

- The Context -

The patient, whom we will call Laura, is 56 years old and has been coming in to the clinic for regular consultations for about a year. Following several accidents, including a serious one in 2009, Laura was suffering from debilitating neuralgia in both arms. She also complained of tinnitus and hot flashes. As the pain and the tinnitus kept her from sleeping, she was also in a state of exhaustion. Laura had her first consultation with me in July 2011. Following the first acupuncture session using Dr. Tan's Balance Method, Laura's pain had greatly diminished. After two months of treatment, consisting of two to three sessions per week, Laura was no longer fatigued, experienced hot flashes only occasionally and the pain was no longer preventing her from sleeping. Nonetheless, the tinnitus remained extremely debilitating and would still wake her up several times each night. Laura said she wanted to stop taking all of her allopathic medications and asked me to support her in this effort by continuing with the acupuncture sessions. She suspected in fact that certain medications were the cause of the tinnitus. One year after her first consultation, Laura was no longer taking any medications. We then spaced out the treatments, with Laura continuing to come on average two to three time a month to maintain her condition. Nonetheless, we still hadn't found a solution for the tinnitus. Despite discontinuing all medications several months back, the tinnitus was still as intense.

I consequently ask Laura when her birthday is, explaining that this could allow me to refine her treatment and perhaps find a solution for the tinnitus. I then do Laura's Ba Zi as well as her life progression. After a quick analysis of her constitution, I direct my attention directly to the period of life in which she finds herself currently and come up with the following treatment:

HT8.4.3	SJ1
	SI1
	KID2.4.7
GB43.40.38	LIV1.3.8

During this initial session, Laura already feels a slight difference in the intensity of the tinnitus following 45 minutes of needle retention, which had never happened before. Her other symptoms were immediately improved upon the insertion of the needles, in particular the pain and weakness in her right arm. At the following session, Laura reports feeling much better since the last treatment: her fatigue and weariness had overall improved and she even felt a renewed vigour. The intensity of the tinnitus had further decreased after a good night's sleep but then had increased a day and a half later. We plan on three consecutive consultations followed by another three consultations every other day, then let a week go by: the reduction in the intensity of the tinnitus proves stable. As Laura was going to be out of town, we let fifteen days pass without treatment. Upon her return, Laura tells me that everything had remained stable. The resumption of treatments further decreases the intensity of the tinnitus. We reach a level varying between 1 and 2 on a scale of 10, as opposed to 8 to 9 before the new treatment. We continue with this treatment and little by little Laura resumes her daily life.

During the winter of 2013, Laura experiences a fainting spell after spending several hours concentrating on a document. She undergoes several neurological exams, which all come back negative. She is diagnosed with fibromyalgia. Laura comes back to me on the verge of depression, failing to understand why "life was against her." She follows a well-balanced diet of quality food, leads a calm life in a healthy environment, makes sure that she can get a good night's rest, regularly comes in for acupuncture consultations...I explain that sometimes, despite all of this, there are periods where everything goes wrong simply because the "timing" is not right. We are subject to three major factors that influence our life: the people, the environment and the time. Even if two of the factors are good, if the third one isn't, this can negatively affect our life. I then suggest to Laura that we do a detailed analysis of her Ba Zi.

- The Ba Zi Analysis -

Constitution:

Laura is a very independent person and she has a strong temperament. She is passionate, enthusiastic and likes going out. She sometimes lacks patience. Her personality is such that she can easily follow the rules that are prescribed to her and this could help balance her emotionally and is an advantage for her.

It is also revealed that the energy of children is not very present constitutionally. Laura is innately linked to both her father and her mother, however her relationship with her father is constitutionally much more positive than that with her mother.

Finally, Laura is surrounded by quite a strong masculine presence, above all in the first 30 years of her life.

Life Progression:

1 to 10 years: This is a period where Laura would have been under the strong influence of her parents, in particular her father. Her relationship with her father is rewarding and serves as her guiding influence. Her relationship with her mother is more difficult and she gets less out of it.

11 to 20 years: This period is marked by problems within the family, in particular the second half from 15 to 20 years. It is possible in fact that Laura had health problems, particularly gynaecological. She is also opposed to familial traditions and this generates tension. The influence of her father is fortunately still present.

