

# 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, 54yrs				Fibroid formula: 15mL in 1/2 or 1L water		
Uterine Fibroids	Shrink/remove fibroids	Astringents Decongestants Uterine tonics	Alchemilla vulgaris Collinsonia can.	Alchemilla		
Erratic Menstrual Cycle (up to 73 days)	Regulate menses	Hormone balancers SERMs	Caulophyllum thalictroides Cimicifuga r., Glycyrrhiza	Caulophyllum		
Cramping (at beginning of menses)	Relieve pain	Antispasmodics Analgesics	Cimicifuga racemosa Dioscorea villosa	Cimicifuga		
Ovarian Cysts (also on Liver)	Reduce *H.I. Reduce insulin More receptive	Adaptogens (for sugar)	Panax quinquefolius	Dioscorea		
Digestive issues / IBD (bloating, cramping, alt. diarrhea/constipation)	Reduce inflamm. Modulate immune Relieve symptoms	Anti-inflammatories Immunomodulators	Glycyrrhiza glabra Mushrooms, Arctium l.	Zingiber		
Recent Antibiotics use = All sx returned + brain fog, lethargy	Replenish gut flora balance	Prebiotics, Demulcent, Astringent, Vulnerary	Calendula off. Althea off.			
History of Kidney stones (2 serious bouts)	Remove stones	Uri Lithotryptic	Collinsonia can. "Lemonade"	Cold Water Extract: Althea, Glycyrrhiza, Panax q.		
			Food: Bone Broth with Astragalus, Arctium, mushrooms	Bone Broth: with Astragalus, Arctium + mushrooms (ie: turkey tail)	100% = 100mL	Total = 500mL
*Hyperinsulinemia (H.I.)				Stone "Lemonade" (for acute Sx only)	% Herb=mL/week at dosage of 5mL / TID	