Case Based Pediatrics

David W. Miller, M.D., L.Ac.
Fellow American Academy of Pediatrics
Diplomate of Oriental Medicine (NCCAOM)

East-West Integrated Medicine, LLC
4361 N. Lincoln Ave., Chicago, IL 60618
773.960.8901
eastwestkiddoc@hotmail.com

www.eastwestintmed.com
www.imneducation.com
TJ 14 yo male, CC Anxiety and sleep walking

• Diagnostic Keys:
  • Affect
  • Maternal Affect
  • Sleep walking characteristic
  • Complexion
  • Speech patterns

• Root
• Patterns manifesting
• Context for the root – Hun, 8 extras, ming/yun/karma, constitution, resources/positive attributes, nourishment
• Treatment strategies (possible) - note – cognitive reframing/cognitive exploration
• Herbs
• Outcome
The Three Hun


Shang Ling ("Pleasant Soul"): Middle Dantian. Linked to the 5 Agents. The expression of the Hun concerned with compassion towards others.

Yu Jing ("Hidden Essence"): Lower Dantian. Produces our desires for enjoying the pleasures and comforts of life.
The Liver Stores the Hun: Three Ethereal Souls

- The Hun control sleep and dreaming
- The Hun assist the Shen in mental activities
- The Hun maintain balance in one’s emotional life (under the leadership of the Shen)
- The Hun are responsible for the eyes
- The Hun influence a person’s courage
- The Hun control planning and the sense of direction (with the aid of the Shen)
- The Hun control Spirit Travel

Upon death, the Hun document and report the actions, thoughts and deeds of an individual to the spirits of destiny to determine the person’s degree of cultivated virtue.

Figure 2.85. The Eight Functions of the Hun
Functions of the Hun

• Control sleep and dreaming
• Assist the Shen in mental activities
• Maintain balance in one’s emotional life (under leadership of the Shen)
• Open in the eyes
• Influence courage
• Control planning and sense of direction
• Control spirit travel
• Upon death, the Hun report the actions, thoughts, and deeds of an individual to the spirits of destiny to determine the person’s degree of cultivated virtue

J.A. Johnson, Chinese Medical Qigong Therapy
The Seven Po

3. Chou Fei (Stinking Lungs): The Chou Fei Po manifests as hopelessness, and it smells of death. It destroys hope and faith, and feeds on ignorance, which can lead to a sense of despair, spiritual apathy or inactivity. It manifests through victimization and martyrdom.

4. Shi Kou (Corpse Dog): The Shi Kou Po manifests through feelings of greed. It is expressed through selfish desires and covetous actions.

5. Fu Shi (Fallen Arrow): The Fu Shi Po manifests through feelings of lust. It excites the individual by tempting or luring him or her into a desirable place or situation through unethical actions. It then creates distress in the form of guilt which generates shame. This spirit further creates anxiety and fear of being discredited, dishonored, or disgraced, and then immediately generates the feeling that attempting to correct the situation is fruitless. It also manifests in addictions and compulsions.

6. Que Yin (Yin Bird): The Que Yin Po torments the individual by causing him or her to experience extreme pain and severe anguish by dwelling on unresolved past emotional issues, present anxieties, and future fears. Also known as the “night tormentor,” it is especially active at night, manifesting via nightmares, restless sleep, and insomnia.

7. Tun Zei (Sipping Thief): The Tun Zei Po manifests by stealing the individual's life force energy and devouring it through negative judgments and bitter emotions such as jealousy, envy, and resentment.

The Spiritual Awareness of the Po

The Po are classified as Yin spirits and they can be controlled and refined through breathing exercises and quiescent meditations. When the fetus begins its movement, its Yin energy tranquilizes the Po which act as guardians of the fetus’ body. The seven Po help to develop the growth of consciousness by providing obstacles to test the individual’s faith and devotion. Many times the Seven Corporeal Souls will work in conjunction with hostile external energetic forces to test the individual’s spiritual endurance.

Energetically, the Po can be accessed through the Pohu (Door to the Po) UB-42 point located on the back of the body and between the shoulders. This point is also used clinically to treat energetic imbalances of the Lungs. The energetic nature of the Po responds to the energetic grids of the Earth,
Four of the Seven Po Demons

• **Flying Poison (or Quick Evil):** Suddenly explodes with rage or venomous thoughts of evil intention (e.g. “I’ll kill you for that”)

• **Unclean Evil (Shame):** Entices by tempting and luring an individual into a place or situation from which escape is difficult, and then creates stress in the form of guilt, which generates shame. This spirit creates a feeling of being discredited, dishonored, or disgraced (e.g. “I’m worthless”, “No one ever has or will love me.”)

