



Case: 11 [sore back sciatic pain at left sacro-iliac joint], 62, Female

Start June 22 2016

The Person & Complaint

Include a brief description of the person, their relationships/family, their complaint, any relevant facts, health issues, history, etc.

relevant facts Married, retired, just had a 1 week hiking vacation and working in the yard she strained her back and since 1 week now has pain on left sacrum around the IS joint.

complaint Mostly pain when standing up too long, sitting, and rolling in bed

health issues and history Just in April about 2 months ago fainted and was diagnosed during the MRI with a Kavernom in her brain, in the right hand frontal lobe near the sulcus. Not operated, but this caused some anxiety in her. 2 days before yet another examination by the second Neurologist, this back pain started. For about 6 weeks after the syncope she was shook up and felt shaky on her feet. She has been having pain inside the left great trochanter as well. She has had an operation on the thyroid gland many years ago, where nodules were removed, she is not on medication for this or anything else.

Doctors: Doctor gave her a shot (Homeopathic) and as this did not help the back pain, a prescription for some manual therapy which she went through with.

The Story & Emotions

What's the story with the client? Is there one? If there's nothing obvious, is it more of an attitude or recurring feeling? What are the emotions that the client is experiencing or repressing?

The story is the kavernom and of course her fear of fainting again with no forewarning in a dangerous situation, for instance while swimming. She loves to swim. She is aware of this fear but since the kavernom is probably there since birth, she mentally decided to not worry about it and live her life as before.

The Energetic System

How has the story, attitudes and emotions affected the energy system? What is blocked/congested? What obvious centre's, meridians, fields etc are contracted?

The belt channel and the double pass blocked from fear. She has a tense gall bladder so the hiking plus the health issues compounded and weakened the area of the ileo sacral joints even more.

Her throat chakra is blocked and Gevurah/C7 is also very tense due to the congestion in the throat. Due to this, all yang channels are affected

The initial plan Relax the gall bladder, stomach, and bladder meridians, clear belt channel and the double pass. Stomach muscle meridian reaches in the back across painful area, so stomach organ and STO muscle meridian need to be relaxed.

Treatment – first session June 22\ 90 min

What did you do in the last session? Be specific. What happened? What was the conclusion at the end of the session? What did you advise the client?

Treatment: has an injured back, perhaps strained from standing up, or work in the garden - mainly on left hand side around ileo sacral joint. Asked if there was any emotional incident but nothing happened. However, she had her neurology appointment yesterday; perhaps it's related to that. Also went to eye doctor, all ok but has dry eyes.

First checked finger end points GB and they are electric, TH also somewhat electric. Since it's at the back I checked the BL divergent which is the sorest of the points. Did shortly the SI3 points, felt nothing, seems blocked, and she reported tingling in elbow. Due to the kavernom in her brain did this only shortly, since the GV goes through the brain. I am afraid to cause a bleeding in the kavernom

Lying down, I did BL66 to GB43 and BL67 to GB44 on lhs for about 25 min. She fell into deep sleep and was confused when she woke up where she was. I asked to check the back and the exact location of pain. Then GB34 to GB30, then ileo-sacral joint to GB34. Then for about 10 min. did BL66 to GB43 and BL67 to GB44 on rhs and last to GB34. She reported on rhs that she felt line up the back of the leg and knee cap, i.e. the bladder channel. Both sides started to move and even synched up after a while, where at the start they were sore. In particular the BL67 point of the lhs was very painful at some point before it opened up. I feel that a lot started to move.

Next time: Next time do GBorgan and perhaps LIV3.

Treatment – second session Monday July 4th 2016\ 80 min

How was the client after the first session? How is the complaint? Improved or not? What did you do in this session? Be specific. What happened? What was the conclusion at the end of the session? What did you advise the client?

Feed back: Felt not better, went to see the doctor about back pain. Felt sensation in bladder as if getting a bladder infection, but did not. Doctor gave a homeopathic pain injection but did not help. She went to get a Dorn/Preuss Back therapy session with a Heilpraktiker, it was better for a few hours, but then back to what it was. Mostly pain when standing up too long or sitting too long. Lying and walking fine.

