

Case: 8 [BPPV, benign paroxysmal positional vertigo ], 47, Female

Start October 19<sup>th</sup> 2015

## 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 is a smoker and likes to ride her motor bike, which she can't anymore due to the severe dizzy spells she has been having. She has a partner and just recently opened her own hair dressing parlor, lots of stress, plus she and her partner have just built a new home. Parents are separated at age 3, and both her parents and her sister chose the same profession, hair stylist. The whole family, she, her sister, and both parents all separately have each a hair dressing shop in the area. Close to father, mother was never present 'has her own life' and she only heard from her on birthdays on the phone.

**complaint** The main complaint is dizziness lying down mainly when turning to her left side in bed, and pressure on the left side in the ear. Recurring stomach pain as well. Wakes up to 10 times at night, afraid to be dizzy.

Started good 5 years ago while separating from partner. First time not so bad, the second attack was very bad 9 out of range of 10, around 3-4 am she woke up, the world was turning and she could not walk or crawl. Severe throwing up.

Now: At night the complaint ranges 4-5, every night. She wakes afraid that the condition is worse, during day in movement 2-3, cannot do certain overhead positions. Also she constantly has to depressurize her ear due to the pressure, i.e. blocked ears as if going up/down with a plane.

**health issues and history** As a child had frequent Otis media, middle ear infections and each ache, also twice as an adult. Has a meningeom since 4 years in brain near the optic nerve somewhere, does not know exactly where, avoids to think about it, goes to get an MRT once a year. During the initial MRT it was established that the meningeom has nothing to do with the dizziness.

Except sometimes an expanding point of light lasting a few minutes no eye problems

Kidney colic at age 14 when she went to live with father., had to spend days in hospital, ran away from hospital, dad had to drive her back. During the first treatment she told me that she has had trouble with kidney all her life, always needs to keep them warm.

This January, sudden hearing loss on left side after a cold, homeopathic globuli did not help, now ok. Some tinnitus but 'she ignores it'. No recent tooth problems.

Decided once to have a baby, did not happen, had ovarian cyst and had OP, tubes were 'blown out' but cyst was not removed

Always is cold, cold hands

2 Falls on the motor bike, once fell on top of head, once fall on left side, one whip lash trauma in car accident.

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



can't breathe through nose while sleeping, light asthmatic, allergic against pollen, grass, has to blow nose constantly

Stabbing pain at TH17, inside the mastoid process. She did not have a check for streptokokken infection

Stomach problems epigastric, radiating to back, mostly in the evening and when going out. After food about 30 min. Also in school she used to react with stomach pain.

**Doctors:** Has seen 5 different Ear specialists during these years, all different diagnosis, one wanted to operate the Corti organ and diagnosed Morbus Meuniere. Doctor seen in January diagnosed that her left ear has only 60% of the balance in the Corti organ in her left cochlea left.

She was shown and did the Epley maneuver but did not like the experience, had to throw up from the maneuver, and it did not help the condition.

Physio to treat jaw/tensions in jaw. Advised her before first session to skip the Physio while in treatment with me since it might interfere

## 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?

Parents separated at age 3, lived with grandparents to age 14, not much contact w. mother, moved in with Dad at age 14 'to have more freedom' (hang with friends, skip school, be a 'terrible teenager', feels sorry for father, but describes moving in with him as 'exhausting for both')  
The first time she had this dizzy attack 5 years ago, she can't remember any story, but had just separated from her boyfriend, and she said 'that is over', but does not want to blame this on the separation. Most recent attack last July, lots of stress at work, both employees were sick, lots of stress. Now she states her father is her main stress factor, he still works and she worries about him.

## 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 **TH meridian** is blocked, which as the 'special messenger of the original qi' of the kidneys links the kidneys directly into the ears. Related to the ear problems and dizziness is also the **GB meridian**. Related to that, the **pericardium** was blocked when parents separated, now lack of warmth and flow through the body. Further blockage occurred 5 years ago when separation happened, but she suppresses her emotions

My take is that parents separating/ being deserted at age 3 was a huge shock. Main centers blocked are **hod, sex, and the heart**. Blockage of hod causing the ear and kidney problems through childhood. The separating from her partner 5 years probably caused her pericardium to contract and has contracted the kidney further, causing the meningeom, since the brain is governed by the kidneys as well.

