

Treatment Strategy III

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1.0 Final Exam

50 questions

10 warning signs of cancer – see handout!

2.0 Chronic Fatigue Syndrome

- Chronic fatigue immune dysfunction. (Also M.E. in England, or Low NK cell syndrome in Japan).
- Reaching epidemic proportions in the world.
- Thought at one time to be a result of the Epstein-Barr virus. Now, that is in question. There isn't a consistent relationship between the two.
- CDC – defines Chronic Fatigue - ease of fatigue for 6 months or more with other diseases ruled out by an MD.
 - Should rule out

- Not acute viral infection
- Not drug abuse
- Not a hormonal disorder (hypothyroidism, etc)
- Not exposure to toxic materials
- 8 of the following symptoms for more than six months (Rapid onset of symptoms within a few hours or days)
 - Chills or mild fever
 - Sore throat
 - Painful or swollen glands
 - Unexplained general muscle weakness
 - Muscle discomfort
 - For 24 hours after a usually tolerated activity
 - H/A different from previous pain
 - Joint pain without redness or swelling.
 - Forgetfulness
 - Irritable
 - Confusion
 - Depression
 - Inability to concentrate
 - Disturbed sleep
- See list for other possible symptoms
- Brain scans in some patients show low blood flow to temporal lobes and decreased electrical activity in the hippocampus.
- Candida is very common in these patients
 - Can cause systemic problems.
- Patients are often highly sensitive to light, sound, smells, touch
- Cause: Unknown
 - Study in Scandinavia: may be a brain chemistry imbalance. (Lack of EPA – fish fats)
- Can affect people of all ages & lifestyles.
- Most common seeking medical help is a Caucasian female 25-35.
 - Tend to be type A personalities.
 - A retro-virus? Latent pathogenic virus? Who knows?
 - Imbalance of T-cells
 - Low levels of gamma globulins
 - Low counts of one type of natural killer cells

3.0 Fibromyalgia

- A close relative to Fibromyalgia
- If you have Fibro, you often have CFS and environmental sensitivities
- Symptoms
 - Fatigues
 - Sleeping disorder

- Anxiety
- Digestive problems
- Mental confusions
- Allergies
- Irritability
- Etc.
- 86% of patients are women
- 3-6 million
- 27% of men with this problem are not able to work.
- Fibromyalgia – connective tissue & muscle pain.
- Painful condition
- Fascia bundling muscle groups together becomes tight and thickened. This is what causes the pain.
- American College of rheumatology:
 - Wide spread pain for n months
 - At 11 out of 18 sites (from handout) are tender bilaterally.
- Will diagnosis with blood tests to rule out other causative factors.
- Worse when under stress, trauma (can set it off)
- Exposure to cold can cause another flare up as can dampness
- Different types of viruses or infections can cause flare ups.
- Tends to occur in younger women who are stressed or tense. (Overachievers)
 - Can also occur in adolescence and older people
 - More often than women, but men as well.
 - Men's fibro tends to be more localized according to Barb. (Also tends to be more worked related)
- Can be related to psychogenic causes (need for attention)
 - Can be accused of malingering
 - Can have emotional problems
 - Which came first, chicken or egg?
- See common symptoms from handout.
- Sleep disorder – patients fail to get deep sleep.
 - This can be why they hurt in the first place.
- Western differential diagnosis
 - Make sure they don't have
 - HIV/Aids
 - Systemic disease
 - Chronic renal disease/nephritis
 - Mono (Epstein-Barr virus)
 - Cancer
 - Addison's disease (adrenal gland dysfunction) (low systolic blood pressure)
 - Hypothyroidism
 - Diabetes

4.0 TCM Overview

- These people have some complex problems. Lots of disharmony.
- See if you can find the root. Where did this start. That's where you start the treatment. Gradually you will put this person back into harmony.
- Take into the idea that this is a shao-yang type of problems (TW5 – GB41 bilaterally) Perhaps with ion pumping cords for 5 minutes, take out the cords and then do the rest of the treatment.

4.1 *Damp Heat in the muscles*

- Feeling heavy in the head and body
- Muscle fatigue after exertion
- Loss of appetite
- Chest oppression
- Stuffiness in epigastrium
- Sticky taste in mouth
- Lack of concentration
- Memory problems
- Dull headache, fuzzy headed
- Tongue: sticky yellow
- Pulse: slippery
- Can have more heat or more dampness
- Mucus in bowels
- Night sweats
- Etc...
- Shao yang – damp heat in LV/GB
- Dampness from spleen dysfunction
- Overexertion can be the cause or at least a causative factor
- blood deficiency
 - anxiety
 - lack of sleep
- often a spleen qi deficiency at the root.
- Can have just dampness without the heat
 - Lack of thirst
 - Just a white tongue coat
 - Dampness is what causes the pain and weak muscles.
 - Dampness causes the concentration problems.

