

Case Study Information

Clinician:

Client Information

Gender: Male Age: 38 Height: 6' Weight: 155

Occupation/Passions: Sailing instructor/commercial fisherman

Reason for visit: Desert Storm syndrome/IBS/Allergies/Rashes

Primary Health Goal: Digestion/allergy normalization

Secondary Health Goal (if any): rashes and increased energy

Health History

Drug History: Limited marijuana as a teenager, pack a day smoker cig for 10 years. Stopped 6 years.

Current Drugs, Herbs and Supplements: Zytec, Vitamin D, B, Pau D Arco, Occasional Imodium, probiotics, garlic, MSM

Lab Reports Provided (if any): CBC all values in normal ranges, Upper & Lower GI showed nothing, no blood or excess candida detected.

Known Allergies/Drugs, Herbs, Foods, Etc.: Refined wheat & dairy (varies from mild to severe), Cats, Raw foods aggravate

Personal History Overview: Very healthy, no significant health issues as a child. Broken arm, toes, fingers, ribs, jaw, nose at various times. Breaks were expected from amount of exertion. Also Rt medial meniscus surgery at age 12. 5 years in the army, 6 months in middle east/desert storm front lines. Malaria pills, low dose chemical weapons, burning oil wells, depleted uranium, PB pills (experimental medication that was supposed to help against chemical weapons). High stress, little sleep during this time. High stress job in Germany after return. Symptoms started about 5 months after leaving the desert. Various MDs that tried various tests and treatments and had nothing.

Family Health History:

Diet Overview:

Health Inputs (sleep, social, psycho, spiritual, environmental, movement): all conditions aggravated by stress, some crowd & loud noise anxiety, sleep is usually excellent but occasional overthinking keeps up late. Wakes feeling rested. Moderate exercise (running, tai chi, yoga, walking sailing. Very positive outlook and even tempered. Past exercise was competitive long distance running, martial arts.

Health Processes (immune and repair, respiration, circulation, digestion/elimination, messaging system, reproductive, tissue qualities): Sinuses/non-stop sneezing and runny nose can be exhausting, worse in morning usually clear to white discharge, aggravated by wind, foods, stress, dust, pollen, random. BM – morning usually loose, some undigested food, up to 10 times a day at worse, sinus/BM correlation.

Fatigue after BM. Occasional rashes on index fingers, raised bumps, firm with clear fluids. Come and go with no obvious pattern.

Stress Factors Summary: no nightmares, dislikes loud noises, large crowds, conflict avoidant. Phone anxiety.

Other Relevant Info:

Lived in many different climates and conditions. Lots of adventuresome eating and living. Lived on a boat for years in Everglades living off the land for months. Exposure to everything from ticks to mosquitos to toxins of various sorts. Hair mineral analysis showed no toxins or abnormalities.

General Assessments

Constitution: strong constitution, but fatigues easier than in past.

Energetic Assessment: Earth/wood/water

Pulse: Moderate rate, full, slippery, kidney pulse weaker

Tongue: pale puffy, teethmarks, raised slightly red in lung area, partial midline crack, mild vertical cracks around spleen/st area. White coating thicker towards root.

Face/complexion: at times pale/pasty, dark circles under eyes

Voice: has force when needed but prefers to talk quietly

Skin: moist, some cold spots on neck and belly

Hair: full, no premature graying, no frayed ends

Teeth: normal, cavities as child

Other Physical Observations:
