

A Case of ADHD & Chronic Neck Problems

By Tim Shannon, ND

The following is a case transcript of a patient that sought help for issues of feeling scattered and purposeless. There was also a significant self-critical aspect that amounted to a painful self-consciousness. On the physical plane, she also had significant and intractable neck problems along with some jaw pains. I always think of every patient as a teacher, and this case is no exception. It is always a sort of magical thing that deep down patients are sometimes aware of the remedy they need. This is more consistent in my cases of patients who do well on animal remedies—which may be because we humans can more readily identify with animals since we too are animals. An important caveat is that a patient identifying with or averse to a particular animal does not in itself indicate that remedy. I'm stating this partly as a reminder and caution for myself. I've definitely gotten biased toward giving an animal remedy for a patient by the patient's colorful language regarding a particular animal only to find with subsequent prescriptions that the patient required some plant or mineral. Therefore, I try to keep myself grounded by working to confirm the expected themes for the animal in question. In this case, after the patient began talking about owls, I looked to see if she could confirm some of the other themes I've found consistent in my other bird remedy cases.

Every successful case also helps me to understand the larger group or family within which the particular remedy belongs. For example, I have a patient responding well to *Haliaeetus Leucocephalus*. The patient's presenting complaint was cystic acne. During the course of treatment she so clearly and repeatedly articulated how sad and distressed she was that we

are damaging the earth—wiping out species. She spoke of earlier simpler times, like the times when the Native Americans were plentiful. She spoke of them with such great longing and nostalgia. So after hearing her so prominently underline these feelings, I began to wonder if this was a theme specific to the bald eagle or if the other birds also could have this nostalgia. I'd heard other good bird cases talk about the environment, but not with quite such a strong nostalgia. So I asked some of my other bird cases, including the case in this article about their feelings about the environment and nature. I also asked them if they felt nostalgia for a past earlier simpler time. Several patients answered yes with passion and conviction. So it has become another soft confirmatory for me to help differentiate this family.

The whole process of finding the patient's remedy, and then actively interviewing them to understand both the particulars of the specific remedy and the family came directly from my training with Massimo Mangialavori. The beauty of this process, of learning my materia medica from long term successful cases, is that it has helped to inform my intuition not just my head. Now, more and more often, I get hunches about a particular family, and then go on to confirm it. It has made the process of finding the simillimum so much more effortless. In addition, it allows "me" (my mind/ego) to get out of the way. Now I can relax and just be present with the patient. It is in that context that even rare and unproven remedies can reveal themselves and be prescribed with confidence. Of course this is not a fail-safe system, but it has become more and more the norm for me in my practice—a very welcome evolution.

58-year-old-female.

Monday 9/27/04 at 1 pm

CC: ADHD

S: I've had a number of physical issues that may be worsening. I started going to a chiropractor for neck issues. A lot of emotional issues are coming to a head. I believe that everything is

tied together. I'm a very creative person, but am not using it. I get scared and give up easily. The birth pattern relating to be taken out by Cesarean comes up.

I do clowning and with a friend attended something about ADD. Both of us thought we had many of those symptoms. I didn't want to be diagnosed and put on drugs. But also thought maybe that is why I can't get my act together.

More? It all started in my awareness around my divorce ten or twelve years ago. Up until then, I wanted to stay married. I'd always wanted to be married and have kids. But after my kids left, I felt like, "Who is this guy?" I felt I had nothing in common with this guy. I went to a hypnotherapist and this whole different world opened up to me. I decided I couldn't stay married anymore. I was officially divorced ten years ago. During that process, my mother was diagnosed with terminal brain cancer and died in 13 weeks. It was pretty traumatic. The whole thing was pretty traumatic: going through the divorce, leaving my home, my dog died—a lot of things happened all at once.

Then I had a relationship with a man for almost a year and a half. There were a lot of red flags with that relationship but I did it anyway. He ended up committing suicide. That was extremely traumatic.

Traumatic? Yes, it was pretty bad. I was really working on my stuff during this time. Then, about a year later, I moved up here. I was in and out of depression, waking up with feelings of dread or issues around death. I always had traumatic past life regressions. The whole village was wiped out except for me. I was always left. The whole family was wiped out except me. It fits in with feelings of loss and death since I was a kid. It brought it more to the forefront. In one of those past lives, I actually saw myself die.

I've had an ongoing problem with hemorrhoids, since I had my babies. It got painful and the sphincter muscle would spasm. I'd lie on my bed and cry. It was just another really traumatic time in my life. I went into the worst depression I'd had in my life. I understand it now—where you get to when you kill yourself. I would never do that myself but I felt I really understood how you could do that. Somehow I pulled myself out of that, but that low grade depression is there like it is just waiting for it to happen; waiting to take me back down into it. Meanwhile, I started doing hospital clowning. I've hesitated to get back into it. I found that really brought out a lot of my stuff. I didn't really have support other than a few friends.

