

Case Study

by Catherine Browne

1st Visit - 29th November 2008

Paul* is 35 years old presenting with severe hay fever and allergies. He has a history of antibiotic use, sinusitis and eczema. Paul also suffers with constipation and would like to lose a few kilograms; he is getting married in eight months time.

Paul works in the construction industry and has allergies to dust and dust mites. He sneezes all the time.

Paul's sleep can be disturbed due to breathing difficulties and he suffers with frequent headaches. Paul works out at the gym regularly but gets fatigued easily, especially when his hay fever is bad or he has a sinus infection.

Paul is supplemented with over the counter vitamin C, a probiotic, and a men's multi vitamin. His diet is adjusted to a low reactive diet, with increased fibre and his water intake is increased.

Live blood analysis revealed dehydration, inflammatory markers, liver stress and increased white blood cells.

Treatment

<i>Albizia lebbekoides</i> 1:1	40ml
<i>Scutellaria baicalensis</i> 1:1	60ml
<i>Eleutherococcus senticosus</i> 1:1	40ml
<i>Echinacea blend</i> 1:2	40ml
<i>E.purpurea</i> 60% <i>E.angustifolia</i> 40%	
<i>Silybum marianum</i> 1:1	20ml

Dose: 7mls BD

Lymphodran Plus (antihistamine effect) 2 tabs TDS

Ultra Clean EPA/DHA 3 caps TDS

Probiotic 1 cap in the morning

Dietary changes were recommended to help with weight loss. Lifestyle recommendations were given to reduce exposure to dust and dust mites.

2nd Visit - 15th December 2008

Paul was feeling markedly better. He had not suffered with a headache since his last visit. He was still not sleeping as well as he had hoped. He felt his dust allergies were getting better and his breathing was improved. He continued with all nutritional supplementation.

Treatment

(Repeated the above prescription and made up a sleep mix)

<i>Passiflora incarnata</i> 1:1	50ml
<i>Valerian officinalis</i> 1:1	40ml
<i>Melissa officinalis</i> 1:1	50ml
<i>Withania somnifera</i> 1:1	60ml

Dose: 7mls 30 minutes before bed

3rd Visit - 7th January 2009

Paul was feeling much better on his 3rd visit. He was sleeping better and waking more refreshed. He has lost some weight but still has more to go. His energy levels are improved making it easier to get to the gym and organize himself to eat properly at home and at work.

Treatment

<i>Albizia lebbekoides</i> 1:1.....	40ml
<i>Scutellaria baicalensis</i> 1:1.....	50ml
<i>Eleutherococcus senticosus</i> 1:1.....	40ml
<i>Echinacea blend</i> 1:2.....	40ml
<i>E.purpurea</i> 60% <i>E.angustifolia</i> 40%	
<i>Uncaria tomentosa</i> 1:1.....	30ml

Dose: 7mls BD

Continued with dietary changes, lifestyle changes and supplementation.

4th Visit - 2nd February 2009

Much improved, Paul has continued to take the herbal prescription with minor changes for the months into winter. He feels better on the herbs and feels they have helped him a great deal. His constipation is resolved and he is not suffering from headaches at all.

Catherine has practiced in a well known clinic specializing in allergies and sensitivities where she gained valuable experience in these areas. She specializes in children's healthcare, as well as treating all members of the family, and now practices in a successful family focused clinic in Woollahra and in a clinic in Bondi. She writes articles for various media groups and continues to expand her professional knowledge. Catherine is also involved in corporate health education. She graduated in 2005 from the Australian College of Natural Medicine in Melbourne, after which she moved to Sydney and began practicing.

Clinic Details

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*Name has been changed