



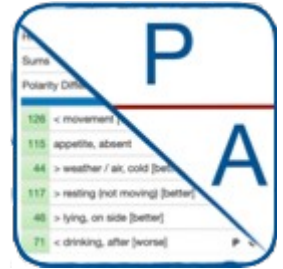
Polarity Analysis

Spring 2022 3-3-22

— *Extra Content* —

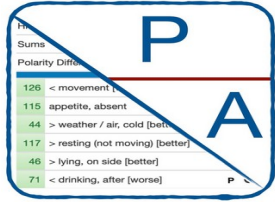
A highly effective/efficient form of evidence based homeopathy

With Tim Shannon ND, DHANP



Overview of Extra Content:

- **Anxiety case overview**
- **Overview of PA flow**



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

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

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**



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]

	P
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:



*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 Wednesday, 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.



Polarity Analysis Flow:

Polarity Analysis Flow:

1st STEP

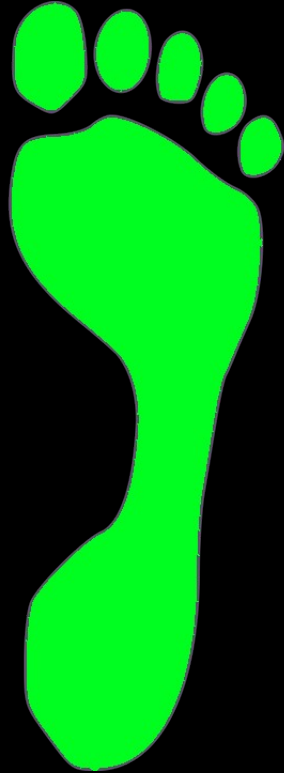
2nd STEP - Questionnaire

3rd STEP - MM & Rep

4th STEP - Baseline & Rx

5th Step - FOLLOW-UPS





1st STEP



1st STEP

Take Case



Take Case

Take Case

Onset, Etiology & Timeline
Of Symptoms

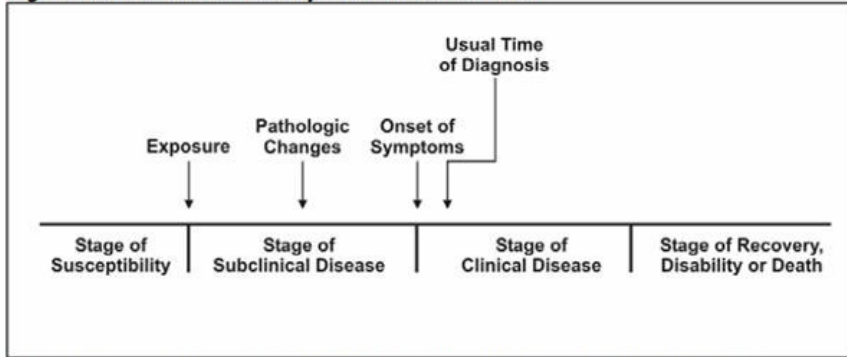
Current
Symptoms

Conduct PE
If appropriate



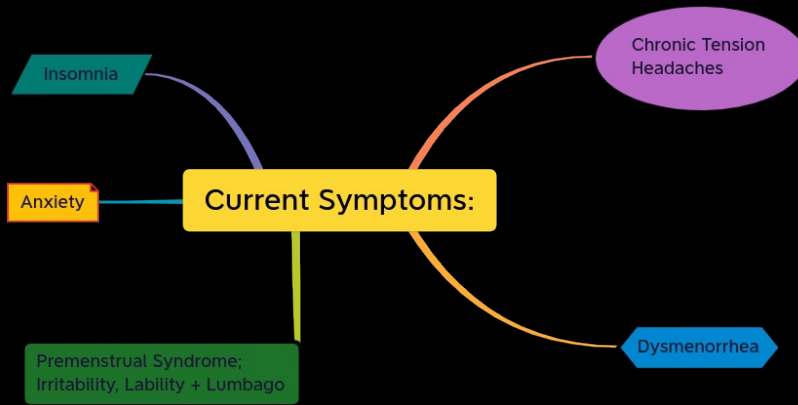


Figure 1.18 Natural History of Disease Timeline



Source: Centers for Disease Control and Prevention. Principles of epidemiology, 2nd ed. Atlanta: U.S. Department of Health and Human Services;1992.

Onset, Etiology & Timeline Of Symptoms



Current Symptoms



**Conduct PE
If appropriate**



2nd STEP - Questionnaire

2nd STEP - Questionnaire



Give Q to Pt.
office,home
Or Telemed

Coach
Questionnaire

Realtime chart &
Repertory Creation



**Give Q to Pt.
office,home
Or Telemed**

Give Q to Pt....