Mostly I work by myself. I see a lot of sad things. As a clown, I can't just allow that to happen. I was stuffing a lot of that down. I did it for the kids, for fun, but then I got into judging my clowning. They loved me there, but I got into all sort of judgment. I felt like I didn't know any magic tricks, etc. I am big on judgment—lots of self-criticism. I have been wanting to start my own one woman show.

There is this image of my mother in the kitchen and me crying in the crib. She never cries. That was a very strong image I had of her in hypnotherapy. She is looking out the window during the trance, away from me, and she is crying. I took it that I'd interrupted her life and she didn't want me there.

Then I really went into a big depression again. I'm not going to get this from these people [parents]. I wrote this down. Needing that help, and wanting that help, and never getting it. When it doesn't come, I just get angry and say fuck you then. Then I just do it myself. This gets in my way because when people tell me things to do, I say that isn't going to work and then go back to get more help.



I've spent thousands of dollars on my neck and back. There is this other half of me who doesn't believe it will work. There is twisting in my body. One side of my pelvis is twisted. I get a lot of bodywork. I was affected by bending over—it screwed up my back. The neck hurts so badly. I feel like hitting the wall with my head. I'm going to do it myself. A lot of loneliness, I feel kind of alienated. I'm a four on the enneagram personality test. They are lonesome.

I sometimes feel that I'm a very sensitive person. I take in a lot like I am very porous, especially now with what is going on in the world. It's just as I was affected by the clowning.

More? I try not to read the newspaper too much. When I first started reading about the Russian children, I just began to cry. I couldn't deal with it. It has something to do with my feeling about death. What is the use? We are all going to die anyway. I don't have a religious faith. I'd like to have some faith but can't find it.

I remember reading that we die and turn to dust. I don't want to believe that. It is very frightening that you can live and be close to people and have it all end. It is very frightening to me. I'm afraid a lot. Afraid that I'm wasting my life, not getting it right, making a mistake, not ever finding a partner in life. I am afraid of not ever fully using my creativity or not leaving some sort of a legacy. I am afraid of not finding the answers, of not figuring it out. I believe it is the journey part of me, but there is a whole other part of me who wants the ending and to know what will happen in the end.

A part of me wants to be a famous author, traveling the country with my book. The feeling is that I'm not okay without labels or titles or being accepted for a degree program. I know there is

this part of me that needs to have a title. There is always this feeling I'm not good enough the way I am. I just can't get that piece. There is this constant desire to take another class—something to make me become known or famous. Then people will know who I am. If I get this other skill, then I would be okay. That makes life pretty anxiety ridden, needing to go here or there and never settling into a restful place. I can't do it in my home or daily life. I have to go to a retreat.

What is the worst? Being alone.

More? I feel isolated from others a lot. I feel a lot of isolation. Even when I'm with people, I feel different or separated. I have a lot of envy. I look at others and say, "I wish I was like them or like that." A good example: I love to walk by people's houses and look in their windows. When there are two people, I think, "Oh, there are two. They are not so lonely." It is always there; ready to pop up at anytime. There is a fear that when my Dad dies, I'll have to face it alone. I was married for 25 years, and even though not a good marriage, there was someone there, some noise. There is just something about that echoing silence. I distinctly remember after his suicide, I didn't want to go back to that house. Finally, when I went back to the house, it was dark and I was all by myself.

Echoing silence? That sound of silence like the sound when I try to meditate. It is not only on the exterior but also on the interior. It is a real stillness where nothing is happening. I'm a very energetic person and need to have some stimulation. At the same time, I hate noise, the cars, etc. At one point, I crave silence and aloneness. I go camping and hiking by myself. I have driven across country by myself. I crave to be by myself and to be out in quiet places. There is something that scares me about it.

More? I always have this thing; I'm going to find out what is wrong with me and fix it. There is always something wrong, and I give myself a story about what is wrong with my life. That is when I get the help but then don't necessarily accept it. It is like I am going to fix myself. It all fits together somehow; it's all part of the same thing. I tend to do things that are... I'm a risk taker.

I've done some real scary things. My ex-husband was a pilot. I went and got my pilot's license which was really scary for me, but I did it anyway. I went hang gliding once off a 3,000 foot mountain and I wasn't scared at all when I did that. Last spring, I took a climbing class. The first hike was terrifying. There was this one point where there were thin walkways.

I'm really scared of heights. We had to spend a whole day rock climbing. I cried a lot because I was terrified. I have a lot of energy, a huge amount of energy. I feel like top of my head is blowing off all the time. All those years married, I had a lot of energy, partly because I felt I always needed to be doing something all the time.

