

# 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		
3 year old boy						
Asthma sx	Bronco relaxation Reduce fluid in lungs Decrease inflamm.	Bronchodilators Expectorants (soothing) Demulcents	Ephedra, Grindelia, Glycyrrhiza glabra, Inula, Verbascum	Inula = 3 (*3/14 = 21% +2%)	*23%	
Eczema (mild)	Reduce inflamm. on skin	Anti-inflammatory Hepatics Nervines	Glycyrrhiza Bupleurum Tilia	Ephedra = 1	1/14 = 7%	
Allergies: eggs, split peas, trees, cats	Modulate immune response	Immunomodulators	Ganoderma spp., Astragalus, Glycyrrhiza g.	Grindelia = 2	2/14 = 14%	
Breastfed, antibiotics 2x, immunized				Glycyrrhiza = 4	4/14 = 28%	
				Tilia = 2	2/14 = 14%	
				Ganoderma = 1	1/14 = 7%	
				Astragalus = 1	1/14 = 7%	
				14 parts in total	100% = 100mL	Total = 500mL
				Also: Probiotics, Fish oils, vit D and C (occasionally)	% Herb=mL/week at dosage of 5mL / TID	