



Case 5: [incontinence] 62yr old female

The Person & Complaint

Suffering from incontinence, which has gradually worsened since birth of two children. Waking up several times per night to urinate, which is causing her to feel tired. Has history of lower back pain and frequently gets cramping in calf muscles and experiences tension in back of knees.

The Story & Emotions

History of bladder issues amongst women in the family. Deeply rooted in a sense of guilt and responsibility. Always prioritising others and dishonouring her own needs.

The Energetic System

Weakness in the malkuth, yesod and hod energy centres has weakened the kidney and bladder function.

Treatment – first session

- Opened Ki-1's and Bl-67's bilaterally (felt very electric).
- Opened Hod to Malkuth and yesod to Malkuth.
- The flow was very weak at malkuth so I went to the female pole (binah to malkuth).
- Triggered cramping in left calf muscle.
- Felt stronger in legs after session.

Treatment – second session

- Small change to feeling of urgency but still waking up through the night to urinate.
- Opened kidney organs to shen tao

- Hod to yesod then Ren-2 to heart
- Felt heat release from the bladder and pain clear from the lower back.

Treatment – third session

- Felt significant improvement in bladder – only waking once per night to urinate.
- Still has ache in back of knees.
- Opened yesod to both knees (was particularly weak on left side)
- Opened Bl-40's bilaterally and Ki-10's to the kidney organs

Treatment – fourth session

- For last week has slept through the night
- Tension has cleared through the knees.
- Still feeling a bit fatigued so focused on energising the kidneys.
- Opened hod to netzach and hod to shen tao
- Felt much more clear-headed at the end of the session.

Result/ How it was resolved

By focusing on strengthening the Kidney and bladder function all symptoms have been relieved.