

Melaney Ryan Institute of  
Applied Consciousness (MRIAC)

**Clinical Application of ITA Energy Medicine**

**Case Study: Restless Leg Syndrome, Insomnia  
& Developmental Delays**

# Contents

Overview .....	3
Introduction .....	3
Case Presentation.....	3
Analysis .....	4
Treatment Protocol.....	5
Home Care Protocol.....	6
Outcomes.....	6
Discussion.....	6
Summary/Conclusion .....	6

## Overview

The purpose of this case study is to provide an account of how ITA Energy Medicine has been used to assist a child who was experiencing restless legs syndrome, insomnia and developmental delays.

## Introduction

This client is a male, 5 years of age who lives with his mother, father and sibling. He has a difficult and strained relationship with his older sibling. Overall, the client is a physically fit and healthy child, although he does suffer with hay fever and constipation. The client has extremely high energy levels and is a very active child. The client experiences anxiety and does not cope well with sudden change. The client shows symptoms of having low self-esteem and finds learning difficult which is compounded by his delayed speech development. The client's parents have indicated they have not been able to successfully establish a routine or set any firm boundaries. The client's mother is feeling overwhelmed, trying to do everything.

The client experienced trauma when his mother haemorrhaged during his delivery. This required urgent surgery and the client required medical intervention. No further information on this was provided by the client's mother as she did not wish to discuss it. The client's mother holds onto the memory that both she and the client survived the birth.

## Case Presentation

The client has been experiencing restless leg syndrome, insomnia, digestive imbalances and speech difficulties for three years. The client's sleep time routine is not consistent, sometimes he stays awake with his sibling through the night while his parents try to sleep. Most nights the client would average only 4-5 hours' sleep which has been the normal pattern ever since he was a baby.

On presentation, the client's general language development is poor, he has difficulties with pronunciation, articulation and finding the appropriate words. This has contributed to his dislike of school and often when he is anxious, he begins stuttering which then inhibits him from engaging in learning. Prior to seeking ITA Energy Medicine treatment the client's mother had taken him to speech therapy. This was unsuccessful as the speech therapist became very forceful in her approach which did not sit well with the client's mother who was already feeling overburdened with responsibilities due to running her own business, caring for the client's older sibling who has Autism and helping the father who is disengaged and has his own limitations (Asperger's). The client's mother decided cease with the speech therapy and concentrate most of her time on the needs of her older child.

## Analysis

The following ITA tools were used to determine an appropriate treatment plan:

- Scanning Techniques
- Body Reading
- Organ Relationship Charts (*Worry, Overthinking, Frustration, and Irritability*)
- Systems Charts (Restless Leg Syndrome, Insomnia)
- Back Chakra Organ Relationship & Affirmation Chart
- Understanding Mental Illness & Psychological Imbalance Protocol

The ITA treatment plan was targeted to address any underlying emotional and psychological imbalances held by the client manifesting as restless leg syndrome, insomnia and developmental delays.

*Scanning* techniques were used to detect congestion within the client's solar plexus area. Reference was made to the *Organ Relationship Chart* for worry, overthinking, frustration and irritability in order to determine base, navel and forehead ajna for front chakra work and liver, gall bladder, stomach and spleen for meridian pathway work. Psychological aspect affirmation was taken from the *Back Chakra Organ Relationship & Affirmation Chart*.

The *Restless Leg Syndrome* and *Insomnia Systems Charts* were referenced to identify relevant chakras, meridian pathways, spinal reflex points, organs and endocrine glands requiring work. The *Understanding Mental Illness and Psychological Imbalance Protocol* psychological aspects for *Restlessness Imbalance* and *Insomnia* was referenced to determine back chakra's requiring work and associated organs were referenced from the *Back Chakra Organ Relationship & Affirmation Chart*.

