

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, 51yrs						
Hypertension (HTN)	Decrease BP	Hypotensive	Achillea millefolium Viburnum opulus	Achillea	25mL	
Benign Prostatic Hyperplasia (BPH)	Decrease prostate size	SARM	Prunus africana, Serenoa, Urtica rad.	Viburnum op.	25mL	
Frequent urination Low Back Pain	Tonify Qi	Kidney tonic	Turnera diffusa	Prunus	20mL	
Shortness of Breath (SOB)	Reduce stress	Adaptogen	Astragalus, Polygonum multi.	Turnera	10mL	
No edema				Astragalus	10mL	
Supplements: MSM Nutrition: needs assistance				Polygonum multi.	10mL	
NO MEDICATIONS				*Patient needs nourishing		
					100% = 100mL	Total = 500mL
					% Herb=mL/week at dosage of 5mL / TID	