

HOW TO COMPOSE A HERBAL COMPOUND

COLUMN 1: PRIMARY CONDITIONS List all of the Primary Conditions (from your patient/client's Intake Forms) that can be treated and any related conditions that will be affected as a subsequent result of the program.	COLUMN 2: THERAPEUTIC OUTCOME / GOAL List the opposite of the complaint as a Therapeutic Outcome/Goal .	COLUMN 3: ACTION Select a Body System from the list of filters then select an Action Category that takes you from the <i>Condition</i> to the <i>Goal</i> . List it in COLUMN 3 - beside the Therapeutic Goal . Match <i>each of the Conditions</i> with an Action Category .	COLUMN 4: HERB CHOICES List a few good herb choices for each Action Category . Use the choices from the list. <i>We have already preselected herbs with an affinity for the body system selected.</i>	FINAL SELECTION CRITERIA: + Herbs that are multitasking in primary & secondary actions + Important biochemical constituents + Intuition and cumulative experience + Taste + Environmental considerations (<i>local, organic, endangered</i>) + Economics (<i>patient pocket book & cost of product</i>)	DOING THE MATH: Round numbers to make math easier!	
					PARTS TO %	% TO mL + Final Dosing
1. PRIMARY CONDITIONS / INTAKE	2. GOALS	3. ACTIONS	4. HERB CHOICES	5. FINAL HERBS & MATH		
Blood Pressure take 3x during session	Lower B.P at rest, exercise & stress Improve heart muscle	Hypotensive Cardiotonic	Achillea, Cratageus, Leonarus, Rauwolfia, Tilia, Viscum Cratageus, Tilia, Alpinia, Terminalia, Borago, Achillea	Cratageus = 9	9/37 = 24% adjust to 30%	150mL
Complains of Sleep Apnea	Relax airway, bring restful sleep sooth sore throat	Antispasmodic Nervine sedative Demulcent	Viscum, Ammi, Leonarus, Viburnum op., Lobelia Aster, Leonarus, Piper, Tilia, Tilia	Tilia = 10	10/37 = 27%	135mL
Shortness of breath post-exercise	Restore CV system Bring more O2 blood to heart	Cardio trophorestorative Coronary artery dilation Cardiotonic	Cratageus, Terminalia Cratageus, Panax noto., Salvia mil. Ammi, Achillea, Cratageus, Tilia	Achillea = 9	9/37 = 24%	120mL
Smoker - 1 pack/week	Repair vascular tissue, Bring blood to extremities	Vascular tonic Peripheral vasodilator Circulatory stimulant	Achillea, Ammi, Capsicum, Zantho. Capsicum, Alpinia, Zanthoxylum Capsicum, Alpinia, Zanthoxylum	Viscum album = 5	5/37 = 13%	65mL
Stress at work & home	Reduce stress affects on sleep Nerves & Heart	Nervine sedative Hypotensive Cardiotonic	Tilia, Viscum, Aster, Piper Achillea, Cratageus, Tilia, Viscum Cratageus, Borago, Tilia, Termin.	Capsicum = 4**	4/37 = 12% adjust to 6%	30mL
Moderately overweight Diet high in animal fats	Increase Digestive fire & reduce cravings	Carminative Digestive stimulant	Alpinia, Capsicum, Zingiber Angelica arch., Artemesia ab., Gentiana	**We need a little more Cratageus & less Capsicum (too hot!) Shift 6% of Capsicum to Cratageus to balance heat & tonify heart muscles more		
Sympathetic Nervous System Dominant	Switch to Parasympathetic actions in CNS	Hypotensive, Nervine sedative Coronary artery dilation Antispasmodic, Periph. vasodil.	Achillea, Tilia, Cratageus, Viscum, Viburnum op., Aster, Tilia, Piper, Valerian, Cratageus, Salvia mil., Panax noto., Viscum, Ammi, Valerian, Lobelia, Capsicum, Zantho.			
Patient observed to be oedematous	Increase fluid removal through urine & sweat	Diuretic Diaphoretic	Achillea, Taraxicum fol., Achillea, Mentha, Sambucus fol.			
				Total = 37 parts	100% = 100mL	Total = 500mL
				Adding up the numbers we get 37 parts Divide the part by the total for a %		% Herb = mL/week at dosage of 5mL / TID