

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		
Male, 65yrs				Inula = 5	40mL	
Smoker (30+ years)				Soldago = 2	16mL	
frmr Construction Worker surrounded by construction dust				Ephedra = 1	8mL	
S.A.D. Diet, mildly overweight, Metformin & puffers				Grindelia = 1	8mL	
Chronic Cough w/ wet mucus	Reduce cough Dry mucus	Anti-tussive Stim. Expectorant Anti-Catarrhal	Inula, Solidago spp., Inula Inula, Solidago spp.,	Eriodictyon = 1	8mL	
Shortness of breath w/ exertion	More air	Bronchodilator Antispasmodic	Ephedra Grindelia, Eriodictyon	Glycyrrhiza = 4*	20mL	
Chronic Lung infection (on/off)	Strengthen Immune tissue	Immunomodulator	Glycyrrhiza glabra	*more added to Glycyrrhiza b/c of actions & to even #s		
Weezing / Whistling all the time	Open airways	Bronchodilator	Eriodictyon cal., Grindelia			
Tired all the time	Increase energy	Adaptogen	Glycyrrhiza glabra		100% = 100mL	Total = 500mL
COPD					% Herb=mL/week at dosage of 5mL / TID	