

Case: 51yr old Female - Digestive intolerance

The Person & Complaint:

Client is a sports massage therapist, she also does Reiki and is looking into Neuro kinetics. She occasionally gets lower back pain doing her job. But her main complaint is her digestive system. She has had to cut out loads of foods to try and re-balance her digestive system, so much so that now she doesn't enjoy eating - it is purely fuel to enable her to work.

The Story & Emotions

She is a mum to three children, youngest is 13yrs oldest 20yrs, she used to be a ballet dancer and has always had to control her body and what she eats.

Her husband is very controlling and doesn't understand her.

The Energetic System

- Stomach organ/ spleen blocked
- check small intestine and gall bladder organ.

Treatment - first session

- Stomach (on) with Spleen (on) These are so out of balance with each other - chatted to client about her family. She is only with her husband for her children - she wants to wait until her youngest is old enough to leave home before she leaves her husband. That's at least 3 years away.
- Stomach (on) with Shen Tao - These were massive together, Shen Tao tight and holding but then she opened up about the fact she has met a man who lights up her world but she doesn't know what to do. She is so worried about the mess and hurting her children.
- Talked about how worry affects the stomach organ

Homework - Innersmile

Treatment - second session

Client feedback - She was amazed at the difference she felt from just one session, her stomach wasn't churning and rejecting food as it previously felt it had. She loves the inner smile meditation.

- Gallbladder organ (on) amazing to feel this without the organ there - it was empty but so tight and angry but responded well and whilst I was treating her organ the client just said 'oh my goodness, I can breathe a full breath'

Took the whole session to clear her gallbladder and even at the end it left a sliver of a thread.

Homework - Innersmile

How it was resolved

Client has been back to see me for something different but is happy to say that her digestive intolerance has settled down and she is slowly re-introducing some foods back into her diet.