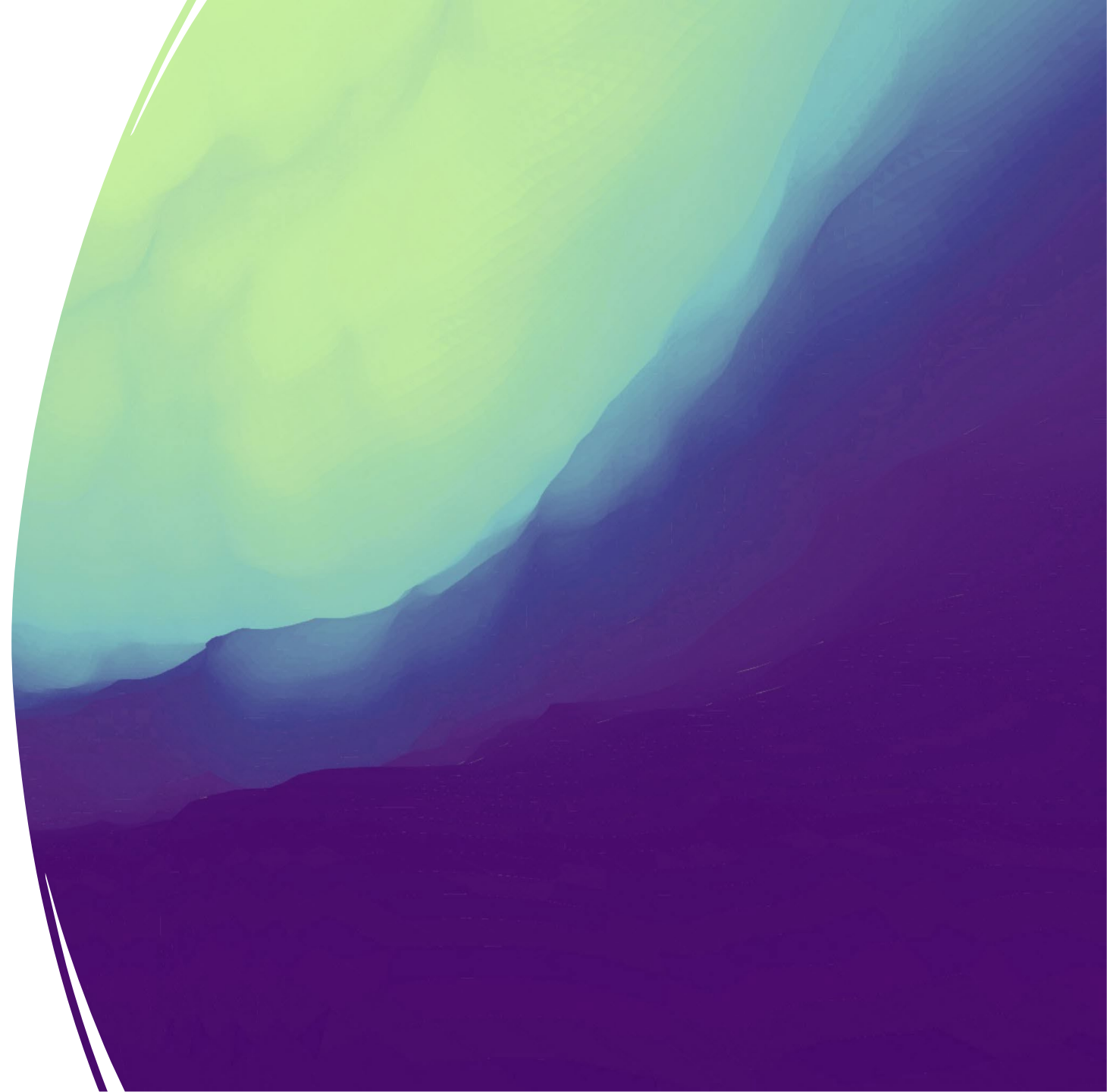


Clearing A Misted Mind and Supporting the Heart

By Chloe Chattington



The patient:

Male, 37, single dad with a 14 yr old daughter. Non employed with a disability allowance.

Suffered a brain hemorrhage at the age of 8. He doesn't remember a lot from this time but was fitted with a shunt to drain excess fluid and managed to recover after several months.

Main
Complaint:

Sciatica – mostly felt around GB30 & BL36 area on the lhs only. Pain is throbbing but not consistent and leg feels weak and heavy.

Second
complaint:

Feels like he stops breathing in his sleep. Wakes up frequently during the night and suffers from a dry mouth at night.

- Systems:

- Sleep – no routine with bedtime and awakening. Falls asleep easily but struggles to get back to sleep. Vivid dreams. Wakes feeling tired.
- Diet – cereals / banana / peanut butter / toast / fast food / a family bar of dairy milk most days/ sweets / sandwiches / meat / veg / rice
- Fluid – several coffees a day with milk and sugar / water / fizzy drinks / cider 3-6 times a week.
- Bowels – 2/3 times a day. Loose.
- Urine – feels like it's a lot- every couple of hours, dark slight odour.
- Sweat / Temp – usually hot, sweats a lot from forehead
- Headaches – doesn't suffer too much from these but when he does, they are usually on the temples and forehead.
- Dizziness – some postural but only struggles when loosing balance due to weakness in legs
- Eyes – dry, wears glasses, eye drooped so had surgery so that he can blink.
- Ears – small not very well developed
- Drugs – smoked marijuana for about 20years only gave up a year ago.



