



Case 3: [chronic indigestion] 29yr old female

The Person & Complaint

Has been suffering from chronic indigestion for two years, fluctuating from constipation to diarrhoea. Gluten and dairy intolerant. Experiences cramping, nausea and dizziness straight after eating and becomes bloated and pale faced. Also suffers from fatigue and migraines (which are felt as tension behind the eyes) and frequently gets vaginal thrush.

Suffers from anxiety and has experience frequent panic attacks over the last six months as condition has worsened.

The Story & Emotions

Symptoms began while living in Japan where she felt isolated and disconnected from friends and family. Common theme in family of women excessively worrying and has a tendency to overthink everything which stems from a deep lack of trust in life.

The Energetic System

The excessive thinking and worry has caused a build up of heat and contraction in the stomach and spleen, causing them to reject food.

Her tendency to worry and rush through life has also weakened netzach and blocked the flow of energy through the double pass to the kidneys, which has caused them to become electric and over worked (causing the fatigue).

Treatment – first session

- To help her relax and connect with her body I opened shen tao to hod and the heart to netzach.

- Her breathing was very shallow and had difficulty dropping into her body so I took her through the inner breath meditation which helped enormously.
- I encouraged her to practice this daily as a way of managing the anxiety.

Treatment – second session

- Over the week she noticed an improvement in her digestion and didn't have any diarrhoea or constipation.
- Opened navel to stomach organ but didn't get much movement. I felt this was holding from chochma (obsessive thinking and over concentration).
- Opened the male pole (chochma to yesod) and immediately felt the stomach release.
- Then opened chochma to stomach organ (which helped heat release from the organ).
- Felt sharp pain surface and release from the head.

Treatment – third session

- Hasn't experienced indigestion or headaches for two weeks but still feeling fatigued.
- Opened the double pass (from netzach to hod). This took quite some time to get the energy flowing between them but she experienced a lot of gurgling in the tummy.
- Felt much more clear-headed and energetic.

Treatment – fourth session

- Symptoms completely cleared apart from slight bloating in tummy.
- Opened spleen to stomach organ and points St-36 and Sp-9.
- Also balanced spleen organ to netzach.
- Had a big bowel movement after session and gas released.

Result/ How it was resolved

Still sensitive to dairy and gluten but digestion has completely returned to normal. Feeling much more relaxed and able to manage anxiety with breathing and meditation.