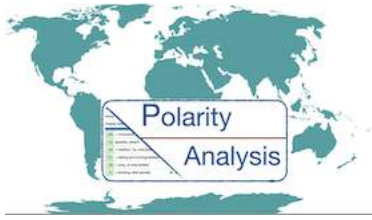


Polarity Analysis

Mental Health - 2025

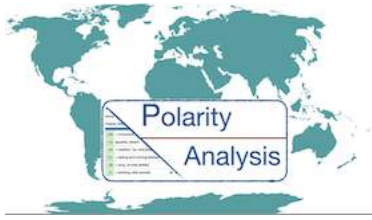
Karen Allen, Mike Knapp & Tim Shannon

Contact: polarityanalysis@icloud.com



Intro to Course

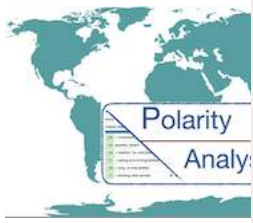
- Case - Panic Attacks/Fear of Death and Depersonalization
- 27yr old female; anxiety, self doubt irritability
- 18yr old female: Chronic anxiety & panic attacks
- 55yr old patient with chronic anxiety in abusive marriage



Case Study:

Anxiety - Panic Attacks & Fear of death

30 Year Old Male



Jul 2
2020



Office Visit Note 07/02/2020 Thu 1:15 pm Collapse

CC/Reason: Insomnia, heart palpitations, ventricular septal defect, work stress and anxiety.

HPI:

How are you doing? This last 10 months have been challenging. Last year went to Canada in the back country to do a spiritual journey. There's been some psychological issues I'm dealing with. Have been doing well, and the virus hit, a few weeks into quarantine was threatened by a roommate. I had a panic attack. My heart rate went up to the 170's, was shaking uncontrollably, became chilled, very poor memory. What I can recall, is that my life was going past my eyes. I had many epiphanies. Since then have small panic attacks. I'll be washing the dishes and start questioning if this is really happening, am I really here. I'm concerned with my challenge with contact with reality. I've agreed to go back to work, though it seems like with little protection for me - I'm high risk.

5 years ago, had a physical threat from my biological father. I think that was what was triggered my panic attacks.

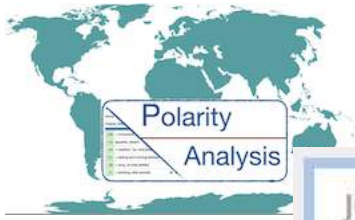
The main issues is the mental state. Cannabis might have also impacted on my panic attacks. Anxiety? heart rate involvement (can get very low or high), also SOB, some dizziness, fear of death. If watching a movie, or doing a video game it can elevate my heart rate. I'm fearful of death, and the fear of the unlive life. Also a big one, is questioning whether things are real, if I'm actually here. Maybe I've actually died, maybe I'm in a coma. Or life as a whole - maybe this is all a hallucination. I'm trying to find some universal theory to ground myself. Other physical correlates? My vision is clear, but also distorted @ same time. Feels like I'm peeking through the hole in a wall like peeking through eyes to see reality. Other physical issues? I can't sit still. If sitting, usu bouncing my leg. If standing looking around to observe my surroundings. Denies temp or sweating of unusual levels.

I tried some micro dosing of mushrooms - which did seem to help.

Baseline?

- 1) Background Anxiety - daily Intensity 3-4/10
- 2) Heart palpitations (often precedes anxiety) most days
- 3) Difficulty falling asleep - More intense Anxiety w/SOB - most nights (fear of dying in sleep)
- 4) Waking - every morning double checking my reality

30 Year Old Male:
Anxiety - PA's &
Existential Fear
Initial Intake (1 of 2)



Jul 3
2020



Office Visit Note 07/03/2020 Fri 1:15 pm Collapse

CC/Reason: insomnia, heart palpitations, ventricular septal defect, work stress and anxiety.

HPI:

Past hx? In utero, had ventricular septal defect, @ 9 had a surgery for enlarged heart. Since then cardiologist said that I'll always live with heart issues. I might have to have another surgery eventually and have to be cautious about various activities.

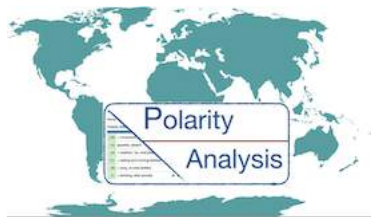
Concentration/focus?

When doing filmwork, or photo work is very grounding to me. Music is next up in being helpful.

Baseline?

- 1) Background Anxiety - daily Intensity 3-4/10
- 2) Heart palpitations (often precedes anxiety) most days
- 3) Difficulty falling asleep - More intense Anxiety w/SOB - most nights (fear of dying in sleep)
- 4) Waking - every morning double checking my reality, doubting reality

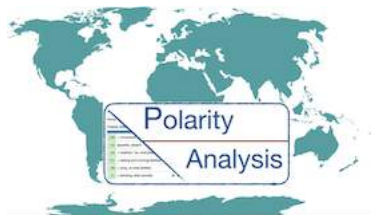
30 Year Old Male:
Anxiety - PA's &
Existential Fear
Initial Intake (2 of 2)



Rubrics that came to
the fore:

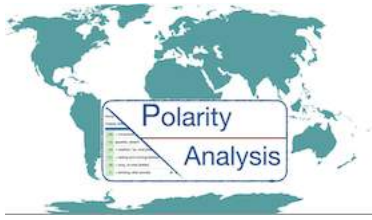
Enter Rubrics
into your
Repertory

93	> open air [better]	P	⊕
76	air, desire for open air	P	⊕
56	> warmly, from wrapping up [better]	P	⊕
102	< resting (not moving) [worse]	P	⊕
99	< while falling asleep [worse]	P	⊕
111	< while/after waking up [worse]	P	⊕
73	< warmth, in general [worse]	P	⊕
80	pulse, quick	P	⊕
100	< breathing, in (inspiration) [worse]	P	⊕



Full Spread:

Heart palps, insomnia, fear of death, loss of meaning.		03 Jul 2020		Puls.	Lyc.	Sabin.	Rhus.	Aur.	Spong.	Ant-c.	M-arc.	Alum.
Hits				9	8	8	9	9	8	8	8	7
Sums				28	24	18	25	20	18	16	15	16
Polarity Difference			☰	17	14	14	13	13	13	12	12	12
93	> open air [better]	P	☉	4	2	4	1	2	3	3	2	4
76	air, desire for open air	P	☉	4	3	2	1	4	2	3	3	3
56	> warmly, from wrapping up [better]	P	☉	1			4	3		2		
102	< resting (not moving) [worse]	P	☉	4	4	1	4	4	1	1	1	2
99	< while falling asleep [worse]	P	☉	4	5	2	5	2	4	1	1	1
111	< while/after waking up [worse]	P	☉	5	4	2	4	2	1	3	3	4
73	< warmth, in general [worse]	P	☉	4	2	2	1	1	1	2	2	1
80	pulse, quick	P	☉	1	1	1	1	1	3	1	1	
100	< breathing, in (inspiration) [worse]	P	☉	1	3	4	4	1	3		2	1



Patient given Spong
6x (Freeman's) QD



Jul 17
2020



Office Visit Note 07/17/2020 Fri 3:00 pm Collapse

CC/Reason: insomnia, heart palpitations, work stress and anxiety.

HPI:

How are you doing? I'm better in some regards. Its' definitely helping with anxiety - a major improvement with that. But the thing that's not changed is the existentialism stuff. The suffering around your mortality has changed. The anxiety around the moratality has definitely declined.

What has not improved? The existentialism is still there. More? The universe around us, were biological organisms existing on a rock going through space. There's some loss of meaning for me and for the world. The suffering with it has reduced along with the anxiety. Still faced with uncertainty as a whole and my purpose.

How soon after starting it? About a week, b4 I could notice changes - probably 4 or 5 days before it began to become apparent. I feel a bit more in control of the anxiety.

I'm getting a dental CT, they think I might have a failed root canal.

Baseline?

1) Background Anxiety - daily Intensity 3-4/10

Now more like a 1-2

2) Heart palpitations (often preceedes anxiety) most days

I'm not seeing those anymore.

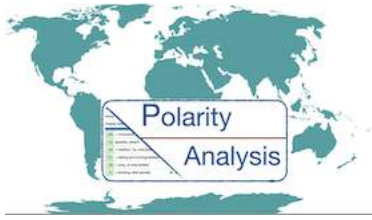
3) Difficulty falling asleep - More intense Anxiety w/SOB - most nights (fear of dying in sleep)

About the same til the last 2 nights.

4) Waking - every morning double checking my reality, doubting reality

It's the same... It's less debilitating. The questioning of reality is not so much there. I've been expecting that I'd die in my sleep, but wake up a bit suprised.

1st Follow-up roughly 2 weeks later



Aug 27
2020



Office Visit Note 08/27/2020 Thu 1:00 pm Collapse

CC/Reason: insomnia, heart palpitations, family histories of liver and breast cancer, work stress and anxiety.

