

Jenny

1. ABOUT THE PATIENT

1.1 This patient was a 25 year old female. She was on sick leave from the Army as she was training to become an army officer. She was also studying the massage course. She was a pleasant and quite cheerful person considering the story she was about to tell.

1.2 She had come to see us because one month before she had fallen whilst hurdling a wall on an army assault course which turned out to be 4 foot one side and 8 foot on the other, and broken her heel bone. The pain she was experiencing was a localised dull ache in the lateral aspect of her left ankle. It was worse for over exertion and better for rest. She had not tried heat or cold on it.

The second problem she had was that she had had meningococcal meningitis whilst she was at Sandhurst in the previous December (7 months previously) which had started with flu like feelings then feeling very cold and then a severe headache. She had been prescribed penicillin and admitted to hospital where she was for one week. She under went two lumbar punctures within a period of 24 hours because the first had ruptured blood vessels and had contaminated the sample. She was then discharged, went home for two hours then felt extremely cold , her extremities turned blue and she lost consciousness. She was returned to hospital where she was given a cocktail of drugs which removed the lining of her stomach. She has suffered from low back ache since the lumbar punctures that is dull unless aggravated which has only happen once through a back massage when the pain traveled down the inside of her leg to her heel. This back pain is better for heat and worse with her period. The dull ache is worse for sitting for a long time or driving a lot. She also has suffered from severe headaches at the vertex of her head which are a stabbing pain and at the same time she tends to feel nauseous and suffers from the loss of her peripheral vision. The headaches gradually build up starting with lethargy and they last between one to four hours. She has also noticed that she has suffered a temporary memory loss of the time just before the illness and that her retentive memory is poor. She tends to repeat herself.

1.3 Additional diagnostic information

Digestion is recovering, she had to eat baby food for first 3 months as she was unable to eat any dairy foods or wheat, she can not put on weight and she had lost a stone during the illness. Her appetite is better now but is not great. She suffers from great tiredness. She tends to be cold.

She had palpitations after her illness but they had worn off and she no longer had them at the time of taking the case.

Urination is clear and copious.

Drinks about 3.5 pints of water daily as “she feels as though she is trying to flush her body out”.

Sleep is for about 6 hours a night unless disturbed by nightmares in which case she may only get about 2 - 3 hours. The nightmares are reoccurring and are about her

1.3 Continued

dying. The night mares started when she left hospital having been told she nearly died and she now gets them about once every two weeks.

Her energy is very low.

Menstrual cycle is 28 days and a light flow lasting 4 - 5 days. There is pain before bleeding.

Tongue pale body with thick white coat at root and thin white coat on main area of the tongue. The edges were peeled and slightly orange coloured. There was a bilateral dip in the Spleen and Stomach area and swelling in the Lung area.

Pulse on the left was weak in the first position (HE), wiry in the second position (LIV) and deep in the third position (KID). On the right it was empty in the first position (LU), thready in the second position (SP) and deep in the third position (KID).

1.4 Her medical history is that she had chicken pox and measles as a child. She had glandular fever in 1991 and also a chest infection that year. In 1994 she was doing a road race and had a strange breathless attack which was thought to be due to hyperventilation but she has never suffered from asthma. She sustained a stress fracture to her second metatarsal on her right foot whilst doing sport at school. She tore ligaments on left knee and ankle in 1996 and spent 2 months on crutches. Medication - she is on painkillers for ankle, taken as and when necessary.

1.5 Lifestyle - She is a non smoker and only drinks 1 - 2 units of alcohol per week. She enjoys her exercise which is swimming 3 to 4 times a week and she does circuit training every day, sometimes this is with weights. She has had to cut down the weights and reduce her circuit training since hurting her ankle. She has been living with her parents since being ill and has started doing the massage course because she fears that she will not be strong enough to return to the Army and feels she has to start to train for alternative means of work. She describes herself as emotionally stable and fairly positive which shows in thinking about this possible change of career. She is obviously very keen on her exercise but this is quite extensive and may have gradually weakened her energies and due to several sporting injuries she may be more likely to get further injuries for example the left ankle ligaments had been torn the previous year and now she has damaged the same ankle.

