



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 Sundry Cases & Perceptual vs General Questionnaire



Seasonal & Perennial Environmental Allergies

46 year old Female



Seasonal & Perennial Environmental Allergies

46 year old Female

Mar 12
2020



Office Visit Note 03/12/2020 Thu 8:30 am [Collapse](#)

CC/Reason: seasonal allergic rhinitis, throat clearing, fatigue, insomnia, bilateral ear congestion And family

HPI:

Questions or concerns? I do have allergy season. I take claritin daily - started it early. It hasn't hit me like it normally does, more an irritant as it has been previously. Seasonal? Spring is the worst, but it's also around much of the year to a lesser degree. Lots of sneezing. What are the main symptoms - while on claritin? Scratchy throat, sinus congestion, fatigue.

Baseline (Claritin):

- 1) Sinus congestion - daily
- 2) Scratchy throat - daily
- 3) Hawking in throat - clearing throat - daily
- 4) Ears popping - daily
- 5) More lethargic



Rubrics to enter:

108	< bending over, while [worse]
37	heat, with inclination to uncover
37	perspiration, with inclination to uncover
77	< talking, speaking [worse]
93	< swallowing [worse]
115	appetite, absent
99	thirst
64	irritability (anger, aggression)
47	< sneezing [worse]
106	> lying position [better]
68	movement, aversion to
48	cough, expectoration in daytime, but not at night
65	< mental effort [worse]



Here's my spread:

Allergic Rhinitis, Seasonal Allergies (Spring)				12 Mar 2020	Calc.	Acon.	Bry.	Sulph.	Nux-v.	Cham.	Nat-m.	Merc.	Verat.
Hits					13	12	12	13	13	13	10	12	11
Sums					38	31	33	32	38	32	28	29	27
Polarity Difference				☰	30	26	24	20	19	19	19	18	17
108	< bending over, while [worse]	P	⊗	4	3	4	1	1	3	2	3	3	
37	heat, with inclination to uncover	P	⊗	3	4	1	2	1	2		1	3	
37	perspiration, with inclination to uncover	P	⊗	3	4	1	2	1	2		1	3	
77	< talking, speaking [worse]	P	⊗	4	1	3	4	2	3	4	1	3	
93	< swallowing [worse]	P	⊗	2	2	4	4	3	2	2	3	2	
115	appetite, absent	P	⊗	3	1	3	3	4	2	3	3	2	
99	thirst	P	⊗	4	4	4	4	3	4	3	4	3	
64	irritability (anger, aggression)	P	⊗	2	4	3	3	4	4	3	2	3	
47	< sneezing [worse]	P	⊗	2	1	3	2	3	3	1	3		
106	> lying position [better]	P	⊗	3	1	4	1	4	1	3	2	1	
68	movement, aversion to	P	⊗	1	4	2	1	4	1	3	2		
48	cough, expectoration in daytime, but not at night	P	⊗	3	2	1	2	3	4		4	2	
65	< mental effort [worse]	P	⊗	4			3	5	1	4		2	



Discussion:



I gave Aconite LM1 QOD



Bumped patient up to daily dose

Apr 2
2020



Office Visit Note 04/02/2020 Thu 8:30 am [Collapse](#)

CC/Reason: chronic fatigue, seasonal and perennial allergic rhinitis, congestion of both years and throat clear

HPI:

How are you doing? Great. It's amazing. I feel... didn't realize I had a scratchy throat almost every day. When started taking the Rx, I realized it. Still taking the claritin and the drops every other day. I've had very positive results overall. Noticed changes? Within 3 days, very quick. How much better overall? Considerably better - more so on the days I take it.

Remind me of it's seasonal and all year long? Now is my worst time, where pretty miserable even with taking claritin daily. Now the aconite is giving me more immunity. Have felt great this year compared to the last 6 or 7 years. I remember being miserable @ a job many years ago, was hardly able to handle being @ that job with allergies. I did start on the claritin earlier this year. Anxiety or fears in your hx? I did yes, went through a period of time. It was 8 or 10 years ago, suffered from anxiety and depression. Saw a Nurse Practitioner, went to her for counseling, that helped me out a lot. I got a hold of how I was processing information, and a change in my perspective was the #1 response that. Was on meds, and gradually got off the dose. It was wellbutrin.

