

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 (local, organic, endangered) + Economics (patient pocket book & cost of product)	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		
38 year old female						
Fatigue	Increase Energy	Adaptogens & Nutritives	Avena s., Astragalus Glycyrrhiza glabra	Avena x3, Astragalus x2, Calendula x2, Glycyrrhiza x5,	Avena 30% Glyc 50%	
Inflamed Bowels / G.I. Tract	Reduce inflamm. in Bowels & GI	Anti-inflammatory Demulcent, Vulnary	Glycyrrhiza glabra, Calendula off., Plantago, Matricaria recutita	Plantain x1, Matricaria x1	10%	
Diarrhea and Constipation	Regulate Bowels & tone G.I	Lower G.I. Tonic & Antispasmodics	Rheum p., Rhamnus p., Filipendula u., Triphala	Rheum x1, Rhamnus x1, Filipendula x1, **consider Triphala	10%	
Joint Pain	Alleviate pain & reduce inflamm.	Anti-inflammatory Immunomod., Demulcent	Glycyrrhiza, Calendula, Dioscorea villosa	Dioscorea x2	20%	
Eczema	Immuno-mod. Lymph cleansing	Alteratives, Anti-inflamm Immunomodulators	Ganoderma l., Astragalus, Glycyrrhiza glabra	Ganoderma x1	10%	
Asthma	Broncho dilation	Broncho dilator Anti-inflammatory	Ephedra s., Glycyrrhiza glabra	Ephedra x1 (eliminated due to strength)		
Depression	Increase happiness	Adaptogens & Thymoleptics	Avena, Hericium e.,	Hericium x1	10%	
				*19 in total = 19x5 = 95mL (add 5mL to one herb)	100% = 100mL	Total = 500mL
				**consider splitting into 2 formulas	% Herb=mL/week at dosage of 5mL / TID	