

# A Discussion of Terrain, Stress, Root and Vulnerability within Chinese Medicine

Presented by Dr. Leon Hammer  
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## SPIRIT

DRRBF-Pf. 6

f. Lorie Eve Dechar- Five Spirits

The Spirit- According to this tradition, spirit — the invisible “yang” energy of the divine — is not waiting to be discovered after death, high up and far away in Heaven. Rather, this energy is present, here and now, in our lives on Earth! Spirit may be hidden, yet it can be known and worked with through its manifestation in the cycles, movements and forms of the natural world.

This belief led the ancient Chinese to a reverence for the yin — matter, the Earth, nature and the body. They called the natural world the Mysterious Feminine and referred to it as “the visible face of Tao.” Taoist alchemists believed that all transformation as well as all healing depended on the healer’s ability to understand and work with the divine energies that stream through matter. Only through our devotion to the ways of the Mysterious Feminine — the body, nature and the Earth — can we experience healing that brings us back to the wholeness, authenticity and spontaneity of “our own perfection.”

## TYPES OF STRESS

### a. Sleep Disorders

Discussed in last Webinar

Kidney-Heart Disharmony

Other Sleep problems

### b. Food

- Type and Amount of Food
- Regularity
- Rapidity
- Pathological
  - Anorexia
  - Bulimia
- Work
- Exercise
- Emotional
  - Work
  - Home
  - Spouse
  - Money
  - Sex
  - Children [can kill you]
  - Global

### c. Toxicity

- Generally immersed in toxins
  - Food, Water, Air
  - Artist-inhalant solvents
  - Industrial

Herbicides

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Insecticides

Fungicides

Plastics

Genetic

Military

Radiation

EM

- Drugs
  - Medications
  - Recreational
- Toxicity and Development
  - Long and short chain hydrocarbons
  - Attach to endocrine receptors
  - accelerate growth
  - Destroy Essence
  - People are weaker
  - Do not have the resilience of older generations
- Chronic Illness or very severe Acute Illness

## 5. LIST of STRESSES According to COM [Contemporary Oriental Medicine]

### BLOCKS

1. Red Button Issues that belong in Western medical care and are usually acute or terminal
2. External Pathogenic Factor-Acute
3. Pain
4. Stability
  - a. Separation of Yin and Yang
  - b. Qi Wild & chronic disease
    - a. 'Towards a Unified Theory of Chronic Disease'
  - c. Circulation out of Control [Irregular Rate]
  - d. Blood Out of Control-`Reckless Blood' [Hemorrhage]

- e. Metanoia` chaos is opportunity for change of `mind'  
[81]
- 5. Split pulse
- 6. TRAUMA AND SHOCK
  - a. Post Traumatic Syndrome [82]
  - b. Noise
  - c. Pregnancy and Birth
- 7. Retained Pathogen
  - a. Toxins
    - i. Drugs and Meds
    - ii. Industrial
    - iii. Military
    - iv. Radiation
  - b. Parasites
  - c. External Pathogenic Factor Invades [Chronic]
  - d. Damp-Heat [Phlegm] [Latent or Lurking Heat]
  - e. Emotions
- 8. Structure [Long Leg Article]
- 9. Lifestyle
- 10. Constitution
- 11. Homesickness
- 12. Anomalies
  - a. Fan Quan
  - b. San Yin
  - c. Arnold-Chiarri
  - d. Aneurysm [Large Vessel]
- 13. Obfuscation
  - Obfuscation- **The Pulse and the Individual**, The American Acupuncturist, Spring 2008, Volume 43
- 14. Scar

## PATIENTS

### PATIENT # 1

Female Age 52-Married

i. Neighbor in Rural area delivering fresh eggs

Overheard Complaining one day to wife that she was only 52 years old and was falling apart and did not want to die young- had a long life ahead-crying

ii. Invited her to have PULSE taken

#### Pulse Synopsis:

General: Systemic Infection [Undetermined]

