



Polarity Analysis

*(Winter 2022 class
2-26-22)*

***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:***



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



Initial Case

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



**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]

Suma	Polarity Dist.
126	< movement
115	appetite, absent
44	> weather / air, cold [better]
117	> resting (not moving) [better]
46	> lying, on side [better]
71	< drinking, after [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.

	P	A
Sure		
Polarity Dist.		
126	< movement	
115	appetite, absent	
44	> weather / air, cold [better]	
117	> resting (not moving) [better]	
46	> lying, on side [better]	
71	< drinking, after [worse]	

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		IF	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
(referring doc confirmed pt
remains well)



Case Study - Chronic UTI's, Interstitial Cystitis (painful bladder spasms, urinary urgency & dysuria) & hot flashes



IC Case - Chronic UTI's, painful bladder spasms, urinary urgency, dysuria, & hot flashes

Jan 19, 2018, 51 yr old female

“I'm here for repeated UTI and kidney stones. I had a UTI in September. I tested positive for Group B strep. Got antibiotics, had anaphylactic Rxn to one, the next antibiotic gave me hives. It doesn't hurt when I urinate, it's more like my whole bladder is contracting/spasm. When I release to urinate, it feels like a spasm, it burns. It only burns when @ close of urination. Current UTI tx? Urologist gave a med for bladder spasm (oxybutinin), took it this morning, helps immensely. The current sx's have been back for 3 or 4 days. I get these 4x/year. Been having it for 5 years. I'm feeling nauseous, in the last few days. “



IC Case - Chronic UTI's, painful bladder spasms, urinary urgency, dysuria, & hot flashes

Baseline:

- 1) long term - UTI's min 4x/year
- 2) Bladder spasm (current) - multiple time /day
- 3) Burning @ end of urination - multiple x/day
- 4) frequent urination
- 5) Hot flashes day and night (worse @ night) come in 2 or 3 week cycles



IC Case, Patient marked:

Enter rubrics in the program

58	< weather / air, wet, damp [worse]
90	> warmth, in general [better]
46	> lying, on side [better]
48	< lying, on back [worse]
117	> resting (not moving) [better]
126	< sitting [worse]
80	< light (bright) [worse]
126	< movement [worse]
99	thirst
115	appetite, absent
55	sexual instinct, weak
90	urination, frequent
37	perspiration, with inclination to uncover
93	> open air [better]
37	heat, with inclination to uncover



Here's my Repertory workup:

		Bar-c.	Caust.	Spig.	Borx.	Sulph.	Am-c.	Phos.	Croc.	Rhus.	Iod.	Cupr.	Sars.	
Hits		13	12	15	14	15	13	15	7	14	11	10	9	
Sums		30	31	30	27	33	24	34	17	34	24	19	20	
Polarity Difference	⚡	18	16	15	15	13	13	12	12	11	11	11	10	
58	< weather / air, wet, damp [worse]	P ⊗	1		2	2	3	5	1		4		2	2
90	> warmth, in general [better]	P ⊗	3	4	2	3	3	3	2		4			2
46	> lying, on side [better]	P ⊗	1	2	1	1	1	1	3		2	2	2	
48	< lying, on back [worse]	P ⊗	1	3	3	1	2	1	4		3	3	3	
117	> resting (not moving) [better]	P ⊗	2	1	3	2	1	2	3	3	1	3	2	3
126	< sitting [worse]	P ⊗	3	3	1	2	1	2	1	1	4	1	2	1
80	< light (bright) [worse]	P ⊗	3	2	2	2	3	1	4	3	1		1	2
126	< movement [worse]	P ⊗	2	3	3	2	2	2	3	3	1	3	2	3
99	thirst	P ⊗	2	2	1	2	4	1	1	2	3	2	3	
115	appetite, absent	P ⊗	3	1	1	2	3	2	2	1	4	1	1	2
55	sexual instinct, weak	P ⊗	3	4	1	2	2	2	1					
90	urination, frequent	P ⊗	4	4	3		2	1	2		4	1	1	3
37	perspiration, with inclination to uncover	P ⊗			3	2	2		2		1	3		
93	> open air [better]	P ⊗	2	2	1	2	2	1	3	4	1	2		2
37	heat, with inclination to uncover	P ⊗			3	2	2		2		1	3		



