

Case Summary

Billy S. (Honolulu [Oahu], Hawaii, USA)

On 6/23/2022, I tested positive for COVID-19, while working around Portland, Oregon, USA; using an Over-the-Counter COVID-19 Self-Test Kit, I purchased on my own.

1. My main signs and symptoms were the following-
 - a. Tidal fever of 100.4°F with sense of heat and cold (limited history of this with some bouts of fever)
 - b. Numbness in my left leg (no history of this)
 - c. Intermittent sharp pain on the left side of my groin preventing me from standing up [pain scale: 9/10] (limited history of this in that area, but not at that intensity)
 - d. Nauseous after eating (occasional history of this)
 - e. Congestion with burning in chest (limited history of this with some bouts of fever)
 - f. Runny nose with clear fluids (frequent history of this with bouts of fever, colds, and seasonal allergies)
 - g. Sense of heat in the face and dizziness when standing for more than 10 minutes (occasional history of this with bouts of fever)
 - h. Insomnia (limited history of insomnia)
2. I had corresponded with Dr. M. Wang daily since testing positive through emails and video conferencing to describe my changing signs and symptoms, pulse, and pictures of my tongue, to help her with my diagnosis and treatment strategies.
3. I was diagnosed with Severe Qi and Blood-Deficiency, aggravated by COVID-19. Dr. M. Wang prescribed me the following-
 - a. Acupuncture (left the following needles in for 60 minutes): REN-17, REN-12, PC-6, PC-7, LI-4, ST-36, LV-3, LV-5, (left the following needles in for 120 minutes) DU-20, Si Shen Cong, and GB-20

b. Dietary: Eat potatoes or pasta and avoid pizza, crackers, fried or spicy foods

c. Herbal Formulas (not taken, since I did not have access to any bulk or patent herbs)>

> Bulk Herbs: Dang Gui 18g, Chuan Xiong 6g, Huang Qi 30g, Hong Shen 15g, Chen Pi 9g, Zhe Bei Mu 9g, Xing Ren 9g, Gua

> Patent Herbs-

o Bu Zhong Yi Qi Tang (three teaspoons, three times daily)

o Qing Qi Hua Tan Tang (two teaspoons, twice daily)

d. Over-the-Counter Tylenol with Acetaminophen

6/23 to 6/29/2022-

- Tested negative on 6/29/2022 and returned to work

- As per Dr. M. Wang's treatment instructions, reduced all acupuncture time by half and added LU-7 and LI-11 both bilateral. Also, ceased taking Over-the-Counter Tylenol with Acetaminophen as-soon-as I no longer had a fever on 6/27/2022.

- Signs and symptoms decreased over the seven-day period with some lingering cough

This report is approved by: Billy F. Schutte

Date: 15 MAR 2023 Billy F. Schutte