

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		
Female, 29yrs				Caulophyllum = 2	14%	
Uterine Fibroids	Shrink fibroids	Hormone balancers	Angelica s., Borago, Caulophyllum, Vitex	Zingiber = 1	5%	
Heavy Feeling and Discomfort in Pelvis	Relieve pelvic stagnation, improve uterine circulation	Pelvic Decongestant	Ceananthus, Phytolacca, Zingiber, Paeonia	Capsella = 2	14%	
Heavy Bleeding Significant blood loss during menses	Prevent heavy bleeding	Astringents	Alchemilla, Capsella, Vinca	Vitex = 3	21%	
Estrogen & Progesterone Imbalance	Modulate Pituitary	Pituitary modulator	Vitex	Cimicifuga = 2	14%	
Bloating, Breast tenderness, PMS, Mood Swings	Improve hormonal balance	SERMs	Cimicifuga, Pueraria, Trifolium	Dioscorea = 3	21%	
Bloating	Improve flow of Hormones/Liver	Hormone balancers	Angelica, Borago, Caulophyllum, Paeonia, Vitex, Dioscorea	Galium = 1	5%	
Urinary urgency Feeling fullness in bladder	Improve bladder function	Bladder tonics	Alchemilla, Chimaphila, Equisetum, Galium	Anemone = 1	6%	
Pain with Menstruation	Relieve pain	Analgesics	Anemone, Corydalis, Lactuca, Piper	Total = 15 Parts	100% = 100mL	Total = 500mL
			Castor Oil Packs Topically w/ heat	Nutrition: DIM, Cabbage, Fish oils, reduce meat in diet (xenoestrogens)	% Herb=mL/week at dosage of 5mL / TID	