

# HARRY'S CASE STUDY NEWS LETTER

A VALUABLE INSIDE TO ACUPUNCTURE AND CHINESE HERBAL MEDICINE, IN THIS CASE HARRY DEMONSTRATED HOW HE DIAGNOSE AND FORMULATE A HOLISTIC PROPOSAL.

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## KAY, A 53-YEAR-OLD LADY, CAME TO SEE HARRY BECAUSE OF LEG PAIN FOR ALMOST 3 YEARS.

Kay's first visit was on 13<sup>th</sup>, Feb. 2014, she was referred by one of her relatives who is seeing Harry for her asthma. Kay complained that her lower calf muscle on the left leg had pain and a tearing feeling when she got up in the morning around 7am to 7.30am, she had to hobble a few steps, when she got up, before she could walk normally, also she had experienced pain, sometimes in the left buttock, right down to her foot like sciatica when she was lying down.

Kay had a surgery on her left knee 3 years ago, 3 months later, she developed the above leg issue. Had medications but it made no difference in her pain level. Checking other body functions, Harry noted that, she easily felt bloated after meals, woke up 2 times during the night, experienced migraine headache in the forehead, at times. Reviewing her lifestyle, Harry found that she drank a lots of freezing water every day.

## KEY POINTS

- Chronic pain in left calf mainly, around 7am to 7.30am while she got up.
- Migraine headache across the forehead.
- Kay drank lots of freezing water.
- Broken sleep
- Bloating after meals sometimes.
- Medications could not ease the pain.



## HOW HARRY DIAGNOSE AND TREAT THIS PROBLEM

Harry checked Kay's pulse and palpated the abdominal area, found some disorder of digestive system and weakness of the body's defensive energy. Harry diagnosed it as a muscular tension due to impaired stomach and spleen function.

The evidence was obvious. First of all, any of the muscular pain could be related with spleen and stomach in Chinese medicine theory, since the spleen and stomach are in charge of the muscles. Secondly, the tensions in the stomach, bloated after a meal, indicated abnormal functions of spleen and stomach. Thirdly, stomach is on duty on 7am, stomach meridian runs across forehead, so the stomach was involved according to Harry's perception.

Harry selected acupoints Kongzui(L), wangu(R), zhongwan, qihai, tianshu(R), for the first session. Plus Jianpiwan (spleen tonic herbs) for one week, suggestions of stopping cold drinks. The second day, all the symptoms went away.

## WHAT WE CAN LEARN FROM THIS SUCCESSFUL CLINICAL CASE AND BENEFIT OUR HEALTH ?



### THE FACTS IN THIS CASE

- The pattern of Kay's leg pain is hard to explain in Western Medicine, and not resolved by western medications, such as pain killer, anti-inflammatory , etc.
- For chronic pain, once there is a correct diagnosis and a holistic approach is applied, the recovery happens faster than we can imagine.
- Patients that come to see Chinese medicine Doctors, they should disclose as much information as possible for a holistic view.
- The Chinese medicine Doctors examine the patient by visual inspections, pulse taking, abdominal palpations, asking functions of body, etc.

### HARRY COMMENTARY

- If any of the injuries is not healed by itself in a reasonable time, it means there is some imbalance of the body. The underlying reason for the calf pain was the impaired function of stomach and spleen. Tracing the patterns of the disorders, is a very important process in Chinese medicine treatment. By regulating the internal organs functions, it restored the natural balance and activated the self- healing process.
- One of the obvious reasons for Kay's deficiency of spleen and stomach, were the freezing drinks. After she realized that, she stopped it, this was part of the holistic approach.
- Acupuncture and herbs are always combined during treatment for a quick and better result.
- The holistic approach ensures holistic improvement, not only Kay's leg pain went away, her headache went away as well, and her energy, even sleep improved.

**About this case study:** The patient name has been changed to protect the patients privacy. The whole case is real and kept for further research. We don't suggest using the same formula in the case study by yourself, unless you consult your acupuncturist or herbalist first. For further consultation , please contact Balance Health Clinic.