

The
Integrative

Range

Herbal
Formulae

About the formulae...

The Integrative Range of Herbal Formulae are based on an understanding of the human energy system, including the five elements of air, fire, water and earth. The herbs have been carefully chosen to treat underlying energy imbalances in the body. The range includes combinations for strengthening each constitutional type, as well as mixtures to treat specific conditions. Formulae numbers 1 to 13, and 16 to 21, deal with constitutional energy types. Formulae 14 and 15 are universal tonics for daily use. Numbers 22 to 103 largely deal with energy imbalances of specific organs. Formulae 104 to 124 deal with miscellaneous dis-eases.

Suggested dosage of the formulas in tincture form for an adult is 15 drops two or three times a day. In acute situations this can be increased by anything up to 60 drops four times a day. Doses for children should be reduced in proportion to the child's body weight.

The range has been designed by Paul Francis. Paul has been working as a healer since the mid-1980's. He trained in Polarity Therapy, which is an integrated approach employing hands-on bodywork, herbal and dietary treatment, exercise and counselling skills – based on a detailed understanding of the human energy system. For many years he has taught homeopathy in Lancaster, The Lake District, and London. In 2001 he founded the Integrative College in Lancaster. The college provides training in all aspects of energy work, from beginner level to post-graduate.

For further information on training courses, contact: **The Integrative College, 24 Primrose Street, Lancaster, LA1 3BN. Tel: 01524 67009. Email: paulfrancis@mail.com**

The formulae are available ready-made in 100% organic, high-strength tinctures from: **The Bushy Tail Remedy Company, Tel: 0845 456 0145 (UK Local Rate), www.bushytail-online.com**. The tinctures are mostly made with a ratio of one part herb to one part alcohol, making them several times stronger than most commercially-available herbal tinctures. Bushy Tail is an ethical company, who donate a percentage of their profits to grassroots organisations that are making a positive environmental change. All of Bushy Tail's products are 100% organic.

Pages 4 to 14 contain information on the individual formulae, pages 15 to 21 are definitions of the various energy syndromes.

N.B. The following information on the uses of the formulae is intended for educational purposes only.

The Formulae

1. Siberian Ginseng, Astragalus and Ashwaghandha formula.

2x Siberian Ginseng root, 2x Elecampane root, 2x Astragalus root, 2x Ashwaghandha root, Tulsi leaf, Panax Ginseng root, Licorice root, Chamomile flower, 1/2 x Cinnamon bark, 1/2 x Gentian root.

Uses: **Vitality Depletion.**

2. Lavender, Chamomile and Gentian formula.

1/4 x Barberry bark, Chamomile flower, 1/4 x Gentian root, Lavender flower, Marjoram leaf, Skullcap flowering herb, Passionflower herb, Peppermint leaf, Wood Betony flowering herb.

Uses: **Vitality Congestion.**

3. Marshmallow, Oat and He Shou Wu formula.

Marshmallow root, Oat seeds, Mullein flowering herb, Astragalus root, Nettle leaf, Licorice root, He Shou Wu root, Schisandra berry, Chickweed herb, Cinnamon bark, 1/2 x Skullcap flowering herb, 1/2 x Passionflower herb, 1/2 x Fennel seed, 1/2 x Cumin seed.

Uses: **Substance Depletion.**

4. Schisandra and Ashwaghandha formula.

2x Ashwaghandha root, 2x Astragalus root, Oat seeds, Skullcap flowering herb, Passionflower herb, Borage flowering tops, Mullein flowering herb, Elecampane root, Cinnamon bark, Schisandra berry, Marshmallow root, 1/2 x Fennel seed, 1/2 x Cumin seed.

Uses: **Air Constitution.**

5. Agrimony, Cleavers and Dandelion formula.

Agrimony flowering herb, Rhubarb root, 1/4 x Cascara Sagrada aged bark, Cinnamon bark, Cleavers flowering herb, Dandelion root, Oregon Grape root, Red Clover flower, Elecampane root, Peppermint leaf, Skullcap flowering herb.

Uses: **Air Depletion.**

6. Schisandra and Barberry formula.

Barberry bark, Eyebright herb, Gotu Kola leaf, Ginko Biloba leaf, Hawthorn berry, Turmeric rhizome, Chamomile flower, Schisandra berry, Skullcap flowering herb, 1/2 x Gentian root, 1/2 x Fennel seed, 1/2 x Cumin seed.

Uses: **Fire Constitution.**

7. Bayberry, Cardamom and Cinnamon formula.

Bayberry bark, Barberry bark, Milk Thistle seed, Cardamom pod, Cinnamon bark, Damiana leaf, Thyme leaf, Pippali seed, Prickly Ash bark.

Uses: **Fire Depletion.**

8. Schisandra and Cleavers formula.

2x Cleavers flowering herb, Nettle leaf, Goldenrod flowering herb, Agnus Castus berry, Cinnamon bark, Astragalus root, Schisandra berry, 1/2 x Fennel seed, 1/2 x Cumin seed, 1/2 x Coriander seed, 1/2 x Cardamom pod.

Uses: **Water Constitution.**

9. Couchgrass, Licorice and Marshmallow formula.

Licorice root, Marshmallow root, Couchgrass rhizome, schizandhra, Bala root, Borage flowering tops, Mullein flowering herb, Fennel seed, 1/4 x Cinnamon bark.

Uses: **Water Depletion.**

10. Schisandra and Celery formula.

Nettle leaf, Celery seed, Cleavers flowering herb, Marshmallow root, He Shou Wu root, Skullcap flowering herb, Turmeric rhizome, Schisandra berry, 1/2 x Walnut leaf/hull, 1/4 x Cascara Sagrada aged bark, 1/2 x Fennel seed, 1/2 x Cumin seed.

Uses: **Earth Constitution.**

11. Marshmallow, Oat and Amalaki formula.

He Shou Wu root, Oat seeds, Marshmallow root, Amalaki fruit, Bala root, Skullcap flowering herb, 1/2 x Ginger rhizome.

Uses: **Earth Depletion.**

12. Barberry, Dandelion and Gentian formula.

Barberry bark, Dandelion root, Gentian root, Gotu Kola leaf, Feverfew flowering herb, Lavender flower, Chamomile flower, Lemon Balm leaf, Skullcap flowering herb.

Uses: **Vitality block, high vitality.**

13. Bayberry and Astragalus formula.

2x Bayberry bark, 2x Astragalus root, 2x Dandelion root, Elecampane root, Skullcap flowering herb, 1/2 x Cinnamon bark, 1/2 x Fennel seed, 1/2 x Cumin seed, 1/2 x Coriander seed.

Uses: **Vitality block, low vitality.**

14. Astragalus, Schisandra and Damiana formula.

Siberian Ginseng root, Damiana leaf, Elecampane root, Astragalus root, Panax Ginseng root, Licorice root, Schisandra berry, Gotu Kola leaf, Cinnamon bark, Agnus Castus berry, Skullcap flowering herb, Milk Thistle seed, Hawthorn berry, Cleavers flowering herb, Nettle leaf, Saw Palmetto berry, Bilberry fruit, 1/4 x Cascara Sagrada aged bark.