• **The Fallen Arrow:** generates the foregone conclusion that attempting goals is fruitless (e.g. “Why even try? I’ll never make it.”)

• **The Yin Bird (or Night Tormentor):** harasses the individual causing him or her to experience extreme pain and severe anguish (e.g. nightmares and restless sleep).
The Lungs store the Po: Seven Corporeal Souls

- The Po are the somatic expressions of the Eternal Soul
- The Po are responsible for all physiological processes in childhood
- The Po are related to weeping and crying
- The Po are closely linked to breathing
- The Po are connected to sexuality on the level of sensation
- The Po leave the body via the anus (considered the “Door of the Po”) upon death

Figure 2.88. The Six Functions of the Po
Functions of the Po

• Somatic expressions of the Eternal Soul
• Responsible for physiologic processes in childhood
• Related to weeping and crying
• Closely linked to breathing
• Connected to sexuality on the level of sensation
• Leave the body via the anus upon death
THE YANG MOTILITY VESSEL

Coastrel point


Pathological symptoms of the Yang motility vessel
Daytime epilepsy, eye diseases, loss of consciousness, aversion to wind, hemiplegia, chronic palatal obstruction, rigidity of the body, lumbar pain, contracted eyes, fluidity of the muscles of the medial leg, and tightness of the muscles of the lateral leg.

...
The body language of power
Qi Gong

Exploring LI 15 as meeting point of LI/Yang Ming with Yang Qiao
The Body Language of Victory
An athlete’s primal reaction to victory is often a dominance threat display.
Published on January 12, 2014 by Christopher Bergland in The Athlete’s Way

The researchers believe that from the perspective of evolutionary psychology, the reflex of dominance threat display stems from a biological drive to establish order, hierarchy, and status in society.

http://www.psychologytoday.com/blog/the-athletes-way/201401/the-body-language-victory
Ming and Yun

• These vessels, especially the Chong, touch upon both Fate (Ming) and Destiny (Yun)

  • Fate (Ming) is pre-given - your hand of cards
  • Destiny (Yun) - how you play your hand

  • Consider - genetics vs. epigenetics

• It is believed that working with the 8 Extras gives the opportunity to alter both Ming and Yun.
Strengths
Permutation: 4 year old boy with anxiety and ADHD

- Diagnostic Keys:
  - Affect
  - Behavior
  - Maternal Affect

- Root

- Patterns manifesting
The Extraordinary Vessels:  Chong

• The Chong Mai aka Penetrating Vessel aka Thrusting Vessel synthesizes the activities of all other vessels, though is influenced at a deep level by the energies in the Du Mai and Ren Mai.

• Per Yuen: Translation of original characters for “Chong) equate to “moving something heavy”, i.e. Jing.

• Involved in the continuation of lineage (Represented by Spleen 4, opening point, Gong Sun, Grandfather Grandchild)
The Extraordinary Vessels:  Chong

Represents a synthesis between Ren and Du, Yin and Yang

Figure 1.1

Heaven, earth, and qi compose the fundamental unity of the primordial dao. These three, remaining forever in a state of undivided totality, constitute “early heaven,” or reality before the evolution of material existence.

Jarret, L.
Chong Mai

THE PENETRATING VESSEL

- A branch emerges at Qianlong ST 17 and ascends via the spinal canal through the posterior spinous processes SC 1-13 by Yuenmo KD 21 then dispenses in the chest

- A branch emerges at Qianlong ST 33 descends along the medial aspect of the leg and terminates on the sole of the foot

- A branch descends inside the spinal column

- A branch ascends along the lips and terminates below the eye

- A branch ascends alongside the throat, circumscribes around the lips and terminates below the eye
• Formation is mostly complete in the first 6-8 years of life, but the first 2-3 years are the most important time in its development (includes gestation)

Permutation: 12 year old girl with anxiety and urinary sx

- History
- Recent surgery
- Grandmother

- Clarify the Shen
Excess Heat in the Small Intestine (Heart Fire Transmits to Small Intestine)