Qi Deficiency [Moderate]

Blood deficiency [Moderate]

Yin deficiency [Moderate to Severe]

Nervous Systemic Tense

Retained Heat Pathogen [Moderate to Severe]

#### Specific:

##### Heart:

Breech Birth [Inflated (4+)-Trapped Qi in Heart  
Qi stagnation

Repression of joy related to a loss of love

Heart type of depression- sadness

re: sadness and loss

Excess Heat

Mitral Valve Insufficiency

Circulation Qi deficiency [mild to moderate]

##### Lungs:

Qi Stagnation [moderate]

Sadness

Excess Heat

##### Liver

Excess Heat

GB Damp Heat

GB dysfunction [severe]

##### Spleen-Stomach-Spleen

Spleen-Stomach-Intestine Qi deficiency [moderate]

Stomach-Intestine inflammation [moderate]

Damp Heat

Esophageal heat-stagnation

##### Kidneys and Lower Burner

Yang-Essence Deficiency [Severe]

#### Pulse Summary:

The patient is a 52 year old married Nervous System Tense woman with severe Kidney Yang-Essence deficiency and Trapped Qi in the Heart resulting from birth trauma.

This is accompanied by moderate Qi, Blood and Yin deficiency, a retained heat pathogen that is marked by a mild systemic infection.

Other findings include a moderate Heart-Lung depression and sadness; Damp Heat in poor functioning GB [Liver]; inflammation in the Stomach-Intestines and Qi deficiency.

### iii. ASKING

Chronic Frontal Sinus Pressure

Right ear affected first-blocked

Between 5-10 years

Cold and ear aches- antibiotics

Allergic to cats; dust mites; golden rod; trees;

GM died when 12 – helped her cook- cooler

Difficulty with Heat

Headaches

Back nasal-thin & clear; cannot blow it out; just into throat

Recently with `dry pocket` – turned green-thick

Tx: Netti Pot

Steam

Worked in cold meat room for 10 years

Did not do well in heat- couldn't adapt from cold to heat

Have to sweat- diarrhea; throw up

Childhood stress at home:

Father WWII veteran became as severe alcoholic

Mother under constant stress

Patient as a child went out of house to escape and cut herself off from all awareness and emotion

Cold in back

Generally cold but one spot moves around from top to bottom

With her constantly

Sleep

Difficult because she is so cold-cannot get warm

Thinking

Sometimes gastrointestinal disturbance

Wake up many times- move a lot- bed clothes tossed

Kidney Hear Yin deficiency

Good sleep between 2-5AM

Chest

Feels tight: exhaling and on exertion

Since childhood

Father smoked 3-4 packs/day

Hot Flashes

More when eats sugar or eats late

Periods: 28 days, 5 days; light;

6 miscarriages

8-12 weeks

Fatigue

With eating- more fruits and vegetable – less starch

Muscle Ache

With Changing Weather patterns

- One shoulder bothering her at night
- Bowel Movements
  - Lose shape
- Onions
  - Bloat, severe gas and diarrhea
  - Late Teen
  - Do not eat greasy foods-reflux- one year
  - Usually laying down:
  - BM sinks medium brown color
  - 2-3/ day
    - loose if drink enough water
    - hard and large if do not drink water
    - mucous and light blood
    - Lettuce, skin of tomatoes and corn
    - If overheated-mucous in stool
    - Apple [Empire] and grapes runs through her
- Sweating
  - Night if keep warm- 75% only with hot flashes
- Back
  - Feeling great
  - Chiropractor
- Teeth Clenching
  - Destroyed some of her teeth requiring root canals
- Lifestyle
  - Does not wear hat, scarf. Discuss that she needs to protect herself from elements, cold, heat, pollen etc..
  - She and John never cease to work, mostly for others. Both are very tired. No right to live unless work for it.
  - Needs to take more time for self; wants to go to Ocean in Maine and just sit for a while.

