





Chronological Health History
 32 y/o cis woman, 5'8", 180#, administrative assistant, works 40-60 hours per week

- Frequent bouts of strep throat, 6 to 12 y/o. Tx: Antibiotics, OTC cold meds.
- Menses: 13 y/o. Some cramping at onset. More severe pain and PMS symptoms 20 y/o to present. No pregnancies. Tx: Ibuprofen PRN
- Diet: Carnivore. Lots of carbs, dairy at every meal. Sweets for quick energy. Three cups of coffee in AM. Espresso in the afternoon 2-3 x week. Likes scotch, has 1-2 drinks most nights (3-4 ounces total).
- Digestion: Chronic gas, occasional heartburn, tendency towards constipation. One BM per day often two days w/o BM each week. Tx: Tums. Prunes.
- Sleep: To bed at 11 pm or later. Wakes at 7:00 am. Difficulty falling asleep, "relives the day and try to solve the world's problems." Averages 5 or 6 hours of good sleep. No naps. Same on days off. Always tired. Sometimes drinks more scotch to help sleep.
- Exercise: Walks 1-2 miles twice a week. Sedentary work, sits for 6 to 8 hours per day.

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- Meditation group once a week when she can.
- **For past five years, gets a severe case of bronchitis each year when the weather changes in November. Usually sick for three weeks and ends up taking antibiotics. Feels drained throughout the winter as a result.**
- Six: Scratchy throat and swollen glands, then a severe sore throat that progressively worsens. Cold moves into her chest with fever, cough, excessive yellow/green mucus and headache. Unable to sleep due to coughing and physical aches and pains.
- Doctor prescribes antibiotics and cough syrup. Uses ibuprofen and occasionally stronger sleep meds (Ambien) in order to sleep.
- Tried taking echinacea capsules (can't remember how many) but made her nauseous.
- **Primary Health Goal: Break the pattern of annual bronchitis and avoid taking antibiotics.**

Lifestyle changes

- Diet: Increase fruits and veggies, reduce carbs and dairy.
- Exercise: Try regular aerobic exercise that includes lots of movement and deep breathing (dance, swimming, walking...)
- Sleep: Make early bedtime a priority. In bed by 10:00 pm. Usual recs for good sleep habits including less alcohol.
- Elimination: Keep a food diary to see if certain foods contribute to constipation.
- Balance between rest, play and work?
- Life purpose?

Activators	Tonics
• for acute symptoms	• for chronic conditions
• short term use (till symptoms shift)	• long-term use (3 to 6 months)
• drug-like	• food-like
• fast acting	• slow acting
• stimulating, disperse qi	• nourishing
• used in fairly high, frequent doses	• replenishing, consolidates qi
	• consistent dosing

Symptoms

- History of repeated antibiotic use
- Menstrual cramps with PMS
- Chronic gas, occasional heartburn
- Constipation
- Trouble falling asleep
- Fatigue
- Poor surface immune function
- Frequent bronchitis/respiratory infections

Symptoms	Body System
• History of repeated antibiotic use	Digestive, Immune
• Menstrual cramps	Reproductive, Endocrine, Hepato-biliary
• Chronic gas, occasional heartburn	Digestive, Hepato-biliary
• Constipation	Digestive, Hepato-biliary
• Trouble falling asleep	Nervous (Hepato-biliary)
• Fatigue	All, Nervous
• Poor surface immune function	Immune, Respiratory
• Frequent bronchitis/respiratory infections	Immune, Respiratory

Symptoms	Body Systems	Actions
• History of repeated antibiotic use	Digestive, Immune	Immune system tonics/adaptogens, astringents, bitters, pre/probiotics
• Menstrual cramps	Reproductive, Endocrine, Hepato-biliary	Hormonal tonics, antispasmodics, nervines, analgesics, bitters, circulatory stimulants, hepatics
• Chronic gas, occasional heartburn	Digestive, Hepato-biliary	Carminatives, bitters, demulcents, hepatics
• Constipation	Digestive, Hepato-biliary	Bitters, laxatives, demulcents
• Trouble falling asleep	Nervous (Hepato-biliary)	Nervine relaxants (bitter), sedatives
• Fatigue	All, Nervous	Adaptogens, nervine tonics
• Poor surface immune function	Immune, Respiratory	Surface immune stimulants, deep immune tonics, diaphoretics, lung tonics
• Frequent bronchitis/respiratory infections	Immune, Respiratory	Diaphoretics, antimicrobial, antiviral, surface immune stimulants, expectorants,