IC Case

DDX btwn Borx & Am-c

DDX:

- 1) Both have almost equal PA score & # of hits**
- 2) MM read on urinary sx's was NOT helpful**
- 3) I chose Am-c due to my familiarity with it being exemplary with hot flashes AND it was listed for frequent urination (though a MM read of Borx also suggests frequency)**
- 4) NOT an easy DDX**



IC Case

Am-c 6c every other day



IC Case first follow-up: (7 days later)

Office Visit Note 01/26/2018 Fri 3:45 pm [Collapse](#)

CC/Reason: bladder spasms, chronic UTIs, painful micturition, frequent micturition, insomnia, and hot flashes

HPI:

How are things? The bladder is better. At the end of urinating, still spasming. Not painful to urinate. Now you can tell it's the bladder only. It does feel better. The last few days my low back hurts. Also my low back aches. Smell with urination? strong smelling urine and s/t else. My cold sx's is getting better since seeing you last. This is the third week. I do feel way better, it's helped with the bladder spasm, they are not half as bad as they were. There were no changes in the bladder until yesterday.

Baseline:

1) long term - UTI's min 4x/year

2) Bladder spasm (current) - multiple time /day

That's better. It's not spasming right when releasing urine. Before it would spasm as I was running to bathroom, now not.

3) Burning @ end of urination - multiple x/day

That's gone.

4) frequent urination

same. The urgency is also unchanged.

5) Hot flashes day and night (worse @ night) come in 2 or 3 week cycles

Those are gone. How long having those? 5 years. The hot flashes stopped within a day or so.



CC/Reason: chronic urinary tract infections, bladder spasms, painful and frequent micturition, hot flashes, and

HPI:

Still working for bladder issues. I was also wondering about the alopecia. I have no eye brows last, there are bands around my head that is missing. She shows a process where she's having "banding" on the sides. It shows about a 1" band of missing hair around the circumference of her head.

I'm @ the lowest dose of my e-cigarette, but can't seem to let it go. It's more a drive/compulsion than a habit alone.

Struggle with stress or anxiety? I get very wound up and anxious over nothing. Feels like my heart is going faster. That's been my whole life. the sense of anxiety and wound up ness - has not changed? No.

Anxiety is I can get enraged on the phone when I need to talk to someone who I'm collecting \$ from. My voice escalates over the conversation.

Baseline:

1) long term - UTI's min 4x/year

None yet.

2) Bladder spasm (current) - multiple time /day

That's gone.

3) Burning @ end of urination - multiple x/day

That's still gone

4) frequent urination

I'm on a diuretic due to hypercalcemia. I've also had kidney stones - 2 in my right kidney that is still there.

5) Hot flashes day and night (worse @ night) come in 2 or 3 week cycles

They have returned a bit, but now once or twice every other day. At night, they are there most nights. Now instead of having 6 or 7 flashes during the day, only have 2.

6) Anxiety/frustration/irritability being wound up (added 2/16/18) - daily range: 4-5/10

IC Case Second

follow-up:

Recommended pt. Take
6c 2 - 3x/day to see if it
could help with anxiety



IC Case

Third follow-up:

Office Visit Note 04/13/2018 Fri 4:15 pm [Collapse](#)

CC/Reason: Return - Check up LC

HPI:

I was without it for 4 or 5 days, my hot flashes were raging. Definitely works with that. Taking 2 or 3 x/day - s/t take it 4x. It was super bad w/o the drops, and immediately starting them up again - and zoom no flashes! I've been told I have a tight pelvic floor. the muscles in there are painful. Will get some sharp pains. I've noticed that even with smoking, can't smoke as much.

1) long term - UTI's min 4x/year
None yet.

2) Bladder spasm (current) - multiple time /day
That's gone.

3) Burning @ end of urination - multiple x/day
That's still gone

4) frequent urination
I'm on a diuretic due to hypercalcemia. I've also had kidney stones - 2 in my right kidney that is still there.

