



Case 6: [chronic fatigue & irritable bowel syndrome]

33yr old female

The Person & Complaint

Contracted glandular fever two years ago which has since developed into chronic fatigue. Experiencing mental foggiess, poor memory, pain & lethargy in muscles.

Suffers frequent dizziness and sometimes gets tinnitus.

Has symptoms of irritable bowel, with bloating, constipation & diarrhoea.

Extreme sensitivity to toxins and swollen, painful lymph glands.

Migraines with light sensitivity.

Poor circulation – cold hands & feet

The Story & Emotions

Build up of repressed anger from childhood. Her mother remarried when she was young and her second husband was abusive. Rather than leave, her mother chose to stay and she was forced to witness the abuse without having any power to protect her mum.

The Energetic System

Without being able to express her anger, her liver became toxic over time, which predisposed her to chronic fatigue. Because the liver had become so congested this affected the functioning of other organs including the spleen, pericardium and kidneys.

Treatment – first session

- After a long discussion about the affects of anger and how we actually hurt ourselves with this toxic energy I worked on opening the heart.
- Opened shen tao to PC-8 to draw heat from the heart
- Taught inner smile and encouraged her to do daily

Treatment – second session

- Felt softer in heart and more relaxed in body after session
- Experienced cramping in calf muscles during week
- Opened shen tao to PC-8 which release tension in the abdomen
- Opened geburah to chesed & liver to geburah
- Felt incredible pain when palpated Liv-3's & opened these to clear tension.
- Suggested that she massage these points daily to help clear congestion.

Treatment – third session

- Felt improvement in energy levels & digestion (just slight bloating)
- Came up in rash on big toe (at Liv-2) after the session
- Did a liver flush
- Felt very clear headed after balance

Treatment – fourth session

- Energy levels almost completely back to normal and all other symptoms have clear except for poor circulation in hands and feet.
- Did a second liver flush

Treatment – fifth session

- Energy levels are the best they have been in over five years
- To work on poor circulation opened Shen tao, PC-9 & front heart
- Opened liver to spleen and kidneys to support their functioning

Result/ How it was resolved

With consistent work on clearing the liver all symptoms have been relieved.