

- 3) Diagnosis: Metal predominance due to excess its Yang aspect.
- 4) Remove excess Metal Yang via right LI 4.
- 5) Remove any remaining stagnant energy via bilateral Gb 42.

Case 3: Barrett's Syndrome

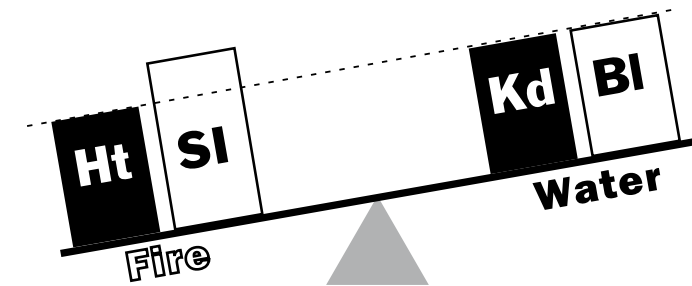
Veronica is a 54-year-old mother of four with four grandchildren who works as a door-to-door jewelry saleswoman. She says it is a very stressful job as most people make monthly payments and she has to stay on top of them to make sure they continue to pay. Four years ago she was diagnosed with Barrett's syndrome and two years ago had surgery to minimize the damage to her throat. Shortly after the surgery the problem disappeared; however, a year ago she began to feel the acid in her throat once again. She said that her esophagus was so swollen that eating solid foods was difficult. As a result, she tended to rarely eat meat and ate lots of soups. One of her great joys in life had been singing and she said that she could no longer sing due to the ensuing pain in her throat. Even speaking was a painful experience for her after 5 minutes of conversation. In fact, shortly into the intake she said that her throat had become quite painful from responding to initial inquiries.

She noted that her family doctor believes her problem is due to anxiety. She admitted that she is extremely anxious and doesn't know how to change. She was born with thalassemia which is a genetic blood defect causing anemia. At age 40, during an acute crisis, menstruation was so difficult period for her that she had her ovaries removed. She also has osteoarthritis, mainly affecting her hands. She said that she was fed up with surgeries and medications and did not know where to turn.

Upon palpation the lower abdominal quadrants were quite painful, denoting a Fire predominance. Next, the back Heart alarms as well as front Small Intestine alarms were checked to see if this was a case of true Fire predominance due to excess in its Yin or Yang aspects. The front Small Intestine alarm was quite painful, denoting a case of excess in the Yang aspect of Fire. Next the front Kidney and back Bladder alarms were checked for Fire predominance due to deficient manifestations of Water. Neither set of alarms was sensitive. The diagnosis was Fire predominance due to excess in its Yang aspect.

For treatment a needle was inserted in right SI 4. This immediately removed the sensitivity of the front Small Intestine Alarm. The Fire reflex was then re-palpated and found to be pain free. Needles were then inserted bilaterally at Gb 42 to remove any excess energy which had been opened. Needles were left for approximately 20 minutes.

Following the treatment Veronica mentioned that the pain in her throat had disappeared completely through there was still a bit of a coarse feeling there. She also moved her fingers and remarked in shock that they were no longer painful. When asked about her anxiety level, she said that she felt much calmer. Unfortunately, there was no follow-up as the treatment was given at a temporary community clinic.



Explanation of Treatment #1:

- 1) Diagnose element. Result: FIRE
- 2) Check relevant organ alarms: back Heart alarms, front Small Intestine alarms, front Kidney alarms, back Bladder alarms.
Active: front Small Intestine alarm
- 3) Diagnosis: Fire predominance due to excess in its Yang aspect.
- 4) Remove Fire Yang excess with right SI 4.
- 5) Remove remaining stagnant energy via bilateral Gb 42.

