



# **Polarity Analysis**

*(Autumn 2021 class)*

***A highly effective/efficient form of evidence  
based homeopathy***

**With Tim Shannon ND, DHANP**



# Overview of Today's Intro to Polarity Analysis Class:

Case Review of how PA is used in  
Single and MultiMorbid Chronic Cases:

A close-up photograph of a field of green grass. The background is a soft, out-of-focus expanse of green. In the foreground, several blades of grass are visible, with one stalk on the right side being particularly sharp and detailed, showing its seed head and long, thin awns.

**Case # 5 Male Musician left sided  
Hyperacusis**

## Case # 5

# 31 yr old Male Musician; Dx: Left Hyperacusis

Initial Intake October 11 & 31st (combined):

“I'm having a problem with my ear. I've developed hyperacusis in left ear. Before this, had years of tinnitus - bilateral. Was very mild for many years. The tinnitus started getting worse when working @ a bakery with attendant noises. I've also been quite sensitive to sound anyway. Nov 2018 had a dental appt. The day after that appt, started to have a popping sensation in my ear. That happened frequently, and then eventually normal sounds were super loud. When people would talk, sounded like a clipped microphone - distorted and over blown.”

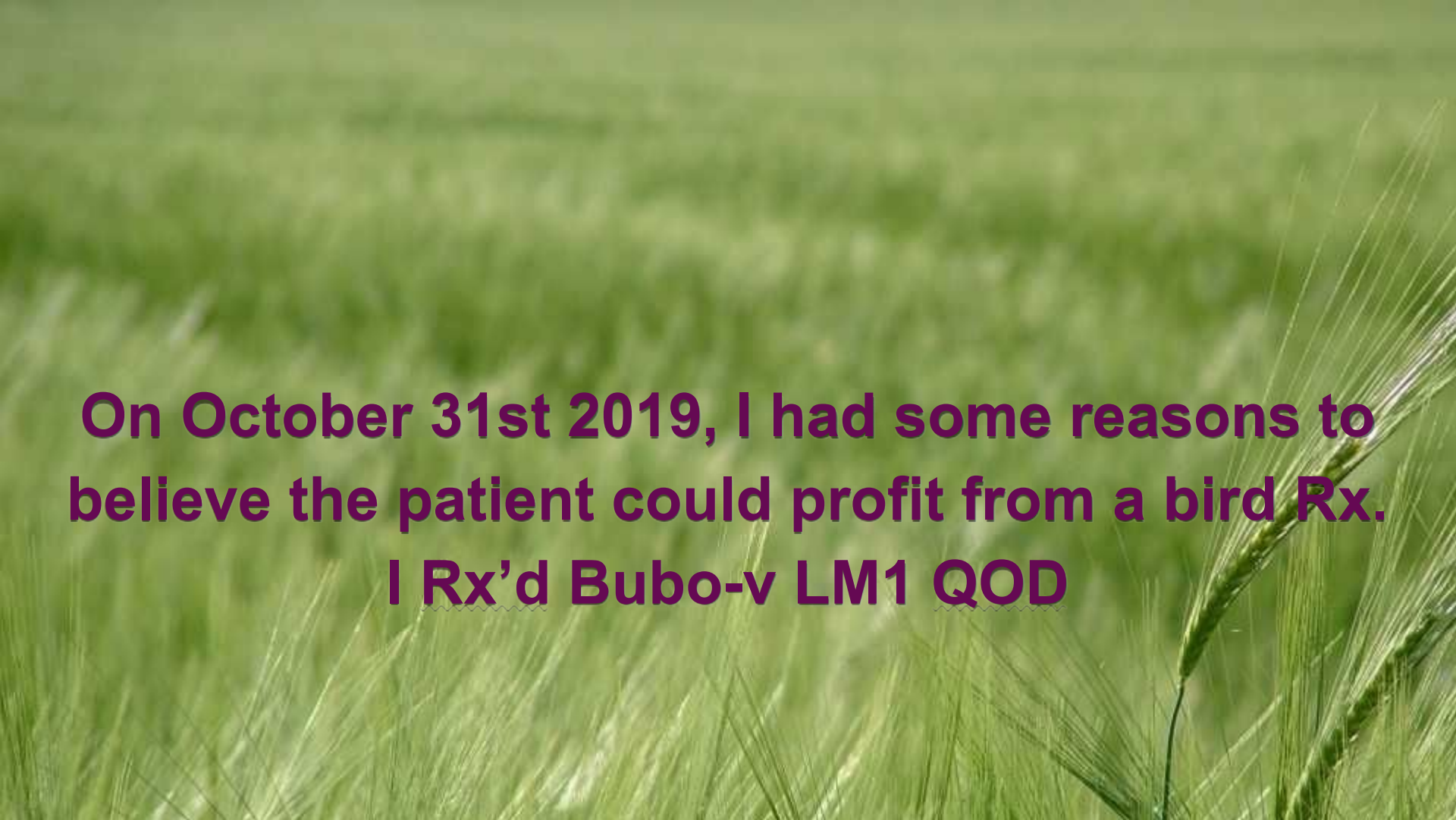
“The hyperacusis has gotten better in the last year. I wear an ear plug in that ear. When I take it out 2night, can snap my fingers and it feels penetrating. Normal noises that I make in my room, don't bother me @ all. It's commonly people's voices that remain an issue, like coming through a clipped mic. Also the sound of running water will make the tinnitus louder for awhile.”