**Signs:**
- Irritability with a sensation of Heat in the chest
- Thirst with a desire to drink cold beverages
- Red face
- Fever
- May be sores around the mouth
- Dark, scanty urine
- Rough urination
- Fidgeting
- Warm sensations in the chest
- Sores on the tongue
- Painful urination (stabbing)
- Urination short and hesitant
- Hematuria
- Oliguria
- Maybe blood in the urine
- Sluggish urination
- Irritability

**Etiology/Pathology:**
This is Interior Excess Heat. Heart Fire is transmitted to the Small Intestine, the Yang Organ related to the Heart. Emotional problems such as anxiety and excessive stress can predispose a person to this pattern.

**Treatment Principle:**
- Clear Heart and Small Intestine fire
- Points:
  - **SI 2** (Qiangu) Clears Small Intestine Heat, for burning urination from Small Intestine pattern
  - **SI 5** (Yanggu) Clears Small Intestine Heat and calms Shen, Gives clarity and sense of direction
  - **Ht 5** (Tongli) Clear Heat Fire
  - **Ht 8** (Shaofu) Clear Heat Fire
  - **ST 39** (Xiajuxu) Lower Sea point of Small Intestine, Stops abdominal pain

**Method**
- Sedate all points. No Moxa.
### Dao Chi San

<table>
<thead>
<tr>
<th>Pharmaceutical Latin</th>
<th>Pin Yin</th>
<th>Dosage</th>
<th>Actions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rx. Rehmanniae</td>
<td><em>Sheng Di Huang</em></td>
<td>5-30g</td>
<td>Cools Heart Fire, nourishes <em>Yin</em>, cools Blood and generates Fluids.</td>
</tr>
<tr>
<td>Caulis Akebiae</td>
<td><em>Mu Tong</em></td>
<td>3-12g</td>
<td>Clears Heat from the Heart channel and clears Heat and promotes urination through the Small Intestine channel. With <em>Dan Zhu Ye</em> and <em>Sheng Di Huang</em>, for mouth ulcers, burning throat pain, irritability and insomnia due to Heart Fire.</td>
</tr>
<tr>
<td>Hb. Lophatheri</td>
<td><em>Dan Zhu Ye</em></td>
<td>3-10g</td>
<td>Alleviates irritability by clearing Heat from the Heart. With <em>Mu Tong</em> and <em>Sheng Di Huang</em>, for Heat in the Heart channel manifesting as chest Heat and irritability, mouth and tongue sores and dark, scanty urine.</td>
</tr>
<tr>
<td>Rx. Glycyrrhizae (tips)</td>
<td><em>Gan Cao (Shao)</em></td>
<td>3-10g</td>
<td>The tips treat painful urinary dysfunction, relieve toxicity and harmonize.</td>
</tr>
</tbody>
</table>

http://www.americandragon.com/Herb%20Formulas%20copy/DaoChi(Re)San.html
Talking to you and I think taking the Clear and Calm made a huge difference...[she] seems able to move to homework now as well, and does not feel as stuck--she is much more relaxed. I think your explanation of her dreams was perhaps the most crucial for her...

Huang Di Nei Jing Su Wen, Ch 8 Sacred Teachings (Ni): “If the Spirit is clear, all the functions of the other organs will be normal.”

Ch 77 Five Failings of Physicians: “The second failing occurs in treatment. When a physician neglects a patient’s emotional experiences, which can affect the patient’s health greatly, and indiscriminately tonifies or sedates the patient, the consequence is further injury to the patient.”
Permutation: 8 year old boy with anxiety and allergies

- History
INTRODUCTION:
Previous investigations have demonstrated that major depression is associated with particular patterns of cytokine signalling. The primary aim of this study was to examine peripheral pro-inflammatory and anti-inflammatory cytokines and immune balance in Generalised Anxiety Disorder (GAD).

METHODS:
A case-controlled cross-sectional study design was employed: 54 patients with GAD and 64 healthy controls were recruited. Participants completed self-report measures of anxiety and depression. Two pro-inflammatory and two anti-inflammatory cytokines were measured using multiplex technology.

RESULTS:
Case-control logistic regression analyses revealed significant differences in serum levels of IL-10, TNF-α, and IFN-γ between GAD and control groups after adjusting for age, gender, body mass index, smoking and alcohol consumption: these group differences were independent of the presence or degree of depression. Comparison of pro-inflammatory to anti-inflammatory cytokine ratios indicated that there were significantly higher ratios of TNF-α/IL10, TNF-α/IL4, IFN-γ/IL10, and IFN-γ/IL4 in the GAD group compared to the control group.