2. IDENTIFYING THE PATTERNS

2.1 Local Stagnation of Qi in Left Ankle

Better for gentle movement

Worse for pressure

Slight swelling

Local trauma

Spleen Yang Xu

Pulse Deep

Tongue pale and swollen

Water in stomach

2.1 continued

Spleen Yang Xu continued

Poor appetite (now improved)
Tiredness
Nausea with headache

Liver Blood Xu

Tongue orange sides
Pulse thready
Poor memory
Tunnel vision with headaches (they come on gradually , pain is a dull ache and affect the vertex of the head)
Tiredness
Scanty menstrual bleeding
Stabbing headache which may be due to some Blood stagnation due to the Blood Xu.

Heart Blood Xu

Poor memory
Dream disturbed sleep and poor sleep pattern
Acute recurrent nightmares
Tongue body pale
Palpitations initially following meningitis but better now

Kidney Yang Xu

Lower back pain
Copious clear urination
Tendency to be cold
Pulse weak
Tongue pale

Kidney Yin Xu

Lower back pain
Poor memory
Pulse weak

2.2 The first pattern is the stagnation of Qi in the ankle because this is causing pain to the patient and is the reason for her coming to see us in the first place. Due to the aetiology of trauma this is stagnation of Qi. The swelling and better for gentle exercise is also characteristic of this pattern.

The Spleen Yang Xu pattern when it first happened due to the over medication did show signs of loose bowel movements and poor appetite but these aspects have both improved although the appetite is still not brilliant and that the patient is not

2.2 continued

putting on weight. The water in the stomach shows that the transformation and transportation of the fluids is not taking place properly. The tongue being pale and

swollen is characteristic of Spleen Yang Xu. The pulse being deep shows that the Qi deficiency may have progressed into Yang deficiency. The cold symptoms apart from when she was very ill are not pronounced although she tends to be cold rather than hot which indicates Yang Xu. The nausea with the headaches is probably due to the Stomach Qi not being strong and failing to descend due to the Spleen Yang Xu.

Liver Blood Xu is a consequence of the Spleen Yang Xu due to poor Blood production. She has symptoms of the scanty menses, visual disturbance, headaches at the vertex, tiredness, thready pulse and tongue sides being orange. The Chong and Ren Mai depend upon the Liver for their Blood supply and so when the Blood is deficient then scanty periods manifest. The Liver opens into the eyes so that when Liver Blood is deficient the eye will not be nourished. The Liver controls the sinews and when these are not nourished properly will be weak. The tongue will be pale due to the lack of Blood and when the sides of the tongue are orange this usually indicates a more severe condition. She also has a poor short term memory which is a Blood Xu symptom. She also had a poor sleep pattern and nightmares which is due to Blood Xu and the Shen not being anchored. Liver Blood Xu as it is a deficiency may also mean that there is Qi deficiency which is true in this case (SP Yang Xu) as "Qi moves Blood and Blood nourishes Qi". If there is lack of movement of Blood it may stagnate and cause localised stagnation in the head and hence the stabbing headaches that start with a dull pain which is the Blood Xu and lead to the stabbing pain gradually coming on which is Blood stagnation.

Heart Blood Xu - She had after the illness palpitations which tended to be more at rest but by the time of taking the case these had gone. She has a poor memory and also had dream disturbed sleep. The Heart governs the Blood and if this is deficient then the Heart is disturbed and Shen cannot be housed in the Heart at night. This leads to dream disturbed sleep. The Heart also controls the mental aspects and if Blood is deficient then the thinking will be dulled and the memory poor. The pale tongue is due to the Heart opening onto the tongue and so when Blood is deficient then the tongue will be pale. There is a weak pulse in the Heart position which shows that there may be more disturbance of the Heart which may be due to the disturbed Shen and the Shen not resting due to the near death experience. Disturbed Shen is due to the shock and fear of nearly dying. This problem is further exacerbated because of the Blood Xu which prevents the Shen from anchoring properly at night.

Kidney Yang Xu - The clear copious urination and lower back ache along with the tendency to be cold, plus the weak pulse and pale tongue indicates Yang Xu. When Kidney Yang is deficient it cannot transform the fluids properly and leads to the abundant clear urination. The Kidneys also do not have enough Qi to strengthen the bones leading to low back pain. The coldness is due to the Fire of the Gate of Vitality not warming the body.