Baseline (Claritin):

1) Sinus congestion - daily
That's been better.

2) Scratchy throat - daily
Clearly better.

3) Hawking in throat - clearing throat - daily
That's better as well.

4) Ears popping - daily
That's resolved.

5) More lethargic

Overall I do feel better there. Though transitioning to wroking @ home, so sitting more than when working @ the office. (corona virus work @ home sitaition)



Bumped patient up Acon Q3 QD

May 1
2020



Office Visit Note 05/01/2020 Fri 11:30 am Collapse

CC/Reason: seasonal allergic rhinitis, throat clearing, bilateral ear congestion, and fatigue.

HPI:

How are you doing with the daily dosing? For about a week, there was a ton of pollen, things got worse, but not near as bad as usual. I had a h/a, was lethargic, was avoiding going outside. Even driving my car, had significant symptoms. Overall, considerable better.

Overall improvement currently? 75% - it's a considerable difference. March and April is the worst of it. When @ my worse with them, feel like I'm catching a cold. I have chills, headache, lethargic. Have a very hard time keeping my head clear so I can work. Now having minimal sx's, even when pollen was really thick in air. Never got to the point where I felt sick, and unable to work and function. Typically have 2 or 3 days like that every spring. Waning time of the season for you? Yes. Also not having any sx's for about a week now. I've felt normal now. Normally still have some after effects of lighter symptoms til end of May. Usu have cough, runny nose, scratchy throat - they come after the peak of spring time allergies. It's more low grade. Now missing the low grade, skipped over that. Questions/concerns? I just turned 45, and need a colonoscopy.

Baseline (Claritin):

1) Sinus congestion - daily

Currently resolved

2) Scratchy throat - daily

Currently resolved

3) Hawking in throat - clearing throat - daily

Do still have a bit of that.

4) Ears popping - daily

Not happening

5) More lethargic

Not feeling that at all. Been working a lot, so a bit lethargic from that, but not due to allergic sx's.



Skip to Spring 2021 Follow-up: Pt. got a split dose of 1M 1/21 Rx'd split dose of 10M @ this visit

Apr 29
2021



Office Visit Note 04/29/2021 Thu 9:00 am [Collapse](#)

CC/Reason: seasonal and perennial allergic rhinitis, low serum iron, elevated LDL – c and elevated cholesterol

HPI:

I've had a great non-allergy season, such a relief. I'm very impressed. I've heard from many friends this is the worse allergy season ever. Normally this time of year, avoid getting outside. Now am outside and exercising consistently and doing very well.

I'm also doing well all around, no health complaints to speak of. You are not on any regular dosing about this now? Correct, just the two doses you gave me last. Noticed a response from those 1M doses. I noticed rapidly my scratchy throat resolved. Also Feb - March are normally my worst allergy sx's. So I've been hyper attendant on my symptoms and have just been consistently impressed by the odd lack of symptoms. Usu around my husband's birthday, I feel very poorly. They would usually start up and last for 6 to 8 weeks - so very nice to not have to battle with that.

Other issues? We started on cholesterol and A1c - Sept 2019, then in the next spring, we focused on allergies. I'm also still doing the intermittent fasting - eating window from 12-8 daily. I'm pretty good about not eating too many carbs, but maybe can still improve on that. I do blood donation every 8 weeks. How long donating? A bit over a year now. Before that, it was here and there. Menstruating? No, had an ablation 8 years ago. Last donation? This past Monday on the 26th. They always check my iron levels before going.



Case Study: Celiac's disease, Emaciation, Fatigue, chronic diarrhea, malabsorption & “Functional” primary hypogonadism



Case Study (Celiac's Etc), Initial Intake:

Oct. 26 & Dec. 13/2017, 33 yr old male police officer

Case Note: *First intake was to establish care, order pertinent labs and discuss general health matters. Gave the patient questionnaire, and on Dec analyzed and gave Rx*

“I have celiac dz, found out when 21 - it's genetic. We're married 6 years, eat gluten free, mostly dairy free, mostly whole and organic foods. We've worked on leaky gut and work to heal that. Was recently tested and found low with testosterone. I work for the county as a Sheriff's deputy. It's a stressful job, but not bothering me. I've always not weighed much, can't put on weight. Can't maintain weight. 125 is my baseline, never get above. Can you not gain muscle mass? I've lifted for years, and don't get much stronger. My body doesn't respond, it will get fatigue if continue lifting. Then can't maintain what little gain I've had. I feel healthy.