Symptoms	Body Systems	Activators	Tonics
History of antibiotics	Digestive, Immune	astringents, bitters, pre/pro-biotics	deep immune tonics, adaptogens
Menstrual cramps	Repro, Endocrine, Hep-biliary	anti-spasm, nervine, analgesic, circ. stimulants	hormonal/endocrine tonics, hepatics
Gas, occ, heartburn	Digestive, Hepato-biliary	carminatives, bitters, demulcents	hepatics
Constipation	Digestive, Hepato-biliary	laxative, bitters, demulcents	hepatics
Trouble falling asleep	Nervous (Hepato-biliary)	nervine relaxants (bitter), sedatives	adaptogens, nerve tonics, hepatics
Fatigue	All, Nervous		adaptogens, nerve tonics
Poor surface immune function	Immune, Respiratory	surface immune stimulants, diaphoretics, antimicrobials, antivirals, expectorants, etc.	deep immune tonics, adaptogens, lung tonics
Frequent bronchitis/respiratory infections	Immune, Respiratory		

Symptoms	Activators	Tonics	Possible Tonic Herbs
History of antibiotics	astringents, bitter pre/pro-biotics	deep immune tonics, adaptogens	Asian ginseng, astragalus, licorice, reishi, rhodiola, schisandra
Menstrual cramps	anti-spasm, nervine, analgesic, circ. stim.	hormonal/endocrine tonics, hepatics	rhodiola, chasteberry dandelion root
Gas, occ, heartburn	carminatives, bitters, demulcents	hepatics	dandelion root, licorice, Oregon grape root, turtlehead, yellow dock
Constipation	laxative, bitters, demulcents	hepatics	
Trouble falling asleep	nervine relaxants, sedatives	adaptogens, nerve tonics, hepatics	Asian ginseng, reishi skullcap, blue vervain, motherwort dandelion root, licorice
Fatigue		deep immune tonics, adaptogens	Asian ginseng, astragalus, reishi, schisandra
Poor surface immune function	surface immune stimulants, diaphoretics, antimicrobial, antivirals, expectorants, etc.	lung tonics	astragalus, elecampane

Symptoms	Tonics	Possible Tonic Herbs	Tonic Herbs
History of antibiotics	deep immune tonics, adaptogens	Asian ginseng, astragalus, licorice, reishi, rhodiola, schisandra	Asian ginseng
Menstrual cramps	hormonal/endocrine tonics, hepatics	chasteberry dandelion root	Astragalus Reishi
Gas, occ, heartburn	hepatics	dandelion root, licorice, Oregon grape root, turtlehead, yellow dock	Schisandra
Constipation	hepatics		Licorice
Trouble falling asleep	adaptogens, nerve tonics, hepatics	Asian ginseng, reishi skullcap, blue vervain, motherwort dandelion root, licorice	Skullcap
Fatigue			Elecampane
Poor surface immune function	deep immune tonics, adaptogens	Asian ginseng, astragalus, reishi, schisandra	
Frequent bronchitis/respiratory infections	lung tonics	astragalus, elecampane	

Symptoms	Tonics	Possible Tonic Herbs	Tonic Formula
History of antibiotics	deep immune tonics, adaptogens	Asian ginseng, astragalus, licorice, reishi, rhodiola, schisandra	3 parts Asian ginseng
Menstrual cramps	hormonal/endocrine tonics, hepatics	chasteberry dandelion root	3 parts Astragalus
Gas, occ, heartburn	hepatics	dandelion root, licorice, Oregon grape root, turtlehead, yellow dock	3 parts Reishi
Constipation	hepatics		3 parts Schisandra
Trouble falling asleep	adaptogens, nerve tonics, hepatics	Asian ginseng, reishi skullcap, blue vervain, motherwort dandelion root, licorice	2 parts Licorice
Fatigue			1 part Skullcap
Poor surface immune function	deep immune tonics, adaptogens	Asian ginseng, astragalus, reishi, schisandra	1 part Elecampane
Frequent bronchitis/respiratory infections	lung tonics	astragalus, elecampane	

Symptoms	Activators	Actions
History of antibiotics	astringents, bitter, pre/pro-biotics	GI Support bitters carminatives astringents demulcents pre/probiotic
Menstrual cramps	anti-spasm, nerve, analgesic, circ. stim.	
Gas, occ. heartburn	carminatives, bitters, demulcents	Menstrual suffering antispasmodic nerve relaxant analgesic circulatory stimulant
Constipation	laxative, bitters, demulcents	Constipation bitters laxatives demulcents
Trouble falling asleep	nerve relaxants (bitter), sedatives	Sleep nerve relaxants sedatives
Fatigue	nerve relaxants (bitter), sedatives	Cold/Infection
Poor surface immune function	surface immune stimulants, diaphoretics, antimicrobials, antivirals, expectorants, etc.	
Frequent bronchitis/respiratory infections		