Pt. Homework 1st, & subsequent consult

Do

Realtime (telemed or in office)





Pt. Homework 1st, & subsequent consult



Coach Questionnaire



Realtime chart & Repertory Creation



09 Apr 2021

Export Save and Return

Symptoms Checklist ADHD

Search ...

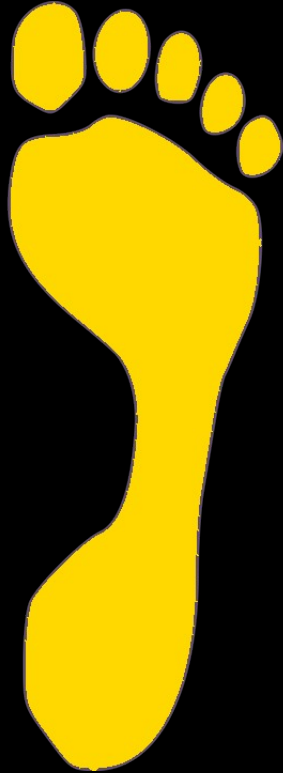
Symptom Reliability: High Medium Low

Use if possible only symptoms with high reliability.

	Hep.	Nux-v.	Bell.	Stram.	Bry.	Puls.	Merc.	Cham.	Nit-ac.	Acon.	Ars.	Chin.
Hits	10	10	10	10	10	10	10	9	9	9	9	9
Sums	28	28	27	21	23	29	22	28	21	25	23	24
Polarity Difference	26	17	14	12	11	10	7	16	15	14	14	13
68 urination, infrequent P	3	3	2	3	1	3	1		1	3	1	2
91 urination, scanty P	3	3	3	2	3	3	1	1	3	3	2	3
29 < teething, during, in children	1	2	2	1	2	1	3	5	2	5	1	
61 sadness (dejection, inclined to weep) P	1	2	3	2	2	3	1	3	1	4		2
56 > warmly, from wrapping up [better] P	4	3	2	2	1	1	2	2		1	3	2
64 irritability (anger, aggression) P	4	4	3	2	3	3	2	4	1	4	2	2

- 123 affection of the mind in general
- 69 anxiety, fear, fearful
- 34 maliciousness
- 13 bold (daring, cheeky, audacious)
- 40 seriousness
- 42 cheerfulness, happiness P
- 64 irritability (anger, aggression) P
- 49 indifference (apathy, lack of interest)
- 6 covetousness (avarice)
- 22 pride (haughtiness)
- 46 hopelessness (despair)
- 28 mistrust (suspicion)
- 37 mildness P
- 61 sadness (dejection, inclined to weep) P
- 87 cross, glum, grumpy

