

Case: E [numb middle finger], 65, Female

Start 7th June 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 Tall, slightly overweight retiree with a garden, likes to work outside. Large chest and upper body

complaint Since last November problem with right middle finger that is numb, after picking up pears in freezing weather. The numbness is in right middle finger just at the tip and nail bed, and does not get better. She describes it as an 8 of 10.

health issues and history Quite restricted motion of neck and shoulder, it looks like her shoulders are always up around her ears.

Doctors: No doctor visit.

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?

The story behind this complaint is that she took up the case of a colleague farmer, whom the city wanted to disown to get control of his land, which is farm land but in a prime location. The authorities used all they could to discredit him personally and professionally. For instance they took away all his mild cows with the claim that they were not treated properly, stripping him of the income of the milk. My client has the habit and the need to help people treated unfairly. When the numbness of the finger started, the crisis with this case was at the peak

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?

In the first session we talk about the pericardium as the heart protector and I explain that in my opinion her complaint is related to the story with her colleague. My take is, that being upset about the case she somehow blocked her pericardium channel and thus the numbness appeared. She right away identifies with this explanation.

The initial plan Bring flow back to the pericardium, arm and shoulder, as well as the C7 area.

Treatment – first session 7th June 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: I mention pericardium as the 'heart protector' and sitting up, for most of the session I treat P9 plus GB divergent and opp side of the nail. Right away she can feel sensations in the finger, like ants. A few minutes P6 to TH5, and on Shen Tao, which is painful, to P9. During this it gets better considerably, just 5% remain. Lying down just a few min. K1 then again on right hand P6 to P9 and she reports pulsing, then she relaxes and almost goes to sleep, but right away at the GB div she wakes again. Some P9 to navel.

Next time Treat middle finger and pericardium more, perhaps liver

Treatment – second session 5th July \ 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: Finger was better after session, but now back to same level.

She was late again, 25 min, and felt very bad about it. We started talking about how she feels about being late and its consequences, feeling guilty, short changing herself and in a circle, feeling bad again about her self and punishing herself. She states that this is a pattern in her whole life and that she was dreaming after her mother's death, that she was late for the funeral because wanting to get flowers. Also it's about standing up for herself and not always rationalizing. This is indicating that she has no problem standing up and fighting for others, but does not value herself enough to allow a full session to herself.

Treatment: First did K1 to calm her down a bit. The P9 to TH3, TH4, TH5 and finally LI11 to relieve overheating the pericardium and balancing the temperature in the body. She had had some heat flashes in the past but these are better now. Talked about doing the inner smile meditation to a. dedicate time to herself, and b. relax the heart, c. focus less on the negative in life but on some positive thought or experience. She did not feel that she knows the feeling of being in love or absolute ecstasy, so I said just to feel the corners of the mouth. Make a dedication to do this for 3 months every day.

Treatment – third session 19th July 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: No improvement in numbness

Treatment: Did 15 min K1 which were first electric then circling nicely. She reported that her soles got really nice and warm. Then with her on her left side, did on Shen Tao to P9 for about 30 min,

later off Shen Tao. The Shen Tao was painful, but started to move after a while, too. Lastly hand under C7 to P6 and off P9. On left and on back with my hand under C7 she fell deeply asleep. The issue for her is still mainly unfairness, for the food animals, for refugees, and I explained about closing the heart and how this can then feel like fair/unfair.

Treatment – fourth session August 23rd 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 late 10 min but we did not make an issue of it this time. Some improvement of the numbness

Treatment: Hand on Shen tao for all the time, treated chest where the horn of a cow hit her around P1. There was a plate of hardened tissue, about 1.5 cun square. First I did on Shen tao and on with palm then off. We were both surprised to see that during the treatment, the hardened area of the injury where the horn hit her shrink and almost completely disappear. Did little on middle finger, but she felt it get a bit better. Explained that we treated the chest injury and that the middle finger was treated by my hand on her back. Next time look at liver possibly attacking the pericardium.

Treatment – fifth session September 12th 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: The numbness of her finger decreased further from a 6 to now a 3, i.e. 50% improvement. The injury on her chest is good now, slight improvement on the numbness of the finger. She had another accident, a fall from her bike, with some pain in the belly, so first I treat that.

Treatment: Did on left foot LIV3 to LIV2 to below navel. It feels sore/electric. Stayed for about 30 min here, and both locations started to move, at navel the samana movement of back and forth. Next I treated on C7 to middle finger for about 20 minutes for the numbness. She reported a stab of pain around uterus, also she fell asleep and relaxed. However, since start it went from a 6 to now 3-4. Explained also the liver heat rising, which we worked on today, to distribute this heat.

Also advised her to treat the fungus on the right big toe, as it also weakens the body to constantly to fight this, plus it affects the liver and spleen on this toe.

Result/ How it was resolved

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

This client wrote a mail later in the year in December that her finger remains just slightly different. She did a tour on a colleague's farm where she worked hard and thus strained this finger, but that there was no ill effect. She is happy with the improvement.