

# Holistic Herbalism Advanced Clinical Program Formulation Homework Template

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CASE HISTORY: CC

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## TREATMENT STATEMENT

Fibromyalgia w/ daily chronic pain as systemic intense flare ups, general fatigue, excess night sweats / painful urination

## HOLISTIC GOAL

Address chronic pain and improve everyday life, invigorate energy, astringe leaky jing gate, resolve burning urination

## FORMULA ONE:

	HERB	TISSUE AFFINITY	CATEGORY	PARTS
1	Ashwagandha / Withania somnifera	HPA Axis	+	2
2	Skullcap / Scutellaria lateriflora	HPA Axis	0	2
3	Ox-Knee Root / Achyranthes bidentata	Nervous System	-	1 1/2
4	Black Cohosh / Actaea racemosa	HPA Axis	-	1
5	Agrimony / Agrimonia eupatoria	Bladder / Genitourinary	0	1
6	Schisandra / Schisandra chinense	Bladder / Genitourinary	+	1
7	Sweet Mellilot / Melilotus officinalis	Bladder / Genitourinary	-	1/2
8	Lavender /Lavendula angustifolia	Nervous System	+	1/2
9	White Peony Root / Paeonia lactiflora	Nervous System	0	1/2
				10 PARTS

## RATIONALE FORMULA ONE

1. Warm, Neutral Antinociceptive for Fibro pain, Stress induced depression, pain, anxiety, improves fatigue recovery
2. Cool / Neutral Calms Fibro related pain, specific to neurasthenia, muscle tension, stress induced pain, spasm
3. Neutral Quickens the blood, relieves most quality of pain, relieves dizziness, headache, muscle pain, urinary pain
4. Cool, Dry Relieves Fibro Pain works in tandem for Fibro pain with other herbs within this formula
5. Cool, Dry Astringes the jing, urinary tonic, irritation with burning urine, loose stools, hepatoprotective
6. Warm, Dry Astringes jing gate: Loose stools, urinary frequency, Calming Adaptogen, Hepoprotective (polypharm)
7. Cool, Dry Pinching nerve pain, sharp stabbing pain, Antiinflammatory for muscle pain
8. Cool, Dry Prevents Bai Shao from being too damp forming, moves stagnant qi, stress induced depression / anxiety
9. Cold, Dry Nourishes the blood, specific herb for Fibro pain, normalizes sweating / night sweats, Nootropic

## FORMULA TWO

Incorporate a bitters formula, taking 2 ml with a bit of water prior to meals up to 3 X per day and/or when you are experiencing anxiety, sluggishness, nausea or low energy.

Bitter herbs have an earthy, grounded energy and help to bring clarity to the mind and spirit.

Major Actions of Bitters:

- General stimulation of the flow of digestive juices (acid, mucus, enzymes & bile) from the pancreas, duodenum and liver
- Stimulate appetite
- Stimulate peristalsis
- Aid the liver in detoxification
- Regulatory effect upon secretion by the pancreas of the hormones that regulate blood sugar (insulin & glucagon)
- Help the gut wall repair damage by stimulating self-repair mechanisms
- Establish parasympathetic dominance via the vagus nerve (calming to the nervous system)
- Relaxing bitters can ease digestion therefore take pressure off the cardiovascular system, including the heart
- Assist with expectoration of mucous from the respiratory system.
- Bitters help with the assimilation of food, leading to less metabolic waste in the musculoskeletal system and therefore have less inflammation based pain.
- Bitters have alterative action and will improve skin quality.

Formula

Angelica archangelica 2 parts

Cynara scolymus 2 parts

Taraxacum officinale 2 parts

Gentiana lutea 1/2 part

Citrus spp. 1/2 part

Foeniculum vulgare 1/2 part

## ADDITIONAL SUPPLEMENT / LIFESTYLE ADJUSTMENTS & RECOMMENDATIONS

Details included for Student's learning, these would be edited for client:

Palmitoylethanolamide (PEA) – is an endogenous saturated fatty acid derivative, which is naturally-occurring in both animals and plants. It binds to receptors in the cell nucleus and has been shown to have anti-inflammatory, antinociceptive, neuroprotective and antiallergic activity. PEA is secreted by cells that have been damaged or exposed to harmful stimuli. The mechanisms for its activity include activation of PPAR- $\alpha$  (peroxisome proliferator-activated receptor alpha), which is a cellular nuclear receptor that inhibits inflammation and up-regulates fatty acid utilization and lipid metabolism. In addition, it has been shown to act via the "entourage effect" to enhance anandamide activity in the endocannabinoid system (ECS). has been shown to help reduce chronic pain caused by sciatica, carpal tunnel syndrome, fibromyalgia, chronic pelvic pain, endometriosis pain, brachial radiculopathy, neuropathic pain and TMJ pain

Dose: 300-600 mg BID

Supplement adjustments for Client:

Increase Vitamin D supplementation to 4000IU per day

Increase Evening Primrose Oil and/or introduce Fish Oil to meet 500 mg DHA to EPA in a 1000 MG dosage taken 3 X per day to reduce excess inflammatory prostaglandins

Please filter your water prior to drinking. Brands to look for include Santevia, Rainfresh and/or Berky.

Please adjust cannabis use to either tincture and/or edibles and avoid smoking. Monitor mucous production and colour during this transition. Try to include a CBD rich cannabis strain with less TCH. This will be more effective for the pain.

Please complete a basal temperature test during your next menses on day 2, 3, and 4 by taking your early morning temperature before arising.

Ask your MD to complete a full thyroid panel including the thyroid antibodies. Share with them that your thyroid is tender.

Upon completion of Natural Factors Lung formula please reach out and I will replace with a unique formula for you.

Continue with your current diet protocol emphasizing green leafy greens and warming foods, avoid cold foods, continue with your forest walks.