

LESSON NINE QUIZ \_\_\_\_\_

#1

#1- Herbs appropriate for making as a Fluidextract

Herbs that are particularly useful as fluidextracts are underlined.

The rest are used to decrease formula volume and alcohol consumption.

<i>Achillea</i> <b>HERB</b>	Batch 1, 70% alcohol
<i>Agave</i> <b>ROOT</b>	Batch 1, 70% alcohol
<i>Agrimonia</i> <b>HERB</b>	Batch 1, 70% alc.
<u><i>Agropyron</i> <b>RT/Stems</b></u>	Batch 1, 70% alc.
<i>Alchemilla</i> <b>HERB</b>	Batch 1, 65% alcohol, add 10% glycerin
<i>Ambrosia</i> <b>HERB</b>	Batch 1, 70% alcohol
<i>Anemopsis</i> <b>ROOT</b>	Batch 1, 80% alcohol
<i>Angelica</i> <b>ROOT</b>	Batch 1, 80% alcohol
<i>Aralia nudicaulis</i> <b>ROOT</b>	Batch 1, 75% alc.
<i>Aralia racemosa</i> <b>ROOT</b>	Batch 1, 70% alc.
<u><i>Arctium</i> <b>ROOT</b></u>	Batch 1, 80% alcohol
<i>Asarum</i> <b>ROOT</b>	Batch 1, 80% alcohol
<i>Asclepias asperula</i> <b>ROOT</b>	Batch 1, 70% alc.
<i>Asclepias tuberosa</i> <b>ROOT</b>	Batch 1, 70% alc.
<u><i>Astragalus membranaceus</i> <b>ROOT</b></u>	Batch 1, 75% alcohol
<i>Balsamorhiza</i> <b>ROOT</b>	Batch 1, 80% alc.
<i>Betula</i> <b>BARK</b>	Batch 1, 65% alc, add 10% glycerin
<u><i>Brickellia</i> <b>HERB</b></u>	Batch 1, 70% alcohol
<i>Coffea</i> <b>RST. BEANS</b>	Batch 1, 60% alc.
<i>Calendula</i> <b>FLOWERS</b>	Batch 1, 85% alc.
<i>Cannabis</i> <b>HERB</b>	Batch 1, 90% alcohol
<i>Castela emoryi</i> <b>HERB</b>	Batch 1, 70% alc.
<i>Caulophyllum</i> <b>ROOT</b>	Batch 1, 80% alc.
<i>Ceanothus</i> <b>ROOT</b>	Batch 1, 65% alcohol, add 10% glycerin
<i>Centella asiatica</i> <b>HERB</b>	Batch 1, 70% alc.
<i>Chamaelirium</i> <b>ROOT</b>	Batch 1, 75% alc.
<i>Chilopsis</i> <b>BRK/TWG</b>	Batch 1, 65% alc.
<i>Chimaphila</i> <b>HERB</b>	Batch 1, 70% alc.
<i>Chionanthus</i> <b>BARK</b>	Batch 1, 80% alc.
<i>Cichorium</i> <b>ROOT</b>	Batch 1, 75% alcohol
<i>Cimicifuga</i> <b>ROOT</b>	Batch 1, 90% alcohol