## Case # 5

# 31 yr old Male Musician; Dx: Left Hyperacusis

*Continued combined initial...*

“My previous job I was a logistics manager @ a bakery. One thing I had to do was pack in the back. There were regular explosive sounds from this ramp that was falling throughout the day. It happened 3 x/s, but each time was concussive. Any sx's following the 3 loud events? No. My tinnitis would be a bit louder for the next few days - but then self resolve. Dental procedure? I had a routine hygenic cleaning. They used a new brush that uses sound waves. They attach it to your teeth and it rings through your head. I've had the ear popping sensation frequently and then realized voices sounded really distorted. It seems that after that cleaning procedure was when the acusis really set in. Are there any changes with the hyper acusis? It's slowly gotten better since it began, though still quite severe. There are particular sounds and frequencies that aggravate it. I get a popping sensation in my left ear. The acusis is stable, but requires me to wear an ear plug in that ear @ all times. The hyperacusis has ended my oboe playing career.”



**On October 31st 2019, I had some reasons to believe the patient could profit from a bird Rx.  
I Rx'd Bubo-v LM1 QOD**

## **Jan 17 2020 follow-up**

**How are you doing?** It's been better, but essentially got better and no further improvement. Over the new years weekend, a chair fell, and it was explosive. It's still there, still better than it was. It's about 50% better. Before, even turning on my lamp @ night, turning the dial would be too loud. Or washing my hands were too loud.

Continued patient on Bubo-v LM1 but upped to daily

## **Feb 21 2020 follow-up**

“No additional change. Seems it's taken me as far as it could. It's certainly improved. There are still sounds that feel to loud”

Rx: Bubo LM3 QOD

## March 13 2020 follow-up

“Had one craniosacral Treatment. No changes to the remaining hyper acusis.”

A: Did Polarity analysis and got the following few symptoms:

70	< physical effort [worse]	P	✘
93	< pressure, external [worse]	P	✘
74	> rubbing [better]	P	✘
61	sadness (dejection, inclined to weep)	P	✘
111	< while/after waking up [worse]	P	✘



## March 13 2020 follow-up

I asked for further clarification and got the following to narrow the DDX:

The patient also added that the sound of water when taking a shower often markedly exacerbated the acusis.

70	< physical effort [worse]	P	✗
93	< pressure, external [worse]	P	✗
74	> rubbing [better]	P	✗
61	sadness (dejection, inclined to weep)	P	✗
111	< while/after waking up [worse]	P	✗
43	< noises [worse]		✗
66	< chewing [worse]	P	✗
128	inner head, left	P	✗

Now's a good time  
to enter in the  
rubrics in the  
program

70	< physical effort [worse]	P	✕
93	< pressure, external [worse]	P	✕
74	> rubbing [better]	P	✕
61	sadness (dejection, inclined to weep)	P	✕
111	< while/after waking up [worse]	P	✕
43	< noises [worse]		✕
66	< chewing [worse]	P	✕
128	inner head, left	P	✕

A close-up photograph of a field of green grass. The background is a soft, out-of-focus expanse of green. In the foreground, several blades of grass are visible, with one stalk on the right side being particularly sharp and detailed, showing its seed head and long, thin awns.