CONCLUSIONS:
This study is the first to investigate both pro- and anti-inflammatory cytokines and their balance in patients with GAD in comparison to healthy controls. The findings indicate a relatively increased pro-inflammatory response and decreased anti-inflammatory response and provide the first demonstration of an altered cytokine balance in GAD. Serum cytokine levels in GAD were independent of the presence of depression.
Plain language summary

Hydroxyzine is an anti-histamine medication that has been studied in anxiety disorders. This review shows that hydroxyzine is better than placebo in terms of anxiety symptoms in individuals with generalised anxiety disorder (GAD). Too few data were available to be able to draw any conclusions about the efficacy and tolerability of hydroxyzine compared with benzodiazepines and buspirone. Given the robust evidence for the efficacy of antidepressants for GAD, these findings suggest that hydroxyzine should not be recommended as first-line treatment GAD.

- Main results: The search yielded 39 studies. We included five studies in the review with a total of 884 participants. We excluded 31 studies and designated three as awaiting assessment. The data from the included studies provide some evidence that hydroxyzine is more effective than placebo for GAD (odds ratio (OR) 0.30, 95% CI 0.15 to 0.58) and that it is also acceptable/tolerable (OR 1.00, 95% CI 0.63 to 1.58) (OR 1.49, 95% CI 0.92 to 2.40). Compared to other anxiolytic agents (benzodiazepines and buspirone), hydroxyzine was equivalent in terms of efficacy, acceptability and tolerability (hydroxyzine vs chloridiazepoxide: OR 0.75, 95% CI 0.35 to 1.62; hydroxyzine vs buspirone efficacy OR 0.76, 95% CI 0.40 to 1.42). In terms of side effects, hydroxyzine was associated with a higher rate of sleepiness/drowsiness than the active comparators (OR 1.74, 95% CI 0.86 to 3.53). There was, however, a high risk of bias in the included studies.

- Authors’ conclusions: The included studies did not report on all the outcomes that were pre-specified in the protocol for this review. Even though more effective than placebo, due to the high risk of bias of the included studies, the small number of studies and the overall small sample size, it is not possible to recommend hydroxyzine as a reliable first-line treatment in GAD.

The authors suggest that the pro-inflammatory state is related to altered activity of an enzyme involved in the metabolism of tryptophan, leading to degradation of serotonin in patients with GAD, with a mechanism similar to the one observed in major depression.
Nutraceuticals

- **Quercetin**
  - Quercetin has strong antioxidant activity and has been shown to support immune health by mediating the release of inflammatory compounds including leukotrienes and prostaglandins. Quercetin is known for its ability to stabilize mast cells, diminishing the release of histamine, the compound known to cause hypersensitivity reactions during seasonal changes.

- **Stinging Nettles Leaf Extract**
  - Stinging nettles leaf is a plant that has been shown to balance immune response, specifically in the airways and nasal passages. Studies have shown that the extract of stinging nettles leaf balances a variety of inflammatory activities that affect respiratory health.

- **Bromelain**
  - Bromelain is a plant enzyme naturally found on the stem and fruit of the pineapple plant. Bromelain is a proteolytic (protein-digesting) enzyme that aids in the breakdown of large protein complexes, including antigenic compounds, and has been shown to enhance the absorption of quercetin. Bromelain has been shown to reduce circulating allergenic protein complexes associated with hyper-immune sensitivity and seasonal discomfort.

- **N-Acetyl Cysteine**
  - N-acetyl cysteine (NAC) is a amino acid precursor to one of the most important antioxidants in the body, glutathione. Both glutathione and NAC help reduce the viscosity of the mucus allowing for clearing of the airways and improved respiratory health.

- **Vitamin C**
  - Vitamin C cannot be synthesized by humans and is therefore an essential nutrient that must be consumed in the diet. Among its numerous health-promoting properties, vitamin C is an essential vitamin that supports the immune system and is also a potent antioxidant. When the body is under a significant amount of stress, vitamin C is excreted rapidly. Vitamin C has many immune-boosting properties, but is distinctively beneficial for individuals with seasonal discomfort because of its ability to deactivate histamine.

