

## **Clinical Case Panel:**

**Client: Age 39 Sex: Female CC: Shingles like pain and lesions**

During a mini herb session a 39-year-old woman requests advice for internal pain in left side of the mid back under the lower ribcage. Pain is characterized as throbbing, deep & internal, and consistent *and* persistent. Client acknowledges that this is a trigger area for her during stress, but usually she is able to work it out via stretching or massage. Pain began during an out of town business trip to a high altitude area and client thought she was reacting to the altitude. Upon her return home the pain persisted and worsened.

On day 5 of pain, she had received a massage, and soaked in hot springs and the pain continues to worsen. Client has been applying Saint John's Wort oil to the area since day one as that usually helps with her back "flare-ups." Client has received a chiropractic adjustment and pain eased up temporarily but soon returned. Pain is classified as a 8 on a scale of 1-10 and is preventing her from sleeping comfortably; causing malaise enough to stay in bed and prompting her to take prescription pain killers, which she rarely ever uses.

On day 6 client began feeling a sense of heat on the skin like a burn. Hours later she noticed lesions appearing on the front trunk of the lower left abdomen. She admits to being in misery and is unable to handle any noise or stress. She had to ask her kids to leave the home. The internal pain remains "unbearable."

I made a house call and found the client very sullen, guarded and slow to move. Lymph nodes in groin were tender and swollen. There were five nickel sized lesions spread evenly from the left front to left side and evidence of others beginning to emerge. Client temperature was normal at 98.5 but skin in area of affliction was hot to the touch. Pulse was feeble and wiry. Tongue was dry, shaky and pink.