5) Hot flashes day and night (worse @ night) come in 2 or 3 week cycles
Way better

6) Anxiety/frustration/irritability being wound up (added 2/16/18) - daily range: 4-5/10
That's better too. It's not even every day

CC/Reason: chronic UTIs, bladder spasms, dysuria, frequent urination, hot flashes, and anxiety

HPI:

I've been off the tincture for 1.5 months. I'd weaned myself off. Wanted to see how my bladder reacted. I've not had any problems whatsoever. I have a step daughter, that's nothing but a pain in the ass, very high maintenance. I've been doing wonderful with anxiety and then last night s/t happened with her.

1) long term - UTI's min 4x/year
None yet.

2) Bladder spasm (current) - multiple time /day
Still gone

3) Burning @ end of urination - multiple x/day
gone still

4) frequent urination
I still have frequent urination, but on a diuretic - I have stones

5) Hot flashes day and night (worse @ night) come in 2 or 3 week cycles
Gone.

6) Anxiety/frustration/irritability being wound up (added 2/16/18) - daily range: 4-5/10
That flared up recently due to step daughter. Now it's more like a 2/10.



IC Case Fourth

**follow-up:
Gave pt 200c
single dose**



IC Case:
***Referring doc said patient's
symptoms have remained
resolved***



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



***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	✘



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

Rubrics that came to the fore:



***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 mortality 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 precedes 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.



74 Year Old Male Memory Loss & Irritability



Oct 28
2020



Office Visit Note 10/28/2020 Wed 12:00 pm Collapse

CC/Reason: memory loss and irritability

HPI:

the last few years, we've bumped head - my wife and I. I don't know if it's the fact that when I worked, put in 16-18hrs/day. When we did see each other 4hrs was max. She took care of the household and I did what I needed to do to run jobs. I'm also a VA vet. I've been dx'd with PTSD. But Unfortunately often I'll talk to her and we don't see eye to eye. Some things I tend to get a little angry towards her. Don't mean to be, but it pops up. Concentration is another thing. If someone is saying s/t, not keeping my attention, tend to wander. That's another thing that kind of bothers her.

Get more irritable than you're prefer? Yes, she had the ability to find my buttons. Try not to talk back, but s/t it gets away from me. Don't want to hurt the lady, been with her 52 years. I think a lot of it has to do with separation. We didn't see much of each other, tends to distance us I believe. She took care of the kids, we had 2 kids - both of them are your patients as well.

I do get confused, not very good @ spelling. But I do get confused. More? I expect s/t to be someplace, but it's not there. I been down this road and then took the wrong turn. Been checked out by a doc for dementia, he said don't have it. It's stressful for me, to see a doctor, having to explain what your issues are. I'm one of those self reliant type - or protectint myself. My hx, didn't note in your paperwork. My mother died @ childbirth. My father, found out not really my Dad. He stepped in to take care of me, he died of kidney dz. What I do know is on my mothers side, most have died of cancer of one form or another. I had to have a guardian @ age 14. My step mom couldn't adopt me. So in many ways, feel I was self raised. My parents - Dad and step mom were drinkers. On the weekends they had a lot over, drank a lot. I didn't think that was right. Wound up just me and my dog, out in the woods. Did have some good friends, did boy scouts, 4H etc. My biggest concern is with my wife - the tension.

Oxygen? They found out my left lung is paralyzed. Like part of my diaphragm is stuck up into my left lung. No known etiology. I'm also someone they refer to as "blue water." I was exposed to Agent Orange. I was in Viet Nam.

Memory? s/t yes. Like I can see things in my head, but don't come out of my mouth right. I try to say s/t then just don't have the right word to say. I don't have phonics, never had it. Sounding out words is almost impossible. Word hunting? Yes that's a part of it. Saying wrong words? s/t I do say the wrong word.

Self Organized - I've recently taken over the bills. There are some problems. I don't see some of the things she needs. But self management of your time? I can plan it and @ times it gets overwhelming. Then have to settle down and think of priorities. How often is that a challenge? Now, not as much of an issue as in the past. Now a days though, mostly just laying around. There aren't that many demands. Confusion/understsnaing? Like head is in a fog s/t, can't clear your memory to think straight. Self confidence? low to medium.

Baseline:

1) Irritability - once/week, Intensity: 10

2) Memory loss/weakness - Episodic - at least a few times/month

3) Take offense in rship with wife - if she's sick, can be 2 or 3 x/week.



