

Case Study ICS07: MARY

Practitioner: MH

Mary is 72-years old and came in as a referral from her friend. She was a retired teacher with a very pleasant and positive nature and she was eager to learn. She was experiencing a lot of inflammation. **Her mother had rheumatoid arthritis**, and she was looking to be proactive for her own health.

Mary grew up on a farm. No children. He had her tonsils out as a kid and has had cataract surgery. She is not on any prescriptions but has used **prednisone in the past**. [it was common to take out tonsils immediately in the past - still too many] In an effort to increase strength and lose weight she was lifting weights with a trainer and enjoying water walking at the rec center but she was not able to lose any weight.

Survey form: She had food poisoning in her past, no flu vaccines after 2007. Mary's symptom survey did not reveal much, she was prone to hemorrhoids and had frequent joint pain and swelling. She got up to use the bathroom a few times a night pee and wasn't sleeping very well (hard time falling asleep - hard to stop thinking/turn the brain off).

She seemed conscious of food choices and considered her diet healthy but she was not eating at least 3-4 servings of vegetables and fruits each day. She had been to see a Naturopath before-but hadn't been to see one in years. [no information about grains and dairy]

Her test showed low numbers [indicates low functioning or something interfering with function] in lymph, metabolism, liver, gallbladder, ilium, spleen, pancreas, kidney and bladder points.

She tested for L-lysine, VIVI (virus formula by systemic formulas), ACP (antioxidants - systemic formulas), Inflamma-Tone homeopathic (energetix), collagen she brought with her, C-1000 (NOW - customer had and wanted), Lutein & bilberry, K-Force D3/K2, Boswellia complex (standard process) and Congaplex (immune support - standard process), and a custom herbal tincture. I also recommended aloe vera juice to her to help keep blood sugars healthy, for digestion issues, and to help with the constipation issue.

Herbal Tincture 4oz/120ml: nettles (20 ml), rehmannia (20 ml), silybum complex (30 ml), globe artichoke (20 ml), cats claw (30 ml). Bulk tinctures are from Professional Formulas.

Product	Rising	Breakfast	Supper	Before Bed	# of Bottles
VIVI (Systemic Formulas)		1			1
ACP (Systemic Formulas)		1			1
L-lysine		1			1
Collagen		1 scoop			
C-1000 (NOW)		1			
Lutein & Bilberry		1			
K-Force (D3 and K2)		1	1		
Boswellia complex (Standard Process)		1	1		
Congaplex (Standard Process)		1	1		
Aloe Vera (systemic formulas)			1 serving		
Herbal Formula (see in paragraph description)		30 drops	30 drops		1
Inflamma-Tone homeopathic (Energetix)	10 drops			10 drops	1-2

She returned in 8 weeks for a re-test. Only 4 points showed up as still low: arteries, stomach, brain/nerve point, and metabolism were still low.

She tested for the same group of supplements, and we also added L-carnitine, Nerve Eze (NutriDyn), a sublingual B12, and TACX (Systemic Formulas). **She had a finger on her hand swell up suddenly** and she was having difficulty bending it. I also added Ferrum Phos 6x to further assist with the inflammation and artery strength.

We re-tested in 8 weeks. She was not having any more gallbladder pain and was getting up less often to use the bathroom at night. She was sleeping better. **She said her stomach had been hurting the last couple weeks and she had had a headache.**

Her re-test showed low readings for the arteries, gallbladder, and urinary system. Her brain/nerve was up to a 52 which is a very balanced number.

We added a probiotic Ba-co-flor (MarcoPharma), papaya enzymes, a fish oil Omega Pure (Nutri Dyn), and CoQ10 (50 mg) to her list of supplements. I added chickweed to her herbal formula for added trace minerals going into Spring. [\[see newsletter in student resources for more information about chickweed\]](#)

She came back 4 months later instead of 2 months. She admitted she had been out of quite a few supplements and wanted to get back on a protocol. She was having some remodeling done in her house and said even though she was managing, it was a bit stressful, and she was looking forward to it being finished.

She wondered if she had been dealing with some kind of bug-she hadn't felt like herself lately.

Her test revealed that her lymph was high which is inflammation, spinal cord low (central nervous system), metabolism was higher than it had been but was only at a 24. Her liver and gallbladder were low, and her brain/nerve points were both high (one at a 60) I had been testing her thyroid and it was right around 45 as usual.

Her instincts were spot on and she tested for the VIR Combo (formerly called Virus Combination - desbio), stomach/spleen homeopathic (desbio) l-lysine, blueberry extract, l-glutamine, coq10, papaya enzymes, c-1000, collagen, Boswellia, and her herb mix.

Note: I have many thoughts and opinions with this case study: food intolerances, parasites, digestive enzyme production, liver function, leaky gut, systemic and urinary bacteria and/or mycoplasmas (implicates in RA), immune system function (viruses/liver) (liver/viruses/metals), order of supplements given...

Note: When using testing like EDS or muscle testing you can find herbs, supplements, and minerals that will test well without finding the root cause. I absolutely love testing but, our evaluation, thought-process, and knowledge of organisms, body functions, and elimination are what leads to the best testing and finding the root cause(s). I am not saying that you will not get results, but the client may give up because you are not making progress as fast as they would like or you may spend years managing symptoms with herbs and supplements instead of healing.

What would you do?