

## Case Study: Angeline

- Age 29
- Getting married in 6 months and wants to feel good at her wedding
- Current:
  - Life long anxiety
  - Nausea with menses
  - Diarrhea 36 hours premenstrually: goes on BRAT diet (Bananas, Rice, Apples, Toast)
  - MD diagnosed her with gastritis. Rx: PPI
  - Sharp pains in stomach all month
  - Gas severe all the time
  - Low appetite, losing weight
  - Vaginal yeast infections twice in two months
  - Lifelong menstrual irregularity: Second menstrual cycle in 2 weeks
  - Allergies: last all year, uses Nettie pot

### ATM's

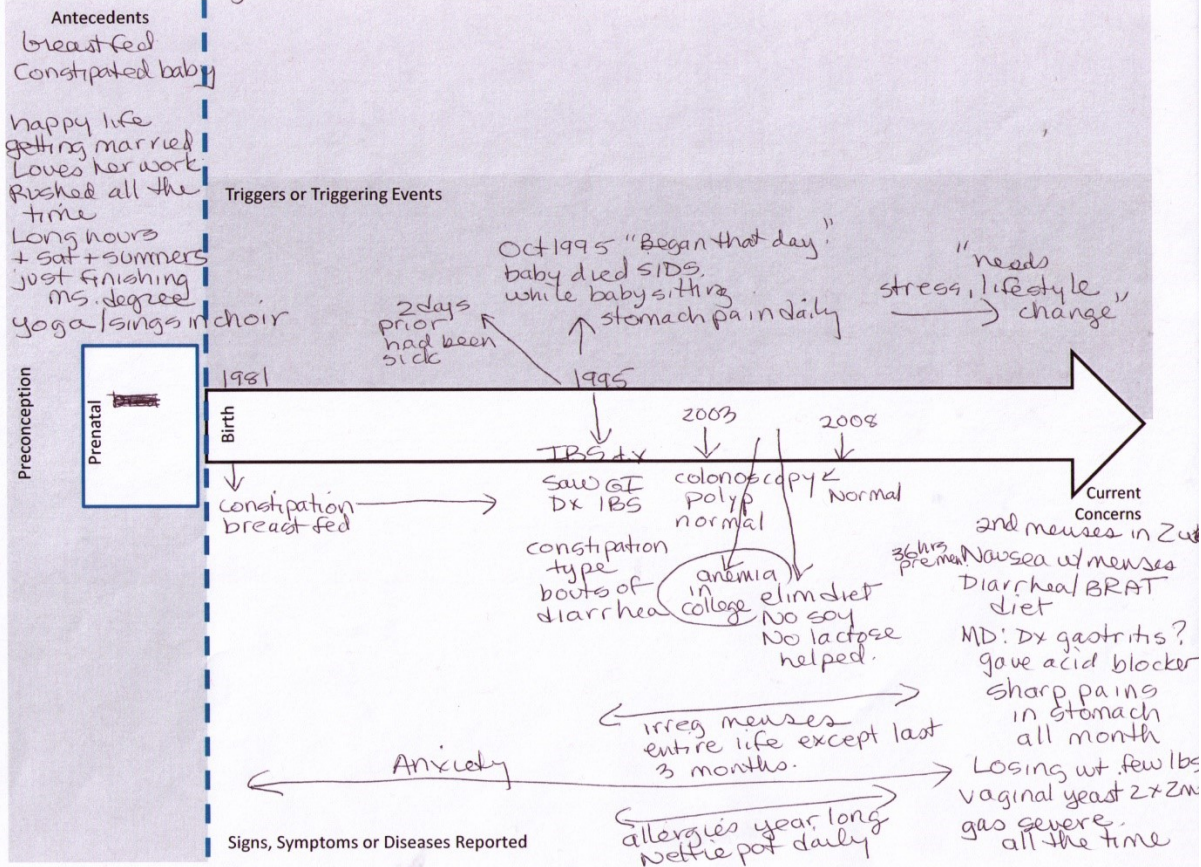
- Antecedents:
  - Breastfed
  - Constipated as a baby
  - Happy life
  - Just finished MS degree in Special Education
- Triggers:
  - Had a flu-like syndrome in 1995
  - Baby sat a couple of days later. Baby died of sudden infant death.
  - Since then IBS-like symptoms
- Mediators:
  - Stress
  - Diet

### Previous Labs

- 2003: colonoscopy, polyp removed, otherwise normal
- 2008: colonoscopy normal

The Patient's Story Retold		Physiology and Function: Organizing the Patient's Clinical Imbalances				
Antecedents		Assimilation		Defense & Repair		
Lifelong anxiety Constipation Stress						
Triggering Events						
Baby died of SIDS while babysitting age 14						
Mediators/Perpetuators		Communication      Spiritual Transport      Biotransformation & Elimination      Energy				
Stress, food						
Personalized Lifestyle Factors						
Sleep & Relaxation	Exercise & Movement	Nutrition & Hydration	Stress & Resilience	Relationships & Networks		
Name: _____ Date: _____ CC: _____						

# Age 29 Angeline



The Patient's Story Retold		Physiology and Function: Organizing the Patient's Clinical Imbalances	
Antecedents		Assimilation	Defense & Repair
Triggering Events		Structural Integrity	Energy
Mediators/Perpetuators		Communication	Biotransformation & Elimination
<div> <div>Mental</div> <div>Emotional</div> <div>Spiritual</div> <div>Transport</div> </div>			
Personalized Lifestyle Factors			
Sleep & Relaxation	Exercise & Movement	Nutrition & Hydration	Stress & Resilience
Not enough relaxation Sleeps fine 7 hrs	yoga	Eats out, varied, likes sweets, hydrated	Long days, no break, wedding, school
		Relationships & Networks	
		Healthy getting married, sings in choir	