HPI:

How are you? A lot better. What's not better, or what remains? up until recently have some small "mini" episodes of anxiety trying to sleep. The fear of closing my eyes with fear that I wouldn't wake up. I also am starting to take some magnesium & zinc maybe too - seems to help. I was still having some of the existentialism. Took some micro doses of mushrooms, and that's helped too.

Would you say you are mostly sx's free? There are some moments of questioning existence, but not problems or issues. They can bring up some anxiety, but able to just move on if get a bit uncomfortable.

How much better are you now? about 85% and the remaining 15 % may be just normal to being human.

Been taking it every other day - last 2 weeks - since feeling more stable.

Other questions or concerns? No.

Baseline?

1) Background Anxiety - daily Intensity 3-4/10

Really not having the mortality aspect of anxiety

2) Heart palpitations (often precedes anxiety) most days

Not having that.

3) Difficulty falling asleep - More intense Anxiety w/SOB - most nights (fear of dying in sleep)

It didn't help with falling asleep. But noticed a gradual reduction of anxiety - took 2 to 2.5 weeks before felt more functional during the day.

4) Waking - every morning double checking my reality, doubting reality

That's most resolved.

2nd Follow-up roughly 5 weeks later



Sep 18
2020



Office Visit Note 09/18/2020 Fri 10:00 am Collapse

CC/Reason: heart palpitations, insomnia, ventricular septal defect, and generalized anxiety.

HPI:

Challenges? Still experience some disassociation, but with anxiety doing a lot better. Resolved? Mostly. I can't return to work due to my risk status. They are stating I'll be terminated. They are stating that your note is insufficient.

I need another note written. They are requesting you sign your name more fully. It needs to have my first and last name. Needs to say when it's okay to return to work - when a safe solution for the pandemic happens. I can swing by your office to pick that up today. I also have some forms FMLA

Baseline?

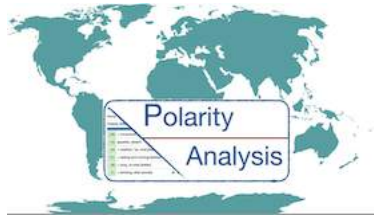
1) Background Anxiety - daily Intensity 3-4/10
Resolved

2) Heart palpitations (often precedes anxiety) most days
resolved.

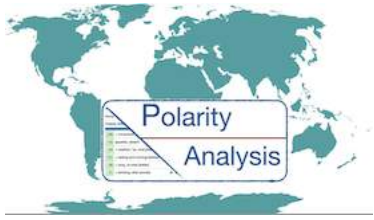
3) Difficulty falling asleep - More intense Anxiety w/SOB - most nights (fear of dying in sleep)
Been falling asleep normally.

4) Waking - every morning double checking my reality, doubting reality
That's most resolved.

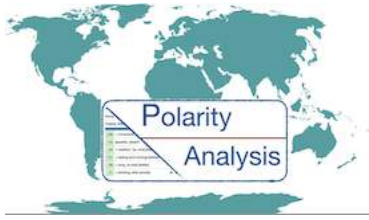
3rd Follow-up roughly 3 weeks later



Patient continues do well without further anxiety/panic attacks.



27 year old Female
Patient presenting with
Irritability & Anxiety:



27 year old
Female Patient
Irritability &
Anxiety, referral
from in-house
Naturopath

Sep 13
2023



Office Visit Note 09/13/2023 Wed 1:00 pm Collapse

CC/Reason: Zoom -

HPI:

Patient checked in for a follow-up.

Doing alright.

She has been taking the GABA Calm; got it since our last visit and it's been helping.

She just got back yesterday from a 2-week vacation and she had no issues.

States she just wants to follow up and ask if anxiety/stress could be related to her thyroid.

She is asking if she needs to keep her 60 mg Armour and other supplements and try to manage it.

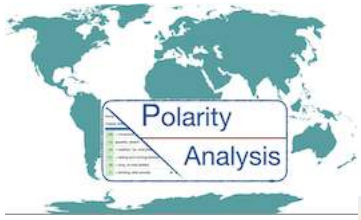
She not eating gluten or dairy, and no soy.

Not familiar with **homeopathy**. I was able to explain it to her and she states she would love to try.

She got her cyst removed on the 25th. she has been doing better; has a little bit of stiffness but the doctor

Assessment/Plan:

- 1: 27-year-old woman presents for treatment of anxiety. just had two weeks off from work and experienced no anxiety at all. She returned to work yesterday and almost instantly began experiencing a recurrence of anxiety. Although the GABA supplement that I recommended to her is helping she still has pronounced anxiety. She is interested in trying **homeopathy** to address the work-related anxiety. 13 minutes of face-to-face time with the patient; two minutes of charting and coordinating care. Total time: 15 minutes.



27 year old Female Patient presenting Irritability & Anxiety:

Sep 15
2023



Office Visit Note 09/15/2023 Fri 1:00 pm [Collapse](#)

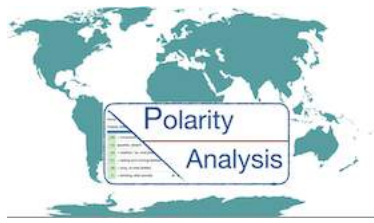
CC/Reason: anxiety and irritability

HPI:

I have some work related anxiety. Experience? too a fault, try to be perfect in e/t I do. Typing emails, overly critical of myself after meetings. Or during the day, over analyzing if I did it right. Anxiety can go from 0 to 100 pretty quickly, when someone is not following protocols. I also have a high stress job. Work? state as storm water specialist, I have a lot of responsibilities. S/t wonder if I climbed that ladder a bit too fast. Now second guessing myself a lot. It's a great job, love it, but a challenge. Focus/concentration? seems good. I'm good @ focusing on work.

Baseline:

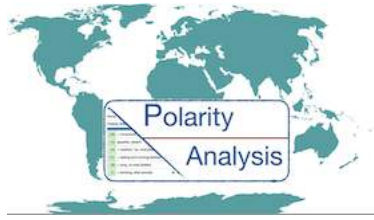
- 1) Increased irritability - every other day
- 2) Self doubt/anxiety - multiple times/day



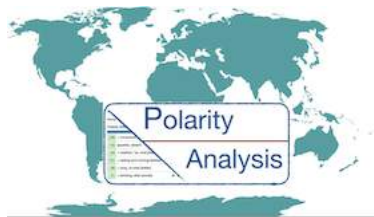
PA Analysis:

Good time to enter
Your Rubrics:

Anxiety & Self Doubt.		
15 Sep 2023		
Hits		
Sums		
Polarity Difference		⌵
85	< looking, eyes strained [worse]	P ✕
69	< reading [worse]	P ✕
121	< touch [worse]	P ✕
73	< warmth, in general [worse]	P ✕
54	< warmth, of room or stove [worse]	P ✕
37	> uncovering [better]	P ✕
102	> movement [better]	P ✕
58	movement, desire for	P ✕
28	> sleep, after; while waking up [better]	P ✕
64	irritability (anger, aggression)	P ✕
74	> rubbing [better]	P ✕
115	appetite, absent	P ✕
92	breathing, quickened	P ✕
80	pulse, quick	P ✕
55	sexual instinct, weak	P ✕
52	> eating, after [better]	P ✕

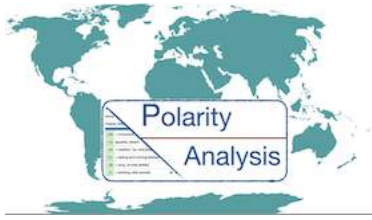


Here's how your
analysis should
look:



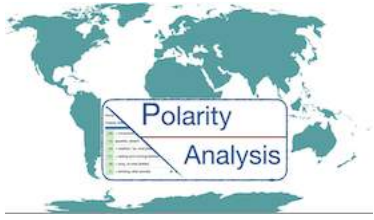
Anxiety & Self Doubt.		15 Sep 2023	Seneg.	Lyc.	Iod.	Val.	Ferr.	Cina.	Sep.	Acon.	Ph-ac.	M-arc.	Cham.	Ruta.
Hits			13	13	9	9	11	9	15	11	14	14	12	9
Sums			26	37	25	18	25	21	35	26	25	22	26	21
Polarity Difference		⌵	18	15	14	14	13	13	12	12	11	11	10	10
85	< looking, eyes strained [worse] P ⊗		4	4		2	1	4	3		1	1	1	4
69	< reading [worse] P ⊗		2	3		1		3	1		1	1		3
121	< touch [worse] P ⊗		1	4	2	2	2	3	4	3	3	1	4	2
73	< warmth, in general [worse] P ⊗		3	2	4		1	2	1	1	1	2	2	
54	< warmth, of room or stove [worse] P ⊗		3	2	4			2	1	2	1	2		
37	> uncovering [better] P ⊗		2	4	3		3		1	3		3	2	
102	> movement [better] P ⊗		1	4		4	4	2	3	1	3	1	2	2
58	movement, desire for P ⊗			1	1	1	4		1	2	2	3	4	2
28	> sleep, after; while waking up [better] P ⊗								4		1	1	1	1
64	irritability (anger, aggression) P ⊗		2	3	1	2	3		3	4	1	3	4	
74	> rubbing [better] P ⊗		1			2		2			2	1		3
115	appetite, absent P ⊗		1	3	1	1	2		4	1	1	1	2	3
92	breathing, quickened P ⊗		3	4			1	2	4	4	1	1	2	1
80	pulse, quick P ⊗		2	1	4	3		1	1	4	4	1	1	
55	sexual instinct, weak P ⊗		1	2			1		2		3			
52	> eating, after [better] P ⊗				5		3		2	1			1	