Uses: **Male universal tonic.**

15. Astragalus, Schisandra and Shatavari formula.

Siberian Ginseng root, Shatavari root, Elecampane root, Astragalus root, Panax Ginseng root, Licorice root, Schisandra berry, Gotu Kola leaf, Cinnamon bark, Agnus Castus berry, Skullcap flowering herb, Milk Thistle seed, Hawthorn berry, Cleavers flowering herb, Nettle leaf, Dong Quai root, Bilberry fruit, 1/4 x Cascara Sagrada aged bark.

Uses: **Female universal tonic.**

16. Ashwaghandha and Barberry formula.

Ashwaghandha root, Barberry bark, Oat seeds, Skullcap flowering herb, Borage flowering tops, Chamomile flower, Rose flower, Chickweed herb, Mullein flowering herb, He Shou Wu root, 1/2 x Fennel seed.

Uses: **High air and fire.**

17. Bayberry and Cleavers formula.

2x Bayberry bark, 2x Cleavers flowering herb, Elecampane root, Astragalus root, Buchu leaf, Agnus Castus berry, Hawthorn berry, Schisandra berry, Skullcap flowering herb, 1/2 x Cinnamon bark.

Uses: **High air and water.**

18. Astragalus and Cascara Sagrada formula.

2x Astragalus root, Licorice root, Oat seeds, Marshmallow root, Skullcap flowering herb, Nettle leaf, celery, Cinnamon bark, 1/2 x Ginger rhizome, 1/2 x Fennel seed, 1/4 x Cascara Sagrada aged bark.

Uses: **High air and earth.**

19. Dandelion and Gentian formula.

2x Dandelion root, Gentian root, Cleavers flowering herb, Yellow Dock root, Oregon Grape root, Lavender flower, Lemon Balm leaf, Melilot herb, Nettle leaf, Yarrow flowering herb.

Uses: **High fire and water.**

20. Dandelion and Celery formula.

2x Dandelion root, 2x Celery seed, He Shou Wu root, Hawthorn berry, Marshmallow root, Licorice root, Borage flowering tops, Melilot herb, Meadowsweet flowering tops, Skullcap flowering herb, 1/4 x Cascara Sagrada aged bark.

Uses: **High fire and earth.**

21. Elecampane, Bayberry and Angelica formula.

2x Elecampane root, 2x Angelica root, 2x Bayberry bark, 2x Rosemary leaf, 2x Thyme leaf, Prickly Ash bark, Turmeric rhizome, Hawthorn berry, Buchu leaf, Schisandra berry, Nettle leaf.

Uses: **High water and earth.**

22. Buchu leaf, Cleavers, and Horsetail formula.

Buchu leaf, Cleavers flowering herb, Horsetail herb, Yarrow flowering herb.

Uses: **Bladder energy constraint.**

23. Bayberry, Prickly Ash and Ginger formula.

Bayberry bark, Ginger rhizome, Prickly Ash bark, Pippali seed.

Uses: **Extreme cold with vitality depletion.**

24. Boneset, Elderflower and Yarrow formula.

Boneset flowering herb, Catnip leaf, Chamomile flower, Echinacea root, Elderflower, Lavender flower, Limeflower, Peppermint leaf, Yarrow flowering herb.

Uses: **External wind heat.**

25. Bayberry, Prickly Ash and Yarrow formula.

Bayberry bark, Cinnamon bark, Ginger rhizome, Hyssop flowering herb, Prickly Ash bark, Pippali seed, Rosemary leaf, Thyme leaf, Yarrow flowering herb.

Uses: **External wind cold.**

26. Chamomile, Lavender and Oat formula.

Borage flowering tops, Chamomile flower, Dandelion root, Lavender flower, Nettle leaf, Oat seeds.

Uses: **False heat**

27. Buchu, Damiana and Shatavari formula.

Tulsi leaf, Buchu leaf, Cinnamon bark, Damiana leaf, Rosemary leaf, Saw Palmetto berry, Shatavari root.

Uses: **Genito-urinary cold**

28. Buchu, Horsetail and Cinnamon formula.

Buchu leaf, Cinnamon bark, Elecampane root, Horsetail herb, Lavender flower, Marjoram leaf, Sage leaf.

Uses: **Genito-urinary damp cold**

29. Goldenrod, Horsetail and Nettle formula.

Barberry bark, Gentian root, Goldenrod flowering herb, Horsetail herb, Nettle leaf.

Uses: **Genito-urinary damp heat**

30. Cinnamon, Shatavari and Damiana formula.

Buchu leaf, Damiana leaf, Shatavari root, Horsetail herb, Cinnamon bark, Yarrow flowering herb.

Uses: **Genito-urinary energy depletion**

31. Eyebright, Elderflower and Bayberry formula.

Angelica root, Bayberry bark, Elderflower, Eyebright herb, Goldenrod flowering herb, Peppermint leaf, Prickly Ash bark, Rosemary leaf, Sage leaf, Thyme leaf, White Horehound leaf, Wild Cherry bark.

Uses: **Head damp cold**

32. Eyebright, Elderflower and Lavender formula.

Chamomile flower, Elderflower, Goldenrod flowering herb, Lavender flower, Plantain herb, White Horehound leaf.

Uses: **Head damp heat**

33. Hawthorn, Silver Birch and Lemon Balm formula.

Hawthorn berry, Milk Thistle seed, Silver Birch leaf, Lemon Balm leaf, Yarrow flowering herb.

Uses: **Heart damp.**

34. Hawthorn, Motherwort and Skullcap formula.

Hawthorn berry, Motherwort flowering herb, Passionflower herb, Skullcap flowering herb, Yarrow flowering herb.

Uses: **Heart energy constraint.**

35. Hawthorn, Motherwort and Rosemary formula.

Hawthorn berry, Lavender flower, Milk Thistle seed, Motherwort flowering herb, Rosemary leaf.

Uses: **Heart energy depletion.**

36. Hawthorn, Lavender and Passionflower formula.

Hawthorn berry, Lavender flower, Lemon Balm leaf, Melilot herb, Rose flower, Passionflower herb.

Uses: **Heart fire.**

37. Hawthorn, Ginko and Motherwort formula.

Ginko Biloba leaf, Hawthorn berry, Motherwort flowering herb.

Uses: **Heart substance constraint.**

38. Hawthorn, Borage and Marjoram formula.

Borage flowering tops, Chickweed herb, Hawthorn berry, Marjoram leaf, Motherwort flowering herb, Rosemary leaf, He Shou Wu root.

Uses: **Heart substance depletion.**

39. Hawthorn, Cinnamon and Schisandra formula.

Astragalus root, Cinnamon bark, Hawthorn berry, Schisandra berry, Skullcap flowering herb.

Uses: **Heart and Kidney energy depletion.**

40. Hawthorn and Elecampane formula.

Cinnamon bark, Elecampane root, Hawthorn berry, Prickly Ash bark, Rosemary leaf.

Uses: **Heart and Lung energy depletion.**

41. Echinacea, Oregon Grape and Cleavers formula.

Marigold flower, Cleavers flowering herb, Echinacea root, Figwort herb, Licorice root, Oregon Grape root, Passionflower herb, Plantain herb, Skullcap flowering herb, Yellow Dock root.