The stomach problems are related to the middle burner not functioning properly.



Additionally her C7 is blocked, affecting all the yang meridians, in particular TH, GB, STO, plus giving her the trouble with the shoulders

**The initial plan** is to clear the triple heater, but more importantly, nourish the kidneys to supply the energy that the TH needs to distribute. The heart/pericardium needs to be cleared as well in order to allow warmth to flow through the body. The gall bladder need to be relaxed, as it is very tense and painful when palpated. Definitely do a COL and thrusting, perhaps a sacral at later point. TH will also improve stomach problems, and stomach needs to be cleared and relaxed

## **Treatment – first session 19.10.15\ 75 min**

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

Started treating sitting up TH1 to TH3 on the left arm while her telling again the story, and after a few minutes she reported some shift in her brain and that the arm felt warm, at the same time she scratched GB1 on lhs. I felt a burning, electric current. Then we went to the table and I did TH1 to TH17. TH17 is where her pain actually is. After a while this became too intense for her, she felt 'like a contracted lump of muscle'. I went to Ki1s for a few minutes to relax and to draw the energy down. Also did GB44 both sides for a few minutes to just pull down the GB energy as well, as that was clearly stimulated by the intense effect on the TH total time at feet about 10 min. Went back to treat TH1 to TH3, then TH1 to TH17. At this point she told me about her kidney problems so next I treated one hand on hod to TH17. I ended the session TH1 to TH23 and there was starting to be some movement in the meridian but still blocked and electric. GB1 to TH23 blocked. Advised her to observe what happens and call me if there is an issue.

Next time start with K1, pulsing to kidney organ and then re- do, also check the right side

## **Treatment – second session Monday October 26<sup>th</sup> 2015\ 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:** Saw her a few days after session, she reported that the pressure in the ears seems to be less, but not sure. In the second session she said she thought that the ear pressure was better but still not sure, since 'nothing was done, no pills swallowed'. Also she reported that in the first session she felt aching pains in the kidneys during the treatment and that after the treatment no more pain but felt lots of energy like a wound-up puppet, and slept well.

**Treatment:** First K1 bb, then K1 to K3 lhs while on stomach. Client reports a strong pulling/flowing through uterus and ovaries. Then a few minutes pulsing on both kidneys, and the kidneys felt cold. Turn over then TH1 to TH3 lhs. TH3 is very electric, one of the most active points, and she reported stabbing pain there. Th1 to TH17, then TH5 to TH17, all points electric but less at TH17. She reported a slight tinnitus coming and going, and then the feeling of having a cold cap on her head. At this point I felt somewhat of a nausea that I usually feel when there is a block in the client, plus I felt a flow towards the stomach meridian. Did ST1 to TH1 and client reported her stomach reacting with

something like growling or becoming hungry, also like a pulling sensation. Lastly did hand on hod to the 3 ear points GB2/SI19/TH21 and all the points were moving in a sine wave, so I expect some release happened. Advised client to observe what happens in the next 2 days and report if there are any problems.

**Next time:** Do more kidney, ki pulsing and feet.

## **Treatment – third session Monday November 2<sup>nd</sup> 2015\ 90 min**

**Feed back:** Client feels significantly better, so good that last Saturday she went to ride her motorbike for the first time since last attack in over 3 months, since she was not afraid to have the dizziness attack! No stomach problems

Level of dizziness when turning over to left in bed at 2, down from 5. No more dizziness during the day, can hair dry own hair bending over with no problems. Only light movement when reaching over head in bed to get phone. Side effect of this is that she sleeps much better, only wakes twice per night instead of before 10 times every night. Another improvement is the sniffing she had before. She had to blow her nose all the time, now this has improved also a lot. Is exhausted from working over the week end, lack of sleep, and has today more pressure on ears.

**Treatment:** Today I did **release** work with her, about 15-18 minutes sitting in chair first on the death of her good friend which triggered this problem about 5 years ago, and on parents leaving/deserting her and dropping her at the grandparents at age 3.

