

Holistic Herbalism Advanced Clinical Program Formulation Homework Template

STUDENT NAME: Colleen Emery

CASE HISTORY: ML

DATE: September 13, 2021

TREATMENT STATEMENT / HOLISTIC GOAL

Dry heat in GI, probable stomach ulcer/gastric injury, Stress induced GI symptoms, anxiety

Resolve stomach heat, heal gastric microbiome/mucous, nourish nervous system and blood

FORMULA ONE:

HERB	RELATED SYSTEM / TISSUE AFFINITY	PARTS
1 Ashwagandha	Nervous System Eliminator -	2
2 Gotu Kola	Nervous System Builder +	2
3 Mai Men Dong	Gastro-Intestinal Neutral 0	2
4 Cat's Claw	Gastro-Intestinal Builder +	1
5 Calendula	Mucous Membrane Neutral 0	1
6 Turmeric	Gastro-Intestinal Neutral 0	1
7 Thyme	Mucous Membrane Eliminator -	1/2
8 Licorice	Mucous Membrane Builder +	1/4
9 Lavender	Nervous System Neutral 0	1/4
		10 PARTS

RATIONALE FORMULA ONE

- Rich in iron / Blood building, reduces anxiety, warm, neutral
- Clears heat, hot red inflamed conditions, relieves stagnation/antiinflammatory, cool, moist
- Nourishes the yin of the GI tract and relieves stomach heat cool, moist
- Clears heat/antiinflammatory, Helps reduce inflammation, heal the gut mucosa, cool, dry
- Gastric or irritation or ulceration, antiinflammatory, slightly warm to neutral, slightly dry
- Stabilizes and heals the gastric mucosa and protects against gastric ulcers, nausea, warm, dry

7. Inhibit Helicobacter pylori, carminative, nausea, anti-fungal, Warm, Dry
8. Demulcent, antibacterial and antiinflammatory to the gastric mucosa and lung mucosa warm, moist
9. Nervine, nootropic, anxiolytic, stress induced GI stagnation, nervous stomach, nausea, cool, dry

FORMULA TWO

Evening Calming Tea: Taken in the evening to nourish and calm nerves. Tea can be used topically on concerned skin areas to reduce inflammation and promote healing

Chamomile: 2 part Stress induced GI symptoms, nausea, relaxing nerve

Calendula: 2 parts Anti-inflammatory to the GI mucosa when taken internally, topical antiinflammatory and vulnerary

Catnip: 1 part Stress induced GI symptoms, nausea, inhibits biofilm activity, relaxing nerve.

Lemon Balm: 1 part Stress induced GI symptoms, nausea, relaxing nerve.

Alfalfa: Nutritive, builds blood, improves iron level, mineral rich

Rose Petals: 1/2 Part Calms Shen, astringent, improves healing of mucous membrane

ADDITIONAL SUPPLEMENT / LIFESTYLE ADJUSTMENTS & RECOMMENDATIONS

Continue with Probiotic supplementation until followup appointment where this will be accessed and adjusted. Continue with Iron supplementation, watch for signs of influencing bowel movements: dryer, smaller, slower, more infrequent.

Introduce Raw Sauerkraut: 1 - 2 tablespoons aim for 5 meals per week (brand suggestion: Karthen's Kraut)

Introduce Broccoli Sprouts to the Diet: Aim for 5 meals per week, 2 tablespoons sprouts

Introduce Fish Oil Supplement: DHA and EPA rich fish oils are antiinflammatory have been shown to significantly reduce H. pylori-induced gastric inflammation, atrophic gastritis. Brand recommendation Carlson's 800 mg DHA / 500 mg EPA fish oil Dosage recommendation: 5 ml 2 - 3 X per day

Discontinue peanut butter and introduce other nut or seed spreads in its place: Ideally sunflower and/or tahini

Invest in a water purifier system: Rainfresh, Santevia, Berkey are all options.

Concentrate on making better choices with snack foods: reduce amount of candy. Next followup this will be reviewed with a new diet diary.

Include a yin restorative practice of yoga and/or Qi Gong.

Suggested 5 element cycle practice: https://www.youtube.com/watch?v=_6Y8QSVyYhM