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http://www.orthomolecularproducts.com/natural-d-hist/

<table>
<thead>
<tr>
<th>Supplement</th>
<th>Quantity</th>
<th>Amount</th>
</tr>
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<tbody>
<tr>
<td>Vitamin C (as Calcium Ascorbate)</td>
<td>250mg</td>
<td></td>
</tr>
<tr>
<td>Quercetin</td>
<td>250 mg</td>
<td></td>
</tr>
<tr>
<td>Bromelain</td>
<td>250 mg</td>
<td></td>
</tr>
<tr>
<td>N-acetyl Cysteine</td>
<td>200 mg</td>
<td></td>
</tr>
<tr>
<td>Grape Seed Extract</td>
<td>150 mg</td>
<td>Yielding: Proanthocyanidins 142.5 mg</td>
</tr>
<tr>
<td>N,N-Dimethylglycine HCl (DMG)</td>
<td>100mg</td>
<td></td>
</tr>
<tr>
<td>Perilla (Perilla frutescens) Seed Extract</td>
<td>75 mg</td>
<td>Yielding: Polyphenols (3%) 2.5 mg Rosmarinic Acid (1.5%) 1.13 mg Luteolin (0.1%) 75 mcg</td>
</tr>
</tbody>
</table>
Main herbal

• STANDARD FORMULA ORIGINALLY NAMED

• Cang Er Zi San
  Yu Ping Feng San

• Ingredients
  Astragalus root, White atractylodes rhizome, Siler root, Magnolia flower, Xanthium fruit, Fragrant angelica root, Chinese mint herb.
  Huang qi, Bai zhu, Fang feng, Xin yi hua, Cang er zi, Bai zhi, Bo he, Yu zhu.
Siblings

- 16 y.o female with anxiety and asthma
- Deep red with white forehead
  - Internal heat with Lung deficiency
- 15 year old male with anxiety and psoriasis
Chinese Medicine catalogs physiologic states

“Asthma” => “Wheezing disorders” (xiao chuan)

Differential Diagnosis:

- Wind Cold
- Wind Cold with Phlegm Fluids
- Wind Cold with Internal Heat
- Wind Heat
- Phlegm Damp
- Phlegm Heat
- Lung Qi and Yin deficiency
- Lung and Spleen Qi deficiency
- Kidney yang deficiency
- Lingering Pathogenic Factor
- Liver insulting Lung
Asthma Characteristics

• Chronic Course
• Inflammatory Disorder
• Airway Hyper-responsiveness
• Reversible Airway Constriction
• Hyper-secretion with Mucus Plugging
Why asthma makes it hard to breathe

Air enters the respiratory system from the nose and mouth and travels through the bronchial tubes.

In an asthmatic person, the muscles of the bronchial tubes tighten and thicken, and the air passages become inflamed and mucus-filled, making it difficult for air to move.

In a non-asthmatic person, the muscles around the bronchial tubes are relaxed and the tissue thin, allowing for easy airflow.

