



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 Class:

Case Review of how PA is used in ADHD X 2



59 Year Old Female Patient w/ADD

Feb 26
2020



Office Visit Note 02/26/2020 Wed 9:30 am Collapse

Actions ▾

CC/Reason: bilateral tinnitus, insomnia, fatigue, depression and OCD

HPI:

Melancholy is in waves, feel it about once/week. Suspiciousness? Once/ month. Low self esteem - that's a constant low grade hum in the background. However, if do my homework, exercising and having alone time - it really changes my depression setting. I'm Much more upbeat, and helps my self esteem. It's the motivation. Feel instead I should be doing this, or doing that. Like my needs are not important enough. I misappropriate my own needs to myself. When I was younger, was quite suicidal. Or if saw someone on the news that died, would have felt "wish it was me." B/c wouldn't have had to do anything and be free of the suffering. Many many years ago, acted on it - suicidal attempts. But not common and certainly not in recent years.

My outlook on life changes dramatically, my memory decreases - short term memory. Denies perfectionist tendencies, though do like it orderly. Have trouble achieving that. If get more order, helps mind? Yes.

Not letting go of the past?



59 Year Old Female Patient w/ADD

Pt. Was given Agnus Castus targeting depression & tinnitus, first 6c then 30c



HPI:

Last time I saw you, forgot to mention the abdominal bloating. Also when nervous, I can not swallow food. When there's something distressing me, I can't swallow, and then saliva builds up and then have to vomit to get relief. That's b/c there's a spasm in my throat that's painful. Vomiting relieves? If there's a build up of saliva, helps to relieve that. S/t vomiting helps, s/t not.

The last Rx? Yeah, could tell immediately I was much more decisive. Any other changes? I still get in my depressive modes, still pretty down. But have reason to. It did lessen the melancholy some. By how much? 40. It's still there, but not as deep. Motivation? That's too a bit better, not procrastinating. I also have ADD - been dx'd with that. The second guessing myself, that's still there about the same. Also, when I get tired, like if don't get enough sleep, my ability to function well @ my job gets poor. When I'm tired, I go to the simplest efforts. My mental capacity shrinks when tired. When not, I can be quite resourceful in my work with solutions, etc.

Overall, how much better do you feel? 30 to 40%. Someone who responds to Tx's? Us, respond quickly. When first started taking the drops, noticed a significant difference. After a week to 10 days, it settled in. Didn't have quite the drive when I first started taking them.

Which came first? Self doubt, melancholy. Stomach? more like more than 10 years. Esophageal spasm? started within the last 10 year. The bloating is not correlated to my emotional state. The spasms are more clearly related to emotional issues.

ADD sx's? Trouble focusing on one thing. Starting multiple projects. Forgetting multiple projects, being scatter brained. Or focusing so hard on s/t, forget about other things. Or focus so hard, lean down and hit my head on s/t right nearby. Absentminded? Yes, been like that as a child as well.

Tinnitus on timeline? Ever since I was a teenager, too many loud concerts, headphones.

Bloating? great distension after eating poor choice foods - like gluten

Baseline (Updated 3/11/20):

1) Melodies in head - now more like 2 or 3 x/week
that's subsided 90% since this new Rx

2) Tinnitus - daily - bilateral - volume 6-7/10 - present all the time.
It's ridiculously loud. It's high pitched. s/t it's one sound. If exercise, it pulsates in my head.

3) Low energy - daily following work.
That immediately began to improve when taking the Rx, it was amazing. Now it's not quite as good. I'm still somewhat better, but not much better than my norm low energy.

4) Depression/low motivation (didn't develop/ratify this with her @ visit)
That's better, as above. Don't have the deep melancholy. Still some depression for sure. Motivation has improved some.

5) Abdominal bloating - daily

6) Esophageal spasms - pursuant to distressing/emotional issues (long term tracking as it's intermittent)

7) Over-focus on details, loose big picture - forgets other things, absentminded - daily
Hard do know b/c not coming up much, so maybe it is changing.

8) Low self esteem/low self worth - hard on self - most days.
Clearly not changed. However, there is a different backtalk. I've been pushing back to give a more forgiving context. That is a change.



