

# HOW TO COMPOSE A HERBAL COMPOUND

<b>COLUMN 1: PRIMARY CONDITIONS</b> List all of the <b>Primary Conditions</b> (from your patient/client's Intake Forms) that can be treated and any <b>related conditions</b> that will be affected as a subsequent result of the program.	<b>COLUMN 2: THERAPEUTIC OUTCOME / GOAL</b> List the <b>opposite of the complaint</b> as a <b>Therapeutic Outcome/Goal</b> .	<b>COLUMN 3: ACTION</b> Select a <b>Body System</b> from the list of filters then select an <b>Action Category</b> that takes you from the <i>Condition</i> to the <i>Goal</i> . List it in <b>COLUMN 3</b> - beside the <b>Therapeutic Goal</b> . Match <i>each of the Conditions</i> with an <b>Action Category</b> .	<b>COLUMN 4: HERB CHOICES</b> List a few <b>good herb choices for each Action Category</b> . Use the choices from the list. <i>We have already preselected herbs with an affinity for the body system selected.</i>	<b>FINAL SELECTION CRITERIA:</b> + Herbs that are multitasking in primary & secondary actions + Important <b>biochemical constituents</b> + <b>Intuition</b> and cumulative <b>experience</b> + <b>Taste</b> + <b>Environmental considerations</b> ( <i>local, organic, endangered</i> ) + <b>Economics</b> ( <i>patient pocket book &amp; cost of product</i> )	<b>DOING THE MATH:</b> Round numbers to make math easier!	
					<b>PARTS TO %</b>	<b>% TO mL + Final Dosing</b>
1. PRIMARY CONDITIONS / INTAKE	2. GOALS	3. ACTIONS	4. HERB CHOICES	5. FINAL HERBS & MATH		
Male, 58yrs, normal weight				Cratageus	8g	
Heart Transplant	Cardiovascular optimization	Cardio Tonics Vascular Tonics	Cratageus, Tilia, Terminalia a., Cratageus, Terminalia a., Vaccinium, Blueberry	Terminalia	8g	
Type II Diabetes	Improve blood sugar & Insulin Resistance	Medicine as Food	Ketogenic Diet	Vaccinium	8g	
Hypothyroidism	Improve Hypothalamus Thyroid relationship	Medicine as Food	Ketogenic Diet	Urtica sem.	8g	
Kidney deficiency	Revitalize kidney function	Kidney Tonic, Trophorestorative	Urtica sem., Urtica fol.	Apium	8g	
Sleep difficulty	Encourage deep sleep	Sedative Hypnotic	Escholzia c., Scutellaria, Passiflora	Escholzia c., Scutellaria, Passiflora	Equal Parts	
Anti-Rejection Drugs (Compromised Immune system)						
High Cholesterol	Improve Insulin Resistance, lower inflamm.		Ketogenic Diet	Keto = 70% Fat, 20% Protein, 10% Carbs		
Gout	Revitalize kidney function		Apium	Cherry juice, vitamin C, Lysine, Proline, Seaweed	100% = 100mL	Total = 500mL
					% Herb=mL/week at dosage of 5mL / TID	