**Resonance** to hod and then the heart and rhs ki divergent channel on little finger. **Sentences:** I let go feeling abandoned/ I miss you (friend). Then I release you leaving me Daddy, Mommy, Fuck you I hate you Mommy, I forgive you Mommy and Daddy, I love you Mommy and Daddy. She said it was very difficult for her to say these sentences and after she described herself as a 'suppressor of feelings'. She reported that it felt at some point like 'someone' grabbed inside her brain at the occiput.

Next I did K1 bb and both were very electric, then K3 bb, also very electric, but started to move. Then again pulsing to both kidneys, a few minutes. This time the kidneys were much warmer than last time, but clearly I felt pain/ scratching inside my palms.

Next sitting up I did both TH1 and then both TH3. All 4 points were very electric, but more on the right hand side

**Next time:** Gave her a grounding exercise attention in left, then right sole back and forth a couple of times, then relax perineum to relax and stand grounded. Advised that due to release emotions or other strange sensations might happen and that she can call me anytime. Also gave exercise both hands under navel for stomach problems. Explained effect of KI on teeth, bones, ears. She said now she understands why she has bone pains.

Saw her the following week, said that 2 days later she had a dizzy attack lasting about 3 days. She said she felt that the release work brought on the attack. Could not really talk but briefly. She is looking forward to the next session, wants to work on ears more. Perhaps do GB and both rhs and left hand side in session 4.

## **Treatment – fourth session Monday November 16<sup>th</sup> 2015\ 90 min**

**Feed back:** Client had relapse after last session, she had the session Monday, then all was well, then Tuesday night had to cancel plans with friends which annoyed her greatly, and then Wednesday the dizziness came back. She had an extremely stressful weekend working. She had no second thoughts about the release but felt greatly relieved after the session, even though it was very hard to say the sentences.

**Treatment:** Did K3 both feet then lhs K3 to GB41. And then GB44 to GB41 lhs. K3s were electric at first then started to pulse. The GB44 to 41 points made her eyes water and she felt slight tension in throat. I felt a huge amount of tension, and when I palpated the Gallbladder she felt stabbing pain. This is a whole session, just GB but I wanted to get the GB divergent into the ear moving which it did after about 5 minutes. Next moved to lhs TH3 to TH17 which both were sharp and electric. Then I palpated the TH17 client feels a sharp stab of pain, also my treating finger is painful. After about 10 min moved to TH5 to TH17, also sharp. I scanned also the GB20, where she has a lot of tension. She mentioned that the physiotherapists work on this area a lot and that during our treatments she had the feeling of push in this area...Did P9 to binah and P9 is also sharp. The occiput center needs to be cleared soon. SI3 is also very tense, did just a short scan to binah. Another approach would be the GV, and male/female poles.

She noted after the session that she feels much clearer in the head and that something moved, but that she clearly felt both kidneys and abdomen pull down.

## **Treatment – fifth session Monday November 30<sup>th</sup> 2015\ 90 min**

**Feed back:** Client sent message after 4<sup>th</sup> session, all was great until Friday, the pressure in the ears increased again.

In the session she said that the Monday after (that's last Monday) all was well again. That weekend she had visited friends in sad circumstances, stressful travel, and had a bout of stomach ache. Now she has tinnitus.

**Treatment:** Today I started at bb K1s and then on lhs K3 to base. This time the right side K1 was quite sore. The K3 was quiet and moving with the base. I did a few minutes pulsing on the kidneys again to improve the strength in the kidneys. Next I did base to occiput the female pole, at head it was very sharp. I tried to open both together. She reported here that the pressure in neck and back of head first got worse then disappeared. Then I worked on bb on GB20 (good for blocked ears) both of which were sore but started to move after a few minutes. She reported it felt good to have pressure here. Here is where the physio work a lot. Needs more work!

Next I worked on left hand TH3 to TH17 again. Again this was very sore and painful, and I stayed here for about 20 min. Stomach again started to be very active and gurgling here – the middle burner! Next time more work here and on stomach..