#### iv. Collated Summary

The patient is a 52 year old Nervous System Tense married woman with profound Kidney Yang-Essence deficiency as a result of a Breech birth and exacerbated by enormous emotional stress and heavy exposure to second hand smoke since birth. As a young adult she worked in a cold meat room for 10 years where she couldn't adapt from cold to heat except by sweating or having diarrhea.

Severe Kidney Essence based Wei qi deficiency since childhood is evidenced by her endless upper respiratory symptoms including ear infections, allergies, chest pressure and sinus infections. The Essence deficiency also rendered her digestive system vulnerable and unstable.

Other evidences of the primacy of the Kidney Yang-Essence deficiency are her perpetual profound cold, six miscarriages from eight to twelve weeks.

Kidney Yang-Essence deficiency and Heart is directly related to he Breech Birth

#### v. MANAGEMENT FORMULATION AND IMPLEMENTATION

##### a. Counseling

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Clothing [most important]

Protect herself from elements, cold, heat, pollen etc..

Insulating House – especially windows next to where she sleeps; directing heat to where she is day and night

Food

Naps

Sense that does not deserve to exist if she is not constantly serving others

Rest-naps

Repression of her feeling about the fear she felt concerning her father who ultimately died of alcoholism

b. Immediate Intervention

i. Body

Gwa Sa

Entire back and Lung 1 and 2 on front

Extraordinary amount of Sa

Cups

Back and Chest

Repeat Gwa Sa with isolated Sa

Cups

Ginger compresses [not bath- to Qi draining]

ii. Support True Qi and Kidney Essence

Herbs [Tea Pills from around the house]

Epimedium 8

Antler 8

Pe Min Kan Wan

Eucommnia 18

Shi Quan Da Bu Wan

c. Root Issues

Kidney Yang-Essence [Wei Qi]

Trapped Qi in the Heart.

d. Secondary Issues

Heart: Qi Trapped in Heart creating

Mitral Valve Insufficiency

Excess Heat

Circulatory Qi deficiency

Damp Heat in GB

Stomach-Intestine inflammation

Lung: Qi stagnation; Excess heat

e. Derivative Issues

Sinus Infections

Esophageal Qi stagnation-Inflammation

vi. RESULTS [1/8/14]

Chronic Frontal Sinus Pressure

90% better

Cold in back

75% better

Sleep

80% better  
Slept well for two nights

Chest  
90%- better

Hot Flashes  
75% better - hours between them longer & do not last as long and only upper torso  
More with sugar  
Eating late

Sweating  
75% better  
only with hot flashes

Fatigue  
70% better- Goes with eating- more fruits and vegetable – less starch

Muscle Ache  
75% better  
One shoulder bothering at night  
Major last weekend- only with storm  
Consider ginger soaks

Bowel Movements  
75% Normal if eat well  
hold shape  
Several times loose and gas  
beans not good  
Depends on food

Onions  
No problem one time tried in August  
None since

Back  
Feeling great  
Chiropractor

## PATIENT 2

### i. Breathing

Emphysema 60%

Walk only short distance w/o being out of breath

Bronchitis every winter

### ii. Youngest Child

Overprotected: Fragile child

Considered perfect- could do no wrong

[Message is:

To get love must be perfect and perfectly helpless-a  
perpetual child]

Adult [paradise Lost]

Avoid judgment of finished product by “never finishing”

Avoid criticism

Not perfect

Not loved and protected

### iii. To Avoid Awareness of Failure to be `self`

Addictions- narcotize self

Alcoholic for 30 years

recovering for 15 years

Cocaine

8 months age 30 yrs

Pot irregularly for 17 years

Nicotine

31 years ages 14 to 45

### iv. Different about life

To have not smoked

To have not given up potential by drinking

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v. What else would you want to be different about yourself or your life apart from not being involved with cigarettes and alcohol?

To not be afraid to fail.

