

High Blood Pressure

Amit, age 42, police officer, married + 2

Case Description Amit, a police officer, who started to suffer from high blood pressure. About 18 months ago in a routine test, blood pressure of 90/130 was detected. He changed his eating habits, lost some weight (he is now 85 kg. at a height of 1.78 m.) does not take any medication. It initially seemed that the blood pressure indeed decreased as a result of changes in his habits, but actually it failed to bring the blood pressure to a normal level. About six months ago, his blood pressure increased to 100/145 and remained consistently around this level (+/-5). He was referred to us in a last attempt to stabilize his blood pressure prior to commencing treatment with medication. In addition, he suffers from a chronic pain in the left knee without any significant findings, but as he often plays soccer, he constantly feels the pain in the knee.

He does not smoke, and he is not a heavy consumer of alcohol. Naturally, he is under a lot of pressure at work. His job includes working on shifts and weekends. This job entails much dealing with the criminal world, which is obviously stressful.

Digestive system – reports occasional upper abdomen pains after eating, particularly as he is compelled to eat not at home and he eats fast. In the past, he suffered from heartburns, which are currently much less frequent after having changed his eating habits.

Diagnosis Pulse was taken – the pulse is fast, strong and more prominent in the *Guan* position. Such a finding directs us to palpate the neck area – high sensitivity was detected around ST9. Left knee suffers from medial pains particularly around the liver meridian. In the upper abdomen, pains in the central abdomen over the kidney and stomach meridians at height of KID18-19.

Treatment We searched for sensitive points on the intestinal meridian, from a height of approx. L14 and around it and up to L13, two needles were inserted at the left side and four needles on the right side on very sensitive points. The right side distinctly showed more sensitive points. In addition, the area around L10-11 on the right side was needed.

Explanation High blood pressure patients often demonstrate high sensitivity to a pressure around the carotid artery, the ST9 area, or the basilar artery, the UB10 area. This patient demonstrated clear pressure in the ST9 area, which accords with his pulse diagnosis, presenting him as a patient with excess and a strong ST position. Therefore, for the treatment of the blood pressure, demonstrating lack of balance of the abdomen meridian, the area of LI4 was chosen. This area resembles the throat. The area of the shoulder and the arm, resembling the throat, is particularly efficient as a larger treatment area is required, in order to identify sensitive points. After needling, two things should be examined, that the sensitivity in the area of the abdomen (ST) meridian in the throat decreased, and that the pulse became less strong in the *Guan* position. In addition, the painful abdomen area pertains to the kidney and stomach meridians. Here as well, we can use the large intestine (LI) meridian, in order to treat the two sick meridians. Bearing in mind that this is in any event also the area of the shoulder (concerning the dominant disharmony) we will continue in this area, radiology findings of the central and upper abdomen. This area to be imaged in the arm through point LI13, hence its inclusion in the treatment. After the needling, the abdomen area must be less sensitive. The painful knee on the liver meridian could also be treated through the intestinal (LI) meridian, hence the area of the elbow was chosen, as a mirror to the knee, and the treatment was naturally around LI10-11 on the right side. We aspire to involve in the treatment as few as possible meridians.

Duration of Treatment After six treatments at a frequency of twice a week, the abdomen and knee pain significantly decreased. The pulse became slightly slower and moderate. However a decrease in the blood pressure was not observed, as yet. At the same time, bodily signs were encouraging, as currently the sensitivity in the throat was in ST9 on the left side only. The treatment was adapted and now the LI4 was needled on the right side only, and the remaining treatment was added merely to the extent necessary.

After about eight additional treatments, blood pressure distinctively began to decrease. Throughout the treatment, a blood pressure log ought to be maintained in order to observe the tendency. Initially, blood pressure decreased only for several hours after treatment and was accompanied by slight weariness and a relaxed feeling. Blood pressure was now shifting around 95/125-130.

Eight additional treatments were required, in order to bring the blood pressure to a normal level. Currently, the treatment frequency is once a week, in order to examine the stability of the treatment. The treatment and its results remained stable for additional six weeks and then we shifted to a treatment frequency of once every fortnight and later on once a month. In each treatment, even monthly, we examine the carotid artery, looking for sensitive points.

Change During the treatment, Amit arrived one day, suffering from pain in his right ankle on the GB meridian due to a stumble. The regular treatment in the area of LI13-14 remained on the right side and we added to the treatment the area of LIV4 on the left, in order to treat the pain in the ankle. There is no problem to address and treat various problems, for as long as the treatment is cleverly combined with the *Qi* movement, created in the main treatment.

Result The patient, after a year of treatment (out of which seven meetings once a month) remained with an average stable blood pressure around 80/115 and currently, three years after the initial meeting he still presents a normal blood pressure.

Tips to the Practitioner

- High blood pressure – attempt to locate a sensitive reflex on the carotid or basilar artery, in order to diagnose the meridian involved in the disease.
- Always search for sensitive points. It requires some patience, but do not give up.
- Avoid carrying out an automatic treatment, even if the disease is chronic. At times, the smallest change identified in time will turn the treatment from a "stuck" treatment to a successful treatment.
- Changes in the body, reflexes, pulse, and sensitivity of the meridian often take place prior to the change in the complaints.