

## TONI KREHEL, AP

Patient: xxxxxxx  
Report Date: 0x/xx/08

Dear xxxxx:

Congratulations for choosing holistic health care to improve your vitality and happiness. I am honored to be able to assist you on this journey to reclaim your health.

Following is a listing of the symptoms and concerns you have communicated to me and how, within the context of Chinese Medicine, these conditions correlate to patterns of disease and/or organ weaknesses.

➤ CHRONIC FATIGUE & DEPRESSION

- *spleen qi deficiency: always cold, bruise easily, fatigue, depression; immune deficiency, over-thinking, excessive worry*
- *liver qi stagnation: depression, neck/shoulder pain, headaches, fatigue, stress*
- *stomach yin deficiency: ED, constipation*

➤ RESTLESSNESS – NERVOUSNESS

- *kidney yang deficiency: low sex drive, fatigue, low back*
- *kidney qi deficiency & adrenal insufficiency: insomnia, anxiety*

➤ JOINT INFLAMMATION

- *gallbladder damp heat: joint pain, shoulder & neck pain, tension headaches*
- *kidney yang deficiency: knee & hip pain*

➤ EATING DISORDER causing:

- *large intestine inflammatory disease*
- *pelvic inflammatory disease*
- *hormone deficiency*
- *sympathetic nervous system overload*

➤ IMMUNITY ISSUES

- *blood type A*
- *family history of cancer*
- *history of uterine thickening*
- *toxemia, seizure, gestational diabetes and hypertension during & post pregnancies*
- *chronic adrenal stress & insufficiency*
- *chronic digestive: spleen qi deficiency leading to impaired small intestine assimilation of nutrients and pancreatic weakness*
- *non-specific immune deficiency: pancreatic, gallbladder, kidney, lungs deficiency*
- *persistent systemic infection due to childhood vaccines, recent flu shots, pneumonia and pneumonia shot*

In Chinese Medicine health relies upon the free flow of qi between the various organs/tissues of the body, and sustained health requires a sufficient amount of vitality to fuel metabolism. Patterns of illness develop over time as events, lifestyle, emotions and the forces of nature act upon the strengths and weaknesses of the individual. Patterns of disease typically reflect the individual's genetic predisposition and constitutional weaknesses. As long as the qi is strong and the blood is pure, the patterns manifest primarily in functional disturbances. When vitality wanes and imbalances persist with age and repeated illness, form will follow function – the functional disturbances become pathology and diagnosable illnesses. Until vital organs fail, patterns of disease can be reversed with holistic medicine and lifestyle changes.

The protocol that I have put together for you is designed to address the above listed conditions. These wonderful Chinese herbs, nutritional supplements and homeopathic remedies will provide appropriate nutritional support and actions required to begin resolving these patterns.

### **Standard Process Glandular Nutritional Supplements:**

- Desiccated Adrenal: *nutrition for adrenal glands; helps support endocrine system and many physiological functions*
- Ovex P: *nutrition for female reproductive glands; supports production of hormones, hormone precursors, acids, and enzymes*

### **Chinese Herbal Formulas:**

- Si Ni Tang: *adrenal insufficiency, hypothyroid, chronic fatigue, arthralgia, gastralgia, calms heart, tonify spleen*
- Xiao Yao Wan (“Free & Easy Wanderer”): *joint, shoulder & neck pain, depression, tension headaches*
- Lung Tan Xie Dan: *irritability, obsessive/compulsiveness, insomnia, chronic pelvic inflammation, improves non-specific immune response, resolves gallbladder syndromes/congestion*
- Positive Mood Enhancer: *fatigue, stress, mood, anxiety, nervousness, insomnia, depleted adrenals, impaired metabolism, weak immune function, depression, hypertension, endocrine disorder, illness; contains qi and kidney tonics designed to enhance vitality*
- Seven Stars Granules: *improves digestion,; abdominal colic, fever, nausea, diarrhea*
- Chuan Xin Lian (herbal antibiotic): *promotes important immune regulating & housekeeping activities to resolve acute/persistent infections and detox symptoms; helps sinuses and gastro-intestinal tract issues; viral/bacterial infections*
- Femex: *regulate hormones and improves blood circulation, dispels stasis; menstrual disorders, abdomen pain*
- Chien Chin: *promotes gynecological health, eliminates damp discharges, skin eruptions, low back, fatigue, benefits kidneys*