Resultant Analysis:

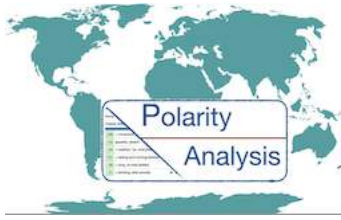


Patient Confirmed:

- Irritability can be quite over the top
- She has difficulty trusting others
- She can very easily take offense



Patient given
Senega 6c daily
September 15th
2023:



27 year old
Female Patient
presenting
Irritability &
Anxiety:

Sep 29
2023



Office Visit Note 09/29/2023 Fri 8:15 am Collapse
CC/Reason: anxiety and irritability

HPI:

I've noticed small changes. It was a tough week with work, and wasn't bringing things from work home with me. Also not being as irritable. Overall improvement? 10% better. These issues are ongoing for at least 1.5 years.

Baseline:

1) Increased irritability - every other day

That is changing, subtle. But still every other day.

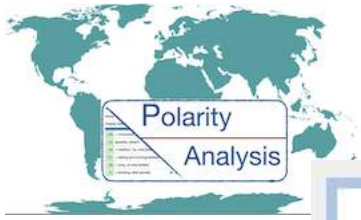
2) Self doubt/anxiety - multiple times/day

There's been a minor change in that for sure. Now it's not every single night for hours on end, dwelling over the same stuff.

Orders:

> [Change](#) Seneg 6c Take 4 drops BID #1 Rfx0

1st Follow-up roughly 2 weeks later



27 year old
Female Patient
presenting
Irritability &
Anxiety:

Nov 10
2023



Office Visit Note 11/10/2023 Fri 9:00 am Collapse

CC/Reason: anxiety and irritability.

HPI:

I'm definitely doing better. I'm a good 30-40% better. I'm doing better for sure. Huge improvements.

Baseline:

1) Increased irritability - every other day

That's definitely improved. I have had some crazy emails last week. Normally would let it stew and simmer and have to talk about it after work. But now I am just pushing them aside and letting them go.

2) Self doubt/anxiety - multiple times/day

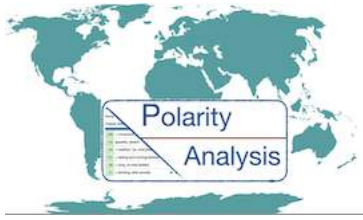
That is still there. It's better than it was and goes hand in hand with other issues.

Orders:

> **D/C** Seneg 6c Take 4 drops BID

> **New** Seneg 12c Take 4 drops daily #1 Rfx0

2nd Follow-up roughly 5 weeks later



27 year old
Female Patient
presenting
Irritability &
Anxiety:

Dec 22
2023



Office Visit Note 12/22/2023 Fri 9:00 am Collapse

CC/Reason: anxiety and irritability

HPI:

Things are still moving in the right direction, but not where I necessarily want to be yet. This past month has been more difficult, work stresses and extra family drama. How much better are you overall? around 50% better.

Baseline:

1) Increased irritability - every other day

Maybe once/week if even. It's a lot better now. Mostly the irritability would come after a meeting, an email - then immediately flying off the handle. Now not as upset as quickly, able to keep emotions in check.

2) Self doubt/anxiety - multiple times/day

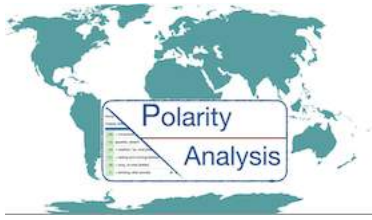
That seems to be the hardest thing to make progress on. Still once/day that creeps up. It does feel a bit better, not multiple x/day.

Orders:

> **D/C** Seneg 12c Take 4 drops daily

> **New** Seneg 200c Take 4 drops daily #1 RFX0

4th Follow-up roughly 5 weeks later



27 year old
Female Patient
presenting
Irritability &
Anxiety:
**Provider's
interim note**

Jan 22
2024



Office Visit Note 01/22/2024 Mon 9:00 am (amended on 01/30/2024 5:56 pm) Collapse

CC/Reason: Lab Review

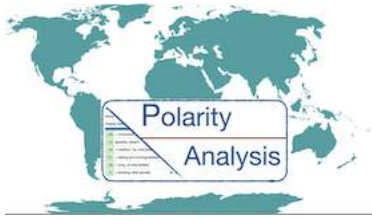
HPI:

Patient is here for a follow-up.

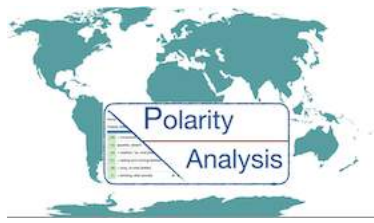
She is feeling good.

States anxiety got better - not 100% though but way better.

Dr. Shannon has been a lifesaver.

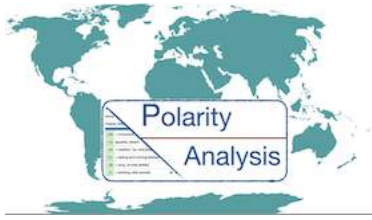


Patient got to a point plateau with Senega;
Anxiety was much better, but self doubt was
not noticeably better.

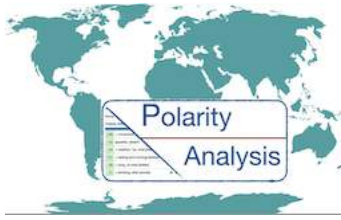


[Post Seneg plateau] Self Doubt 23 Feb 2024		Iod.	Seneg.	Cina.	Phos.	Lyc.	Calc.	Plat.	Asaf.	Val.
Hits		5	8	7	10	7	10	7	5	5
Sums		20	18	16	27	20	22	12	12	12
Polarity Difference	☰	14	13	13	11	10	9	9	9	9
85	< looking, eyes strained [worse] P ✘		4	4	3	4	4	1	3	2
69	< reading [worse] P ✘		2	3	3	3	4	1	3	1
73	< warmth, in general [worse] P ✘	4	3	2	1	2	1	2		
54	< warmth, of room or stove [worse] P ✘	4	3	2	2	2	1	2		
37	> uncovering [better] P ✘	3	2		2	4	3	2		
102	> movement [better] P ✘		1	2	1	4	1	3	2	4
28	> sleep, after; while waking up [better] P ✘				4		1			
74	> rubbing [better] P ✘		1	2	4		4	1	3	2
80	pulse, quick P ✘	4	2	1	4	1	1		1	3
52	> eating, after [better] P ✘	5			3		2			

Given Cina
6c daily on
2/23 due to
this spread



Patient Maintained on Cina for self doubt til
March 29th, but just not doing much



27 year old
Female Patient
presenting
Irritability &
Anxiety:

Mar 29
2024

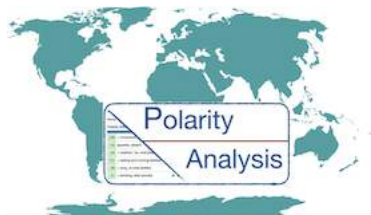


Office Visit Note 03/29/2024 Fri 9:00 am [Expand](#)
CC/Reason: Anxiety

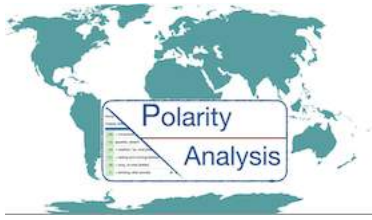
F/U: I feel like Cina definitely helped with the cyst. It's like barely noticeable anymore in my hand almost completely disappeared, which is amazing. Yeah, that self doubt piece. I feel like that's one of the like main roots of my anxiety issues. And I feel like that just might take a little bit more to break through, I suppose. I noticed at least I'm trying to catch myself when I start to get in that like cycle of self doubt. It's just happening sort of at the same frequency that it was when we kind of started on the self-doubt path.

