

### - The Context -

*The patient, whom we will call Julie, first came in for a consultation in 2010 as she had been trying to become pregnant without success for several months. The patient, 25-years-old at the time, had previously taken oral contraceptives for seven years. After stopping the contraceptives, her menstrual cycles had become irregular. She also suffered from constipation, insomnia and irritability. After seven acupuncture sessions using Dr. Tan's Balance Method over a period of one month, the patient was sleeping well, was no longer irritable and her bowel movements were normal. The patient then decided to discontinue the acupuncture sessions while seeking additional medical examinations with a gynaecologist.*

*Julie returned for an acupuncture consultation at the end of 2013. The gynaecological examinations of both Julie and her partner had revealed no abnormalities. Several months later, as Julie still hadn't become pregnant, she resorted to artificial insemination twice and then underwent an in vitro fertilization (IVF) protocol and an embryo transfer. She explained that she had tried everything to become pregnant over the past three years without success. Julie explained that she wanted to try a second IVF, though her specialist had informed her that her endometrium was too thin and that she had too much uterine peristaltic activity. This might have been the cause of the previous failures. Julie asked if acupuncture could help thicken the endometrium and reduce uterine peristalsis. I explained that it would be difficult to guarantee but that if her uterus was actually in a pathological situation, acupuncture treatments could prove very efficacious. It would be nonetheless impossible for me to say whether this would result in a thickening of the endometrium.*

*Taking into account all of her unsuccessful efforts, I suggested doing a Ba Zi analysis with Julie not only to see if she was in the right phase for a pregnancy but also to determine the best time for an IVF protocol and in any case to get a more in-depth diagnosis and so a more precise treatment. After discussing it with her partner, Julie accepted.*

### - The Ba Zi Analysis -

I explained to Julie that the analysis is carried out in two phases. The aim of the first phase is to describe her principle personality traits (constitution) and the primary tendencies in her life up to her current age (first life progression). Following this procedure, I would ask Julie if the resulting details are correct and correspond to what she has actually experienced. If it's the case, we can then be sure that the interpretation of her Ba Zi is correct and we can move on to the second phase, the analysis of the years to come.

#### **Constitution:**

Julie is a reliable and trustworthy person on whom one can depend. She is very determined, and doesn't easily express herself. She can seem calm on the outside while she is experiencing a lot of emotions internally. She's an ambitious person who likes to win and who might lack flexibility because, on the inside, she doesn't like to lose. Julie is creative, learns quickly and likes to have the attention of her social circle.

Within Julie's constitution, children play a very strong role. Her strong desire to have children is thus very easily confirmed. If she does have children, she will benefit from her relationship with them and will feel fulfilled. However, there is a major conflict in her constitution that will make it very difficult for her to have children unless this conflict is resolved by the appearance of certain elements in her life progression.

Her constitution also shows that Julie is fundamentally not close with her father, either physically or spiritually.

Overall Julie has quite a balanced constitution. Because of this, she will not easily be impacted by dramatic events, be they positive or negative.

**Life Progression:**

**2 to 11 years :** This was a relatively difficult period. Julie might have suffered from a lack of closeness with her father, whether because of his physical absence or lack of an emotional bond. On the one hand she might have lacked a paternal influence to guide her while on the other she might have suffered from her mother's pampering. Julie lacked confidence in herself, didn't feel comfortable with the other children at school and this might have affected her school performance a little.

**12 to 21 years :** This was a better period compared to the previous one. She is still impacted by the lack of a paternal bond but less so. She better knows what she wants and has more confidence in herself. This helps her in her studies but she's interested in quickly making a life for herself. This period shows however difficulties in her love life or in any case a difficulty in developing a stable relationship. It's possible that this has a big impact on Julie.

**22 to 31 years :** This is the period of time in which Julie find herself currently and it's not easy in comparison to what she has lived until now. Things aren't going as she had planned. Something is affecting her health, emotionally as much as physically. The energy of children is very present throughout this period but the obstacle in her constitution hasn't been lifted. This results in an even stronger desire to have children without this desire easily coming to fruition. It is also possible that finances are creating tension between her and her siblings.

