

Case Study : Sinusitis

The Person & Complaint

- Female, age 48
- Has experienced constant sinus infections. Acupuncture had helped with sinus condition. Has constant green mucous and gets hayfever. In September each year, hayfever and sinusitis gets worse.
- Has weak knees; sometimes one will give way. Maternal family have knee issues.
- Experiences constant alternating constipation and diarrhoea. Rubs oils on belly twice per day to ease symptoms.
- Has had four miscarriages. Has three children aged 4, 8 and 13.
- When contracts a cough needs ventolin to get rid of it. Has mild asthma.
- Also experiences snoring. Client is overweight.
- Wants to work on sinusitis

The Story & Emotions

- Client runs her own business with a number of staff, and regular runs national workshops and attends international conferences. Client is constantly busy.
- Has three children, shares responsibility with husband who is also away a lot.
- Client talks about need to prioritise herself and her own wellbeing. This is something she is “working on”.

The Energetic System

- No obvious event trigger for sinusitis. Appears to be a hereditary spleen/stomach issue.
- Stomach is clearly very blocked. May be triggered from pericardium.

Treatment – first session

- Treatment: Stomach organ (on) to ST36. Both numb and achy, slow to release. At the end of the session, still a lot of tension and patterns of electricity in stomach organ and ST36.

Treatment – second session

- Outcome from last session (1 week ago): Felt more air going in and out of nose. A lot of running at back of throat. Sinus infection cleared up, no longer green phlegm.
- Treatment: Shen tao for 45 mins, felt layer of tension clear. Stomach to ST36 for 30 min, stomach feeling good by end. ST36 still feeling tight and achy. ST45 for last 10 mins, felt like shards of glass.

Treatment – third session

- Outcome from last session (4 weeks ago): Sinusitis has gone back to before. Still has sinus infection, with green mucous.
- Treatment: Stomach to ST36 until started to clear. Client noticed more movement in nasal passage. ST45 to ST44 on RHS. Achy, painful to begin with. Starting to open, but still tight and electrical.

Treatment – fourth session

- Outcome from last session (2 weeks ago): Currently has a cold. Sinus is better, especially given cold. Normally would be a lot worse when had a cold.
- Treatment: ST45 to ST44 on RHS. ST45 opening but electrical. ST44 feeling smoother and open.

Treatment – fifth session

- Outcome from last session (4 weeks ago): Had a full week of relief after last treatment. Now her sinus gets blocked, but not like it did before sessions. More clear fluid in nasal passage rather than green. Doing better with the hayfever season right now. Last year had pneumonia at this time of year because sinus infection was so bad.
- Treatment: ST45 to ST44 RHS. Flow feeling good by end of the session, just a bit of electricity.

Result / How it was resolved

Client went from chronic sinusitis, with constant infections and green phlegm. Previously had hayfever and debilitating sinusitis during hayfever season in September. Now has mild hayfever and no sinusitis symptoms.