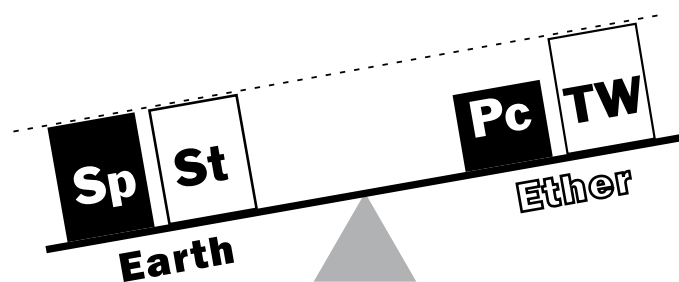
Case 4: Temporal Headache

Rafa is a 21-year-old student of mechanical engineering. She had come to the clinic two years prior for treatment for Raynaud's syndrome. After 4 treatments her symptoms had disappeared completely and I had informed her that there was no need for further treatments. Now she was back again, but this time for a different ailment. At the start of the intake Rafa

announced happily that her hands and feet continued to do well; however for the last 15 days she had been suffering from a painful headache.

In the three days preceding the onset of the headache Rafa had strange dreams that left her full of fear upon waking. When alone in the house at night she had a fear of the dark and she left the lights on even when sleeping. She did not like to be alone and felt extremely sensitive. She said that, on several occasions, the touch of a family member or her boyfriend caused her to cry for no reason, more from a feeling of being sensitive rather than from fear. After three days of this hypersensitivity, the headache began. It manifested as a painful pulsation located predominately in the temples, though the same pulsation could be felt on the left side of the nape of the neck. The pain was constant from the moment she awoke to the moment she fell asleep. However, there were moments in the day where the pulsations around the temples grew to a pitch of sufficient level to cause her to cry.

Upon palpation, the Earth element zone was extremely painful. The only relevant active organ alarm was the front Pericardium. A needle was placed in right Pc 7 and needles were bilaterally placed in Gb 42. Immediately following the insertion of the needles, Rafa reported that the headache had been reduced by about 50% but had moved from the temples to the Bladder area above the eyes. Needles were placed in at Gb 42 to remove any stagnant energy. Rafa reported that the remaining pain had instantaneously disappeared. Needles were left for approximately 30 min. Since this was an acute headache rather than a chronic problem, the patient was asked to return only if the headache began to return. No further treatments were needed.



Summary of Treatment #1:

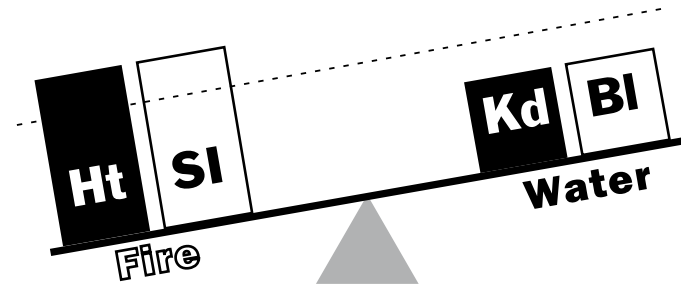
- 1) Diagnose element. Result: EARTH
- 2) Check relevant organ alarms: back Spleen alarms, front Stomach alarms, front Pericardium alarms, back Triple Warmer alarms.
Result: Front Pericardium alarms.
- 3) Diagnosis: Earth Element predominance due to deficiency in Ether Yin aspect.
- 4) Remove Ether Yin deficiency via right Pc 7.
- 5) Remove any remaining stagnant energy via bilateral Gb 42.

Case 5: A Difficult Case of Hoarseness

Lila is a 30-year singer who performs in a state chorus. She came to the clinic complaining of lots of accumulated phlegm in the throat. To make matters worse, after a rehearsal a few days earlier in extremely hot conditions, she was given a ride home in a car with excessive air conditioning. The next day Sandra suffered a moderate case of hoarseness. She was able to talk, but was unable to hold a note while singing. Her visit was the day of her concert and she was sad.

Upon palpation the Fire element was found to be predominant. All the relevant organ alarms were checked and all were painful. Back Heart and front Small Intestine alarms were treated with left Ht 7 and right SI 4 respectively; the alarms were immediately deactivated. Next left Bl 63 was needled to treat the back Bladder alarm. Upon insertion the Bladder alarm did not release as it normally does. When she noticed my quizzical expression, she explained that the entire area around her pelvis and hips had hurt ever since a near fatal car accident about six years prior. Her pelvis had suffered severe damage, and she had a hernia in the 6th cervical vertebra as a result of the accident.

