



Edema, 62, Female

The Person & Complaint

- Married, 4 grown up children living around the world
- Came originally for a CoL for jet lag (after a 25 h flight, lives in Europe), which we did in the first session. After she asked if there's anything we can do about the swelling she gets after long flights. Her hands and feet swell up and get really stiff after flights longer than 3 hours and it stays like that for over a week sometimes.
- Other complaints: Gets sore joints when weather gets colder, especially in her hands and right shoulder. Has had small inflammations in shoulder and hand (right) in the past.
- Hand had been really sore before she left her country (where it is winter) and a bit achy now

The Story & Emotions

- She has 3 of her children living abroad, as a mother naturally worrying about them.
- She lives on a small farm and has a lot of chores to do in her day-today life, and a very busy husband who's not around (working abroad) too much to help out.
- Controlling her emotions a lot and being nice to everyone.

The Energetic System

- Spleen – retention of water in the limbs
- Gallbladder/liver – joint pain, controlling emotions
- Throat – being nice
- Sacral – family and connection to throat

Treatment – Second session (first session CoL for jet lag)

- Spleen – very achy and electric, then spleen to throat (blocked) and sacral (not moving)
- She opened up about her relationship more, feeling unsupported, talked about how hard it is when her children live so far away. One of them has a lot of health issues and worries about her a lot.
- She isn't able to come back for another session till just before she flies out again in 3 weeks..

Treatment – Third session

The swelling had gone down faster than usual, she hadn't had any pain in her hand or shoulder but she thinks it could be the hot weather. Flies out tonight.

- Spleen to St 36 – Took a while to open but got flow
- Sp 6's – unbalanced very electric/interval ache got them to connect
- Finished with K1's – felt "fizzy" and achy, connected at the end

She felt grounded after session

Result/ How it was resolved

She contacted me when she got back to Europe. After session, she had had to go empty her bladder several times before her flight. She thought she might have an UTI but realized she was just dropping all the water she was holding, she didn't swell up at all during the flight home. Her joint ache had still not come back.