

Anxiety (Worrying)

Alisa, age 58, works as a secretary at a construction company, divorced, mother of three daughters.

Case Description

Alisa, age 58, normally healthy, sought treatment on the background of pain in the shoulder blades. The pain, according to her, is caused on the background of high tension in her life. She describes a reality of a long and difficult divorce process, stretching over a period of about five years, and accompanied by many feelings of anger and insult. Her main frustration stems from the fact, that she feels that she has not succeeded in recovering from the divorce process, which turned her from a relaxed and happy person into a tensed and weak individual with a tendency to catch diseases. In addition, she started to suffer from sensitivity to food, particularly when she eats outdoors. She is unable to pinpoint specific foods, that are causing this sensitivity, but she explicitly described an unease stomach, swelling and slight discomfort. There is usually no effect on her bowel movements, but during the last five years, when she is outdoor, her bowel movements are worsen. She claims that she has become a much more anxious mother, finding it difficult to fall asleep when any of her daughters is outside of home at work or entertainment. She finds it very difficult to fall asleep, and she thinks constantly about what will be and what could happen. She feels that she has become very weak. She used working out a lot but recently whenever she starts to work out she injures herself immediately. One time, it was a stretched shoulder, another time in the foot, there is always something every time. In consequence of suffering pain each time in a different location, she began to think that she has fibromyalgia, although there is no such official diagnosis.

In the examination – extensive sensitivity under palpation at the back of the neck and the shoulder blades, as well as sensitivity in the lower back. The abdomen is very sensitive under palpation particularly in the hypochondrial area.

Pulse – thin and slightly wiry.

Diagnosis

This is a classic case of anxiety, where neurosis creates various bodily symptoms. On the one hand, anger in various forms, pains in various places in the body, and on the other hand gastro phenomena. This is actually a combination of symptoms of stagnation of the liver Qi, but on a patient with a deficiency. These combined phenomena of excess and deficiency between the axis of the wood and earth, with a greater inclination to symptoms of the liver, is particularly suitable for the structure of *Jue Yin Yang Ming*. This is a structure with a simultaneous capability of creating motion, giving motivation and strengthening.

Treatment	<p>Treatment according to conversion of <i>Jue Yin Yang Ming</i></p> <p>LIV1+4</p> <p>LI1+4</p> <p>PC6+9</p> <p>ST 42 +45</p> <p>The treatment was executed alternately r/l</p>
Explanation	<p>The choice of conversion in this case is in consequence of the combination of the emotional complaints, presenting the roots of the entire morbidity, together with the changing location of the pain, that lead us to the understanding that there is an interference in the movement of <i>Qi</i> and blood and the structure of <i>Jue Yin Yang Ming</i> is therefore excellent for improvement of movement of the <i>Qi</i> and blood in the body, as it is the division of <i>Yang Ming</i>, which is full of <i>Qi</i> and blood and the division of <i>Jue Yin</i> which is rich in blood. The choice of conversion is only natural in light of the fact that the chief complaint, which is the root of her morbidity (anger, frustration, anxiety) lacks a distinct location.</p>
Duration of Treatment	<p>A treatment series of ten weeks at a frequency of twice a week was determined, while explaining that a significant improvement will lead to reduction in the frequency of the sessions.</p> <p>After each session, she felt superb for a day, and after several treatments the improvement enhanced. Initially there was a characterization of great weariness, accompanied by deep sleep on that night, but after several treatments she shifted from a condition of exhaustion after the treatment to a sensation of relaxation and tranquility after the treatment. After five weeks, she began to report a general sensation, which is much better, without any symptoms of pain and a sensation of vitality. At this stage, we reduced the frequency of sessions to once a week.</p>
Results	<p>A significant improvement in the general feeling of health. She told us that she actually feels that she came back to herself to the time before her divorce.</p>

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- Practitioner's Tips
- In similar cases, it is possible to add the *ear shenmen* balance point and the *Yin Tang* point.
 - Although this is actually a fairly simple case, our experience shows that in order to profoundly cure situations of stress, that include long-time anger and anxieties, the treatment requires patience from the patient. Often, patients who do not suffer something very acutely do not remain for long in a treatment of this kind. It is therefore desirable to explain in advance, that it will require patience. The rate of recuperation is usually unique, better characterized in a kind of a "sneaking improvement" than a clear process of progress i.e. the patient feels better after the treatment, but in order to admit that there is a general emotional improvement, it takes longer.
 - We became accustomed to thinking about the divisions of *Jue Yin Yang Ming* as dispersing and matching with situations of excess, but actually because they contain abundance, they are not only dispersing but actually arranging the movement. Therefore, in many combined cases of excess/deficiency, the use of *Jue Yin Yang Ming* should be contemplated.
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