Uses: **Heat toxin.**

42. Astragalus, Elecampane and Thyme formula.

Astragalus root, Elecampane root, Licorice root, Sage leaf, Pau d'Arco bark, Thyme leaf.

Uses: **Immune system depletion.**

43. Celery, Nettle and Prickly Ash formula.

Celery seed, Cleavers flowering herb, Figwort herb, Horsetail herb, Nettle leaf, Prickly Ash bark, Buchu leaf, Pippali seed.

Uses: **Internal cold damp.**

44. Cramp bark, Lavender and Skullcap formula.

Cramp bark, Hyssop flowering herb, Lavender flower, Marjoram leaf, Passionflower herb, Sage leaf, Skullcap flowering herb.

Uses: **Internal wind.**

45. Angelica, Cinnamon and Ginger formula.

Angelica root, Buchu leaf, Cinnamon bark, Ginger rhizome, Hyssop flowering herb, Pippali seed, Rosemary leaf.

Uses: **Intestinal cold.**

46. Bayberry, Turmeric and Fennel formula.

Angelica root, Bayberry bark, Cumin seed, Fennel seed, Ginger rhizome, Hawthorn berry, Holy Thistle herb, Hyssop flowering herb, Marjoram leaf, ¼ x Oak bark, Sage leaf, Turmeric rhizome, Thyme leaf, Walnut leaf/hull.

Uses: **Intestinal damp / spleen damp.**

47. Bayberry, Turmeric, and Pippali formula.

Bayberry bark, Fennel seed, Holy Thistle herb, Lavender flower, ¼ x Oak bark, Peppermint leaf, Pippali seed, Rosemary leaf, Sage leaf, Turmeric rhizome, Thyme leaf, Walnut leaf/hull.

Uses: **Intestinal damp cold / spleen damp cold.**

48. Cascara, Rhubarb and Turmeric formula.

Agrimony flowering herb, Barberry bark, ¼ x Cascara Sagrada aged bark, Sagrada aged bark, Chamomile flower, Couchgrass rhizome, Goldenrod flowering herb, Horsetail herb, Mullein flowering herb, Rhubarb root, Turmeric rhizome.

Uses: **Intestinal damp heat.**

49. Marshmallow, Artichoke and Chamomile formula.

2 x Marshmallow root, Artichoke leaf, Chamomile flower, Fennel seed, Rhubarb root, Peppermint leaf, ¼ x Cascara Sagrada aged bark, Sagrada aged bark.

Uses: **Intestinal dry heat.**

50. Chamomile, Peppermint and Ginger formula.

Tulsi leaf, Chamomile flower, Cumin seed, Fennel seed, Ginger rhizome, Hawthorn berry, Lavender flower, Peppermint leaf, Sage leaf, Walnut leaf/hull.

Uses: **Intestinal energy constraint.**

51. Gentian, Barberry and Rhubarb formula.

Barberry bark, Buchu leaf, ¼ x Cascara Sagrada aged bark, ¼ x Fennel seed, Gentian root, ¼ x Ginger rhizome, Hawthorn berry, Rhubarb root.

Uses: **Intestinal energy stagnation.**

52. Dandelion, Couchgrass and Passionflower formula.

Chamomile flower, Couchgrass rhizome, Dandelion root, Lavender flower, Passionflower herb, Sage leaf, Skullcap flowering herb, ¼ x Barberry bark.

Uses: **Kidney energy constraint.**

53. Buchu, Cinnamon and Yarrow formula.

Agrimony flowering herb, Tulsi leaf, Buchu leaf, Cinnamon bark, Damiana leaf, Horsetail herb, Marjoram leaf, Rosemary leaf, Saw Palmetto berry, Yarrow flowering herb.

Uses: **Kidney energy depletion.**

54. Dandelion, Yarrow and Skullcap formula.

Borage flowering tops, Celery seed, Couchgrass rhizome, Dandelion root, Elderflower, Horsetail herb, Rosemary leaf, Skullcap flowering herb, White Horehound leaf, Yarrow flowering herb.

Uses: **Kidney energy stagnation.**

55. Cornsilk, Marshmallow and Uva Ursi formula.

Agrimony flowering herb, Borage flowering tops, Cornsilk stamen, Marshmallow root, Uva Ursi leaf.

Uses: **Kidney fire.**

56. Couchgrass, Dandelion and Nettle formula.

Couchgrass rhizome, Dandelion root, Nettle leaf.

Uses: **Kidney substance constraint.**

57. Marshmallow, Schisandra and Marjoram formula.

Black Cohosh root, Cinnamon bark, Hawthorn berry, Horsetail herb, Marjoram leaf, Marshmallow root, Schisandra berry, He Shou Wu root, Skullcap flowering herb.

Uses: **Kidney substance depletion.**

58. Couchgrass, Horsetail and Yarrow formula.

Agrimony flowering herb, Borage flowering tops, Cleavers flowering herb, Couchgrass rhizome, Elderflower, Horsetail herb, Mullein flowering herb, Nettle leaf, Yarrow flowering herb.

Uses: **Kidney / bladder damp heat.**

59. Astragalus, Buchu and Turmeric formula.

Astragalus root, Barberry bark, Buchu leaf, Cinnamon bark, Licorice root, ¼ x Oak bark, Saw Palmetto berry, Thyme leaf, Turmeric rhizome.

Uses: **Kidney and spleen energy depletion.**

60. Bayberry, Milk Thistle and Rosemary formula.

Bayberry bark, Milk Thistle seed, Rosemary leaf.

Uses: **Liver cold stagnation.**

61. Dandelion, Meadowsweet and Turmeric formula.

Cleavers flowering herb, Couchgrass rhizome, Dandelion root, Elderflower, Figwort herb, Lavender flower, Meadowsweet flowering tops, Silver Birch leaf, Turmeric rhizome.

Uses: **Liver damp constraint.**

62. Dandelion, Rose and Lavender formula.

Agrimony flowering herb, Dandelion root, Fennel seed, Gentian root, Lavender flower, Rose flower, Rhubarb root.

Uses: **Liver damp heat.**

63. Bayberry, Milk Thistle and Yarrow formula.

Agrimony flowering herb, Barberry bark, Bayberry bark, Chamomile flower, Gentian root, Milk Thistle seed, Oregon Grape root, White Horehound leaf, Yarrow flowering herb.

Uses: **Liver energy depletion.**

64. Gentian, Dandelion and Lavender formula.

Chamomile flower, Dandelion root, Gentian root, Lavender flower, Marjoram leaf, Passionflower herb, Peppermint leaf, Rose flower, Skullcap flowering herb, Yarrow flowering herb.

Uses: **Liver energy rising.**

65. Barberry, Silver Birch and Rose formula.

Barberry bark, Chamomile flower, Dandelion root, ¼ x Fennel seed, Lavender flower, Oregon Grape root, Peppermint leaf, Rose flower, Rhubarb root, Silver Birch leaf, Skullcap flowering herb, Wood Betony flowering herb.