Treatment: First I checked the sacral bladder points, lhs BL27-28-29-30-32, BL30 with one hand on left side BL67. I feel the belt channel must be contracted due to fear in combination with physical overtaxing the area, I feel the bladder is tense but not the root of this problem. My feeling is the main issue is L4/L5 plus ileo-sacral joint.

She reported movement at BL28 and BL32, so I treated about 25 min with palm off this area to BL67, then to GB41. The palm got painful and hot, so did GB41 but definitely the points started to move. Also GB30 is painful to her, and I treated it just a few minutes

It was very uncomfortable for her on stomach so since I think the double pass must be blocked I continued her on back, me with one hand on the left sacrum area where the pain is and one over the navel center. I treated for a few minutes and did some formal release with 'I release fear of my kavernom in my brain'. After a few times she reported that it flashed pain into the ileo-sacral region and to LIV 1 point. Then I switched to on hod and off navel and we did some more with 'I release fear of drowning during a syncope/fainting' and 'I release my fear'. Again some pain and after some time I felt the 2 centers connect to each other and to move in a to-and-fro motion. Total time release about 10 min. She reported that saying the sentence too many times felt like it became mechanical, which I actually agree with, so I explained that sometimes the talking without meaning/feeling can avoid the actual feeling

Lastly about 10 min GB34 to GB41. GB34 is painful to her and she right away felt pain in the sacral area, so I feel a lot of the tension was released.

I just did a few minutes in the end at GB43 + BL 66 and again she right away reported sensation in the bladder.

Advised her to do the wheel of dharma on the left and right side and the hips, circling each foot, knee, hip joint 9 times in each direction, and to not stand or sit too long, and to take it easy.

Next time: work on bladder plus GB30 again (key sciatica pain), depending of results.

We spent some time chatting after the session and she felt better, and could sit longer without have to shift around to relieve the pain.

Treatment – third session Monday July 11th\ 90 min

How was the client after the last session? How is the complaint? Improved or not? What did you do in this session? Be specific. What happened? What was the conclusion at the end of the session? What did you advise the client?

Feed back: Went to see yet another practitioner, a manual therapist. Did not help. Mainly pain standing up now. Is wearing a lumbar support, to keep it warm. Trouble turning in bed.

Also, since a few days she has a herpes sore at the nose and also the lip, all on the left side, which is why I do not treat the head or do the ST4 sacral treatment which would be great.

Treatment: Since I cannot do ST4's I have her on stomach, and I treat about 30 min left hand side GB30 to BL67 and then BL66 and finally BL62. At GB30 I feel stinging pain, which dissolves after a while, then I use palm which becomes very sore. She reports sensation on top of rhs middle toes, then outside knee then over knee cap. I feel besides the gb, stomach muscle meridians are involved. GB30 on the rhs is also sore, and since she felt more sensations on rhs I treat the rhs GB30 which is stinging to BL67, then BL66 and mainly to BL62 which is mainly sore from the foot points. Lastly I cap the right heel to middle of L4/5 to sacral area, patient falls into deep sleep so I feel the middle of the heel is also involved. Lastly I do about 15 min muscle meridian at bottom of toes and right away she reports pulling sensation in right knee front. It seems to me her muscles are tense overall to compensate the back pain and protect the painful areas.



Recommend to calm down, have a chat with the neighbors about the tense situation, take some relaxation like baths, meditation, massage.

The back I am not sure if it is only the left side or if the left side is sore due to tension in the right hips. Let's see if this session improved the pain and go from there

Next time: I did the go-to back points, did direct resonance, did GB and BL points, did release, did yang linking strange flow and belt channel. Would like to do the ST4 but see if the herpes is clear next time

Feed back: Called the next day and reported that she slept exceptionally well, as she normally does not sleep through the night without waking several times. Also, 24 hrs. after the treatment she still has no pain, even though doing the dishes standing up, which before was painful. So success. I remind her, not to overdo it. She has massage appointments, so I advised not to go too deep in the massage and continue the wheel of dharma exercises.

Treatment – fourth session Monday July 18th 2016\ 75 min

How was the client after the last session? How is the complaint? Improved or not? What did you do in this session? Be specific. What happened? What was the conclusion at the end of the session? What did you advise the client?