A needle was placed in right Kd 3 to remove the front Kd alarm. Immediately Lila began to cry profusely with restrained but loud sobs. She said that she had just had a flashback of the accident. I told her to allow the pain to release as it wanted and left her alone with the needles for about 10 minutes. When I returned I asked Lila to try her voice. She hummed a lovely children's song with perfect pitch. She said that her throat felt perfect. No further treatments were necessary as her voice was the primary complaint.



Explanation of Treatment #1:

- 1) Diagnose element. Result: FIRE
- 2) Check relevant organ alarms: back Heart alarms, front Small Intestine alarms, front Kidney alarms, back Bladder alarms.
Active: All four alarms
- 3) Diagnosis: Fire predominance due to excess in its Yin and Yang aspects and deficiency in the Yin and Yang aspects of Water
- 4) Treatment: Left Ht7 and right SI4 to reduce Fire excess. Right Kd 3 and left Bl 63 to supplement Water deficiency. GB 42 to remove stagnant energy.

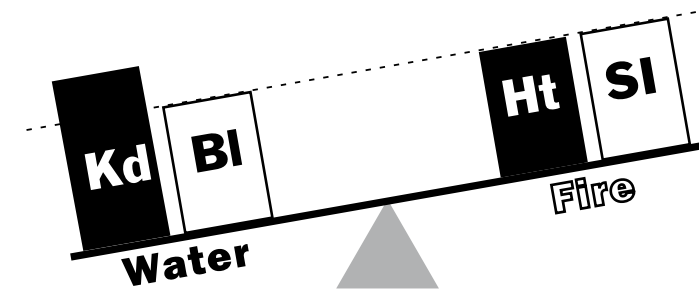
Case 6: Vertigo Onset

Leticia is a 41-year-old mother of three. She lives about four hours away from the clinic in a small town where she works as secretary with a homeopathic doctor. Four days prior to her visit she had experienced four or five dizzy spells and had felt quite tired. The morning of her visit she awoke with an acute onset of vertigo. She felt extremely dizzy and experienced a strong sensation of nausea upon the slightest movement. It took her a full two hours to pull herself out of bed. By that time the dizziness and nausea had receded somewhat but remained at a very disquieting level. She was visibly in great discomfort and it was noted that her movements were slow and seemingly painful.

Upon palpation, quadrants 1 and 2 were found to be extremely sensitive, which denoted a clear case of predominant Water element. Back Kidney alarms as well as front Bladder alarms were palpated to check for Water predominance due to Water excess. The back Kidney alarms were extremely sensitive.

Next front Heart alarms as well as back Small Intestine alarms were checked to see if there was a Fire deficiency as well. The result was negative. A needle was placed in left Kd 3 to remove the back Kidney alarms, followed by bilateral Gb 42. Leticia said that immediately she felt an opening in the front of her head and heaved a deep sigh of relief. Needles were left for 15 minutes and then removed.

Leticia stood up to walk around and said that the symptoms had been reduced by 50% but she still felt uncomfortable. In relating this she brushed her right hand along the eyes in the area of the Bladder. Needles were placed in the Bl 52 area to remove stagnant energy in that area. She noted immediately that the vertigo had disappeared completely. Leticia was to return to her village that same day. Three weeks later Leticia was in town and came by to report that the vertigo had not returned. No further treatments were needed.



Summary of Treatment #1:

- 1) Diagnose element. Result: WATER
- 2) Check relevant organ alarms: back Kidney alarms, front Bladder alarms, front Heart alarms, back Small Intestine alarms.
Result: back Kidney alarms.
- 3) Diagnosis: Water predominance due to excess in its Yin aspect.
- 4) Remove Water Yin excess via left Kd 3.
- 5) Remove any remaining stagnant energy via bilateral Bl 52. Note: I often use this point to remove energy stuck specifically in the Bladder channel.