Fears/Anxieties/Phobias? I have the fear of loss and fear of death. I remember reading about someone buried alive. It really brought up my fear of being in small spaces. I have a fear of heights and of falling. Also, I fear being alone. One fear I've thought of a lot recently is being disabled in some way or being paralyzed. I've seen kids at the hospital paralyzed. I don't know what I'd do. When I was flying, that was one fear that came up for me. I feared I was not doing what I needed to do to keep myself alive.

At one point, I thought that when the chips are down, I'd just give up. But I'd never actually kill myself. If something happened and I became crippled, I'd just give up and become a vegetable and want to die.

What is the worst of this? It is shameful to not keep trying. It is important to keep the human spirit of wanting to live and be in the world. I think I really have that but this whole other fear makes me feel that I'll just give it up.

There is this friend who I've looked up to because she is above me doing her art, etc. Once she said she admired me because of all these things I'd endured such as the five major traumas that happened. She said, "You just keep getting back up." It surprised me because my whole life seems to be the opposite.

More? She praised me, yet that is one of my worst fears—the fear of not being able to get back up, to pull myself back up. Asking for help and not using it. Everything in my life is opposites. And they both have equal weight, like going this way for awhile or going the other. I continually feel being pulled one way and then the other. Wanting to be alone, and wanting to be with others, wanting to be out all by myself, but also wanting a sense of community. That's a fear—that I won't have a strong community.

Say something about animals? There are two animals I can relate to. The first is owls. When going through this divorce process, I was reading a book about nature. I loved it and read it twice. He writes about how we've lost our contact with nature. I started having these dreams about all these creatures and critters. They were dreams about walking into my garage, seeing all these owls, all different sizes in the rafters. Then I was out by the pool



and heard these birds. I have always been a bird watcher but this owl flew right past me, right past my face. They have these downy feathers, so you can't hear them fly.

She'd had babies and was protecting them. They were calling to each other. So she was protecting them. Then a few days later, I found two of them dead and took some of their feathers. That is one of my animals. I took it as a really strong sign.

The other animal came to me about nine years ago. My daughter sent me a frog and I had this "Kermit" song. I had the least experience of the people in the class with music. I got out to sing my song dressed in something green. Somehow it was associated with frogs. But it's owls I really identify with. When I go camping, I get really excited when I hear owls. If I was a Native American, the owl would be my animal guide.



Any issues with your senses? I need light. I'm really a sun person, and I miss the sun a lot in California. I really get affected by the lack of light. I'm also affected a lot by loud sounds. I don't do well with them. I like to dance before going to bed every night. I love to hear the loud pipe organ, and I want it loud enough to rumble me inside.

But when they are digging out concrete with machines, I think I will go crazy. Too many sounds at once and I am very annoyed by loud cars or motorcycles. I feel it is such a thoughtless thing, almost an aggressive thing with no consideration for others. Touch, I crave touch. I'm very sensitive to that, and I have a good sense of smell.

Vision or eye problems? No, I wear contact lenses.

I love nature and feel a real deep sadness. That is one of my fears—that it would be completely destroyed. I feel it has personally been taken from me. I love driving across the prairie or those wide open spaces. I've driven across the country several times. When I see nature being destroyed, I know it can never be retrieved.

Neck? It runs in my family; some is genetic. I have a lot of tension that would go into my neck and my jaw, specifically, the left side of my jaw. That is when I first went into therapy. I had all this tension when driving. I was so tense. I get a lot of

massages for the neck. About two months ago it got really inflamed, felt warm, with a different kind of soreness than I'd usually get. The pain wasn't killing me; it was more of a soreness. It had some emotional component to it and it made me tired. I've had that chronically, but it never kept me from doing something. But the upper neck and trapezium area is something deep. I've spent thousands of dollars on this, and it still hurts. What is going on here? I'm at absolute frustration and I'm sick of this.

Nervous habits? Yes!

When I was a kid, I had a lot of tics such as shaking my head (shows rotating), scrunching up my eyes. I was made fun of by other children. Those symptoms can come back easily. The eye thing can really come back. Also, hands are tightening up a lot. There is a lot of energy wanting to come out in my

toes and fingers, especially with toes.

But when I was a kid, I had tics to the point where it was embarrassing. I also got a lot of headaches, and they were severe enough that I had to leave school. Once my head hurt so bad and I was afraid to say anything. It was so bad the tears were rolling down my face.

Hemorrhoids? First I got them before babies, from lifting heavy rocks. I felt something funny, and it was a hemorrhoid. When I had my babies, it was quite a bit worse. Then I had this anal fissure thing that was quite extreme.