<i>Cnicus</i> <b>HERB</b>	Batch 1, 80% alc.
<i>Cola nitida</i> <b>SEED</b>	Batch 1, 70% alcohol, add 10% glycerin
<i>Coptis</i> <b>ROOT</b>	Batch 1, 70% alcohol
<i>Cubeba</i> <b>BERRIES</b>	Batch 1, 90% alcohol
<i>Curcuma</i> <b>ROOT</b>	Batch 1, 75% alcohol
<i>Cynara</i> <b>TOPS</b>	Batch 1, 70% alcohol
<i>Dioscorea</i> <b>ROOT</b>	Batch 1, 80% alcohol
<i>Echinacea angustifolia</i> <b>ROOT</b>	Batch 1 85% alcohol
<i>Eleutherococcus</i> <b>ROOT</b>	Batch 1, 75% alc.
<i>Eriodictyon</i> <b>HERB</b>	Batch 1, 90% alcohol
<i>Eupatorium purpureum</i> <b>ROOT</b>	Batch 1, 75% alcohol
<i>Garrya</i> <b>LEAVES</b>	Batch 1, 70% alcohol
<i>Ginkgo</i> <b>LEAVES</b>	Batch 1, 75% alcohol
<i>Glycyrrhiza</i> <b>ROOT</b>	Batch 1, 70% alcohol
<i>Grindelia</i> <b>TOPS</b>	Batch 1, 85% alcohol
<i>Harpagophytum</i> <b>ROOT</b>	Batch1, 80% alc.
<i>Hydrangea</i> <b>ROOT</b>	Batch 1, 70% alcohol
<i>Inula</i> <b>ROOT</b>	Batch 1, 75% alcohol
<i>Juglans cineria</i> <b>BARK</b>	Batch1, 70% alc. add 10% glycerin
<i>Larrea</i> <b>HERB</b>	Batch 1, 90% alcohol
<i>Linaria</i> <b>HERB</b>	Batch 1, 75% alcohol
<i>Mahonia</i> <b>ROOT</b>	Batch 1, 70% alcohol
<i>Marrubium</i> <b>HERB</b>	Batch 1, 70% alcohol
<i>Mitchella</i> <b>HERB</b>	Batch 1, 70% alcohol, add 10% glycerin
<i>Oplopanax</i> <b>ROOT</b>	Batch 1, 80% alcohol
<i>Osmorhiza</i> <b>ROOT</b>	Batch 1, 80% alcohol
<i>Passiflora</i> <b>HERB</b>	Batch 1, 65% alcohol
<i>Paullinia</i> <b>SEED</b>	Batch 1, 70% alc, add 10% glycerin
<i>Pedicularis</i> <b>HERB</b>	Batch 1, 70% alcohol
<i>Petroselinum</i> <b>ROOT</b>	Batch 1, 80% alc.
<i>Picraena</i> <b>WOOD</b>	Batch 1, 70% alcohol
<i>Piper methysticum</i> <b>ROOT</b>	Batch 1, 75% alc.
<i>Piscidia</i> <b>BARK</b>	Batch 1, 80% alcohol
<i>Pluchea</i> <b>HERB</b>	Batch 1, 75% alcohol
<i>Polygonam multiflora</i> <b>ROOT</b>	Batch 1, 70% alc.
<i>Populus tremul.</i> <b>BARK</b>	Batch 1, 70% alc.
<i>Ptychopetalum</i> <b>WOOD</b>	Batch 1, 80% alc.
<i>Rhamnus (all)</i> <b>BARK</b>	Batch1, 70% alc.
<i>Salix</i> <b>BARK</b>	Batch 1, 70% alcohol
<i>Serenoa</i> <b>BERRIES</b>	Batch 1, 85% alcohol
<i>Silybum</i> <b>SEEDS</b>	Batch 1, 80% alcohol

<b><u>Smilax ROOT</u></b>	Batch 1, 75% alcohol
<b><u>Tabebuia BARK</u></b>	Batch 1, 70% alcohol
<b><u>Taraxacum ROOT</u></b>	Batch 1, 65% alcohol
<b><u>Turnera HERB</u></b>	Batch 1, 75% alcohol
<b><u>Usnea LICHEN</u></b>	Batch 1, 70% alcohol
<b><u>Vaccinium HERB</u></b>	Batch 1, 65% alcohol
<b><u>Valeriana ROOT</u></b>	Batch 1, 80% alcohol
<b><u>Verbascum ROOT</u></b>	Batch 1, 70% alcohol
<b><u>Viburnum (all) BARK</u></b>	Batch 1, 70% alc.
<b><u>Viscum HERB</u></b>	Batch 1, 70% alcohol
<b><u>Vitex SEEDS</u></b>	Batch 1, 80% alcohol
<b><u>Xanthoxylum BARK</u></b>	Batch 1, 70% alc.

