Gu Syndrome & Lyme Disease

A Chinese Medicine Prospective

Daniel Katz, PT, LAc, MSOM
Wildwood
83 India St
Portland, Maine
Gu
Gu Poison

According to ancient tradition, "the (Gu) poison was prepared by placing many toxic insects in a closed vessel and allowing them to remain there until one had eaten all the rest – the toxin was then extracted from the survivor."


“Gu unfolds its harmful nature only long after the initial encounter”

Qigu. Ranxi Lu. p. 4
Poison/Venom
Parasite
Bewitched
Driven to insanity

Insects
Container/Vessel

Gu

蟲

蟲

蟲
Gu: In The Body

- Hidden/Unseen
- Festering
- Something else is calling the shots
Antidote

- LIGHT
- Exposure
- Integration
- Awareness of separation occurring
Gu syndrome can occur when a pathogen (with a goal of its own survival) takes advantage of a weakness in the body.

- Not simply the presence of an infection or parasite, but an opportunistic advantage taken over a weakness.

- An individual may not know when the initial onset or infection occurred.
...although (Gu Syndrome) disorder is serious and affects the patient on all levels of existence, he or she may well live with this situation forever without necessarily dying from it. He compares the situation to a tree that hosts birds and insects in various parts of its structure.

- Qugu Ranxi Lu, p.25 Qing Dynasty Daoist doctor
Treatment Strategy for Gu Syndrome

- Understanding of treatment strategies was widespread in texts and more understood.
- Mention of Gu Syndrome essentially disappeared from modern texts/teaching after the 1930/1940's.
- Doctors and scholars had understood that treatment for Gu syndrome required a unique style of treatment.
- Cannot use the "regular" strategies that generally treat similar symptoms.
“The coarse doctor treats the Gu type of diarrhea just like regular diarrhea, and this is completely wrong”.

Puji Fang (Common Aid Formulas), Shanghai Guji, Shanghai 1991, vol.5, p. 359 (Ming Dynasty)
The work of Heiner Fruehau and his translations of texts has unearthed past understanding of Gu Syndrome and the unique treatment strategy.

Limited modern texts that refer to Gu Syndrome focus on a combination of several infections in a person immune compromised or weakened, as well as refers to an infection of abdominal worms.
Gu Syndrome is a **pattern**
Not a specific disease or pathogen

Can effect any system in the body, but has affinity for digestive and neurologic systems
## Symptoms of Gu Syndrome

### Digestive
- Diarrhea/loose stools
- Constipation
- Nausea
- Intestinal bleeding
- Abdominal Bloating/Gas
- Excessive/ravenous or poor appetite
- Poor tolerance to food/Food Sensitivity/Food Allergies

### Neurologic/Mental Emotional
- Body Pain
- Chronic fatigue syndrome
- Bells Palsy
- Neuropathy
- body / sensory hypersensitivities
- Weakness
- extreme emotional volatility
- Intense fears
- Depression
- Suicidal thoughts
- Anger/rage
- Strong/volatile emotions
- inner restlessness
- insomnia
- general sense of confusion
- chaotic thought patterns
- visual and/or auditory hallucinations
- epileptic seizures
- feeling “possessed”
How is Gu Diagnosed?

Clinical presentation

1. Not responding to “regular” treatment strategies
2. Symptoms are out of normal for patient’s history
3. New and multi-system presentation
4. “My life has changed”, “I’m not the same person”
5. History of exposure or event to parasite: tick bite, food poisoning, other exposure/travel
Biomedical Diagnoses with possible Gu Syndrome Presentation

- Lyme Disease and other tick-borne illnesses
- Chronic fatigue syndrome
- IBS/Chronic Digestive Disorders/IBS/Dysentery
- Chronic Pain Syndromes
- Frequent unexplained infections
- Food and environments sensitivities
- Post-Traumatic Stress Disorder
- Neuropathy
- Tremors, Seizure, Dementia
- Autoimmune Conditions
Lyme Disease

**Otzi the iceman** - (5300 year old found in Eastern Alps)
2/3 of *Borrelia burgdorferi* genome found in pelvic bone
Lyme Disease