Feed back: Still painful to stand or with sudden movements, and turning in bed

Treatment: Client on back, 15 min stomach muscle meridian at feet pads, both sides, then left side only: MM stomach to STO36, then STO36 to STO41 hand on (binding), then to lateral knee binding point and to hip binding point and finally ST36 to left IS joint where most of the pain is. From here to GB39 but not much reaction here. Client in deep slumber for most of this 60 min, but woke up a couple of times and reported sensations at St45 first on left, then on right. The stomach muscle meridian started to move and circle after the 60 min, so I feel some more blockages were relieved

Finished 15 min with client on stomach, resonance to BL40 and GB30. She reported again pulling sensation on top of right thigh. The GB30 point is painful and also the area where most of the pain is located. I feel a lot started to move today, but we will see if the pain remains. Advised to take it easy for the rest of the day and not strain any more

Next time: First clear sto organ to ST45, then more mm to binding points. Clear GB organ then again GB43 to BL66. As BL57 and BL58 are related to problems standing up, perhaps work on these, besides stomach organ more fully

Treatment – fifth session Thursday July 28th 2016\ 75 min

How was the client after the first session? How is the complaint? Improved or not? What did you do in this session? Be specific. What happened? What was the conclusion at the end of the session? What did you advise the client?

Feed back: Slight improvement, but she also had some massages and one manual therapy session, who cracked her back – it did not really improve anything.

Treatment: First I checked second toe both sides of the nail and GB44 and BL67. The GB/BL points are more sharp. She right away reported pain in the small of the back. I worked on stomach only. GB/BL have to wait till next week's session.

First off stomach organ to left STO45, which took 45 min. First the stomach after about 20 min was really painful in the hand off organ until finally the stomach really started to wheel in circles and move back and forth, so strong that client noticed pulsing/back and forth not only on left side, but also on her right leg..

As soon as the stomach started to move, I placed 3 fingers under toes and balanced to on top of ankle, knee, hip and back. At knee she suddenly experienced 3 sharp stabs of pain up her rib cage across her left nipple to on her left shoulder and eventually down her left arm. Explained path of the stomach meridian across nipples and that it is up/down partners with L. Intestines (which goes down the arm).

Next resonance toes bottom to on top of knee. Then she told me that while she has not experienced any stomach issues, for many years she had been having trouble walking down hill, that she had an arthroscopic procedure done on the left knee due to problems there. Next toes to on hip and then to small of back. During the treatment repeatedly she had sensations in the right leg. Explained that doing one leg also affected the meridian on the other side. I had the feeling that after this session the stomach, and hopefully the back should be much better.

Next time: Work on gall bladder organ.

Treatment – sixth session Friday August 5th 2016\ 75 min

How was the client after the last session? How is the complaint? Improved or not? What did you do in this session? Be specific. What happened? What was the conclusion at the end of the session? What did you advise the client?

Feed back: Somewhat improved

Treatment: Did gall bladder organ off, to GB44 on right, about 40 min. Next did GB30 on left, where the pain is, to GB44+BL67 and then GB43+BL66. At GB43 to BL66 she felt several times electrifying down the left leg, the last time even up to her left ear lobe. Finished just a few minutes the lumbar/ileo sacral area to GB34 on left. All the points started to circle and move nicely. It seems the bladder meridian is really tense and will need more work.

Next time: Do the st4 points, plus work on stomach organ some more

Treatment – seventh session Tuesday August 30th 2016\ 75 min

How was the client after the last session? How is the complaint? Improved or not? What did you do in this session? Be specific. What happened? What was the conclusion at the end of the session? What did you advise the client?

Feedback is slight improvement, still trouble standing up; most improvement after last GB session.

Treatment: First K1's to calm down a bit, electric on right foot. Off gall bladder to left side GB 44 for most of the session. At times pain in palm over gb organ, but slowly both points started to move,



patient in deep slumber. When I changed to GB41 to GB34 she woke up and reported right away a pulling sensation from breast up, along the pericardium on left side. Explained that gb enters the heart with divergent channel. But seemingly, this position was too much, so I finished with gb organ to GB34. Finally, did 15 min STO4 and explained action on lumbar ileo sacral area. Both points felt electric. Need more attention to stomach.

Next time: Attention to stomach. Clear the double pass navel/hod. Perhaps start with GB41 to navel to clear the belt channel, or GB41 to throat. I feel almost all the yang channels are blocked, so yang linking to belt channel?

