

## 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		
Female, 38yrs						
Premenstrual pain	Pain relief	Antispasmodics	Viburnum, Cimicifuga, Dioscorea	Viburnum op.		
Heavy periods	Normalize bleeding	Uterine Anti-hemorrhagic	Capsella, Alchemilla, Hydrastis, Panax noto.	Capsella		
Flooding (using multiple sanitary items)	Normalize bleeding	Uterine Astringents	Capsella, Alchemilla, Rubus	Alchemilla		
Severe pain with periods	Pain relief	Analgesics	Anemone, Piper, Escholzia	Rubus		
Anxiety with anticipation of Menstruation	Bring sense of calm	Anxiolytics	Viburnum, Dioscorea, Piper, Cimicifuga	Anemone		
Hormone Imbalances	Restore/promote Hormone balance	Hormone balancers	Angelica, Caulophyllum, Dioscorea, Vitex	Viburnum prun.		
				Vitex		
					100% = 100mL	Total = 500mL
					% Herb=mL/week at dosage of 5mL / TID	