



Case: Suffering migraines for 2 months 38 yrs, Female

The Person & Complaint

This lady is a single mum. She was told that she was infertile but a miracle happened and she is blessed with a 5 yr old son. She is passionate about the welfare of children. She is active in the community by lobbying the government for the rights of children. Her symptoms are:

- Suffering migraines for the last 2 months.
- She feels like she is going to die.
- Very anxious, nervy.
- Could hear every breath, it is an effort to breath.
- Feels toxic, like she is being poisoned.
- Eye sight is blurry and fuzzy.
- Night sweats.
- Dry mouth.
- Nausea.
- Red in the face.

The Story & Emotions

My client had put herself on an extreme Alkaline diet. So she could glow with health but it made her really sick. Then when she started to have migraines and feeling toxic, nauseous and all the above symptoms, she thought she had damaged her body. She then felt like she was going to die.

Coincidentally, 2 Months ago when the migraines started, her sister walked away from her marriage and left the children with their father so she could be with another man.

This fractured her family.

She was extremely angry with her sister for leaving her precious children. She couldnt understand how she could desert them so easily.

This anger created all her symptoms she was feeling.

The Energetic System

- Liver fire would have been fuelling Uhdana, upward movement.
- Liver fire, in overdrive was rising upward into the Heart, causing the anxiety and difficult breathing.
- Liver fire, in overdrive was rising upward into the head, causing migraines, red face and drying mouth.
- The Liver, *wood*, was attacking the Stomach, *earth*, in a ko cycle creating nausea.
- Wood element controls the eyes this is why she had blurry and fussy vision due to the increased yang rising in the Liver.
- Kidneys were compromised as fire continually over heated the body. Normally, fire needs to heats the water so it can ascend and be distributed throughout the body. The constant heating would have resulted in the night sweats, dry mouth and dehydration.
- Kidneys would also have an hand with the breathing difficulties because the kidneys are responsible for inhalation and capturing the lung qi when we breath.
- K 7 regulates sweating and dry mouth.
- DU 20, descends excess yang, benefits rising yang in the head and sensory organs, eyes.
- ST 1, unblocked pressure which was causing pain in the eyes.
- Stomach transporting points to tonify to stomach.
- Triple heater transporting points to provide a stable temperature in the body and to support the other meridians by delivering a smooth flow of qi. This would boost the energetic health of the body in general.

Treatment – first session

- Felt **Liver**, it was mega yang, it felt toxic, I could feel the upward angry energy rising from the **Liver**.
- Staying at the **Liver**, I opened **LV 3** and asked her what happened 2 months ago. She told me about her sister. She experienced pressure in her head, pins and needles down her RT leg before there was a big release of energy from the **Liver**.
- Bilaterally opened **LV 3**, felt built up energy dissipating. At this point her eyes are very sore and fuzzy.
- Bilaterally opened **ST 1**, her eyes stopped hurting and became clearer.
- Opened **DU 20**, amazing it is like a shower pouring over my body, pins and needles in my RT leg.
- Bilaterally opened **K 7**, she could feel her upper chest expand in energy, at first she was shaking inside as the energy was stimulated.

- Grounded

My client explained that she feels awesome and amazing. Her eyes felt much clearer and everything looks brighter.

Her face is now relaxed and softer. It is no longer red.

I taught her the inner smile and emphasised the benefit this would give her, as it would strengthen her heart and her ability to live in love and not live in anger.

Treatment – second session

My client reported that her migraines had stop.

Her night sweats stop 2 days after the last session, the heat had gone out of her body and she was less dry in the mouth.

Her eyes although improved dramatically in her first session still had problems. Her LT eye was blurry and her RT eye she couldn't see very well out of.

Her nausea had stopped.

- Opened **ST additional channel** on the RT ring finger to the **palm**.
- Opened **ST additional channel** to the **TH 5**.
- Opened **ST additional channel** to the **TH 10**.
- Opened **TH 1** to the **palm**.
- Opened **TH 1** to **TH 5**. At this point my client felt this in her RT eye.
- Opened **TH 1** to **TH 10**. At this point my client could feel whooshing in her ears.

My clients eyes were fantastic she was able to see out of both eyes, clear and bright. She was very happy. I advised her to continue with the inner smile meditation.

Treatment - third session

Client feels really good. Her eyesight remains good.

- **Liver Flush.**

I mentioned to the client that she may feel a little off for a day or two after the liver flush. If she is concerned, call me.

Suffering migraines for 2 months

Result/ How it was resolved

All the symptoms that this client presented with have all been resolved.

My client is over the moon with the results.