Heat/Cold? I like to be someplace warmer, love summer. I'm a summer time person.

Dreams repeating? Yes, there are two. The dream I remember particularly is I am sitting in the family room, on the couch, holding something. While I'm holding something, the tractor came in and started crashing through the wall. I would wake up. I'd have that dream over and over.

Another one was almost like a hallucination. I'd get a lot of strep throats as a kid and I'd get delirious because of real high fever. I would remember walking around the house, following the outline of the house, staying near a wall. I had to do it over and over and over again. It was like being claustrophobic in a way because it was something you couldn't get out of.

In that delirium, I really knew what it was like to be inside your body, feeling your skin from the inside out. That reminds me of something else. When that boyfriend who killed himself first left, I woke up by myself. I woke up and before I opened my eyes, it was like my head had become his, like I knew exactly what it looked like to look out of his eyes. Particularly with the lips, that feeling of what it was like, like I know when he does that—except I was him.

The only other dreams are frequent dreams about big animals, big bears, big deer, oversized deer in my back yard, and all the little owls. I also had a series of dreams. They were about expelling something from my body, like pulling a huge bugger out of your nose, except not that. I've had dreams of pulling weird creatures out of my body, usually out of my nose or ear. It is never the same dream, but I had several of those over the last few years.

Other dreams? One that felt really real was of my mother. She came under the door and was wisping around. It felt like it wasn't a dream but that it had really happened. Another one was when I was in France and had a dream of my mother in saran wrap. Her arms were sticking out and she was looking at me with pleading eyes. Then she rolled over and rolled into a box; it was very realistic.

Food? I like a lot of sweets. I like a glass of wine every night. It gives me a rest, a pause.

Diet? It is pretty generic. I crave Kraft macaroni and cheese and those awful Hostess snowballs. This is comfort. I like casseroles which my mom used to make a lot of them. My ex-husband hated them. If I was not worried about the health aspects, I would eat a lot of casseroles, hardy things and sweets.

Appetite? I'm a big eater.

More? I snack a lot. When I swim a lot, a mile or so, then I could eat a lot. When I swim, I crave protein, nuts and cheese. I try not to eat too much meat but I crave a lot of protein. I have a pretty high metabolism, so I can eat more than others and burn it off.

Menses? I had a total hysterectomy when I was forty.

Menses prior to hysterectomy? I had very heavy periods which were regular. I could be spotting or something every three weeks out of a month.

Baseline:

- 1) Daily Lower Back Pain
- 2) Daily Severe Neck Pain
- 3) Tightening of the left jaw (long time problem)
- 4) Never feeling at rest
- 5) Procrastination; inertia; going dead, flat, numb

- 6) Mind is constantly circling
- 7) Self-Criticism/Self-Conscious—Verbal self talk—(Constantly being aware of my impression I make on others, like watching a movie of myself)
- 8) Sense of time—losing track of time

Analysis:

During most of the intake, I was simply listening to the patient's story. It was when she brought up the owls that I began to consider a bird. I then began to ask confirmatory questions about birds. She confirmed much of what I've seen in other successful bird cases.

With the clear neck problems, sensitivity to sound, claustrophobia, fear of heights and the clear affinity to owls, I decided to give *Bubo-v* (Great horned Owl). She also mentioned something that came out in the trituration proving—the idea of self-consciousness or being overly conscious of herself as she said, “like watching a movie of herself.” So much of the case, including the nervous issues and hyper metabolism, seem to confirm a bird.

Plan:

- 1) *Bubo Virginianus* (Hahnemann Labs) 30c (2 pellets in a one ounce dropper bottle)—4 drops twice a day for 3 days
- 2) Watch & Wait

Wednesday, October 13, 2004

Case Note: Patient called to say that her neck and back are better and that she is very happy with that aspect. However, she was concerned as there was a breast lump, which only happened in the past due to some emotional turmoil.

Thursday, November 18, 2004

(First follow-up ~ 7 weeks later)

I have some stress over issues with my ex-husband and with a recent lumpectomy. They've been disturbing my sleep.

But overall, I am just so happy with what has happened with my back. My lower back pain is totally gone. I have some stiffness in the morning, but that is almost all gone. There is still some stiffness in my right hip. I've given your card to so many people. After all that time and all that money, it's like a miracle! It's also helping me to handle things more, and I have been able to accept and keep a clear mind. It is hard to gauge how it has helped me emotionally.

What I crave in my life is structure. I don't do well on my own. I need someone to answer to. If I could get some kind of structure in my life, it seems like a lot of these issues would work themselves out. I've tried to meditate, but it's hit and miss. I write, but it's hard to get into that pattern.

Feel anything from the dosing itself? No, it was a few weeks before I noticed the back improving. Then one morning, wow, I realized it didn't hurt anymore. One day, all my pains came back, for only one day. Then they completely went away again.