Pulses:

The pulses always feel muffled at the start of treatment. They have a slippery quality in that you can't quite hold them.

St/Sp & Lu/LI slippery & slightly full. Wiry & thin on Liv/GB.

Weak KID/BL & PC/TB. He/SI thin but with a slippery quality.



Tongue

Swollen/ phlegm lines / sticky coat/ slightly red

Fire

C = Yellow
S = Sing song but with a shout
E = Sympathy
O = unsure

Heart Qi Xu

Palpitations, shortness of breath on exertion, lassitude, inappropriate joy & lack of, spontaneous sweating.

Strained relationship with daughter. Lack of community & friends around him

Spleen Qi Xu

Tiredness, loose stools, overthinking, weakness of limbs
T=Pale, quivering
P=Slippery

Phlegm

Blocked sinuses, heavy feeling in body and limbs, worse at night and struggles to get going in the morning dizziness.
T= swollen, phlegm lines, White sticky coat

Damp/ phlegm forming foods & drink: lots of sugar/greasy fast food/ cider

Phlegm – Heat Obstructing the Lung

Phlegm in the throat and at the side of the mouth, wheezing, stuffiness of the chest, feels more hot and sweats across shoulders /top of back and forehead, insomnia, spoke of his sinuses feeling blocked, dizziness
T= Sticky coat, phlegm lines
P=Full, Rapid

Phlegm- misting the Heart

Dull eyes/ poor Shen, depression, rattling sound in throat, incoherent speech, dream disturbed sleep, mental restlessness, suicidal.

Smoking Marijuana

Liver Blood Xu

Postural dizziness, blurred vision, numbness of limbs, frequent waking during the night, muscular weakness, unsettled Hun.
T=Pale

Qi & Blood Xu in GB & Kid channels

Weakness in the leg, Pain better with pressure

Liver Qi Stagnation

Lump in throat, irritability, belching, abdominal distension
P=wiry

Lack of exercise / struggles with mobility

Kidney Yin Xu – Empty heat

Tinnitus, dizziness, dark slight smelling urine, vivid dreams, insomnia
P=Rapid, Weak

Qi & Blood stagnation in GB & Kid channels

Sciatica – Stiff and rigid movement in left leg, throbbing, warmth doesn't help but rolling it does. Pain is located in the GB30 & Bl36 areas, then follows Bladder channel down the leg
P= Wiry

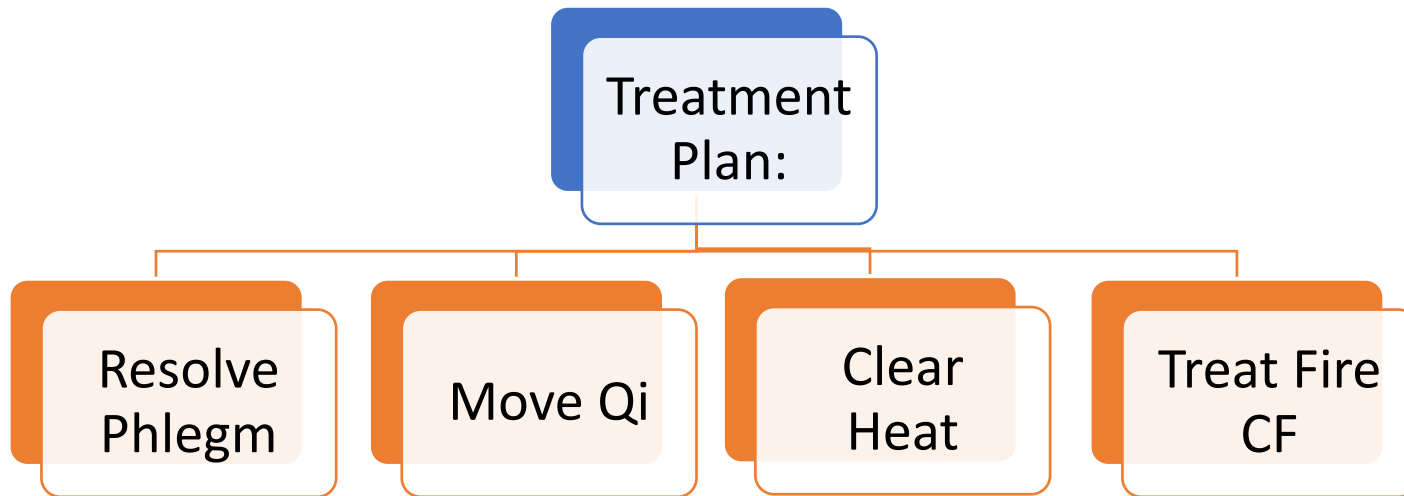
Kidney Jing Xu

Chronic illness

Brain Haemorrhage at a young age

Liver Yang Rising Generating Wind

Deviation of Eye and Mouth, Difficult speech, Double vision, numbness and tingling in upper arms, tinnitus
P= thin & wiry
T= deviated