Kidney Yin Xu there are a few signs and symptoms which show there is a possible underlying Kidney Yin deficiency although it is more from the aspect of if the Kidney

2.2 continued

Yang is deficient then there will be a certain amount of Kidney Yin deficiency (the Kidneys are the root of Yin and Yang). The sore back may be due to the Kidney essence not nourishing the bones. Kidney Yin deficiency may affect the production of Marrow and so will not fill the brain and lead to poor memory.

For both the Kidney Yin and Yang, the near death experience will have damaged both the Heart and the Kidneys and as Jenny tends to be frightened with the dreams this shows that the Kidneys are in more of a state of shock than the Heart which you would expect would show agitation which is not so in this case.

Another aspect to the back pain may be due to the trauma of the lumbar punctures. The puncture tends to be in the region of DU 4 and perhaps the trauma to this point could have damaged the energy flow in the DU channel causing the back pain and my have caused some of the headaches. From a western perspective the removal of the spinal fluid creates an imbalance in the amount of fluid at the top of the spinal column and around the brain and as a result severe headaches are felt. I feel that this could be allied to upsetting the flow of energy in the DU channel. The ache now is dull which indicates more of a deficiency but is worse for lack of exercise so may also indicate some stagnation of Qi and Blood which may be due to the trauma and the dull ache due to underlying Kidney deficiency.

There are a few signs and symptoms which are not accounted for under these syndromes and it may be possible to account for them as follows :-
The pain before a period is probably due to some Liver Qi stagnation and also this may be added to by the wiry pulse in the Liver position. This may be because of the deficiency in Qi due to the Spleen Yang Xu. This then will upset the free flow of the Qi by the Liver and stagnation may occur. This would be excentuated by stress.
The pulse being empty in the Lung position may indicate general Qi deficiency. The more swollen appearance of the tongue in the Lung position may be due to the dip in the Spleen position excentuating this.
The thick white coat on the root of the tongue may indicate Damp in the lower jiao.

3. AETIOLOGY AND PATHOLOGY

3.1 Local stagnation of Qi in the ankle - aetiological factor is miscellaneous as it is due to trauma of breaking the bone in the ankle.

Spleen Yang Xu - aetiological factors are over medication due to cocktail of antibiotics given during meningitis, irregular and poor diet during illness, over exercise of excessive sport and army training and mental strain of too much studying. These are all miscellaneous factors.

Liver Blood Xu - aetiological factor is miscellaneous due to poor diet during illness, and febrile disease. The febrile disease affects the Kidney's which then affects the formation of Blood which affects the Liver see 3.2.

Heart Blood Xu - aetiological factor is miscellaneous due to poor diet leading to Spleen Yang deficiency which leads to Blood deficiency therefore also see 3.2. Another aetiological factor is emotional due to the shock and fear of having a near death experience. This is due to being told that she nearly died after the severe febrile disease.

Kidney Yang Xu - aetiological factor is miscellaneous due to the poor diet affecting the Spleen which leads to the retention of Damp which affects the Kidneys by

