

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, 41yrs				DAY FORMULA Total = 12 (x8) +4 =100		
Interstitial Cystitis	Pain relief Reduce inflamm. Soothe tissues	Anodyne/Antispasmodic Anti-inflammatory Astringent, Demulcent	Piper, Valerian, Vib. op., Glycyrrhiza, Uva ursi, Chimaphila umbellata	Piper = 4 (x8) +1 Uva ursi = 4 (x8) +1	33mL 33mL	
Insomnia	Sleep (restful)	Sedative / Hypnotic	Valerian, Withania	Glyc. g. = 2 (x8) +1 Turnera = 2 (x8) +1	17mL 17mL	
Anxiety / Stress	Reduce anxiety & stress	Anxiolytic Adaptogen	Piper, Withania Glycyrrhiza, Withania			
Grief	Manage grief	Thymoleptic / Shen tonic	Withania, Turnera, Borago			
				NIGHT FORMULA Total = 12 (x8) +4 =100		
				Valerian = 4 (x8) +1 Piper = 4 (x8) +1	33mL 33mL	
				Withania = 3 (x8) +1 Borago = 1 (x8) +1	25mL 9mL	
					100% = 100mL	Total = 500mL
					% Herb=mL/week at dosage of 5mL / TID	