

Patient 3 Lesson #10
Constitutional Intake Notes

- Diffused pelvic pain, pain in hips and pelvis if walking a lot at work.
- Eczema surfaced after working on a set painting (client is a stage hand); another outbreak after weeding in the garden. Last summer, had a different eczema on pelvis.
- Alcohol relaxes
- Michael sees strong stimulus and depression of liver
- Broke ribs this winter, did vicodin and ibuprofen.
- Did a fair amount of antibiotics in high school.
- 35 to 40 day cycle, major symptoms and duality in reproductive system, as in the liver.
- Palpitations before menses. Cramps get bad and she gets agitated. Does not take anything in this situation.
- Year and a half ago, lower GI problems from eating chilis.
- Periodic chronic fatigue and depression.
- When sleeping and wake up in pain, ears hurt, mild earache for the last couple of months
- bleeding gums when brushing teeth. Michael noted that mild anemia can cause bleeding.
- Eczema with rheumatoid like pain, think psoriatic, and coleus forskolii. (slows and strengthens the pulse)
- if strong excess and deficiency shows, need something in the middle, "amphoteric". Andrographis possible, since it prevents the liver from getting autotoxic. Dandelion and burdock are liver stabilizing. Liver and reproductive energy are interrelated. Estrogen phase is deficient.
- Dong quai appropriate to improve estrogen buildup.
- Possibly mitchella repens, strengthens membranes
- Women who drink moderately frequently present with false reproductive excess.

Other Suggested herbs:

Cotton Root Bark- 10-15 drops every day to help bind oxytocin and stimulate blood supply to the uterine lining that is about to slough off.
Blue Cohosh- strengthen the structure of the uterus. 10 drops during progesterone phase to build up the tone

- Lower urinary from the boggiess in the uterus.
- Estrogen doesn't help with allergies much. Progesterone modifies inflammation, fosters cortisol and is anabolic.

Solanum dulcamara- when there is a starting flare up of eczema