

Out of My Head and Into My Heart

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Developing a liking for each other

Dr. Z is a 40-year-old prematurely balding married professional and father of three children. He is 5 feet, 11 inches in height, weighs 158 lbs and stands erect with an obviously lithe and well muscled body. His affect seemed somewhat flat and his voice lacked modulation. However, his manner was soft and friendly and we developed a liking for each other at first contact.

Physical complaints

His presenting complaint was persistent severe and debilitating upper respiratory infections along with severe and increasing fatigue. These followed a sudden attack of meningitis one and a half years earlier when he had been caring for his wife and children who were suffering from the flu at the time. At our first meeting he was wheezing and coughing with heaviness in the chest, achy flu symptoms and pain in his right flank at GB25 *jingmen*.

Since the attack of meningitis he had experienced great weakness and fatigue, repeated upper respiratory infections with headaches, weakness of his lower back, deep chills in the spine accompanied by numbness, vertigo of the 'spinning room' variety with mild nausea when overworked or lacking sufficient sleep.

In addition he had had intermittent diarrhea one to four times a week, four or five times a day, which was loose and watery to muddy with tenesmus. There was no blood or mucus and no burning sensation. There was little pain and it was explosive only four times a year. Dr. Z was most comfortable in the morning and the diarrhea increased as the day progressed. It occurred most often with meals and especially "When drinking coffee, working hard, overtired or under emotional stress." He discovered lactose intolerance, flatulence and burping had been reduced by eliminating milk products.

Emotional complaints

An extreme source of stress for Dr. Z revolved around a vicious and financially draining divorce and a long term and equally savage struggle for custody of a teenage son from his first marriage. His son became alienated after he was found sexually abusing Dr. Z's 6 year old son from his second marriage. Just prior to the attack of meningitis the entire situation involving his ex-wife and son had reached fever pitch. Also, at the time of our initial contact his current wife was having an affair with another man and was seriously considering leaving her husband.

Dr. Z was emotionally detached, constantly working or engaged in intellectual pursuits and striving forward with no ability to retreat. At the same time he dissipated his creative energies, giving away his ideas and assuming professional responsibilities with little recompense except momentary acceptance. I saw from the beginning that this pattern of bargaining his rich inventive mind for 'love' left him feeling unfocused, unsatisfied, unaccomplished, unappreciated and very angry.

In his work he was considered very competent, imaginative, compassionate and nurturing. He was held in high regard by his colleagues, especially for his broad scholarship, originality and communication skills. In his life however, there was little room for joy, pleasure or relaxation. He was always on guard and seemed more at home with struggle and psychic agony: 'I never stop fighting. I am stubborn and will wear myself down.'

In his personal life there was little fire, ardor or passion on a heart level. His wife experienced him as emotionally impassive except for a strong but affectionless sex drive. For this reason she was having an affair and seriously contemplating separation and divorce.

It was my initial impression that Dr. Z was committed to change and that we could develop a working relationship.

Physical symptoms

- Severe and increasing fatigue which came suddenly 1 1/2 years ago after an episode of meningitis.
- Persistent severe and debilitating upper respiratory infections.
- Wheezing and coughing with heaviness in the chest with achy flu symptoms.
- Pain in his right flank at GB25 *jingmen*.
- Weakness of his lower back.
- Deep chills in the spine accompanied by numbness, cold extremities.
- Vertigo of the 'spinning room' variety with mild nausea.
- Intermittent diarrhea one to four times a week, four or five times a day, which is loose and watery to muddy with tenesmus.
- Thirst unrelieved by fluid intake.
- Mucosal ulcers in the mouth.
- Sensitivity to light.
- Headaches, stiff neck.
- Aching knees especially at night.
- Easily startled, restless sleep and fear of dying.
- Profound sense of emptiness and lightness and lack of clarity in his head.

Signs

- Pulse: Rate 96 beats per minute, changing at rest; mild Cotton;
- Generally Tense to Tight; Deep.
- Left Distal position, very Feeble-Flat;
- Right Distal position, Vibration;
- Left Middle position, Tight to Wiry;
- Right Middle position, Tense;
- Left Proximal position, Deeper, Feeble, Tight, Large Intestine Tense;
- Right Proximal position, Deep and Tight;
- Special Lung position Tense, Slippery, Vibration.
- Tongue: wide; moderate yellow patchy coat; center cracks; dry center and wet on sides; centre shows some bright red color; tremor; teeth marks; mucous threads.
- Color: His deeper face color was yellow especially on the sides and red superficially.
- Physiognomy: Wood and Metal body type (Shen J, personal communication, 1980)

- Eyes: Slightly injected¹, some confluence under eyelids and blue color shining through.
- Structural: Long-leg syndrome with right longer than the left. Abdomen: Costal angle below average; skin turgidity normal; overall muscular tension normal.
- Considerable chest distress; sub cardiac tenderness; tenderness to the right of the umbilicus; flaccid lower abdomen; upper burner cooler than middle or lower burner.