Orders:

> [D/C](#) Cina 6x Take 4 drops TID

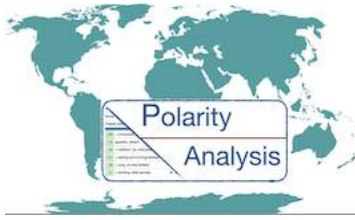


[Post Cina fail for self doubt] Self Doubt 29 Mar 2024		Cina.	Iod.	Seneg.	Val.	Lyc.	Plat.	Ruta.
Hits		7	5	8	6	7	7	6
Sums		17	18	16	14	21	12	15
Polarity Difference	☰	14	12	11	11	10	9	9
85	< looking, eyes strained [worse] P ☒	4		4	2	4	1	4
69	< reading [worse] P ☒	3		2	1	3	1	3
73	< warmth, in general [worse] P ☒	2	4	3		2	2	
102	> movement [better] P ☒	2		1	4	4	3	2
28	> sleep, after; while waking up [better] P ☒							1
74	> rubbing [better] P ☒	2		1	2		1	3
80	pulse, quick P ☒	1	4	2	3	1		
52	> eating, after [better] P ☒		5					
37	heat, with inclination to uncover P ☒		3	2		3	2	
121	< touch [worse] P ☒	3	2	1	2	4	2	2



I saw Valeriana in the mix which didn't confirm as I expected. It IS a medicine for anxiety, so I decided to trial it, given Senega had done some good, Cina not so much. I gave her Valeriana LM1 daily 3/29/24

› **New** Valer LM1 Take 4 drops daily #1 Rfx0



Apr 19
2024



Office Visit Note 04/19/2024 Fri 8:45 am [Expand](#)

CC/Reason: Physician Follow-Up - 30min - 1st Val fwp (self doubt)

Assessment:

Self-doubt and Anxiety

- Assessment:

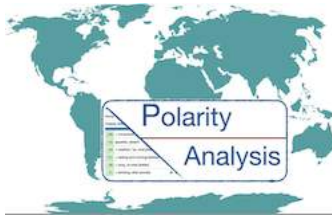
- Patient reports a 30% improvement in self-doubt since switching from Sina to Valeriana three weeks ago.
- Irritability has significantly improved since last October.
- Currently taking Valeriana once daily in the morning.

- Plan:

- Increase Valeriana dosage to twice daily to promote further improvement in self-doubt and anxiety.
- Reassess patient's progress in six weeks, aiming for an additional 20% improvement.
- Continue liquid therapy to break the rigidity of self-doubt cycles and promote relaxation.

27 year old
Female Patient
presenting
Irritability &
Anxiety:

Follow-up roughly 4 weeks later



May 31
2024



Office Visit Note 05/31/2024 Fri 8:45 am Expand
CC/Reason: Anxiety

Assessment:

Self-doubt and Anxiety

- Assessment:

- Patient reports improvements in self-doubt and anxiety since the last visit, with a decrease in frequency from daily to a couple of times a week.
- The intensity of self-doubt and anxiety ranges from 5 to 10, but the patient is now able to reason their way out of the situation and bring the intensity down to a 2 or 3.

- Plan:

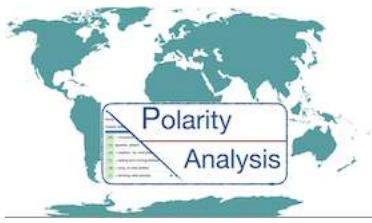
- Continue Valerian twice a day and LM1 twice a day for the next two months.
- Increase the strength of LM1 and adjust the dosage to once a day for the next two months.
- Monitor the frequency and intensity of self-doubt and anxiety over the next couple of months to assess the effectiveness of the current treatment plan.
- If there is no significant improvement or if the patient experiences regression or worsening of symptoms, re-evaluate the treatment plan and consider alternative options.
- Schedule a follow-up appointment in two months (beginning of August) to assess progress and adjust the treatment plan as needed.

Orders:

- > **New** Valer 30c Take 4 drops daily #1 Rfx0
- > **D/C** Valer LM1 Take 4 drops BID

27 year old
Female Patient
presenting
Irritability &
Anxiety:

Follow-up roughly 6 weeks later



Aug 2
2024



Office Visit Note 08/02/2024 Fri 9:00 am Collapse

CC/Reason: Physician Follow-Up - 30min - 3rd Val fwp

Prob:

Chief Complaint: The patient reports a general improvement in anxiety and self-doubt since the last visit on May 31st.

History of Present Illness: The patient describes experiencing good weeks and bad weeks, with good weeks having almost no workdays with anxiety and self-doubt, while bad weeks have at least two days with lingering anxiety. The patient notes that the overall frequency of anxiety and self-doubt has decreased significantly, and the nature of bad weeks has changed, with irritability being more situational and not carrying into the evening.

Additional Details: The patient estimates a 60% overall benefit from the tincture they have been taking since February. They express interest in trying a different dosing strategy to address the remaining 30-40% of anxiety and self-doubt. The patient is open to the idea of taking a stronger potency of Valerian in a split dose to retrain their nervous system and potentially eliminate the need for daily dosing.

How are you doing? Overall still moving in the right direction. Not thinking about emails, but still having good weeks and bad week. Like last week, got a lot accomplished, felt confident, no anxiety, wasn't letting work linger. This week, been a bit more on edge. My work is so overwhelming @ times. It seems work load related.

Contrast a bad week now with current? Before I'd be more irritable and it might last the day. The biggest difference is not carrying it into the evening hours. B4 it was a perpetual thought pattern.

Overall improvement? 60%, the remaining 30 - 40% is the bad weeks.

27 year old
Female Patient
presenting
Irritability &
Anxiety:

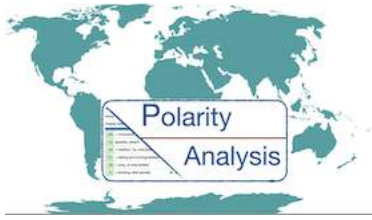
Orders:

> **D/C** Valer 30c Take 4 drops daily

> **New** Valer 1M Take 2 packets 12 hours apart #2 packet Rfx0

If doubt - mostly @ work 2x/week, intensity: 5-10/10
the good weeks, it's almost down to one or zero work days that have anxiety and self
bad weeks, that's back to at least 2 days/week.

Follow-up roughly 3 months later

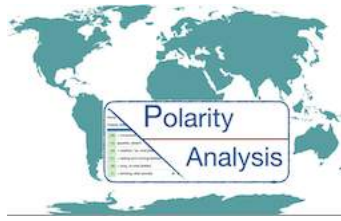


August 2nd given Valerian 1M split dose:

27 year old
Female Patient
presenting
Irritability &
Anxiety:

Orders:

- > **D/C** Valer 30c Take 4 drops daily
 - > **New** Valer 1M Take 2 packets 12 hours apart #2 packet Rfx0
-



Sep 13
2024



Office Visit Note 09/13/2024 Fri 8:15 am Collapse

CC/Reason: Physician Follow-Up - 30min - Valer 1M fwp

Prob:

Chief Complaint: The patient reports that she has been taking Valerian for a few months to address her overall anxiety and self-doubt.

History of Present Illness: She has been on the same dose for the past six weeks and has also been using medicated pellets. The patient states that she has been feeling really good lately and has noticed an improvement in her confidence in her day-to-day work. She mentions that she has been able to reason through situations that would have previously caused her anxiety and self-doubt, and she has not been bringing these issues home with her as much.

Additional Symptoms: The patient feels that, for the most part, her anxiety and self-doubt issues are resolved. She acknowledges that some days may be worse than others, but she has made significant progress since starting treatment. The patient reports that her husband has noticed improvements as well, mentioning that they have "had their evenings again." She also notes that she had a vacation during the six-week period, which made it somewhat difficult to assess the full impact of the treatment. Despite this, she feels she has made substantial improvement compared to where she was when she first started treatment, describing the progress as "amazing."

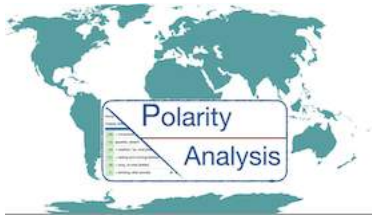
How are you doing? I've been feeling very good. I've noticed I'm more confident in my day to day work. Some things that happened recently, that what stressors and would have taken them home, talked to my husband about them, didn't need to do that. It is huge for me. Feels like things are mostly resolved.


Objective:

- General: Patient reports feeling "really good" and more confident in day-to-day work.
- Psychological: Notable improvement in self-doubt, able to reason through issues without needing to discuss them further, indicating reduced anxiety.

27 year old
Female Patient
presenting
Irritability &
Anxiety:

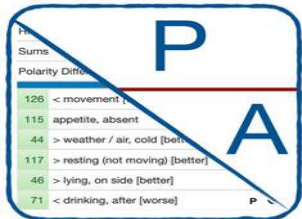
Patient feels complete with treatment



Remember initial analysis? 

Would she have just been better on Valeriana from the beginning?