**59 Year Old
Female w/ADD
30-40% better
with agnus,
bumped to 30c
QD**



HPI:

How are you? I'm going up and down. I had a great breakthrough. Was dx'd with ADD years ago, and got better with the drug. Lately been so unfocused, disorganized, and difficulty making decisions of great merit about my life. I've been unable to make up my mind, been all over the place. I found my old medications, and took one 5mg of me Focalin, and my focus have been much better, but also my depression. I'm on focalin XR 5mg QD. My orig was BID. I increased yesterday to the BID yesterday - which worked well. Yet I get so stressed out with my esophageal valve, doesn't let the food through, tremendously painful. Pain after swallowing. If eat s/t not smooth, and emotionally upset or engaged. Feels it gets stuck, right where it slips into the stomach. It's very painful, develop a lot of saliva, if can vomit food back up, then okay.

Agn? It helped my depression. I don't get the spasms frequently, only get it when emotionally engaged. So can't tell if the agn has helped. Any other changes from the Agn? No. The ADD type I have is over-focused and limbic. Feelings of hopelessness and worthlessness and being oversensitive. More? my caring partner, tries to encourage me somehow. If she uses the wrong words, it spins me. For example, I've rediscovered massage and happy with it. But the association is expensive. My partner said why not just work @ walmart, and didn't mean it meanly, but over sensitive. It really hurt me deeply. That's accompanied with feelings of worthlessness. I took some of the Rx during a spasm, and it did help. I've had some pretty intense spikes of stress, my renters are not paying rent, and other issues. When in severe stress.

Worst? Feeling worthless and having a hard time making a decision. Decision making with focalin - 100%
What remains for us to work on while focalin is back in place?

Baseline (Updated 3/11/20):

- 1) Melodies in head - now more like 2 or 3 x/week
It completely went away, lately had major stressors on me, then it comes back.
- 2) Tinnitus - daily - bilateral - volume 6-7/10 - present all the time.
Same
- 3) Low energy - daily following work.
Once I stopped working, had low energy for 2 weeks, then it started to come back. Stopped working 2nd week of march.
- 4) Depression/low motivation (didn't develop/ratify this with her @ visit)
That improved
- 5) Abdominal bloating - daily
Same
- 6) Esophageal spasms - pursuant to distressing/emotional issues (long term tracking as it's intermittent)
- 7) Over-focus on details, loose big picture - forgets other things, absentminded - daily
Didn't help with that.
- 8) Low self esteem/low self worth - hard on self - most days.
No change there.



**59 Year Old
Female w/ADD
Self esteem,
focus,
overwhelm
unchanged
Maintained Agn
30 QD**



HPI:

I've always known I'm co-dependent. With the lockdown, I've really seen I'm co-dependent. I end up doing things my spouse wants to do. I often put my own actual needs - for exercise on back burner to spending time with my spouse. Or eating things I'd normally not eat just to keep her company. There's a seething quite anger that is building up within me that I'm internalizing.

There's anger and resentment. Is this development affecting other issues? I guess yes, but my co-dependence is really ... it's very hard b/c feel I have no autonomy in the rship. I'm not in the process of making decisions in the house. I'm often time over ridden in decisions. Like a recent plumbing action, I asked to give me a day to figure it out. My spouse then called a plumbing company who replaced e/t to the tune of 1,100 \$ - nothing I could say.

Same with other similar decisions. I feel frustration and resentment. We do have a very loving and kind relationship towards each other. But have difficulty expressing myself. I feel stuck and have difficulty letting go.

S/t else, I have this imagination, I signed up for these advanced courses for my work. Having difficulty getting through these courses. But they are too difficult, running my small business, doing chores and these classes. I've been piling more on my plate, but don't have the power to do it. I've piled more on my plate than I can handle. I feel stuck and procrastinate horribly. I've not even finished my taxes, can you imagine!

It's amazing how I procrastinate on important things, mind boggling to me.

More? deep buried within me is a voice that says "You can do it." Then did some important work. Taht was to prevent my caving in. I also have such difficulty letting go, I have magazines from a year ago. Why am I still holding on to these things.

My spouse's x passed on, and we have all of her stuff. I'm living in an overcrowded house, barely any room to move - it's challenging.

I'm actually a fun person, but my seething anger is happening. Now my sense of humor is not coming out, my irritability. I'm not shining as a person, or the person I know I am - question mark.