- Initial Infection of a spirochete by tick bite (primarily)

- Symptoms may or may not occur at the time of initial onset

- Not all infections of Borrelia burgdorferi will become chronic with or without early treatment of antibiotics or other treatments strategies.
Acute Lyme Infection
(Not Gu Syndrome)

Treatment Approach:

Antibiotics
Anti-microbial
Antiviral
Anti-inflammatory
Anti-parasitic
Anti-fungal

In conventional/allopathic medicine today this is how Lyme disease is treated - no matter the stage.
<table>
<thead>
<tr>
<th>Anti-microbial and Anti-parasitic</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dasuan (Bulbus Alli Sativi)</td>
</tr>
<tr>
<td>Dingxiang (Flos Caryophylli)</td>
</tr>
<tr>
<td>Huajiao (Pericarpium Zanthoxyli Bungeani)</td>
</tr>
<tr>
<td>Hezi (Fructus Terminaliae Chebulae)</td>
</tr>
<tr>
<td><strong>Chuan Xin Lian (Andropgraphis Paniculata)</strong></td>
</tr>
<tr>
<td>Qinghao (Herba Artemisiae Apiceae/Wormwood)</td>
</tr>
<tr>
<td>Shichangpu (Rhizoma Acori Graminei)</td>
</tr>
<tr>
<td>Shechuangzi (Fructus Cnidii Monnieni)</td>
</tr>
<tr>
<td>Leiwan (Sclerotium Omphaliae Lapidescens)</td>
</tr>
<tr>
<td>Binglang (Semen Arecae Catechu)</td>
</tr>
<tr>
<td><strong>Hu Zhang (Polygonum cuspidatum/Japanese knotweed)</strong></td>
</tr>
<tr>
<td>Kushen (Radix Sophorae Flavescentis)</td>
</tr>
<tr>
<td>Huaihua (Flos Immaturus Lonicerae Japonicae)</td>
</tr>
<tr>
<td>Baitouweng (Radix Pulsatillae Chinensis)</td>
</tr>
<tr>
<td>Baibiandou (Semen Dolichoris Lablab)</td>
</tr>
<tr>
<td>Guanzhong (Rhizoma Guanchong)</td>
</tr>
<tr>
<td>Guijianyu (Lignum Euonymi Suberalati)</td>
</tr>
<tr>
<td>Feishi (Fructus Torreyae Grandis)</td>
</tr>
<tr>
<td>Shijunzi (Fructus Quisqualis)</td>
</tr>
<tr>
<td><strong>Tufuling (Rhizoma Smilacis Galbrae/Smilax)</strong></td>
</tr>
<tr>
<td>Xuduan (Radix Dipsaci)</td>
</tr>
<tr>
<td><strong>Xuanshen (Radix Scrophulariae Ningpoensis/Figwort Root)</strong></td>
</tr>
<tr>
<td>Qingdai (Indigo Naturalis)</td>
</tr>
</tbody>
</table>
CLINICAL DIAGNOSIS

• symptoms do not behave or respond to treatment as expected or as the particular patient historically responds.

• multi-system clinical picture

• parasitic/infectious in nature

• “I’m not the same”
Treatment Approach to Gu Syndrome

Anti + Pro

“Control the Pathogen

Tonify the terrain
Not the pathogen
Unique Strategy to Treat Lyme Disease/Gu Syndrome

“Kill Demons and Snakes”
Herbal Categories in the Treatment of Gu Syndrome

Kill Demons and Snakes: Using only Animicrobial herbs

1. Diaphoretic

2. Cold, Bitter, Strong

3. Support the body substance - Tonify Yin
   Calm the Mind/Spirit

4. Tonify Qi and Blood - energetics

5. Move/Circulate Qi and Blood
**Antimicrobial, diaphoretic**

- Jinyinhua (Flos Lonicerae Japonicae/Honeysuckle)
- Lianqiao (Fructus Forsythiae Suspensae/Forsythia Fruit)
- Bohe (Herba Menthae Haplocalycis/Field Mint)
- Zizyue (Perillae Folium/Perilla leaf)
- Baizhi (Radix Angelicae Dahuricae/Angelica root)
- Chaihu (Radix Bupleuri/Thorowax Root)
- Gaoben (Radix et Rhizoma Ligustici Chinensis/Chinese Lovage)