Medical History

Recurring tonsillitis and upper respiratory infections; allergy to wool and bee stings; multiple ongoing tooth cavities and root canals; difficulty keeping warm; pneumonia with frequent chest colds and bronchitis; at college had severe mononucleosis; non-familial premature baldness; two episodes of 'brutal pain' with kidney infection during emotional stress 2 years ago; vasectomy.

Patterns of Disharmony

Kidney *qi* and *yang* deficiency

- Ear, nose, throat, allergy and Lung problems, caught colds easily since childhood; difficulty recovering from an upper respiratory infection now.
- Multiple cavities, root canals, since childhood.
- Very early baldness.
- Diarrhea, loose and watery. Craves warm drinks.
- Deep cold in the spine, increasingly cold extremities.
- Fingers crack in cold weather. Knee pain, especially at night.
- Pulse: Left Proximal position Deep, Feeble-Tight; right Proximal position Deep, Tight.
- Tongue: wide, wet except center.
- Abdomen: flaccid lower abdomen; sub-costal angle below average; tenderness right of umbilicus.

Nervous System Tense²

- Hammer (1990) and Liver *qi* stagnation; Liver *yin* deficiency.
- Difficulty retreating.
- Impotent rage.
- Stress leading to diarrhea with tenesmus.
- Dry mouth not relieved by fluid.
- Cold extremities.
- Tight muscles and nerves.
- Constantly on guard, always ready for emergencies.
- Pulse: uniformly Tense-Tight. Left middle position Wiry.
- Tongue: bright red shining through, thin yellow coating.
- Eyes: confluence under eyelids. Blue color shining through sclera.
- Sound: lack of a shouting quality in voice.

Heart and Lung *qi* deficiency and Heart 'Nervous'³

- Susceptibility to colds.
- Circulation: fingers crack. Cold in extremities.
- Biorhythm Fire type, most wide awake at night, least perspicacious in morning.

- Insomnia, restless at night and early morning awakening.
- Sadness and coldness in intimate relations.
- Pulse: Feeble and Flat in both the distal positions, especially the left; Vibration in right distal position: rapid rate, changing rate at rest.
- Abdomen: cool in upper burner; sub cardiac tenderness.
- Appearance: flat affect.
- Voice: lacks modulation.

Lung Damp-Cold and Damp-Heat

- History of recurrent pneumonia and bronchitis.
- Wheezing and coughing with heaviness in the chest.
- Pulse: right distal position: Vibration. Special Lung position: Tense, Slippery and Vibration.
- Tongue: mucous threads.
- Abdomen: cool upper burner.

Spleen *qi* and yang deficiency

- Increasing fatigue.
- Cold diarrhea worse as day progresses, occurs frequently with eating.
- Lactose intolerance.
- Flatulence, burping.
- Tongue: wide; teeth marks; wet on sides.
- Face color: deep yellow color on sides.

Stomach Heat

- Mucosal ulcers in the mouth.
- Burping. Intermittent sub-cardiac pain.
- Pulse; right middle position Tense.
- Tongue: cracks.

Excess Cold in Channels

- Extremities increasingly cold.
- Cracking fingers in cold winter weather.
- Examination: *gua sha* and cups positive for cold in muscles (Shen J, personal communication, 1975).

Note: There is also a generalized *qi* deficiency which must be mentioned because it is central to the treatment in restoring the True *qi* (*zhen qi*) which is the sum of all the specific organ deficiencies.

Etiology

Constitutional

- Kidney *qi* deficiency.
- Nervous system tense.

Childhood

- Stress and violence in childhood from father.
- Emotional rejection by mother and lack of warmth.
- Loss of nurturing grandmother.
- Exposure to cold without adequate protection.
- Poor eating habits.

Adulthood

- Stress: divorce and custody; older child sexually abuses younger child from second marriage: infidelity of both first and second wives; serious financial difficulties.
- Professional frustration: no publication of book, scattering of creative energies, lack of appreciation.
- Inability to retreat. Denial of own need for nurture and excessive energy drain caring for others.
- Very poor eating habits.

