

Case Study Information

Clinician:

David N Harder RH, (AHG)

Client Information

Gender:Female

Age: DOB 1954

Height: 5'4"

Weight: 125 lb

Occupation/Passions:

Self Employed, Manages others in work place, Enjoys Gardening, Bicycling and physical movement.

Reason for visit:

D.O. suspected chronic Lyme after dx of Hashimoto's with elevated TSH was not stabilized by Thyroid Rx. Tests results from Igenex labs (16 band) were positive for Borrelia b.. (no co-infections). Client wanted to avoid antibiotic approach to what appeared to be chronic Lyme

Primary Health Goal: Resume normal active lifestyle without physical pains.

Secondary Health Goal (if any):

Health History

Drug History: Treatment with amoxicillin for 6 weeks in 1996 for Lyme rash w/Intense head and neck pain. No other meds prior to dx of Hashimoto's Disease.

Current Drugs, Herbs and Supplements: Levoxyl, Trilodo-L-Thyronine Sodium (T3)

Lab Reports Provided (if any):

Known Allergies/Drugs, Herbs, Foods, Etc.: No known allergies, Perhaps some food sensitivities

Personal History Overview:

Family Health History: Father diseased age 85- Cardio, Mother 86 still living, has been treated for diabetes, but no longer on Rx. IBS. Younger sister treated for throat cancer (smoker) and Stage 1 colon cancer. Older sister no Dx. Younger brother no Dx.

Diet Overview: For 18 years was vegetarian ending in early 1990's. Slowly switched to omnivore diet. Fish 1-2 times week. Animal protein 2-3 servings per day. Ample quality fats. Numerous vegetable portions per day. Seasonal garden vegetables mostly organic. In past 10 years minimized carbohydrate intake. 2-3 glasses wine daily.

Health Inputs (sleep, social, psycho, spiritual, environmental, movement): In bed 8-9 hours with some nights interrupted by wakefulness and busy mind in mid am hours. Menopause, (concluded 10 years prior), created severe sleep disturbance.

Individual enjoys life, grandchildren, the outdoors and tries to walk or bicycle 5–6 days per week when not burdened by pain. Creative and can often be bubbly.

Health Processes (immune and repair, respiration, circulation, digestion/elimination, messaging system, reproductive, tissue qualities): Primary weakness is GI. Struggles with constipation using herbal laxative for regularity. Digestion is sensitive but historically better than in past 20 years. Pain in joints, including back and knees currently much improved but pain can surface acutely on any given day.

Stress Factors Summary: Intelligent. Job place stress (3 days per week). She says she takes it home. Individual is hyper-vigilant. Environmental odors and other individual's energetics affect her. Has to work on not being angry about stressors. Creative outlets help.

Other Relevant Info: attached

General Assessments

Constitution: Genetically strong, Medium build/bone structure, Ch. Stomach/Spleen deficiency with excess heat, Endocrine deficient, Adrenal Stress dominant/hyper-vigilant.

Energetic Assessment: quick to overheat or chill, typical B/P 110/60, retires for bed before 9 pm. Up at 6 am. Not generally fatigued during daytime.

Pulse: slow to normal

Tongue: most noticeably; pale. moist to sticky coat, with heavier coating sometimes yellowish in St/Spleen area. Center line almost to tip.

Face/complexion: round face, large eyes, good color, darker pigment, healthy complexion

Voice: strong and robust

Skin: darker pigment, mediterranean

Hair: course, grows quickly along with nails, gray hair, grayed in forties, thick eyebrows

Teeth: numerous dental caries from younger years but no recent adult problems

Other Physical Observations: generally healthy appearance, good weight, well toned