Test on throat to combination GB2/SI19/TH21 in front of ear but not so relevant.

Lastly I did about 20 min on GB34 to on gallbladder organ. This is very sore and I feel contributes to the inner ear problems. She was very relaxed after the session and sleepy. She feels that major progress was made on all problems, and that a session every couple of weeks is good, she feels ready for next year's motorbike season and has booked an event next June. We will have sessions in order to get ready

## **Treatment – sixth session Monday December 7th 2015\ 90 min**

**First feedback** after the 5<sup>th</sup> session was great, much improved.

Today client said that again towards the end of the week the ears started closing again. Generally, no more dizziness, less nose running, no more restrictions but a little in certain movements. Sleeps through the night now. Some stomach pains after news that landlord has breast cancer. Overall she is very happy with the sessions! She wants work on left ear.

**Treatment:** Did firstly the K1 both feet to strengthen the kidneys. Very electric, but more relaxed after about 10 min. This still needs to be worked on.

Next did GB41 due to effect on liver and gallbladder fire in head. Both also electric, but started to move after a while.

Moved to TH3 to left ear with thumb on TH17, index, middle, ring finger on GB2/SI19/TH21. The TH3 is still electric and the ear mainly on SI19. Did next left hand on C7 and right hand on ear. The C7 point is sore, and this is the first time in all sessions that client fell asleep. A lot of tension unraveled I felt. After the session client was very relaxed, felt great.

**Next time:** Since I will be away for about 2 months, I explained the inner smile and asked her to do it every day. She has read about this exercise and is interested to do it.

## **Treatment – seventh session Monday April 11th 2016\ 75 min**

**Feedback** After my travel absence, reports that she really did well, no dizzy spells or attacks until recently when she got a prescription sliding-view pair of glasses. She once took them off and had a dizzy spell for about 2 hours, unable to drive. She relates this to the glasses. Explained the relationship of ears and eyes. She continues to have the feeling that there is something in the left ear and the tuba auditiva keeps popping specially when swallowing, which is very annoying to her. Waking up a lot around 3-4 am, but able to go back to sleep. Explained that liver and lung organs are active at these times.

Also she has since December pain in both shoulders. Dr. said calcifications, and she has elevated uric acid levels in the blood. Talked about gout and she reported it gets worse when eating pork.

Lots of stress with her business, many employees are coming down with illnesses and her dad and his business. She did the meditation only rarely. No more stabbing pain in the mastoid process. Since Dec. only 3 times stomach problems, much better. Rarely any more headaches  
Focus this session is the left ear.

**Treatment:** Did first TH1 both sides and scanned other finger end points. It seems that TH, GB and SI and HT are tight. After about 10 while we talked about what happened since Dec 7<sup>th</sup> last year. First it was really good until the glasses.

I did first K1 about 5 min. She reported that right away she felt lower abdomen and kidneys, but perhaps due to menstruation at the moment. Then also she reported tension around occiput. So for about 30 min I did occiput center to TH1 on left. At the end, this really moved nicely in synch. Patient reported the sense that something was flowing outward from between the eyes. She indicated the area of the 3<sup>rd</sup> eye, even though this woman is not really versed in spiritual stuff!

Next I did TH5 to the 3 ear points GB2/SI19/TH21 for about 10-15min and a few minutes GB1 to TH23. She reported that she got restless from this, energy too much, but then that she could relax when I moved to GB1/TH23.



**Next time:** All was well after session for about a week, then ear started to close again. Next time I feel I need to do less points, focus on gallbladder organ, GB20, 21, 41/43, as the eye glasses brought on the dizziness. I need to fix this problem for good!

Start w. GB20 to 21 across, then feet points. Ear points too strong.

