

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		
		Anodyne	Piscidia erythrina			
Autism		Sedative / Hypnotic	Humulus lupulus Matricaria recutita			
ADHD		Blood Moving	Achillea millefolium			
Dyslexia		Antispasmodics	Valerian off.			
Multiple Sclerosis		Alteratives	Gentian, Arctium			
Lupus		Blood Sugar regulating	Oplopanax horridum			
IBS		Vulnerary, Astringent, Demulcent	Calendula, Althea, Filipendula, Tilia			
Rheumatoid Arthritis		Immunomodulator	All Medicinal mushrooms			
Arteritis		Anti-inflammatory	Boswellia catteri, Glycyrrhiza, Matricaria	Foods: Sauerkraut (minced), and Bone broths	100% = 100mL	Total = 500mL
Myalgic encephalomyelitis (ME) (Chronic Fatigue)		Cognitive Enhancer	Centella, Rhodiola, Theobromine	Fish and Krill oils (fatty acids)	% Herb=mL/week at dosage of 5mL / TID	