**Cold, Bitter, Strong**

- Kushen (Radix Sophorae Flavescentis)
- Huaihua (Flos Immaturus Lonicerae Japonicae)
- Baitouweng (Radix Pulsatillae Chinensis)
- Baibiandou (Semen Dolichoris Lablab)
- Guanzhong (Rhizoma Guanchong)
- Guijianyu (Lignum Euonymi Suberalati)
- Feishi (Fructus Torreyae Grandis)
- Shijunzi (Fructus Quisqualis)
- Tufuling (Rhizoma Smilacis Galbrae/Smilax)
- Xuduan (Radix Dipsaci)
- Xuanshen (Radix Scrophulariae Ningpoensis/Figwort Root)
- Qingdai (Indigo Naturalis)
- Dasuan (Bulbus Alli Sativi)
- Dingxiang (Flos Caryophylli)
- Huajiao (Pericarpium Zanthoxyli Bungeani)
- Hezi (Fructus Terminaliae Chebulae)
- Chuan Xin Lian (Andropgraphis Paniculata)
- Qinghao (Herba Artemisiae Apicace/Wormwood)
- Shichangpu (Rhizoma Acori Graminei)
- Shechuangzi (Fructus Cnidii Monnieni)
- Leiwan (Sclerotium Omphaliae Lapidescens)
- Binglang (Semen Arecae Catechu)
- Hu Zhang (Polygonum cuspidatum/Japanese knotweed)

**Anti-parasitic herbs that Calm and Tonify yin**

- Huang Jing (Rhizome Polygonati) - Solomon’s seal
- Bai He (Bulbus Lilii) - Lily Bulb
- Heshouwu (Radix Polygoni Multiflori)
- Bei Sha Shen (Radix Glehniae Littoralis)
- Xuan Shen (Radix Scrophulariae Ningpoensis)
- Sheng Di Huang (Radix Rehmanniae Glutinosae)
- Xi Yang Shen (Radix Panacis Quinquefolii)
- Fu Shen (Poriae Cocos Pararadics Sclerotium)
- Jiang Xiang (Lignum Dalbergiae Odoriferae).

**Anti-parasitic herbs that tonify qi and blood**

- Danggui (Radix Angelicae Sinensis)
- Chuanxiong (Rhizoma Ligustici Chuanxiong/lovage root)
- Shaoyao (Radix Albus Paeoniae Lactiflorae)
- Danshen (Radix Salviae)
- Gansao (Radix Glycyrrhizae/Licorice Root)
- Huangqi (Radix Astragali Membranacei/Astragalus)
- Wujiapi (Cortex Radicis Acanthopanacis)

**Anti-parasitic move qi and blood**

- Sanleng (Rhizoma Sparganii)
- Ezhu (Rhizoma Curcumae Zedoariae/Zedoary)
- Yujin (Tuber Curcumae/Turmeric)
- Muxiang (Radix Auklandiae Lappae)
- Zelan (Herba Lycopi Lucidi)
- Chenpi (Pericarpium Citri Reticulatae/Tangerine Peel)
Diaphoretic (anti-microbial)

- *Zi Su Ye (Folium Perillae Frutescentis - Perilla leaf and seed
- *Bo He (Herba Menthae) - wild peppermint
- *Bai Zhi (Radix Angelicae) (white) Angelica
- *Ju Hua (Flos Chrysanthemi Morifolii) - Chrysanthemum
- Lian Qiao (Fructus Forsythiae Suspensae)
- Gao Ben (Rhizoma et Radix Ligustici Sinensis)
- Sheng Ma (Rhizoma Cimicifugae)
- Jinyinhua (Flos Lonicerae Japonicae/Honeysuckle)
Zi Su Ye (Folium Perillae Frutescentis - Perilla leaf and seed)
- fever, chills, headache
- cough, tightens in chest
- nausea/vomiting (feeling of tightness)
- seafood poisoning