74 year old male Memory loss & Irritability

***Here are your
rubrics to enter in:***

85	< looking, eyes strained [worse]
69	< reading [worse]
121	< touch [worse]
73	< warmth, in general [worse]
54	< warmth, of room or stove [worse]
37	> uncovering [better]
64	irritability (anger, aggression)
43	< noises [worse]
49	smell, hypersensitive
70	taste, diminished
60	memory, poor, weak

Confusion, anger, memory issues.		28 Oct 2020	Lyc.	Seneg.	Cina.	Asar.	Cham.	Iod.	Puls.
Hits			11	8	7	8	7	6	11
Sums			34	18	16	16	19	15	29
Polarity Difference		⌵	18	16	15	13	13	13	12
85	< looking, eyes strained [worse]	P ⊗	4	4	4	1	1		2
69	< reading [worse]	P ⊗	3	2	3	2			2
121	< touch [worse]	P ⊗	4	1	3	1	4	2	3
73	< warmth, in general [worse]	P ⊗	2	3	2	2	2	4	4
54	< warmth, of room or stove [worse]	P ⊗	2	3	2	3		4	4
37	> uncovering [better]	P ⊗	4	2		2	2	3	2
64	irritability (anger, aggression)	P ⊗	3	2		3	4	1	3
43	< noises [worse]	⊗	3				3	1	1
49	smell, hypersensitive	P ⊗	4		1	2	3		2
70	taste, diminished	⊗	1	1	1				4
60	memory, poor, weak	⊗	4						2



Irritability & Memory Case
Gave Lyc 6c QOD
October 28th 2020

Nov 25
2020



Office Visit Note 11/25/2020 Wed 1:00 pm Collapse

CC/Reason: ND RETURN - CONTACTED Return - Check up AR

HPI:

How are you? First week was less irritable and memory improved some. After that first week, my demeanor has regressed. Irritability after a week? seems more pronounced. Focusing is up in the air. When my wife starts talking

How much better overall? a total of 50 to 55% better. My memory for sure. My demeanor was better, and got more aggressive. Went to see eye doctor a few weeks ago. They are thinking I'm developing glaucoma. Vision? They fixed my left eye. The right one, they say optic nerve is enlarged. Did pressure test - is a bit high. The nerve its enlarged. The right one, has a mind of it's own, have to blink more to get it to focus better.

Baseline:

1) Irritability - once/week, Intensity: 10

First week was better, afterwards, more irritable - more sharp. Does it seem somewhat better or back to baseline? No, actually it's actually worse.

2) Memory loss/weakness - Episodic - at least a few times/month

That's clearly better.

3) Take offense in rship with wife - if she's sick, can be 2 or 3 x/week.

Same.

4) Lachrymation - daily - late in afternoon

5) Blurry (mostly Right eye) vision - throughout the day



Irritability & Memory case Discussion – what to do now?



74 year old male Memory loss & Irritability

New Rubrics:

85	< looking, eyes strained [worse]
121	< touch [worse]
73	< warmth, in general [worse]
54	< warmth, of room or stove [worse]
37	> uncovering [better]
64	irritability (anger, aggression)
43	< noises [worse]
49	smell, hypersensitive
70	taste, diminished
60	memory, poor, weak
70	vision, weakness of (blurred vision)
68	movement, aversion to
99	eyes, lachrymation (watering of eyes)

[Copy] Confusion, anger, memory issues.		25 Nov 2020	Lyc.	Seneg.	Acon.	Cina.	Spig.	Iod.	Puls.	Croc.	Asar.
Hits			13	9	10	9	10	8	12	9	9
Sums			40	18	28	16	25	18	33	20	16
Polarity Difference		☒	17	14	13	13	12	12	11	11	11
85	< looking, eyes strained [worse]	P ☒	4	4		4	3		2	4	1
121	< touch [worse]	P ☒	4	1	3	3	4	2	3	2	1
73	< warmth, in general [worse]	P ☒	2	3	1	2	1	4	4	2	2
54	< warmth, of room or stove [worse]	P ☒	2	3	2	2	1	4	4	4	3
37	> uncovering [better]	P ☒	4	2	3		3	3	2		2
64	irritability (anger, aggression)	P ☒	3	2	4			1	3	1	3
43	< noises [worse]	☒	3		4		3	1	1		
49	smell, hypersensitive	P ☒	4		3	1	2		2		2
70	taste, diminished	☒	1	1		1			4		
60	memory, poor, weak	☒	4		2		3		2	2	
70	vision, weakness of (blurred vision)	☒	3	1		1	2	2		2	
68	movement, aversion to	P ☒	3		4	1			2	1	1
99	eyes, lachrymation (watering of eyes)	☒	3	1	2	1	3	1	4	2	1



74 yr old Irritability & Memory Discussion – what to do now?