Uses: **Liver energy stagnation.**

66. Barberry, Melilot and Chamomile formula.

Barberry bark, Chamomile flower, Melilot herb, Dandelion root, ¼ x Fennel seed, Gentian root, Lavender flower, Artichoke leaf, Passionflower herb, Peppermint leaf, Rhubarb root, Wood Betony flowering herb.

Uses: **Liver heat.**

67. Elecampane, Cardamom and Coltsfoot formula.

Tulsi leaf, Cardamom pod, Coltsfoot, Elecampane root, Hyssop flowering herb, Sage leaf, White Horehound leaf.

Uses: **Lung damp.**

68. Elecampane, Cardamom and Angelica formula.

Angelica root, Cardamom pod, Elecampane root, Hyssop flowering herb, Rosemary leaf, Thyme leaf.

Uses: **Lung damp cold.**

69. Elecampane, Cardamom and Elderflower formula.

Agrimony flowering herb, Elderflower, Cardamom pod, Chamomile flower, Coltsfoot leaf, Mullein flowering herb, Sage leaf, Red Clover flower, Wild Cherry bark, White Horehound leaf.

Uses: **Lung damp heat.**

70. Mullein, Marshmallow and Liquorice formula.

Liquorice root, Marshmallow root, Mullein flowering herb, Red Clover flower.

Uses: **Lung dry.**

71. Mullein, Marshmallow and Red Clover formula.

Liquorice root, Marshmallow root, Mullein flowering herb, Red Clover flower, White Horehound leaf.

Uses: **Lung dry heat.**

72. Mullein, Red Clover and Chamomile formula.

Angelica root, Chamomile flower, Hyssop flowering herb, Lavender flower, Mullein flowering herb, Passionflower herb, Red Clover flower, Thyme leaf, Wild Cherry bark.

Uses: **Lung energy constraint.**

73. Elecampane, Hyssop and Thyme formula.

Astragalus root, Tulsi leaf, Elecampane root, Hyssop flowering herb, Rosemary leaf, Skullcap flowering herb, Thyme leaf.

Uses: **Lung energy depletion.**

74. Elecampane, Cardamom and Mullein formula.

Agrimony flowering herb, Borage flowering tops, Cardamom pod, Elecampane root, Liquorice root, Marshmallow root, Mullein flowering herb, Wild Cherry bark.

Uses: **Lung substance depletion.**

75. Elecampane, Coltsfoot and Red Clover formula.

Coltsfoot leaf, Elecampane root, Liquorice root, Red Clover flower.

Uses: **Lung wind.**

76. Elecampane, Elderflower and Red Clover formula.

Elderflower, Elecampane root, Peppermint leaf, Thyme leaf, Red Clover flower.

Uses: **Lung wind cold.**

77. Coltsfoot, Red Clover and White Horehound formula.

Borage flowering tops, Coltsfoot leaf, Chamomile flower, Elderflower, Lavender flower, Red Clover flower, White Horehound leaf.

Uses: **Lung wind heat.**

78. Liquorice, Marshmallow and Red Clover formula.

Boneset flowering herb, Borage flowering tops, Liquorice root, Marshmallow root, Red Clover flower, Skullcap flowering herb.

Uses: **Lung wind dry heat.**

79. Ashwaghandha, Lavender and Skullcap formula.

Ashwaghandha root, Tulsi leaf, Black Cohosh root, Borage flowering tops, Cinnamon bark, Damiana leaf, He Shou Wu root, Hyssop flowering herb, Lavender flower, Lemon Balm leaf, Oat seeds, Peppermint leaf, Prickly Ash bark, Schisandra berry, Skullcap flowering herb, Thyme leaf, Vervain flowering herb, Wild Cherry bark.

Uses: **Nerve depletion.**

80. Wild Lettuce, Californian Poppy and Passionflower formula.

Black Cohosh root, Californian Poppy flowering herb, Lavender flower, Oat seeds, Passionflower herb, Rose flower, Skullcap flowering herb, Vervain flowering herb, Wild Lettuce leaf.

Uses: **Nerve excess / wind.**

81. Echinacea, Oregon Grape and Yellow Dock formula.

Marigold flower, Chamomile flower, Cleavers flowering herb, Couchgrass rhizome, Echinacea root, Figwort herb, Horsetail herb, Red Clover flower, Oregon Grape root, Yellow Dock root.

Uses: **Skin damp heat.**

82. Burdock, Couchgrass and Marshmallow formula.

Burdock root, Chickweed herb, Couchgrass rhizome, Marshmallow root.

Uses: **Skin dry.**

83. Chamomile, Chickweed, and Heartsease formula.

Chamomile flower, Chickweed herb, Heartsease flowering herb, He Shou Wu root.

Uses: **Skin wind.**

84. Chamomile, Chickweed and Red Clover formula.

Chamomile flower, Chickweed herb, Heartsease flowering herb, He Shou Wu root, Oregon Grape root, Red Clover flower.

Uses: **Skin wind heat.**

85. Oak bark, Astragalus and Turmeric formula.

Astragalus root, Dandelion root, Elicampagne root, Ginger rhizome, Fennel seed, Holy Thistle herb, Marjoram leaf, Nettle leaf, ¼ x Oak bark, Rosemary leaf, Sage leaf, Thyme leaf, Turmeric rhizome, Walnut leaf/hull, Yarrow flowering herb.

Uses: **Spleen energy depletion.**

86. Angelica, Ginger and Pippali formula.

Angelica root, Tulsi leaf, Ginger rhizome, Pippali seed.

Uses: **Stomach cold.**

87. Gentian, Ginger and Pippali formula.

Agrimony flowering herb, Buchu leaf, Chamomile flower, Fennel seed, Gentian root, Ginger rhizome, Pippali seed.

Uses: **Stomach energy depletion.**

88. Gentian, Fennel and Ginger Formula.

Gentian root, Fennel seed, Ginger rhizome, Prickly Ash bark, Rhubarb root.

Uses: **Stomach energy stagnation.**

89. Meadowsweet, Marigold and Gentian formula.

Barberry bark, Marigold flower, ½ x Fennel seed, Gentian root, Hawthorn berry, Marshmallow root, Meadowsweet flowering tops, Rhubarb root.

Uses: **Stomach heat.**

90. Bayberry, Holy Thistle and Oak formula.

Bayberry bark, Elecampane root, Ginger rhizome, Hawthorn berry, Holy Thistle herb, Oregon Grape root, ¼ x Oak bark, Prickly Ash bark, Sage leaf, Thyme leaf, Walnut leaf/hull.

Uses: **Stomach and spleen energy depletion.**

91. Elderflower, Cardamom and Thyme formula.

Tulsi leaf, Bayberry bark, Cardamom pod, Elderflower, Elecampane root, Goldenrod flowering herb, Plantain herb, Rosemary leaf, Thyme leaf.

Uses: **Upper respiratory damp cold.**

92. Eyebright, Echinacea and Thyme formula.

Chamomile flower, Cleavers flowering herb, Echinacea root, Eyebright herb, Goldenrod flowering herb, Lavender flower, Plantain herb, Thyme leaf.

Uses: **Upper respiratory damp heat.**

93. Dong Quai, Cinnamon and Fennel formula.

Tulsi leaf, Cinnamon bark, Dong Quai root, Fennel seed, Ginger rhizome, Marjoram leaf, Milk Thistle seed, Prickly Ash bark, Rosemary leaf.

