

Case Study 5

The Person and Complaint.

A 40-year-old man presented with Digestive problems. He would get pain on the left side of his abdomen, and has had diarrhea for the past 2 years. The pain started 5 years ago. He would wake each day at 5 am with around 5/10 pain. He had had osteo and acupuncture for his complaint with little relief.

The Story and Emotions.

Although there were no major incidences that he could recall around the time that the pain or diarrhea started, he admitted that he was a worrier, and seemed rather on edge all the time. He had his own demolition company, and although he was successful, there were a lot of times where he would worry about where the next job would be coming from. Also, deadlines were a major source of stress for him. The major emotional contraction appears to be worry.

The Energetic System.

He appears to have blocked Netzach from his worrying, which seems to have impaired his digestive function.

This seems to have affected the Large intestine (indicated by his diarrhea and the fact that he woke at 5 am), and possibly the lower Jiao.

Liv 13 appears to have been blocked, which can cause disharmony of the digestive system, and disorders of the intestines.

Treatment – First Session.

The first session was spent opening up Netzach and the double pass. This was very blocked and treated for around 50 mins. While we were doing this we talked about his worry at work. I got him to say “I Release worry” this would make Netzach contract. We spoke about how worry affects the digestive organs but doesn’t help the issue that we are worrying about. I taught him the inner breath meditation while opening the double pass, and advise him to use this technique frequently through out the day as a way of getting out of his head so that his worry would not build up.

By the end of the session netzach started to move and the double pass started to relax. But still needed a lot more work.

Second Session.

He felt a lot more relaxed after the last session, and advised that he could feel when he went into worrying through out the week. His diarrhea had settled slightly but he still had the pain in the morning, but thought it may have diminished to 4/10.

I continued to open the double pass throughout the session. This felt less tight the start, and was moving a lot better by the end of the session.

Third Session.

His diarrhea had settled and he had some more formed bowel movements through out the week.

The pain in his abdomen was still present but didn't wake him up in the morning this week.

I started to open Liv 13 as this was at the sight of his pain, and also indicated for the treatment of diarrhea. This was very dull at the start and I could not feel much at all for the first 20 mins. Then it started to get really hot and painful. After around an hour the point opened and the pain had mostly subsided.

Forth Session.

The pain in his abdomen had mostly gone and when it was present it would only be a 1/10. His diarrhea had stopped.

I opened Liv 13 again, which felt a lot more open and following. It was still a little hot but this passed after about 30 mins.

I then opened LI 11 to netzach. LI 11 was quite hot, but cleared quite well.

At this stage the points felt quite clear. I suggested some more sessions, but he later advised that his symptoms had abated and was happy with the results. I advised to keep up with the meditation as a tool for managing his worry.