21 to 30 years: The influence of her parents strongly diminishes, either because Laura geographically distanced herself from them or because she removed herself from their sphere of influence. These are ten very good years during which Laura expresses her creative side. This didn't necessarily lead to large financial gains but Laura might have been recognized for her talent. She feels more mature and capable of questioning certain figures of authority by which she has been dominated. If Laura wanted to have children, this is the period when she would have had the most chance of conceiving.

31 to 40 years: The positive energy of the preceding period continues for about five years. Afterward, Laura feels restrictions that are curbing what she has undertaken in the previous period. It's a period that presages judicial proceedings, fines, etc. This

period is also impacted by major conflicts both between Laura and her husband and between Laura and her children, if she has any.

41 to 50 years: Laura is once again the object of her mother's influence. Fortunately this influence will not be very strong and Laura can benefit from this period to transform the experience and talents she had developed earlier into financial gains.

51 to 60 years: This is the period in which Laura has found herself for the past five years. In comparison to the others, it's a difficult period, primarily with regard to her health. Laura must in particular pay attention to her heart and circulatory system, to her sleep and to her emotional health. If she smokes, it is particularly important that she quit. She might also have to take care of the health of her parents.

61 to 80 years: These two periods of ten years will be similar and will bring relief for Laura. She will still have to pay attention to her health but life will overall be easier than before. If she is professionally active, Laura might easily enough earn a living and relieve herself from the financial pressures of the preceding period.

I explain to Laura that I had given her a broad outline and that if she has any specific questions I would be happy to review a particular period or to clarify the analysis on a year-by-year basis.

Laura is in fact overwhelmed and thanks me with tears in her eyes. After completely identifying with the description of her personality, she confirms that she never felt close to her mother, even describing her as an "artificial mother." Her relationship with her father, despite the fact that she saw him less often, was much stronger. She reflects on some of the different events that she had experienced:

- *Between the ages of 11 and 20, the "gynaecological problems" were in fact an abortion that she was forced into having as she was still a minor. She was actually quite a "rebel" during this time and it led to a lot of tensions.*
- *Between the ages of 21 and 30, Laura made the decision to move far away and remove herself from all authority and family tensions. This was the best period of her life. She indeed didn't save a lot of money but she had the time of her life. She developed a career in tourism where she made personal contacts and was recognized for her creative ideas and the quality of her work.*
- *Between the ages of 31 and 40, there were in fact strong conflicts. There were no children with which to come into conflict but she had three miscarriages. She also had to deal with a violent husband. She decided to separate from him and to transfer management of the campground she owned. But the dishonest managers put the campground up for sale without informing her. She was put in a very precarious situation that led to two years of investigation and trials.*
- *Between the ages of 41 and 50, Laura smiles while admitting to me that she had never earned a salary before this period. She confirms that from this period onward she had been once again fighting with her mother.*

Treatment and counselling:

There are still four difficult years remaining during which Laura will need support. In addition to acupuncture treatments, I advise her to more regularly wear jewellery in gold and silver and to prioritise the following colours in her environment: white, silver, pastels, brown and yellow. It would also help to surround herself with materials like pottery, ceramics or any kind of metallic sculptures. Conversely, it would be advisable that she doesn't use her fireplace too often and avoids the colours red and green.

We also discuss her relationship with her mother. I explain that she will not be able to change the nature of this relationship and that the best for her would be to take a step back and keep in contact while remaining emotionally distant. Laura explains that she is extremely relieved to see that she is not the cause of this difficult relationship and that this will help her accept the situation.

The last subject we touch on is that of her relation to men. Laura has lived alone for many years and is questioning whether she should make more of an effort to meet someone. I tell her that of course this decision is hers, however she shouldn't place too much hope in finding contentment through a romantic relationship. If she meets someone, it's important that she doesn't expect the fulfilment of an intimate relationship.

At our following consultation, Laura thanks me for having taken the time to study her Ba Zi. In addition to the treatment that I had come up with, Laura was able to begin major psychological work in order to resolve a certain number of barriers that remained from her past. She explained that she was on the whole emotionally calmer now that she could begin to accept that she doesn't have any direct responsibility for her relationship with her mother nor the fact that she finds herself in a difficult period. She smiles while telling me, "That's life. You just have to wait for it to pass."

Laura still comes in regularly for her "constitutional treatments." From the analysis of her Ba Zi, I have constructed a second treatment that also gives excellent results:

HT9.8.7.5.4	SJ1
GB44.43.40.38.34	KID3