Case Study (Celiac's Etc), Initial Intake:

Oct. 26 & Dec. 13/2017, 33 yr old male police officer

Initial continued:

GI issues? I am more towards diarrhea. When I wake up in AM, have a lot of pressure and need to go. I'll go @ least 2 or 3 times in the morning before leaving for work. **Other GI sx's?** No, mostly loose stool. Also clearly reactive to dairy. It was clearly linked to dairy, b/c when it was in my diet I had significant eczema. When stopped it, eczema resolved.

I had a bladder infection earlier this year. **Sinus issues?** Yes. My dad has really bad sinus issues. Most of them improved with our diet changes. But still it tends to run @ times. I also have significant seasonal allergies. I had strep throat many times and got many antibiotics. I was also on many drugs as a kid, ritalin, and many more due to symptoms.



Case Study (Celiac's Etc), Initial Intake:

Oct. 26 & Dec. 13/2017, 33 yr old male police officer

Initial continued:

Temp? I tend to feel cold in general. I'm finicky though, so don't like to be too hot either. We wear jump suits, and I'm still cold. My hands get cold and don't warm back up. Having a meal helps? Yes. Fatigue? yes, tends to be late afternoon. Every once in awhile, my heart will miss beats, or beat irregularly. Goes on for a few seconds, it's generally while I'm sitting.

Chief Complaint? Celiac's with chronic malabsorption. Fat digestion? No issue. Can't deal with milk/gluten. Rice may be an issue as well. Temp? normal. Bladder issues? It's over active, pee a lot. Diarrhea/loose stool? Yes, and a weakness afterwards. I'm up @ 4 AM @ work @ 5. Get hungry @ 10. Hx of bladder issues? Yes, Hx of bladder infections - recent. ”

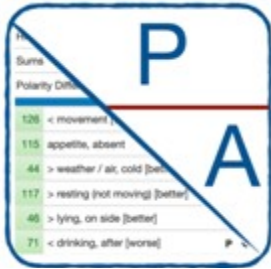


Case Study (Celiac's Etc), Baseline:

Oct. 26 & Dec. 13/2017, 33 yr old male police officer

Baseline:

- 1) diarrhea/loose stool - 5/7 days
- 2) Abdominal pressure morning daily
- 3) Frequent morning stool - can be up to 3-5 x before noon



Blood work from November 2017 draw:

FSH and LH

LH	3.4		mIU/mL	1.7 - 8.6	02
FSH	13.9	High	mIU/mL	1.5 - 12.4	02

Testosterone, Free, Direct

Free Testosterone (Direct)	8.4	Low	pg/mL	8.7 - 25.1	01
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Testosterone, Total, LC/MS

	496		ng/dL		03
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Reference Range:

Adult Males

>18 years 264 - 916

This LabCorp LC/MS-MS method is currently certified by the CDC Hormone Standardization Program (HoST). Adult male reference interval is based on a population of healthy nonobese males (BMI <30) between 19 and 39 years old.

Travison, et.al. JCEM 2017,102;1161-1173 PMID: 28324103.

Triiodothyronine, Free, Serum	2.9		pg/mL	2.0 - 4.4	02
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Now's a good time to enter
in the rubrics in the
program

78	< cold, when getting cold [worse]
38	> warm, becoming heated in bed [better]
46	> lying, on side [better]
42	< sitting, bent over [worse]
117	> resting (not moving) [better]
68	movement, aversion to
126	< movement [worse]
86	thirst, absent
99	hunger
57	< before breakfast, fasting [worse]
90	urination, frequent
93	< pressure, external [worse]
55	sexual instinct, weak
70	< physical effort [worse]



Here's my Repertory workup:



