

Phase of Wood

Case History

Respiratory System

Coughs and breathing problems

Shira

Phase of Wood - Case History - Respiratory System – Coughs

Date: 24.3.2009 **Name:** Shira ♀ **Age:** 1 **Date of Birth:** 24.3.2008

Treatment Number: 1 **Siblings:** ♂ - 4

Chief Complain: Coughs, breathing problems, 3 times AB, rhinitis.

- ☉ From the day she was born suffers from barking cough. Specialist think it is thickness of the voice cords. The lungs are clean.
- ☉ Last night was the first night ever that she slept the all night, usually wakes up because of phlegm.
- ☉ An allergic medication treatment for one month did not helped her.
- ☉ Impulsive behavior

Pregnancy: OK

Birth: She was born with her face up side down. The head wad turned manually, the procedure was long.

Sleeping: While sickness she wakes up every one and a half hour, when she is healthy she sleeps good.

Night sweats: Some times. Sweats also during the day.

Stools: Some times green stools.

Vaccines: OK

Appetite: OK

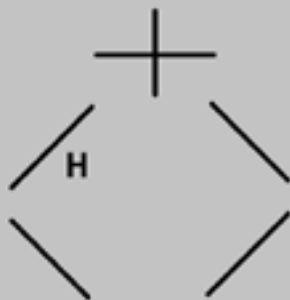
Stools: Sometimes days without bowl movement. Getting better.

Mood: Happy, smiling, wakes up with smile.

Red face: Typical

Pulse

Heat in the LIV



Treatment strategy

1. Introduction treatment
2. Balancing the heat in the LIV
3. Disperse the cold in the LIV if there is, after the antibiotic treatments
4. Balancing the emotional level
5. Tonify

Treatment: CO-11

CO-11 is good option for first treatment in states of excess in the LIV

See: Phase of Wood - "Gentle Balancing of States of Excess in the LIV" p. 373

Phase of Wood - Case History - Respiratory System – Coughs

Date: 30.3.2009	Name: Shira ♀	Age: 1	Date of Birth: 24.3.2008
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Treatment Number: 2 1 week later	
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Chief Complain: Coughs and breathing problems		Date	After	Treatment
	1	21.3	-	CO-11

Since the treatment she completely stabilized, not even single cough.
 Sleeping: Not good, all the week.
 Constipation: Small and hard texture, like a gout droppings.
 Breathing difficulty: OK

Pulse
No heat in the LIV

The diagram shows a pulse wheel with a cross at the top. The left side of the wheel has a checkmark (✓) inside it, indicating a specific pulse quality or location.

- Treatment strategy**
1. Introduction treatment
 2. Balancing the heat in the LIV
 3. Disperse the cold in the LIV if there is, after the antibiotic treatments
 4. Balancing the emotional level
 5. Tonify

Treatment: KI-3
Tonify and cool the LIV

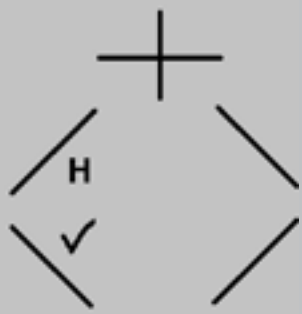
Phase of Wood - Case History - Respiratory System – Coughs

Date: 10.4.2009	Name: Shira ♀	Age: 1	Date of Birth: 24.3.2008
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Treatment Number: 3 2 week later
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Chief Complain: Coughs and breathing problems		Date	After	Treatment
	1	21.3	-	CO-11
	2	30.3	1 week	KI-3

She was vaccinated 4 days ago
 Heavy coughs started last night
 Sleeping: Slight improvement
 Night sweats: Improvement. Last night she was sweating very heavy.

<p>Pulse Heat in the LIV</p> 	<p>Treatment strategy</p> <ol style="list-style-type: none"> 1. Introduction treatment 2. Balancing the heat in the LIV 3. Disperse the cold in the LIV if there is, after the antibiotic treatments 4. Balancing the emotional level 5. Tonify
	<p>Treatment: CO-11</p> <p>She is showing improvement and might need some time to overcome the vaccine impact. CO-11 will restrain the excess in the LIV. The parents will help her with herbs to treat the cough and massage to expel phlegm.</p> <p><i>See: Phase of Wood - “Massages for Stimulating the Lungs and Expelling Phlegm”, p. 63.</i></p>

Phase of Wood - Case History - Respiratory System – Coughs

Date: 27.4.2009	Name: Shira ♀	Age: 1	Date of Birth: 24.3.2008
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Treatment Number: 4 2 week later
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Chief Complain: Coughs and breathing problems		<i>Date</i>	<i>After</i>	<i>Treatment</i>
	1	21.3	-	CO-11
	2	30.3	1 week	KI-3
	3	10.4	2 weeks	CO-11

Breathing: OK. Last evening she started to cough and to make voices of phlegm.

Sleeping: In the last 3 days, she wakes up every half an hour. Wakes up with strong crying – Maybe teething, but there are no fever or drooling.

Constipation: Normal texture, regular, no green stools.

Red face: still.

Night sweats: Less. In second thought – she is not sleeping since the vaccine – 3 weeks ago. (I recommended to postpone vaccination that should be carried out in three days)

Herbs: The herbs was very helpful, the cough disappeared in one day.

She was nervous for 2 days

Pulse
Heat in the LIV

- Treatment strategy**
1. Introduction treatment
 2. Balancing the heat in the LIV
 3. Disperse the cold in the LIV if there is, after the antibiotic treatments
 4. Balancing the emotional level
 5. Tonify

Treatment: LIV-2

The heat in the LIV is still there - time to disperse it.

