

Lesson 9 - Cheat sheet:

1) BM every 4-8 days, painful and scratchy, Gas, bloating, and cramping after eating

Assessment: cold (hypo-digestion), dry-systemic (scratchy BM), damp-local (gas/bloating), tense

*This one may seem weird b/c it both dry and damp. To me, dryness from lack of fiber/moisture/enzymes is causing food to get stuck, creating local dampness

Protocol

- Foundational actions: warming (aromatics), moistening (demulcents/water/fiber), relaxing (aromatics and maybe bitter/acrid)
- *(I didn't include drying for the dampness because I think warming up the digestion with aromatics and moistening with fiber will move the food along, causing local clearing of the dampness)
- Primary actions: carminative, aromatic bitter, nervine
- *I added a nervine because often digestive tension is caused by mental tension
- Secondary actions: anti-inflammatory, anti-spasmodic

*I will say that fenugreek seems perfect here: bitter, aromatic, and demulcent, plus a relaxing nervine like chamomile, also bitter and aromatic

*Remember to combine with diet and lifestyle strategies

2) Volatile, easily frustrated, frequent neck pain and headaches, easily sweats, hair and skin often oily

Assessment: hot, tense, damp

Protocol

- Foundational actions: cooling, relaxing, drying
- Primary actions: nervine, adaptogen
- Secondary actions: analgesic, anxiolytic, antispasmodic, maybe anti-inflammatory

*Tons of different options for the formula here with cooling and drying relaxing nervines/adaptogens

*Remember to combine with diet and lifestyle strategies

3) Burning with urination, incontinence, frequent fevers

Assessment: dry (burning), lax

Protocol

- Foundational actions: moistening (demulcent), toning (astringent)
- Primary actions: diuretic
- Secondary actions: antimicrobial (fevers/aromatic)

*There will likely be multiple herbs in this formula for a moistening and an aromatic and an astringent requirement

*Remember to combine with diet and lifestyle strategies

4) Chronic, dull, muscular pain for many years, sharp pain in joints when moving, frequent toxic exposure from job for decades

Assessment: cold (musculatory), hot (connective tissue), damp (build-up of toxins)

Protocol

- Foundational actions: warming (chronic, musculatory), cooling (locally, acute, connective), drying (fluid releasers)
 - Primary actions: alterative (fluid releasers-lymphagogue, cholagogue, cholaretic)
 - Secondary actions: anti-inflammatory, analgesic

*This could likely have an internal and external formula to address chronic pain vs. acute pain

*Remember to combine with diet and lifestyle strategies