2 years ago.

Her **mother** died 4 years ago and she took care of her till her death 20 years lots of stress.

Husband died 13 years ago, a year ago she **sold her house** that her husband built and that hurt a lot, now lives in 3 bedroom apartment. Her problems started more than 13 years ago

Very sad starts crying when asked what she suffers from most. During the first session it becomes clear that she suffers from **guilt** and a lot of unresolved conflict with not only her deceased husband and mother but also with her son, daughter in law and whole family.

She reported a dream yesterday where her husband was leaving her. His brother hated that she had her mother live with them, there was money stolen involved (husband stole from mother and blamed son), her husband did not appreciate her, she feels unloved and unappreciated since he did not share his decision of getting a liver transplant with her, saying it was his business alone which was very hurtful.

She tried to abort her second son by drinking a bottle of schnaps with salt, jumping up and down a table, into hot water, but nothing worked, son is born healthy. She blames her husband because he wanted her to abort both children.

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?

At the root of her complaints seem to be the weak kidneys affecting her back, reflecting in the slipped disks in lumbar and neck area, hearing issues and anemia blood problems with a connection to the bones. This is affecting Ren mai and Du mai, weakening her spine and heart, giving her heart burn, as well as high blood pressure and sleep problems.

She is angry and has a blocked liver/gallbladder , which reflects in her eye problems

She is very sad and feels like a victim which blocks her C7 and lungs reflecting in her arm and neck problems and her metal allergy.

Many years of high stress occupation caused **stress** related complaints, weakening her shen

She feels a lot of **guilt** and there are a lot of unresolved issues with her whole family.

When talking about her husband ordering to abort her second child she gets a spasm in her back, so I believe guilt is at the root of her back and subsequent neck problems

She also is bitter about her older son, who bosses her around, and drops the child for days at a time for baby sitting and demands her pay schooling for the grand daughter.

The initial plan Reduce pain in right arm and neck, back, strengthen kidney and reduce fire and heat.

Treatment – first session 16.10.2017\ 75 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?

Treatment: While still talking and going through the long history I start treating off P9 etc. and right away she started to calm down from crying. Did off K1 after initial talk. She felt pins and needles sensation in both legs. The right hand side K1 point is painful to her when I lightly touched it. Did rhs LI2 to K3 yuan source point to strengthen kidney and to reduce rising liver fire, just about 5 minutes she reported heavy head, then pain in the right eye, after I mentioned working on a liver point reflecting to the eyes. Next went to my left hand under C7 to right LI4 to relieve pain mainly along the LI channel and right deltoid muscle. She had some cramping or a spasm on left lumbar lower back during this. A lot of pain and sorrow and tears came up, the death of the mother so I did above heart and navel. The first treatment was only about 45 min due to the long intake talk. Close off head off base for a few minutes, good grounding, raking

Next time: Next time do LI and other right hand meridian end points to C7 for pain, but check occiput as problems at C1/2. LI2 affecting LI14, LI11, LI4 again, GB20/20 across, then liver flush and teach inner smile, COL later after improvement of pain, perhaps back gates as neck and head are affected

Be aware that she is susceptible to suggestions, so do not talk too much about what I do to which organ meridians, or what affects what

Treatment – second session Monday October 24th 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: She felt good and that something happened, but not able to express, what. She noticed that she had to urinate more, explained that I treated the kidney last time. We talk about doing psychotherapy and I explain that this can help her to talk about all the things in the past. She brings today all her medicine she is taking and says she wants to reduce it. I recommend to do it with her physicians supervision once we achieve some improvement, in particular when stopping with the RLS medication Levodopa, she needs to do it with her doctor.

Treatment: Started at off K1 which are both sore to touch. I confirm we work on the pain in her neck and right shoulder starting at the feet points of kidney and liver. Right away she reports tingling around K3 both sides. Explained K1 as contact to ground, then I move to right side K2 to K3 and LIV2 and LIV3. After a while she reports that her head becomes heavy, and could this be? I confirm that she can trust what she feels and that I am pulling down to the legs excess energy from the head

causing her feelings of heat rising, that this might cause this sensation of a heavy head. She has a hard time with her shoulder and arm and after the foot points are moving I go to TH5 to SI3 on right arm. She reports that in the past she had acupuncture there which was very painful. After just a few minutes it becomes clear that these points normally against pain increase her pain instead. So I move back to SP6 on both legs. She can relax and again has the sensation of draining energy and heavy head. I ask her if she thought about forgiving her husband. She gets upset and starts crying again, stating that whenever she talks about what happened she gets upset. Evidently, she wants to avoid addressing these issues. We talk about singing and I recommend her to sing every day as a form of expressing herself.