1. 5 ounces of most tinctures contain the solutes of \_\_\_\_\_ ounces of botanical.  
*one*

2. 1 ounce of a fluidextract contains the solutes of \_\_\_\_\_ ounces of botanical.  
*one*

3. Since some botanicals contain constituents that will \_\_\_\_\_ out when left in the reduced fluid volume of a fluidextract, it is important to only make such a reduced volume extract of plants whose constituents will stay \_\_\_\_\_ in the 1:1 ratio of a fluidextract.  
*precipitate, dissolved*

4. Most fluidextracts are made in a two-step method. The first step uses a high-alcohol menstruum in order to selectively extract \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_.  
*lipids, resins, aromatics*

5. The second stage uses little alcohol, and selectively extracts \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_.  
*bitters, glycosides, starches*



# PERCOLATION WORKSHEET - F.E.

Botanical Name \_\_\_\_\_

Common Name \_\_\_\_\_

Part Used \_\_\_\_\_ Date \_\_\_\_\_

Weight of dried herb \_\_\_\_\_ ounces [ \_\_\_\_\_ grams]

Recommended strength 1:1 (weight to volume), therefore: Finished volume is \_\_\_\_\_ (oz/ml)



1. Menstruum #1 proportions: \_\_\_\_\_% alcohol, \_\_\_\_\_% water, \_\_\_\_\_% glycerin  
1a (Generally add 15-20% more alcohol for 1st menstruum than recommended tincture %)

2. Volume taken up by ground, compressed herb is approx.: \_\_\_\_\_oz.[ \_\_\_\_\_ml ]  
2a First percolation should be 75% of finished volume

3. Intended final volume of **first percolate** is to be: \_\_\_\_\_oz. [ \_\_\_\_\_ml ]

4. First menstruum needed is calculated by adding #2 \_\_\_\_\_oz.[ \_\_\_\_\_ml ] AND  
#3 \_\_\_\_\_oz.[ \_\_\_\_\_ml ], resulting in \_\_\_\_\_oz.[ \_\_\_\_\_ml ]

This is the total volume of starting menstruum you need to mix together for **first percolation**.

5. \_\_\_\_\_oz (ml) (total menstruum) X \_\_\_\_\_% alc. = \_\_\_\_\_ oz (ml) alcohol  
\_\_\_\_\_oz (ml) (total menstruum) X \_\_\_\_\_% H2O = \_\_\_\_\_ oz (ml) water  
\_\_\_\_\_oz (ml) (total menstruum) X \_\_\_\_\_% glyc.= \_\_\_\_\_ oz (ml) glycerin

**IT SHOULD ALL TOTAL 100% of NEEDED FIRST MENSTRUUM**



- TO MOISTEN HERB, start with 2/3 of #2, or \_\_\_\_\_oz (ml) of menstruum.
- Set aside in closed container for at least twelve hours (24 is better)
- Pack in cone, with filter paper below, filter paper above
- Pour menstruum on packed herb, make sure menstruum descends herb column evenly, drip out the bottom (controlling speed with the screw cap if necessary) at a rate of one or two drips a second. (Two drips a second is "Star's and Stripes Forever" march tempo)
- Catch first drip in first of two empty measuring beakers.  
Remove first beaker when #3 volume is reached. If the layer of menstruum is in danger of sinking below the top of the herb column, add some water (if the botanical is woody or leafy) or a pint or two of 50% /water if the botanical is a dense, starchy root or high in resins)
- Catch the rest of the second percolation in the second, beaker, setting the first drip aside and covered
- If you didn't add additional menstruum, do so now. Menstruum #2 is variable, both in volume AND alcohol percentage. Generally, add at least as much second menstruum as 3X the finished volume. For MOST herbs, 33% alcohol is enough. For simple woody bitters, such as Mahonia, water alone is enough; for starchy roots or resinous botanicals you may need 50% alcohol.
- Finish dripping second percolate (pressing the marc is fine).
- Evaporate 2nd Percolation in a double boiler until 25% of finished volume, or \_\_\_\_\_oz/ml
- Add the 1st percolate (75% of final volume) to 2nd percolate (25% of final volume).
- Final volume is a 1:1 fluidextract.
- If your final volume is off by 15% to 473%, please describe what might have gone wrong on the back side of this sheet, and whom you might be able to blame (excluding the Club of Rome)

