

**Neck & Lower back pain:** 60 year-old woman. Married, 2 grandchildren. Life coach.

**Complaint:**

- Current complaint is a pain on the side of her neck along GB channel. She gets weekly massages and will get relief for a couple days.
- Other minor issues are low back pain for a few minutes when she stands up.
- Knees creaky, sometimes pain in right knee.
- Very near-sighted since childhood.

**Story and emotions:**

- Stress at home growing up. Fighting and all forms of abuse from father.
- Chronic headaches her entire life since she was in 2<sup>nd</sup> grade. Migraines that would start at GB20 or shoulder, move to side of head and settle behind L eye. They stopped 10 years ago when she changed her diet to remove allergens. She will still get occasional headaches.
- She became a life coach to acquire tools to figure out her issues and also to walk alongside others to help them resolve their issues.
- She is heart centered, insightful and open.

**The Energetic System:**

- Gall Bladder, Liver. From childhood anger and vision issues. Gall Bladder headaches.
- Throat center blocked due to anger and shame from abuse.
- Sacral & Base blocked. Fear, dad, private shame. Knee problems.

**Treatment – First Session:**

- GB 34 to help clear GB organ + He 9 to clear hand channel for neck pain. Heart meridian is the special messenger to Gall Bladder. Cleared both sides, Right side took longer to clear.
- Balanced GB organ and Shen Tao. Gall Bladder numb pain and heart prickly.
- GB organ and throat. Throat tight, and opened. Checking in with the client a couple of weeks later, she said that she has been without neck pain since the session, for the first time in 40 years.

**Treatment – Second Session:**

- Client talked of a vague childhood memory/impression that her dad would choke her to get her to stop crying. To this day she never cries when she has sad thoughts about family. She will tear up, then it changes to a yawn and the sad emotion goes.
- She also mentioned that for some strange reason, whenever she sleeps on her right side, she will start to cough. She has no memory of why, but I felt it had something to do with the sexual abuse from her father. We did release work around her father. “I forgive you, I open my heart to you, I love you” The last one was difficult for her to start. Opened base, sacral and heart centers.
- A month later she said she has not coughed when she lays on her right side.

**Treatment – Third Session:**

- Client had over-exercised at the gym and complained of left hip and right knee pain. The knee pain was behind her knee and tendons were sore.
- Opened Sacral, for knees + BL 62, yang motility, addresses back of leg pain in bladder channel, hip pain and history of stiff neck, headaches and eyes.
- Left hip sore at BL 24 and on prominence of trochanter. History of GB meridian issues, so opened GB 34 and GB41, and hip gates BL 40 + GB 41.

**Other Subsequent Treatments:**

- Worked on Gall Bladder organ, also opened heart/throat centers. Liver Cleanse.

**Result / How it was Resolved:**

- Client was very happy to be free of neck pain after 40 years. She will occasionally have neck pain for a day from over-exercise.
- I checked in with her after several months. She continues to be pain free.