

Case Study by Robert Elliott

Insomnia (Onset and Maintenance)

Initial Consultation – 12 February 2008

A 34 year old female presented with insomnia. She found it difficult to get to sleep and to stay asleep. Upon questioning it was revealed that she had gone through a very traumatic marriage break-up two years earlier, and that from then on her sleeping had suffered. It was also revealed that her ex-husband was violent and refused to accept the marriage breakdown. At this point he was subject to a restraining order. She was very anxious, with low confidence, and emotionally agitated. She was also caring for her six year old son and lacked any family support. Her only medication was Stillnox, a hypnotic drug, taken 'maybe four times a week'.

This patient demonstrates that it is important to find out all you can about life circumstances and how these affect the patient's emotional balance. You are then armed with valuable information about which emotional areas you need to support with either Bush Flowers, or Bach Remedies, as well as the relevant nervines to use.



Other physical issues that needed to be addressed were:

Bloating, indigestion, dizzy spells, frequent bouts of thrush, breathing difficulties and mild hay fever.

Iridology showed that this woman was physically exhausted from the emotional pounding she had been through. Her circulation, especially in her head, was very poor. Her liver and portal system were congested, and her lymphatic system was slow. Inflammation was present throughout the body. Her iron levels were low.

Herbal Prescription

Bottle one:

Chamomile 1:1 (<i>Matricaria chamomilla</i>)	20mL
Nettle Leaf 1:1 (<i>Urtica dioica</i>)	15mL
Rue 1:1 (<i>Ruta graveolens</i>)	10mL
Withania 1:1 (<i>Withania somnifera</i>)	15mL
Garlic 1:1 (<i>Allium sativum</i>)	15mL
Dandelion root 1:1 (<i>Taraxacum officinale</i>)	15mL
Agrimony 1:1 (<i>Agrimonia eupatoria</i>)	10mL
Total:	100mL

Bottle two:

Baical Scullcap 1:1 (<i>Scutellaria baicalensis</i>)	20mL
Echinacea Blend 1:2 (<i>Echinacea purpurea/E. angustifolia</i>)	20mL
Red Sage 1:1 (<i>Salvia officinalis</i>)	10mL
Scullcap 1:1 (<i>Scutellaria laterifolia</i>)	20 drops
Total:	50mL

Bach Flowers: White Chestnut, Chicory, Sweet Chestnut, Impatiens, Mimulus, Larch and Rescue Remedy. (8 drops of each individual Bach Remedy are placed in Bottle One and 20 drops of Rescue Remedy in Bottle two)

Dose: Bottle One: 30 drops 3 times daily
Bottle Two: 15 drops 3 times daily
Taken together in water for six weeks

Case study by Robert Elliott (continued)

Other Recommendations:

This woman had an excellent diet, took moderate regular exercise and rarely touched alcohol. My advice was to keep up the good work but ensure that she tried to get some family/friend support to help with her son. She also needed to drink more water.

Second consultation – six weeks later

The patient reported sleep was much better. No need for the Stillnox after one week. Energy levels had improved but were not fantastic. Felt more calm and at ease with herself. Anxiety was probably '50% less'. Breathing was easier because her anxiety was down. Only one dizzy spell occurred in the second week. Bloating had virtually disappeared except for the odd occasion. No episodes of thrush.

The patient was pleased with the results and mentioned that she was just about to move back in with her mother 'at least until things started to sort themselves out'. Her only complaint was that with her new feeling of health she experienced some "pre-menstrual tension" with her most recent period.

Herbal prescription:

Bottle one: same as first time (with same dosage)

Bottle two: added Scullcap 1:1 (*Scutellaria laterifolia*) 10ml, St John's Wort 1:1 (*Hypericum perforatum*) 20ml, Chastetree 1:1 (*Vitex agnus-castus*) 10ml and Yarrow 1:1 (*Achillea millefolium*) 10ml. This became a 100ml bottle and dosage increased to 30 drops 3 times daily. Bach Flowers stayed the same.

Third consultation – six weeks later

The patient admitted that her ex-husband was 'still a problem and his actions are very wearing' but that she felt at ease and was still sleeping well without recourse to hypnotic drugs. She had moved back in with her mother and 'feels more secure' as well as having some relief from constantly looking after her six year old son.

Anxiety cropped up occasionally, dizzy spells had gone, breathing was easy with no hay fever, and digestion was '98% stable'. She had experienced one episode of thrush. Her energy was rated as good and she experienced no mood changes at last period. She was very happy with the results.

Herbal prescription:

Same as previous mixture. Patient had one further repeat six weeks later and reported all was very good, with no episodes of thrush.

Comment

In my opinion this patient's recovery demonstrates the powerful positive effects that flower tinctures have on negative emotional states. Her insomnia was caused predominantly by her troubled and unbalanced emotions. Not wishing to underestimate the power of the nervines, anxiolytics and hypnotics in her mixture, I feel that together the synergy of the mixture made for a very good result in a relatively short time.

For those not familiar with the Bach Flower Remedies an explanation follows:

White Chestnut: For thoughts which circle around and around one's mind and cause mental torture.

Chicory: For victims of emotional blackmail.

Sweet Chestnut: For moments when despair pushes one to the limit of endurance.

Impatiens: For patience in difficult situations.

Mimulus: For courage in fearful situations.

Larch: For confidence.

Practitioner Profile

Robert Elliott graduated with distinction from Dorothy Hall's College in 1999 and since then has been in full time practice as a Herbal Medicine Practitioner. He gained a Bachelor of Health Science Degree from Victoria University in 2002. Robert has been involved in over 10,000 patient visits and credits his successful treatments to experience, and following the Dorothy Hall model of balancing both the physical and emotional aspects of the patient. Drop doses are his preferred treatment regime and Iridology helps him to confirm accurate diagnosis.

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