Q Review w/ Pt. Input Rubrics



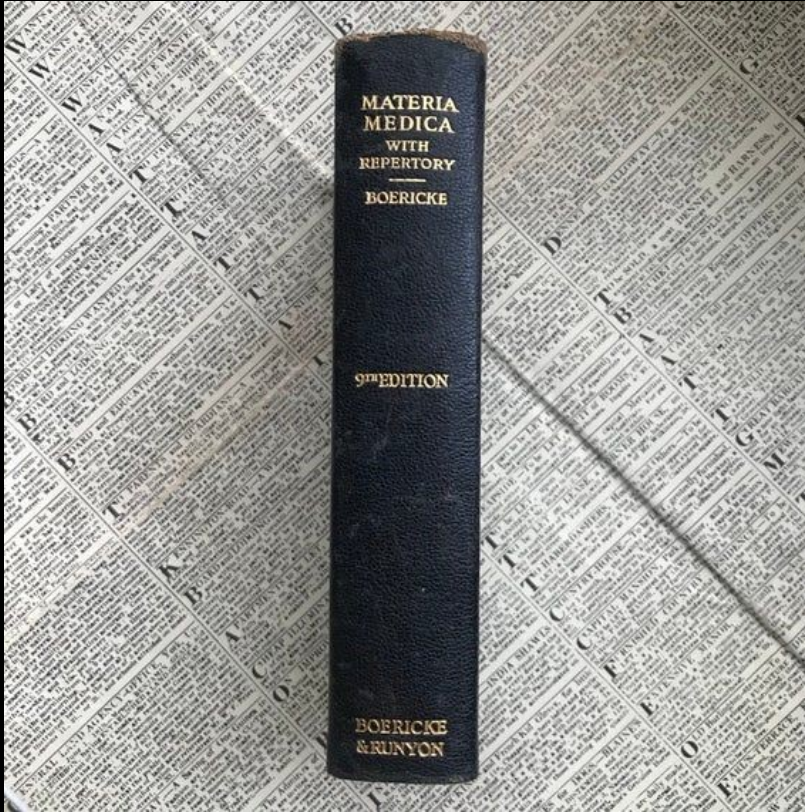
3rd STEP - MM & Rep

3rd STEP - MM & Rep

Materia
Medica

Add Yellow
If Needed



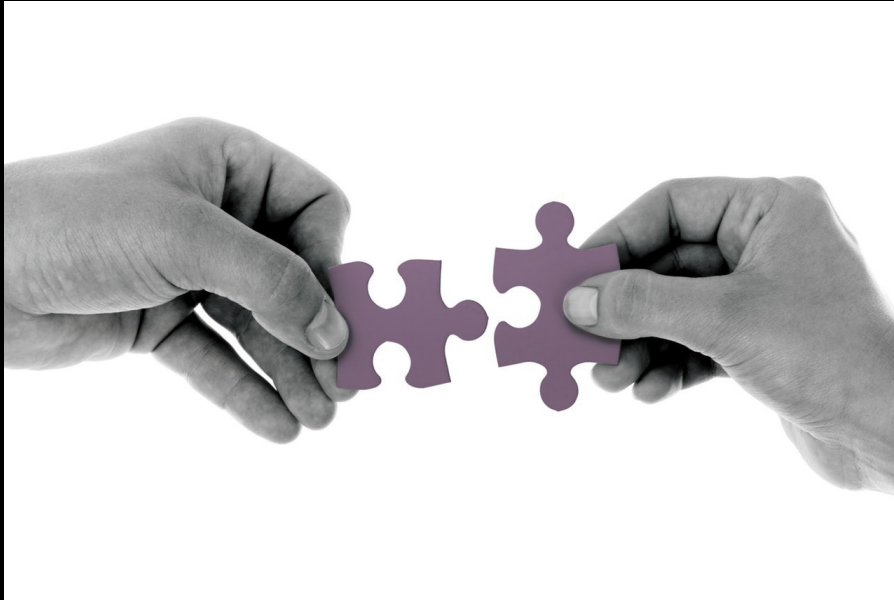


Materia Medica



Materia Medica

Match
Disease to MM



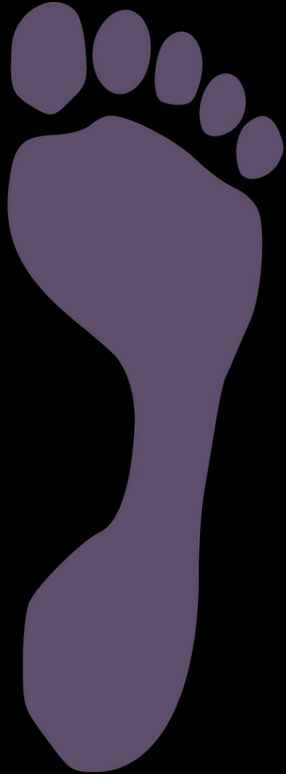
Match Disease to MM



Yellow Rubrics:

113	< sleep, during [worse]	4	4	2	4	4	5	2	4	3	4	3	2
99	thirst P	4	3	2	2	3	4	3	3	1	4	2	1
70	vision, weakness of (blurred vision)	1	3			3	1		3	1	3	3	3
130	side, right in general P	3	4	5	3	3	1	4	4	1	1	5	1
54	< movement, of affected parts [worse]	4	3	2	3		4	3	1		2	1	4
55	> weather / air, dry [better]	1	1		2	1	1	1	1			3/CI	
24	< eyes, opening	3	1						3/CI				5/CI