Anxiety & Self Doubt.		Seneg.	Lyc.	Iod.	Val.	Ferr.	Cina.	Sep.	Acon.	Ph-ac.	M-arc.	Cham.	Ruta.
15 Sep 2023													
Hits		13	13	9	9	11	9	15	11	14	14	12	9
Sums		26	37	25	18	25	21	35	26	25	22	26	21
Polarity Difference	IF	18	15	14	14	13	13	12	12	11	11	10	10
85	< looking, eyes strained [worse] P ⊕	4	4		2	1	4	3		1	1	1	4
69	< reading [worse] P ⊕	2	3		1		3	1		1	1		3
121	< touch [worse] P ⊕	1	4	2	2	2	3	4	3	3	1	4	2
73	< warmth, in general [worse] P ⊕	3	2	4		1	2	1	1	1	2	2	
54	< warmth, of room or stove [worse] P ⊕	3	2	4			2	1	2	1	2		
37	> uncovering [better] P ⊕	2	4	3		3		1	3		3	2	
102	> movement [better] P ⊕	1	4		4	4	2	3	1	3	1	2	2
58	movement, desire for P ⊕		1	1	1	4		1	2	2	3	4	2
28	> sleep, after; while waking up [better] P ⊕							4		1	1	1	1
64	irritability (anger, aggression) P ⊕	2	3	1	2	3		3	4	1	3	4	
74	> rubbing [better] P ⊕	1			2		2			2	1		3
115	appetite, absent P ⊕	1	3	1	1	2		4	1	1	1	2	3
92	breathing, quickened P ⊕	3	4			1	2	4	4	1	1	2	1
80	pulse, quick P ⊕	2	1	4	3		1	1	4	4	1	1	
55	sexual instinct, weak P ⊕	1	2			1		2		3			
52	> eating, after [better] P ⊕			5		3		2	1			1	



18 year old female; Chronic Anxiety

18 year old female

Chronic Anxiety:

Sep 10
2020



Office Visit Note 09/10/2020 Thu 10:00 am [Collapse](#)
CC/Reason: insomnia, fatigue and anxiety.

HPI:

Anxiety? Seems like normal, not sure when it started, seems normal to me. Took talking to other to realize it wasn't normal. I get nervous about e/t. Even to this appointment. Nervous about people nervous even responding to my emails. M: Give examples of intense episodes. I have these weird episodes where every thought that pops into my head goes wild. I can get stuck in a dark spot. During Nervousness? I feel a tightness in my solar plexus. It's a tight knot. Heart rate? Yes, I get a high heart rage. S/t don't feel anxious, and have the elevated heart rate. The know is when the anxiety is @ it's worst. Experience a pounding? Not so much, just can tell it's going really fast.

Some trigger/theme? When I start school,, get very nervoius. Also I'm on swim team, one bad episode was we were about to go to state. It effects my performance. Relaxe in nromal season, does great, but during competition, doesn't do well. I want to do well with my team, but with school, it's a me thing - I have to get the best score possible. I have to do the best I can @ e/t I do. Like a perfecgionist. Hard on self? Yes. M: She does theater, does it well and none of this comes up. She doesn't have these issues.

When she was 2, just after his brother was born, she was pulling out her hair. It went on for almost 6 months, was almost bald before we could stop it.

Baseline:

1) Anxiety - multiple times/day, Range 4/10

Here's the spread:
Now's a good time
to enter in rubrics:

93	> open air [better]
77	> walking, in open air [better]
93	< swallowing [worse]
61	sadness (dejection, inclined to weep)
113	< sleep, during [worse]
111	< while/after waking up [worse]
73	> cold in general [better]
99	< while falling asleep [worse]
43	< noises [worse]
80	pulse, quick

Here's my spread:

Anxiety		10 Sep 2020	Lyc.	Puls.	Sulph.	Bry.	Acon.	Nat-m.	Rhus.	Calc.	Graph.	Sep.
Hits			10	10	9	10	10	9	9	10	8	10
Sums			29	33	25	27	25	21	23	22	20	24
Polarity Difference		⌵	21	20	19	18	17	16	14	13	13	12
93	> open air [better]	P ⊗	2	4	2	2	3	2	1	1	3	1
77	> walking, in open air [better]	P ⊗	3	4	1	1	2	1	3	1	1	2
93	< swallowing [worse]	P ⊗	2	3	4	4	2	2	3	2	1	3
61	sadness (dejection, inclined to weep)	P ⊗	3	3	2	2	4	4	3	2	3	2
113	< sleep, during [worse]	P ⊗	4	4	4	4	3	3	2	2	3	3
111	< while/after waking up [worse]	P ⊗	4	5	5	2	1	4	4	4	5	4
73	> cold in general [better]	P ⊗	2	4	2	1	1	2	1	1	1	1
99	< while falling asleep [worse]	P ⊗	5	4	3	5	1	2	5	5	3	4
43	< noises [worse]	⊗	3	1		2	4			3		3
80	pulse, quick	P ⊗	1	1	2	4	4	1	1	1		1
110	< open air [worse]		1	1	1	1		1	2	2	1	1
118	< walking, in open air [worse]		1	1	3/CI	3/CI	1	2	1	2	2	2
47	> swallowing [better]			3	1				1		2	
42	cheerfulness, happiness		2	3				1				
8	> sleep, during [better]											
28	> sleep, after; while waking up [better]			2		1				1		4
90	< cold in general [worse]		1	1	1	2	3/CI	1	4/CI	1	2	2
1	> sleep, before; while falling asleep [better]											
43	pulse, slow			1					1			

Patient got:

*On September 10th
2020*

Orders:

› Puls Ø Take 4 drops daily up to 2x/day #1 Rfx0

18 yr old Female Chronic Anxiety

1st follow-up (~ 2 weeks later)

Sep 24
2020



Office Visit Note 09/24/2020 Thu 9:00 am [Collapse](#)

CC/Reason: fatigue, insomnia, Palpitations and anxiety

HPI:

I am definitely doing better. However, anxiety is not entirely resolved at this point.

Patient maintained on same dose; Puls MT QD to BID:

18 yr old Female Chronic Anxiety

2nd follow-up (~ 6 weeks later)

Nov 5
2020



Office Visit Note 11/05/2020 Thu 10:00 am [Collapse](#)

CC/Reason: chronic fatigue, insomnia, heart palpitations and generalized anxiety.

HPI:

How are you doing? I'm about 90% better. It feels really good for sure. Denies any new "foreign" symptoms or new symptoms the Rx is not addressing. What's the 10% that's left? Not really sure actually. I get a bit nervous @ times, but not really anxious.

Patient's dose bumped up; Puls 6c QD:

18 yr old Female Chronic Anxiety

3rd follow-up (~ 4 weeks later)

Dec 11
2020



Office Visit Note 12/11/2020 Fri 11:15 am [Collapse](#)

CC/Reason: insomnia, fatigue, heart palpitations, tinea and generalized anxiety.

HPI:

As soon as I stopped taking it daily, anxiety was getting worse and worse. There is some family stress that has increased @the same time. Have you regressed back to where you were @ the start? The intensity remains the same, frequency is less for sure.

Patient's dose bumped up; Puls Q3 QD:

18 yr old Female Chronic Anxiety

4th follow-up (~ 4 weeks later)

Jan 7
2021



Office Visit Note 01/07/2021 Thu 10:00 am [Collapse](#)

CC/Reason: fatigue, insomnia, heart palpitations and generalized anxiety disorder

HPI:

How are you doing? I'm back to being worse. We're almost back to where we were. Don't have the panic attacks, but definitely do have the anxiety.

18 yr old Female Chronic Anxiety
4th follow-up (~ 4 weeks later)

Almost total regression; what do we do?

18 yr old Female Chronic Anxiety
4th follow-up (~ 4 weeks later)

Time to :

RET**TOOL**

The logo for RET TOOL features the word 'RET' in black, 'TOOL' in red, and a stylized circular arrow icon in yellow and red between the 'T' and 'O'.

Here's the spread:
Now's a good time
to enter in rubrics:

73	> cold in general [better]
77	> walking, in open air [better]
113	< sleep, during [worse]
99	< while falling asleep [worse]
111	< while/after waking up [worse]
64	irritability (anger, aggression)
61	sadness (dejection, inclined to weep)
37	heat, with inclination to uncover
100	< breathing, in (inspiration) [worse]
65	pulse, hard
115	appetite, absent
43	< noises [worse]
121	< touch [worse]
77	< talking, speaking [worse]

Here's my spread:

*Patient got Cham 6x
QD on Jan 7 2020*

18 yr old Female Chronic Anxiety 5th follow-up (~ 2 weeks after Cham 6x)

Jan 21
2021



Office Visit Note 01/21/2021 Thu 9:30 am [Collapse](#)

CC/Reason: fatigue, insomnia, heart palpitations and generalized anxiety disorder.

HPI:

How are you doing? I'm way better. So weird how fast I'm doing better when I stopped taking it. Still get panicky feelings now. Mom: A week ago last Tuesday was the worst. Tuesday and Wed night, she was in a dark place - and couldn't calm herself down. Dark in the idea of not letting her relax. I stopped taking it last Thursday.