3.1 continued

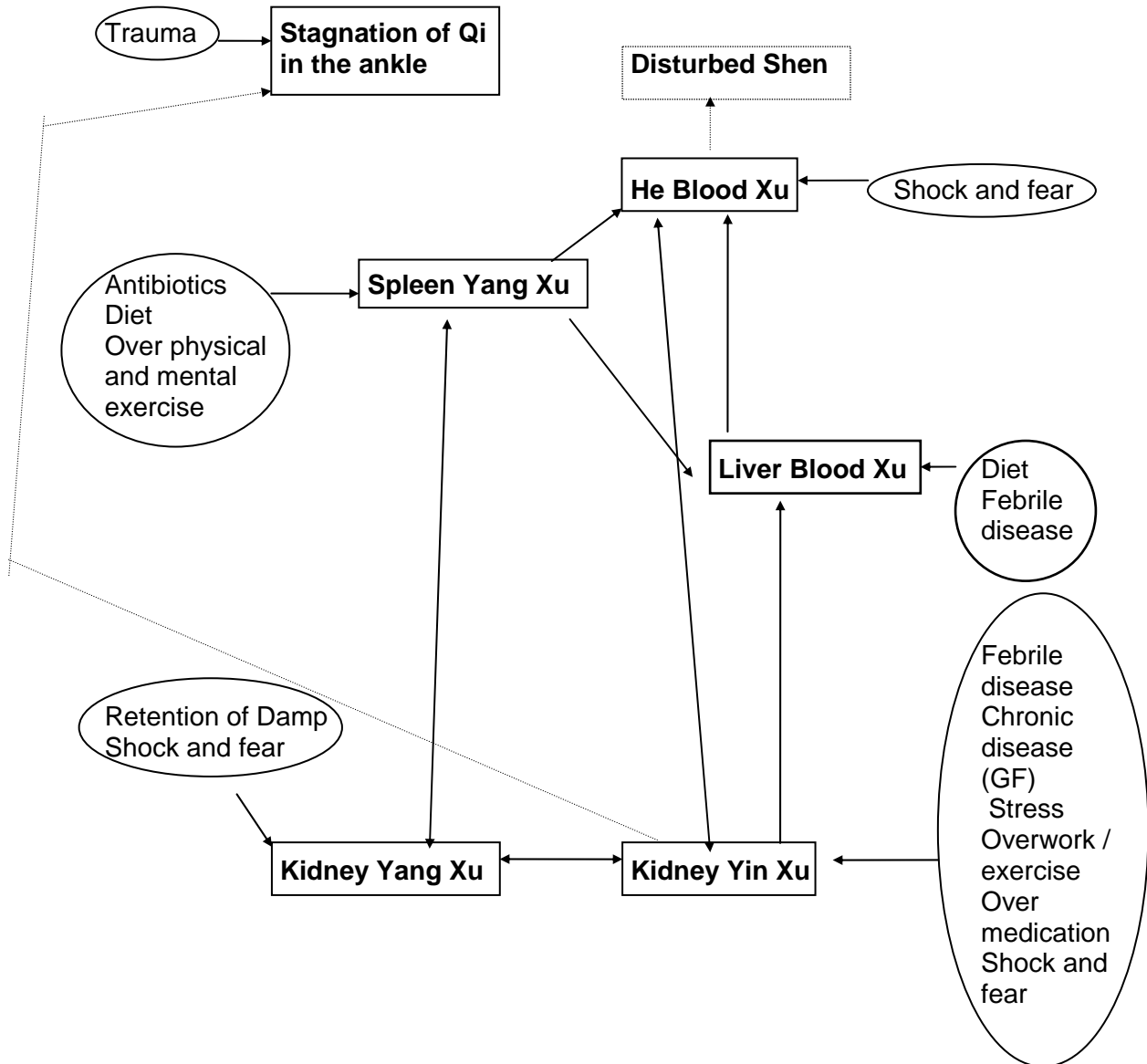
obstructing the movement of fluids and will lead to deficiency of Yang (see 3.2). The emotional aetiological factors of shock and fear have also damaged the Kidneys Yang.

Kidney Yin Xu - aetiological factors are miscellaneous due to the fact that there has been severe febrile disease (meningitis and measles) and some chronic disease (glandular fever). Overwork particularly from the exercise point of view whilst training

and also in a stressful situation. Also over medication. The emotional aetiological factors of shock and fear have also damaged the Kidneys Yin.

The key aetiological factors in this case are miscellaneous due to trauma, over medication, poor diet, over exercise and febrile disease. The other key aetiological factor is emotional due to shock and fear.

3.2 Pathology diagram



3.2 continued

As she initially came to see us about her ankle which is still quite a recent injury I would expect to see this problem resolved quite quickly. The Spleen Yang Xu and the Blood Xu would take quite a while to improve as she is so deficient due to her severe illness. The EPF will have penetrated through to the Blood level and so this makes the illness very severe.

In this case I feel that the Kidneys are the Ben or root of all the patterns. They will need tonifying to get over the shock and fear aspects, also the Kidneys are partly used in Blood production and also they produce all the warmth to warm the Spleen

so that the Spleen may function properly. The Spleen Yang Xu is the Biao of the Kidney Yang Xu which if the Spleen is not performing properly leads to the poor transformation and transportation of Food and hence the reduced production of post heaven Qi which then affects the production of Blood causing the Liver and Heart Blood Xu (the Biao). The Shen is anchored at night in the Blood so that when the Blood is deficient the Shen is not anchored and so wanders hence the symptoms of dream disturbed sleep. Therefore the Disturbed Shen is the Biao of Blood Xu and Blood Xu is the Biao of Spleen Yang Xu.

4. TREATMENT

4.1 Treatment Principle

Move stagnation in the ankle. Tonify Stomach and Spleen. Nourish Liver Blood and calm Shen. Tonify the Kidneys.