Bo He (Herba Menthae) - wild peppermint
- fever, headache, sore throat,
- rashes (“venting”),
- chest/flank pressure,
- emotional instability

Bai Zhi (Radix Angelicae) (white) Angelica
- Pain - headache, facial pain (nasal pain/congestion/infection, eye)
- Expel pus/infection
- vaginal discharge

Ju Hua (Flos Chrysanthemi Morifolii) - Chrysanthemum ** (pyrethrin)
- fever, headache
- Eye: blurry vision, dry eye, redness, painful
- Dizziness
Cold, Bitter, Strong (antimicrobial)

- **Jin Yin Hua (Flos Lonicerae Japonicae) - Honeysuckle flower**
- **Qing Hao (Herba Artemisiae Apiaceae) - Wormwood**
- **Da Suan (Bulbus Alli Sativi) - Raw Garlic**
- **Chuan Xin Lian (Andropgraphis Paniculata)**
- **Ku Shen (Radix Sophorae Flavescentis)**
- **Huai Hua (Flos Sophorae Japonicae Immaturus)**
- **She Chuang Zi (Fructus Cnidii Monnieri)**
- **Shi Chang Pu (Rhizoma Acori Graminei)**
- **Ding Xiang (Flos Caryophylli)**
- **He Zi (Fructus Terminaliae Chebulae)**
- **Lei Wan (Sclerotium Omphaliae Lapidescens)**
- **Bing Lang (Semen Arecae Catechu)**
- **Ku Gua (Momordica Charantia)**
- **Chuan Shan Jia (Squama Manitis Pentadactylae)**
**Cold, Bitter, Strong (anti-microbial/parasitic)**

**Jin Yin Hua (Flos Lonicerae Japonicae) - Honeysuckle flower**
- relieve toxicity, fever, sore throat, headache (which come on suddenly)

**Qing Hao (Herba Artemisiae Apiaceae) - Wormwood**
- malarial disorders
- fever/heat/“summer heat” - low grade fever, dizzy, headache, nosebleeds

**Da Suan (Bulbus Alli Sativi) - Raw Garlic**
- kills parasites, relieve toxicity/dysentery, treat food-borne illness/poisoning

**Chuan Xin Lian (Andropgraphis Paniculata)**
- “toxicity” in lower jiao: dysentery, urinary tract infection
- Lung/throat heat/infection
- Topical use for eczema and acute onset of skin infection
Calm the Spirit and Nourish Body Substance (anti-microbial)

• * Huang Jing (Rhizome Polygonati) - Solomon’s seal
• * Bai He (Bulbus Lilii) - Lily Bulb
• Heshouwu (Radix Polygoni Multiflori)
• Bei Sha Shen (Radix Glehniae Littoralis)
• Xuan Shen (Radix Scrophulariae Ningpoensis)
• Sheng Di Huang (Radix Rehmanniae Glutinosae)
• Xi Yang Shen (Radix Panacis Quinquefolii)
• Fu Shen (Poriae Cocos Pararadicis Sclerotium)
• Jiang Xiang (Lignum Dalbergiae Odoriferae).
Calm the Spirit and Nourish Body Substance (anti-microbial)

Huang Jing (Rhizome Polygonati) - Solomon’s seal
- Support digestion (dry mouth, low appetite, dry stool)
- Moistens Lungs (dry cough, TB cough)
- Constitutional weakness (DM1, weakness, light headed)

Bai He (Bulbus Lilii) - Lily Bulb
- Moisten lungs (cough, dry throat)
- Intractable low-grade fever, restlessness, insomnia, irritability after fever disease.
Tonify Qi and Blood (anti-microbrial)

- * Dang Gui (Radix Angelicae Sinensis) - Angelica Tang Keui
- * Huang Qi (Radix Astragali) - Astragalus Root
- Bai Shao (Radix Paeoniae Lactiflorae)
- He Shou Wu (Radix Polygoni Multiflori)
- Gan Cao (Radix Glycyrrhizae Uralensis) Licorice Root
- Wu Jia Pi (Cortex Acanthopanacis Radicis)
Dang Gui (Radix Angelicae Sinensis) - Angelica Tang Keui