Uses: **Uterine cold.**

94. Angelica, Cinnamon and Fennel formula.

Angelica root, Bayberry bark, Cinnamon bark, Elecampane root, Fennel seed, Ginger rhizome, Hyssop flowering herb, Lavender flower, Peppermint leaf, Rosemary leaf, Thyme leaf.

Uses: **Uterine damp cold.**

95. Agnus Castus, Cinnamon and Melilot formula.

Agnus Castus berry, Barberry bark, Cinnamon bark, Ginger rhizome, Melilot herb, Milk Thistle seed, Raspberry leaf, Rose flower, Yarrow flowering herb.

Uses: **Uterine damp stagnation.**

96. Agnus Castus, Raspberry and Black Cohosh formula.

Agnus Castus berry, Black Cohosh root, Chamomile flower, Dong Quai root, Gentian root, Lemon Balm leaf, Peppermint leaf, Raspberry leaf, Sage leaf, Vervain flowering herb, Wild Yam root, Wood Betony flowering herb, Yarrow flowering herb.

Uses: **Uterine energy constraint.**

97. Agnus Castus, Shatavari and Raspberry formula.

Agnus Castus berry, Angelica root, Black Cohosh root, Dong Quai root, Nettle leaf, Raspberry leaf, Shatavari root, Vervain flowering herb.

Uses: **Uterine energy depletion.**

98. Agnus Castus, Shatavari and Dong Quai formula.

Agnus Castus berry, Marigold flower, Chamomile flower, Celery seed, Damiana leaf, Dong Quai root, Elecampane root, Fennel seed, Motherwort flowering herb, Shatavari root, White Horehound leaf, Wild Yam root, Yarrow flowering herb.

Uses: **Uterine energy stagnation.**

99. Black Cohosh, Melilot and Raspberry formula.

Black Cohosh root, Melilot herb, Milk Thistle seed, Raspberry leaf, Witch Hazel bark, Yarrow flowering herb.

Uses: **Uterine substance constraint.**

100. Shatavari, Mugwort and Schisandra formula.

Black Cohosh root, Dong Quai root, Mugwort herb, Sage leaf, Schisandra berry, Shatavari root.

Uses: **Uterine substance depletion.**

101. Dong Quai, Black Cohosh and Raspberry formula.

Barberry bark, Black Cohosh root, Dong Quai root, Mugwort herb, Raspberry leaf, Schisandra berry, Vervain flowering herb.

Uses: **Uterine substance stagnation.**

102. Bilberry, Horse Chestnut, and Witch Hazel formula.

Bilberry, Barberry bark, Dandelion root, Horse Chestnut seed, Melilot herb, Milk Thistle seed, Witch Hazel bark, Yarrow flowering herb, ¼ Prickly Ash bark.

Uses: **Venous substance stagnation.**

103. Cinnamon, Elderflower and Ginger formula.

Angelica root, Bayberry bark, Cinnamon bark, Elderflower, Elecampane root, Fennel seed, Ginger rhizome, Hyssop flowering herb, Nettle leaf, Pippali seed, Prickly Ash bark, Rosemary leaf, Thyme leaf.

Uses: **Wind damp.**

104. Nettle, Cleavers and Dandelion formula.

Figwort herb, Nettle leaf, Cleavers flowering herb, Oregon Grape root, Dandelion root, Turmeric rhizome, ½ x Fennel seed, ½ x Cumin seed.

Uses: **Detox.**

105. Meadowsweet, Punarnava and Willow Formula.

Punarnava root, White Willow bark, Meadowsweet flowering tops, Devil's Claw root.

Uses: **Analgesic and Anti-inflammatory.**

106. Agnus Castus, Dong Quai and Wild Yam formula.

Agnus Castus berry, Dong Quai root, Wild Yam root, Black Cohosh root.

Uses: **Female Hormonal Balancer.**

107. Amalaki, Lemon Balm and Pau d'Arco formula.

Amalaki fruit, Lemon Balm leaf, Pau d'Arco bark, Elderberry, St John's wort, Thyme leaf.

Uses: **Anti-viral.**

108. Bhringaraj, Pau d'Arco and Sweet Annie formula.

Bhringaraj, Pau d'Arco bark, Sweet Annie flowering herb, Turmeric rhizome, Thyme leaf, Walnut leaf/hull.

Uses: **Anti-fungal.**

109. Artichoke, Bhringaraj and Milk Thistle formula.

Artichoke leaf, Bhringaraj, Milk Thistle seed.

Uses: **Liver Restorative and Protector.**

110. Cornsilk, Horsetail and Celery formula.

Cornsilk stamen, Horsetail herb, Celery seed, Artichoke leaf, Silver Birch leaf, Meadowsweet flowering tops, Heartsease flowering herb, Nettle leaf, Dandelion root, Devil's Claw root, Wood Betony flowering herb, ½ x Prickly Ash bark.

Uses: **Remove Crystallisation.**

111. Cascara Sagrada and Rhubarb formula.

2x Cascara Sagrada aged bark, 2x Rhubarb root, Cardamom pod, Chamomile flower, Turmeric rhizome.

Uses: **Intestine Cleanse.**

N.B. This formula is intended to be used alongside a bulk laxative such as Psyllium seed husks, Linseed, and/or Slippery Elm bark powder, any of which should be consumed with plenty of fluid. Otherwise the formula may be too drying. It is also important to eat a high-fibre diet, and avoid/minimize consumption of dairy products.

112. Cleavers formula.

2x Cleavers flowering herb, Dandelion root, Figwort herb, Red Clover flower.

Uses: **Lymph Cleanse.**

113. Borage, Liquorice and Ginseng formula.

2x Borage flowering tops, 2x Liquorice root, 2x Panax Ginseng root, 2x Siberian Ginseng root, Lavender flower, Skullcap flowering herb, ½ x Cinnamon bark.

Uses: **Adrenal Support.**

114. Tulsi, Lemon Balm and Gotu Kola formula.

Tulsi leaf, Lemon Balm leaf, Gotu Kola leaf, Rosemary leaf, St. John's Wort flowering tops, Skullcap flowering herb, Hawthorn berry.

Uses: **Raise the Spirits.**

115. Echinacea, Golden Seal and Turmeric formula.

Echinacea root, Golden Seal root, Pau d'Arco bark, Thyme leaf, Turmeric rhizome.

Uses: **Anti-Candida (intestinal).**

116. Ginko, Gotu Kola and Skullcap formula.

Ginko Biloba leaf, Gotu Kola leaf, Ashwaghandha root, Skullcap flowering herb.

Uses: **Brain Restorative and Protector.**

117. Feverfew, Melilot and Vervain formula.

Feverfew flowering herb, Melilot herb, Vervain flowering herb, Chamomile flower, Lavender flower, Peppermint leaf, Rosemary leaf, Wood Betony flowering herb.

Uses: **Migraines.**

118. Bilberry, Eyebright and Ginko formula.

Bilberry fruit, Eyebright herb, Ginko Biloba leaf.