4.2 Treatment Plan

As the patient had come to see us about her ankle and not about the after affects of the meningitis it was necessary to discuss with her and give her the choice of just treating her ankle or of being able to treat her ankle as well as her other problems. After explaining about the affects of her illness on her body and being able to strengthen her energies by tonifying her Spleen and Stomach and nourishing her Blood she opted to have both done at the same time. We suggested that it would need 10 to 15 treatments at weekly intervals.

I would expect the ankle problems as they were quite acute to mainly be cleared in the first 3 to 5 treatments. At the same time as this we would try to clear the water in the Stomach and tonify the Stomach and Spleen and hopefully there would be improvement in this area in the first 5 to 10 treatments. The nourishing of the Blood Xu could also take place at the same time as the tonifying of the Spleen and Stomach and may take the whole treatment time. With the nourishing of the Blood Xu the calming of the Shen would happen simultaneously. Also with the nourishing of the Blood the Blood stagnation of the headache would be resolved. With the tonifying of the Stomach and Spleen the general Qi of the body would be improved. It would also be necessary to tonify the Kidneys as the severe illness will have damaged these and this should take place along with the Spleen and Blood nourishing but perhaps starting this after the first few treatments so as to not over do the number of needles and drain the patient too much.

4.3 Lifestyle Issues

The main area that the patient could help herself with is her diet, getting proper rest and relaxation and not overexerting herself either physically or mentally. On her second consultation she was advised on how to improve her diet to help her post heaven Qi develop by supporting her Spleen energy. The following is the diet sheet she was recommended to follow wherever possible. Firstly she was recommended to eat carbohydrate rich vegetables such as carrot, parsnip, turnip, peas, black beans, sweet potato, yam, pumpkin and white squash. Secondly, she could add some pungent vegetables and spices such as onion, leek, ginger, black pepper, fennel, garlic, nutmeg and cinnamon. Thirdly, she could add small amounts of certain sweet

products such as cooked fruits, rice syrup, barley, malt, molasses, cherries and dates. All foods need to be fresh and chewed well as well as taken in an easily digestible form. The foods should be cooked moderately well. Breakfast is the most important meal of the day and so something that does not tax the digestive energy should be consumed. Cereal with cold milk should be avoided as this uses a lot of energy to warm it up and digest it. It was suggested that she should try porridge made with oats or rice (1 part rice to 5 parts water, half cooked and then left to cook in a slow cooker overnight). This may be sweetened with a little dried fruit, or to add variety a few nuts.

She should avoid eating a lot of raw or cold foods as this uses more of the Spleen energy to digest them. She should avoid over eating, a little and often is the best way. She should avoid eating too much sweet foods as a little sweetness provides the Spleen with its Qi but too much overwhelms and weakens the Spleen. Too much sweet also is more likely to produce Damp and certain other foods should also be avoided for causing Damp these are wheat, dairy products, nuts, oils, fats and citrus fruits and juices. Too much meat especially pork and beef are also very damp and so meat should be consumed in moderation.

She should rest well and reduce the amount of exercise to allow the ankle to mend and the body to recuperate. The reduction in circuit training would also help to stop the depletion of Qi. She perhaps would find it helpful to try some relaxation techniques and also some self bereavement counseling to help get over her near death experience.

4.4 Points

Key points

GB40 - Moves the channel and was a painful point on her left ankle. Used to move stagnation of Qi in the channels.

SP5 - Again this was a painful point on her left ankle so was used to move Qi in the channel.

GB20 - This points actions brightens the eyes when the Liver Blood is deficient which is useful in this case to help with her visual disturbances. It also tonifies Marrow and nourishes the brain which would help her memory. It was used also for the smooth flow of Liver Qi to the head and so is very useful in the treatment of headaches. Reducing method could have been used but in this case even method was employed as she was so deficient.

4.4 Points continued

HE7 - This point is used for calming the Shen which is essential in this case to treat the disturbed Shen. This point also tonifies the Heart so will treat the Heart Blood Xu and so will assist the poor memory and the disturbed sleep. Even method was used here.

KID 16 - This point tonifies the Kidneys and benefits the Heart. Therefore it can be used to tonify the Kidneys and the Heart at the same time as well as calming the Mind. This point tends to be use when Kidney Yin is deficient and is not nourishing the Heart sufficiently. It helps to harmonise the Heart and Kidneys. Even method was used.