Activators	Activator formulas	Possible Activators
astringents, bitter, carminatives, pre/pro-biotics	GI Support bitters carminatives astringents demulcents pre/probiotic	- dandelion root, mugwort, gentian, yarrow - ginger, peppermint - wild geranium, meadowsweet, sage, yarrow - licorice, marshmallow - burdock root, dandelion root, elecampane (inulin rich)
anti-spasm, nerve, analgesic, circulatory stimulants	Menstrual Suffering antispasmodic nerve relaxant analgesic circulatory stimulant	- black haw/cramp bark, ginger, motherwort, mugwort - blue vervain, motherwort, mugwort, passionflower - all of the above - ginger, yarrow
laxative, bitters, demulcents	Constipation bitters laxatives demulcents	- dandelion root, mugwort, gentian, yarrow - cascara sagrada, dandelion root, gentian, licorice - burdock, licorice, marshmallow
nerve relaxants, sedatives	Sleep nerve relaxants sedatives	- blue vervain, mugwort, motherwort, passionflower, skullcap - skullcap, valerian

	Possible Herbal Activators	Possible Formulas with Dosing
GI Support bitters	- dandelion root, mugwort, gentian, yarrow	Digestive bitters formula 2 parts each dandelion, mugwort, gentian, yarrow with 1 part peppermint Take 5-10 drops before meals
carminatives	- ginger, peppermint	Demulcents: licorice tea, chewable tabs As needed for heartburn
astringents	- wild geranium, meadowsweet, sage, yarrow	Pre-biotic: 1-2 teaspoons powdered burdock with meals Probiotics: fermented foods/probiotic caps
demulcents	- licorice, marshmallow	
pre/probiotic	- burdock root, dandelion root, elecampane (inulin rich roots)	
Menstrual Suffering antispasmodic	- black haw/cramp bark, ginger, passionflower	Menstrual Suffering Tincture: 2 parts black haw/cramp bark 2 parts passionflower 1 part blue vervain Take 60 drops every 30 minutes until cramping subsides, then every hour as needed.
nerve relaxant	- blue vervain, motherwort, mugwort, passionflower	Taken in hot ginger tea .
analgesic	- all of the above	
circulatory stimulant	- ginger, yarrow	

	Possible Herbal Activators	Possible Formulas with Dosing
	- dandelion root, mugwort, gentian, yarrow	Digestive bitters formula 2 parts each dandelion, mugwort, gentian, yarrow with 1 part peppermint Take 5-10 drops before meals
	- ginger, peppermint	Demulcents: licorice tea, chewable tabs As needed for heartburn
	- wild geranium, meadowsweet, sage, yarrow	Pre-biotic: 1-2 teaspoons powdered burdock with meals Probiotics: fermented foods/probiotic caps
	- licorice, marshmallow	
	- burdock root, dandelion root, elecampane (inulin rich roots)	
	- black haw/cramp bark, ginger, passionflower	Menstrual Suffering Tincture: 2 parts black haw/cramp bark 2 parts passionflower 1 part blue vervain Take 60 drops every 30 minutes until cramping subsides, then every hour as needed.
	- blue vervain, motherwort, mugwort, passionflower	Taken in hot ginger tea .
	- all of the above	
	- ginger, yarrow	

Tonic Formula	Activator Formulas
Daily Tonic formula 3 parts Asian ginseng 3 parts Astragalus 3 parts Reishi 3 parts Schisandra 2 parts Licorice 1 part Skullcap 1 part Elecampane Take 60 drops in a small amount of water twice a day for 3 to 6 months. Stop taking Tonic Formula if you develop a cold or respiratory infection.	Digestive bitters formula 2 parts each dandelion, mugwort, gentian, yarrow with 1 part peppermint Take 5-10 drops before meals Demulcents: licorice tea, chewable tabs As needed for heartburn Pre-biotic: 1-2 teaspoons powdered burdock with meals Probiotics: fermented foods/probiotic caps Menstrual Suffering Tincture: 2 parts black haw/cramp bark 2 parts passionflower 1 part blue vervain Take 60 drops every 30 minutes until cramping subsides, then every hour as needed. Taken in hot ginger tea .

