

Case: Pain in Sinuses, 32, Female

The Person & Complaint

Pain between LI-20 and St-1 on the left side of the face. Client is in constant pain and has been told by an Ear Nose and Throat (ENT) physician that surgery in the sinus cavity would help alleviate the pressure and pain. Client decided to give Acu a try before resorting to surgery. Client has returned to school to complete a nursing degree. Also, works full time for the Red Cross as a phlebotomist. Client works inconsistent hours through the night and the day. Client is married, has no children, and is always very stressed. She worries a lot about her studies, job, family, and everyone in her life. She does not sleep well. She takes 6-8 Advil for the pain daily. This was one of the first five cases I saw as a practitioner. All sessions were done with an intern, who is her good friend from college. Client also has sacroiliac pain.

The Story & Emotions

Client has a high level of stress. She works 40 hours a week and is also a full time nursing student. She describes her nursing programs as quite strenuous and requires lots of clinical hours and studying. She also works full time for the Red Cross, collecting blood for relief efforts across the globe. Client is constantly rushing, and struggles to relax throughout the session. She appears highly stressed, drained, and has a hard time making time for self care. She worries about not passing her exams, sleeping, and the pain in her face. She also has diarrhea multiple times a day.

The Energetic System

The client is constantly stressed which puts stress on the pericardium and the PC meridian system. At the time of this case, I did not have direct knowledge of the special messenger relationship. I would have incorporated more PC work during our sessions. I was focusing on getting her out of pain.

Her navel centre is affected, as it's directly connected to the stomach and the stomach meridian system. Sinuses are often a stomach system issue. Her stomach divergent channel is disrupted because of the worry and the sacroiliac pain. She also has pain directly from LI 20 and St 1, and

both systems work together as their updown pair. ShenTao is struggling because of her high level of stress.

Treatment – first session

Started to open LI-20 to St-1 in the face and open the navel and Shen Tao to support the system and relax the client. Then, I worked my way down the channel to get flow, starting from the stomach organ to St 36, to release any tension. The organ was tight and painful and St 36 was tight and hot.

Throughout the session we discussed her anxiety and how her stress level could be affecting her health. I let her know we would be treating her for what she came for, the sinus pain,

but we would love an opportunity to treat her anxiety. I advised the client to drink plenty of water, rest and try to go through the week with less stress.

Treatment – second session

Client reported only taking Advil once since the last session, one week ago. Pain has decreased significantly. The flow between LI-20 and St-1 had also improved. Intern did St. 4's balance while I continued to open the ST channel, at 36 and 45 on the left side. I stayed at these points the entire session. ST 4's didn't open completely, but lots of pain and release throughout the session, but we noticed a change in leg length at the end. At the end of the session all pain in the face appeared gone and her hips felt more open. Client homework was to slow down and massage St 36. Also, introduced the inner smile and showed her where she could download it.

Treatment- Third session:

Client reported still being out of pain with no Advil used. She also felt less stressed this week, even though she had two nursing exams. Opened ST 36 to ST 45 on the right side, and then BB ST 45's. Client had only purchased three sessions and I suggested she come back for another session because the channel was not fully open. Intern continued and opened St 4's, which opened. St 1- LI 20 on the left side had remained open.

Treatment- Fourth session:

Client still remains pain free, and significantly less stressed. BB balance 45's. Intern did Shen Tao and Navel centre the entire time. Explained to the client that we took care of the sinus pain, but her anxiety was also struggling, and she should come back for sessions soon. She had downloaded the inner smile and I encouraged her to continue the practice. We discussed Acu's success with treating anxiety and encouraged her to continue treatment for her anxiety.

Result/ How it was resolved

Client remained pain free. The issue was resolved. She returned for sessions to ease her anxiety.