I teach her the inner smile and explain that it calms state of mind and emotions and opens the heart.

Treatment – third session Thursday November 2, 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, felt some change but not clear what exactly. She feels pins in her sole of the feet around K1, her right knee started hurting about a week ago and is swollen. Shoulder/neck pain is unchanged. She feels ‘charged’ with tingling energy, so I give her a Qi Gong exercise to ground and discharge this. After last week showing me all her meds she declares this time that she stopped taking any pain medication but started with 2 anti-inflammatory meds.

Treatment: Did K1 just a short time, it seems too much or too strong of a trigger causes more pain for her – the feeling here is better than the last time and soon starts to circle. Then K3s to distribute Qi, and LIV2/3 to clear fire. Next GB41/39/34, latter is sensitive. The area where the gallbladder used to be is very sensitive to touch. First I treat the GB34 to GB41 and then to GB39, then GB34 which is sore to the gb organ. She perceives burning in the left eye; my hand over the gb is also burning but quickly passes. I ask her to do the inner smile. During the gb treatment we chat about her childhood which was very hard, father did not work, she had to take care of her 4 siblings, came to Germany at age 15, generally had a hard life, she is crying. We talk about her forgiving herself for past issues and accept that at the moment everything in her life, i.e. money, housing, is fine, besides her physical issues. I also briefly treat CV 12 and teach her to put her palms on this spot for her heart burn and below the navel to calm and release worry.

My analysis again is confirmed that liver/gb are highly stressed, that her life was strained by taking care of her mother for 20 years which basically injured her Jing /KI qi/and sto/spleen, and causes the contractions and pain in her neck and shoulder around the joints.

Next time: See how she feels, work on stomach heat/spleen again plus gb, distal, as upper body is too dominant and too sensitive.

Treatment – fourth session Tuesday November 7th 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: Shoulder pain is down from 9 to 6, and she feels tingling sensations sometimes to pain level at the soles of her feet. Since she is not taking any pain meds anymore I asked her where the improvement comes from in her opinion and she confirms that the feeling in the legs is from the treatments. Stomach heartburn is also better, she went out to eat yesterday with no problems, plus she slept well lately

Treatment: First briefly K1 which are still tender to touch. Briefly check LIV3, not sore. Then again, treating GB34 + GB39 + GB41, which are all quite electric and burning. After a while she reports stabbing in K1, so I briefly connect K1 to BL67 and she reports pulsing and then nothing anymore. Then GB34 + ST36 to gb organ which is sore and hot. She reports her head getting a bit heavy. Finally I do SP6 both sides which both are very sore, and she reports right away tingling, mainly on the left.

Next time: Focus on yin building, as next session will be the last for this year due to my absence. Treat Ren 6, ST36/37, LIV 3, Ki3, LU7 to assist with LI area on right shoulder where main pain is located.

Treatment – fifth session Monday November 13th \ 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: Pain continues to be less and she can sleep now through the night with getting up only once each night. Before treatment she could never really sleep because of the pain in her shoulder and because of wild dreams and thoughts. The heart burn is also better, but this time she has pain in the back as she somehow made the wrong move last week, also in Physio she hurt. Her eyes are dry and I explained that excess heat might cause this. She is using a jelly to moisten the eyes. The restless legs are still bad and even a bit worse, even though she still takes 2 Levodopa every night. She has stopped all pain meds (not at my recommendation) and feels fine with that

Treatment: Start at K1 to K2 but right away she senses a build up of tension and tingling. I stop and just hold both feet with both hands, first left then right, which calms the feet down. Then I go to LIV8 to build blood and this is a very sore spot, I hold it with palm and it burns. My right hand on STO36 to STO40 to release phlegm and stomach problems. Close with first left then right SP6 to off CV6. The navel point gives sharp pain in my palm, and both SP6 are very sore to touch and when I treat they are electric. At this position she starts talking about her mother and what a horrible person she was, plus a lot of traumatic experiences as a kid, like she witnessed a miscarriage of her mother and the curettage in hospital (the doctor let the 13 year old watch this??) following the miscarriage. The whole time I treat the navel she is in tears, talking about how her mother beat her and her siblings almost to the point of hospitalization on a regular basis. Reported streaming feeling in the legs, not unpleasant. Clearly, treating the navel center brought all this up to surface without any prompting by me.. After treatment we talk about how these experiences stick around and I recommend her to think about how she can let go of it and forgive. I give her the deer exercise to bring flow into hips and legs to help with the RLS.



Result/ How it was resolved

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

Clearly, with this client there is a lot of work still to do, and she made an appointment for when I get back from Florida. However, I consider this case a success so far, as the shoulder pain, sleeplessness and stomach complaints was dramatically improved in just the 5 sessions.