Overall rating of anxiety now? It's about 20 - 30% better. Were there any other sx's with the anxiety? S/t with sleep. My sleep now is quite good.

Irritability: That has also decreased with the anxiety reduction.

There was no heightened irritability with last week's increased anxiety. M? More panic and fear, rather than irritability. During the time when things were going poorly, more wanting support or being alone? Definitely more wanting support.

Patient's dose reduced; Cham 6x 2x/week

18 yr old Female Chronic Anxiety 6th follow-up (~ 2 weeks after last follow-up)

Mar 11
2021



Office Visit Note 03/11/2021 Thu 9:30 am [Collapse](#)

CC/Reason: fatigue, insomnia, hypertension, heart palpitations and anxiety.

HPI:

How are you doing? 100% better. I'm not having the morning anxiety, despite having a heavy load, but just doing really fine. Irritability? I'm still irritable, that may still be a thing. I'm less prone to be irritable - but still definitely still there. Heart palpitations? No, resolved. Anxiety is resolved @ this juncture.

Been on lisinopril since 6 years old, b/c my kidney doesn't work well. They said instead of an artery, had capillaries instead. They did a surgery and put in an artery from my leg. So the kidney functions though like 20% or so. I think that was the precipitated the HTN.

Care Plan:

- 1: Recommended pt begin to monitor b/p as we may need to titrate her off the lisinopril.
- 2: Pt also needs to see changes in irritability, i.e. declining irritability before considering titrating the b/p med.

Patient's dose maintained; Cham 6x 2x/week

18 yr old Female Chronic Anxiety 7th follow-up (~ 2 months after last follow-up)

May 13
2021



Office Visit Note 05/13/2021 Thu 9:30 am [Collapse](#)

CC/Reason: hypertension, fibromuscular dysplasia, insomnia, palpitations and anxiety.

HPI:

How are you doing? I'm doing really good. Recently with getting ready for college, getting some slight panic. It's a panicked feeling I can't shake so much. Irritability? I'm better, more tolerant of people and circumstances. There are occasions where it happens, but seems to be just me.

Anxiety is now? maybe once/twice a week. But with college issues it's a bit more frequent, now maybe once a day - for a week or two.

I'm going to college in Western WA and looking forward to it.

We met with her nephrologist = she has fibro muscular dysplasia - it's systemic. Some if it's in teh kidney.

There's a chance it's in the brain. It's congenital. When she was six they did an autotransplant of an artery.

Been on lisinopril since? Quite a while. She was on amlodopine from 7 til puberty. Then around 14 began the lisinopril.

They just upped my Lisinipril about 2 weeks ago. Now taking 10 mg

Cham 6X sig: Take 4 drops daily for a few weeks - PRN, then back to 2x/week.

18 yr old Female Chronic Anxiety 7th follow-up (~ 2 months after last follow-up)

Jun 17
2021



Office Visit Note 06/17/2021 Thu 10:45 am [Collapse](#)

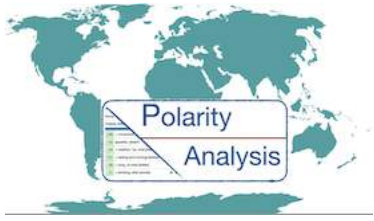
CC/Reason: ND RETURN - CONFIRMED Return- follow up HO

HPI:

Recommended daily for a few weeks, then try backing off? I did that and found I needed more support to stay on it daily. Going back on daily did help. But now all the stressors are behind me so going to start to back it down again.

Where are you @ now? 99% Occasionally get a bit panicked over certain things, but much much better. Even my obsessiveness is way better. Could just get my finals done yesterday w/o all the perfection/obsessiveness. I was a lot more relaxed with these finals.

Pt. verbally acknowledged we're done with formal Tx unless she decides to tit-rate from the lisinopril or some other future need.



Paper Case: 55 yr Female Patient With Anxiety

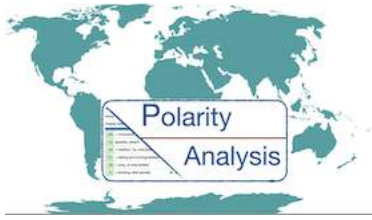


Chart note of referring Doc:

Feb 22
2021



Office Visit Note 02/22/2021 Mon 11:30 am [Collapse](#)

CC/Reason: Anxiety

HPI:

Stress has been my constant companion for the last 30 years.

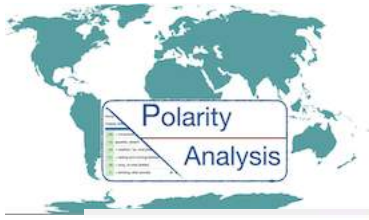
I just found out that I'm married to a narcissist.

I'm doing deep work with her.

My therapist wants me to get put on Xanax.

I have some trepidation about that. I don't want to be on something that i could possibly, get addicted to.

Dr. Shannon has been able to help my daughter with anxiety and I wondered if he might be an appropriate referral for me.



Actual referral:

Feb 24
2021



Tim Shannon, ND,

02/23/2021 5:36 pm



I am sending this very lovely woman to you. She is experiencing anxiety and panic attacks only when she interacts with or has any dealings with her husband. They are not separated or divorced and they are in therapy. Hopefully, you can help her out. Thanks. This is the patient I was talking about with you yesterday.

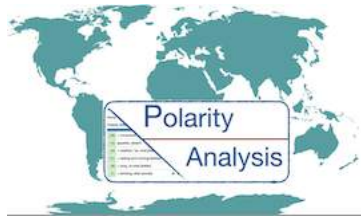


Tim Shannon, ND 02/24/2021 8:56 am

K, thanks will do my best with her.

Signed off by

on 02/24/2021 11:27 am



Mar 5
2021



Office Visit Note 03/05/2021 Fri 3:45 pm Collapse

CC/Reason: insomnia, myalgia, dyspnea, hyperventilating, stress at home and general anxiety disorder.

HPI:

I've been seeing various doctors for years, and also therapy for 4 months. I realized I'm in an emotionally abusive marriage. I'm trying to get out of the marriage, last week increased stress about all this. I ended up shutting down and have been trying to get some help, trying to regulate. Seeing a hypnotist and also seeing a therapist. My therapist wanted me to go on xanax, to get me thought this, so I can stay calm. I'd prefer to avoid the drugs.

But so much has been normal to me, didn't realize it was stress. I had such fatigue the last 10 years, started going to various doctors. Dx'd with adrenal fatigue, able to do things to get me out of that fatigue. On thyroid meds, take some DHEA for adrenals, have the fatigue part covered. But the constant cortisol in my system. I can feel it flooding me, whether in traffic, or a difficult conversation with my husband. so then over reacting emotionally. A fe years ago, began to read "the body keeps the score" and determined a great deal from that book.

experiential terms? My heart starts racing, feel it in my chest - very tight, also in my diaphragm. I struggle to have good deep breaths. I also have arrhythmia. Also 2 years ago mis-diagnosed with COPD. They put me on a nebulizer for 2 hours. She concluded my breathing is fine, but I'm hyperventilating. The experience is like a asthma. E/t gets so tight, also have inflammation everywhere. I also feel it in my arms, my uper arms get so tight and also in my quads near my knees, things seize up and get very tense. My heart races as well. Experience? S/t it feels like it's fluttering, s/t feels I'll black out.

Onset of this exacerbation? The stress in the rship has always been there, but I thought it was me. It began to ramp up a year ago, then realized he's not taking responsibility. When he would get angry, I'd feel these things. I'd feel panic, feel afraid he was unhappy with me. Couldn't figure out how to make it better.

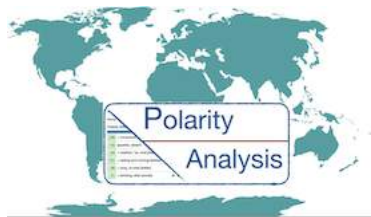
In November we began marriage therapy. When I began to set boundaries felt calming. When I was pressured by friends to sit and talk with him, the sx's would begin. A trigger is with convo's with him, but also are you having anticipatory anxiety? Maybe. Other times with other rships, I feel a fear of rejection, that they may leave. Being worried about what people think. On a daily basis I'm fine, but when an incident arries, and then there's doubt, I panic. Between He & I almost daily issues. With other rships it's much less common.

A while back, I went off by myself for awhile. I went to a hotel, and was by myself. But even away, was buying food, and felt guilty, like I was doing s/t wrong. Felt guilty, and the heart started, almost break out in a hot flush. It was like he'd be mad @ me, b/c done s/t he wouldn't approve of. This can happen with some frequency even away from the relationship.

