

Case: Fibromyalgia, 36, Female

The Person & Complaint

Client came in with extreme fibromyalgia pain. She also has a history of depression, anxiety, confirmed endometriosis, has an ADHD diagnosis, and a history of concussions from car accidents, ballet dancing injuries, and slipping at work (7 total). She also had acid reflux, edema, addiction issues (food), and high liver enzymes. Her mom is a described narcissist who controlled everything she wore, and what she was allowed to eat. She was a professionally trained ballerina until she quit, when she left her moms home at 18. She grew up in a very strict religious household. She is in a constant state of anxiety, and fears what people think of her. She wakes nightly between 3-4 am. When I asked how long she had been depressed, she said her last episode was 128 days, and the one before that was 88 days. She is in constant pain in her neck and shoulders, and it is visibly obvious she can't move her neck or head without tension. Her most pressing issues are her depression and the possible pain from her fibromyalgia.

The Story & Emotions

This client was one of my first clients as a practitioner, and there was a lot to digest. I knew that if she wanted to get out of pain I would have to treat the liver and gallbladder first, to decrease the fibromyalgia symptoms. Her throat was blocked because of the depression, her history of being controlled by her mother, and her need to control everything in her life. Her intake was long and she has a story for every ailment, with specific descriptions on how it affected her life. She is in a loving and stable marriage, adores her daughter, and is open to energy healing, although only willing to go one treatment at a time. She is admittedly really anxious, cares a lot about what people think of her, and has OCD tendencies on how she structures and sets rules for her life.

The Energetic System

Her liver and GB are both congested due to the depression, fibromyalgia symptoms and her need to structure and control her life, always. She also has quite a disruption in the spleen and stomach with her food addiction, her house of stories, and her OCD tendencies. Her navel is congested, with her need to fill a void. Her intake took almost the whole session, with numerous stories for each condition, how many days she is affected by each condition, how many accidents she has had and the specific details described, as she outlined her life.

Treatment – first session

I barely had time to treat her for a full session, due to the long intake. I treated her throat, and got a bit of movement in hopes to aid with her current depressive state and allow upward movement to her head. I treated her occiput and C7, both of which were completely locked. No movement. It felt like my hand was on a concrete slab. Her bones felt fused together. There was some movement eventually, but not fully open.

Treatment – second session

Client reported feeling better and her neck and shoulders haven't hurt since the last session.

I gave her a liver flush this session. I also treated Liver 1's to get upward movement in the liver channel to help treat the depression.

Treatment- third session

Client reported feeling sick for two days after the liver flush, and then a burst of energy and has felt great ever since.

Finished opening the occiput and C7 and balanced the female and males poles to give emotional support and clarity. The male pole was blocked because her mom never let her develop her own person and her female pole was blocked because she is constantly in fear of how her ailments will affect her life, what people think of her and being structured in an attempt to organize her thinking. Also, she is ungrounded and all over the place with her emotions. She also complained her butt is soo tight. She has a visible tight walk. After opening the poles, she felt lighter and able to think clearer.

Treatment-fourth session

She feels like a different person. She is amazed at how much better she feels and that she is not depressed. I opened the GB organ to H7 to decrease the possible fibromyalgia pain. Opening the GB organ allowed the distribution of energy to be more efficient from the liver, to help support the muscles and the joints, and supporting the GB and Heart through their special messenger relationship. Her GB organ had quite a bit of movement after one session. She reported feeling less tight at the end.

Result/ How it was resolved

Client reported zero Fibro pain and does not feel depressed. I explained she had two systems that I felt needed attention, wood and earth, specifically the spleen. I explained how the spleen has a direct association with her low energy, her immunity being compromised, her constant anxiety, and her history of eating struggles. I would see her in the community for months, and she always let me know, with a bit of shock, that she had no fibro pain and was not depressed. I didn't see her again for sessions, for 18 months. When she finally returned, she had felt a depressive episode coming on, was in treatment for an eating disorder, and had gained 50lbs. Her fibro pain had never returned. The following case study is how I treated her 18 months later.