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Mei Zen Provider case study #2

Patient age/gender: The patient is a 45 year old female.

Chief complaint: The patient presents with excessive facial hair growth, especially on her chin and above upper lip.

Family medical history:

Father died one year ago from stroke. Mother is 67 yo. Lives in Belorussia. Main concern is High Blood pressure. Patient one sister. Health concern is unknown.

Patient medical history:

Medication: None

Supplement: Iron

No use of tobacco. Drink alcohol socially once a week, 1-2 drinks.

No use of caffeine

Patient has gallbladder removed in 2005.

Facial hair growth has been a problem since 14 yo.

No major illnesses.

Vaginal delivery. Both babies were delivered premature at 32 weeks.

Review of Systems:

Energy- WNL

Temperature- no hot flashes. Cold hands and feet.

Sleep- WNL

Pain- headaches, mostly prior, during or after period. Left heel pain upon awakening. Sharp burning pain 5 out 10 on a scale of 10. Pain decipates after walking for some time. Joints pain, especially shoulders during rainy weather. Pain come and goes.

Appetite/ thirst: good appetite. Avoid fatty food due to gallbladder stones in the past.

Chest/ abdomen: WNL. Sometimes sharp pain due to ovulation.

Digestion: Bloating/gas after eating beans.

Elimination: WNL, daily

Emotional: easy going, happy marriage. A little disappointed about older daughter future(22 yo). She lives separately with her boyfriend. Both never went to college, but working. Patient wants her daughter went to college and get a degree. Younger child is still in high school (15 yo), involved with hockey.

HEENT: WNL, vision 20/20

LMP: last month 02/25/18. Regular 28 day period. Excessive bleeding for 3 days. Patient needs to take Iron supplement.

Patient had multiple pregnancies but was not able to carry to the fetus.

D & D:

03/15/2018

BP 105/70, Heart rate 60, Pulse: R. thin soft, L. wiry

Tounge: bluish, thin white coating

Kd Yang Xu, SP Qi Xu/ Liv Qi stag, Ren/ Chong disharmony

Facial diagnosis:

Eyebrows: thick, long and dark. The patient is very friendly. easy to find contact with people, proactive and take a leading role at work(accountant).

Eyes: Wide. Puffy upper eyelids (SP), baggy eye sockets (KD Xu)

Nose: not large or small, just right.

Philtrum is slightly flat, which can be a sign of fertility problems.

Mouth: Wide/ full lips. Mustache on the upper lip(Ren /Chong imbalance)

Face shape: Oval. A sign of being a diplomat.

Dark skin tone, oily skin.

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 acupuncture the goal is to see gradual, improved facial rejuvenation within the course of the treatment.

Additionally, the goal of the treatment would be to decrease headaches and heel pain.

Mei Zen protocol twice a week for 5 weeks, then re-evaluate.

Supporting points and why:

LU7 and KD6- Open Ren Mai Channel, encircles the lips

SP4 and PC6- Open Chong Mai Channel, encircles the lips, assists with female hormonal issues.

DU20- calm the mind.

LI 4 and Liv 3 - 4 gates, to improve circulation, Liv Qi Stagnation.

ST36 is used to tonify Blood deficiency in the patient especially during the after ending of her period. In general, this is a very important acupuncture point for building and maintaining overall health.

SP9 is used to resolve Dampness. This will help with puffiness of the eyes and joint pain.

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

Ashi point near (R)LU10 for trating (L) heal pain. Dr. Tan method.

Herbal support:

Corydalin AC- 4caps during acute headaches.

JWXYs- 3spoons TID.

Omega 720 1 caps BID with food.

Skin care regimen:

The patient's skin appeared normal to oily. The patient should use Alpha Lipoic Acid to improve under the eye bags and puffiness and improve overall facial skin.

Nutritional recommendations based on D & D:

Healthy nutritious meals that include animal protein to avoid blood deficiency symptoms, red fruits, vegetables and berries (red color is color of the heart), healthy greens and sea food.

Any additional modalities that you use:

None.

Challenges: Reduction of facial hair is not an easy task. Expectations should be realistic.

Also patient experienced discomfort with insertion of needles. Skin is fairly thicker at the chin and jaw level.

Your observation of changes visible and health-wise:

The patient's first appointment was 03/15/2018. A weeks later, on 03/23/2018 patient noticed that her period was more balanced. Patient didn't noticed any headaches. Heel pain reduced each time Ahi point on (R) LU10 was inserted. Patient reported that heel pain was decreased each morning. Phacial hair was not reduced. However, the inflamation process on the chin has dramatically improved. Skin gets softer, more vibrant.

Patient observation and comments:

Headaches become less noticable. Heel pain decreased as well as joint pain. Patient is very satisfied with her facial rejuvenation procedure.

Recommended follow-up and why:

Follow up once a month for continuous support of the facial health. Keep skin clean and hydrated.