

## Digestive Class Patient Exercise

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1. 53-year-old woman who comes in to see you with digestive problems. She says her stomach always feels uncomfortably full after eating even a small meal. She is a little overweight. She says her diet is “not bad,” consisting of whole grains, soups, salads, some fish and meat, some dairy, nuts, seeds, and sometimes chocolate, chips, and other packaged foods, but not too often.

Her tongue is heavily coated, thick, with a few teeth marks. She says her sleep isn't too good and she tends to wake up from 1-3 am nearly every night. After stretching and reading for awhile she finally falls back asleep until about 7:30 when she has to get up and go to work. Her mood is variable and can change throughout the day. She feels as if her life is passing her by and she isn't having enough fun. She has no partner, and her 2 kids are both out of town at college.

-what is your TCM diagnosis, possible western medical diagnoses?

-possible etiological factors?

-what kind of supplements, herbs, lifestyle choices would you recommend?

-how would you know, and how soon, if your suggestions are helping?

2. 38-year-old man comes in with frequent anxiety, “breathing problems,” heart palpitations at times, and neck and shoulder pain. His tongue is red with very little coating. His main problem though is frequent diarrhea, usually 3-4 times a day. No blood in the stool, but quite watery.

His diet is “average,” according to him. Some processed food, often eats out. He goes to the gym and tries to stay fit. His girlfriend also has digestive problems. They argue a lot at times and are in counseling.

What would be your TCM diagnosis? Possible western diagnosis? What are your recommendations? What about etiological factors, life style changes or additions? If you prescribe 2 formulas, one for treating the branch and one for treating the root, what herbs would they include? Dose? Form of the herbs? How long to take?