## **Treatment – eighth session Monday April 25th 2016\ 75 min**

**Feedback** is that for one week all was great, then in bed one dizzy spell. Also sleepless again an issue. Asked, what happened about 12 years ago when shoulder problems started. She thinks it is related to her break-up at that time. Explained that we focus on ears, but that the shoulders are related. The PT treats the shoulders, raising the 'shoulder roof' and this helps, but not permanently. She is seeing the PT in the week she does not see me, so that should not block my work..? She started fitness, but has muscle problems, especially in the bottom. When sitting she has to wait and stand before she can walk away. This indicates to me stomach/muscle issues. Her stomach aches have gotten much better, but I think besides GB and TH, based on practitioner Circle 5/4/16 I might treat stomach. Recommended to supply enough electrolytes after training. However, it seems that the shoulder pain and the buttock pain might be related to Stomach and Gallbladder, mirroring each other top/bottom.

**Treatment:** Did first sitting, both finger end points, 10 min. The GB divergent is the most tense and electric, then TH and SI, plus the P big time. This settles my plan of treatment today, focus on GB. Did 30 min across the neck GB 20 (blocked ears, see Deadman) to 21, while checking range of neck motion, instructed client to relax the TMJ. After first few minutes the GB 20 on rhs to GB21 on lhs started to move and the neck turning motion to rhs was much improved. The reverse, GB20 lhs to GB 21 rhs is still blocked to left. Treated more on the left and it did improve also quite a bit. She noted during treatment that it is hard to relax TMJ joint. Did range of motion check. The nodding and lateral move motions are also blocked still. I feel the heart/SI is involved here. She reports problems to relax the TMJ but that during this it became easier and that the tension was much better. She noted C7 tensions. Explained GB focus in this area. On table palpated the liver and gall bladder. She tensed reflexively when palpating the GB. She said that she always has tensions around that area. I did GB43 rhs to GB organ for 35 min. The GB is hot, and so is the point. Also GB44 to GB organ. She noted that around the rib cage tip it felt like a lump. I feel the GB did release some tension, but that there is more

**Next time:** Check ST divergent to GB, stomach muscle meridian to ST30

## **Treatment – ninth session Monday May 9th 2016\ 75 min**

**Feedback** is that the problems with both shoulders are much better, down from 7 to 2. The ear was blocked for about 2 days but after the stress that triggered her tension was over, the ears also relaxed again. She had 2 day stomach pains from tension but it resolved also. No dizziness, no more stabbing pains in mastoid process.

**Treatment:** First I did off C7 to TH1 and STO divergent on left. The stomach meridian end point is more tense than the TH, confirming my resolve to work on stomach meridian.

Did both sides the stomach muscle mer. at underside of toes 2-3-4. This is very tense and electric, took about 20 min to start moving.

Next I did the under-toe position to ST36 on left hand side. Client reports first a tensing lump in stomach then relaxing dissolving feeling, in particular around S1 vertebrae in the back and at ileo-sacral joint, at the backside of the bladder. She reported that the back spot released.

Also I did under toes to ST30. Explained relationship of GB to ileo sacral joint. I check GB 41 and GB42 but do not sense much tension here.

Next I did ST38 on left to circling shoulder on left. First she said rotating the shoulder was like grinding across six corners, but it became rounder after a while.

On the rhs I did on stomach organ to ST38 while rotating right shoulder. It still is more stiff when rotating. Did both ST38 to both shoulders for a while. The rhs needs more.

Both STO38 points felt during the rotation like I had a acupuncture needling in my finger going into the point!

Last just a few minutes lhs TH5 to 3 ear points. Again, as I know, this increases tension in her, making her uncomfortable. Explained that rising tension can also cause release.

Next just a few minutes lhs STO1 to GB1 to TH23 – this instantly dissipates the tension.

Good grounding and raking to ground

Took photos of the neck range. The shake head motion is still blocked to lhs (TH related), the lateral move blocked to rhs (BL?). Nodding ok, but not great motion range. (GBladder)

**Next time:** Again GB and GB 20 to 21 as this really helped with all complaints, perhaps GB39 for neck stiffness. Buttocks: **BL54 and GB30**, check BL divergent at thumb.

A few days later feedback that her bottoms are really sore at night, when turning in bed, and that this is her main problem right now.. Need to check, when she mentioned this the first time?

## Treatment – tenth session Monday June 6th 2016\ 75 min

**Feedback** is that the ear problems with popping are much better, down 50% from where it was! Balanced out, before worse on left, now after we worked on rhs, about equal.

