

## Case Study #1:

Marcia Hewett-Hicks

Jean is a 57 year old lady who suffers from a number of difficulties, many of which she says she has had for more than 20 years. She takes anti-depressants and sleeping pills and has done so for more than half of her life. She used to drink and smoke excessively for most of her youth, but has been without for 25 years.

When Jean came to me she was feeling overwhelmed with the pain in her body and her general lack of mobility. She said that the arthritis was debilitating and at times she felt like she could no longer go on. I asked her about where the pain began and where it ended and she said from her head to her toes...then she laughed, and said 'well, actually my head is ok'. I knew right then that she was going to be a fun client having a sense of humour even when things seemed dire.

Additionally she had trouble sleeping. She was angry and frustrated with this and didn't know what to do other than take sleeping pills which she had done for over 15 years. Her right shoulder was very stiff and when she tried to raise her arm she had to assist with the other arm and if it went too far she yelled in pain. She also suffered nearly 20 years from tinnitus, a high pitched ringing in both ears that never went away.

Lastly, she had digestive issues in the form of gas that she wasn't troubled about terribly but she was concerned about the binging on sweet foods that occurred frequently. She wanted to feel like she didn't need those foods anymore as she knew her body would be happier without them.

I noticed that her symptoms were in Fire, Wood and Earth. I asked her what she would prefer we work on, what was the main focus for her and she said the arthritis. She felt she could do nothing until the pain in her body was lessened.

### Session one:

Jean is frustrated with arthritis, immobility and persistent body pain. She complains of not having any energy, feeling depressed and overwhelmed by her situation. She says that she simply cannot take the body pain and emotional exhaustion that she experiences on a daily basis, and something has to change soon. Pain is more significant in the knee area and upper back.

I decided to do the Great Bridge release adding in SP 9 and GB 34 for knees, as well as KID10 as the Horary Point for Kidney (the session was at 5:00pm) and SI3 coupled point for the Yang Great Bridge. I chose this to directly address the arthritis (Great Bridge) while honing in on the points surrounding the knee to try to inspire release in this most congested area.

I noticed that her pulses were more on the Wife side and less on the Husband side. After the session her pulses did seem more even though the Husband/Wife was still present, with the Water element being the lowest. Client reported that she already felt better getting off the table, feeling more relaxed and in

less pain. She said that the session was powerful. I noted that the tenderness was more on SP9, and less so on GB34.

Before:            SI -    H =    GB -    LV=    BL -    KID -    LI =    LU =    ST+    SP+    TW –    Per =

After:            SI =    H =    GB =    LV=    BL -    KID =    LI =    LU=    ST+    SP +    TW =    Per =

#### Session two:

Jean described feeling good for several days after the last treatment. Still the arthritis was predominant and she was feeling frustrated with it. She talked of having poor concentration, being quite fidgety at night and having excessive gas at times, all pointing to the Wood element. As much as these indicators for the Wood element were apparent, I felt it unlikely that she was a Wood CF. I suspected that this elemental imbalance was secondary to her prevailing element. As we chatted before the session, I listened intently to her voice and could really only pick out a rising and falling common to Fire CFs and not so much a shout as in the Woods. That coupled with the playful and almost seductive way she used her eyes, I was beginning to suspect she might be a Fire CF. I took the pulses and found that once again she had a Husband/Wife imbalance and decided to do the transfer.

The client was much more awake for this session than the previous one and chatted right the way through. I noted that both Liver Shus (BL 18 and 42) were the most tender.

Before:            SI =    H -    GB -    LIV =    BL=    KID -    LI =    LU +    ST =    SP +    TW -    Per =

After:            SI =    H -    GB =    LIV =    BL =    KID -    LI =    LU +    ST =    SP +    TW =    Per =

#### Session Three:

I thought that we could go in two directions, addressing the Wood imbalance or the Fire imbalance. I took her pulses and noted that the wood pulses seemed to be much more balanced and the TW and Pericardium were both quite deficient. I decided to go in the direction of the Fire and specifically target the Triple Warmer because of the locked right shoulder and tinnitus which could be related. I also suspected she was a Fire CF and thought it would be best to address this core element through the TW meridian. I did a Triple Warmer release adding in TW2, TW3 and TW21 for tinnitus. I did some test palpitations at the beginning of neck and shoulder release to discover that the point that the client most identifies with the pain in her shoulder is in the area of TW12, which I added into the Neck and Shoulder release. She said that she could feel the shoulder relaxing in the session and by the end she remarked on having more mobility in it right away.