Life issues

Water phase

Kidney *qi* deficiency involves a lack of faith (Hammer 1990). Faith was indeed missing from Dr. Z's life and he constantly sought to compensate for this. This lack of faith, reinforced by life experience, evolved into a deep vulnerability to being forsaken with no faith in his ability to survive rejection. Courage in the human situation is largely based on faith. His response to terror was to cry and fall to pieces. He managed fear by avoiding joy, which would expose him to hurt, and thereby, as we shall see, he inadvertently engineered the rejection he dreaded by killing the joy in others. This Kidney *qi* deficiency and its concomitant lack of faith further deprived Liver *yin* energies, giving him no sense of safety in retreat, and requiring him to always move forward without rest.

Earth phase

The critical life deficiency was Earth energy. Dr. Z's underlying need and desire was to be taken care of just as he cared for others. This he did beyond his energy and beyond all reasonable requirements, except for his own need to feel important. However, being aware of and acceding to this need was the greatest threat to his survival since the original Earth mothering condition was so hostile and full of rejection. Without substantive Earth energies there is no secure sense that 'I am', that I have a right to be here, a birthright from mother earth. One is never at rest on the planet. Dr. Z's fear of acceding to the need to be nurtured reinforced the Liver *yin* deficient condition of not being able to withdraw and retreat. This, in turn deprived Dr. Z of the refuge and recovery which was also necessary for the restoration of the Earth energies. The single-minded drive to build a career dampened the immediate world of family and friends. Using the concept of chakras, his heart chakra was closed, disconnecting his head from his root chakra so that his sexual drive was dominated by power and ego considerations rather than love.

Wood phase

A function of Liver *yin* is to allow people to retreat (Hammer 1990). These energies were suppressed to obviate surrendering to his needs for a mother. Retreating, or as he experienced it,

collapsing into the dangerous world of his need for nurture, was unthinkable. The idea of not pushing forward constantly filled him with terror. With Liver *yin* and the ability to retreat neutralized, liver *yang* was uninhibited, advancing constantly, substituting the love he wanted, with control and power: 'I never stop fighting. I am stubborn and will wear myself down.' (Hammer 1990, p. 160) Other important contributors to Liver *qi* stagnation were his suppression and denial of his rage at being denied and also his denial of his need for nurture and fulfillment.

Fire phase

Approval of his Heart *yin* creative energy (Hammer 1990, p.174) was increasingly the medium of exchange for nurture. Approval, as a substitute for the basic substance provided by the Earth energies, was sought ceaselessly. The insecurity associated with its pursuit was endlessly enervating. Pericardium *yang* energies are 'concerned with strongly and accurately reaching the correct mark with intense, focused communication' (Hammer 1990, p.212). He will serve himself without hurting others. Pericardium *yin* and *yang* energies did not develop to direct Dr. Z's Heart and creative energies towards love and fulfillment. Instead there was a scattering of his creative Heart *yin* energies, which he bartered for the love and approval he wanted and needed (Fig. 23.1). Due to this need for acceptance, to be useful and to avoid isolation, these creative fire energies were drained by the Earth to feed the others as a medium for exchange without central focus. His bargaining with life left him frustrated, with a smoldering impotent rage. Some of the lack of ardor and commitment exhibited by the women in his life had to be attributed to the sad truth that the heat of his internal creative process had not manifested itself in relationships as joy and passion, only as sexual drive or intellectual brilliance. His affect was flat.

Treatment issues

For the purposes of discussion, the management of the 'physical body' and the 'psychological body' will be discussed separately. This is done with the understanding that, physiologically, this separation is artificial and that the treatment process is the art of delicately intertwining the two which are in reality one. Included in this section is only a sampling of the therapeutic strategies and interventions administered over a period of 4 years.

It is my policy to adjust structure - the long-leg syndrome (Ewart 1972) - before I attempt other treatment unless there are more pressing immediate considerations. When structure is not corrected other interventions tend to be less effective.

However, because of Dr. Z's extremely weak state, this was first postponed in favor of treating his acute external pathogenic factor and profound depletion. In the beginning more gentle magnets were often used instead of needles or moxa. The structural adjustment was made after 2 months.

Our initial thrust, achieved within 1 month, was to eliminate damp heat and damp cold from the Lungs and excess cold from the channels, muscles, ligaments and tendons. The reason for this course of action was to eliminate the excess stagnations which were immediately involved with the acute illnesses that were draining his already deficient *qi*.