One of my biggest fears came up when watching my mom die. My fear is that I have something (disease?) floating around in my body.

Baseline:

1) *Daily Lower Back Pain*

A lot better

2) *Daily Severe Neck Pain*

That is a lot better too. Still stiff, went through a period where there was no grating sound in my neck. It has come back a little but it is a whole lot better.

3) *Tightening of the left jaw*

That kind of went away but has recently come back with recent stressors.

4) *Never feeling at rest*

That changed right after the mammogram. The radiologist was pretty sure it was cancer; I accepted it. That weekend was great. You perceive things in a more intense way, see things sharply. That weekend was really great. I thought that weekend was maybe a result of your medicine. That level of acceptance has been up and down ever since. That is the way I'd like to go through life. A restful, peacefulness is the way to go through life.

5) *Procrastination; inertia; going dead, flat, numb*

That seems a little better. But I still have the inertia about my creative abilities. I know I have this creative ability that is just sitting there. When I tap into it, I always amaze myself. If I don't think about it, it is impressive what I can do. That is what I love about clowning, it is all improvisational. If doing acting, I go into my head and fear of failure comes up. That is why I want to create this structure. That is the inertia.

6) *Mind is constantly circling*

Same

7) *Self-Criticism/Self-Conscious—Verbal self talk (Constantly being aware of my impression I make on others, like watching a movie of myself, literally)*

That is a little better, especially after seeing how I've handled this whole thing. I'm getting a huge appreciation for my own strength. Wow, didn't know I could face something like this. It is a big surprise.

8) *Sense of time—losing track of time*

No change

Assessment:

Excellent reaction from a 30c split dose. So given all the upcoming intimidation and stress both physically and mentally (Patient will be going through chemo for positive lumpectomy), I recommended a 30c every 3 days.

Plan:

1) *Bubo-v* 30c 4 drops every three days

Thursday, December 16, 2004

(2.5 months since beginning of treatment)

S: I'm leaning against the Chemo therapy. I just feel like it is gone, the cancer. I don't have any in my body (Pt had surgery—lumpectomy a few months back).

How have you been doing otherwise? I've been under a lot of stress. Besides the doctors, I have some problems with my cabin. When I get really stressed out, my body starts to hurt. The last several two or three weeks, my tics are coming back—quite a lot. The more I think about them, the more they are there. Also my neck has been killing me again in the last few days. I've also been sitting with my head in bad positions. I had to take some Aleve.

My back is not particularly bothering me, but the right hip is still bothering me off and on. Before in my life, there was this big boulder. Now it feels like I'm stepping up to the boulder and just getting ready to start pushing it. I'm at the point where I have some tools, which I've had before, but now I am almost able to use them. It feels like I'm more able or at the brink of pushing it away. It just feels like I have the tools and kind of know how to use them. I know it is not going to happen over night, but it feels like I'm ready to make a big shift. Before, I felt like everything in my life was batting and pushing me around.

Now I feel like I can make the decisions. It's not like the decisions are being made for me or that I'm just being blown around. It is not like I'm just being the victim with no control.

I am in with your medicine and feel like it is really doing something. I've had many realizations about anger I had with my ex-husband. That was a big revelation to me and that means so much more. This is a message for me: to stop, rest and see how beautiful the world is.

How is your sleep? I've been waking in the middle of the night and thinking about stuff. I woke up at five o'clock. For some reason, I just can't get in bed. I don't have trouble falling asleep, but I just can't get myself to bed. I just putz around even when I am really tired. I can't get myself to bed.

Typical? Yes, for the last two or three years. I've had a real fear of bedrooms and the bed. I remember as a kid, even sick, I had a fear of being in my bedroom all by myself. I remember in

a hospital that I didn't want to be at the end of the hall. I wanted to be near the nurse's station, to hear people. When depressed, I can't lay in bed. I can't stand to just lay there. I could never stay in bed all day like people who get depressed.

I have always felt my life has been about service. I told you about the clowning. There are two things I'm afraid I'll fail with. I really want to do some performance. I've had several ideas about that, about clowning. I started to work with making a performance piece weaving in my pathology report. I don't know if that would work in clowning. I feel that I really need to do this and that I'm very good at it and want to do it.

The other thing is to volunteer to a non-profit organization, probably with kids. I have some fear about not doing this because so many times I've not done it. The word flaky comes to mind. I get really mad at flaky people, but maybe it is because I feel like I'm flaky. I drive my kids crazy with my indecision.

Baseline

1) *Daily Lower Back Pain*

That is pretty much gone; only have it if lifting.