4.1.1 Treatment

- Resolve dampness and clear heat
- Core
 - Start with TW5 – GB41 with ion pumping cords
 - GB34 – for all fibro cases
 - HT7 – or something for the shen

- SP21 on left – for generalized pain and exhaustion. (on left because that's where the lymph system empties...)
- SP6
- SP9
- BL22
- ST8 – takes damp/muzzy feeling out
- CV12, CV9 – transformation of fluids
- TW7 – for more damp with heat
- DU14 – for heat and chronic, hidden, tent heat.
- ST36
- UB47
- ST41 – for sinew pain
- LI11 – for all joint pain that deals with damp heat.
- Can needle the diagnostic points to help alleviate pain.

4.2 Stagnation of LV Qi

- Pain is not a deficiency, it's a stagnation.
- Tiredness is because the proper movement of qi has been impaired.
- Pain is worse in PM (3pm-5pm)
- Pain/problems change with emotional state
 - Happiness relieves pain
- Associated with mental depression, irritability, moodiness
 - Some are mildly emotional, some are much more severe.
- Pain stiffness in hypochondria/chest (frequent sighing)
- PMS
- Poor digestion
- Hormonal imbalances
- Irregular periods
- Formation of lumps or masses
- Lump in the throat formation
- Pulse: wiry
- Tongue: purplish

4.2.1 Treatment

- Core treatment
- LV3, LI4
- LV2
- LV14 – Lv mu point
- BL18
- CV17
- PC6
- If stagnation transforms into heat, you can also have yang rising or liver blood or qi deficiency.
- Either LV bld or LV qi deficiency can develop into wind as well.

4.3 Spleen Qi deficiency

- Part of almost all fibro cases.
- Can result from pathogenic factors that haven't resolved correctly.
- Tired after exertion
- Worse in the morning
- SOB
- Weak voice
- No spirit or energy (lethargy)
- Spontaneous sweat
- Pain that is better with pressure
- Lack of concentration
- Poor absorption of nutrients (intestinal gas)
- Qi deficiency will lead to allergies to foods
- Tongue: pale and flabby
- Pulse: soft and soggy
- Edema, swollen lymph nodes, diarrhea, thin stool
- Chronic worrier – (Sp qi)
- Not decisive (preoccupation)

4.3.1 Treatment

- Moxa st36, CV12, bl20, 21
- Core treatment
- Ear shen men

4.4 Clinically - qi deficiency with wind cold attack

- Zhong is weak
- (often in fibro or CFS)
- Signs and symptoms are mild
- There's not an intense fight because the body is too weak.
- Even if the symptoms are mild, they can get sick very quickly because they are so weak.
- Mild chills and fever
- H/A
- Sweating
- Stuffy nose and cough (clear/white discharge)
- Recurrent mild sore throat.
- Swollen neck lymph nodes (can be chronic)
- Fatigued
- Symptoms worse with exertion
- A person where the cold lingers on (start to get better, but the cold comes back)

4.4.1 Treatment

- GB20

- LU7
- BL12
- LI4
- CV4
- ST36 – not for too long
- Boost the wei qi between colds

4.5 KD Yang deficiency sore throat

- Throat feels uncomfortable.
- It's not inflammation
- Inhibited ability to think clearly
- Happens in CFS and Fibro (post viral thing going on)
- More cold signs
- Loose stools
- Pale swollen tongue, etc...

4.5.1 Treatment

- DU14
- DU20
- BL23
- BL43
- KD27 – for kidney yang deficiency
- DU4
- This could require a long course of treatment.
- Sipping pear juice frequently moistens the throat.