#2

1. Anabolic stress presents with no direct \_\_\_\_\_ to stimulate. Any imbalances are \_\_\_\_\_.
2. With little social reinforcement, the natively \_\_\_\_\_ woman often spends years in dieting or at least guilt.
3. A common and particularly damaging imbalance is an anabolic individual whom, through will power or drugs, also manifests \_\_\_\_\_ stress
4. Conversely, an anabolic individual maintaining \_\_\_\_\_ stress will always wear out unless they learn to modify it.
5. Adrenalin stress alters chemical and neurologic signals, whereas anabolic stress actually alters the physical nature of \_\_\_\_\_.
6. The adaptogens most useful for anabolic stress are members of the \_\_\_\_\_ Family
7. Adaptogens are also referred to as \_\_\_\_\_ - \_\_\_\_\_ \_\_\_\_\_
8. Other than adaptogens, the only other group of herbs for anabolic stress are those that cool the \_\_\_\_\_
9. Unlike other stress types, thyroid imbalances can be induced by endogenous causes or \_\_\_\_\_ use.
10. Thyroid stress elevation results in \_\_\_\_\_ skin, whereas the sometimes similar adrenalin stress person has \_\_\_\_\_ and \_\_\_\_\_ skin.
11. Both elevated and depressed thyroid states display muscular skeletal \_\_\_\_\_
12. Once again, for a stress-elevated thyroid, the two herbs to use are \_\_\_\_\_ and \_\_\_\_\_
13. When face with a history of preeclampsia or a thyroid storm in late pregnancy or during birth, use \_\_\_\_\_ for the last month or two in pregnancy.
14. Name some symptoms that more clearly indicate the use of Leonurus over Lycopus \_\_\_\_\_

15. Panic attacks, palpitations and fear are more characteristic of thyroid elevation triggered by the use of \_\_\_\_\_

16. A person that is natively thyroid stress will find that this stress is \_\_\_\_\_

17. In both stages of thyroid stress there is great \_\_\_\_\_ in the afternoon.

**See Organ System Patterns.pdf**

#3 and #4 -

**Patient #1**

Patient's Intake form (2 pages)

Patient's Evaluation and Recommendation sheet

Typed out patient notes (supplied by a student - I take no notes)

SALVE PREFERENCES

REGULAR SALVE  
(1 PART DRIED HERB, 1/2 PART ALCOHOL, 7 PARTS OIL, ETC)

- *Acalypha* (Copperleaf, Yerba del Cancer) **Herb/flower**
- *Achillea* (Yarrow, Plumajullo) **Herb/flower**
- *Ailanthus altissima* (Tree Of Heaven) **Leaf**
- *Anaphalis margaritacea* (Pearly Everlasting) **Herb/flower**
- *Anemopsis* (Yerba Mansa, Lizard Tail) **Herb**
- *Arnica* (*A. montana*, *A. Cordifolia*, Etc.) **Herb/flower**
- *Artemisia tridentata* (Sagebrush) **Herb**
- *Baptisia* (Wild Indigo Root) **Herb**
- *Bursera microphylla* (Elephant Tree, Torote) **Resin**
- *Calendula officinalis* (European Marigold) **Herb/flower**
- *Campsis radicans* (Trumpet Vine) **Herb**
- *Chilopsis linearis* (Desert Willow, Mimbre) **Herb**
- *Commiphora* (Myrrh Gum) **Resin**
- *Cupressus* (Cypress) **Herb**
- *Echinacea angustifolia* ,*E.pallida* (Ks. Snakeroot, Purple Coneflower) **Herb/flower**
- *Echinacea purpurea* (Missouri Snakeroot, Purple Coneflower) **Flower**
- *Geranium* (Cranesbill, Alum Root) **Herb**
- *Grindelia* (Gumweed, Yerba Del Buey) **Herb/flower**
- *Heterotheca* (Camphor Weed, Mexican Arnica) **Herb/flower**
- *Heuchera* (American Alum Root) **Herb**
- *Humulus* (Hops) **Leaves from flowering stalks**
- *Hyptis* (Desert Lavender) **Herb/flower**
- *Juglans major* (Black Walnut) **Leaf**
- *Krameria* (Rhatany) **Herb/flower**
- *Larrea* (Chaparral, Gobernadora, Creosote Bush) **Herb**
- *Ligustrum* (Privet) **Herb**
- *Lythrum* (Loose-strife) **Herb/flower**
- *Matricaria* (Chamomile, Manzanilla) **Herb/flower**
- *Monarda* (Bee Balm, Oswego Tea, Wild Bergamot, Wild Oregano) **Herb/flower**
- *Nicotiana* (Tobacco) **Leaf**
- *Nuphar* (Yellow Pond Lily) **Leaf**
- *Olea europaea* (Olive) **Leaf**
- *Peganum harmala* (Syrian Rue) **Herb**
- *Pluchea camphorata* (Marsh Fleabane, Camphorweed) **Herb/flower**
- *Polygonum bistorta* (Bistort Root) **Herb**
- *Propolis* (Hive Scrapings, Gathered From Trees)
- *Ptelea* (Wafer Ash, Hop Tree) **Herb**
- *Rosmarinus* (Rosemary) **Herb**
- *Ruscus aculeatus* (Butcher's Broom) **Herb**
- *Salvia* (Sage) **Herb**
- *Scrophularia* (Figwort) **Herb**
- *Stachys* (Hedge Nettle, Woundwort) **Herb/flower**
- *Symphytum* (Comfrey) **Leaf**
- *Tecoma stans* (Tronadora, Trumpet Flower) **Herb/flower**
- *Thuja* (Arbor Vitae, Flat, Red Or Yellow Cedar) **Herb**
- *Umbellularia* (California Bay, Pepperwood, Oregon Myrtle) **Leaf**
- *Usnea* (Hair Moss, Old Man's Beard)
- *Verbascum* (Mullein) **Flower spikes**