Baseline:

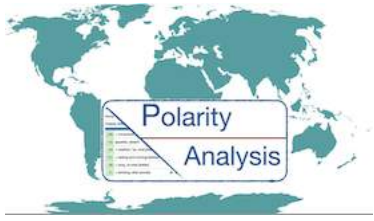
- 1) Anxiety - multiple times/day
- 2) Waking during nights - nightly
- 3) Low appetite
- 4) Waking with stress - most mornings
- 5) Dry mouth - daily

Initial Case



Here's the spread:
Now's a good time
to enter in rubrics:

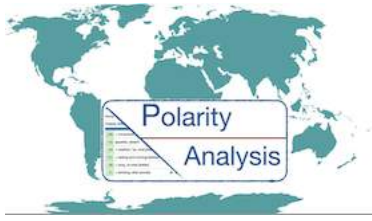
111	< while/after waking up [worse]
77	> warm, becoming [better]
56	> warmly, from wrapping up [better]
46	> lying, on side [better]
117	> resting (not moving) [better]
54	< running, jogging [worse]
74	> darkness [better]
77	< talking, speaking [worse]
115	appetite, absent
99	thirst
42	> food and drink, warm things [better]
92	breathing, quickened
90	urination, frequent
99	< while falling asleep [worse]
113	< sleep, during [worse]
65	< mental effort [worse]
61	sadness (dejection, inclined to weep)
43	< noises [worse]
100	< breathing, in (inspiration) [worse]



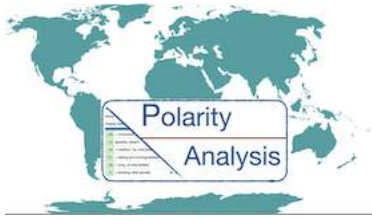
Here's my spread:



Stress (Marriage Conflict), anticipatory anxiety, self doubt.		05 Mar 2021	Rhus.	Nat-m.	Sil.	Sulph.	Nux-v.	Ars.	Arn.	Cocc.	Graph.	Bell.	Merc.	Bry.	Cham.	Lyc.	Hep.	Chin.	Ign.	Calc.	Caust.
Hits			17	18	19	17	18	17	17	16	14	17	17	18	18	17	13	18	19	17	17
Sums			55	46	48	50	57	50	43	38	37	51	45	51	41	53	36	45	48	49	34
Polarity Difference		⚖	38	37	36	36	32	32	29	29	29	27	27	26	26	25	25	22	21	21	21
111	< while/after waking up [worse]	P ☒	4	4	3	5	4	5	3	4	5	3	4	2	3	4	4	5	4	4	4
77	> warm, becoming [better]	☒	4	1	2	2	4	4	3	3	3	2	2	3	2	3	3	2	2	2	3
56	> warmly, from wrapping up [better]	P ☒	4	2	4		3	3	2	3	2	2	2	1	2		4	2	1		
46	> lying, on side [better]	P ☒	2	1	2	1	4	2	2			2	1	2	2			1	1		2
117	> resting (not moving) [better]	P ☒	1	3	1	1	4	1	3	3	3	4	3	4	1	1	3	1	1	2	1
54	< running, jogging [worse]	P ☒	3	3	3	4	3	5	3	2		3	3	4		3	1	2	3	2	3
74	> darkness [better]	P ☒	1	1	3	3	3	2	1	1	4	3	3	1	2	3	3	3	3	4	2
77	< talking, speaking [worse]	P ☒	4	4	2	4	2	2	3	4	3	3	1	3	3	2	3	4	2	4	2
115	appetite, absent	P ☒	4	3	4	3	4	3	3	3	1	3	3	3	2	3	1	4	3	3	1
99	thirst	P ☒	3	3	3	4	3	4	3	1	1	3	4	4	4	1	3	4	2	4	2
42	> food and drink, warm things [better]	P ☒	4	2	2	3	4	4			3			1	1	4			2	1	1
92	breathing, quickened	P ☒	3	3	3	4	3	3	2	2		4	2	3	2	4	3	2	3	2	1
90	urination, frequent	P ☒	4	2	2	2		1	2	2	1	2	4	3	1	2		1	3	2	4
99	< while falling asleep [worse]	P ☒	5	2	3	3	2	4	2	2	3	4	5	5	1	5	3	3	3	5	2
113	< sleep, during [worse]	P ☒	2	3	4	4	2	4	2	2	3	4	3	4	5	4	4	3	3	2	2
65	< mental effort [worse]	P ☒		4	3	3	5	2	3	3	2	3			1	5		2	4	4	
61	sadness (dejection, inclined to weep)	P ☒	3	4	1	2	2			2	3	3	1	2	3	3	1	2	4	2	1
43	< noises [worse]	☒			2		4		3			3	1	2	3	3		2	3	3	1
100	< breathing, in (inspiration) [worse]	P ☒	4	1	1	2	1	1	3	1			3	4	3	3		2	1	3	2



*March 6th Patient got
Sil 6c QD*



1st follow-up (~ 2 weeks later)

Patient maintained
on same dose;
Sil 6c QD:

Mar 17
2021



Office Visit Note 03/17/2021 Wed 3:30 pm Collapse

CC/Reason: insomnia, low appetite, hyperventilating, dyspnea , stress at home and anxiety.

HPI:

How are you? I'm better. I've had remarkable space between me and my emotions. You used a great word being flooded. But I've now mostly had calm. Have times where I'm flooded but they are few and far between. Sleep, even though when I do sleep, it's good. I'm still waking 2x's. I also can wake up with some anxiety in my stomach.

Overall improvement? at least 50% I'll be telling my husband I'm filing for divorce in the last week. I don't feel out of control like when first came in, but do feel somewhat anxious about these changes.

Baseline:

1) Anxiety - multiple times/day

That is better for sure. Can observe it and have time to process it. Before, just felt I had to go along for the ride. Monday had a big trigger in the morning, but by dinnertime had a handle on it - b/c able to think, before could only react.

2) Waking during nights - nightly

Same

3) Low appetite

That's gotten better.

4) Waking with stress - most mornings

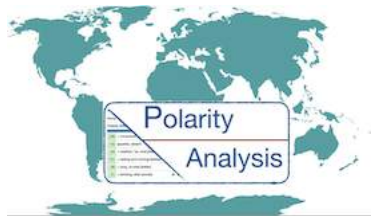
Same

5) Dry mouth - daily

That's resolved.

6) tight stomach/burning - multiple time/sday

That's the same.



2nd follow-up ~ One Month Later

Apr 15
2021



Office Visit Note 04/15/2021 Thu 2:00 pm Collapse

CC/Reason: insomnia, low appetite, hyperventilating, stress at home and anxiety.

HPI:

It has been a wild coaster ride. But I've been able to think clearly despite what's happening. For about 3 weeks, taking it 3x/day. I started right before pending a difficult convo with husband, thought we were going to do a divorce, but decided not, found a wonderful therapist. However, my sleep has not improved, and still have acid in my stomach and a nervous stomach. A week ago, is when I stopped 3x/day. It's difficult to determine b/c many external issues are happening.

With the Rx, I could navigate around the challenging. The nervous stomach and sleep is unchanged.

This Rx helped with self doubt? I think it's helped me to have a voice I didn't have before - maybe 50% better.

Rumination? Yes. over what folks think, or how to solve some of the problems we're in and will they be fixed. Picking over past hurts? Yes, for sure.

Scary/worries @ home at night? No. Bitterness/resentment? That's a thing for sure.

Baseline:

1) Anxiety - multiple times/day - low level rumble

That's so much better, maybe 50% better. It was just anxiety when I first came to you, it was also panic attacks and emotions coming up.

2) Emotions/fear/panic, when that's overwhelming, that has been much better - have distance from it. That's more like 75% better.

) Waking during nights - nightly

Unchanged - it's right @ 2, no matter what time I fall asleep. Lasts and hour and can sleep and then 5 wake again. Then don't feel rested.

3) Low appetite

Now eating more normal - 50% better.

4) Waking with stress - most mornings

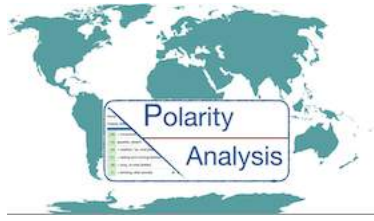
Same

5) Dry mouth - daily

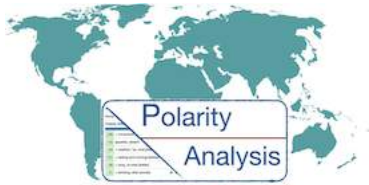
improved 50%

6) tight stomach/burning - multiple time/sday

That's not changed.

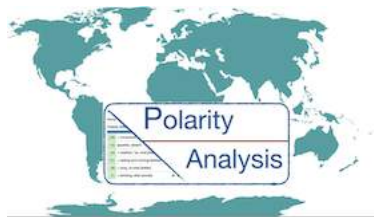


Next Steps?