Here's my repertorization:

.....												
Tinnitus, and hyperacusis		13 Mar 2020	Nit-ac.	Chin.	Rhus.	Sulph.	Hep.	Calc.	Merc.	Lyc.	Nat-m.	Arn.
Hits			8	8	7	7	7	8	8	6	6	7
Sums			18	20	20	19	17	24	17	20	18	18
Polarity Difference			16	14	14	14	14	13	12	12	12	11
70	< physical effort [worse]	P ⊗	2	3	4	4	2	3	2	5	3	4
43	< noises [worse]	⊗	1	2				3	1	3		3
93	< pressure, external [worse]	P ⊗	3	1	1	1	4	3	2	4	3	1
74	> rubbing [better]	P ⊗	1	2	2	3	1	4	3			3
61	sadness (dejection, inclined to weep)	P ⊗	1	2	3	2	1	2	1	3	4	
111	< while/after waking up [worse]	P ⊗	5	5	4	5	4	4	4	4	4	3
66	< chewing [worse]	P ⊗	2	3	4	1	4	2	1		3	1
128	inner head, left	P ⊗	3	2	2	3	1	3	3	1	1	3
6	> physical effort [better]										1	
74	> pressure, external [better]			1	3/CI	2		1	1		1	1
44	< rubbing [worse]					1		2	2			1
42	cheerfulness, happiness									2	1	
28	> sleep, after; while waking up [better]			2				1				
2	> chewing [better]											
127	inner head, right		1	1	3/CI	2	3/CI	4(CI)	1	3/CI	3/CI	2


A close-up photograph of a field of green grass. The background is a soft-focus expanse of green grass. In the foreground, several blades of grass are visible, with one stalk on the right side being in sharp focus, showing its seed head and long, thin awns.

**Discussion/DDX:**

# Review of MM showed Nit-ac had this:

References			
Remedy	Section	Book	26 references, 1 remedy
Nit-ac.	General	Hm36	in when touched. High fever. Great prostration. Sensitive to touch. Worse water, washing and noise. The foul discharges call to mind
"	"	"	touched. High fever. Great prostration. Sensitive to touch. Worse water, washing and noise. The foul discharges call to mind
"	"	PuG	ke pain on touch. High fever. Great prostration. Sensitive to touch. Worse washing and noise. Comment: The odor of the urine and the splinterlike pains should make
"	"	"	on touch. High fever. Great prostration. Sensitive to touch. Worse washing and noise. Comment: The odor of the urine and the splinterlike pains should make the ch
"	Generalities	Bng	<b>Agg: water and washing, aversion to, etc. 7&gt;12&gt;27</b>
"	"	"	<b>Agg: water and washing, aversion to, etc. 7&gt;12&gt;27</b>
"	"	"	Agg: water and washing, aversion to, etc.: running, from hearing or seeing. 4>7>0
"	"	"	Agg: water and washing, aversion to, etc.: running, from hearing or seeing. 4>7>0

Agg: water and washing, aversion to, etc.: running, from hearing or seeing. 4>7>0  
Agg: water and washing, aversion to, etc.: running, from hearing or seeing. 4>7>0



Patient got Nit-ac 6c QOD on March 13th  
2020

Apr 3  
2020



Office Visit Note 04/03/2020 Fri 11:00 am Collapse

CC/Reason: left ear hyperacusis, chronic tension headaches and cervicalgia

HPI:

How are you doing? Been able to go 4 or 5 days w/o needing an ear plug. I'm not sure if it's this last tincture or the craniosacral - did two sessions. I'm not sure, but I'm able to hold conversations with my roommates w/o any discomfort whatsoever. It's improved quite a bit all of a sudden. When did you start to see changes? 2 to 2.5 weeks ago. Taking it every other day? Doing my best to. How much better is it now? Now it's at least 70% better. For about a year and a half, has to wear an earplug just to leave my room. For the first time can forget about it. Other Craniosacral visits pending? Not now (coronavirus), it's on a per needed basis.

What's remaining? I still get the ringing in my ears get louder after taking a shower. Now I can do w/o an earplug in. Still seems to set off that ear a bit. Demonstrably less. Nothing has activated the clipped sound - though often not around many loud sounds. Also running water, that sound - both I'll notice the ringing a lot more. I feel more sensitive after listening to water sounds. Tinnitus? as far as the tone and pitch of it, no change. But I do notice it less, volume may have attenuated.

#### Current Medications:

1: [Doc'd Change](#) Nit-ac 6c Take 4 drops daily #1 Rfx0



Apr 24  
2020



Office Visit Note 04/24/2020 Fri 1:45 pm Collapse

CC/Reason: left sided hyperacusis, chronic tension headaches and cervicalgia.

**HPI:**

How are you with the increased dose? They seem a bit better. The longer go w/o ear plugs seems to be continuing to improve. Less sensitive to sound of shower? Yes, also if roommates are talking to me, or some notes when playing in my studio. Those are the markers that I've had that it still happens. I still do get, after turning off the water in the shower, my tinnitus seems a bit louder, but only for a few minutes. Can you tell if the tinnitus has changed? Same - still constant. The difference now is don't notice it quite as much, b/c w/o the ear plug in my ear, it's not as loud. It's about 80% better. Been able to go down and cook, plate clanking against the counter, or pots hitting things would be more overwhelming, make me flinch. But lately that's not the case. Craniosacral? No. Probably won't get another treatment from her til after quarantine is up.