When dealing with organizing your time, how do you do? Important things are not being done. All I want to do is go kayaking. That brings me true joy. I'm in control where I go, how fast I go. That's what I do with my unstructured time, in my boat, or go for a walk.

Focus/distraction? Yes, definitely. I've been dx'd with ADD. Last year was going through a challenging time, reached out and got on one of the stimulants. My spouse complains I'm way too focused and short tempered when on stimulants (Focalin XR). Can focus and power through things and get stuff done. Once that episode was done, I stopped taking it.

Baseline:

- 1) Irritability - daily
- 2) Overwhelmed/Procrastination - 1-2x/week
- 3) Difficulty letting go emotional/material possessions
- 4) Memory issues - overlaying issue in the background (short term memory always an issue)



59 Year Old Female w/ADD



59 Year Old Female Patient w/ADD

Pt. not progressing, now focusing on ADD



59 Year Old Female Patient w/ADD

Here are the ADD rubrics we captured:

Go ahead and populate your Rep:

ADD	
Hits	
Sums	
Polarity Difference	
80	< light (bright) [worse]
69	< reading [worse]
77	< talking, speaking [worse]
121	< touch [worse]
74	understanding, difficult
64	irritability (anger, aggression)
61	sadness (dejection, inclined to weep)
102	> movement [better]
43	< noises [worse]
60	memory, poor, weak
13	> light in general [better]
2	> reading [better]
1	> talking, speaking [better]
42	> touch [better]
17	understanding, easy
37	mildness
42	cheerfulness, happiness
126	< movement [worse]



59 Year Old Female Patient w/ADD

Here's the final Ddx of Rx's:



59 Year Old Female w/ADD

<https://polarityanalysis.com/>

ADD		02 Jul 2021	Sep.	Cham.	Lyc.	Ph-ac.	Hep.	Nux-v.	Rhus.	Con.
Hits			10	8	10	9	9	8	7	9
Sums			28	23	33	23	21	24	21	24
Polarity Difference		⚡	20	19	18	16	16	16	16	15
80	< light (bright) [worse]	P ⊗	3	2	3	3	3	3	1	4
69	< reading [worse]	P ⊗	1		3	1	3	3		3
77	< talking, speaking [worse]	P ⊗	3	3	2	4	3	2	4	1
121	< touch [worse]	P ⊗	4	4	4	3	4	4	3	1
74	understanding, difficult	P ⊗	4	2	4	4	1	2	3	3
64	irritability (anger, aggression)	P ⊗	3	4	3	1	4	4		
61	sadness (dejection, inclined to weep)	P ⊗	2	3	3	1	1	2	3	2
102	> movement [better]	P ⊗	3	2	4	3	1		4	4
43	< noises [worse]	⊗	3	3	3	3		4		3
60	memory, poor, weak	⊗	2		4		1		3	3
13	> light in general [better]									
2	> reading [better]									
1	> talking, speaking [better]									
42	> touch [better]		1		1	1	1			1
17	understanding, easy		1		1					
37	mildness				3	1			1	
42	cheerfulness, happiness				2	1				1
126	< movement [worse]		1	1	1	1	3/CI	4/CI	1	1



59 Year Old Female Patient w/ADD

I D/C'd Agnus and started patient on Sepia 3c
QD



59 Year Old Female w/ADD

1st Sepia follow-up ~ 3 weeks

Jul 23
2021



Office Visit Note 07/23/2021 Fri 4:45 pm Collapse

CC/Reason: insomnia, fatigue, short-term memory loss and ADD

HPI:

How are you doing? Wow, that is spot on. Immediately slept much better. I also had an overall feeling of wellness, just felt better. I can make my emotions - verbalize them better. I like it. I seem to have a better decision making capacity. Overall wow! totally makes a difference. I'm clearly feeling a good 50% better.

Baseline:

1) Irritability - daily

That has lowered quite a bit. Except I get triggered by my partner. Don't want to speak ill of her, she's a wonderful person. I do get triggered by her, but overall less irritability.

2) Overwhelmed/Procrastination - 1-2x/week

That's definitely changed. The first weekend after starting, finished a class I've been procrastinated. Also other things done and completed. I don't feel overwhelmed. Now pacing myself better.