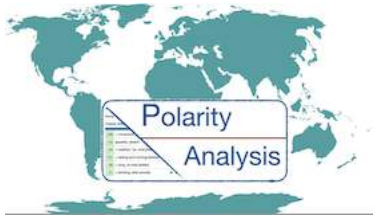


New Spread:

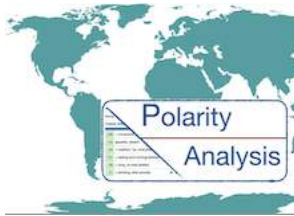
Stress (Marriage Conflict), anticipatory anxiety, self doubt, & sleep		15 Apr 2021	Rhus.	Ars.	Ign.	Sil.	Nat-m.	Dulc.	Con.	Sulph.	Acon.	Lyc.	Merc.
Hits			14	14	15	13	14	11	15	14	14	13	13
Sums			47	44	38	34	34	27	33	35	31	35	33
Polarity Difference		⚡	32	28	23	22	21	19	18	18	17	17	17
90	< cold in general [worse]	P ☉	4	4	3	3	1	4	3	1	3	1	1
56	> warmly, from wrapping up [better]	P ☉	4	3	1	4	2		3		1		2
35	> warmth, of room or stove [better]	P ☉	3	4	4	1		2	1	2	1		
77	> walking, in open air [better]	P ☉	3	1	1		1	3	3	1	2	3	1
77	< talking, speaking [worse]	P ☉	4	2	2	2	4	3	1	4	1	2	1
115	appetite, absent	P ☉	4	3	3	4	3	2	3	3	1	3	3
99	thirst	P ☉	3	4	2	3	3	2	1	4	4	1	4
42	> food and drink, warm things [better]	P ☉	4	4	2	2	2		3	3		4	
80	pulse, quick	P ☉	1	3	2	4	1		1	2	4	1	4
90	urination, frequent	P ☉	4	1	3	2	2	1	1	2	1	2	4
113	< sleep, during [worse]	P ☉	2	4	3	4	3	2	3	4	3	4	3
111	< while/after waking up [worse]	P ☉	4	5	4	3	4	2	3	5	1	4	4
61	sadness (dejection, inclined to weep)	P ☉	3		4	1	4		2	2	4	3	1
102	> movement [better]	P ☉	4	2	1	1	1	4	4	1	1	4	3
68	movement, aversion to	P ☉		4	3		3	2	1	1	4	3	2



*April 15th Patient got
Ignatia 6c QOD*



*1st Ignatia follow-up
Was May 5th
(~ 3 weeks later)*



May 5
2021



Office Visit Note 05/05/2021 Wed 4:15 pm Collapse

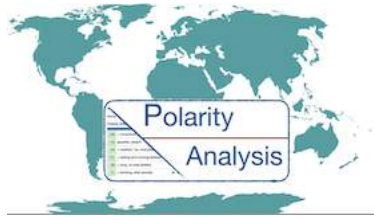
CC/Reason: ND RETURN - CONFIRMED Return- homeopathic follow up HO

HPI:

How are you doing? A week later, had to go to daily. Once I went to daily a huge difference? My appetite has come back with a vengeance. I don't have the pit in my stomach with the acid. My sleep is 90% better, and very rested. Still wake up 2x/night, but able to go right back to sleep. In the morning as well, when I wake, still have a bit of the negative feelings, less so for sure, but still some lingering negativity. It's been 2 weeks doing the dose daily. This one is better than the last Rx. How much better are you? 75% better. What's the 25% that remains? Some sleep issues - as below. Been also feeling some optimism, haven't felt that for a while, so feels very good. Things with husband are going better? Yes, I'm better, can stand up better, communicate better - so yes definitely doing better. The therapy is helping.

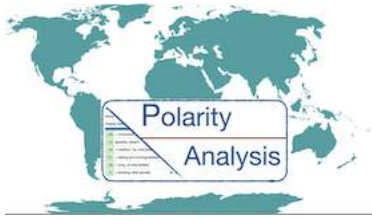
Baseline:

- 1) Anxiety - multiple times/day
Now quite minimal. That really started getting much better last 5 days.
- 2) Waking during nights - nightly
75%
- 3) Low appetite
Resolved
- 4) Waking with stress - most mornings
75%
- 5) Dry mouth - daily
That's resolved.
- 6) tight stomach/burning - multiple time/sday
90% better



May 5th Follow-up:

Patient upgraded
To Ignatia Q1 QD



*2nd Ignatia follow-up
Was June 24th
(~ 6 weeks later)*



Jun 24
2021



Office Visit Note 06/24/2021 Thu 3:45 pm Collapse

CC/Reason: adverse reaction to corona virus vaccination, insomnia, esophagitis and stress @ home

HPI:

How are you doing? I think I need a stronger dose. I got my 2nd dose of the covid vaccination. I did the phizer. Second dose was 5/28 on a Friday. Sat, Sunday & Monday was deep deep sadness, as well as the achy arm and fatigue. But the blues were intense. Felt like what I'd imagine post partum depression. I've had a good day and bad days. When not good, don't even want to exist. I'm embarrassed to say this. I enjoy a glass of red wine, but of late, been looking forward to the red wine. Not happy to be needing s/t like that.

Does the despair seem familiar? Yes for sure.

My husband also got the same vaccine, but he also had a deep blues effect but his lasted 24 hours. Continued to do the Ignatia Q1 Daily? Yes.

Baseline:

1) Anxiety - multiple times/day

That one hits me. The anxiety will hit me when I wake up @ 4 AM, on a daily basis. Like a nervousness.

2) Waking during nights - nightly

It's not disturbed my rest, b/c can fall back to sleep.

3) Low appetite

That's good.

4) Waking with stress - most mornings

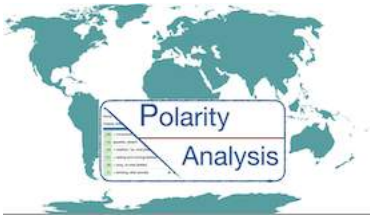
That's what I meant on # 1 above.

5) Dry mouth - daily

That's not returned.

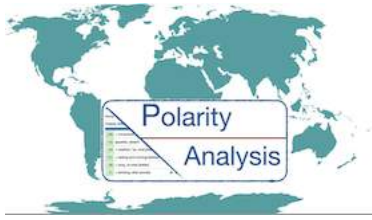
6) tight stomach/burning - multiple time/sday

That's returned.



June 24th Follow-up:

Patient upgraded
To Ignatia Q3 QD



3rd Ignatia follow-up
Was July 14th
(~ 3 weeks later)



Jul 14
2021



Office Visit Note 07/14/2021 Wed 1:45 pm Collapse

CC/Reason: insomnia, appetite absent, dyspnea, stress at home and anxiety

HPI:

How are you doing? Fantastic. More I feel almost normal. My sleep is amazing. Last night had best sleep in a very long time. As far as sadness or waking with anxiety - 80 to 90% better. Also appetite is much better. What's the status of your issues with your husband? We got back together in April, and in therapy, we are getting good help. Not easy, not a cakewalk. But I'm learning to trust him, we're working @ being a team. While these positive things were occurring, was still in the sadness/grief. Even though there was hope for the future, wasn't feeling that. Now feel I'm my old self - but healthier self. Any sx's that have worsened or new Sx's that have occurred? Not that come to mind.

Baseline:

1) Anxiety - multiple times/day

That's , what'ever is left, it's fleeting, not constant or intense. 80 to 90% better.

2) Waking during nights - nightly

The waking is current, but now able to go back to sleep. When first came to you, would wake @ 1 and 4 - waking to the feeling of anxiety. Now wake up, and no anxiety and fall back to sleep. Last night didn't wake @ all. The 4 AM one used to be the worse - the physical sensation of anxiety w/o thoughts. The 4 AM waking is 70% better now.

3) Low appetite

That's resolved.

4) Waking with stress - most mornings

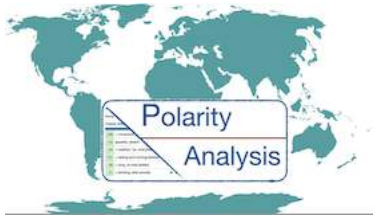
As #1

5) Dry mouth - daily

That's remained resolved.

6) tight stomach/burning - multiple time/sday

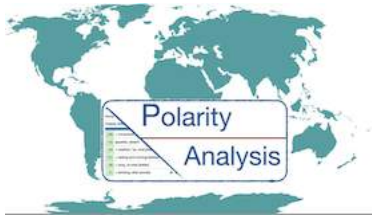
That's about 70% better.



July 14th

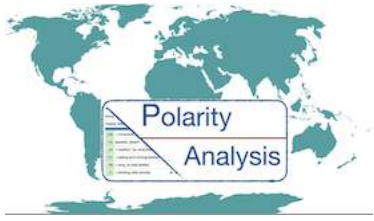
Given Ignatia 1M (Boiron)

Dry BID X 1



Polarity Analysis Mental Health - 2025

This Polarity Analysis training program and the PA team acknowledge our debt of gratitude to Boenninghausen, Dr. Heiner Frei and his colleagues for decades of meticulous and insightful work. We are fortunate to stand on the shoulders of giants. We extend their accomplishments and contributions into daily practice by training practitioners like you!



Fin