

Case: Swollen Lymph on Left side of neck, 12, Male

The Person & Complaint

Child had an obvious swollen lymph on the left side of his neck that he has had for a year. Child has had it scanned, and checked for possible cancer. Child is embarrassed by the size. Child also has low immunity and is constantly fatigued, and is often unable to make it through a day of school. He can no longer participate in soccer at the level he used to. He was recently sent home from soccer camp early because of a fever and a cold that had been lingering for months. His energy during soccer games has decreased, and is often unable to play for the whole game.

The Story & Emotions

Child is very shy, smart, and barely talks. He would look at his Grandma, to speak for him. Child seemed sad when we talked about soccer, and not being able to participate at the same level he used to. He gets sick often. Nodule on the neck is about 1.5" by 1/4". Parents reported that in the last year his immune system seems quite depleted. He has very little energy. He looked too tired to care or have any input to what was going on with him.

The Energetic System

The spleen is involved because of the swollen lymph, his weak immune system, and his fatigue. The spleen is unable to work well at distributing food qi resulting in tired muscles, mind, and immune system. Emotionally, the child appears a bit withdrawn and uncomfortable. Explaining the treatment and allowing him to rest appeared to ease his anxiety. His lymphatic system appears to be weak and unable to rid toxins through the lymph system. What disrupted the system to begin with seems to be unknown.

Treatment – first session

I did an energetic lymph drainage to the side of the head and neck, around the area of the nodule. The spleen was HOT and erratic. Using the cylinder of light hand skill, it felt like I was pulling a concrete block through an almost settled concrete mixture. My arm was sore after treatment.

Following the session, the child sat up and immediately felt the nodule. He looked at his Grandma with shock and said, "it's almost gone!"

I recommend he come back for another lymph drainage.

Treatment – second session

Grandmas reported lymph has been completely resolved. The kid reported that he would feel it often and it just got smaller and smaller as the days went on. He also reported being able to play soccer without stopping as much to catch his breath.

I did another energetic lymph drainage. The spleen was much more stable and the area where the nodule was is clear.

Result/ How it was resolved

Opening the spleen and supporting the lymphatic system helped provide the energy to drain and dump the swollen lymph. Regardless of why the congestion was there, getting rid of the heat and creating movement in the system appeared to resolve this issue. The spleen got the flow it needed to do its energetic function. This was obvious with so much improvement in the obvious spleen related struggles: the swollen lymph, the increase in energy, and a better breathing pattern.

A few months following, I saw the child's mother, who is a pediatric cancer research scientist (who I had never met) at a picnic. She expressed her shock and excitement with the turn around she saw in her son. He was able to resume playing soccer and was able to stay in school. I explained the energetic function of the spleen, its relationship to the lymphatic system, using the trash collector analogy. Also, connecting the spleen to the immune system because of its function to distribute food and breath Qi from the mouth and the kidneys/navel and how it aids in fatigue, immunity, and the function of muscles and tendons when he plays soccer. It was unknown what triggered the lymph inflammation and what exactly created the struggle. The family is grateful for the turn around.