Gua Sha and Cups

The patient was too weak for needles or moxa at first. *Gua Sha* takes the cold from the muscles and the cups remove it from the blood and muscles. Used on BL-12 *fengmen*, BL-13 *feishu* and BL-17 *geshu*, they will remove damp cold stagnation from the Lungs.

Acupuncture

Points used in the first few treatments included:

LU-1 *zhongfu* 'Middle Palace': this is the alarm point of the Lung and overcomes stagnation in the Lungs and chest and stops the Spleen sending damp to the Lung. It clears Heat from the upper burner. With moxa it tonifies Lung *qi*. Psychologically it welcomes the individual home, providing him with a sense of himself, 'making him more receptive to praise and allowing him to be pleased with himself. Its name, 'Middle Palace', implies that this point is central to the spirit, which it centers and helps a lost person find their way.

LU-5 *chize* 'Cubit Marsh' expands and relaxes the chest, clears heat, and because it is the *he* sea water point it also clears damp in the Lungs.

LU-11 *shaoshang* in combination with L.I.-1 *shangyang* has a remarkable effect on clearing the Lung of damp heat. On a psychological level, L.I.-1 *shangyang* will soften a person wearing a hard cold mask and will help them to be less obdurate and withdrawn and to communicate with others.

L.I.-4 *hegu* 'Adjoining Valleys' alleviates exterior pathogenic conditions, especially in the Lungs, relaxes the sinews, calms and relieves tension and cleanses the body and mind of all kinds of toxicity.

REN-17 *shanzhong* 'Chest Centre' regulates Lung and chest *qi*, directing rebellious *qi* downwards and is a powerful psychological point for abreactions of pent-up emotion.

Moxa on BL-12 *fengmen*, BL-13 *feishu*, BL-17 *geshu*, BL-23 *shenshu*, BL-43 *gaohuangshu* is used to strengthen the protective and nourishing *qi*. Most other early to middle stage treatments centered on restoring the Kidney (and central nervous system essence), Spleen, Lung and Heart *qi* primarily with moxa.

Earth and Fire strategy

We needed to help Dr. Z feel safe enough to experience and gratify his infantile and adult needs for nourishment, to feel protected and to be aware of how he was selectively denying the love which others offered him. His austere quest for power created a cold ambience which was chilling the passions of others. All his Fire had gone into Liver *yang* rather than into his Heart and Pericardium *yang* and this made it more difficult for him to retreat. Restoring the Pericardium by moving his Earth energies into the Fire element, instead of having both dissipated outward, provided these protective and directive energies with the strength to make him feel safer. We were, and still are, trying to move him out of his mind and head and into his heart and gut.

Wood strategy

We wanted to support Wood with points that free and balance the Wood energies, to build the Liver *yin* so that he could retreat, and relax the Liver *yang* so that he could stop driving forward. In this way he would conserve energy for creativity and self-nourishment which he experienced when he was creative for himself.

Water strategy

The most fundamental need, at the level of the root *ben*, was to support Kidney *qi*, Essence, *yin* and *yang* for the basic fabric and foundation, and to feed the overworked Liver *yin*, as well as to give him courage to accept his infantile and adult needs for nourishment. This support also helped to restore the central nervous system which had been vulnerable due to Kidney deficiency and meningitis damage. It also helped him revitalize his mental power to focus and create.

A Dragon in my heart

Dr. Z was completely informed about both the diagnosis and the treatment plan and he reacted with a sense of relief that someone had listened to him and understood what he intuitively knew. Throughout our contact we established a good working relationship with a free exchange of thoughts and feelings. Dr. Z tended to experience me as a 'wise elder' which I gently discouraged, taking it as a mistaken displacement of his own authority.

Lifestyle issues involved diet. More important, however, was the necessity for Dr. Z to retreat from the many activities which consumed his time and energy and scattered his resources without compensation or satisfaction, except for passing gratitude. Basically he was being innocently exploited by his colleagues for whom he squandered his creative energies.

From the very beginning he began to change this pattern, to let go of dissipating responsibilities, leading to highly productive writing including a major book. 'There is a dragon in my heart waiting to be released, roaring that it wants out' and 'I am screaming to be heard'. Gradually and clearly related to the acupuncture treatments and our discussions, his attention began also to shift to his wife and family.

Another change which he has continued faithfully is to take a long nap, for at least 1 hour, once a day. The recommendation to cut back on sexual activity has been followed less rigidly. He has consistently practiced *qi gong*. He neither drinks alcohol, coffee nor uses any other chemical substance. Exercise is kept in moderation.