- Translation “state of return”
- Tonify blood (irregular menstruation/amenorrhea, blurry vision, palpitations, pale/ashen complexion)
- Move blood (relieve fixed pain/trauma pain, carbuncles/skin dark in color/blood stasis - sores/abscesses)
- Unblock bowels
- Reduce swelling

Huang Qi (Radix Astragali) - Astragalus Root

- Tonify digestion (low appetite, diarrhea, fatigue after eating)
- Stabilize Exterior (spontaneous/excessive sweating, frequent colds/external conditions
- Promote healing and discharge of exudate in wounds/ulcerations
- Numbness, pain in limbs (Paresthesia, pain in limbs)
Move/Circulate Qi and Blood (anti-microbial)

- * Chuan Xiong (Radix Ligustici Wallichii) - Lovage Root
- * E Zhu (Rhizoma Curcumae Zedoariae) - Curcuma Root
- Chai Hu (Radix Bupleuri)
- San Leng (Rhizoma Sparganii)
- Chen Pi (Pericarpium Citri Reticulatae)
- Mu Xiang (Radix Saussureae seu Vladimirae)
- Ze Lan (Herba Lycopi Lucidi)
- San Qi (Radix Notoginseng)
Chuan Xiong (Radix Ligustici Wallichii) - Lovage Root
- pain, especially in chest and flanks
- Headaches, dizziness
- hives

E Zhu (Rhizoma Curcumae Zedoariae) - Curcuma Root
- abdominal pain, painful menses
- Abdominal distention/fullness
- Chest and abdominal constriction after eating

Yu Jin (Tuber Curcumae) - Curcuma Tuber
- move blood/break stasis (pain),
- Cools blood/clears the heart (mental/emotional, agitation)
- Benefit Gallbladder (jaundice)
**Antimicrobial, diaphoretic**
- Jinyinhua (Flos Lonicerae Japonicae/Honeysuckle)
- Lianqiao (Fructus Forsythiae Suspensa/forsythia Fruit)
- Bohe (Herba Menthae Haplocalycis/Field Mint)
- Zizyphus (Perillae Folium/Perilla leaf)
- Baizhi (Radix Angelicae Dahuricae/Angelica root)
- Chaihu (Radix Bupleuri/Thorowax Root)
- Gaoben (Radix et Rhizoma Ligustici Chinensis/Chinese Lovage)

**Cold, Bitter, Strong**
- Kushen (Radix Sophorae Flavescentis)
- Huaihua (Flos Immaturus Lonicerae Japonicae)
- Baitouweng (Radix Pulsatillae Chinensis)
- Baibiandou (Semen Dolichoris Lablab)
- Guanzhong (Rhizoma Guanchong)
- Guijijianyu (Lignum Euonymi Suberalati)
- Feishi (Fructus Torreyae Grandis)
- Shijunzi (Fructus Quisqualis)
- Tufuling (Rhizoma Smilacis Galbrae/Smilax)
- Xuduan (Radix Dipsaci)
- Xuanshen (Radix Scoruplariae Ningpoensis/Figwort Root)
- Qingdai (Indigo Naturalis)
- Dasuan (Bulbus Alli Sativi)
- Dingxiang (Flos Caryophylli)
- Huajiao (Pericarpium Zanthoxyli Bungeani)
- Hezi (Fructus Terminaliae Chebulae)
- Chuan Xin Lian (Andropgraphis Paniculata)
- Qinghao (Herba Artemisiae Apiceae/Wormwood)
- Shichangpu (Rhizoma Acori Graminei)
- Shechuangzi (Fructus Cnidii Monnieni)
- Leiwan (Sclerotium Omphaliae Lapidescens)
- Binglang (Semen Arecae Catechu)
- Hu Zhang (Polygonum cuspidatum/Japanese knotweed)

**Anti-parasitic herbs that Calm and Tonify yin**
- Huang Jing (Rhizome Polygonati) - Solomon’s seal
- Bai He (Bulbus Lilii) - Lily Bulb
- Heshouwu (Radix Polygoni Multiflori)
- Bei Sha Shen (Radix Glehniae Littoralis)
- Xuan Shen (Radix Scoruplariae Ningpoensis)
- Sheng Di Huang (Radix Rehmmaniae Glutinosae)
- Xi Yang Shen (Radix Panacis Quinquefolii)
- Fu Shen (Poriae Cocos Pararadics Sclerotium)
- Jiang Xiang (Lignum Dalbergiae Odoriferae).