3) Difficulty letting go emotional/material possessions

Yeah! that is still happening. But I'm finding that I can let things go better. It was an issue of being hard on myself, self pity due to past mistakes. I've noticed an unusual ability to be able to drop those tendencies to be hard on myself for past issues.

4) Memory issues - overlaying issue in the background (short term memory always an issue).

That is better, less often losing my keys.



59 Year Old Female Patient w/ADD

July 23rd Patient bumped up to Sep 3c BID



59 Year Old Female w/ADD

2nd Sepia follow-up ~ 3 months later

<https://polarityanalysis.com/>

Oct 7
2021



Office Visit Note 10/07/2021 Thu 9:30 am Collapse

CC/Reason: bilateral tinnitus, insomnia, fatigue, short-term memory loss and ADD

HPI:

How are you? It's very helpful. I was going through a stressful time, took it TID, that was even more helpful. Helpful? Clarity, organizing my tasks, and just having a better overview of things - what needs doing first, prioritizing. Other changes? also less stress and anxiety. Similar to focalin? Yes, except focalin is so intense, so laser focused on one thing and do get it accomplished. But I lose wisdom for the overall picture. Focalin was very effective to get specific tasks done, but stepping back, I have more ability to look @ the overall picture as well as prioritizing.

Baseline:

1) Irritability - daily

I've used the sepia up and since stopping it (2 weeks) the irritability has been worse again. During taking the Rx, I'm definitely less irritable. With Sepia seems I can be focused but also take a step back, less likely to get caught in my own drama. A huge difference between sepia and focalin, with sepia, able to have wisdom. With sepia, I have the flexibility and the awareness of that flexibility. With focalin, I have a task and don't have any flexibility. Also with focalin, it was very bad for my relationship. I was more abrupt and curt and rude with my partner due to the monofocus. With sepia I'm more graceful in my relationship.

2) Overwhelmed/Procrastination - 1-2x/week

I'm not having those issues given I'm getting things done.

3) Difficulty letting go emotional/material possessions

I've been working really hard on this. Also seeing a energy person about this. It's really helped. I'm doing much better with it. It was just about gone, and just bubbling back up since I've been on the sepia.

4) Memory issues - overlaying issue in the background (short term memory always an issue).

Of late, that has come back up some. When I leave work, have my briefcase or things I need to have with me, I forget them. Ever since a child, have been absentminded - a trait of mine. Does the sepia have an effect on memory? Would have to be on it again to make that determination.

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59 Year Old Female Patient w/ADD

Oct 7th

Patient bumped up to Sep 12c QD – BID PRN



**59 Year Old
Female
w/ADD**

**3rd Sepia
follow-up
~ 2 months
later**

Dec 15
2021



Office Visit Note 12/15/2021 Wed 9:00 am [Collapse](#)

CC/Reason: bilateral tinnitus, insomnia, fatigue, short-term memory loss and ADD

HPI:

How are you doing since teh last visit? The stronger dose makes all the differences. The first few days my brain power was very powerful. Then it wore off, then had to take it 2x/day - not as grand, but still felt pretty good. Then ran out, and got quite depressed. Also when taking it, I sleep so well @ night. Overall the response is still in the right direction.

How long w/o the Rx? 2 weeks.



59 Year Old Female Patient w/ADD

Dec 15th

Patient bumped up to Sep 30c QD – BID PRN



59 Year Old Female w/ADD

4th Sepia
follow-up
~ 1 months
later

Jan 13
2022



Office Visit Note 01/13/2022 Thu 9:45 am Collapse

CC/Reason: insomnia, short-term memory loss, fatigue and ADD

HPI:

How are you doing? The stronger dose is working so well, that @ times I forget to take it. Then catch myself being absentminded and feel fine again. How much better are you with this Treatment? about 80%. What's the 15 - 20% left? For more personal growth, wouldn't expect the Rx to take me there. Feels like I'm @ a level where ... as if you're needing help in the past to get up higher. Now I can reach with my hands w/o needing to be pushed, I feel I can pull myself up.

Baseline:

1) Irritability - daily

That has decreased significantly. Still problematic or mostly resolved? B/c I'm often in situations that go against my nature, in the past I'd become irritable. Now able to slow down and relax, suddenly I can answer in a more friendly way.

