

The person and the complaint.

Include a brief description of the person, their relationship/family, their complaint, any relevant facts, health issues, history.

35 year old married woman with a new baby asks for a home visit for postpartum treatments. Baby is 2 weeks old and all going well. She has a live-in nanny who sleeps in the nursery with the baby and brings him in to be fed on demand during the night. She's very happily married and has good family support and plenty of contact with friends. Breastfeeding.

I saw this woman only once before she became pregnant and that was for a Wellness Balance.

Reason for Treatment - Postpartum Wellness.

The story and emotions.

What's the story with the client? Is there one? If there is nothing obvious, is it more of an attitude or recurring feeling? What are the emotions that he is experiencing or repressing.

She is keen to get her energy levels back, she's tired and fuzzy headed. She also had a long and difficult birth which has left her with some anxiety. She says it is normal for her to carry a lot of stress. She wants to be relaxed around her baby.

Birth trauma and over anxious

The Energetic System.

How has the story, attitudes and emotions affected the energetic system? What is blocked/congested? What obvious centre's, meridians, fields etc are contracted?

As Client says herself she has a tendency to get easily stressed, even though she has a live-in baby nanny to advise and give her plenty of breaks.

KG and kidneys K1s for nourishment and to calm down the adrenals. **Spleen** to ground the mind and help in production of breast milk. **Shentao and Pericardium.**

Base may be closed after birth trauma. Wellness balances would be useful, **COL**, and **Sacral**. **Thrusting channels** to give energy boost

Treatment 1

COL - Base Occiput KG and Shentao most blocked. Client finds this very relaxing but I needed to do some of the frontal positions with her on her side because of tender breasts from feeding.

Treatment 2

Client has a slight raised temperature going towards fever and redness appearing on top of the left breast. Suspected mastitis and she will have a doctor's visit tomorrow.

I treat her in the evening. **PC 8 to TH 5** and then **GV 14**

I focus on getting the temperature down and her nanny advises her to take paracetamol and put cabbage leaves in her bra to avoid mastitis.

The problem resolved itself by the next day whether it was the AcuE or the nanny's advice.

Treatment 3

I am called two days later to see if I can help with what is now definitely mastitis.

She can feel that there is a blocked duct and is expressing milk as breastfeeding is so painful. Treated **GB 21s** both sides. I treat **SI1** on the left hand and then **ST 17** centre of the nipple. ST point is very painful and hot to start. Finish session with some **Shentao to PC8**

I showed the nanny how to treat SI 1 by applying pressure as she asked.

Treatment 4

Resonance to **Spleen organ** for at least half of the session. Spleen organ to points **SP4 and SP6** on left. SP 4 to 6 on the right side.

Breastfeeding seems to have settled down now. Mum is becoming more relaxed.

Treatment 5

More **Spleen organ to KG** and then **Kidney Love** to both sides. **K1s**

To date - Client stopped having treatments to take up gym in her spare time instead. Baby 7 weeks old by then. Client definitely became more relaxed with her new role as Mother. If she were to carry on with sessions the next thing I would do would be to check base.