**Anti-parasitic herbs that tonify qi and blood**
- Danggui (Radix Angelicae Sinensis)
- Chuanxiong (Rhizoma Ligustici Chuanxiong/lovage root)
- Shaoyao (Radix Albus Paeoniae Lactiflorae)
- Danshen (Radix Salviae)
- Gancao (Radix Glycyrrhizae/Licorice Root)
- Huangqi (Radix Astragali Membranacei/Astragalus)
- Wujiapi (Cortex Radicis Acanthopanacis)

**Anti-parasitic move qi and blood**
- Sanleng (Rhizoma Sparganii)
- Ezhu (Rhizoma Curcumae Zedoariae/Zedoary)
- Yujin (Tuber Curcumae/Turmeric)
- Muxiang (Radix Auklandiae Lappae)
- Zelan (Herba Lycopi Lucidi)
- Chenpi (Pericarpium Citri Reticulatae/Tangerine Peel)
Traditional Diet for Treating Gu Syndrome

Avoid (during or after the Gu treatment): chicken, duck, fish, shrimp, snails, gecko, snakes, insects of all kinds.

Also food items that “easily breed worms” should be avoided, especially all forms of sugar, honey, jujube dates and other sweet substances.

Consume in increased amounts: tofu, celery, cabbage, spinach, lotus root, shiso (perilla) leaves, peppermint, garlic, horseradish, ginger, bitter melon, black mu’er fungus, lychee, longan, oranges, tangerines, grapefruit, plums, pomegranates, watermelon, vinegar, green tea, lamb and pork. However, if any of these items should aggravate the condition, it should also be avoided.

31 y/o: tick bite and bullseye rash (Erythema Migrans) present. Symptoms of body aches and malaise, but mild. (Recalls removing ticks in childhood)

Treated with 10 days of Doxycycline (dosage unknown) and all symptoms resolved, except for short duration digestive upset, but continued to have frequent nausea and fatigue later in the day.

Pregnant at age 35, and felt no symptoms of digestion or fatigue throughout pregnancy. Difficult labor/delivery.

4-5 months Post-partum: onset of neck pain and headaches. Neck muscle spasms and sudden loss of cervical ROM at times.

Nausea at end of the day occurs daily

Anxiety

Low level fever at times in the evenings

Extreme fatigue at times
<table>
<thead>
<tr>
<th>Herbs</th>
<th>Properties</th>
</tr>
</thead>
<tbody>
<tr>
<td>JINYINHUA (CHAO) Lonicera (roasted)</td>
<td>Diaphoretic</td>
</tr>
<tr>
<td>ZISUYE Perilla leaf</td>
<td>Tonify Qi/Blood</td>
</tr>
<tr>
<td>BAIZHI Angelica</td>
<td>Tonify Yin/Calm Spirit</td>
</tr>
<tr>
<td>DANGGUI Tang-kuei</td>
<td>Move Qi/Blood</td>
</tr>
<tr>
<td>HUANGQI Astragalus</td>
<td>Cold/Bitter/Strong</td>
</tr>
<tr>
<td>CHUANXIONG Ligusticum</td>
<td></td>
</tr>
<tr>
<td>GANCAO (SHENG) Licorice</td>
<td></td>
</tr>
<tr>
<td>BAIHE Lily Bulb</td>
<td></td>
</tr>
<tr>
<td>HUANGJING Polygonatum root</td>
<td></td>
</tr>
<tr>
<td>SANLENG Sparganium</td>
<td></td>
</tr>
<tr>
<td>E ZHU Zedoaria</td>
<td></td>
</tr>
<tr>
<td>DINGXIANG Clove</td>
<td></td>
</tr>
<tr>
<td>GUANZHONG Dryopteris root</td>
<td></td>
</tr>
<tr>
<td>KUSHEN Sophora root</td>
<td></td>
</tr>
<tr>
<td>SHECHUANGZI Cnidium fruit</td>
<td></td>
</tr>
<tr>
<td>BAIBIANDOU Dolichos</td>
<td></td>
</tr>
</tbody>
</table>