2) *Daily Severe Neck Pain*

That is kind of back. It has been the last couple of weeks, it has been more acute. Whenever the neck comes back, it's the left jaw. I have been really stretching my left jaw. The jaw problems began ten or twelve years ago during my marriage break-up. I've been just going every day for the last few weeks.

3) *Tightening of the left jaw*

See above.

4) *Never feeling at rest*

Not a lot of rest, but have a sense that it is coming. It is almost like I have to get out the last frantic bit before I get to that restful place. I feel like I'm almost there but not quite there yet. The old ego is just there and battling and unable to let this other part come in.

5) *Procrastination; inertia; going dead, flat, numb*

Doesn't feel like a fight anymore. I am more on automatic pilot. I'm not feeling the procrastination so much. What really needs to get done will get done, which takes the pressure off of me so I am not feeling like such a bad girl. The bad feelings aren't there. Now I don't feel so bad about doing things anymore. That is why I did them—to make myself feel bad about myself.

Like? Like making a big list that I couldn't finish. Now I don't feel so bad about it anymore. I did the "soul cards" last night and asked the spirit to help me to do things I have to do and let go of things I don't. I'm looking at my life with more humor and saying, "Why are you doing this to yourself?"

6) *Mind is constantly circling*

That is still there, the same. I've been trying to meditate. In general, I am always analyzing myself and other people.

7) *Self-Criticism/Self-Conscious—Verbal self talk (Constantly being aware of my impression I make on others, like watching a movie of myself, literally)*

That is better. I'm more at the point of acknowledging that this is who I am. That is part of that boulder thing, and that shift is getting ready to happen.

8) *Sense of time—losing track of time*

Assessment:

Appears to be some stress induced relapse. The remedy choice still looks good, but next follow-up will be in the midst of her upcoming radiation treatment. Overall, the patient is very positive and feels upbeat about remedy, and is doing very well with the whole cancer reality and is managing to get herself some excellent support.

Friday, January 21, 2005

(- 3.5 months after beginning of treatment)

Follow-up Summary:

Patient noted a great deal of turmoil, radiation, lots of emotions, fatigue. She said she was having a rough month and, on top of it, her daughter also reported a breast lump. Her father was also in hospital this period. She was having many strong feelings about both her own possible death as well as her father's. She was also having nausea and other unpleasant side effects from the radiation.

Patient's statements:

The more stressful situations in my life, the harder I am on myself. There is a lot of blame and guilt. A friend said to me the other day, are you catholic? Often I feel like a sponge, almost transparent, taking everything in.

At this follow-up told patient that the Rx was the Great Horned Owl (we'd not discussed the Rx previously): I feel chills just hearing that! Wow, that explains why I've often felt such mystique whenever I look at that bottle like it is something very powerful!

Baseline:

1) *Daily Lower Back Pain*

That is not bothering me. Occasionally, there is a little pain on either hip. I've started to do pilates and that really helps.

2) *Daily Severe Neck Pain*

That is off and on. It is better than before. When I first came in, it was really, really bad.

3) *Tightening of the left jaw*

That feels better.

- 4) *Never feeling at rest*
That feels a little better.
- 5) *Procrastination; inertia; going dead, flat, numb*
It is the same, partly from being down from all the stress and the tiredness.
- 6) *Mind is constantly circling*
Same
- 7) *Self-Criticism/Self-Conscious—Verbal self talk—(Constantly being aware of my impression I make on others, like watching a movie of myself, literally)*
This seems worse lately.
- 8) *Sense of time—losing track of time*
Unchanged

Assessment:

Mixed response but I believe that is due to the increased stress load on her this month. I decided to have her take 200c twice a day for 3 days to see if she could get some relief from the hot flashes, mood issues and constipation. She is to call me next week with the results.

Plan:

- 1) *Bubo-v* (Hahnemann labs) 200c twice a day for 3 days—then call next week with response
(Patient called 2/1/05 saying felt much better, but some minor symptoms remained. I told her to take 200c once a day and keep me posted)

February 28, 2005 (5 months out)

Follow-up Summary:

Patient stated she was doing better overall. She talked a lot about the side effects of Tamoxifen. *Some of her comments:*

"Overall though, I am steadily making improvement. I stopped for a while and am now moving again. I decided to sell my house and finally got an appointment with attorney about the alimony. There are a number of things that are starting to happen. The gears are starting to move, though I do get frustrated.

The thing I'm facing now is my dad's illness. He is 87 years old and in the hospital for the second time this week. They are having a hard time regulating his heart beat. They won't let him out of bed. I was going to go down next Monday to see him. That is pretty stressful.

I'm handling it pretty well, a few crying fits. I'm either in denial about it and pushing it out my mind or following everything I've learned about living in the present moment. Sometimes feels like in present moment, and sometimes feel like in

denial or pushing it out. I went through a lot of denial with my mother's death."