Yintang - Calms the Shen. This was used on several occasions to calm her and help her Shen. Even method.

REN 12 - This point's actions tonifies the Stomach and Spleen and so is important in deficient patterns of these organs. In this respect it helped improve the poor appetite and tiredness. It was used to improve the transporting and transforming action of the Spleen so that the water that was accumulating in the Stomach early in the treatment could be cleared thus allowing the digestion to work better. Even method was used.

KID 3 - This point was used to tonify the Kidneys as it treats both Yin and Yang aspects. Even method.

ST36 - This point was used to benefit the Stomach and Spleen to help the Spleen Yang Xu and it also tonifies the Qi and Blood and so is also useful to treat the Blood Xu patterns. This point can also strengthen the body for whole body weakness which helps the general tiredness and lack of energy. Again even method was used although tonifying method could have been used.

ST 21 - This point's actions in this case was to regulate the Stomach which was used to clear the excess of water sitting in the Stomach. It also subdues rebellious Qi and so could be used to reduce nausea with the headaches. Even method

P6 - This point was used to calm the Shen to help the disturbed Shen. It was also used in conjunction with SP4, and in this case this combination was used to open the Yin Wei Mai which connects all the Yin channels and so can be used for the deficiency of Blood and or Yin. It has a tonifying action on the Heart and is good for nightmares. It is also effective when the Shen is not well rooted due to Blood or Yin deficiency and is particularly effective in calming the mind of women. It can also help with Blood Xu headaches. Even method.

SP4 - This point was used in conjunction with P6 as above. Even method

GB34 - This point was used for its ability to promote the smooth flow of Liver Qi and to regulate the Liver Qi so that the ST Qi may descend. This was to help the nauseous feelings with the headaches. It was also used as to move the channel as a more distal point with GB 40. Even method.

4.4 Points continued

LIV 3 - . This point can also nourish Liver Blood which was necessary in this case. It also has a calming effect on the Mind and was used when Jenny was suffering from stress. Even method was used.

SP6 - This point has several useful functions in this case. It tonifies the Spleen which helps with the poor appetite and tiredness. As it is at the crossing point of several channels, Kidney, Liver and Spleen it can help several problems which involve these channels. These are promoting the smooth flow of Liver Qi which helps to calm the mind, tonifying Kidney Yin and nourishing both Blood and Yin. It is particularly useful in calming the Shen when it is due to Heart Blood deficiency due to the Spleen not making enough Blood. Even method was used.

Secondary Points

SI4 - Used on the right arm to treat the left ankle in a moving treatment i.e. the point was reduced as the left ankle was revolved.

BL60 - Move the channel on the left ankle. Reducing action was used.

SJ4 - Used on the right arm to treat the left ankle. Moves the channel

The following five Bladder points were used with very shallow needling to remove toxins from all the medication that was taken and to calm things down generally. It is a method used by the Leamington School called aggressive energy treatment and reddening of the points needled is looked for. The non reddened points are removed and the other needles are left in for quite a time. The reddening indicates that the Zang which are linked to the point used are in disharmony. In this case the method was used not so much for its identification of disharmony but for its removal of toxins.

BL13 - Tonifies Lung Qi, stimulates the Lung descending and dispersing function.

BL15 - Tonifies the Heart and calms the Shen.

BL18 - Benefits the Liver and Gall Bladder.

BL20 - Tonifies the Spleen and Stomach, nourishes Blood.

BL23 - Tonifies Kidney Yin, Yang and Jing

SJ5 - Subdues Liver Yang rising for headache but was only used once.

DU20 - Subdues Liver Yang for headache. Clears the Shen. This was used when Jenny was upset about the death of her friend to lift her spirits. Even method.

Other points that could have been used but were not

Anmian - Calms the Shen for insomnia

4.4 continued

REN 4 - Nourishes Blood and Yin and is good for all Xu conditions of this type. It can also calm the Shen for anxiety

LIV 8 - Tonifies Liver Blood and is good for all Liver Blood Xu conditions

Some points to help the lower back pain might have been SI 3^R and BL 62^L which opens the DU channel and tonifies the Kidneys and as she is female this could have been combined with the Ren vessel by doing LU 7^L and KID 6^R which would have nourished Yin and Blood. This might have helped around her period time when the pain was worse.