*At this stage of the consultation I ask Julie what she thinks of the first reading and if she has any questions. Julie says that she is surprised by the level of accuracy in the details I have given her. She fully confirms the description of her personality and can relate to the account of the first years of her life. She wishes to further describe the nature of the relationship troubles that I had mentioned in the 12-21 year period. She explains that she was in a rather intense relationship with a young man when she was 18 years old. Two years later, the young man wanted to get married but Julie wasn't ready for this commitment. The young man took the rejection very badly and harassed her for months after their separation. He threatened to kill himself several times. It's only after she turned 22 that it progressively came to an end.*

Julie also admitted that during the IVF a few months earlier she suffered a lot. Nothing happened "normally" and there were a lot of complications. This falls in line with the analysis of the current period.

I explain to Julie that the elements representing a ten-year period are those that have the most influence on her. It is nonetheless possible to look year by year to see whether the obstacle can be lifted. It unfortunately is revealed that from 2014 to 2017 the elements present are not favourable. 2015 and 2016 will be just a little better. Then we move on to the next ten years.

**32 to 41 years and 42 to 51 years:** These are two similar periods in which favourable elements are present. Overall Julie might have the chance to have roughly 20 good years in which to have children and benefit from them. These are also two positive periods for Julie's career, during which she will know how to use her talent and creativity to establish herself financially. She can wholly benefit from her children, her work and the money she will earn.

Julie urges me to do the analysis year by year. I explain to her that overall from 2017 onward she has a good chance of becoming pregnant, in particular in 2020, 2021 and especially in 2025. But Julie doesn't feel like she can wait until then "without doing something" – which is exactly according to her personality. She has such a desire for children that she cannot resign herself to waiting. She asks me for my opinion. I explain that the choice is hers. If she wants to continue to try, she can, but with the knowledge that this could be at the expense of her health, as had recently occurred with the IVF. We then discuss the possibility of adoption. She explains to me that she had asked for information on it not so long ago and was told that the length of the process was at least three years, which would be in 2017! Overall it's not a good time for her to have children. Even if she manages to get pregnant, the pregnancy could prove problematic. The period in which she finds herself right now isn't bad but her desire for children is creating emotional frustration and physical suffering. Julie thus has the choice to continue to try while risking her mental and physical health or to accept the present situation and wait another three years.

### **Treatment and counselling:**

To make the period in which she finds herself easier, Julie should emphasize the colours blue, black and white in her environment. I advise her to install a fountain on the north side of her house, if possible the fountain should be made from materials with a metallic appearance. She should avoid surrounding herself with brown, yellow, red and – until 2018 – green. It's preferable that she buys decorative elements in metal rather than ceramic or stone.

For acupuncture, this Ba Zi study allowed me to develop the following treatment:

SJ 6	HT8.7.5
KID2.4.7	GB44.43.40
SP 2. 4.9	

After thinking it over with her partner, Julie wants to go ahead with the second IVF protocol that was suggested to her and asks me to try everything I can with acupuncture. We decide on sessions spaced closely together, every 2 to 3 days. After 6 treatments the endometrium wall had passed the 8 mm needed. Julie is in seventh heaven. The transfer is planned for the following Wednesday. The medical team is surprised to see Julie feeling so well and altogether less tired and irritable than at her last IVF. They find Julie in very good condition, both physically and mentally. Julie explains to me that she wants to spend the days following the transfer with her

*An example of a Ba Zi analysis following completion of all four levels of "The Three Essentials" course.*

family so that she won't have to drive or do any housework and so increase the chances of success. We have two more sessions before the transfer. The puncture of the egg during the IVF protocol goes very well. Julie keeps me updated on the rest of the procedures. The day of the transfer Julie unfortunately learns that this time the score of embryos is not very good. The team still tries to transfer two. Unfortunately, despite the good thickness of the endometrium, this IVF will also fail. During her last phone call Julie thanked me for my help and was at least reassured that a more favourable time will come. Knowing this, she did not want to further put her health at risk and chose to wait a few years before trying to become pregnant again.