I'd also switched her dosing from 200c every day to every 3 days after an interim discussion.

She comments further:

"When I first started to go on the every three days, felt like getting almost too much energy like getting a real shot in the arm. I was very energetic. It almost felt like after my divorce. I wanted people to scrape me off the ceiling. It was like someone took the lid off. I was feeling extremely energized, and a little bit of that at first, but that has lessened with the remedy."

Baseline:

1) *Daily Lower Back Pain*

No, that is gone. There is just something going on with right hip. I have been doing pilates three times per week which really strengthens me.

2) *Daily Severe Neck Pain*

It is better than it was when I first came in. I have only had it bad twice. But it is still there. I just wish I could get my neck loosened up. It cracks and makes all these noises and pops. I can't find the right pillow. How much improvement? When you first gave me the remedy, for awhile, it was REALLY getting better. The cracking reduced by about half, but it has relapsed somewhat.

3) *Tightening of the left jaw*

That is a little better. It comes and goes.

4) *Never feeling at rest*

That seems to be a little better. I think it is better. I still have a lot of issues around paperwork and not having things the way I want them. Yes, definitely it is happening. I am starting to loosen that perfection and that need to have had to do it yesterday. I am letting things unfold.

5) *Procrastination; inertia; going dead, flat, numb*

That has changed, definitely. I still beat myself up once in awhile, but that is not there so much.

6) *Mind constantly circling*

That is better, too.

7) *Self-Criticism/Self-Conscious—Verbal self talk. (Constantly being aware of my impression I make on others, like watching a movie of myself, literally)*

That is definitely getting better. I am becoming more aware of it and stopping it. (She talks about a book that helps her with the concept of going with the flow.) The book is seeping into my cells somehow. That image is with me, going with the flow. I am not trying to push or force things as I used to in my life before.

8) Sense of time—losing sense of time

That seems to be getting a little better; definitely gotten better.

Additional symptoms

The patient also mentioned some hot flashes waking her three or four times at night. This symptom began in January. She said now it was more like once a night, and even then she's able to fall back to sleep. But she needs more sleep improvement. She also noted some constipation which had come up had resolved. She'd also mentioned some depression that also was much improved.

Anything else? I have a lot of fear about what is happening with the world and the government. I can't even read the Sierra club thing, because everything that is happening is hurting my soul. I really don't watch the news much anymore—I can't take it. It is soul wounding. But I feel, with your medicine, almost at the point where I'm on the verge of finding how can I help. There is something I can do that will satisfy that need to change the world. That is how you heal yourself—go out and help someone else. It feels like it is coming. So I am sitting back and letting it happen. Usually I would try to get some information and force it, but I am not doing that. I am trying not to feel guilty. But there is also that piece in there, wanting to get it perfect. So I keep trying to let it flow, unfold.

Assessment:

Overall, looks very promising. I recommended she reduce the dosing frequency as I think it was causing some sleep disturbance.

Plan:

- 1) *Bubo-v* 200c once per week

Case Summary:

I've followed the Patient from September 2004 until July of 2007. She has shown a consistent positive response to *Bubo-v* when having difficulties arise in her life. There were a few instances, however, where her neck pain would come back. At one point, she re-injured her neck. I tried a dose or two, and when it didn't respond rapidly, she'd get very discouraged. Then she'd forget all the times the remedy did help with her neck. At one point, I used a 1M dose twice a day for 5 days. It had a profound effect on relieving her neck pain. But then she'd have some other family stress and it would often show up in her neck hurting and her feeling hopeless about it again.

At one time I thought the remedy was failing. I'd expected her neck problem to never come back. Yet whenever stress got high, her neck pain seemed to follow. Most of the stresses were about her father's health or conflicts with family members. During a few months, I trialed a few other owl remedies, but they had no effect.



Then I went back to the *Bubo-v* and it worked. Often, when she'd not respond to a previous potency, I'd switch to a higher one, and again she'd respond promptly. In July of this year, I told her to take LM5 twice a month as a preventative and to call if any other issues arose.

Case Epilogue:

Overall the remedy has helped consistently with her neck and musculoskeletal issues. In addition, her self-criticism, over-active mind and depression tendencies consistently responded in a positive way. In fact, the circling mind, and the self-criticism have been much better over more than the last year of treatment.

For example, in a follow-up in August of 2006, I asked her about the 4th baseline symptom (Never feeling at rest). She replied:

"That is much better. The thing I'm finding even with all these stressors going on is that I don't have that sense that this never will go away. I trust that it will get better and it has been better. I don't have the despair like I'm screwed and can't get out of it. It is more of a feeling of being grounded. When I get up here (motions with hands around head level), I tend to forget that I will get out of it."