Avoid judgment of finished product by “never finishing”

To charm less and listen more.

To believe that I am as smart as I pretend that I am.

“ not as directed”

passive-aggressive

Agitated- Scattered- multitasking rather than focusing on one thing

Avoid reflection

- Never sat down long enough to think

Avoid directly expressing anger: hold it until situation intolerable and move on

Impulsive and Impatient

- Opportunist

- Move through life according to what comes along that seems convenient for the moment-
- No goals or direction of own

▪ Problem to Self

- Impatient. judgmental. procrastinator. disorganized

v. ROOT

To not be afraid to fail.

One does not attempt to eliminate `defenses' since they are mechanisms on which a person depends for the existence of their ego. The ego is necessary to correctly assess reality the removal of which will result in psychosis and/or death.

Instead, one addresses them in small ways as one builds the deficits for which they were meant to compensate. Addressing them verbally as well as physically is important, as for example, keeping in the forefront of the therapeutic relationship in a light but consistent fashion her warning to us that “I do not do as

directed”, “I move through life according to what comes along that seems convenient for the moment-no goals or directions of own”

### PATIENT 3

i. Problem began [Panic disorder]

13 years ago with [death of mother-isolated after son's birth]

- Around 2:00AM [recently around 4:00AM]
  - Feeling of gloom and doom and awake
  - Heart beating very rapidly
  - Fear [in general and of symptoms]
  - Easily startled
  - Awake until 6:00AM and then sleep to
  - 10:00AM- feel numb afterward
- Frequency:
  - increase with stress: emotional, physical [fatigue] and chem..  
Fear of going over bridges:[ associated with mother driving drunk in mountains]

ii. How are you problem to yourself'

“Do not learn life's lessons-cannot give family everything they want”

Hard to say no.

I want to live for myself”

iii. “Do not learn life's lessons-cannot give family everything they want”

Hard to say no.

I WANT TO LIVE FOR MYSELF”

Question is “ why have you been unable to say `no' and why have you not `lived for my self'

a. We think that

You believe that you have to serve in order to have “a right to exist”

- Frequently related to having an alcoholic mother
- Incapable of giving a child the sense of being that comes from having a dependable nourishing bond.

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- b. On the other hand you were told that you are a “flower that would wilt easily’ suggesting
- that you came into the world without a strong sense of self
  - that “I have a right to exist”
- c. Even though you have proved yourself very capable still these earliest experiences have left you feeling deep within that if you say “no” and stops serving others and serves yourself that you will be abandoned and die.
- i. this I think is your most profound fear
  - ii. So you make yourself indispensable
  - iii. and cannot say no
  - iv. and cannot `live for myself`
4. Your chronic anxiety occurs because
- a. The possibility that she may not become you unconsciously perceive a threat to your “becoming”, the continued evolution of your being.
  - b. The consequences to her existence if she does `become`  
Abandonment
5. You have controlled the urge to say `no` and avoid abandonment
- a. By repressing your frustration and rage
  - b. Made possible by having being born with a strong Liver
  - c. By releasing built up frustration during Liver time  
safer at night  
safer by attacking own Heart  
safer than attacking husband who might abandon you  
safer than living for self
  - d. By your faith [Kidney Qi Excess in compensation for Kidney Jing deficiency- “The Flower that would wilt easily”]
  - e. By nature’s ability to protect you by
    - channeling your emotional pain to muscular skeletal pain
    - in places made vulnerable by years of physical labor
6. At the moment wake up with feeling of gloom and doom
- a. This protective system, especially your Liver, is breaking down because you’re
    - i. Liver [your savior] is drained by overwork  
25 years of cleaning house  
12 years of repairing houses
    - ii. Liver is damaged by toxicity

25 years of cleaning fluids  
12 years of painting solvents

## 7. Positives

You are still `becoming`-growing

Your anxiety is a sign that you have not given up

Your Liver was initially very strong to endure the stress to which it has been subjected [as above]

