

# 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> (local, organic, endangered) + <b>Economics</b> (patient pocket book & cost of product)	<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		
Male, 76yrs						
cc: Chronic back pain, Hypothyroid	Remove pain	Anodyne (Daytime formula)	Viburnum op., Kratom, Piscidia, Mitragyna	Pain Powder (Day)** Vib op., Piscidia, Mitragyna		
Insomnia	Sleep	Sedative Hypnotic	Piscidia, Humulus	Night Formula tincture Piscidia, Humulus		
hx: Triple bypass (2015) L5 - S1 spine fusion	Nourish heart	Cardio Tonic	Cratageus spp.	Heart & Stone Formula** Cratageus, Curcuma, Phyllanthus		
Osteoarthritis (w/ total knee replacements)	Reduce inflammation	Anti-inflammatory	Curcuma longa			
Hypertension	*on meds					
Renal calculi	Dissolve stones	Uri Lithotriptic (Viriditas formula)	Phyllanthus spp.			
Hypothyroid	*on meds	*educate him on Statins				
Diet: S.A.D. ("Standard American Diet")	Fermented foods, 1-1 Healthy options Bone broth			- Remove worst foods - Encourage Fermented foods - Reduce "sweet" taste	100% = 100mL	Total = 500mL
Meds: Furosemide (diuretic) Metoprolol (beta blocker), *Atorvastatin, Levothyroxine, ASA, Vitamins				** Heart & Stone Formula to go into a Tea w/ Pain Powder	% Herb=mL/week at dosage of 5mL / TID	