Before: SI = H + GB = LIV = BL - KID - LI = LU + ST = SP + TW - PER -

After: SI = H = GB = LIV = BL - KID - LI = LU + ST = SP = TW = PER =

#### Session Four:

Jean remarked on many changes after the last session. First she talked of having a terrible stomach disturbance a few days afterwards with nausea, bowel evacuations and vomiting. It cleared quickly though so I suggested it was likely a healing crisis that was released from the work we had done last time. The great thing was that she hardly spoke of this experience and focused instead on how much better her arm was feeling, being much more mobile and less painful. She also said that though the tinnitus didn't go away I somehow had changed the channel! It was now a lower pitch. I asked if it was like running water which would indicate a Kidney meridian tinnitus, but she said no. I asked if it was still considered high pitched to her even though it was somewhat lower and she said yes. I took the pulses and noticed that the Husband/Wife imbalance had evened out quite well. Then I tested the TW and SI shus and found that the SI was more sensitive. I decided to do a SI meridian release, adding in points specifically for tinnitus as outlined in the Deadman text, such as SI 19, and Window of Heaven point SI 16.

Again Jean said that she felt that the shoulder was less painful after this release though she said it was a less significant change than after the last session.

Before: SI = H + GB = LIV = BL - KID - LI = LU + ST = SP = TW - PER -

After: SI = H = GB = LIV = BL - KID = LI = LU + ST = SP = TW = PER -

#### Session Five:

At this meeting Jean expressed to me how irritable and emotional she had been since the last session. Her shoulder though was less tense and the tinnitus quieter. I decided to investigate more into the Wood element as it is starting to come to the surface at this point in the form of irritation. Also, the gas Jean originally spoke of was confirmed many times on the table as her belly laughs would invariably let something go. It made for more laughing and this helped me to see that there was a relationship between the Wood element and the Fire that was important for her treatment. Testing the pulses, I noted that the Liver pulse was up and the TW was way down. I decided to test the TW and Liver Shus. Both inner and outer TW Shus were relatively painfree while the Liver Shu and Mu were quite sensitive. I decided to do a Wood sedation. Jean was actually more sensitive on the GB points than the Liver, nearly jumping off the table when I was locating the inner GB Shu, and complaining of tenderness on GB 38.

Before: SI = H + GB = LIV + BL - KID - LI = LU = ST = SP + TW - PER =

After: SI = H = GB = LIV = BL - KID = LI = LU = ST = SP + TW = PER =

## Conclusion:

It has been wonderful to work with Jean and to see her transformation. I have since done three more sessions with her and we have uncovered how the anger in her life is due to the past relationships she has had and how they ended. She was holding on, feeling bitter and resentful of these exes and it was literally making her sick. She now feels forgiveness and openness where before she was shut down and angry. I believe that she is a Fire CF and these betrayals of intimate relationships have taken away what she most dearly needs in life and that has slowly made her feel empty, depressed, bitter and closed down. Now, I can already see the liveliness returning to her, her demeanour less guarded and almost childlike.

Being a part of Jean's healing experience has taught me about how the elements work together, how the cycle of transformation gives from one element to another. When one element is feeling stuck I am able to see how it spills out into the others and affects them accordingly. To look at Jean's symptoms and pulses at the beginning one would get a full range of excesses and deficiencies, and how to decide where to start? I have learnt that it unfolds naturally, that as an element is ready to be released it comes up to meet the practitioner accordingly. And though it may seem like an intricate puzzle at first, if one takes it at the speed and in the order that the body unveils it to us, it becomes quite simple and methodical. The healing journey is as genius as the body itself.