

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		
Diarrhea	Regulate Bowels	Astringent Anti-inflammatory	Filipendula, Cinnamon Filipendula	Filipendula x4	20%	100mL
Abdominal Cramps	Stop cramps Relax & Tone	Antispasmodic Carminative	Angelica arch., Matricaria, Cinnamon	Matricaria x5	25%	125mL
Blood in Stool	No blood	Vulnerary Astringent	Filipendula, Calendula	Cinnamon x4	20%	100mL
Fatigue	Increase energy	Adaptogen Nutritive	Astragalus, Schizandra c.	Angelica arch. x2	10%	50mL
Fever	Regulate temperature	Antimicrobial	Cinnamon	Calendula x3	15%	75mL
Perianal Fissure	Heal fissure	Vulnerary Astringent	Calendula, Cinnamon, Calendula, Filipendula	Astragalus x1	10%	50mL
Weight Loss	Increase appetite and eating	Stomachic Bitters	Matricaria r.			
Stress	Reduce stress Calm	Nervine	Matricaria r.			
				*(Math: 20 x 5 = 100mL)	100% = 100mL	Total = 500mL
					% Herb=mL/week at dosage of 5mL / TID	