Inflamed bronchial tube of an asthmatic

Normal bronchial tube

Source: American Academy of Allergy, Asthma and Immunology
<table>
<thead>
<tr>
<th>SEVERITY OF ASTHMA</th>
<th>CLINICAL FEATURES BEFORE TREATMENT</th>
<th>LONG TERM&lt;sup&gt;1&lt;/sup&gt; MEDICATION (&gt; 5Y)</th>
<th>LONG TERM&lt;sup&gt;1&lt;/sup&gt; MEDICATION (&lt; 5Y)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Intermittent</td>
<td>Daytime symptoms ≤ 2 times a week</td>
<td>No anti-inflammatory agents needed</td>
<td>No anti-inflammatory agents needed</td>
</tr>
<tr>
<td></td>
<td>Nighttime symptoms ≤ 2 times a month</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>FEV&lt;sub&gt;1&lt;/sub&gt; or PEF ≥ 80% predicted</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>PEF variability &lt; 20%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mild Persistent</td>
<td>Daytime symptoms &gt; 2 times a week</td>
<td>Cromolyn or nedocromil or ICS low dose</td>
<td>Cromolyn or nedocromil or ICS low dose</td>
</tr>
<tr>
<td></td>
<td>Nighttime symptoms &gt; 2 times a month</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>FEV&lt;sub&gt;1&lt;/sub&gt; or PEF ≥ 80% predicted</td>
<td>Leukotriene modifiers or Theophylline (not preferred)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>PEF variability 20% to 30%</td>
<td></td>
<td></td>
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<tr>
<td>Moderate Persistent</td>
<td>Daily symptoms</td>
<td>ICS medium dose or ICS medium-low dose + long-acting BD if needed</td>
<td>ICS medium dose or ICS medium-low dose + long-acting BD if needed</td>
</tr>
<tr>
<td></td>
<td>Nighttime symptoms &gt; 1 time a week</td>
<td></td>
<td></td>
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<td></td>
<td>FEV&lt;sub&gt;1&lt;/sub&gt; or PEF ≥ 60% and &lt; 80% predicted</td>
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</tr>
<tr>
<td></td>
<td>PEF variability &gt; 30%</td>
<td></td>
<td></td>
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<tr>
<td>Severe Persistent</td>
<td>Continuous symptoms</td>
<td>ICS high dose + long-acting BD + systemic corticosteroids long-term if needed</td>
<td>ICS high dose + long-acting BD + systemic corticosteroids long-term if needed</td>
</tr>
<tr>
<td></td>
<td>Frequent nighttime symptoms</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>FEV&lt;sub&gt;1&lt;/sub&gt; or PEF ≤ 50% predicted</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>PEF variability &gt; 30%</td>
<td></td>
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</tbody>
</table>

<sup>1</sup> In addition to long-term medications, all patients should receive short-acting bronchodilator agents for quick relief of symptoms. FEV<sub>1</sub> = forced expiratory volume in 1 second; PEF = peak expiratory flow; ICS = Inhaled corticosteroids; BD = Bronchodilators. Adapted from: National Institutes of Health, National Heart, Lung and Blood Institute. Guidelines for the Diagnosis and Management of Asthma, Expert Panel Report 2. NIH Publication No. 97-4051, April 1997.
Triggers

• Inflammatory mediators from:
  • Diet
    • Fats
    • Sugars
    • Proteins
    • Dyes, chemicals, preservatives, additives, MSG
    • Dehydration
    • Metal exposure
    • Antibiotics, hormones
    • OTCs and other pharmaceuticals
  • Allergens
    • Dust & mold
    • Animal dander
    • Pollen
    • Bee stings
    • Foods, ingested materials
  • Airborne particles
    • Smoke
    • Perfume
    • Odors
    • Chemical fumes
    • Pollution
    • Metal exposure

• Environmental factors
  • Air, weather & temperature changes
  • Exercise
  • Intestinal, skin, respiratory infections
  • Family & genetic history
  • Lifestyle, scheduling, school, stress
  • Psychological factors, emotions
    • Anger & frustration
    • Anxiety
    • Worry
    • Grief, sorrow
    • Fear
    • Extremes of positive or negative emotions
  • Trauma
  • Autonomic dysfunction
    • Diet
    • Airborne particles
    • Allergens
    • Environmental factors
    • Infections
    • Family & genetic history
    • Lifestyle
    • Psychological factors
    • Trauma

Lawrence B. Palevsky, MD, FAAP, ABHM
www.HolisticChildHealth.com
Psoriasis Tincture

Ingredients:
- Vinegar
- Bai Bu (Radix Stemonae)
- She Chuang Zi (Fructus Cnidii)
- Liu Huang (Sulfur)
- Tu Jing Pi (Cortex Psuedolaricis)
- Shi Gao (Gypsum)
- Bai Fan (Alum)

Method of Use
Apply as needed to the psoriatic lesions to stop itching.

Formula Rationale
Bai Fan (Alum) and Shi Gao (Gypsum) clear heat, dry dampness. When applied externally, Tu Jing Pi (Cortex Psuedolaricis), She Chuang Zi (Fructus Cnidii), Bai Bu (Radix Stemonae), and vinegar kill parasites, dispel dampness, and stop itching. Liu Huang (Sulfur) heals the skin and promotes the engenderment of new, healthy tissue.
Case: Every baby

❖ 0-2 months
  ❖ Little fear
  ❖ Little cyclic regulation
  ❖ Basic needs
    ❖ Food
    ❖ Cleanliness
    ❖ Sleep
    ❖ Safety
    ❖ Affection and touch