Use with PA class	09 Oct 2018	Scill.	Bar-c.	Staph.	Hep.	Agn-c.	Hell.	Caust.	Nux-v.	Calad.	Camph.	Phos.	Ars.	Chel.	Spig.
Hits		9	12	11	9	7	9	14	12	7	6	14	13	7	12
Sums		22	29	27	24	18	20	29	36	19	15	30	31	17	22
Polarity Difference	17	17	15	13	13	13	12	11	11	11	11	10	10	10	9
78 < cold, when getting cold [worse]	P ⊗	1	2	1	3		2	3	4		3	3	4		1
38 > warm, becoming heated in bed [better]	P ⊗	2	2	1	3			5	4		2	1	4		
46 > lying, on side [better]	P ⊗		1					2	4			3	2		1
42 < sitting, bent over [worse]	P ⊗	3	1			3		1	2			3	3	1	1
117 > resting (not moving) [better]	P ⊗	3	2	3	3	3	3	1	4	3	3	3	1	3	3
68 movement, aversion to	P ⊗		3					1	4	4		2	4	3	
126 < movement [worse]	P ⊗	3	2	3	3	3	3	3	4	3	3	3	1	3	3
86 thirst, absent	P ⊗	2		3	1	3	4	1	2	2	3	2	3	2	3
99 hunger	P ⊗	2	2	3		1	3	1	2	1		2	2		1
57 < before breakfast, fasting [worse]	P ⊗		3	4	2		1	1	2			1	1	3	3
90 urination, frequent	P ⊗	4	4	4		2	2	4				2	1	2	3
93 < pressure, external [worse]	P ⊗		4	3	4		1	1	1	3	1	2	1		1
55 sexual instinct, weak	P ⊗		3	1	3	3		4		3		1			1
70 < physical effort [worse]	P ⊗	2		1	2		1	1	3			2	4		1
74 > cold, when getting cold [better]			1	1		1	1	1	1	1		1			2
67 < warm, becoming heated in bed [worse]			1	1		1	1	2	2	1		2			1
50 < lying, on side [worse]			3/CI					1	2	3/CI		4(CI)			1
43 > sitting, bent over [better]			1	2				1	1	1			1	2	2
102 < resting (not moving) [worse]			1	1	1			1				1	2		1
58 movement, desire for		2		1					1				2		
102 > movement [better]			1	1	1			1				1	2		1
99 thirst		1	2	1	3/CI		1	2	3/CI	1		1	4(CI)		1



I was running out of time @ this intake. Made a mistake: Gave Scilla 6c 2x/week due to it's high PA:



Went home and read in Hering about Scilla, didn't look compelling for celiac's

A week after the general intake, I reviewed the case with serious doubts. I sent him a note in the portal - he'd been on Scilla by then about a week. I told him I thought I made a mistake with the Rx.

He responded back that the Rx was making deep changes already - after only 2 or 3 doses. So I was curious to see him (and his wife - who always attends follow-ups) @ the next follow-up.



First follow-up Scilla 6c

Jan 10, 2018:

It's been every other day for some weeks. **How are things?** Oh! way better. For one, I've gained weight. Was @ 124 and am now 132. My workouts have improved, have way more energy during workouts. I'm stronger. When things are difficult, can push through it. Before I had nothing. The urges to have to use the restroom is drastically reduced. Just drinking water all the time, and now w/o the frequent urges to urinate - that feels normal. Don't have the frequent urges. The second week I took it, felt a significant improvement in my brain function.



First follow-up continued Scilla 6c

Jan 10, 2018:

Better than I've felt in my entire life. **Wife:** He is also seeing a chiro who releases the atlas. **Any sx's that you feel are not improving or is getting worse?** No, the things we've seen big improvements on were those detracting from the quality of life the most. The biggest improvements are when started doing the every other day dosing, that's when I felt stronger. When I take the Rx, it's actually soothing - hard to believe.

Now I'm finding I want to go the gym. My appetite has improved so much too. Been out socially and eating as much as I wanted, and it was fine.



First follow-up continued Baseline:

Jan 10, 2018:

1) diarrhea/loose stool - 5/7 days

That is reduced greatly. It's a drastic improvement. Don't feel like I'm depleting my body. Before was exhausted after diarrhea, that is also much better.

2) Abdominal pressure morning daily

Not getting that anymore. I'll need to use the restroom, but can go and do other things - so the urgency is gone.

3) Frequent morning stool - can be up 3-5 x bf noon

That harder to say b/c now on a graveyard shift.