Add Yellow If Needed



4th STEP - Baseline & Rx

4th STEP - Baseline & Rx



Generate Baseline
With Client

Decide Rx

Makeup +
Give Rx

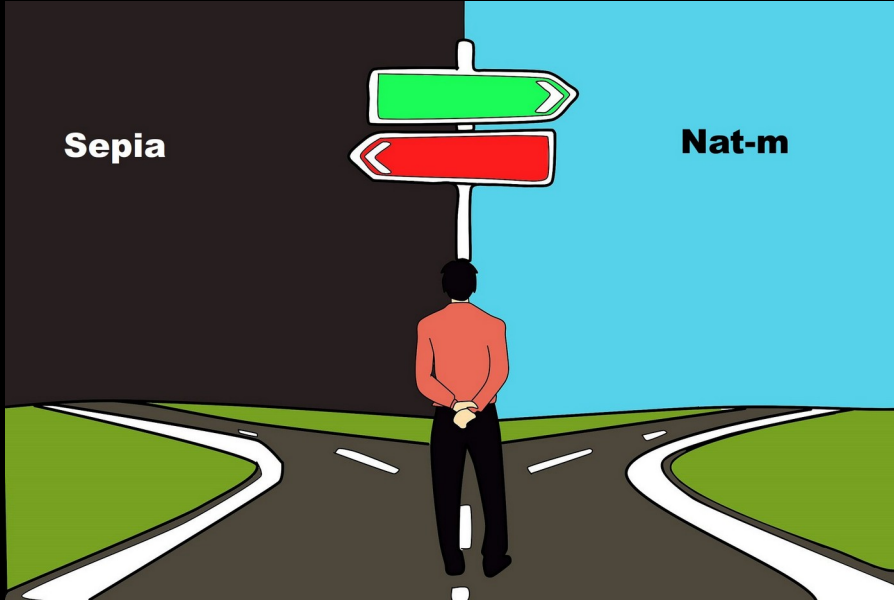
Set
Follow-up



Baseline:

- 1) Feeling overwhelmed - most of waking day
- 2) Irritability - mostly all waking day
- 3) Procrastination common challenge
- 4) Low motivation - most of the time.
- 5) Depression - frequently

Generate Baseline With Client



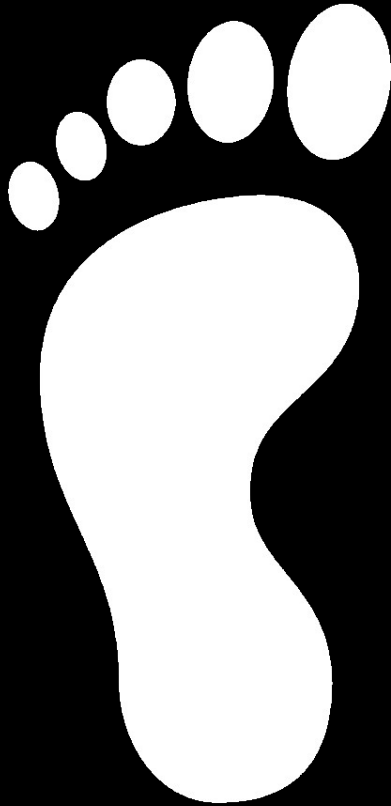
Decide Rx



**Makeup +
Give Rx**



Schedule Follow-up



5th Step - FOLLOW-UPS



5th Step - FOLLOW- UPS

Follow-up
Check Baseline:



Follow-up



Check Baseline:

Baseline:

1) Fatigued - daily

That's somewhat better - still happens but not to the same degree.

2) Stress/overwhelm - 6/7 days

I'm somewhat stressed, but overwhelmed 3/7

3) Waking during the night 4/week

That has improved.

4) Depression/hopeless - 3-4/week

That's better.

5) Tension h/a's - 2x/week.

When I get them, they last 2-3 days. But not getting them weekly now. Out of a month, had 4-5 in a month.

6) HTN

Better as above

Check Baseline:

If improving:

Or...

▶ If Poor Result:





If improving:

If improving:

Manage dosing

Set next

Follow-up





Manage dosing



**Set next
Follow-up**



The screenshot shows a software interface for Polarity Analysis. It features a table with a diagonal line running from the top-left to the bottom-right. The top-left quadrant is white and contains a large blue letter 'P'. The bottom-right quadrant is white and contains a large blue letter 'A'. The table lists various items with their corresponding polarity scores and directions. The items are: 125 < movement, 115 appetite, absent, 44 > weather / air, cold [better], 117 > resting (not moving) [better], 46 > lying, on side [better], and 71 < drinking, after [worse].

Sum	Polarity Direction
125	< movement
115	appetite, absent
44	> weather / air, cold [better]
117	> resting (not moving) [better]
46	> lying, on side [better]
71	< drinking, after [worse]



If Poor Result:



If Poor Result:

Review details
& nuances

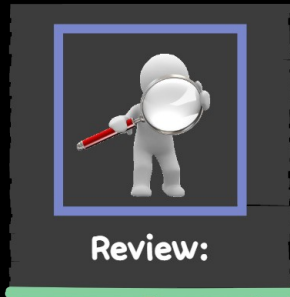


Review details & nuances



Review details & nuances

Return to Steps
2-5



Return Steps 2-5



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 -