



Wants to destress, 43, Female

The Person & Complaint

- Feeling very stressed and angry and wants help to feel more grounded
- Divorced (4 years ago), 3 kids; 15 and two 13 yo boys.
- Works full time, but loves her job and doesn't feel like it's stressing her. She can work from home
- Also has a back pain (around bl 53 area both sides) which she's been seeing a chiropractic for, he says her back problem is a mystery to him and hasn't really been able to help her,
- Pain bending forward, when getting up and always worst in the morning; gets better after walking around a bit
- She has seen a AcuEnergetics practitioner many years ago a couple of times for stress management

The Story & Emotions

- Her twins diagnosed with ADHD and has a lot of trouble at school. She says they are quite aggressive and get up to mischief all the time. She gets really angry with them and explodes, very stressed out because of this
- She feels the ex-husband isn't strict enough with the boys and that she has to do all the disciplining. They have an ok relationship though, they decided to divorce because they grew apart
- When boys got diagnosed with ADHD, she was diagnosed as well with the same, this was 2 years ago. Dr prescribed her dexamphetamine to help her focus (she tells me the normal dose is 3 tablets / day and her dr prescribed her 12/ day)
- She works from home and can chose when she works, leaves it till late and usually gets to bed at 2 am, wakes up at 7

- She drinks 1-2 bottles of wine / night helps her calm down

The Energetic System

- Liver/ GB: Alcohol, medication, anger, control
- Heart: Stress, can't calm down
- Kidneys: ADHD, stress, medication, alcohol
- Bl, Gb meridian - anger / pissed off

Treatment – first session

- She came to session to feel more grounded so we did Shan Tao to Hod together with K1's (intern) for most of the session; she fell asleep.
- Both centres numb, K1's all over the place -> started opening and moving together; did this most of the session
- Felt hod to navel + the "pinch" (Bl 66 + 67 + apana on little toe + GB43, intern) (did this at the end, last 15 mins)
- Client started to get a head ache -> GB44 to pull it down, eased a little

She struggled to get off the table, back pain was really bad, worse than before, (pain 7/10 when walking in now 9/10). Explained to her that this can sometimes happen when there's been numbness and that she needs more sessions on her back!

Treatment – second session

- Backpain now in smaller area and it feels different, more on left now, pain level 5. She had been more calm after last session, but feeling like no energy today.

- Hod + radiance to navel centre, intern K3's
- Hod to bl40 + intern "pinch" on little toe LHS
- Pain level still 5, but not worse like it usually is if she's been laying down for a while

Third session

Problems with her boys being expelled from school, she's been very stressed with them, very emotional. During the week the pain level had been around 4 but after the incident with the boys the pain is now at 7-8

- Shen Tao - each kidney all very achy!!!! + intern on K1's, another intern on vegus nerve which was discharging a lot of electricity...client felt nauseous during this but eased
- Hod- BL39(LHS) + interns doing the pinch at the foot both sides

She got of the table with ease and said she felt dizzy, and when I asked about the back pain she had forgotten all about it and said she couldn't feel any at the moment.

Grounded her and she felt better still a bit in disbelief with the back pain not being present

I let her know that more sessions are needed, all channels still very blocked, pain will probably come back especially with all the stress she's under.