**Orders:**

- › **D/C** Nit-ac 6c Take 4 drops daily because: Moving to split dose 200c
- › **New** Nit-ac 200c Take 2 doses ~ 12 hrs apart. Rfx0

Jun 12  
2020



Office Visit Note 06/12/2020 Fri 1:00 pm Collapse

CC/Reason: left-sided hyperacusis, tinnitus, cervicgia and chronic tension headaches.

**HPI:**

Took those doses? yes. Over the last month or so, not had to worry about it. Not even paid much attention. If s/t loud happens, causes me to flinch, still sensitive. But not getting the blown microphone sound. Not wearing the ear plug? not wearing at least 3 months. Are we done or need further help? I feel done and resolved. I'll keep an eye on it. Still no effect on the tinnitus? Not that I can tell. How loud or troubling is it? It's loud enough that I can always hear it. But if listening to music or other sounds not paying attention to it.



**A Hormonal MultiMorbid Pt.**  
*Menorrhagia, Hot flashes,Hyperhidrosis,  
Fatigue, Irritability & Low libido*

# 36 year old female

Mar 13  
2020



Office Visit Note 03/13/2020 Fri 10:30 am Collapse

CC/Reason: hot flashes, menorrhagia, chronic fatigue, low libido and hyperhidrosis

## HPI:

I'm here b/c my hormones are raging. On s/t? No. Fam hx? no, my mom had surgical menopause. Many in my family have had thyroid issues. Menarche? 12. Periods issues? mostly no, but from 18 and 19, had dysmenorrhea. Was put on b/c and got off and not been on them since. The B/c's really made me crazy and not myself. What are the symptoms? I'm always hot. mostly when wake up in the morning, feel I'm burning from the inside out. Have to go outside and sit in the cold. I'm gaining weight - not done anything different. been cutting gluten and wheat, but still gaining weight. I'm not fat, but not @ the size I'm used to. Also feel puffy. My periods very heavy. In the middle of the night, go to stand up and a trail from bed to bathroom. Also clots. I feel like I have body odor. Change from your norm? definitely for sure more than a year it's been like this. During pregnancies, felt like they they through my body out of whack. First baby, went from 120 and up 200. Every pregnancy had main weith gains and lost a lot. Wondered how my system handled it. Other changes? Nausea too. Others? No. Any changes in last year or so? No nothings stands out. Bathroom? I normally am quite constipated. Stopping gluten in October and reduced grains. Been going every day - huge for me.

## Baseline:

- 1) Hot flashes - mostly morning 3 morning/week
- 2) Heavy flows every period
- 3) Fatigue - daily
- 4) Libido - low
- 5) Profuse sweating day and night (axilla)
- 6) Night time hot flashes 2x/week

Now's a good time to  
enter in the rubrics in  
the program


80	menstruation, profuse
55	sexual instinct, weak
64	irritability (anger, aggression)
37	> uncovering [better]
67	< warm, becoming heated in bed [worse]
111	< while/after waking up [worse]
76	air, desire for open air
44	> weather / air, cold [better]
124	> rising from bed, after [better]
24	> eyes, closing [better]
53	> food and drink, cold things [better]
52	< food and drink, warm things [worse]
61	obesity
37	heat, with inclination to uncover
37	perspiration, with inclination to uncover
74	> cold, when getting cold [better]

# Here's my spread:

.....			lod.	Sec-c.	Ambr.	M-arc.	Ferr.	Asar.	Seneg.
Perimenopause, Hot flashes, Sleep disturbance, Menorrhagia 27 Mar 2020									
Hits			11	8	12	12	11	11	12
Sums			31	20	25	28	29	23	21
Polarity Difference			26	20	19	17	17	17	16
80	menstruation, profuse	P ⊗	2	4	2		4		
55	sexual instinct, weak	P ⊗			2		1		1
64	irritability (anger, aggression)	P ⊗	1		1	3	3	3	2
37	> uncovering [better]	P ⊗	3	2		3	3	2	2
67	< warm, becoming heated in bed [worse]	P ⊗	3	3	1	1		1	2
111	< while/after waking up [worse]	P ⊗			4	3	1		1
76	air, desire for open air	P ⊗	3		2	3		3	2
44	> weather / air, cold [better]	P ⊗	4	2	1	1		3	1
124	> rising from bed, after [better]	P ⊗	4	2	4	3	3	2	2
24	> eyes, closing [better]	P ⊗							
53	> food and drink, cold things [better]	P ⊗			3	1	2	2	
52	< food and drink, warm things [worse]	P ⊗			3	1	2	2	
61	obesity	⊗	1		1		4		2
37	heat, with inclination to uncover	P ⊗	3	2		4	3	2	2
37	perspiration, with inclination to uncover	P ⊗	3	2		4	3	2	2
74	> cold, when getting cold [better]	P ⊗	4	3	1	1		1	2

A background image of a lush green field of grass. The grass is slightly out of focus, creating a soft, natural texture. On the right side of the image, there is a close-up, detailed view of a single stalk of grass, showing its long, thin blades and a developing seed head.

