

Canadian Acupressure College

Case Study - AMK

Client Details:

AMK is a 55 year old retired male, who likes to “keep busy” with volunteer work, and small business enterprises. He is the youngest of 10 children; and his parents are deceased. He has two grown children from his first marriage which ended in separation in 2003. His son lived with him since the time of his separation until recently, while his daughter remained with his wife. He has not remarried since, nor has he resided in partnership with anyone else since that time.

Medical/Emotional History:

AMK is currently in general good physical health, emotionally stable and is not taking any prescription drugs.

He underwent emergency surgery 4 years ago for a kink in his large intestine which was successful and he did not require a colostomy. He described that since the surgery, he has had “muddy thinking”. After further inquiry, AMK described that since the surgery he has had a general lack of clarity and finds it difficult to make plans or start projects.

AMK has had episodes in his past of chronic coughing, although has been symptom free for several years. He believes the cough was due to the inhalation of environmental toxins over the years when firefighting and also from when he owned an insulation company. Although he does not cough, he often expresses concern about what the exposure may have done to his body.

Visit #1

Presenting symptoms and observations:

Muddy thinking

Low Pericardium and Low Triple Warmer.

Scorched odour

High red colour

Absence of fluctuation in tone of voice and absence of emotion in conversation (flat).

I usually start a new client with a strange flow and I chose the Great Regulator for AMK to clear any residual build up from the surgery general anaesthetic and because the release contains Triple Warmer points TW-15 and master point TW-5. It also contains Pericardium master point P-6. I believed that the strong Triple Warmer and Pericardium points would help bring up the low pulses. GB-34 was sensitive

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so I used this point as the local for the opposite side of the body along with TW-5 and GB-41. I also added the Head/Neck/Shoulder release pattern. AMK appeared to reach a state of deep relaxation and reported feeling tired afterwards.

Visit #2

Presenting symptoms and observations:

Muddy Thinking (as reported by client)

Scorched odour

High red colour

Absence of fluctuation in tone of voice and absence of emotion in conversation (flat).

AMK asked if there was a treatment for “muddy thinking” so I chose the Clear Thinking Release and did the full release pattern on both sides of the body. I also added the Head/Neck/Shoulder release. AMK relaxed deeply. Immediately after the session he reported feeling relaxed and alert.

AMK called the day after the treatment and reported feeling deeply scattered and muddy in his thinking and very tired. I explained the law of cure and suggested he drink water and rest. Over the next two days his thinking cleared and over the next few months AMK began to report steady and increased mental clarity and incentive.

AMK called (client lives out of town) to report carpal tunnel pains in wrists and up the arms. I assigned and described the locations of TW-4, 5 and P-6 as well as LI-14 to help release the arms and wrists.

Visit #3

Low Triple Warmer pulse

High red colour

Absence of fluctuation in tone of voice and absence of emotion in conversation (flat).

Absence of scorched odour

Absence of Muddy Thinking (reported by client)

AMK reported that since his last visit his mental clarity and motivation continued to improve. He had placed an offer on a new business venture. He had designed new advertisements for his business which had been dormant and had placed them on several high exposure sites. He was positive about the business he was receiving from the advertising and excited about taking the next step in growing his business. He also reported that the carpal tunnel symptoms had completely disappeared. I chose the Triple Warmer Release and did the full pattern on both sides of the body to address the low pulse. I

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added the Head/Neck/Shoulder release. I reviewed TW-4, 5 and P-6 in case pain returned as previously I had instructed only over the telephone.

Summary

To date, AMK has steadily reported increased productivity, incentive and motivation as well as clarity of thought. He has tackled three years of business yearends which had been quite an overwhelming task that he had been putting off due to lack of mental clarity. His carpal tunnel has not returned. He retains high red colouring; however the scorched odour has disappeared. Tone remains and emotion remains somewhat flat so the plan for the next visit is to do a Pericardium release which has P-6 and TW-5. Again, both master points will be beneficial should his Fire pulses remain low. AMK's constitutional factor is clearly Fire, based on colour, odour and emotion (lack of joy). I am not quite sure about sound other than there is a lack of inflection. AMK is quite surprised and thankful for the results he attributes to his acupressure treatments and has repeated in my presence to another potential client "it works, and that's quite something coming from a red-neck like me".

On a personal note, I have been surprised and delighted to witness a direct correlation between the acupressure sessions and AMK's steadily increasing productivity, vitality and mental clarity. The changes have been major, and my belief in the practice of acupressure and my confidence in my ability to deliver acupressure have been reinforced.