2) Overwhelmed/Procrastination - 1-2x/week

I am doing better. This Rx brought me to a point that I realize if I relax, I get more done. In the past, I'd become quite uptight about procrastinating and nervous about it, like a rat in a cage. Who wants to roam and get things done, but can't get out and gets frustrated. This takes the cage away. The cage is me stressing out, it puts a barrier around me. If able to relax, I function better, this Rx helps with that.

3) Difficulty letting go emotional/material possessions

I was doing so well with it, then looked @ old pictures and some back there. But if I just talk myself out of it, redirect myself - be kinder. I made some mistakes in the past, and move on. It is better with this Rx. But s/t I get triggered, then get an email from zillow and the property I sold is \$100,000 grand up. Just take a breath and let it go.

4) Memory issues - overlaying issue in the background (short term memory always an issue).

They are gone. I'm quite happy with that, no issues remain there.



59 Year Old Female Patient w/ADD

Dec 15th

Patient given 200c to take BID X 1 Dry



59 Year Old Femal Patient w/ADD

Last communique with patient

Next visit in April

<https://polarityanalysis.com/>

Feb 5 2022



▶ Tim Shannon, ND Collapse

Sent on: 02/02/2022 at 11:44 am

Re: Question About My Health

Hello Tim,

How are you. I'm doing well overall. The procrastination issue is still strong. At our last visit I thought that procrastination is not an issue anymore and that I have a grip on it, but upon reflection it is apparent that organizing my home and office and working on my taxes has not been attempted even though it is on my mind daily and I took time off work to accomplish these tasks. On the plus side, started to do my own billing and that's going well.

The question is: Am I ready to start the new remedy you prescribed? Currently I'm using the Sepia 30c randomly. Forget about it for a few days, take a dropper full (hours apart) on stressful days.

I could set a daily reminder to take the Sepia 30c consistently or move on to new remedy? (procrastinated picking it up)

Thank you and have a nice day,

2 RESPONSES:



Tim Shannon, ND 02/05/2022 at 8:43 am

Hi _____,

I would recommend you take the higher potency of the Sepia to see if it makes a definitve difference in the procrastination. Then, we can have a follow-up in a good 2 months to see if the procrastination issue is changing or not. If it's to the good, then likely our work is done. If not, we may need a separate new Rx to mop up that last issue.

The Rx is ready for you now.

Opened on 02/05/2022 at 11:10 am by _____



_____ 02/05/2022 at 11:11 am

Thank you

Opened on 02/05/2022 at 1:57 pm by Tim Shannon, ND.

Tim Shannon, ND ended this conversation on 02/05/2022 1:57 pm

Reopen Conversation

Signed off by Tim Shannon, ND on 02/05/2022 8:43 am



7 year old Female Patient w/ADHD, IBS & Food Allergies



7 year old Pt.: ADHD, IBS & Food intolerances

Initial Intake:

Aug 13
2020



Office Visit Note 08/13/2020 Thu 2:15 pm Collapse

Actions

CC/Reason: irritable bowel syndrome, alternating diarrhea and constipation, food allergies and ADD.

HPI:

Lilly would like to be able to eat more foods. M: As a parent, the behaviors would be great to resolve too. Timeline? She was intolerant to food from early on. Her face would get really flushed or she'd cry a lot. Delivery birth? All good. What age did you see evidence of behavioral issues? Started working with peds for allergy tests. She had urinary frequency issues, was potty trained by 2, but not night potty trained. Nursed til 2.5-3. She's my third - the baby. She started @ 5.5 with an ND in Seattle. Did the skin tests, and also were concerned about mold - all was negative. True allergie was cherries and oat meal on the skin tests. She'd eat certain foods and cry or have issues. Didn't start solid foods til she was a year or so. Milk? Didn't do dairy, breast milk was fine. Behavioral issues? sensory, her clothes get itchy, nothing can touch her body. Behaviorally there's lots of anger. It's hard to listen, doesn't really want to eat. She stops eating, but has a hard time regulating - going to sleep @ night, staying asleep. She wet the bed that night, unusual. As a family don't do a lot of processed sugars. Focus? That seems worse when in a food reaction. Sensory? It's physical - feeling itchy and scratchy in her body. She's reactive to sound, visually, auditory, etc, touch.