**Questions/DDX discussion:**

A background image of a lush green field of grass. The grass is vibrant and appears to be blowing in a light breeze. In the lower right foreground, a single stalk of grass is in sharp focus, showing its seed head and long, thin awns. The rest of the field is softly blurred, creating a sense of depth.

Patient got Iod LM1 QOD on March 12th  
2020



# First follow-up; A bust!

Mar 27  
2020



Office Visit Note 03/27/2020 Fri 11:00 am Collapse

CC/Reason: hot flashes, menorrhagia, chronic fatigue, low libido and hyperhidrosis.

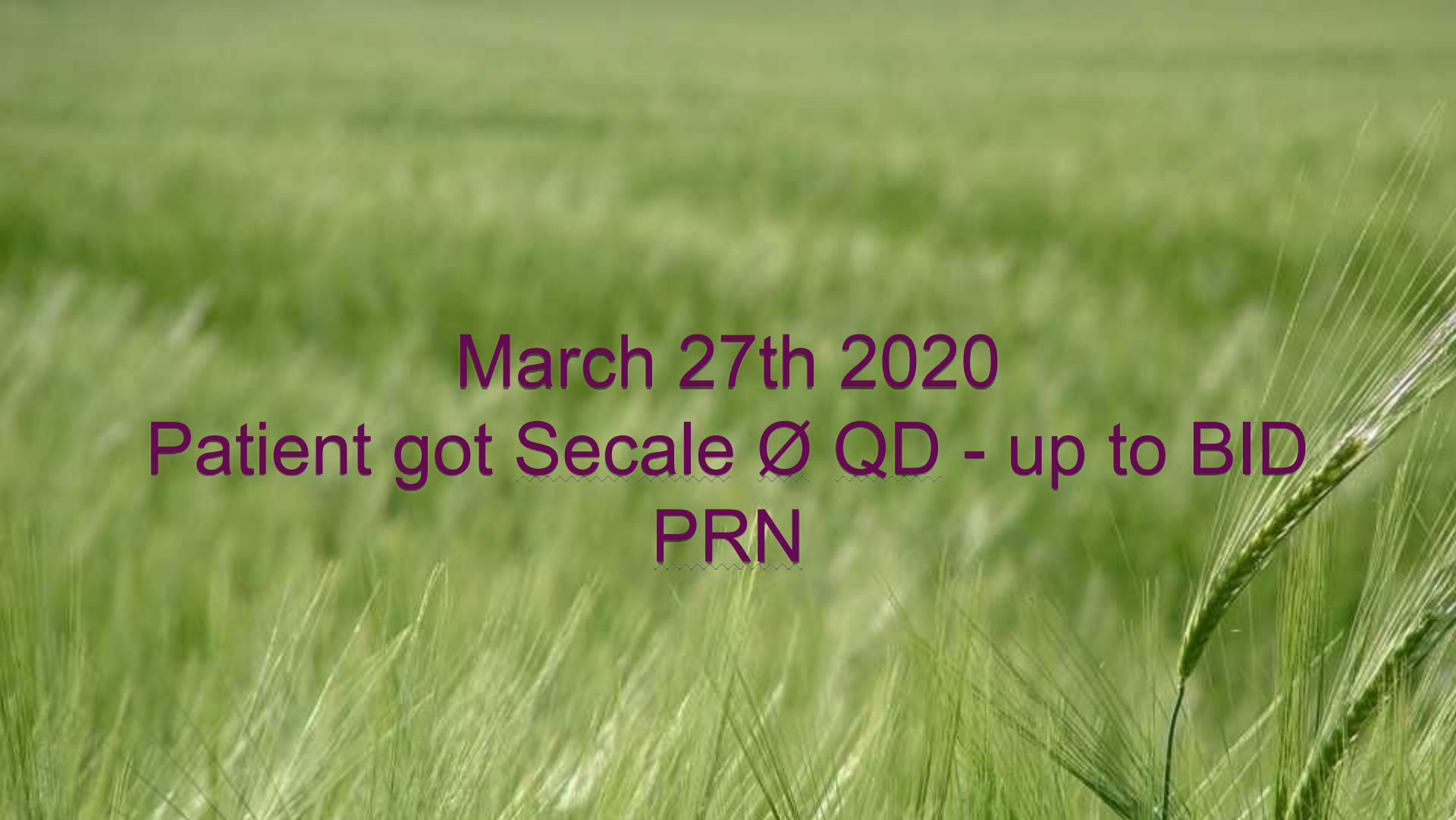
HPI:

How are you? No difference. LMP? This past Sunday.

