

Case Study Allison K.

Practitioner: M.H.

What are some ways that may help Allison trust an herbalist/health consultant?

What are some background health issues, in addition to bones, that should be considered?

What else would you recommend or do differently?

Female, 61 years old

Allison grew up in a fishing resort in Colorado.

She had her appendix removed, nasal septum surgery, and c-section (she had 9 children). She was not taking any prescription meds. She has an allergy to peanuts.

She was a stay-at-home Mom and homeschooled her children. She is against anything traditional even to the point of not wanting to take any commercial supplements stating that she preferred to make her own tinctures and would take them for her ailments.

She does core exercises and eats very clean - no preservatives and they cook almost all of their own food. She is very health minded and knows a lot about herbs and natural health in general.

Allison does have a large dark colored pocket under one of her eyes but otherwise looked healthy and fit.

She had been to see me a couple times in the past couple of years with kidney issues/Epstein barre like symptoms but had not been re-testing on a regular basis.

Allison has a history of kidney stones, UTI, and anemia but otherwise her symptom survey revealed nothing! She said she had Lyme Disease many years ago but had taken a protocol for that.

She came to me with lower back pain on her left side and upper leg pain on her left side. She said when moving she felt better. She had been ill 2 ½ months ago.

Electro dermal testing revealed imbalances in the pelvis, skin/lower body/legs, kidney, urinary bladder on both sides.

Allison mentioned that a few years ago she was concerned with uterine prolapse and started exercises with a physical therapist - still does the exercises. Right now she feels a heaviness in her pelvic area and thinks the back pain is related.

She didn't want to take any of the usual supplements-multi, omega, vit d ect. So I decided to only focus on the presenting problem.

Allison tested (EDS) for:

- Sepia (homeopathic) - Professional Formulas
- Viburnum Complex (hormone balancing formula Professional Formulas which included cramp bark, chastetree, dong-quai, peony, chamomile, wild yam, black cohosh, and ginger all 1:1 strength)
- Astragalus (to support kidney)
- Multi (Catalyn) she had brought with her from Standard Process.

Recommendations							Date
							7-26-24
Product Name	Rising	Breakfast	Lunch	Mid	Supper	Bed	No. of Bottles
Sepia homeopathic	10 drops						
Astragalus		10 drops			10 drops		
multi-vitamin Standard Process							
Viburnum complex		6 drops - 1 week					
		9 drops			week 2 or 3		
		12 drops			week 3 or 4		
		15 drops			week 5 or 6		
		20 drops			week 7 or 8		

I suggested she start small with the Viburnum so she started with 6 drops/day and then went up accordingly and followed my step-up suggestions. I emphasized the importance of her consistently and regularly taking the supplements to achieve our goal. She tended to take things as needed and then stop them.

She came back 2 months later and said she felt great! No more back pain and no more feeling like her insides were falling out!

She said 6-7 drops of the Viburnum was a good place and any more made her feel awful, so we agreed to keep her at the 6-7 drops/day.

She was still testing for the Sepia and I suggested she do another bottle and continue taking the Astragalus as well. She was apprehensive about continuing to take them but because of the success we'd had and she agreed to keep up with the regimen. I suggested we work on some bone support if she should decide to continue working with me.

I suggested she come back in 3-6 months and let me know when she needed refills sent (Astragalus, and Viburnum herbal formula) (not sepia the homeopathic after two 1-ounce bottles). She asked to bring her husband in next time!