❖ Tasks: consolidate and root
❖ Other issues: Maternal recovery from childbirth
❖ Consider: Theory of exterogestate fetus

http://mirror-in-bom1.gallery.hd.org/_c/baby/_more2005/_more12/newborn-baby-girl-three-3-days-old-face-closeup-1-DHD.jpg.html
Above all else, Chinese medical pediatrics is concerned with preventative health. The physician should:

- Create a therapeutic relationship
- Use optimization strategies
- Attend to diet
- Attend to sleep
- Screen for stressors
- Understand the child in the context of her family and community
- Screen each child based on the aphorisms of care
7 Aphorisms

1. Xiao er pi bu zu
   **Children's “Spleen” is often Insufficient**

2. Xiao er yin bu zu
   **Children's yin is often insufficient**
   Correlate: “Children have a pure yang constitution.” (Flaws, p. 5)

3. Zang fu jiao ruo qi yi chu dao
   **Organs are fragile and soft, qi easily leaves its path**
   Aka The five viscera and six bowels are made but not complete...are complete but not strong. - Qian Yi (in Flaws, p 5)

4. Fa bing rong yi, chuan bian xun su
   **Children easily become ill, and their illnesses quickly become serious**

5. Zang fu qing ling yi qu kong fu
   **Yin and Yang organs are clear [+/-and] spirited. They easily and quickly regain their health**

6. Gan chang you yu
   **“Liver” often has illness**

7. Zhi mu yi zhi zi
   **Treat the mother to treat the child**

Wellness Maintenance

• Biomedical correctives to diet and lifestyle indiscretions common to modern, American life:
  • Vitamin D
  • Probiotics
  • Fish Oils/Omega 3’s
  • Dairy management / Simple carb management
The Extraordinary Vessels: Ren

- The Vessel of Bonding (per Yuen)

- Formation occurs during the first year of life, with the mother representing the primary contributor. (Or the person taking the mothering role.)
  - Very early imprinting
  - Time of Yin consolidation
Shen
Yi
Po
Zhi
Hun

http://www.naturalvet.org/tcvm.htm
Tips 0-2 months

- Baby cannot be “bad”
- Minimize excess stim
- Control sick contacts
- Just walk away
- Breastfeed
- Talk, read, sing to baby
- Learn infant massage
- Assure maternal rest and screen for depression
Working with Children of Different Ages

- 2-8 months
  - Still little fear
  - More cyclic regulation
  - Basic needs plus
    - More physical challenge
    - More language stimulation
    - Increasingly complex diet
    - More social stimulation
Food Stagnation/Accumulation

• Presenting characteristics:
  • Sluggish stools or stools with an exceptionally foul smell
  • Crusty, red cheeks (large intestine luo channel)
  • Foul breath / sour belching
  • Irritability with/without sleep disruption
  • Derangements of appetite
• **Etiology:**
  - Weakness of the Spleen and Stomach with transgressions of food intake.
Food Stagnation

- **Treatment**
  - Diet review and modification
  - Tui Na Massage
  - Acupuncture at Ren 12, 10; Stomach 25, 36, 37, 44; UB 20, 21
  - Probiotics
  - Bao He Wan
One possible reflux protocol
Protocol: General Growth and Development

Push Pijing 150x
Circle Neibagua 150x
Push Tianheshui (more heat) 150x or
   Push Sanguan (more cold) 150x
Round Rub Baihui 30sec
Round Rub Shanzhong 1min
Round Rub Abdomen 1min
Press/Knead Zusanli 30sec
Knead up spine x3
Push down spine x5, root qi in Kidney

29. **Label the Hand** (18 points)

- **Xinjing**/Heart
- **Feixing**/Lung
- **Shenjing**/Kidney
- **XiaoChenjing**/SI
- **Ganjing**/Liver
- **Dashang**/LI
- **Pijing**/Spleen
- **WeiJing**/Stomach
- **Neibagua**
- **Neilaogang**/Extraordinary Points
13) Pijing

Location: At the radical side of the thumb from the tip of the thumb to its root along the margin between the red and white skin.

Manipulation: Hold the patient's left wrist between the operator's index and middle fingers. Then push upward with the tip of the right thumb (reinforcing method). Pushing straight downward is known as the reducing method (see Figs. 65-1,2). Flexing the thumb and pushing leftward is also Reinforcing Method. Repeat the above pushing methods about 300 to 500 times.

