

Case Study (ICS06) - JEREMY

Practitioner: MH

Jeremy is 17 years old and his mom, a current client, brought him to my office. He sustained a football injury to his left side rib area and the kidney on the left was still very tender and painful. He was also experiencing a lingering sinus issue after being ill a couple weeks ago.

His symptom survey revealed that he had migraines and cold sores occasionally. Jeremy's EDS testing revealed his lymph was sluggish, adrenals low, spleen low, kidney on both sides low and his spinal cord (central nervous system) was low.

He tested for an Adrenal Formula which included b-vitamins (Stress Ess. Adrenal Renew by Nutri Dyn), Immune Support with mushrooms and vit D (Nutri Dyn), Muscle Eze (Nutri Dyn), Injury Drops homeopathic (Professional Formulas), Trace Mineral Power Packs (trace mins, vitamin C and complex B vitamins - Trace Minerals Brand), Vitamin D 2,000 IU, and S-Spleen (Systemic Formulas)

Product	Rising	Breakfast	Supper	Before Bed
Muscle Eze (NutriDyn)		1	2	
Immune Support (NutriDyn)		1		
Stress Essentials Adrenal Renew (NutriDyn)		2		
S-Spleen (Systemic Formulas)		1		
Vitamin D 2,000 IU		1		
Trace Mineral Power Packs		1 packet		
Injury Drops homeopathic (Professional Formulas)	15 drops			15 drops

He came back for a retest a month later. He had no pain in his rib/kidney area even during basketball practice and reported more energy. His stomach was bothering him and he said he had eaten really greasy pizza the night before and it had upset it. They wondered if it was something viral or the actual pizza. Testing revealed that his numbers were coming up but not where we wanted them to be yet so we continued on with the same formulas for another month.

Jan (3 months) later he came back in after another sports injury. His spleen had come from a 24 up to a 36. He wasn't getting sick even after being exposed at school and was feeling much more energy. His kidney had gone from a 28 to a 32 (I was only able

to test one foot as the other was too tender from his foot sprain to test) Adrenals went from a 26 to a 37 and lymph was up from 26 to 32. [the best EDS readings are 45-55]

I put together a Recovery Mix for him which included liquid herbs of barberry (blood/lymph/spleen/liver), Oats (mineral/vitamins/adrenals), Nettle (bone/inflammation/minerals.) “cool the tissues”, and low-dose Lobelia (15ml) for inflammation and to “push” the other herbs where they need to go. I kept him on the same core group of supplements minus the s-spleen because the liquid herbs were replacing that.

Product	Rising	Breakfast	Supper	Before Bed
Muscle Eze (NutriDyn)		1	2	
Immune Support (NutriDyn)		1		
Stress Essentials Adrenal Renew (NutriDyn)		2		
Vitamin D 2,000 IU		1		
Herbal Recovery (see below)		30 drops	30 drops	
Trace Mineral Power Packs		1 packet		
Injury Drops homeopathic (Professional Formulas)	15 drops			15 drops
Herbal Recovery Formula 4 oz/120 ml bottle: Barberry (35 ml), Oats (35 ml), Nettles (35 ml), Lobelia (15 ml)				

He was able to heal in record time and went back to playing sports. His Mom, who was also my client, would give me updates from time to time and just say that he was doing well and felt great. His Mom was also taking him to the chiropractor during his time.

NOTE: Sports, strong workout routines, construction, farming/ranching, and other activities that lead to a lot of sweating and muscle work will deplete minerals, increase oxidation (need more antioxidant foods (rich in C, E, and polyphenols or supplements), and increase protein requirements. Vitamin E protects the fats in our body and on our cell membranes from oxidation. Vitamin E is found in raw oils like olive oil - add to foods after cooking and eat raw seeds and nuts. Vitamin E is in multi-vitamins but make sure it is in the form of d-tocopherol (alpha-tocopherol) and not the synthetic version which is dl-tocopherol (all-rac-alpha-tocopherol). Serum concentrations of vitamin E (alpha-tocopherol) depend on the liver, which takes up the nutrient after the various forms are absorbed from the small intestine. the liver metabolizes and excretes most of the other vitamin E forms (beta-, gamma-, and delta-tocopherol and alpha-, beta-, gamma-, and delta-tocotrienol). The liver does not excrete all of the other forms of E but they are found at much lower levels in the blood compared to alpha-tocopherol.