HOW I APPROACH TREATMENT:

QUESTIONS TO ANSWER:

1. What is the underlying cause?
2. What are the energetics or constitution of the patient?
3. What are the Mental/Emotional contributors or causes?
4. What is the main system to treat?
5. What are the secondary systems to support?
6. What are the Barriers to cure?
7. What are the first priorities to address and what should be addressed at future visits?

TIPS FOR HERBAL FORMULATIONS:

* While your intake with the patient is occurring, write herbs that come to you on a sticky note or scratch paper to review after intake is completed.
* After the intake, I stand in front of my medicinary and let the plants call out to me while thinking about the patient. As relationships deepen with plants, your formulation becomes more intuitive (always double check with your knowledge before finalizing the formula).
* Once you have your herbs, make sure you’ve covered all the bases (leading herb, support herbs, drivers, energetics. taste) and then decide the amounts for each herb based on their role and their toxicity.

From Dr. Eric Yarnell’s Basic Western Herbal Formulation Slideshow:

1. Deputy
2. Lymphatic
3. Helpful Assisstant
4. Corrective Assistant (reduce toxicity)
5. Opposing Assistant (reduce effect)
6. Tonic/Alterative
7. Corrigents (flavor enhancers)

INITIAL TREATMENT PLAN:

1. Improve Sleep:

* sleep hygiene protocols
* AlkaCalm before bed (also will help with constipation and muscle pain)
* unwind tea: an hour after dinner
* sleepy time tincture: 20 minutes before bed, re-dose if wake up before desired time.

1. Increase Energy:

* B complex IM injection once/month for three months.
* CoQ10 supplement or increase these foods: cold water fatty fish, nuts and seeds (two large handfuls daily)
* Temporary, short-term herbal support formula: take 3 droppers in morning, three droppers at mid-day energy slump (when you crave a coffee)

1. Improve Mood:

* Walk 30 minutes daily with hands swinging freely, no distractions, and think about your day (cross-crawl motion)
* Take 3-5 drops of Rescue Remedy when anxious (first thing in the morning, through out day).

1. Improve Digestion:

* Water: slowly increase your daily intake of water to 6-10 cups daily. Try to avoid liquids right before or with meals.
* Apple cider vinegar: take ½ tsp. in a little water about 15-20 minutes before meals
* Diet recommendations: Avoid raw brassicas, good mood foods handout
* Seed Cycle (helps support menses):

1. Labs:

* help rule out other causes of low energy and anxiety: look at iron levels (ferritin), re-test FFT, RT3, Vitamin D levels, HgbA1C

HERBAL FORMULAS

Unwind your Mind Tea:

Instructions: make a strong infusion of 2 tsp. to 1 cup water. Drink one cup nightly about an hour after dinner.

*Scuttelaria laterifolia* 5 parts by weight

*Craetagus spp*. berry 4 parts by weight

*Althea officinalis* leaf 2 part by weight

*Avena sativa* 2 part by weight

*Foeniculum vulgare*  3 part by weight

(substitute with coriander seed if fennel is not tolerated)

Sleepy Time tincture:

Take 60 drops fifteen minutes before bed. Re-dose if awaken during the night.

*Paeonia officinalis*  10 ml

*Passiflora incarnata* 20 ml

*Verbena officinalis*  20 ml

*Calendula officinalis* 10 ml

Energy formula:

Take three droppers in the mornings, three droppers mid-day.

*Oplopanax horidum* 20 ml (lead: adrenal, trauma)

*Arctium lappa* 15 ml (support: moistening, liver)

*Centella asiatica* 10 ml (support: mental clarity)

*Glycyrrhiza glabra*  5 ml (corrigent)

*Achillia millifolium* 5 ml (driver, anti-spasmodic)

*Fouquieria splendens* 5 ml (lymphatic, pelvic, warming)

FUTURE CONSIDERATIONS:

1. Medications: Confirm patient is taking one hour before eating and at the same time every day. Change dose of levothyroxine or consider switching to other forms of thyroid medication based on lab results and symptoms (like Armour, compounded T4/T3 or Nature-Throid).
2. Counselling: Alanon or Group counseling for Adults of Childhood Abuse, Adult Children of Addicts
3. Other Process work: journaling, art therapy, social support

Martin Prechtel’s “Grief and Praise”

1. Herbs to help with process work: hawthorn (*Crataegus spp*. , devil’s club (*Oplopanax horridus)*, *Paeonia lactiflora,* flower essences, Pulsatilla
2. Diet: remove gluten and dairy for six week and then consider re-introduction test.
3. Glandulars: Pituitrophin PMG
4. Homeopathic: HThy from Genestra