

**“Little Bird Flew Away”, “Bird Nest Destroyed”, “Zhi Yen Gui Huan”**

**(A Diabetes Series Case Study)**

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A great deal of so call “modern disease” is be look up as “lifestyle disease”, which is to say the way we live, the way we rest, the way we eat, the way of our being; leads to certain chronic lifestyle disease. For example, deprivation of sleep, irregular sleeping hours, excess greasy food and uncontrolled diet, and inappropriate use of western medicine, can all lead to chronic disease such as, high blood pressure, diabetes, coronary heart disease, and dysfunction of the kidneys. Diabetes induced conditions, such as stroke due to high blood pressure, blockage of coronary arteries, uremia from kidney dysfunction, numbness of the hands and feet due to arteriosclerosis are all very prevalent. However, there are also some symptoms and conditions that are usually too taboo to be mentioned, and we would like to discuss such a case here.

This case happened in 2007 in Tucson, Arizona. I had my clinic in Tucson where the local weather is very hot, so having a dry mouth and dry tongue is very common. If one is not careful, one can be easily dehydrated as if having a heat stroke. One can easily have the superficial symptoms of feeling tired all over the body and lack of energy; and these symptoms can’t be corrected by simply drinking more water. The person would not feel like he (or she) has contracted any disease but the person just don’t feel “well”. We shall reveal some of the important points for this case study. Our patient is a 40-year-old obsess Caucasian male. His chief complaint were easily tired, somnolence, like to eat sweets, numbness in all 4 extremities, lack of force when urinate. Upon further questioning, the patient revealed something has been troubling him; he has been having erectile dysfunction, a form of sexual dysfunction. The patient told me his condition is chronic, and is getting worse as time goes by. In our Tucson clinic, we make use of our Iridology diagnostic machine and software to analysis most of our patient’s bodily functions and the severity of their disease and condition. So we took pictures of Bob’s irises and captured the images into our computer. Upon analysis of the computer images, we discover numerous “cavities”(think of it as a 3-dimensional hole) in Bob’s irises, especially in the pancreas and kidney regions. In addition, the lower abdominal area that is responsible for reproduction is decidedly darkened. There are various reasons that can lead to “cavities”, such as lack of pre-heaven essence leads to poor constitution of the body, a weak immune system, and dysfunction of internal organs. However, if the color

within the cavity is black, it is likely that there is high level of toxins accumulated in the body. Upon further investigation, we found out indeed Bob has a family history of Diabetes.

**We have measured:**

Blood glucose level before meal: 450 mg/dl

Blood pressure 170/120mm/Hg

Diagnosis: diabetes, high blood pressure due primary to diabetes, arteriosclerosis, acidic body type.

I was trying to further explained to Bob because his HbA1c level is chronically high; it leads to abnormal blood supply from the arterioles. Therefore, other than numbness of the hands and feet due to abnormal blood supply, the arteriosclerosis can also lead to shrinkage of the male and female sex organs (“Little Bird Flew Away”), shredding of the pubic hair (“Bird Nest Destroyed”), and decreased libido and inability to have sex. Bob was very concerned and shocked due to the long-term implication on his health and well being. He inquired about what type of treatment he needs. I told him he needs to control his diet and I prescribed him Chinese herbal medicine. The formula consists of *Zhi Mu*(Zhi), *Yen Wo*(Yen), *Gui Pi Tang*(Gui), *Huan Xiao Dan*(Huan), hence “*Zhi Yen Gui Huan*”, loosely translated as “the return of the swallow” or the return of the sexual function.

The function of *Zhi Mu*, *Yen Wo*, and *Gui Pi Tang* combined to strengthen the movement of the Spleen blood, to increase the circulation of the arterioles, and to infuse blood into the sex organ to increase libido. *Huan Xiao Dan* is used to increase the hormonal secretion in the body to increase the sex drive.

After two weeks of herbal treatment with additional modifications, Bob’s symptoms have improved beyond expectation. New Iridology images showed lighter color in the previously darkened area, indicating the expulsion of toxins and improvement of the acidic body chemistry.

I hope we can use this case to illustrate and remind our reader about some of the lesser know signs and symptoms of diabetes, and the usage of different herbs and formulas in order to “treat the disease with the right medicine”.