- *Vinca major, V. minor* (Periwinkle) **Herb**
- *Xanthoxylum* (Prickly Ash) **Leaf**

**REGULAR SALVE  
(SAME AS PREVIOUS, with AMMONIA WATER)**

- *Aconitum* (Aconite, Monkshood) **Leaf**
- *Berberis vulgaris* (Common Barberry) **Leaf**
- *Coptis* (Gold Thread) **Leaf**
- *Datura* (Jimson Weed, Stramonium, Thorn Apple) **Leaf**
- *Hydrastis* (Golden Seal) **Leaf**
- *Hyocyamus niger* (Henbane) **Leaf**
- *Mahonia* (Oregon Grape, Algerita) **Leaf**

**STEEPED OIL/SALVE**

**(FRESH PLANT, WILTED TO 50% OF WEIGHT, STEEPED IN COVERED OLIVE OIL FOR TWO WEEKS, PRESSED OUT)**

- *Arnica* (A. montana, A. cordifolia, etc.) **Herb/flower**
- *Calendula officinalis* (European Marigold) **Herb/flower**
- *Cannabis sativa* (Marijuana, Hemp)
- *Collinsonia* (Stone Root, Horse Balm) **Herb/flower**
- *Dicentra formosa* (Bleeding Heart) **Herb/flower**
- *Filipendula* (Spiraea, Meadowsweet) **Herb/flower**
- *Grindelia* (Gumweed, Yerba del Buey) **Herb/flower**
- *Hamamelis* (Witch Hazel) **Leaf**
- *Hypericum* (St. Johns Wort) **Herb/flower**
- *Kalmia* (Mountain Laurel) **Leaf**
- *Larrea* (Chaparral, Gobernadora, Creosote Bush) **Herb/flower**
- *Monarda* (Bee Balm, Oswego Tea, Wild Bergamot, Wild Oregano) **Herb/flower**
- *Plantago major* (Plantain) **Leaf**
- *Pluchea camphorata* (P. purpurascens, Marsh Fleabane, Camphorweed) **Herb/flower**
- *Polymnia uvedalia* (Bearsfoot, Leafcup) **Herb/flower**
- *Populus candicans* and *balsamifera* (Balsam Poplar, Balm of Gilead) **Late winter leaf buds**
- *Rumex crispus* (Yellow Dock) **Leaf**
- *Rumex hymenosepalus* (Cainagre, Red Dock) **Leaf**
- *Scrophularia* (Figwort) **Leaf**
- *Stellaria media* (Chickweed) **Whole Plant**
- *Verbascum* (Mullein) **Flower spikes**

# Constitutional Intake Form

NAME \_\_\_\_\_ DATE \_\_\_ / \_\_\_ / \_\_\_

## UPPER GI

- Sometimes nausea in mornings
- Sometimes nausea in evenings
- Sometimes excess salivation
- Mouth frequently too dry
- Duodenal ulcer
- Stomach ulcer
- Sometimes foul burps
- Butterflies in stomach
- Seldom eat breakfast
- Often don't finish meals
- Often eat to calm down
- Receding gums
- Frequent use of alcohol
- Frequent poor appetite
- Strong, demanding hunger
- Bitter taste in morning
- "Dragon breath" in morning
- Acid indigestion at night
- Frequent mouth or cold sores
- Sometimes difficulty in swallowing
- Indigestion after eating