Treatment – eighth session Friday September 23rd 2016\ 75 min

How was the client after the last session? How is the complaint? Improved or not? What did you do in this session? Be specific. What happened? What was the conclusion at the end of the session? What did you advise the client?

Feed back: Much better, hardly any more pain.

Treatment: Talked about working on the throat chakra as yang channels run along it including gb, but she does not want work done on thyroid, is worried that lumps in thyroid return, which she had long time ago.

Thus I started working on TH5 on left arm to GB41 on right foot, then TH5 on right arm to right GB41. Intention is to clear belt channel once and for all. The TH5 points are quite electric, on both sides. The GB41 first was numb but then started to spark. After about 15 min I did navel to GB41 and after a while both started to circle. She reported some sensation in LI/abdomen and left index. Explained that LI is a yang channel linked with the yang linking (TH5) and belt, and that all hollow/yang organs might be affected.

Once the navel started to move, I did right hand under sacrum to drain tension there from gall bladder channel to GB41 on left. Generally, her left side is much weaker and more tense she explained. My hand went numb in part from weight but also from the energy there I feel. Back to off navel to GB41. After about 45 min session her eyes started to tear both sides, heavily like streaming, plus she started incessant yawning. Explained that eyes are linked to GB channel and that balancing the yang allows yin/water/moisture of tears to become stronger and balance excess fire/yang.

At the end just a few minutes as she does not like work on her throat, on C7 to TH5. TH5 much less electric.

Next time: Wait to hear how she is after this session. I think again a lot was moved and triggered to release. Else I consider this case concluded.

Treatment – ninth session Wednesday October 5th 2016\ 75 min

How was the client after the last session? How is the complaint? Improved or not? What did you do in this session? Be specific. What happened? What was the conclusion at the end of the session? What did you advise the client?

Feed back: The back is much better, hardly any more pain. Even though we worked on the belt channel last time and she had warm feet after, she did not notice a permanent change, still has cold feet.

Treatment: Since the back sciatica issue is almost completely gone I proposed to work on conception and yin heel strange flows with corresponding centers to strengthen the front of the body to help the lower back issues and the CV issues, on a deeper level. Explained that my goal is to generally balance the yin energy against the strong yang, to strengthen the conception channel (base) and yin heel (occiput), explained a bit about the strange flows. She always has reported that her left side is much weaker and different than the right. She agreed with the treatment plan.

I did first resonance left LU7 to right K6, then K6 to on hod/kidney, then reverse right LU7 to left K6, then briefly K6 to hod and LU7 to base. I felt a few times the directions of the strange flow points shift. The left LU7 to right K6 took much longer to start moving, about 25 min, while the other cross right LU7 to left K6 moved much faster. I used hod/kidney gate rather than occiput to avoid bringing energy into the brain area. Her eyes started again to tear and she had to yawn several times at the end.

Later she reported dizziness, after working for 4 hours on the computer nonstop on the day of the treatment. Gave her centering exercise, left/right sole and drop perineum to contact with earth and relax the base. She reported that she slept well but still a little bit 'strange' the next day and she felt her gall bladder pinching.

Treatment – tenth session Tuesday October 18th 2016\ 75 min

Feed back: Back is good, she started yoga which she likes. From all the treatment she stated that Acuenergetics helped the most in her recovery.

Treatment: Chakra balance with the intent to focus on base and sex centers. Reached sex to heart position. At base to navel she felt her right mouth corner then left outer ear itch. The stomach made many noises. She has a small herpes sore at right mouth corner. Two times I got heat flashes, once at base to navel and then at sex to heart. Here she got restless. She felt a few times jolts or numbness along the gall bladder meridian at the right thigh. The whole right leg felt like going asleep. At the heart she felt first left wrist, then left index finger at base of finger joint. At the end of the balance she started yawning and her eyes were tearing up. Good grounding then did raking for further grounding and showed her a qui gong exercise to strengthen stomach, earth element and grounding. I feel the base was definitely strengthened

Result/ How it was resolved

What was the result after treatments concluded? How was the complaint resolved?

I consider this case complete; the back problems are almost completely resolved. Client still undergoing massage and started a yoga class to increase flexibility. She is scheduled for another MRT to evaluate the kavernom, in my view the root cause of the back problems.