Baseline:

- 1) Hot flashes - mostly morning 3 morning/week
- 2) Heavy flows every period
- 3) Fatigue - daily
- 4) Libido - low
- 5) Profuse sweating day and night (axilla)
- 6) Night time hot flashes 2x/week

.....										
Perimenopause, Hot flashes, Sleep disturbance, Menorrhagia			27 Mar 2020	Iod.	Sec-c.	Ambr.	M-arc.	Ferr.	Asar.	Seneg.
Hits				11	8	12	12	11	11	12
Sums				31	20	25	28	29	23	21
Polarity Difference			IF	26	20	19	17	17	17	16
80	menstruation, profuse	P ☉	2	4	2		4			
55	sexual instinct, weak	P ☉			2		1			1
64	irritability (anger, aggression)	P ☉	1		1	3	3	3	3	2
37	> uncovering [better]	P ☉	3	2		3	3	2	2	2
67	< warm, becoming heated in bed [worse]	P ☉	3	3	1	1		1	2	2
111	< while/after waking up [worse]	P ☉			4	3	1			1
76	air, desire for open air	P ☉	3		2	3		3	2	2
44	> weather / air, cold [better]	P ☉	4	2	1	1		3	1	1
124	> rising from bed, after [better]	P ☉	4	2	4	3	3	2	2	2
24	> eyes, closing [better]	P ☉								
53	> food and drink, cold things [better]	P ☉			3	1	2	2		
52	< food and drink, warm things [worse]	P ☉			3	1	2	2		
61	obesity	☉	1		1		4			2
37	heat, with inclination to uncover	P ☉	3	2		4	3	2	2	2
37	perspiration, with inclination to uncover	P ☉	3	2		4	3	2	2	2
74	> cold, when getting cold [better]	P ☉	4	3	1	1		1	2	2



March 27th 2020  
Patient got Secale ~~Ø~~ QD - up to BID  
PRN

# 2nd follow-up:

Apr 17  
2020



Office Visit Note 04/17/2020 Fri 11:00 am [Collapse](#)

CC/Reason: hot flashes, chronic fatigue, menorrhagia, night sweats and low libido.

## HPI:

I'm taking it now 2x/day. 1st week QD, now taking 2x/day. Hot flashes? Not had any, or that burning inside. Since? Not had a hot flash since starting the new Rx - 3/27/20. Other questions/concerns?

## Baseline:

- 1) Hot flashes - mostly morning 3 morning/week resolved.
- 2) Heavy flows every period  
Too early to tell
- 3) Fatigue - daily  
Same.
- 4) Libido - low  
No change
- 5) Profuse sweating day and night (axilla)  
That's better.
- 6) Night time hot flashes 2x/week  
Those are also gone too.



April 17th 2020  
Bumped Pt. up to Secale 6c QD

Jun 17  
2020



Office Visit Note 06/17/2020 Wed 10:30 am Collapse

CC/Reason: 35-year-old female patient returns to clinic for help with hot flashes, menorrhagia

**HPI:**

The tincture has worked awesome for my symptoms. But it made me depressed and weepy. Ended it. I stopped it after 3 or 4 weeks. After stopping the adverse symptoms resolved. It helped with e/t else, still haven't had a hot flash. How soon after stopping did the "Crazies" go away? A week maybe. I feel I run around in circles and don't finish anything. I get overwhelmed. That's not how I used to be. Mental fog? I feel like I know the things I need to do. I know the ways I need to get them accomplish, but never accomplish them. What happens? I put it off. I have all these ideas how to do it great, end up doing it quick.

**Baseline:**

- 1) Hot flashes - mostly morning 3 morning/week resolved.
- 2) Heavy flows every period  
I just had a period last week, it was a normal period.
- 3) Fatigue - daily  
It's better, but not back to normal. It's about 20% better.
- 4) Libido - low  
A bust
- 5) Profuse sweating day and night (axilla)  
That's quite a bit better, definitely a noticeable improvement.
- 6) Night time hot flashes 2x/week  
Those are also gone too.
- 7) Irritability - daily/every other day
- 8) Overwhelm/Procrastination - daily/every other day.



Discussion/Questions/Next Steps;  
Higher potency of Secale or new Rx  
or ...?










