

# **Barral Institute Case Study**

## **Visceral Manipulation - Sleep Apnea, Mental Health**

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#### **Patient Symptoms**

Difficulty sleeping, depression, mental breakdown, sleep apnea, neck and shoulder pain and tension, mid back pain.

#### **Evaluation / Treatment**

Approx. 6 VM treatments in 2 months. Evaluation showed general listening to abdomen - diaphragm area, restrictions noted in and around liver, stomach, diaphragm, abdominal cavity lining - peritoneum, restrictions and general listening also 2nd to occiput and C-spine.

#### **Outcome**

A significant "pop" rear xiphoid and liver, client reported instant relief of pressure, able to take FULL breath for the first time in "a long time", etc. Following this treatment, full resolution of migraines, depression, sleep difficulties.