Baseline:

- 1.) Mean/destructive to brothers - 3-5x/week
- 2.) twice week - constipation/diarrhea/bloating
- 3.) 3x/week failure to listen and follow-through
- 4.) Difficult bedtimes - 2-3x/week
- 5.) Difficult mornings 3x/week



7 year old Female Patient w/ADHD, IBS & Food Allergies



7 Year Old Female Patient

Here are the ADHD rubrics we captured:

Go ahead and populate your Rep:

85	< looking, eyes strained [worse]	P	⊗
73	< warmth, in general [worse]	P	⊗
54	< warmth, of room or stove [worse]	P	⊗
37	> uncovering [better]	P	⊗
111	< while/after waking up [worse]	P	⊗
99	< while falling asleep [worse]	P	⊗
64	irritability (anger, aggression)	P	⊗
102	> movement [better]	P	⊗
41	Grinding Teeth (BBCR)		⊗
93	> open air [better]	P	⊗
76	air, desire for open air		⊗ P



7 year old Female Patient w/ADHD, IBS & Food Allergies

Here's the final Ddx of Rx's:



7 year old Female Patient w/ADHD, IBS & Food Allergies

<https://polarityanalysis.com/>

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Behavioral and food intolerances.	28 Aug 2020	Puls.	Lyc.	Seneg.	M-arc.	Plat.	Alum.
Hits		10	11	10	10	9	8
Sums		36	36	21	21	18	19
Polarity Difference		25	24	17	16	15	15
85 < looking, eyes strained [worse]	P ⊗	2	4	4	1	1	1
73 < warmth, in general [worse]	P ⊗	4	2	3	2	2	1
54 < warmth, of room or stove [worse]	P ⊗	4	2	3	2	2	3
37 > uncovering [better]	P ⊗	2	4	2	3	2	
111 < while/after waking up [worse]	P ⊗	5	4	1	3	1	4
99 < while falling asleep [worse]	P ⊗	4	5	1	1	1	1
64 irritability (anger, aggression)	P ⊗	3	3	2	3		
102 > movement [better]	P ⊗	4	4	1	1	3	2
41 Grinding Teeth (BBCR)	⊗		3				
93 > open air [better]	P ⊗	4	2	2	2	3	4
76 air, desire for open air	P ⊗	4	3	2	3	3	3
5 > looking, at something close-up, strained vision [better]							
90 > warmth, in general [better]		1	1	1			1
35 > warmth, of room or stove [better]							
56 < uncovering [worse]		1					
28 > sleep, after; while waking up [better]		2			1		
1 > sleep, before; while falling asleep [better]							
37 mildness		4(Cl)	3		2		
126 < movement [worse]		1	1	1	1	1	1
110 < open air [worse]		1	1	1	1	1	1
86 air, aversion to open air		1	3	1		1	1



7 year old Female Patient w/ADHD, IBS & Food Allergies

The patient got Lyc LM1 QOD on 8/13/2020



7 year old Pt.: ADHD, IBS & Food intolerances

Lyc follow-up ~ 2
weeks later:

Aug 28
2020



Office Visit Note 08/28/2020 Fri 2:30 pm Collapse

A

CC/Reason: alternating constipation and diarrhea, chronic food allergies, irritable bowel syndrome and ADD.

HPI:

How are thing? Mostly the same. The very first time she took it, it was like an instant difference, pretty amazing. Then inconsistent after that. Like it even made things a bit worse. Characterize angry? When having a hard time, she can be malicious.

Baseline:

- 1.) Mean/destructive to brothers - 3-5x/week
Same.
- 2.) twice week - constipation/diarrhea/bloating
same
- 3.) 3x/week failure to listen and follow--through
Same
- 4.) Difficult bedtimes - 2-3x/week
now a bit better, once/week.
- 5.) Difficult mornings 3x/week
Might be 1-2x/week.