Through acupuncture he has himself become more aware of his energy and is more able to regulate his own activity. Work load has decreased commensurate with his capacity. He has also followed the recommendation to decrease his use of sweat lodges to prevent the loss of *qi* that accompanies the excessive perspiration. His compliance with taking the herbs and treating himself at home with moxa in prescribed places, such as DU-20 *baihui* and knee points, has been outstanding.

The emphasis shifted to restoring the True *qi* (*zhen qi*). A great energy drain that needed to be controlled was the diarrhea caused primarily by Spleen and Kidney *qi* deficiency and to a lesser

degree by Liver *qi* stagnation. The diarrhea, which was sometimes hard at first, then loose, has continued to be a problem on and off during the course of treatment. Although Dr. Z was willing to make many adjustments to his lifestyle, he was unable to consistently alter his diet due to the food preferences of his family. Only when his wife was convinced that she should institute these changes did this problem significantly but not completely resolve itself.

Likewise it was felt that calming the 'Heart Nervous' condition and Liver *qi* stagnation and *yin* deficient condition was essential to calm his 'Nervous System', improve his sleep, and close off these energy drains.

Some middle and late treatment strategies

Outer Associated Effect Points

These points address emotional and spiritual issues (Larre et al 1986). For example, to open his closed Heart, I first needled BL-43 *gaohuangshu* and then warmed the point with moxa. To help him retreat and deal with rage and frustration, BL-47 *hunmen* was needled. I used BL-52 *zhishi* to restore his faith and will and to help him accept his destiny (Jarrett 1992).

Entry-Exit Points

For example, the triple burner concerns harmony especially in interpersonal relations and the Gall Bladder is the Yang aspect of Wood which is concerned with feelings, especially anger. The entry-exit combination SJ-23 *sizhukong* and GB-1 *tongziliao* is an 'experience' combination which opens the harmony-enhancing energies to the stuck moving energies and reduces anger and irritability (Zerinsky 5, personal communication, 1983).

Windows of the Sky

These points awaken higher consciousness and the spiritual body. They help to unite the body and spirit by penetrating the ego-dominated emotional body. For example, I use SJ-16 *tianyou* 'Heaven's Window' to bring warmth for those lacking in warmth, for confused vision and for anger, fear and depression (Zerinsky 1983).

Husband-Wife Imbalance

This combination was used because of his difficulty with intimate interpersonal relationships, especially in marriage. One strategy is to stimulate the Fire Horary points on the right side, SJ-6 *zhigou* and P-8 *laogong*, to move the Fire to the left side. Another is to use BL-67 *zhiyin* and KI-7 *fujiu* to move Metal to Water which was not happening for him because he was overextended in everyday activities.

Qi Gong

Kidney *qi* and *yang* are extremely difficult to nourish with acupuncture and herbs. Experience has shown that qi gong exercises taught by a true master are the single most effective method for enhancing Kidney *qi* and *jing*.

Herbal remedies

Dr. Z was so extraordinarily depleted that herbs were an essential aspect of his therapy since they were a daily source of nourishment. For example, I used the gentle formula Bupleurum,

Cinnamon Twig and Ginger Decoction *chai hu giji zhi gan jiang tang* (Bensky & Barolet 1990) to calm the Heart, preserve *yin*, move Liver *qi*, strengthen the Spleen and build *yang*. It warms the interior and relieves thirst and dryness. A variety of herbal formulae were used throughout this period of his treatment.

Taking back control

There has been steady improvement in all areas over the past 4 years, physical and emotional. Dr. Z has had fewer and fewer respiratory problems even when exposed within the family, with quick recovery, and he has had no recurrence of the central nervous system disease of meningitis.

His energy has steadily improved. He has no headaches, no weakness of his lower back, no deep chills or numbness in the spine, no vertigo, infrequent diarrhea, no oral mucosal ulcerations, no thirst, no sensitivity to light or stiff neck, no being startled during sleep, no nightmares or dreams of abandonment, no cold extremities and no pain in his right flank.

He is no longer emotionally detached, constantly working or engaged only in intellectual pursuits, and is relieved to be able to retreat. As indicated above, he has ceased to dissipate his creative energies and is focused and productive in the areas of his personal interest. In his words, 'I am taking back control of my life and feel stronger and less like a victim', and 'I am giving up misery as a source of self-love'.