Regular points used:

Even = St40 Abundant Prosperity / St8 Corner of the Head / PC5 Intermediary / LU5 Foot Marsh / LU9 Great Abyss / Li11 Crooked pond / Li20 Welcome fragrance / Liv3 Great Surge / GB21 Shoulder Well / DU14 Great Hammer / BL2 Collecting Bamboo / Bitong

Tonify = He7 Shen Gate / Si4 Wrist Bone / PC7 Great Burial Mound / PC6 Inner Gate / TB4 Yang Pond / TB5 Outer Gate

Why?

- Previous practitioners – addressed MC
- Changed CF as I felt the patient to be a Fire which worked very well for treatment
- Treat what you see – Phlegm / Misted Shen
- SC linked to what I could see
- Obvious issues with mental health
- Felt like lifestyle advise could help him- muscles tight on palpation/ yoga/ rolling/ cutting back on alcohol & sugar

Complications :

- Physical symptoms are slow changing. Phlegm has been hard to move.
- It is a complicated case and it meant I questioned myself a lot
- How much should I clear and how much should I tonify
- Feeling in charge of the room

Outcome :

Patient is no longer suicidal and is feeling the best he's felt in a long time

Relationship with daughter is much better and they are now always doing things together

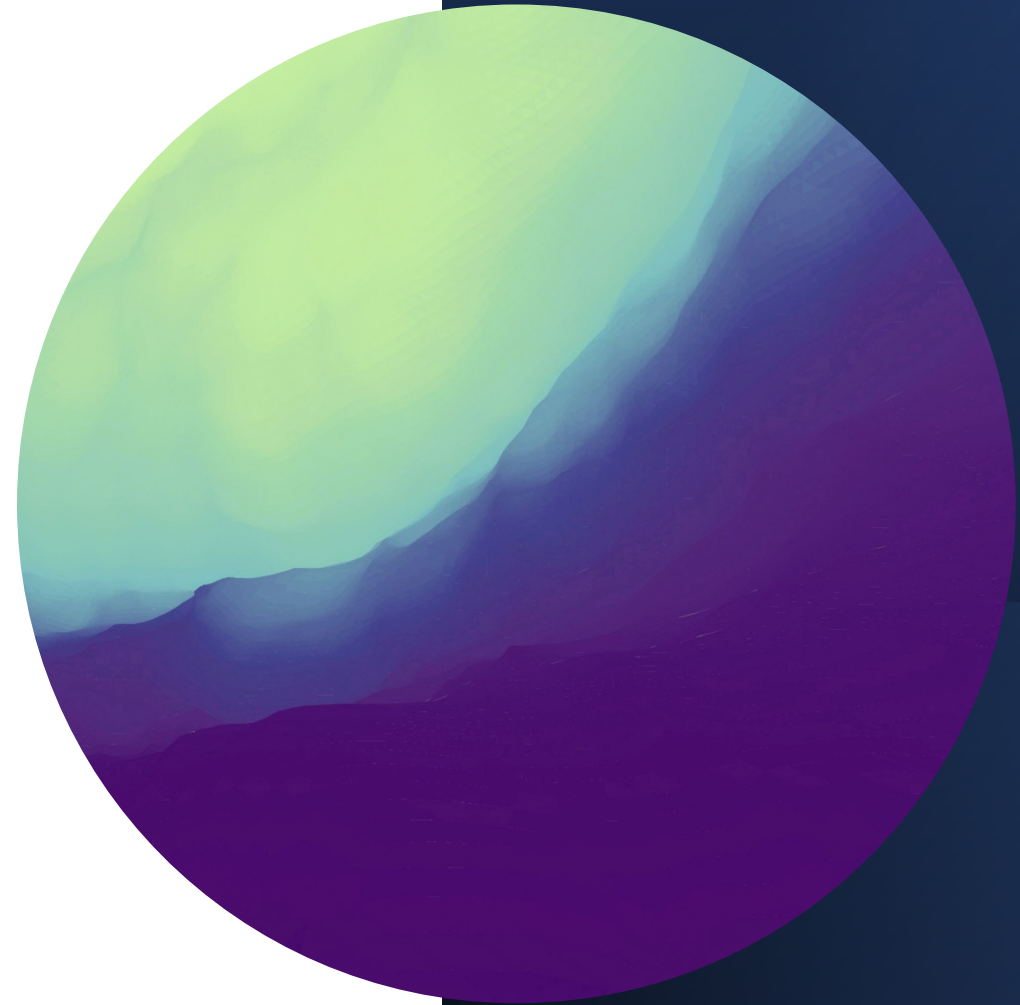
He is volunteering three days a week at a local charity shop and enjoying his work

Phlegm is still present in the head, but its hold on the Heart has eased hugely

He is no longer waking constantly during the night

He has made lifestyle changes: drinking less alcohol/ eating less chocolate

Sciatica has gone





The End
Thank you