Uses: **Eye Restorative and Protector.**

119. Bayberry, Elderflower and Nettle formula.

Bayberry bark, Cardamom pod, Elderflower, Eyebright herb, Goldenrod flowering herb, Nettle leaf, Rosemary leaf, Sage leaf, Thyme leaf.

Uses: **Sinus Restorative and Protector.**

120. Licorice, Rose and Nettle formula.

Liquorice root, Rose flower, Nettle leaf, Eyebright herb, Goldenrod flowering herb, Mullein flowering herb, Plantain herb.

Uses: **Allergic Rhinitis/Sinusitis.**

121. Angelica, Cardamom and Gentian formula.

Angelica root, Cardamom pod, Gentian root, Agrimony flowering herb, Chamomile flower, Coriander seed, Cumin seed, Fennel seed, Ginger rhizome, Mugwort herb, Peppermint leaf, Turmeric rhizome.

Uses: **Digestive Stimulant.**

122. Saw Palmetto, Damiana and Turmeric formula.

2 x Saw Palmetto berry, Damiana leaf, Cleavers flowering herb, Cornsilk stamen, Horsetail herb, Turmeric rhizome, 1/4 x Pippali.

Uses: **Prostate.**

123. Hawthorn, Lime and Mistletoe formula.

Hawthorn berry, Limeflower, Mistletoe leaf.

Uses: **Hypertension.**

124. Astragalus, Pau d'Arco and Turmeric formula.

Astragalus root, Pau d'Arco bark, Turmeric rhizome, Mistletoe leaf.

Uses: **Cancer.**

125. Gurmar, Cinnamon and Dandelion formula.

3 x Gurmar, 2 x Cinnamon, Bilberry fruit, 1/4 x Dandelion Root

Uses: **Diabetes.**

Definitions

Air Constitution (Slender body. Possible problems with: immune system nervous system, lungs, chest, kidneys, intestines, ankles, wrists, arms, skin. Insomnia. Anxious. Worrier. Scattered. Nervous. Talkative. Heady. Spacey. Ungrounded. Objective. Thoughtful. Intelligent. Diverse interests. Lively mind. Ideas and actions well planned. Adaptable. Sociable. Good communicator. Conversational, Inquisitive. Playful.):

Formula N° 4. Schisandra and Ashwaghandha formula.

Air Depletion (Stagnation and lack of movement. Oedema. Constipation. Sluggish digestion. Toxicity. Stiffness. Distrustful of intellect and of intellectuals. Unable to reflect on life - concern only with actions, feelings and/or materiality, unable to consider consequences of actions. Problems adjusting to new ideas or people. Unable to make connections - to people or ideas.):

Formula N° 5. Agrimony, Cleavers and Dandelion formula.

Bladder damp heat (see: kidney/bladder damp heat).

Bladder energy constraint (frequent, dribbling, scanty or slightly painful urination; lower abdominal discomfort and distention):

Formula N° 22. Buchu leaf, Cleavers, and Horsetail formula.

Crystallization (any damp, or occasionally dry, pathology with: hardening; thickening; overgrowth; fibroids; cysts; warts; tumors; stony-hard glands; calcification):

Formula N° 110. Cornsilk, Horsetail and Celery formula.

Earth Constitution (Solid build. Thick set. Short neck. Possible problems with: neck, colon, rectum, knees, joints, skeletal structure, nose, bones, cartilage, ligaments, tendons, constipation, piles. Stubborn. Conventional. Sceptical. Cynical. Narrow minded. Stuck. Uninspired. Unquestioning. Materialistic. Cautious. Matter of fact. Down to earth. Reliable. Honest. Persistent. Cautious. Realistic. Pragmatic. Solid. Dependable. Stoic. Efficient. Methodical. Practical.):

Formula N° 10. Schisandra and Celery formula.

Earth Depletion (Weakness of: neck, colon, rectum, knees, joints, skeletal structure, nose, bones, cartilage, ligaments, tendons. Trouble coping with practical things. Fearful Issues around food - aversion to, not eating properly, or strict about diet. Malabsorbtion. Feels unsupported. Ungrounded. Feels doesn't fit in.):

Formula N° 11. Marshmallow, Oat and Amalaki formula.

Extreme cold with vitality depletion (very weak pulse; icy cold extremities; lethargy; drowsy; < cold; > warming):

Formula N° 23. Bayberry, Prickly Ash and Ginger formula.

External wind heat (onset of colds and flu, wandering pains and aches; fever, restlessness, anxiety, irritability; < heat, drafts; > cooling):

Formula N° 24. Boneset, Elderflower and Yarrow formula.

External wind cold (onset of an infection with chills; low fever; white-coated tongue; aversion to cold; tiredness; wandering pains and aches; aversion to drafts and cold; < cold, drafts; > warming):

Formula N° 24. Boneset, Elderflower and Yarrow formula.

False heat: (underweight; low fever; spontaneous sweating, night sweats; infections in head or throat; tinnitus; energy depleted; exhaustion; anxious; agitated; nervous; restless; > rest):

Formula N° 26. Chamomile, Lavender and Oat formula.

Fire Constitution (Medium or athletic build. Possible problems with: head, brain, eyes, jaw, liver, gall bladder, stomach, pancreas, duodenum, heart, blood vessels, hip, knees. Inflammations and heat. Issues about anger and power. Impulsive. Dynamic. Motivated. Impatient. Irritable. Aggressive. Blunt. Strong-minded. Passionate. Arrogant. Confident. Inspired. Impulsive. Warm. Enthusiastic. Honest):

Formula N° 6. Schisandra and Barberry formula.

Fire Depletion (Possible problems with: head, brain, eyes, jaw, liver, gall bladder, stomach, pancreas, duodenum, heart, blood vessels, hip, knees. Chilly. Low energy. Poor digestion. Lack of appetite. Issues about suppressed anger and powerlessness. Depressed. Unable to be intuitive or spontaneous. Lack of vitality, zest,

will power, direction and confidence. Unable to take the initiative. Unable to act on ideas or feelings. Unable to step forward. Lack of direction and purpose.):

Formula N° 7. Bayberry, Cardamom and Cinnamon formula.

Genito-urinary cold (chilliness; lumbar aching; lack of sexual desire; infertility; impotence; premature ejaculation; frequent but scanty urination; mental dullness; urinary incontinence; chronic leucorrhea; < cold; > warming):

Formula N° 27. Buchu, Damiana and Shatavari formula.

Genito-urinary damp cold (chronic genito-urinary conditions with white discharges; leucorrhea, cystitis with mucous; urethritis; thrush; dull lumbar pains; frequent urination with clear urine; < damp, cold: > warming, drying):

Formula N° 28. Buchu, Horsetail and Cinnamon formula.

Genito-urinary damp heat (yellow, offensive discharges; itchy, stinging, corrosive leucorrhea; gonorrhoea; thick and yellow coating on tongue; burning pains; stinging pains; painful and frequent urination; urine cloudy, dark and strong smelling; thirst; backache; fever; < heat, damp; > cooling, drying):

Formula N° 29. Goldenrod, Horsetail and Nettle formula.

