

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, 42yrs						
Acute Rash	Clear skin	Alteratives Lymphatics	Arctium lappa Echinacea, Phytolacca	Arctium		
Red, raised rash over Torso	Cool skin Moisturize	Anti-inflammatory Demulcent	Hypericum, Glycyrrhiza, Plantago (I/O)	Hypericum		
Fluid-filled blister on (R) Wrist (3 weeks ago)	Disinfect	Anti-microbial	Cryptolepis sang.	Glycyrrhiza		
Fluid-filled cluster of 0.5cm papules on (L) Buttock (1 week ago)	Disinfect	Anti-microbial	Cryptolepis sang.	Cryptolepis		
Itch (10/10)	Stop itch	Anti-pruritic	Stellaria media Aloe vera, Althea	Echinacea		
Patient + Husband had MRSA (3 yrs ago - husband multiple bouts)		Immunomodulators		Phytolacca		
Food Sensitivities (known + avoided)	Ecological (cleaning)			External Cold Extract Tea: Plantago, Stellaria, Aloe, Althea Topical on skin or in tub		
No Fever				Medicinal Mushrooms Reishi, Chaga, etc	100% = 100mL	Total = 500mL
*Patient has hot tub - uses reg. NEEDS CLEAN-UP					% Herb=mL/week at dosage of 5mL / TID	