Blood work from March 8th 2017 draw:

Triiodothyronine, Free, Serum				
☆ Triiodothyronine, Free, Serum	2.6	2.9	n/a	n/a
Testosterone, Total, LC/MS				
☆ Testosterone, Total, LC/MS	628	496	n/a	n/a
Reference Range: Adult Males >18 years 264 - 916				
FSH and LH				
☆ LH	7.4	3.4	n/a	n/a
☆ FSH	16.5 H	13.9	n/a	n/a
Testosterone, Free, Direct				
☆ Free Testosterone(Direct)	8.8	8.4	n/a	n/a



Celiac's 2nd Follow-up (~ 2 months later)

Office Visit Note 03/22/2018 Thu 4:00 pm [Collapse](#)

CC/Reason: celiac disease, malabsorption, elevated FSH, hypogonadism, fatigue, family histories of stroke, diab

HPI:

How are things going in general? Fairly well. Got the stool sample kit, stopped taking drops during that week. We did AIP for one month. He had giardia earlier in his life. I'm having similar bowel issues on AIP. Bowel issues? The loose stool. He was strong Nov through December and not sleep deprived. Now sleep deprived. There's a battle with energy and fleeing well enough to do something.

Baseline:

1) diarrhea/loose stool - 5/7 days

Not had diarrhea for 7 or 8 days, stools are more firm, but still soft.

2) Abdominal pressure morning daily

That's resolved

3) Frequent morning stool - can be up 3-5 x bf noon

Much better

Muscle mass? last time I saw you it was to 126 - 131.



Celiac Case Report - 3rd Follow-up (~ 3 months later)

Office Visit Note 06/07/2018 Thu 1:00 pm Collapse

CC/Reason: celiac disease, chronic diarrhea, chronic fatigue, malabsorption, high FSH, and family histories of

HPI:

How are you? The twice/day during shift days has improved things. E/t I do, gets processed it through my gut. Seems things have been more steady with gut and digestion and BM's. Still eating really well. My weight is over 130 consistently, last was 133, better than hovering at 126. Energy has been good overall. Sleep's better too. going to sleep and eating within 2 hours before going to bed has been helpful.

Baseline:

1) diarrhea/loose stool - 5/7 days

Maybe one day now. Stools are softer, but not concerning.

2) Abdominal pressure morning daily

That's resolved, Things are more regular and consistent.

3) Frequent morning stool - can be up 3-5 x bf noon

That's not happening on non work days. That's not an issue, with the exception of some dietary changes - like lots of fruit

Muscle mass? last time I saw you it was to 126 - 131.

Hard to say, not felt the same energy. Felt drained lately. Had uptick in energy level, but last 2 or 3 weeks been feeling wiped.



December Visit of 2018

Time to change Rx's:

Dec 14
2018



Office Visit Note 12/14/2018 Fri 11:15 am Collapse

CC/Reason: celiac disease, hypogonadism, fatigue, emaciation, elevated FSH, and family histories of dementia, s

HPI:

They confirmed it's a varicocele - that's scheduled. The doctor said my left testicle 12mm and right was 18mm - due to lack of blood flow. He felt the one is doing the majority of the work.

Current symptoms? Still feel fatigued, can't gain muscle, or weight. Can do a resistance workout, feel healthy. Feel healthy but can't grow my muscle mass. Weakened by workouts. It does take me a long time to recover after a workout. I get 2 or 3 day soft achiness. Then after recovered, am no stronger. I get cranky when I'm hungry. If I look @ other males, they seem to be able to go w/o food w/o weakening longer than me.

Baseline:

- 1) Chilled - Most days
- 2) DOMS - 2 to 3 days following workout
- 3) Inability to gain muscle after workout
- 4) Fatigue - most days



Why change now:

- Regressing despite maintenance dose of Scilla
Without upping the potency, hard to know for sure but ...
Pt. is here now, let's see if analysis still points to Scilla or ...
S/t if do analysis, same Rx comes up. But in this case, a fresh
genius came to the fore
If Scilla still came up strongly, would likely give higher dose.