Genito-urinary energy depletion (frequent scanty urination; urine pale; urinary incontinence or dribbling; bedwetting; lumbar pain; prolapses; lack of sexual desire; impotence; infertility; scanty menses; amenorrhoea; heavy sensation in pelvis; weak legs; fluid retention in ankles; prostate irritation):

Formula N° 30. Cinnamon, Shatavari and Damiana formula.

Head damp cold (stuffed-up head and sinuses; toothache; thick-white phlegm; tongue white-coated; chilly; slight fever; wheezing, < cold, damp; > warming, drying):

Formula N° 31. Eyebright, Elderflower and Bayberry formula.

Head damp heat (thick, yellow nasal discharge; red and swollen sore throat; yellow-coated tongue; throbbing, burning pains in the head or throat; head hot and flushed; feverish; slight chill; < heat, damp; > cooling, drying):

Formula N° 32. Eyebright, Elderflower and Lavender formula.

Heart damp (oedema; apathy; despondency; melancholy; depression; lethargy; lack of ambition; lack of appetite; < damp; > drying):

Formula N° 33. Hawthorn, Silver Birch and Lemon Balm formula.

Heart energy constraint (palpitations; high blood pressure; stabbing heart pains; nervousness; fear of death; sensation of a band around the heart; high blood pressure; rushing of blood; dizzy; red face; loud voice; flushes; difficulty breathing; anxiety and worry; fatigue; < heat, anger, stress):

Formula N° 34. Hawthorn, Motherwort and Skullcap formula.

Heart energy depletion (depression; lack of motivation; fatigue; palpitations; chest feels tight; spontaneous sweats; low blood pressure; dizziness; anemia; face pale; chilly; sad; listless; quiet voice; cold extremities):

Formula N° 35. Hawthorn, Motherwort and Rosemary formula.

Heart fire (intense agitation; palpitations; restlessness):

Formula N° 36. Hawthorn, Lavender and Passionflower formula.

Heart substance constraint (palpitations; short of breath; stabbing pain in heart radiating down inside of left arm; blue nails, face or lips):

Formula N° 37. Hawthorn, Ginko and Motherwort formula.

Heart substance depletion (low blood pressure; insomnia or disturbed sleep; excessive dreaming; sense of unease; lethargy; pale face; faint; dizzy; weak; anemia; wasting; depression; lack of purpose or direction; anxiety, palpitations, lack of appetite):

Formula N° 38. Hawthorn, Borage and Marjoram formula.

Heart and Kidney energy depletion (palpitations; anxiety; paranoia; insomnia; low fevers; nervous restlessness; much dreaming when asleep):

Formula N° 39. Hawthorn, Cinnamon and Schisandra formula.

Heart and Lung energy depletion (short of breath; chronic weak cough; weakness; poor immunity; despondent; palpitations on exertion; cold extremities; blueness of extremities):

Formula N° 40. Hawthorn and Elecampane formula.

Heat toxin (pustules, abscesses, boils, or carbuncles; ulcers; burning sensations; redness; angry; irritable; agitated; <heat, anger; > cooling, fresh air):

Formula N° 41. Echinacea, Oregon Grape and Cleavers formula.

Immune system depletion (susceptibility to infections; congested lymph system; swollen lymph nodes; lack of energy, especially in the morning; lack of appetite; lethargy; auto-immune disease):

Formula N° 42. Astragalus, Elecampane and Thyme formula.

Internal cold damp (chronic arthritis, rheumatism, gout, sciatica or neuralgia; < cold and damp)

Formula N° 43. Celery, Nettle and Prickly Ash formula.

Internal wind (shaking; trembling; convulsions; spasms; cramps):

Formula N° 44. Cramp bark, Lavender and Skullcap formula.

Intestinal cold (lack of appetite; nausea; abdominal distention; flatus; loose stools; colicky pains; chilliness; < cold; > warming):

Formula N° 45. Angelica, Cinnamon and Ginger formula.

Intestinal damp / spleen damp (hard gurgling abdomen; loss of appetite; nausea; loose stools; mucous in stools; < damp; > drying):

Formula N° 46. Bayberry, Turmeric and Fennel formula.

Intestinal damp cold / spleen damp cold (chronic diarrhea; abdominal distention; abdominal cramps; gurgling abdomen; nausea; frequent loose stool; white-coated tongue; energy low; chilliness; tender abdomen; restlessness; mucous in the stool; extremities painful and heavy; < damp, cold; > warming, drying):

Formula N° 47. Bayberry, Turmeric, and Pippali formula.

Intestinal damp heat (urgent, offensive, explosive and burning stool; diarrhea; blood in stool; flatus with stool; yellow-coated tongue; bad breath; < damp, heat; > cooling, drying):

Formula N° 48. Cascara, Rhubarb and Turmeric formula.

Intestinal dry heat (constipation; hard, dry stool; thirsty; fever; hard abdomen; < heat; > cooling):

Formula N° 49. Marshmallow, Artichoke and Chamomile formula.

Intestinal energy constraint (colic; flatulence; indigestion; worse from emotional upsets; worse from eating):

Formula N° 50. Chamomile, Peppermint and Ginger formula.

Intestinal energy stagnation (chronic constipation; distended abdomen; fatigue; poor or no appetite; belching; flatulence, hemorrhoids):

Formula N° 51. Gentian, Barberry and Rhubarb formula.

Kidney energy constraint (nervousness; anxiety with depression; lower back pain; edema; abdominal cramps; skin eruptions; rheumatism):

Formula N° 52. Dandelion, Couchgrass and Passionflower formula.

Kidney energy depletion (frequent urging with scanty urination; dribbling; urinary incontinence; bedwetting; fatigue):

Formula N° 53. Buchu, Cinnamon and Yarrow formula.

Kidney energy stagnation (anxiety; apprehension; fearful; nervousness; cystitis; painful urination, scanty urine; dry skin; rashes; fatigue; headache; abdominal distention; oedema; bags under eyes; aching joints):

Formula N° 54. Dandelion, Yarrow and Skullcap formula.

Kidney fire (cutting pain in kidneys, radiating to abdomen; urination scanty or absent; thirst; fever)

Formula N° 55. Cornsilk, Marshmallow and Uva Ursi formula.

Kidney substance constraint (leg or general oedema, puffy eyes in mornings)

Formula N° 56. Couchgrass, Dandelion and Nettle formula.

Kidney substance depletion (debility; exhaustion; brittle bones; night sweats, nocturnal ejaculation, tinnitus, cough, urinary incontinence, irregular menses, anxiety, low fever in afternoons, heat in extremities, lower back pain, thirst, wasting):

Formula N° 57. Marshmallow, Schisandra and Marjoram formula.

Kidney / bladder damp heat (painful, burning urination; frequent urging, urine strong smelling and dark coloured; blood in urine; thirst; backache; irritable; fever; < damp, heat; > cooling, drying):

Formula N° 58. Couchgrass, Horsetail and Yarrow formula.

Kidney and Heart energy depletion (see: Heart and Kidney energy depletion)

Kidney and Spleen energy depletion (lack of energy; early morning diarrhea; loose stool; lumbar pain; impotence; lack of sexual desire; lack of appetite):

Formula N° 59. Astragalus, Buchu and Turmeric formula.