Decided on new assessment to see what  
comes up



New Spread:  
Now's a good time  
to enter in rubrics:

68	movement, aversion to
55	sexual instinct, weak
102	> walking [better]
61	sadness (dejection, inclined to weep)
64	irritability (anger, aggression)

Here's my spread:  
 Do we need some  
 yellow rubrics or do  
 we have a good Rx?

..... 		Sep.	Acon.	Bar-c.	Lyc.	Nat-m.	Caust.	Hep.	Cycl.	Ign.
Remaining fatigue & low libido 17 Jun 2020										
Hits		5	4	4	5	5	5	4	3	5
Sums		12	13	10	14	13	8	9	8	13
Polarity Difference 		9	9	8	5	5	5	5	5	4
68	movement, aversion to <b>P</b> 	2	4	3	3	3	1		3	3
55	sexual instinct, weak <b>P</b> 	2		3	2	2	4	3		1
102	> walking [better] <b>P</b> 	3	1	1	3	1	1	1	4	1
61	sadness (dejection, inclined to weep) <b>P</b> 	2	4		3	4	1	1	1	4
64	irritability (anger, aggression) <b>P</b> 	3	4	3	3	3	1	4		4

June 17 gave the patient *Sepia 3c* QD:

# 4th follow-up:

Jul 9  
2020



Office Visit Note 07/09/2020 Thu 10:30 am [Collapse](#)

CC/Reason: hot flashes, menorrhagia, chronic fatigue, low libido and night sweats.

## HPI:

How are you? I feel back to my normal self. I'm not so jumpy and irritable. I've not had a hot flash - awesome. I feel good. How soon after last Rx did you feel better? Within the week.

## Baseline:

1) Hot flashes - mostly morning 3 morning/week resolved.

2) Heavy flows every period  
So far, the heavy flows have resolved. Now back to my normal heavy flow, not leaking all over.

3) Fatigue - daily  
That's mostly resolved.

4) Libido - low  
No response.

5) Profuse sweating day and night (axilla)  
That's resolved


6) Night time hot flashes 2x/week  
resolved

7) Irritability - daily/every other day  
Resolved,

8) Overwhelm/Procrastination - daily/every other day.  
It's changed, that's better.



What to do with low libido? New Rx,  
Stronger Sepia, or .... ?



I gave Sepia 30c QD to see if I could  
push on the libido.

*Pt. Schedule for 9/9 follow-up*

A close-up photograph of a field of green grass. The background is a soft, out-of-focus expanse of green. In the foreground, several blades of grass are visible, with one stalk on the right side being particularly sharp and detailed, showing its seed head and long, thin awns.

**14 year old male;  
Chronic Migraines (3-4 yrs.)**

# 14 year old male

## Chronic Migraines:

Aug 13  
2020



Office Visit Note 08/13/2020 Thu 4:00 pm [Collapse](#)

CC/Reason: chronic migraines

### HPI:

Migraines - last 3 or 4 years, worsening in last few years. The migraines are w/o aura, but after a few hours, then vomit and it gets better after the vomiting. How often? They occur mostly during classroom, or mowing lawn and not having enough water. Or during a hike. So being overheated. Or s/t in class would sit with his coat on even though he was hot. Grade? going into 9th grade.

Describe one? usu feel it behind my eyes, mostly behind the left, s/t in right and s/t in both. Drinking water makes. Describe the pain/discomfort? A pressure, think it's going outward. Other changes during the migraine? I can't think as clearly. Don't want to be active.

### Baseline:

1)Migraines once/week - Pain range 6-7/10




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

93	> open air [better]
74	> cold, when getting cold [better]
73	< warmth, in general [worse]
106	> lying position [better]
68	movement, aversion to
85	< looking, eyes strained [worse]
117	> resting (not moving) [better]
70	< physical effort [worse]
80	< light (bright) [worse]
74	> pressure, external [better]
24	> eyes, closing [better]
65	< mental effort [worse]
115	appetite, absent
53	> food and drink, cold things [better]