## Homeopathic Remedies:

- Apex Energetics PF-Pro: *joint weakness & inflammation symptoms: general weakness, depression, immune deficiency; supports the following organs & tissues: kidneys, liver, adrenal glands, large intestine, stomach, spleen, jejunum/duodenum, appendix, pancreas, mucus membranes, lymphatic system, lymphocytes, lumbar spine, mitral valve, myocardium, pleura, joints, arteries, thoracic nerves, cranial nerves, peripheral nervous system, sympathetic nervous system; supports the following actions: strengthens the protective qi, release tension from muscle layer, tonify & invigorate blood, tonify kidneys, nourish kidneys & stomach*
- Newton Nervousness: *irritability, restlessness, depression, anxiety, fear*
- Bioron Oscillococcinum: *has a positive effect on the decline of symptoms and the duration of colds, flu, detox; a great immune stimulant and fatigue fighter; fatigue; Adrenal Exhaustion*

My treatment plans include remedies from two different but complementary healing medicines. Chinese Medicine draws upon a sophisticated pharmacology of medicinal herbs, and the prescriptions are based on proven formulas that regulate immune function and resolve patterns of illness. Homeopathy is based on the principles of Homotoxicology (cellular toxicity), and uses micro-dilutions of natural substances (plants, minerals, body tissues, etc.) to treat specific symptoms and stimulate detoxification and drainage. The synergistic use of both of these medicines is powerfully effective. Treatment also includes glandular food supplements because the patient receives added benefit from feeding the vital organs.

The Chinese herbal formulas Si Ni Tang and Femex address endocrine/adrenal imbalances/weakness. The Desiccated Adrenal and Ovex P tablets are glandular supplements that feed the vital organs/tissues involved in the patterns that Si Ni Tang and Femex are acting upon. The Chinese herbal formulas Lung Tan, Xiao Yao Wan and Positive Mood Enhancer work together to stabilize the disease progression. These regulating herbal formulas restore proper sympathetic/parasympathetic immune regulation, support central and peripheral nervous system functions, stimulate the non-specific immune functions and promote the flow of qi and blood. Holistic medicines supplement your diet with nutrition that serves specific healing purposes.

Detoxification is a necessary part of the healing process. As the herbs/homeopathics begin to reverse the patterns of illness, it is common for patients to experience symptoms of detox (i.e., skin eruptions, discharges, flu-like symptoms, headaches, old illnesses, etc.). The two homeopathic remedies Oscillococcinum and Nervousness and the Chinese herbal formulas Chuan Xin Lian and Chien Chin will come in handy to address acute illness and/or symptoms of detox as needed.

As time goes on, the protocol will change to reflect the physiological changes and new nutritional needs – typically every 4 to 6 weeks. You will not always be taking so many things at once. All of the remedies are important, but the homeopathic spray, PF-PRO, personalizes your treatment, stimulates/enhances the detoxification process and influences positive changes at the cellular level. This formula is programmed to target your specific genetic and constitutional weaknesses.

Treating with both macro-nutrition (herbs, nutritional supplements) and micro-nutrition (homeopathics) seems to stimulate immune regulation faster and improves progress time. As you continue to use these remedies, you will become proficient at using them for all kinds of things and will appreciate their

effectiveness. I will teach you how to use holistic medicines to improve your health and happiness. Email me with questions/concerns at any time and please keep me updated as to your progress every few weeks.

Again, I am honored to be a resource for you as you journey back to health. I appreciate your trust.

Yours in Health,

Toni Krehel, AP