***Gave Senega 6c
QOD Nov 25
2020***

Dec 16
2020



Office Visit Note 12/16/2020 Wed 2:15 pm Collapse

CC/Reason: irritability, memory loss, lachrymation and blurred vision.

HPI:

Took a few days, but since then it's been fantastic. It's a miracle. Changed my whole life, me and my wife are talking more. Talking a little different than we understand, but working out good actually. Are we talking about the irritability? Yes, cleared that up like, gave me a whole not feeling, a lot better feeling. To be quite honest, my memory is better too. Both things are working just peachy. I thank you for finding a solution to my issues. Really been amazing. Just feels great to be out from underneath that burden. I didn't really realize just how much better I could feel. Funny, now can't remember how I got this bad, but again, so grateful for your help.

Baseline:

1) Irritability - once/week, Intensity: 10
SO much better, a miracle.

2) Memory loss/weakness - Episodic - at least a few times/month
Clearly better.

3) Take offense in rship with wife - if she's sick, can be 2 or 3 x/week.
That is a very big improvement. That's where our communication is much better, she agrees. Been almost like when we first married.

4) Lachrymation - daily - late in afternoon
Same. Notice it when I lay down. Then suddenly the tears flowing out of my eyes randomly. Happens with both eyes. The prognosis was that I have glaucoma in both eyes. My right eye did get damaged via work with scar tissue on it. But has been astymptomatic. My right eye is a bit worse off then left - they said. It clouds up a bit quicker than the left one will. Not sure if it's due to being tired or looking @ screens.

5) Blurry (mostly Right eye) vision - throughout the day
Same. S/t hve to blink the eye, to get it into focus a bit more.



***Gave Senega
12c QD Dec 16th
2020***



Feb 18
2021



Office Visit Note 02/18/2021 Thu 1:00 pm Collapse

CC/Reason: chronic irritability/rages, memory loss, bilateral lachrymation and blurred vision

HPI:

How are you doing? Great, doing great. I've got no problems whatsoever. I tried going to every other day, but it didn't hold up. It's working great, went back it to daily. What did you notice when were skipping doses? I was a bit worse with my memory.

I also went to the VA due to PTSD. Tried to deal with some of those providers, they didn't know how to handle anything. More? I'm trying to get my disability issues sorted out.

Overseas lost 320 guys in less than half an hour. They never shut down the mikes, and the screaming and crying - it was too much to bear. O: Choked up here. Could be some of the reasons don't get too close to folks. Things are lining up better in my field of vision, attitude, feel more relaxed. It's like a miracle shot you gave me. Are there any negatives, or things that are not improving? No, everything is better.

Another of my old pet peeves, if I had a vehicle with issues, I'd get so angry and sort of tantrum. Now, even with this current vehicle with issues, no tantrums! Wonderful.

Wife? It's like a miracle how much better he has gotten. However, s/t he'll not listen to me about s/t. Like I mentioned some issues with mold, he was too stubborn to listen to me. I don't understand why he'll listen to others s/t, but not listen to me. That's the only thing I've not seen any improvement in.

Baseline:

1) Irritability - once/week, Intensity: 10

That's still so much better, like night and day. There's nothing worse than one of those attacks of anger, like you're coming apart, and those around you just want away from ya.

2) Memory loss/weakness - Episodic - at least a few times/month

It's improved significantly.

3) Take offense in rship with wife - if she's sick, can be 2 or 3 x/week.

That is very much better for sure.

4) Lachrymation - daily - late in afternoon

That's mostly resolved now.

5) Blurry (mostly Right eye) vision - throughout the day

That's improved, definitely better.



***Gave Senega
15c QD Feb 18th
2021***



This Polarity Analysis training program and the PA team acknowledge our debt of gratitude to Bönninghausen, 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 -