



Case 13: [indigestion & nausea] 36 yr old female

The Person & Complaint

Suffering from diarrhoea, bloating, nausea and occasional reflux.

The Story & Emotions

Started during stressful period at work. Working towards a tight deadline and feeling very anxious and worried.

The Energetic System

Disturbance in netzach and the heart has weakened the stomach and spleen causing the diarrhoea, nausea and reflux.

Treatment – first session

Started by opening shen tao to PC-8 to help her relax and connect with her body

Talked through the inner breath meditation to help relax netzach and deepen her breathing

Opened the heart to netzach (very weak flow)

Netzach to stomach organ (released a lot of heat)

Nausea had subsided by the end of the session

Treatment – second session

Didn't have any nausea in the week after session but diarrhea returned after a stressful day at work.

Opened heart to PC-9 (this helped to relax the heart)

Then opened stomach organ to St-36 (this cleared a lot of heat from the channel)

To support digestion I also opened PC-6, Li-4 and Th-5

Treatment – third session

Didn't have any diarrhoea all week but still some bloating
Opened heart to navel & navel to solar plexus (helped to relax gas from tummy)
Opened St-30's to navel and St-30's to Ren-2 (this helped to clear tension in the lower abdomen)
Then opened conception vessel from Lu-7 to malkuth and Ren-2 to Ren-22

Treatment – fourth session

Energy felt much better this week. Had slight headache that came on after stressful day at work but was able to clear by doing the inner smile meditation.
Has been experiencing hot flushes with menopause
Opened shen tao to PC-8
Balance Th-5 to PC-6 and Th-5 to the gallbladder organ (this really helped to clear tension in the gb)

Result/ How it was resolved

By relaxing netzach and the heart, and clearing the build of heat in the stomach and spleen we were able to shift symptoms of diarrhoea, bloating and nausea. Practicing the inner breath meditation has also helped her to relax and better manage her anxiety.