



Case 15: [low immunity] 29 yr old female

The Person & Complaint

Frequently gets suffers from cold & flu's and general fatigue. Constant sinus congestion and fluid retention under eyes (around St-2's). Frequently suffers from diarrhoea.

The Story & Emotions

Had spleen removed at 5yrs old and has weak immune defence.

The Energetic System

Removing the spleen has weakened her immune system and put added pressure on the stomach to perform it's functions (hence swelling under the eyes & diarrhoea).

Treatment – first session

- Feeling extremely and run down so started with a circulation of the light balance. Areas of congestion included malkuth, hod, chochma & netzach.

Treatment – second session

- Felt more energised after the session and cold shifted the next day.
- Still has some nasal congestion and swelling under the eyes.
- Did energy lymph drainage to support spleen function and clear excess fluid retention.
- She found this deeply relaxing.

Treatment – third session

- Hasn't had a cold in over two weeks and energy has been much better.
- Nasal congestion also improved and now only slight swelling under eyes.

- Only had 1 day of diarrhoea in 2 weeks after stressful day at work.
- Did another lymph drainage – felt more flow this time.

Treatment – fourth session

- Energy improved again and had sense of being very clear headed.
- To help with diarrhoea I opened St-36 to the stomach organ (felt intense heat release)
- Also worked on balancing stomach to netzach and;
- Stomach to spleen

Treatment – fifth session

- Hasn't had any diarrhoea in 2 weeks
- To help support spleen energy functioning I worked on opening
- Spleen to Sp-9 and Sp-6
- Then opened Sp-4 to PC-6 to open the thrusting channel.

Treatment – sixth session

- To help improve flow of thrusting channel I did a thrusting channel balance
- Then to support lung-spleen function I opened Lu-7 to malkuth.
- After treatment she noticed that she could breath much more deeply.

Result/ How it was resolved

By focusing on improving the energetic functioning of the spleen we were able to boost her immunity and improve energy levels. By clearing heat from the stomach we were also able to shift symptoms of diarrhoea and swelling under eyes.