

Case Study : Anxiety

The Person & Complaint

- 25 year old, female
- Hormonal migraines since 14 years old. Regular headaches on right hand side.
- Trigeminal neuralgia on right hand side, mainly behind eye and above eye brow. Takes Neurontin for trigeminal neuralgia.
- Also has tight sore shoulders. Also has pain in BL/SI RHS of scapula. Tends to adjust posture to be more comfortable. Acupuncture was able to reduce high shoulder pain.
- Other: asthmatic, appendix has been removed, has had blood clot removed, gets constipation and restless leg syndrome. Neurontin helps restless leg syndrome.
- Vegetarian for past 2 years
- Very bad anxiety in past couple weeks, has to go to bathroom at work to hide when really stressed. Started taking anxiety medication a month ago, but still getting anxiety. Wants to focus on anxiety.

The Story & Emotions

- Very controlled – bought house at 24 years old, working hard as a mortgage broker.
- Stressful family dynamics. Sister admitted to being a methadone addict 12 months ago, and has become more openly addicted and more dysfunctional. This is putting a lot of stress and pressure on whole family.

The Energetic System

- Heart is underlying cause of issues – for anxiety, and as special messenger to gallbladder and elemental pair to small intestine.
- Gall bladder causing trigeminal neuralgia, scapula pain, headaches and tight trapezius. Small intestine also involved in scapula and trigeminal neuralgia. Bladder may also be involved in scapula pain.

Treatment – first session

- Treatment: Heart centre to LHS HT7. Both starting to move but very painful.

Treatment – second session

- Outcome since last session (1 week ago): Felt really happy for rest of day after appointment. Was starting to feel a bit anxious towards the end of the week. Front of RHS shoulder especially sore after painting rooms in house.
- Treatment: Sore shoulder area to heart until heart feeling good and connecting to shoulder.

Treatment – third session

- Outcome since last session (4 weeks ago): Anxiety has been much less and thinks its due to treatments. Started a period a week ago and has head a continual headache for the past week. Headache is worse in the morning and in front hand brow and back right occiput (appears to be her usual gallbladder headache). Normally a menstrual migraine goes away within a couple days for her, but this one hasn't.
- Treatment: GB44 to GB43 just to get the gallbladder energy to descend out of the head. Migraine was pretty much gone by end of the session; it just felt a little tender where headache had been.

Treatment – fourth session

- Outcome since third session (2 weeks ago): Headaches was a lot better, but came back in the afternoon. Still tight shoulders, but less achy after working all day. Anxiety a bit better, especially given situation with sister has become works (client has had to take out an AVO against her sisters boyfriend).
- Treatment: Heart centre to HT7, until feeling good. Heart centre to HT8, still a bit of tension.

Result / How it was resolved

Chronic anxiety eased after 3 treatments by treating the heart centre and heart points.

Client Feedback

"I was dealing with a lot of stress and bottled up emotions that I felt impacted me day to day. After treatments I felt more open to accepting happiness and accepting other people.. Highly recommended."