Your `faith` is a powerful foundation [Jehovah's Witnesses]

Your `nature` is forgiving

## 8. What do we need to do?

a. Clear and strengthen Liver [clear GB] so that for the moment it can continue to function to keep you safe until

b. We can strengthen your

1. Heart

that controls the mind

2. Kidney

Controls the Nervous System

c. These were insulted in utero by

1. Mother's drinking

2. Mother's miscarriages

3. Parents age

d. Repressed feeling when released attack most vulnerable area [Heart]

## 9. How do we do this?

a. Physical Pain

- Relieve your pain as quickly as possible with acupuncture and herbs
- Advise you to cease the physical activity that has made you vulnerable

b. Toxicity

- Detoxify you with herbs and acupuncture
- Advise you to abstain from the use of any toxic substance

c. Anxiety

- Strengthen your heart and overcome the effects of shock
  - Directly with herbs and acupuncture
  - and through improving your nutrition
- Use acupuncture and herbs that directly affect your spirit and strengthen your ability to "live for yourself"

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- Nourish your Kidneys that will strengthen your body, build reserves and give you the courage to “live for yourself”
- With acupuncture, herbs and Qi Gong

d. Counseling

With the constant focus, without pressure, on your goal to “Live for yourself”

d. THEORETICAL EXAMPLE:

- A child of the suburbs:
- A person who was raised and rewarded to only succeed.
- Ambition is their middle name.
- To do so requires a great deal of energy and activity reinforcement.
- We are not all created equal.
- In order to maintain this level of activity some need to be stimulated.
  - This can take many forms most of which raise body temperature
    - Coffee, nicotine, amphetamines, methylphenidate, cocaine etc.. and spicy foods.
    - Followed by marujauana to cool them off.
  - The heat that is created well above basal metabolic heat is considered a pathogen destructive to vital tissue



- and to the extent that it cannot be EXCRETED from the body like any excess,
  - it becomes a retained pathogen.
- One of the FAVORITE RETAINED AREAS IS THE BLOOD-
  - where in addition more heat gathers from the
  - liver's function of containing emotions explained in last year's webinar on the liver.
- This heat in the blood gradually increases the volume of the blood
  - requiring more effort on the part of the Heart to move,
  - dries out the intima of the vessels making it less flexible and still harder for the Heart to move it [Heart controls the circulation]
  - raises the blood pressure and calls upon the
  - kidney to provide Yin to regulate the Heat
  - the lack of which eventually exacerbates the problem as the vessels dry out more.
- So I can open a book and put the needles in the patient that reads "treat hypertension here" and open another book that tells me what herbs to

use to reduce hypertension. And it will go down for a few days.

- Or I can understand that this condition in this individual whose hypertension,
  - excess cometh initially from being driven from inside to live a lifestyle of hyperactivity is
  - DIFFERENT from the excess heat in the blood that comes from the
    - stoker who works 12 hours a day shoveling coal into a steel furnace or the
    - cook working in a kitchen that has no ventilation-[ just to give a few of many possible lifestyles that create excess heat that I have actually encountered]..
- They are all draining Kidney Yin and heating-drying Heart Blood, and taking the heat out of the blood will not reduce the hypertension and kidney-heart disharmony except for short periods of time,
- until the heat- creating lifestyle ends, and that will not disappear until the reason for the overworking motor is resolved.

- We need to know the diagnosis and pathogenesis of a **CONDITION**
  - and the diagnosis of an **INDIVIDUAL** with that **CONDITION**
  - to reverse the disease process..
  
- **WE NEED DIAGNOSIS.**

ROOT in this condition is

- **A CHILD OF THE SUBURBS:**
- **A PERSON WHO WAS RAISED AND REWARDED TO ONLY SUCCEED.**
- **AMBITION IS THEIR MIDDLE NAME.**
- **JOE KENNEDY JR. A PERFECT EXAMPLE**