7 year old Female Patient w/ADHD, IBS & Food Allergies

DDX was unchanged:



7 year old Female Patient w/ADHD, IBS & Food Allergies

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Behavioral and food intolerances.	28 Aug 2020	Puls.	Lyc.	Seneg.	M-arc.	Plat.	Alum.
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35 > warmth, of room or stove [better]							
56 < uncovering [worse]		1					
28 > sleep, after; while waking up [better]		2			1		
1 > sleep, before; while falling asleep [better]							
37 mildness		4(Cl)	3		2		
126 < movement [worse]		1	1	1	1	1	1
110 < open air [worse]		1	1	1	1	1	1
86 air, aversion to open air		1	3	1		1	1



7 year old Female Patient w/ADHD, IBS & Food Allergies

I'd considered Senega @ initial, but couldn't justify it.

Gave Pt. Senega 6c QOD on August 28th



7 year old Pt.: ADHD, IBS & Food intolerances

Senega follow- up ~ 2 weeks later:

<https://polarityanalysis.com/>

Sep 11
2020



Office Visit Note 09/11/2020 Fri 4:15 pm Collapse

Action

CC/Reason: alternating constipation and diarrhea, irritable bowel syndrome, food allergies and ADD

HPI:

How is Lily? In general, it's been a much more noticeable difference. She's been more even keeled til this week. Similar to the first one, like the first one made a huge difference. This one was the first week or so made a difference. But also school started, and there's some regression. We've had some difficult bedtimes in particular. Within a day or two, there was a noticeable change. Things started to decline the beginning of the week. This is via Lincoln 2nd grade. She changed teachers this year, she misses her old teacher. She doesn't get to see her new teacher, plus not seeing her friends. There are many other ongoing stressors and challenges.

Baseline:

1.) Mean/destructive to brothers - 3-5x/week

That was much better in the first week - it's still even better this week (Dad's assessment, Lily agrees). That was one of the main things, seemed much easier. Her response to requests about her behavior was well received. Prior had to ask her to adjust her behavior over and over.

2.) twice week - constipation/diarrhea/bloating

Lilly thinks no diarrhea, also seemed more solid stools.

3.) 3x/week failure to listen and follow--through

That clearly was alter better, any request to change her behavior, or to clean up. Much easier.

4.) Difficult bedtimes - 2-3x/week

No problem at all - didn't have any difficult bedtimes til this week.

5.) Difficult mornings 3x/week

That's gotten a lot better.

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7 year old Female Patient w/ADHD, IBS & Food Allergies

**Bumped her to Senega
6c BID**



7 year old Pt.: ADHD, IBS & Food intolerances

Senega follow- up ~ 4 weeks later:

<https://polarityanalysis.com/>

Oct 9
2020



Office Visit Note 10/09/2020 Fri 3:00 pm Collapse

Action

CC/Reason: food allergies, irritable bowel syndrome, alternating constipation and diarrhea, and ADD.

HPI:

How are things in this last month. We don't give it to her 2x/day. Did for sometime, did more changes parenting strategies. Things have clearly improved. Kept her diet consistent. Keeping her regulated w/o new foods has been good.

How much better is Lilly since starting Tx? 60 - 70% better. We are doing online learning. Since August considerable improvement.

What's the remaining 30 to 40% that is not good? There is some impatient agitation with things she can't eat. Even holding the food, causes her to get amped up. Like muscle testing and she gets a quick adverse reaction.

Baseline:

1.) Mean/destructive to brothers - 3-5x/week
That's maybe once/week

2.) twice week - constipation/diarrhea/bloating
Resolved

3.) 3x/week failure to listen and follow--through
It's fewer and further between, Amplitude is not as bad when those episodes do occur.

4.) Difficult bedtimes - 2-3x/week
now once/week or less.

5.) Difficult mornings 3x/week
maybe once/twice per week, also quicker recover. Doesn't flavor the entire morning and the day.

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7 year old Female Patient w/ADHD, IBS & Food Allergies

**Bumped her to Senega
9c QD**



7 year old Female Patient w/ADHD, IBS & Food Allergies

**Jan 22 bumped to
Senega 12c QD**



7 year old Pt.: ADHD, IBS & Food intolerances

Senega follow- up ~ 1 year later

<https://polarityanalysis.com/>

Oct 21
2021



Office Visit Note 10/21/2021 Thu 3:15 pm Collapse

Actions ▾

CC/Reason: food allergies, irritable bowel syndrome, alternating constipation and diarrhea and ADD

HPI:

How are things? The Rx has been working great til June or so. Then our exposure was high, so not doing appointments. We've still been using it, still makes a difference. Started school again, and moved Lily to Waldorf, which has been a good transition.

