

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		
Rheumatoid Arthritis (RA) Joint degeneration	Re-grow tissue	Nutritives Trophorestoratives	Urtica dioica Polygonatum multi.			
Toxicity	Detox	Alteratives & Diuretics	Arctium lappa Celery seed			
Inflammation	Reduce inflammation	Immunomodulators	Glycyrrhiza glabra, Astragalus			
Pain	Aleviate pain	Analgesics	Scutellaria lateriflora, Filipendula ulmaria			
Immune Markers	Clear blood	Immunomodulators & Anti-inflammatory	Glycyrrhiza glabra, Astragalus, Filipendula			
Intestinal Permeability	Repair Gut	Vulnerary & Astringents	Filipendula ulmaria, Viola odorata			
Local / Systematic Pain (Hands + Feet)	Aleviate pain as needed	Topicals (for pain relief)	Mitragyna speciosa (for serious pain)			
Aversion to Heat						
				*May want a separate Acute Pain formula	100% = 100mL	Total = 500mL
				Scut. lat = mild Piscidia ery. = strong Mitragyna spec. = narcotic	% Herb=mL/week at dosage of 5mL / TID	