## Treatment Protocol

The client underwent the following ITA treatment plan over the course of 12 months:

Treatment	Type	Frequency
Stage 1 Alignment Stress Band Balancing Front Chakra work (Base & Navel) Ajna Chakra work (Liver, Gall Bladder, Stomach & Spleen Meridians) Back Chakra work (Psychological Aspects for Base & Navel) Yin Yang Stage 2	In person	Once
Stage 1 Alignment Stress Band Balancing Front Chakra work (Base & Navel) Ajna Chakra work (Liver, Gall Bladder, Stomach & Spleen Meridians) Back Chakra work (Psychological Aspects for Base & Navel) Yin Yang Stage 1 Yin Yang Stage 2	In person	1 x spaced 1 week from previous treatment
Stage 1 Alignment Meridian work (Liver, Gall Bladder, Stomach & Spleen) Auric Plane (Lower Tan Tien) Figure of Eight Technique Yin Yang Stage 2.	In person	1 x spaced 2 weeks from previous treatment
Stage 1 Alignment Chakra work (Restless Leg Systems Chart) Meridian work (Restless Leg System Chart) Endocrine work (Restless Leg Systems Chart) Back Chakra work (Psychological Aspect) Yin Yang Stage 2	Remote	1 x spaced 6 weeks from previous treatment
Stage 1 Alignment Empowerment Technique Yin Yang Stage 2	In person	1 x spaced 6 weeks from previous treatment
Stage 1 Alignment Meriden work (Restless Leg Systems Chart) Yin Yang Stage 2	In person	1 x spaced 4 weeks from previous treatment
Understanding Mental Illness & Psychological Imbalance Protocol Yin Yang Stage 2	In person	1 x spaced 4 weeks from previous treatment
Stage 1 Alignment Stress Band Balance Yin Yang Stage 1 (Organs from Restless Leg Systems Chart) Yin Yang Stage 2	In person	1 x spaced 1 week from previous treatment
Spinal Reflex Alignment (Restless Leg Systems Chart) Yin Yang Stage 2	In person	1 x spaced 2 weeks from previous treatment
Blood Purification Technique Yin Yang Stage 2	In person	1 x spaced 5 weeks from previous treatment
Grid Alignment	In person	1 x spaced 5 weeks from previous treatment
Understanding Mental Illness & Psychological Imbalance Protocol Yin Yang Stage 2	Remote	1 x spaced 3 months from previous treatment
Understanding Mental Illness & Psychological Imbalance Protocol Yin Yang Stage 2	In person	1 x spaced 1 week from previous treatment

## Home Care Protocol

Chakra cards were given to the client to view at home. The client's parents found it difficult to follow through with the home care. Establishing a routine at home for the client was challenging due insufficient support from the client's father.

## Outcomes

ITA treatments were successful in improving all the issues that the client initially presented with. Overall, the client's mother felt pleased with the client's progress. The client sleeps much better, and there has been no further episodes of restless legs syndrome. He appears calmer and more confident in giving things a go.

A successful outcome in language development was demonstrated and the progress was marked. The client's mother had a recording of the client speaking which was taken six months prior to ITA treatments commencing. On listening to the recording, towards the end of the treatment period, the client's mother noted how "amazed" she was at the improvement in the client's speech.

## Discussion

The client's mother had previously worked with the ITA Practitioner several years ago when the ITA Practitioner was practicing an alternative modality (Kinesiology). The client's mother did not know where else to go for help for her son, so she decided to bring the client to the ITA Practitioner for treatment.

Establishing a routine for the client within the home environment was initially challenging. The client's mother was offered ITA treatments for herself, as she was constantly in a state of survival and was the "rock" of the family. The client's mother needed support to regain her strength and confidence in order to create necessary changes in the home. Initially the client's mother was hesitant to accept help due to finance concerns however a suitable agreement was reached and both the client and his mother were able to receive the recommended treatment plan.

The client was treated over the period of 12 months and received 13 ITA treatments during this time. The client enjoyed his treatments and was happy to engage. As treatments progressed, it was noted that the client became calmer and was able to lay still on the table for longer periods of time. 6 months into the treatment plan the client's constipation resolved and 9 months into treatment plan the clients restless leg syndrome resolved. Although the client remains quite active, he is calmer and overall, his progress was extremely positive.

## Summary/Conclusion

This case study demonstrates the effectiveness of ITA in resolving symptoms of restless legs syndrome, insomnia and constipation. It also shows it had a positive impact on improving language developmental delays.

ITA treatments enabled the client to move into taking a more cooperative and interactive approach to life and as his self-confidence built, he was able to developed better relationships.