Action: Building up the spleen and strengthening the stomach by the reinforcing method, and removing food stagnation and promoting digestion by the reducing method.
Regions – (Nei)Bagua

Action: Building up the spleen and harmonizing the stomach.
Indications: Diarrhoea caused by a deficiency of spleen-yang.

11) Bagua
Location: Around Laogong in the palm.
Manipulation: Hold the patient’s four fingers of the left hand with the palm facing upward. Press tightly between the second and the third phalangometacarpal joints with the thumb of the right hand. Then starting from the second phalangometacarpal joint, rotate clockwise or counterclockwise around the border of Laogong 100 to 500 times (see Fig.63).
Action: Regulating and removing the obstruction of the circulation of qi and blood, and harmonizing the five zang organs.
Indications: Cough, diarrhoea, abdominal distension, food stagnation.
2) Tianheshui

Location: In the middle of the medial side of the forearm, midway between the wrist crease and cubital crease.

Manipulation: Hold the index and middle fingers together. Push with the pads of the fingers from transverse crease of the wrist straight up to the cubital crease 100 to 500 times (see Fig.54).

Action: Clearing pathogenic heat, relieving exterior symptoms and reducing pathogenic fire.

Indications: Febrile diseases, fever caused by common cold, tidal fever, excessive internal heat, irritability, restlessness, thirst, playing tongue, stiffness of tongue, convulsions.

3) Liuwu

Location: At the ulna side, on the line between Yangchi to the elbow.
1) Sanguan
Location: On the radial border of the forearm, on the line between the root of the palm and the radial end of the cubital crease.
Manipulation: Hold the index and middle fingers together and push along the line from the radial aspect of the wrist up to the radial end of the cubital crease with the pads of the two fingers 100 to 500 times (see Fig.53).

Action: Reinforcing qi and strengthening the yang of the body, and dispersing pathogenic cold and relieving exterior syndromes.
Indications: Abdominal pain, diarrhea, general weakness after a disease, aversion to cold, weak limbs.
Regions - Baihui

1) Baihui
Location: On the midpoint of the line connecting the apexes of the two auricles.
Manipulation: Hold the forehead of the patient tightly with the left hand, press and knead the point 30 times (see Fig.23).
Action: Soothing the nerves, invigorating vital function.
Indications: Convulsions, infantile convulsions,
Regions – Shanzhong

2) Shanzhong
Location: On the middle of the sternum, between the nipples.

Manipulation: Push the skin from the centre of the point to the nipples with both thumb pads (see Fig.44-1) 30 to 60 times, or knead the point with the middle finger or push the skin from the manubrium sterni to the point with the index and middle fingers (see Fig.44-2) 30 to 60 times.

Action: Regulating qi of the lungs, stopping coughing.

Indications: Stuffiness of the chest, asthma, cough, vomiting, nausea.
6) Zusanli
Location: 3 cun below Waixiyan and 1 cun lateral to the tibia.
Manipulation: Press or knead the point with the belly of the right thumb 5 to 10 times (see Fig.95).
Action: Building up the spleen, harmonizing the stomach and regulating qi of the middle jiao.
Indications: Abdominal distension, abdominal pain, vomiting, diarrhoea, weakness and atrophy of the lower limbs.

7) Sanyinjiao
Location: 3 cun directly above the tip of the medial malleolus, pertain-
Pinching up the spine

http://www.acupuncturepediatrics.com/wp-content/uploads/2013/05/Pediatric-Tuina-Basics.png
❖ Tips: 2 - 8 months

❖ Introduce new foods slowly
❖ Control sick contacts
❖ Just walk away
❖ Still not too rigid of a schedule
Daytime vs. nighttime

http://www.aafp.org/afp/2001/0115/afp20010115p277-f1.gif
Working with Children of Different Ages

- 9-14 months
  - Basic Needs + previous extras
  - Development of object permanence
  - Significant development of stranger anxiety
  - (Don’t be offended!)
  - Separation Anxiety

http://i76.photobucket.com/albums/j17/anise517/scaredSanta2.jpg
Tips 9-14 months
- Establish routines
- Establish consistency of rules
- Recognize child’s increasing mobility
- **Begin to use substitution of objects and distraction as behavioral management methods**
- Child still is not generally “being bad”
- Prioritize positive reinforcement
  - Language is growing, use verbal praise

In Office: Work to master having multiple conversations at once.

Be aware of physical approach.
It’s a Process

Thank you!