Green Rubrics Chosen in Office Visit:

< cold in general [worse]

< physical effort [worse]

heat, with inclination to uncover

< running, jogging [worse]

urination, frequent

urination, scanty

irritability (anger, aggression)

< eating, before [worse]

> after breakfast [better]

< rising from seat, while [worse]

Enter in the rubrics in the Repertory



Here's my Repertory workup
With only green rubrics:



[Copy] Emaciation		24 Feb 2020	Staph.	Bry.	Acon.	Calc.	Sulph.	Ars.	Lyc.	Spig.	Ferr.	Phos.	Bar-c.
Hits			8	10	9	10	10	10	9	8	7	10	7
Sums			21	25	23	23	27	23	24	21	17	25	19
Polarity Difference			17	16	15	14	13	13	13	13	13	12	12
90	< cold in general [worse]	P ⊗	2	2	3	1	1	4	1	2	2	2	3
70	< physical effort [worse]	P ⊗	1	4	3	3	4	4	5	1	1	2	
37	heat, with inclination to uncover	P ⊗	2	1	4	3	2	1	3	3	3	2	
54	< running, jogging [worse]	P ⊗	1	4		2	4	5	3	3		2	
90	urination, frequent	P ⊗	4	3	1	2	2	1	2	3		2	4
91	urination, scanty	P ⊗	4	3	3	1	3	2	2			3	1
64	irritability (anger, aggression)	P ⊗		3	4	2	3	2	3		3	3	3
66	< eating, before [worse]	⊗		1	1	3	3	2		2	3	4	2
58	> after breakfast [better]	P ⊗	4	1	1	4	2	1	1	3	2	1	3
70	< rising from seat, while [worse]	P ⊗	3	3	3	2	3	1	4	4	3	4	3
73	> cold in general [better]		1	1	1	1	2		2	1	1	1	1
6	> physical effort [better]												
55	heat, with aversion to uncover		1	1	1			3/CI				1	
6	> running (jogging) [better]												
68	urination, infrequent		1	1	3/CI	1	1	1	1			1	



Could this Repertorization
use fine tuning or is this representative?



I saw a Rx in the DDX that makes sense.
I wanted to see if adding some important yellow rubrics would favor the Rx or find for a better Rx, so I added two relevant rubrics:



- **Better after stool**

Pt. with Gluten enteropathy

Pt. significantly relieved after stool

- **Emaciation**

Long term hx of difficulty maintaining mass

Definition of Emaciation: the state of being abnormally thin or weak.



New Repertory graph confirmed my suspicion
(not always the case):



.....		Bry.	Spig.	Acon.	Staph.	Sulph.	Ferr.	Coff.	Rhus.	Bar-c.	Calc.	Lyc.	
Emaciation 14 Dec 2018													
Hits		12	10	10	9	12	9	8	10	9	11	10	
Sums		32	26	24	23	34	21	15	30	23	26	28	
Polarity Difference		19	16	15	14	13	13	13	12	12	11	11	
90	< cold in general [worse]	P ⊗	2	2	3	2	1	2	2	4	3	1	1
45	> stool, after [better]	P ⊗	4	4	1		3	1	1	4	1		
70	< physical effort [worse]	P ⊗	4	1	3	1	4	1	2	4		3	5
37	heat, with inclination to uncover	P ⊗	1	3	4	2	2	3	1	1		3	3
54	< running, jogging [worse]	P ⊗	4	3		1	4		1	3		2	3
90	urination, frequent	P ⊗	3	3	1	4	2		3	4	4	2	2
91	urination, scanty	P ⊗	3		3	4	3		1	1	1	1	2
62	emaciation in general	⊗	3	1		2	4	3			3	3	4
64	irritability (anger, aggression)	P ⊗	3		4		3	3	4		3	2	3
66	< eating, before [worse]	⊗	1	2	1		3	3		3	2	3	
58	> after breakfast [better]	P ⊗	1	3	1	4	2	2		2	3	4	1
70	< rising from seat, while [worse]	P ⊗	3	4	3	3	3	3		4	3	2	4
73	> cold in general [better]		1	1	1	1	2	1		1	1	1	2
96	< stool, after [worse]		1	1	1	3/CI	3	1		2	1	3/CI	2
6	> physical effort [better]												
55	heat, with aversion to uncover		1		1	1		1	3/CI				
6	> running (jogging) [better]												
68	urination, infrequent		1		3/CI	1	1					1	1
99	urination, profuse		2	4/CI	2	1	2		1	4/CI	3/CI	1	1
37	mildness						3			1			3
48	< after breakfast [worse]		3/CI				3/CI			2		3	2
27	> rising from seat, while [better]			1						2	1		2



