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Mei Zen Provider case study

**Patient age/gender:** The patient is a 60 year old female.

**Chief complaint:** The patient presents with hair thinning. The patient noticed that her hair began to thin a couple of years ago. She also complains of difficulty sleeping. Patient also desire to feels younger and prefer cosmetic acupuncture to botox injections.

**Family medical history:**

The patient's mother had chronic asthma that began as a young child. The patient's father passed away in November 2013 after a long, chronic illness.

**Patient medical history:**

The patient has noticed that her hair began to thin a few years ago, around the time that her father passed away. The stress of her father's passing has worsened her hair loss.

Also, the patient has a history of asthma. The patient has been diagnosed with asthma since she was 10 years old. The patient reports waking up in the middle of the night occasionally due to strong wheezing and coughing. Since November 2016, the patient's insomnia has been constant and worsening with both her asthma and the stress from her current job, working as a massage therapist. The patient is currently prescribed an orange inhaler that she uses daily, along with a bronchodialtor inhaler.

The patient reports a need to express her negative emotions and frustrations. There are times when the patient feels overwhelmed after the loss of her father.

The patient reports alcohol use with 5 drinks during a typical week.

**Review of Systems:**

Energy- WNL

Temperature- Patient's temperature is colder when tired.

Sleep- Generally, the patient has a good night's sleep. Sometimes she gets up twice in the middle of the night.

Pain- WNL

Appetite/Thirst- Patient reports having a good appetite. No complains of thirst.

Digestion- WNL, occasional bloating, when consuming beans

Elimination- No constipation, no diarrhea.

Emotional- sadness and grief due to recent death of cat. Patient lives alone.

HEENT- The patient wears glasses.

In 2017, the patient had her breast implants removed.

**D & D:**

On 12/5/2016, the patient's pulse was soft, thin and empty. Tongue: pale, narrow.

**Facial diagnosis:**

Overall, the patient's hair appears thin. The distribution of the hair is even with less density on the front part. The patient's skin appears dry, intact, and without itchiness. The cause of her skin dryness is due to Kidney Liver and Lung disorder (Kidney Yin weakness, Liver & Lung with too much Heat).

Another cause of the patient's dry skin is due to Blood Deficiency. Yin and the Blood being weaker and the skin is unable to get enough nutrition and moisture from the deficient Yin and Blood. The patient has dry skin along with other symptoms, such as emotional disturbance and insomnia.

Patient's frequent alcohol use has caused Heat in the Liver and Lung.

**Recommended course of treatment:**

It is recommended that the patient comes in twice a week for 10 weeks for acupuncture. Using a nutritional diet and micro needles for the patient's hair loss, the goal is to see gradual, improved hair regrowth within the course of the treatment.

Additionally, the goal of the treatment would be to improve the patient's insomnia and to have the patient rely less on the use of her daily inhaler. It is not advisable to suddenly discontinue the patient's asthma medication. Instead, the aim is to work alongside with acupuncture and herbs.

Mei Zen protocol

**Supporting points and why:**

Opening Ren Mai bilaterally will help target the chest area and help with grief and sadness. It will also help with the area under the eyes, lips.

Acupuncture point Du20 is used whenever the patient reports feeling overwhelmed or anxious. This point clears her mind from overthinking, and counteracts depression.

Acupuncture point ST36 is used to tonify Blood deficiency and insomnia in the patient. In general, this is a very important acupuncture point for building and maintaining overall health. This point is also used to treat the patient's asthma.

Acupuncture point SP9 is used to resolve "dampness". This point is useful for the patient when excess water within the system does not move well and the patient experiences symptoms such as edema, swelling, bloating, gas, diarrhea or constipation, brain fog, sluggishness, difficulty with urination, and aching in the limbs.

Acupuncture point SP6 is used to improve women's general health and to aid with insomnia. This point helps movement and transformation, frees Qi stagnation, courses the lower burner, and regulates the blood chamber and the palace of essence.

LU9 is used to tonify LU and help with grief.

**Herbal support:**

Polygonum 14( Evergreen) 3 scoops TID.

Schizandra ZZZ( Evergreen) tea 4 scoops at bad time

Omega 720 Icaps BID with food.

Biotin capsules: Open capsule and mix with egg yolk. Apply mixture to the roots and massage for 10 min. Leave for 10 more min. Wash out. Repeat 3 times a day for a month.

**Skin care regimen:**

The patient's skin appeared dry. The patient should moisturize her skin at least at night.

**Nutritional recommendations based on D & D:**

On 1/18/2017, the patient and I discussed an increase of dietary beets and red apples in her diet, as well as beet salad with walnuts and prunes.

Since the patient sometimes has difficulty sleeping, the recommendation would be to eat her last and smallest meal 3 hours prior to bedtime.

For the regrowth of tissue and hair, it is recommended that the patient consumes red apples.

To nourish blood and calm spirits, it is recommended that the patient consume beets.

The patient should void drinking alcohol and eating hot, spicy or deep-fried food; avoid onion, ginger, garlic, chives, shellfish and lamb – these can create Heat in the Liver, Lung or digestive system and flare up the skin.

The patient should avoid bitter foods, as they may make the condition worse.

**Any additional modalities that you use:**

The patient practices yoga and enjoys occasional walks.

**Challenges:** hair loss is not a quick fix so patience is the key. Healthy expectation is a must.

**Your observation of changes visible and health-wise:**

The patient's first appointment was 12/5/2016. Approximately 3 weeks later, on 1/11/2017, during the exam the scalp had visible hair thinning. This was apparent across the room. No patching of the hair.

On 1/27/2017, the patient's chin and eyesight had improved after the first MZ.

On 2/5/2017, the patient appeared more energized.

Facial complexion improved, including a reduction in fine lines, a leveling of deeper lines.

Skin become more soft and healthy looking, more vibrant.

**Patient observation and comments:**

The patient's first visit was 12/5/2016. Approximately 3 weeks later, on 1/11/2017, the patient noticed hair regrowth.

On 1/18/2017 the patient reported improvement in better hair growth. The patient stated that she woke up less frequently during the night.

On 1/27/2017, the patient stated her vision improved and that she “started seeing wider”. Prior to trying acupuncture she felt that her \_ was out of place. During this visit she reported feeling relaxed.

On 2/5/2017, the patient reported her sleep had improved.

**Recommended follow-up and why:**

Follow up in a month to re-evaluate and repeat Mei Zen protocol to continue support the work done and achieved.

Continue with daily morning and evening moisturizer and cream regimen, Omega supplement.

Healthy lifestyle ( yoga, gym) and healthy food plan to follow.