36 year old female
### 36 year old female

<table>
<thead>
<tr>
<th>Formula</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Xiao Chai Hu Tang</td>
<td>Minor Bupleurum Decoction</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Herbs</th>
<th>Actions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chai Hu 12 (Bupleurum)</td>
<td>Diaphoretic</td>
</tr>
<tr>
<td>Huang Qin 9 (Scutellaria)</td>
<td>Tonify Qi/Blood</td>
</tr>
<tr>
<td>Sheng Jiang 12 (Fresh Ginger)</td>
<td>Tonify Yin/Calm Spirit</td>
</tr>
<tr>
<td>Ban Xia 12 (Pinellia)</td>
<td>Move Qi/Blood</td>
</tr>
<tr>
<td>Dang Shen 12 (Codonopsis)**</td>
<td>Cold/Bitter/Strong</td>
</tr>
<tr>
<td>Gan Cao 6 (Licorice)</td>
<td></td>
</tr>
<tr>
<td>Bai Zhi 9 (Angelica)</td>
<td></td>
</tr>
<tr>
<td>(Ge Gen 9) (Kudzu)</td>
<td></td>
</tr>
<tr>
<td>Jin Yin Hua 9 (Lonicera)</td>
<td></td>
</tr>
<tr>
<td>Chuan Xiong 9 (Ligusticum)</td>
<td></td>
</tr>
<tr>
<td>Huang Qi 18 (Astragalus)</td>
<td></td>
</tr>
<tr>
<td>Dang Gui12 (Tang-kuei Angelica)</td>
<td></td>
</tr>
<tr>
<td>Chen Pi 9 (Tangerine Peal)</td>
<td></td>
</tr>
<tr>
<td>Bai He 9 (Lily Bulb)</td>
<td></td>
</tr>
<tr>
<td>Yu Jin 9 (Turmeric)</td>
<td></td>
</tr>
</tbody>
</table>
Remote hx of tick bite (over 10 years ago). No rash, and no recall of any “abnormal” symptoms at the time.

Current symptoms
- pain
- tremor - bouts of hand tremors
- muscle spasms
- frequent sweating
- Feeling of constant heat
- Low grade fevers in evening
55 year old male

BAIZHI  Angelica
JINYINHUA  Lonicera
LIANQIAO  Forsythia

DANGGUI  Tang-kuei
CHUANXIONG  Ligusticum
WUJIAPI  Acanthopanax

BAIHE  Lily Bulb

QINGHAO  Artimesia Qinghao
YUJIN  Curcuma
ZELAN  Lycopus

XUANSHEN  Scrophularia
TUFULING  Smilax
SHICHANGPU  Acorus
XUDUAN  Dipsacus

YINXINGYE  Gingko leaf

SHI GAO  48  Gypsum
ZHI MU  24  Anemarrhenae
GUI ZHI  12  Cinnamon Twig
GAN CAO  8  Licorice
GENG MI  24  Rice Seed

Bai Hu Gui Zhi Tang  (warm malarial disorder)
**Herbs:** “pulsed” - every 3-6 weeks. Change within the same categories
- Herxheimer Reaction
- Expectations
- Time Frame

**Ritual**
- Taking the herbs
- Eating
- Sleep
- Exercise
- Practices (yoga, meditation, feeding birds…ANYTHING)

**Atone/Right your Wrongs**
- therapy can help

**Connect with Ancestors**
THANK YOU

Daniel Katz, PT, LAc, MSOM
Wildwood
83 India St
Portland, Maine