After the last treatment it was rough at first then drastically improved. No dizziness, stomach aches much less and less severe if she happens to drink too much coffee. Before debilitated by stomach aches. Also, the fear of a dizzy spells much less and nose sniffles almost gone. Shoulders also better. She confirmed that the main problem she wants to work on are the ears, not buttocks. Explained that buttocks are related to GB, but that I will work on STO again, lhs, as it is still more tense than the rhs.

**Treatment:** First sitting up checked finger end points on both hands, TH and STO divergent, STO more tense, worse on lhs. GB divergent also tense. Lying down, did stomach muscle meridian below toes 2-3-4. Took about 15 min to start to circle.

Then did LHS GB39 for neck to ST36. At ST36 and GB34 she feels stabbing. Both ST36 and GB39 points electric, GB more. Again, after about 20 min both start to circle and synch.

Next ST36 to ST30, as she just changed to another AB pill and has more cramps during period. Stomach organ started to make lots of sounds. Explained relationship between stomach and



conception channel, and that the sounds are related to relaxing of stomach. Shortly did ST36 to on stomach and then checked GB30 to see if it is sore, and it is.

**Next time:** See if still ear problems persist, else I consider this case concluded. Do neck range check with photos, check bladder div, check buttocks, stomach, TH. possibly a COL or lymph drainage

### **Treatment – eleventh session Monday July 4<sup>th</sup>, 2016\ 75 min**

**Feedback** That all was well after last treatment, but improvement less than after the first time, when I did the stomach in session 9. Had a cold with breathing problems, went to see doctor who diagnosed an ear infection, after she was told by 2 ear specialists there was no infection. Has more pressure on left ear again, probably due to flu.

In the session, when asked what to work on, she wants to continue work on the dizziness, even though she has not had any dizziness for months now, but is afraid to have it ever again. Popping in ears, neck, shoulder is all very good now, no more stomach pains either!!

**Treatment:** First talk sitting up while checking finger end points. The lung is tense due to bronchitis, TH, GB, ok but STO more tense. BL and KID end points sore. First did 20 min on stomach muscle meridians both sides, started to circle and move nicely, with 2 sets of tension and release/circling. Next did KI1 to BL67 just a few minutes as these were tense, but possibly due to menstruation at the moment and underlying KI depletion – kidney stimulated so she had to urgently urinate after the session..

Next ST36 to off stomach organ. This took about 10 min, then the stomach was hot and burning, sore. After 10 more min stomach started to make sounds. Concluded with about 5 min spleen 6 to off stomach for balancing ki, stomach/spleen, liver.

Finally checked TH17 to 3 ear points, felt nothing. We think she has a chronic infection in the ear contributing to her problems. I advised her to see a doctor and have the infection markers CRP, BSG, and strep titer checked and treated for a middle or inner ear inflammation.

Advised her to contact me for a session should the dizziness come back, and that she does not have to wait for the next scheduled session in that case.

### **Treatment – twelfth session Monday October 24 2016\ 75 min**

**Feedback** Client had a tonsil irritation with aches along the neck and ear popping again, one time dizzy spell. So she came for a follow-up. However, once she came for the session, she reported that it's much better, that she took some plant remedy against the infection. So no more stabs of pain in the neck and mastoid process.

**Treatment:** As there will not be a session till January, my intent was in this session before the break to relieve any further tension accumulating in the ear. I treated on the left arm TH to C7, starting at TH1 to C7, TH2, TH3 and TH5 subsequently, each to balance with C7. Each of the points was sharp but started to move about 20 min in. The TH1 point was most tense so I stayed here the longest and the feeling was changing from sharp to moving a couple of times. The C7 was also painful at times but started to circle and move.



Just to check I went to TH17 with the thumb, and GB2/SI19/TH21 to TH1. Right away she reported energy going up to binah, uncomfortably so. This spot is adding tension so I went to on occiput to TH1 which was very relaxing for her.

## **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 of dizziness, nausea and stomach aches, vertigo lying down, constant popping in the ears, stabs of pain in mastoid, have been successfully resolved. Client is very happy!