

Case: One year old with constipation

The person & complaint

The toddler has constipation and his mum is worried because of the amount of pain and struggle.

The story & Emotions

The parents are going through a separation and mum seems very anxious but controlling her emotions. Toddler had colic as a baby.

The energetic System

The base is the centre for downward movement (Apana - pranic fields) and Netzach is the centre for digestion and assimilation. These two are also the two fear centres - emotional and survival. In this case there is fear of letting go.

With the fear and uncertainty present in the family over the issue of separation then these centres would be blocked.

LI and TH(lower burner) channels are also associated with constipation issues. Large intestine channel directly and the triple heater because the lower burner governs elimination.

Pericardium likely to be blocked through lack of trust in his environment.

Treatment

First session - work entirely on the base. Difficult to get him to settle as he wants to fidget. Centre is tight. But it is very tight. Mum talks about separation. There is some relaxation.

Talk through inner smile and show mum where to hold toddler (shen tao and Netzach) in order to help.

Second session - Mum says she thinks there is some movement. But not much. Navel centre. Very tight – lots of gurgling sounds from intestinal movement. Falls asleep.

Liv 3 – sore

LI 4 – more intestinal gurgling.

Third session - mum reports more regular bowel movements but still some constipation. Start with base. It relaxes more quickly. Then navel. Same again. Then base to navel. After more squirming he settles and centres begin to balance.

Resolution

Mum reports far less tension and regular bowel movements. Very happy with results. Both parents have decided to stay together, and although it's difficult there is more harmony in the home. Mum very happy with results and wants a session herself.