*Here's my spread:*

Weekly Migraines of 3 to 4 year duration.	13 Aug 2020	Croc.	Nat-m.	Colch.	Anac.	Phos.	Asar.	Nux-v.	Bry.	Agn-c.	Calc.	Sulph.	Arn.	Lyc.	Acon.	Cocc.	Ip.	Sabin.
Hits		12	13	9	12	14	11	14	13	10	14	13	13	12	12	11	9	8
Sums		28	32	20	26	29	22	37	35	20	33	28	26	36	21	25	17	16
Polarity Difference	↓↑	23	20	18	17	16	16	15	15	15	11	11	11	11	11	11	11	11
93 > open air [better]	P ⊗	4	2	2	5	3	4	1	2	3	1	2	2	2	3		3	4
74 > cold, when getting cold [better]	P ⊗	1	1	1	1	1	1	1	3	1	1	3	1	4	1	2	1	3
73 < warmth, in general [worse]	P ⊗	2	2	2	2	1	2	1	1	2	1	2	1	2	1	1	2	2
106 > lying position [better]	P ⊗	2	3	3	2	1	3	4	4	2	3	1	3	1	1	2	2	1
68 movement, aversion to	P ⊗	1	3		2	2	1	4	2		1	1	1	3	4	3	1	
85 < looking, eyes strained [worse]	P ⊗	4	4		1	3	1	1	1	1	4	2	2	4		1		
117 > resting (not moving) [better]	P ⊗	3	3	4	2	3	3	4	4	3	2	1	3	1	1	3	3	1
70 < physical effort [worse]	P ⊗	2	3	1		2	1	3	4		3	4	4	5	3	3	2	3
80 < light (bright) [worse]	P ⊗	3	1	2	2	4	2	3	2	2	4	3	1	3	3	1		
74 > pressure, external [better]	P ⊗	2	1		2	1		2	2	3	1	2	1		1	3	1	1
24 > eyes, closing [better]	P ⊗	3				1		3	3		3		1	3	1			
65 < mental effort [worse]	P ⊗		4	3	3	1	2	5		1	4	3	3	5		3		
115 appetite, absent	P ⊗	1	3	2	1	2		4	3		3	3	3	3	1	3	2	1
53 > food and drink, cold things [better]	P ⊗		2		3	4	2	1	4	2	2	1			1			
110 < open air [worse]			1		3	1		4/CI	1	1	2	1	1	1		4/CI	2	1
78 < cold, when getting cold [worse]			1			3/CI	1	4/CI	3		2	2	3/CI	3	2	3/CI		
90 > warmth, in general [better]			1	1	1	2	1	4/CI	2		1	3/CI	2	1	3/CI	3/CI	1	
125 < lying position [worse]		1	1	1	1	1	1	1	1	1	1	2	1	4/CI	1	1	1	1
58 movement, desire for							1	1	2		1	1	3/CI	1	2		1	
5 > looking, at something close-up, strained vision [better]										2								
102 < resting (not moving) [worse]			1		1	1	1		1		1	1	1	4/CI	1	1		1
6 > physical effort [better]			1															
13 > light in general [better]					1						2							
93 < pressure, external [worse]			3/CI		1	2		1	1		3/CI	1	1	4/CI	1		1	2
38 < eyes, closing [worse]		2				1		1	5(CI)		4(CI)	2	2					
3 > mental effort [better]		2																
99 hunger			2		1	2	1	2	3	1	4(CI)	1	1	3		2		
47 < food and drink, cold things [worse]			1					4/CI	1		1	3/CI		4/CI				



**Patient got Crocus**  
**LM1 QOD**  
*On August 13<sup>th</sup> 2020*

# 14 Year old Male patient with Chronic Migraines *1<sup>st</sup> Follow-up (~ 5 weeks):*

Sep 23  
2020



Office Visit Note 09/23/2020 Wed 2:30 pm [Collapse](#)

CC/Reason: Chronic Migraines

## HPI:

How are you doing? It's helping. More? The times I've been getting them, they are less frequent. How soon after starting did you notice the changes? Seemed to be right away. His usual triggers didn't bring them on.

## Baseline:

1) Migraines once/week - Pain range 6-7/10

I've gotten two since last visit. I had one yesterday and again within the last 2 weeks. Pain range? more like a 4 or 5.

Patient maintained on same dose; Crocus LM1 QOD:

# 14 Year old Male patient with Chronic Migraines

## *2<sup>nd</sup> Follow-up (~ 6 weeks since 1<sup>st</sup> follow-up):*

Nov 4  
2020



Office Visit Note 11/04/2020 Wed 2:15 pm [Collapse](#)

CC/Reason: chronic migraines

### HPI:

How are you doing? I've not had any migraines since the last appointment. How long with the migraines? A few years. Anything else that appears to have changed during this treatment time? No, didn't notice anything else. Denies any new issues coming to the fore. Prone towards anxiety? Not really. Denies being prone to seasonal allergies.

Patient given Crocus 200c BID X 1 (dry)

## Long term Follow-up for 15 year old boy chronic Migraines:

The patients mother brought this boys 12 year old sister in for chronic migraines September 23<sup>rd</sup> 2021. The patient's mother confirmed her brother (now 15) no longer has migraines.

- Fin -