## LOWER GI

- Stools loose with gas
- Constipation with gas
- Frequent constipation
- Digestion unusually rapid
- Loose stools when tired/stressed
- Light colored, hard stools
- Dark, soft stools
- Quick defecation after eating
- Intestines often bloated
- Constipation with hemorrhoids
- " w/ painful defecation
- " w/ hard, marbly stools
- " w/ fully formed stools
- " " alternate w/ diarrhea
- Frequent need for laxatives
- Tongue often coated

## LIVER

- Dry, even scaly skin
- Moist, sometimes oily skin
- Hives from food or drugs
- Hay fever or asthma
- Craves proteins, fats
- Craves fruit or sweets
- Frequent trouble digesting fats
- Acne on face AND buttocks
- Seems to have low blood sugar
- Had hepatitis in past
- Frequent use of alcohol
- Work with solvents
- Psoriasis, eczema, dermatitis
- Frequent minor illnesses
- Fever w/sweat when sick
- Don't sweat when sick

## RENAL

- Standing too quickly makes pulseroar in ears
- Standing too quickly causes faintness, dizziness
- Wakes up at night to urinate
- Frequent flushing or blushing
- Water retention with change of weather
- Moderate high blood pressure, craves fats
- Moderate low blood pressure, craves sweets
- Frequent thirst
- Craving for salt
- Urine always light colored
- Urine usually darker

## LOWER URINARY TRACT

- Frequent urination, small amounts
- Infrequent urination, copious
- Sometimes dribbles urine afterwards
- Frequent bladder infections
- Demanding and sudden need to urinate
- Mucus in urine
- Benign prostatic hypertrophy (males)
- Dull ache after urination

## REPRODUCTIVE - ALL

- Sweat freely with strong scent
- Oily skin, facial acne
- Dry skin, cold hands and feet

## WOMEN

- Cycle more than 28 days
- Cycle less than 28 days
- Water retention before menses, hips, breasts
- Water retention before menses, feet, hands
- Craves fats, proteins before menses, usually
- Craves sweets before menses, usually
- Sides of breasts tender before menses
- Miss some periods
- Menses slow starting with cramps
- Palpitations before menses
- Menstruation lengthy, frequent cramps
- Menstruation short, defined, few cramps
- Frequent Class II Pap Smears
- History of PID, cervicitis
- Miscarriages, problem pregnancy
- Period early w/altitude change
- Period late w/altitude change
- Tried, but couldn't handle birth control pills
- Frequent candida/type infections.

## MEN

- Frequent cannabis user
- Pain or ache after orgasm
- Benign prostatic hypertrophy
- Difficult maintaining erection even if you feel in the mood

**RESPIRATORY**

- Shortness of breath when standing or walking
- Tobacco smoker
- Easy coughing of mucus
- Difficulty swallowing mucus
- Rapid, shallow breather
- Sometimes wake up choking or gasping for breath
- Yawns frequently
- Sometimes hyperventilates
- Frequent chest colds

**CARDIOVASCULAR**

- Slow, strong pulse
- Fast, light pulse
- Frequent physical activity
- Warm bodied
- Cold bodied
- Sometimes dizzy or faint
- Hands warm, sweaty
- Hands cold, clammy or dry
- Palpitations either as an adolescent or before menses
- Hypertension, responds to diuretics
- Hypertension, not responding to diuretic

**LYMPHATIC**

- Recuperates quickly if ill
- Recuperates slowly if ill
- Injuries heal quickly
- Injuries heal slowly
- Eczema, dermatitis
- Asthma or hay fever
- Arthritis or rheumatism
- Digests fats easily
- Digests fats poorly

**SKIN**

- Skin eruptions superficial, come to a head
- Skin eruptions deep, not coming to a head
- Skin on trunk is dry
- Oily scalp or hair
- Dry scalp or hair
- Cracks, fissures on heel, feet, slow healing

**MUCUS**

- Sores, cracks, on mouth, anus, vagina
- Lips often dry, chapped
- Food often causes intestinal pain passing through
- Gets sore throat easily

