

Case: 12 [Muscle pains and high blood fats], 48, Female

Start August 1 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 Client stands up in her job most of the time, smokes and takes the pill

complaint Main complaint is various muscular pains in shoulders, inside buttocks, and along legs on the outside. Pains in stomach, in particular after coffee and when having an emotional reaction to some stressful situation

health issues and history In the past had an rhs shoulder problem raising arm (less on left, profession hair dresser), just around TH14. Doctor noted calcifications, specialist proposed surgery but did not go for it, now just sometimes shoulder/arm problems, more in buttocks
Takes a new contraceptive pill that she does not like.

Doctors: Has not seen any doctors for these complaints recently

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?

It seems that stress, trouble with her employees mainly trigger acute muscle pain attacks. She is very empathic when she hears about problems of friends or neighbors, almost to the level of feeling guilty for something she does not even have any part in, like her landlady having cancer.

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?

Generally she prefers not to feel her feelings, so strong emotions right away manifest in these muscle pains. The areas showing up mostly are gall bladder/liver and the centers congested seem to be throat and C7, but also the base and apana field.

The initial plan clear stomach organ to nourish muscles, and gall bladder meridian, organ, and strange flows related

Treatment – First session Monday August 1, 2016\ 75 min

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: Main issue is muscle soreness in shoulders, buttocks, legs, mainly around GB30 and down the leg on the right hand side

Treatment: Sitting up first I diagnosed the finger tips. It seems the bladder is most tense, so is stomach and TH finger.

While I am thinking stomach muscle meridian because of the muscle pains, she shows me the GB30 spot on the right hand side as the sorest point right now, but tells me that also the left is sore but a bit different. So I decided to treat the gallbladder first, starting with organ to GB44. She tells me that there is a congested spot under her right rib cage. I palpate for liver, which feels fine, and gall bladder, which is not sore. Stayed here for about 30 min.

Next gb organ to GB34 with is more sore, but after about 10 min started to move.

Turned on stomach, I treat right side GB30 to GB34, and she reports that she can feel the calf area. I also include the GB41 to GB30 to open the belt channel as well. The GB41 spot is sore.

Next time: My feeling is that the gb needs more treatments, also because of the shoulder problems.

Treatment – Second session Saturday 8/20/16 \ 90 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: The day after the last session she called and said that the pain around GB30 in the buttocks was gone almost completely, already in the car driving home. I saw her a few days later and she confirmed that the muscle soreness and hip pain was almost completely gone. She booked another session before her upcoming vacation. She is very happy with the treatment, her hip and buttock pain from the last session gone completely!

Treatment: Checked the finger tips. Both KI and BL are tense, as is TH, HT and SI. GB also Spent some time talking about her Anti-baby pill issue. She is having trouble with it, and wants to change it.

Talked about her high Cholesterol and Triglyceride blood level and uric acid lab results, which she brought to the session last time, for me to look at. I recommended, talking to her physician before taking OTC meds or supplements, but that artichoke and silimarin are helpful for fat digestion and liver synthesis. Recommended liver flush.

Did first off GB organ to right hand side GB44, then to GB34. The points are both sore with some stabbing pain, but after about 40 min all start to circle nicely. When I palpated GB34 she felt it all the way down to the 'ring toe' i.e. GB44. During the treatment she reported stabbing pain in the left hand mastoid process. My feeling is to work on balancing both sides GB meridian, as up/down partners to TH.

She mentioned that she is very scared that the muscle pains will make it impossible for her to work and earn a living, did GB to navel with release saying the sentence 'I release my fear of the muscle pains'. Explained the reason and effect of the release sentences.



Next time: Talked about liver flush would be helpful with the blood fats plus assist the GB pains she has been having. Wood invading earth, so perhaps TH5/yang linking to GB41 belt channel strange flows to treat all at the same time, adding navel to throat.

Treatment – Third session Monday 9/26/16 \ 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: She feels great, switched to a new hormonal contraceptive that feels much better. No more muscle pains lately except from standing 14 hours last weekend.. She wants to do the liver flush, since she does not have a lot of time.

Treatment: Liver flush. I felt quite a few 'sticky' spots that required some longer work. After the first part of the balance she tells me that she feels non-relaxed and restless. I had explained at the start the possible effect of the liver flush, but now I explain again that her feelings are due to the wood upward energy. Then she tells me that she felt at some point during the flush like an ice cap on her skull – right along the gall bladder meridian across the skull, also along the outside of both ears. I feel surprised but then realize that perhaps balancing the liver and gall bladder heat and strengthening of yin in general might feel cool to her.

As I moved to resonance off liver and resonance off throat I explain that to her. She is able to calm down and relax a bit, but now starts to yawn and have teary eyes, which I again explain. Also I explain the moisturizing effect when yang is balanced with a yin organ like the liver. The icy sensation has dissipated right away. She said she only drank one cup of coffee so far (session started at 10:30) but she urgently needs to urinate now. So I suppose this affects also the kidney elimination function. I close with good grounding. She feels great and full of energy.

Next time: I think this was great to do; it will help balance the yang organs TH and Stomach to further help with the muscle pains.

Result/ How it was resolved

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

We agreed that this case can be concluded as all her complaints have been successfully resolved. None of the complaints have returned so far