He is no longer always on guard or preoccupied with struggle. He experiences joy, pleasure and relaxation - especially in his marriage which is growing in strength, and with his children. His relationship with his wife has shifted from that of a detached father figure to one in which there is an equal give and take of nurture and support. In his words, 'I am turning my fire towards my wife and accepting nurture'.

Surrendering to his need for nurture was an important issue associated with deep primitive terror. He stated that he 'could not contain, hold or carry love', and had to give away more than he could receive. His outbursts of rage are no longer an issue. He is content being who he is and no longer feels driven, especially for recognition.

A war club in my gut

As we worked Dr. Z revealed a great tension in his abdomen and pelvis. The tension in his abdomen he related to anger which 'I hold in my digestive system, like a war club in my gut'. After 3 years the tension in his abdomen suddenly relaxed. About 1 year later (i.e. recently) the tension in his pelvis, related to power issues, also relaxed dramatically. Concomitantly his preoccupation with sex changed to affection and tenderness towards his wife who in turn became more interested in sex. During this same period his ongoing panic about finances and success came to a head and then abated.

During the acupuncture treatment Dr. Z experienced a great deal of meaningful imagery from which I report one episode. During a treatment he said that he felt himself 'flying, looking down on life, that everything down there is okay, that the earth is so good and beautiful, and that I am so somber ('all work and no play') while there is so much to enjoy, so much fun in life'. He felt

himself being pulled increasingly into his body and being pulled to accept love rather than be a victim.

Mental tiredness and the fear of abandonment were persistent issues for about 2 years, getting better and worse before experiencing more permanent improvement. There is still some sense of the light-headedness, rare diarrhea and occasional restless sleep and knee pain about twice a month. As his energy has gradually improved there has always been the tendency to scatter his resources and become too involved in too many projects. Though better regulated, this aspect of his physio-psychology is still a therapeutic issue.

He panicked during the first few occasions that he developed respiratory symptoms, but he has gradually come to put these in perspective. His confidence in his physical and mental health has steadily improved. To summarize, he has gradually felt safe and strong enough to come 'out of my head and into my heart and gut'.

Summary of outcome

Steady and even dramatic improvement in all areas.

- Rare respiratory problems with quick recovery.
- No recurrence of central nervous system disease (meningitis).
- Steady improvement of energy levels.
- No headaches; no weakness and pain of lower back; no deep chills or numbness in spine; no vertigo; infrequent diarrhea; no oral mucosal ulcerations; no thirst; no sensitivity to light or stiff neck; not startled during sleep, no nightmares or dreams of abandonment; no cold extremities no pain in his right flank.
- No emotional detachment.
- Ability to retreat.
- Ceased to dissipate creative energies; focused and productive in areas of personal interest.
- Taking control of life; stronger, less a victim.
- 'Giving up misery as a source of self-love'.
- No longer continuously on guard or preoccupied with struggle; experiences joy, pleasure and relaxation - especially in his marriage and with his children.
- Relationship with wife shifts from detached father figure to equal give and take of nurture and support.
- No outbursts of rage; content being who he is, also less driven, especially for recognition.
- Tension in abdomen related to anger, in pelvis to power - both gone; concomitantly preoccupation with sex changes to affection and tenderness towards wife.
- Ongoing panic about finances and success peaks and abates; less somber, more fun and pleasure.
- Mental tiredness and fear of abandonment better and worse before more permanent improvement.
- Some light-headedness, rare diarrhea and occasional restless sleep and knee pain twice monthly.
- Safe and strong enough to come out of mind-head into heart-gut.

Limitations and changes

I found working with Dr. Z fit in with my experience of working with other relatively young people with severe chronic disease. This phenomenon has increased greatly during my years of practice.

While I feel both diagnosis and management are relatively sound in this case, the necessary slowness with which a person with severe constitutional Kidney deficiencies is able to respond, and the limits in the degree of recovery with which one is faced, does foster frustration. This emphasizes the necessity for changes in lifestyle. Also, it explains the dissatisfaction one feels with even the most intelligent Westerner in understanding the need for limitations and changes.

While Dr. Z did a great deal to make necessary changes and observe limitations, certain aspects of his behavior (e.g. on vacation when all rules were suspended) made me question his real grasp of the issues. While Dr. Z's ability to recover from relapses has improved considerably, it is painful to see good hard work being dissipated by a few days of indiscretion, in which the extraordinarily deficient person does not have the luxury to indulge.

NOTES

1 'Injected' is a medical term meaning many engorged red blood vessels on the sclera.

2 See Hammer (1990).

3 Shen J. Personal Communication, 1980.

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