Great? Transitions and stabilizing through day. Also way less anger and a better ability to focus. What are the remaining challenges? Bedtimes is starting to become an issue. There are some nights where she's having difficulty calming down. Like her body is ramping and trying to settle down - a cycle. Transitions are an issue as well.

How much better was she at the best? it was about 75%. Now there's like 25% left. Some of the regressive sx's are her inability to stay in balance. Over time she had more and more capacity - longer periods time she could stay in a more calibrated state. More? general equilibrium, prior to this Rx, she couldn't find a baseline. She's losing that internal locus of control. She'd be super angry, or some of those behaviors we saw initially.

Baseline:

1.) Mean/destructive to brothers - 3-5x/week
Now once/week

2.) twice week - constipation/diarrhea/bloating
No constipation/diarrhea, but has been bloated @ times.

3.) 3x/week failure to listen and follow-through
1x - 2x/week

4.) Difficult bedtimes - 2-3x/week
That's now more like once/week.

5.) Difficult mornings 3x/week
That's maybe once every other week.



7 year old Female Patient w/ADHD, IBS & Food Allergies

Oct 21st 2021
Senega 15c QD



7 year old Pt.: ADHD, IBS & Food intolerances

Senega follow- up ~ 1 month later:

Nov 24
2021



Office Visit Note 11/24/2021 Wed 9:00 am Collapse

Action

CC/Reason: Food allergies, diabetes, alternating constipation and diarrhea and ADD.

HPI:

How are things going? Better. Spoke with my wife - we've been consistent with the dose. That seems to get her to about 80%. What's the last 20%? Being able to regulate a bit better via transitions or when things don't go her way. It's clearly getting better though. Doesn't get stuck in that dys-regulated place for so long, can come out of it more quickly. I've noticed when we disagree, she doesn't get as caught up in being angry. She can shift more quickly.

Baseline:

1.) Mean/destructive to brothers - 3-5x/week

That has gotten a lot better. She wants to get attention from him, so if he doesn't want to play with her she gets upset. But much less destructive overall.

2.) twice week - constipation/diarrhea/bloating
Resolved

3.) 3x/week failure to listen and follow-through
That's much better.

4.) Difficult bedtimes - 2-3x/week

Normal @ this point, definitely not what it was, now more fleeting, not getting stuck.

5.) Difficult mornings 3x/week

They seem pretty good @ this point



7 year old Female Patient w/ADHD, IBS & Food Allergies

Oct 21st 2021
Patient given Senega
200c BID X 1 (Dry)



7 year old Pt.: ADHD, IBS & Food intolerances

Senega follow- up ~ 3 month later:

Feb 25
2022



Office Visit Note 02/25/2022 Fri 11:30 am Collapse

Actions ▾

CC/Reason: irritable bowel syndrome, alternating constipation and diarrhea, food allergies and ADHD

HPI:

How has Lily done after the higher potency? We were good til the end of December, and a slow decline. Her sx's that have returned are the cycling of her dysregulations, increasing reactivity to food again. The regular dosing was more helpful.

How much better is she now? A good 80% better. The nervous system agitation - physically overactivity. She had great difficulty settling @ night. You could see her ramping up and calming down. The restlessness - to calming cycle has begun to return.

Baseline:

1.) Mean/destructive to brothers - 3-5x/week

Overall better, but has begun to increase again in last few weeks.

2.) twice week - constipation/diarrhea/bloating

That's resolved.

3.) 3x/week failure to listen and follow--through

That has come back according to the teacher.

4.) Difficult bedtimes - 2-3x/week

That's much better, that's maybe once every 2 weeks. When it happens she feels either angry or like her body won't let her fall asleep.

5.) Difficult mornings 3x/week

Consistently once to twice/week. Some difficulty waking up. Some mornings she wakes up and is incredibly angry.



7 year old Female Patient w/ADHD, IBS & Food Allergies

Feb 25 2022
Patient told to get
Senega 21c
(Hahnemann had)
2 pellets QD



7 year old Female Patient w/ADHD, IBS & Food Allergies

Next Follow-up is pending

Any last comments/Questions about this case?



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 -