See: Phase of Wood - “Emphases and Warnings regarding Treatment Using Dispersion Technique”, p. 58.

Phase of Wood - Case History - Respiratory System – Coughs

Date: 10.5.2009 **Name:** Shira ♀ **Age:** 1 **Date of Birth:** 24.3.2008

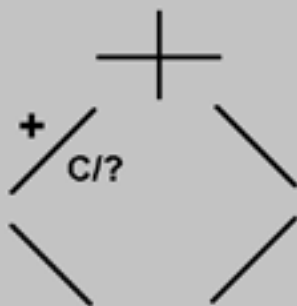
Treatment Number: 5
2 week later

Chief Complain: Coughs and breathing problems		<i>Date</i>	<i>After</i>	<i>Treatment</i>
	1	21.3	-	CO-11
	2	30.3	1 week	KI-3
	3	10.4	2 weeks	CO-11
	4	27.4	2 weeks	LIV-2°

Improvement in the phlegm condition, but the sleeping is still bad.
 In the last days, again she suffers from phlegm, rhinitis and phlegm voices.
 Night sweats: OK
 Red face: Still
 Stools: Sometimes difficulty. Crying while bowel movements.
 Wounds in the palate
 Nervousness: Improvement
 Already 6 weeks without inhalation or AB

Pulse

There is a feeling of cold in the LIV, but it is not clear and might be an excess in the GB



Treatment strategy

1. Introduction treatment
2. Balancing the heat in the LIV
3. Disperse the cold in the LIV if there is, after the antibiotic treatments
4. Balancing the emotional level
5. Tonify

Treatment: LIV-2

The treatment is progressing, there is improvement although she still suffer from phlegm. The change in the night sweats is key symptom to the improvement. The wounds in the palate is key symptom to an excess of heat. CO-11 will restrain the LIV that is excess but not clear what kind of excess and ST-44 will cool the body and treat the wounds in the palate.

See: Phase of Wood - "Mouth Ulcers", p. 209.

Phase of Wood - Case History - Respiratory System – Coughs

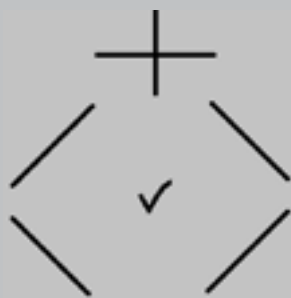
Date: 25.5.2009 **Name:** Shira ♀ **Age:** 1 **Date of Birth:** 24.3.2008

Treatment Number: 6
2 week later

Chief Complain: Coughs and breathing problems		<i>Date</i>	<i>After</i>	<i>Treatment</i>
	1	21.3	-	CO-11
	2	30.3	1 week	KI-3
	3	10.4	2 weeks	CO-11
	4	27.4	2 weeks	LIV-2°
	5	10.5	2 weeks	CO-11, ST-44

The last treatment was very good for her.
A few episodes of cough.
Sleeping: Not perfect. 3-4 times a night, sometimes only single time. Until midnight more difficult. Many times after midnight she will sleep until the morning.
Today afternoon - vaccination.
2 months without AB or inhalation. Since the first treatment.

Pulse
OK



Treatment strategy

1. Introduction treatment
2. Balancing the heat in the LIV
3. Disperse the cold in the LIV if there is, after the antibiotic treatments
4. Balancing the emotional level
5. Tonify

Treatment: HT-7

It seems that she achieved balance. Still there is difficulty in sleep. HT-7 can help with the sleeping issue.

See: Phase of Wood - "Sleep-related Problems", p. 305.

Phase of Wood - Case History - Respiratory System – Coughs

Date: 25.5.2009	Name: Shira ♀	Age: 1	Date of Birth: 24.3.2008
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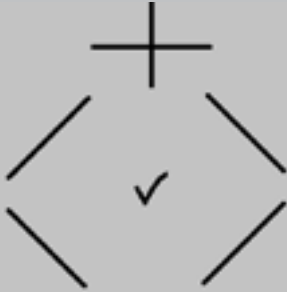
Treatment Number: 7 2 week later
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Chief Complain: Coughs and breathing problems		<i>Date</i>	<i>After</i>	<i>Treatment</i>
	1	21.3	-	CO-11
	2	30.3	1 week	KI-3
	3	10.4	2 weeks	CO-11
	4	27.4	2 weeks	LIV-2°
	5	10.5	2 weeks	CO-11, ST-44
	6	25.5	2 weeks	HT-7

She suffered from vomiting virus. Many children around her have similar symptoms. All the kindergarten of her brother got it.

Sleeping: Still wakes up, no significant change. Sleeps together with the parents – Might be part of the problem.

Red face: Some times, specially after bath.

<p>Pulse OK</p>  <p align="center">Last Treatment</p>	<p>Treatment strategy</p> <ol style="list-style-type: none"> 1. Introduction treatment 2. Balancing the heat in the LIV 3. Disperse the cold in the LIV if there is, after the antibiotic treatments 4. Balancing the emotional level 5. Tonify
	<p>Treatment: KI-7</p> <p>It is the last treatment and it is focusing in supporting and cooling the LIV.</p>

Conclusion:

This treatment was gentle. The progress was relatively slow but stable. She react good to gentle treatments, not all the children respond in that way. The big improvement after the first treatment (CO-11) gave the feeling that delicate treatment can do the job.