

Case Study #2

Vertigo and Water CF

Elaine de Montmorency

In his mid-fifties, George had his first real bout of debilitating illness. Prior to this, he hadn't had any really acute health issues but then about two years ago, he had a kidney stone and then started having Prostate issues. Shortly afterward he also got vertigo. He does have chronic lower back and shoulder pain due to a bike accident years ago, as well as from driving. He has worked the past 25 years as a professional driver but since his kidney stone and prostate attack he has been unable to work. He has seen his physician and has had a MRI and cat scan which both revealed that there were no emergent problems but the vertigo has continued.

When he first came to see me, he was discouraged. He was feeling frustrated that he had been experiencing vertigo for two months with no improvement and no apparent medical cause found to indicate where and how this vertigo began. In this time, he was unable to walk or stand for periods over five minutes, slept a lot and had general malaise. He had tinnitus, difficulty hearing, his head felt full, and he had lower back and leg aches. He had never tried acupuncture and was willing to try anything in the hopes of regaining his quality of life.

First session: 10 AM Spleen Time

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H ↑	LV ↑	KD ↓	LU ↑	SP ↑	P ↓

Taking his pulses, first thing I noticed was the excessive strength of most of the pulses, the speed was regular neither fast nor slow and the Bladder, Kidney and Pericardium were weaker than all the others. I decided to do a Bladder Release as the pulse was the lowest and it would also address the back issues. The Bladder Release also had points that specifically dealt with the issues presenting: P6 (Inner Frontier Gate for dizziness) B12 (Extended Meridian for dizziness and vertigo) BL47 (Ambitious Room for prostate) K6 (Illuminated Sea for the malaise) BL 48(Womb and Vitals for prostate). I started with the Left side and most of the points were very slow to release. As I finished the left side he noted that he felt that his body was divided between left and right and his sinuses had cleared. The right side released much quicker and he had feelings of cool rushing water in his left leg when working on the R BL48. As I finished the right side, a feeling of balance returned and the pulse on the bladder and Kidney both became a bit stronger. At the end of the session, the vertigo was still present but felt different.

Second session: 10AM Spleen Time

This week when George arrived, he was in good spirits because he was feeling better overall and more grounded. He still was not back at work and even though he still had vertigo, it was now coming and going, giving him longer periods free from symptoms. He noticed he was sleeping better and had more energy. Again when doing the pulses all were very strong, but the Bladder pulse was good. I decided to do a Gall Bladder release as it dealt with both the vertigo/dizziness and the back/sciatica problems and added P2 to help release the upper back.

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All points released easily and the Left GB 34 (Yang Mound Spring) & GB 31 (Wind Market) both had a lot of energy transfer. Left P2 (Heavenly Fountain) along with Right GB29 were the most tender points. The pulses at the end of the session, while still strong were a bit calmer. I gave George a couple of points to use on a daily basis to help with the vertigo. I showed him where and how to hold GV17 and extra point Peaceful Sleep (N-HN-54).

Third Session: 10 AM Spleen Time

Again, George arrived in a good mood. He'd had a really good week and the Vertigo was definitely not as bad. He described it as more a cloudy type of feeling and tinnitus in the left ear. Pulses again were good all pretty even and really strong.

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I elected to do a Small Intestine Release to deal with the tinnitus and Vertigo. I added GB21 (Shoulder Well) GB20 (Wind Pond) TW5 (outer Pass) GV16 (Palace of the Wind), SP6 (Three Yin Intersection) to really work on the tinnitus and vertigo. With this release I decided to alternate sides. The left side was quick to release while the right was slow and more sensitive. All foot points were extremely sensitive and I could feel a lot of energy. At the end of the session, again his pulses were strong but calmer. His eyes were definitely brighter and he noticed that his ears felt different.

Fourth Session: 4PM Bladder Time

George was definitely feeling better. He was back at work, although not in his regular position but in a support position. I asked him how he felt about that and he said it was fine. I asked him how he would feel if he could no longer drive full-time and he said that part did not bother him, but not being able to ride his motorcycle really did. He said he was going to try riding it and see how it went; he had had bike accidents before and felt if he took it easy that he would be ok. I asked him if that was really worth it, why not give his body a bit longer to heal since it wasn't really bike weather yet. He replied that he might wait to ride. He still had occasional bouts with vertigo but it was not too bad at all. When I took his pulses, for the first time, the strength was different. It was still strong but not banging, the kidney and bladder were the lowest with the Kidney being the weakest.

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I decided to do a Tonification from Metal. All back points were extremely sensitive on the left side. After the left side was finished the KI/BL pulses were a bit stronger. He noticed that the tinnitus changed and became more noticeable on the right side. The right side released easily but he was very sensitive on BL 23 and Ki 3. He really fell deep into relaxation after this points if fact I thought he may have gone to sleep. The pulses after the right side were all even and still not pounding like they had been in prior sessions.

Conclusion:

When I started working with George, I really had no idea of his CF. Due to his plugged ears, his voice really was flat. After a couple of sessions, I started to suspect that he was a Water CF. As his ears cleared, his voice started to have expression. It seemed to be an effort for him to talk - there was a lot of sighing but there a monotone remained, and I also noticed darkness at the side of his eye at two different sessions. His symptoms did seem to lean more to the Water CF.

In treating George I chose to focus more on his symptoms rather than trying to identify his CF and treat that since I was not sure of his CF at the beginning. I researched before each session to find the best points for Vertigo and tinnitus and then once his pulses were taken, decided on the treatment adding in points that I felt would be helpful. I was very interested to find that a majority of points that dealt with vertigo and tinnitus also dealt with prostate problems and this led me to wondering if the two were connected. I shall look forward to hearing if any changes in his Prostate are revealed at his next doctor's appointment.

It was very rewarding to see the changes in him as he came for each session and that gave me more confidence in my abilities as a practitioner. Pulse reading was starting to make sense and I was really able to "feel" the differences.