**GENERAL**

- Mark conditions that are frequent. If it is mild, mark "1"; if it is a dominant condition, Mark "2"
- Alluminum cooking vessels
  - Awakens, can't go back to sleep
  - Bad dreams
  - Blurred vision
  - Brown spots, bronzing of skin
  - Bruises easily
  - Can't gain weight
  - Can't lose weight
  - Can't get started without coffee
  - Chemical or spray poisoning
  - Chronic fatigue, depression
  - Cry easily without seeming cause
  - Depressed for long periods
  - Earaches
  - Eat often or else faint/nervous
  - Eyes often red, inflamed
  - Face, eyes get puffy
  - Facial twitches
  - Gum problems
  - Headaches
  - Headaches in morning, wearing off
  - Heart palpitations when hungry .
  - Heart palpitations after eating
  - Highly emotional
  - Highly controlled
  - Impaired hearing
  - Increase in weight (recent)
  - Lack of sensation somewhere in the body
  - Likes depressants
  - Likes stimulants
  - Lower back pain
  - Frequent muscle cramps
  - Nails split, brittle
  - Nails weak, ridges
  - Nose bleeds frequently
  - Pollution heavy in work or home environment
  - Ringing in ears
  - Pulse speeds up after meals
  - Sensitive to cold weather
  - Sensitive to hot weather
  - Sensitive to high humidity
  - Sensitive to low humidity
  - Sexual desire decreased
  - Sexual desire increased
  - Stuffy nose during the day
  - Stuffy nose in evening, night
  - Tendency, seemingly, to anemia
  - Tremors in hands or neck
  - Varicose veins
  - Weight gain in upper arms, shoulders, back of neck

**ADDITIONAL THINGS YOU WISH TO MENTION**

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Organ System Patterns	UPPER G.I.	LOWER G.I.	HEPATIC	RENAL	LWR. URINARY	REPRODUCTIVE	RESPIRATORY	CARDIO/VASCUL.	LYMPH SYSTEM	IMMUNOLOGIC	SKIN	MUCOSA	MUSC./SKELETAL	CENTRAL NERVOUS
<b>STRESS TYPES</b>														
<b>Adrenergic Stress</b>	-	-	-	-							-	-	+	+
<b>Anabolic Stress</b>			+	+		+		+			+	+		
<b>Thyroid Stress +</b>	+	+	+	-				+	+	+	+	+	-	
<b>Thyroid Stress -</b>	-	-	-						-	-	-	-	-	-
<b>FLUID TRANSPORT ENERGETICS</b>														
<b>SKIN DEFICIENCY (from Adrenergic Stress or Thyroid deficiency)</b>				-							-	-		
<b>MUCOSA DEFICIENCY</b>	-	-									-	-		
<b>KIDNEY EXCESS</b>	+		+	+			+				+			
<b>LUNG DEFICIENCY</b>				-			-	-						
<b>ALL MEMBRANES OVER-SECRETING</b>														
	Thyroid Up													
<b>ALL MEMBRANES UNDER-SECRETING</b>														
	Thyroid Down													

# Evaluations and Recommendations

NAME \_\_\_\_\_ DATE \_\_\_\_\_ FILE \_\_\_\_\_

	Questions	Verbal	Dietary	Therapies	COMMENTS
<b>UPPER GI</b>					
<b>LOWER GI</b>					
<b>LIVER</b>					
<b>KIDNEYS</b>					
<b>LOWER URINARY</b>					
<b>REPRODUCTIVE</b>					
<b>RESPIRATORY</b>					
<b>CARDIOVASC.</b>					
<b>LYMPH SYSTEM</b>					
<b>IMMUNOLOGIC</b>					
<b>SKIN</b>					
<b>MUCOSA</b>					
<b>MUSC/SKLTL</b>					
<b>CENTRAL NERV.</b>					
<b>SYMPATHETIC</b>					
<b>PARASYMPATH.</b>					
<b>ADREN. STRESS</b>					
<b>ANABOL.STRESS</b>					
<b>THYROID STRESS</b>					

**INITIAL RECOMMENDATIONS**

DATE \_\_\_\_\_

DIETARY RECOMMENDATIONS


OTHER RECOMMENDATIONS


BOTANICAL	FORM	DOSES	TIMES

SELF MONITORING PARAMETERS