4.6 Over use of antibiotics

- Sore throat associated with spleen qi deficiency
- Spleen qi deficiency caused by over used of antibiotics.
- Antibiotics clear heat, they may clear the throat infection, but they don't clear the dampness or get rid of the pathogen. They dampness and pathogen are still left in he throat. (They leave lingering pathogenic factors)
- The pathogenic factors are stuck there and encourage further infections.
- Repeated courses of antibiotics makes the lingering pathogenic factors stronger and hurts the spleen and causes further accumulation of dampness.
- This hurts the correct qi and wei qi of the body.
- This makes infections (wind invasions) easier
- This leads to a constant soreness in the throat.
- S&S
 - Throat pale/red and swollen (shiny mucus)
 - Chronic sore throat
 - Worse in the am
 - Worse when tired

- Frequent URI, frequent colds
- No appetite (picky eater)
- Possible allergic reactions to food
- Fatigue
- Loose stools
- Nausea and vomiting
- Runny nose, puffy eyes
- Pale complexion
- Tongue: pale and swollen (coated)
- Pulse: weak

4.6.1 Treatment

- St36
- LI11
- BL20
- LU9
- BL13
- CV12
- Phlegm: ST40
- Frequent colds: DU14

4.7 Heart blood and spleen qi deficiency causing insomnia

- Shen not nourished by heart blood
- Shen can't go into it's yin phase.
- This is different from yin deficiency – difficulty falling asleep, but no heat signs (don't wake up all night) Not deep sleep though.
- This type of insomnia – can't turn off their mind. Ruminating, rehashing
- Dream disturbed sleep
- Palpitations – could be associated with anxiety, or even without anxiety
- Phobias or panic attacks
- Forgetful, poor memory
- Problems with concentration
- Dizziness, light headed
- Appetite problems, bloating
- Easy to bruise
- Tongue: pale, thin white coat
- Pulse: thready & weak

4.7.1 Treatment

- SP6
- Ht7
- ST36
- BL15

- PC6
- BL17
- BL20
- Du19
- An Mian
- Yin Tang
- BL42 – for too much dreaming (out shu of lung)
- Palpitations – HT5
- Dizziness – DU20
- Forgetfulness – Du20 & BL52

4.8 *Insomnia due to damp encumbrance of the spleen*

- Spleen qi deficiency can cause blood deficiency which keeps the shen from being nourished at night causing insomnia.
- Spleen qi weakness is causing the damp.
- Could feel sleepy all day.
- But when they lay down to go to sleep, they can't. The shen isn't nourished.
- Phlegm/dampness pattern
- Fatigue
- Difficulty concentrating
- Dizzy
- Appetite and digestive problems from spleen qi deficiency
-

4.8.1 Treatment

- SP9
- SP6
- St36
- BL20
- GB20 – anchor the dampness
- Herbs: Ping wei san (Stomach pill)
- Can be chronic. This takes time.
- Find an exercise that is appropriate for them to get dampness moving.
- Stay away from foods they are allergic too.
- Diet is very important in these cases

4.9 *Poor concentration*

- Failure to be able to focus can be phlegm
- Similar to dampness causing problems with the spleen.
- Some people it isn't just dampness, it's phlegm.
- Phlegm is a more chronic type of problem. (worse than dampness)
- Mechanism – phlegm obstructs clear yang to the head causing a lack of clear thinking

- Poor concentration
- Tend to obesity
- Greasy skin/glossy skin
- Dizziness
- Heavy – tired limbs
- Discomfort in chest, palpitations
- Tongue: flabby – thick greasy coat
- Pulse; slippery

4.9.1 Treatment

- St40
- Sp3
- Du20
- Sp9
- Sp6
- CV12
- Bl20
- ST36
- LV3 (ST40 and LV3 – resolve it and move it out)
- GB20 – for blockage going up to the brain
- KD6
- Bl62
- Treatment takes a long time when treating phlegm.
- Encourage a healthy diet and weight loss
- Encourage exercise!

4.10 Poor concentration due to spleen qi

- Poor concentration due to spleen qi deficiency
- Blood deficient insomnia
- Out-of-it during the day
- Mental and physical fatigue
- Poor appetite and bloating
- Loose stools
- Tongue; pale and swollen, tooth marks, thin white coat
- Pulse: deficient and weak

4.10.1 Treatment

- Si shen cong (and Du20...;-) (ALSO GOOD FOR DEPRESSION)
- SP6
- CV12
- ST40
- BL20
- ST36

4.11 KD yang deficiency (and spleen yang) poor concentration

- Yang is active principle. If deficient yang there is excess yin.
- Dull mind drowsy (especially in the day time)
- Feeling out of focus
- Constantly drowsy during the day
- Physically and mentally exhausted – tired to the bone.
- Apathetic
- Depression
- Soft voice
- Forgetful
- Low back pain
- Low libido (impotence)
- Digestive weakness (sp and kd get yang deficiency together)
- Cold intolerance

4.11.1 Treatment

- Moxa UB23, 20
- ST36
- CV4
- KD3
- BL52 – outer shu
- CV6 – qi hai
- DU20 – bring up the qi
-