

Case: Migraines, 40, Female

The Person & Complaint

Client has had chronic headaches, multiple times a week, that elicited a lot of anxiety. Before they come on she will often get light flashes and visual disruption. She also gets heart palpitations. A major stressor

with the migraines is they prevent her from working, and she is solely responsible for supporting her family, financially. She physically has to work to bring income into her home. Her headaches are typically one sided, exactly half of her head, face and tongue. She has PCOS, which she takes metformin for, has hypothyroidism which she takes Synthroid for. She is in a constant state of stress because of her migraines and her marriage to a recovering alcoholic, who consistently relapses, steals from family funds, and has a history of being controlling and emotionally abusive. Client was overweight as a kid and constantly bullied in school. Client also feels a lot of guilt that she works a lot and has limited time with her young child. Her dad died suddenly of liver failure 3 years ago. Her migraines have been getting worse the last two years.

The Story & Emotions

Client is constantly stressed and fearful she will get a migraine. She hasn't dealt with the death of her dad, and her husband constantly relapses and is undependable and controlling. Client struggles expressing her emotions. Client was constantly humiliated as a child for being overweight. Although she appears confident in her appearance, she verbalized struggling to maintain it. She is in the service industry, and has to maintain a certain image. Client has recently started a keto diet to lose weight. She also takes medication for high blood pressure. Client is still shocked and sad her Dad died suddenly of liver failure, and fears she could have similar health conditions. Her Dad also had a heart attack a few years before he died. She has a history of abusing pain medication.

Client is very controlled by her husband and the effects of his childhood trauma and his consistently angry outburst. She is on edge all the time when he is around. She also feels really bad for him, because of his childhood trauma and has compassion for his past, and is always hopeful he will get better. She is supporting his sobriety, but he has constant relapses, and she is angry and frustrated they keep happening. Client also does not sleep well.

The Energetic System

Her heart is congested due to the grief of losing her Dad. Her GB organ is tight and lacks flow because she feels constantly controlled by her husband and is constantly controlling and not expressing her own emotions. Her Pericardium is tight, because she is under constant stress. The GB meridian is congested. This is apparent with the visual disruption in her eyes, due to rising liver and GB qi. The description of the visuals was not consistent with visual auras. Her throat is blocked due to humiliation, control, and consistent strain in the wood element of the GB and LV organs due to the emotions of control and humiliation, and physical congestion from the pain pills.

Client was to be treated for her migraines. This to me was especially obvious with the special messenger of the gallbladder and heart. I also recognized she had a stomach and pericardium special messenger struggles with the anxiety and her history of over eating.

Treatment – first session

I did release work dealing with the grief of the death of her Dad. I had her talk about her Dad's death while working the throat and the heart. After feeling significant opening in both centers, I got flow in the GB organ directly with H7. I was treating the GB organ directly and the source and earth point of the heart, which treats the organ directly through the meridian system and also encourages harmony in the channel, through its earth movement, and helps to stabilize the relationship with the GB system. I added

in P6 for her anxiety and heart palpitations, as it is easy to do while doing H7. GBO barely moved during the session and H7 was erratic. P6 went through different cycles, and didn't open.

Treatment – second session

Client reported only one headache this week. She reported feeling a bit manic after her last session. She has had better bowel movements, and is sleeping better. Also, heart palpitations have decreased.

We chatted in session about her not contracting when she thinks she is going to get a migraine, because that restricts flow to her head and could be one reason why she is getting them. Stop it. I opened the GB to the throat until I felt heat release and a bit more throat opening, and then I continued to treat the GB organ and H7, adding P6. The GB organ felt numb and H7 was releasing heat. P6 continued to be erratic.

Treatment- third session

Client is shocked that her digestion has gotten so much better. She is also sleeping well. No headaches this week. I continued to open the GB organ and H7, which continued to release heat throughout the session. I felt some movement in the channel, but very tight with only a thin stream of flow. Continued to open P6, with much more movement by the end of the session.

Treatment- fourth session

No migraines reported, feeling less stress, heart palpitations are non existent. Continued to open GB organ, which had a huge release during this session. H7 appeared to open with a lot more movement in the channel. I combined with H7 and GB34 to get movement in the GB channel. Great movement in both. While doing H7 and GB34, I added P6 and ST 36 to support her anxiety and stress, while supporting the special messenger relationship of the ST/Peri. All points had flow by the end of the session.

Treatment- fifth session

No migraines reported, and we had two weeks between sessions. Treated H7 and GB34 and P6/ St 36 the entire session until all points were open and flowing.

Treatment- sixth and final session

No headaches or anxiety about getting headaches. BB GB 44. Lots of flow and movement in the channel. She was very happy with the results. I encouraged her to come back for treatment to address her anxiety more, keep her GB organ flowing, and work on other points on the channel.

Result/ How it was resolved

Treating the GB organ and the channel and the HT system through the special messenger resolved her migraines. It also helped stabilize her stress, and digestion and decrease her heart palpitations. It was helpful to do release work on the heart and the throat to optimize the meridian and organ systems opening potential. Having the GB organ flowing also decreases the muscle tension throughout her body. After two years, the client returned noticing a twinge of a headache coming back. I opened GB1's and released the tension and charge in the meridian.