She also moved beyond her initial inertia. Last I heard, she was volunteering with a children's program. The program takes kids out on nature walks and she is one of the people who instructs them about nature on the hikes. She seemed to take great pride in her ability to "perform" for the children and inspire them about the beauties of nature.

About *Bubo-v* and birds:

I'm a long time student of Massimo Mangialavori. He has not taught about bird remedies as of yet. However, he has really impressed upon me several fundamental concepts.

- The patient cured by a remedy is the best teacher of it—they are the "living materia medica."

- Patients will often embody similarities with their remedy.
- Patients that do well with a remedy will often share characteristics with other similar remedies. (In this case she had specifics of *Bubo-v* but also the broader aspects of birds.)

I took this case as a learning experience to help me learn and enforce my growing understanding of bird remedies. The themes that I've seen consistently with birds are:

- Claustrophobia and narrow spaces aggravate and open spaces ameliorate or bring joy
- Love of Nature—but often with nostalgia about living a simpler life—idealizing the lives of indigenous people who lived in harmony with nature (this patient strongly confirmed this during one of the follow-ups)
- Pain at the destruction of nature
- High metabolism—able to eat a great deal yet they don't put on weight
- Nervous habits—tics, restless legs, twitching muscles, etc.
- Over active minds—anxiety, thoughts too numerous or rapid
- Fear/love of heights or flying
- Difficulty with attention—ADD or ADHD
- Fear or anxiety over not having a purpose—not having a direction
- Mood swings or instability of moods
- Difficulties/awkwardness dealing with practical reality
- Independent—want to do it their way, resist being constrained by society/rules
- Many of the patients will have a clear relationship with the bird they need (but this needs to be grounded with other bird themes)

Differentiating between *Bubo-v* and other birds:

- Issues around death—fear of it, grief from loss of death
- Chronic spinal pathology with emphasis on the neck
- Hyper-sensitive to noise (other birds have also to some degree)
- Isolation (in other birds to some degree)
- Self-critical

About the Great Horned Owl:

Mythology/Lore: Throughout human history, owls have variously symbolized dread, knowledge, wisdom, death and religious beliefs in a spirit world. In most western cultures, views of owls have changed drastically over time. Owls can serve simultaneously as indicators of scarce native habitats and of local cultural and religious beliefs. Many cultures see owls as bad omens, bringers of death to children, the witches birds and messengers of the underworld.

The owl is often a guide to and through the Underworld, a creature of keen sight in darkness and a silent and swift hunter.

In Ancient Greek mythology, the Owl was a creature sacred to Athena, Goddess of the night who represented wisdom. Athena, the Greek Goddess of Wisdom had a companion Owl on her shoulder which revealed unseen truths to her. Owl had the ability to light up Athena's blind side, enabling her to speak the whole truth, as opposed to only a half truth.

The Ainu in Japan trust the Owl because it gives them notice of evil approaching. They revere the Owl and believe it mediates between the Gods and men.

Hunting & Food: Great Horned Owls hunt by perching on snags and poles and watching for prey or by gliding slowly and silently above the ground. From high perches, they dive down to the ground with wings folded before snatching prey. The prey is usually killed instantly when grasped by its large talons. A Great Horned Owl may take prey two to three times heavier than itself. They also hunt by walking on the ground to capture small prey or wading into water to snatch frogs and fish.

Digestion: Like other birds, owls cannot chew their food. Small prey items are swallowed whole while larger prey are torn into smaller pieces before being swallowed. After an owl swallows a mouse, strong acids in the owl's stomach begin to digest the mouse's muscle and other soft parts. The owl can't digest the bones and fur that come along with the meal so the owl's stomach forms these indigestible materials into tight packages called pellets. Several hours after a meal, an owl will regurgitate one of these pellets.

Hearing/Sight: They have excellent hearing and exceptional vision in low light. Their hearing has better depth perception than human hearing (requires reference) and better perception of sound elevation (up-down direction). The latter is possible because owl ears are not placed in the same position on either side of their head: the right ear is typically set higher in the skull and at a slightly different angle. By tilting or turning its head until the sound is the same in each ear, an owl can pinpoint both the horizontal and vertical direction of a sound. The eyes of Great Horned Owls are also nearly as large as those of humans and are immobile within their sockets. Instead of turning their eyes, they turn their heads.

Tim Shannon, ND is in private practice in Portland, Oregon. Tim specializes in the treatment of mental, emotional, and behavioral health complaints such as ADHD, OCD, PMS, Autistic Spectrum, Depression, Anxiety, Eating disorders, PTSD, Bipolar and Schizophrenia. His main homeopathic mentor is Dr. Massimo Mangialavori.

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