Patient got Ferrum 8D (Dolisos)
4 drops daily dose



Follow Up roughly 3 weeks later on Ferrum:



Jan 9
2019



Office Visit Note 01/09/2019 Wed 10:45 am Collapse

CC/Reason: chronic fatigue, chronic emaciation, hypogonadism, celiac disease, elevated FSH, and family history

HPI:

How are you? I'm better. Noticed a huge improvement in e/t. The day I started taking it. My brain was putting things together, able to multi task, more energy. Overall felt better, who I was @the core. Easier to eat. More motivated to eat. E/t is better. The day I took it multi tasked and got 4 things done in the kitchen while watching the TV. It's been phenomenal, been able to workout and run. Have energy that's stored up that I can burn. before had to eat to do things, now just feeling better as a whole.

Baseline:

1) Chilled - Most days

I've not been as chilled. I'm still cold, also been sleeping naked due to varicocele. But when out working, not as cold - not so much fluctuating.

2) DOMS - 2 to 3 days following workout

I'm sore the next day, but not an issue - definitely better. I recently pulled a muscle in my right shoulder - but that's due to an injury @ work. Another thing I've also had less BM's per day, and they are also more solid. That was already better, but now even better.

3) Inability to gain muscle after workout

Too early to tell - sepecially with the injuries. But do feel like I can push more and better with recovery.

4) Fatigue - most days

Definitely better. We were good for 10 days and dairy indiscretions



May 2
2019



Office Visit Note 05/02/2019 Thu 1:30 pm Collapse

CC/Reason: Return- Homeopathic/Lab review AD

HPI:

I felt really good with that tincture. It's the greatest that I've ever felt in my life. Cognitive, appetite, strength, everything - unbelievable. Took my physical being and added like 30% - e/t was better.e Great. Did resistance training for 4 or 5 weeks - felt great. Did some heavy weight lifting, gaining muscle mass. There was an initial spike, then it plateaued. But still way higher than my baseline. Could really tell they were amazing. Ran out of them, things went down after that. Had a stress family issues, high stress @ work, and w/o the drops was a rough transition. After that became lethargic. Then got the 2nd batch of drops, my body couldn't recover. I am also getting. So there was no change from that potency @ all.

Went through 4 or 5 weeks of difficulty, but now coming out of it. I also had a bit of a rotator strain of my right shoulder. Another plaguing thing going for physical therapy.

Weight. I'm up to 138, good for me. Down to 134.5 of late. But that's returning, returning to a better baseline.

What I noticed the most, was going to the gym and dcould do full on workouts and be pushing out.

Still been sleeping well - even with the night shift. Also working to get naps in as well.



Last labs I have for patient:

Test	Value	Last 3 Values		
Collected: 03/26/2019 9:55 am Status: FINAL Completed: 03/31/2019 7:05 pm Accession No.: 08512960960				
FSH and LH				
★ LH	3.7	5.7	7.4	3.4
★ FSH	11.7	12.9	16.5	13.9
Collected: 03/26/2019 9:55 am Status: FINAL Completed: 03/31/2019 7:05 pm Accession No.: 08512960960				
Test	Value	Last 3 Values		
Testosterone, Free and Total				
★ Testosterone, Serum	714	713.3	628	496
Adult male reference interval is based on a population of healthy nonobese males (BMI <30) between 19 and 39 years old. Travison, et.al. JCEM 2017,102;1161-1173. PMID: 28324103.				
Collected: 03/26/2019 9:55 am Status: FINAL Completed: 03/31/2019 7:05 pm Accession No.: 08512960960				
Test	Value	Last 3 Values		
★ Free Testosterone(Direct)	9.3	12.6	8.8	8.4
Collected: 03/26/2019 9:55 am Status: FINAL Completed: 03/31/2019 7:05 pm Accession No.: 08512960960				
Sex Horm Binding Glob, Serum				
★ Sex Horm Binding Glob, Serum	50.8	64.6	77.7	69.0
Collected: 03/06/2020 11:43 am Status: FINAL Completed: 03/11/2020 12:07 pm Accession No.: 06653541420				



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 -