An example of a points prescription at the beginning of the case was ST 21", REN 12, P 6^L + SP 4^R, GB 40^L, SP 5^L, SI 4^R (moving ankle), BL 60^L. Sparrow pecking around ankle. Massage to ankle.

An example of a points prescription later in the case was GB 20", Yintang, GB 34^R, LIV 3^L, HE 7^L, Kid 3^R, KID 16", SP 5^L, GB 40^L. Massage to shoulders.

4.5 Referrals and Medication

As by the time she came to see us she was not on any medication except for the occasional painkiller for the ankle pain, as this was resolved, there was no further need for the painkillers.

5. PROGRESS AND OUTCOME

5.1 Up until the time of writing the patient had had 9 treatments. Her ankle had improved considerably and now tended to be just a bit stiff but the main problem here was Jenny trying to get fit to return to Sandhurst to pass her fitness test and re start her officer training and so she tended to over use it. Although her anaerobic exercise was quite good her aerobic exercise such as running was severely weakened which was due to her being still quite Qi deficient.

Her energy levels improved dramatically and she kept well to her diet which she felt made a big improvement to this aspect and she was very pleased about this but the only draw back of this is she was tempted to over do things.

The water in the Stomach cleared very quickly in the first couple of treatments so it was possible to move on to the headaches and sleep areas of the treatment. All along it is important to remember that the reason she came to see us was because of her ankle and all the other problems she had were secondary in her thoughts.

Unfortunately around the time of treatment 4, a close friend of hers was killed by a drunk driver and this set back her improvement particularly in the stress, sleep and headache areas of her treatment. She also sat her massage course exams which she found stressful and the headaches became worse around this time too. When her headaches became more frequent and she tended to have more loss of vision with them. She then went on holiday and her headaches improved as she was in a stress free environment. Slowly as treatment progressed she began to have less nightmares and a better sleep pattern but this was very gradual and was set back by the friends death which of course brought back her own memories and so this took longer to start to resolve than expected.

5.1 continued

With the set back at treatment 4 it was necessary to concentrate the treatment more on the headaches and calming of the Shen aspects of the treatment than the tonification of the Spleen which with the diet change had improved. It was felt as time went on that it was necessary to concentrate more on the harmonising of the Heart and Kidneys and so points such as KID 16, HE 7, KID 3 and Yintang were added into the treatment.

Towards the end of the time of her treatment she was still having trouble with her aerobic exercise and found it extremely demanding which showed she still was not very strong.

More use was made of general massage to shoulders and neck with the aim of relaxing her, calming her and reducing tension in the muscles. This would also help to move stagnation of Qi. Massage of the ankle was also frequently used to move the stagnation of Qi and moxa was also applied to this area with good effect.

5.2 The main reason for Jenny first coming to see us was for help with her broken heel bone. By treatment 5 it was greatly improved and all the pain had gone but occasionally she would get stiffness, only once did it need any further treatment so this part of the treatment was a great success. Her energy levels when she first came

were very low and these recovered with a careful diet and treatment to a very good level by treatment 8. The main problem here was the temptation to over do things when she felt better !! Her dreams and sleep pattern took longer to improve and had only just shown that they were improving by treatment 9 and this was largely due to the set back of her friend dying. In this area I believe it might have been helpful for her to have some counseling for self bereavement at the same time as the acupuncture as this might have helped her to come to terms quicker with her experience although this would be expected to take quite a while and probably the whole time of the treatment plan. The headaches and tunnel vision were always worse for stress and when she took proper rest they improved a lot. They gradually became less frequent and less severe which was an encouraging sign but at the time of writing the treatment had not been completed and they were still present. This I believe was probably because although the Spleen Yang Xu had improved greatly, the Liver Blood Xu would take longer as it was a result of the SP being weak and would need longer treatment to be resolved. The tonification of the very weak Kidneys would also be necessary to improve the Blood Xu and this too would take longer. The most positive thing of this case is that she passed her Sandhurst fitness test and was accepted back onto a three month rehabilitation course and if she passes this she will be allowed to re - continue her officer training course which is an extremely demanding course both mentally and physically. She also managed to do a parachute jump for a meningitis charity. I have my doubts as to whether she has given her body enough time to recuperate as she returned before completing her course of acupuncture. Lets just hope she does not over do it !!