Liver cold stagnation (fatigue; lack of motivation; cold extremities; chilliness; alternating constipation and diarrhea; sore right flank; lack of appetite; frontal headache; < cold; > warming):

Formula N° 60. Bayberry, Milk Thistle and Rosemary formula.

Liver damp constraint (general oedema; heavy, achy and stiff limbs - especially lower limbs; heavy feeling head; sluggish digestion; nausea; constipation; hemorrhoids; yellow skin; dizziness; < damp; > drying):

Formula N° 61. Dandelion, Meadowsweet and Turmeric formula.

Liver damp heat (nausea: bilious; vomiting; fever; irregular stools; jaundice; swollen or tender sides; stiff shoulders; pain between shoulder blades; bad breath; yellow coated tongue; frontal or temporal headache; boils; angry; restless; irritable; < heat, damp; > drying; cooling):

Formula N° 62. Dandelion, Rose and Lavender formula.

Liver energy depletion (fatigue; 'liverish' in mornings; lethargy; apathy; consistency of stools changeable (from hard to soft) or persistently soft; floating stools; lack of appetite; nausea; frontal headache, worse in mornings; yellow skin; pain in sides of torso; pain between shoulder blades; melancholy; unable to cope; < fatty food, alcohol):

Formula N° 63. Bayberry, Milk Thistle and Yarrow formula.

Liver energy rising (severe frontal or right temporal, throbbing, pounding headache; migraine; hot flushes; red, flushed face; fever; dizziness; palpitations; painful eyes; vertigo; tinnitus; nausea; vomiting; nightmares; easily angered < heat; > cooling):

Formula N° 64. Gentian, Dandelion and Lavender formula.

Liver energy stagnation (nausea; yellow skin; vomiting; severe frontal or right temporal headache; tender right side of torso; pain between shoulder blades; stiff shoulders; constipation; light coloured stools; semi-digested stools; stools float; gloominess; apathy; moody; flatulence; jaundice; hemorrhoids; < fatty food, alcohol):

Formula N° 65. Barberry, Silver Birch and Rose formula.

Liver heat (billiousness; pounding headache, frontal or temporal; red face and/or eyes; bitter taste in mouth; stiff shoulders; irritability; angry; feverishness; constipation; dark scanty urine; < heat, feeling under pressure, when angry; > cooling):

Formula N° 66. Barberry, Melilot and Chamomile formula.

Lung damp (full cough; white phlegm; wheezy; short of breath; blueness of extremities; chilliness; < damp; > drying):

Formula N° 67. Elecampane, Cardamom and Coltsfoot formula.

Lung damp cold (coldness; full cough with plentiful clear or white mucous; wheezing; cold extremities; blueness of extremities; < cold, damp; > warming, drying):

Formula N° 68. Elecampane, Cardamom and Angelica formula.

Lung damp heat (full, painful cough; expectoration thick and yellow; sore throat; slight fever; < damp, heat; > cooling, drying):

Formula N° 69. Elecampane, Cardamom and Elderflower formula.

Lung dry (dry cough; dry mouth/nose/sinuses/throat; tickly throat; tickly cough; sore throat; headache; < dry; > moistening):

Formula N^o. 70. Mullein, Marshmallow and Liquorice formula.

Lung dry heat (fever; dry, painful cough; dry, sore throat; sensation of heat and dryness in chest; tight chest; < heat, dryness; > cooling, drying):

Formula N^o. 71. Mullein, Marshmallow and Red Clover formula.

Lung energy constraint (dry, irritable, nervous and rasping cough; asthmatic breathing; wheezing; shortness of breath; sputum absent or scanty and sticky; red face, obsessive thinking):

Formula N^o. 72. Mullein, Red Clover and Chamomile formula.

Lung energy depletion (shortness of breath; chronic weak cough; expectoration absent; depressed; deficient immune system; proneness to chest infections; weakness; listless; wasting):

Formula N^o. 73. Elecampane, Hyssop and Thyme formula.

Lung substance depletion (weakness; emaciation; chronic dry, unproductive cough or blood-tinged sticky sputum; afternoon fever; night sweats):

Formula N^o. 74. Elecampane, Cardamom and Mullein formula.

Lung wind (tight chest; tickly, rasping, dry cough; wheezing; < drafts):

Formula N^o. 75. Elecampane, Coltsfoot and Red Clover formula.

Lung wind cold (watery, clear nasal discharge; sore throat; blocked sinuses; tickly cough; chilly; < drafts, cold; > warming):

Formula N^o. 76. Elecampane, Elderflower and Red Clover formula.

Lung wind heat (full cough; thick yellow or green phlegm; sensation of heat in chest; painful cough; thick nasal discharge; slight fever, swollen sore throat; < drafts, heat; > cooling):

Formula N^o. 77. Coltsfoot, Red Clover and White Horehound formula.

Lung wind heat dry (fever; dry throat; dry cough; rasping, painful cough; burning chest and throat; < drafts, heat, dry; > cooling, moistening):

Formula N^o. 78. Liquorice, Marshmallow and Red Clover formula.

Lung and Heart energy depletion (see: Heart and Lung energy depletion)

Nerve depletion (exhaustion; weakness; fainting; mental confusion; obsessive; tense; headache; dizziness; anxiety; fearful; depression; trembling; > rest, sleep):

Formula N^o. 79. Ashwaghandha, Lavender and Skullcap formula.

Nerve excess (mental or emotional tension; nervousness; agitation; restlessness; insomnia):

Formula N^o. 80. Wild Lettuce, Californian Poppy and Passionflower formula.

Skin damp heat (inflamed wounds, sores, ulcers, boils etc.; redness; infections; pussy discharges; < damp, heat; > cooling, drying):

Formula N^o. 81. Echinacea, Oregon Grape and Yellow Dock formula.

Skin dry (dry, flaky or cracked skin; < dry, cold; > moistening):

Formula N^o. 82. Burdock, Couchgrass and Marshmallow formula.

Skin wind (itching skin, itching may wander; < drafts):

Formula N^o. 83. Chamomile, Chickweed, and Heartsease formula.

Skin wind heat (itching skin with burning, itching may wander; inflammation; rash; < drafts, heat; > cooling):

Formula N^o. 84. Chamomile, Chickweed and Red Clover formula.

Spleen damp / Intestinal damp (see Intestinal damp / spleen damp).

Spleen damp cold / Intestinal damp cold (see Intestinal damp cold / Spleen damp cold).

Spleen energy depletion (fatigue, sluggish digestion, poor appetite, distended abdomen, diarrhea, flatulence, despondency):

Formula N° 85. Oak bark, Astragalus and Turmeric formula.

Spleen and Kidney energy depletion (see: Kidney and Spleen energy depletion).

Spleen and Stomach energy depletion (see: Stomach and Spleen energy depletion).

Stomach cold (lack of appetite; nausea; indigestion; better for warm food/drink; better for massage; lethargy; inertia; < cold; > warming):

Formula N° 86. Angelica, Ginger and Pippali formula.

Stomach energy depletion (slow, painful digestion; lack of appetite; lethargy; fatigue; constipation):

Formula N° 87. Gentian, Ginger and Pippali formula.

Stomach energy stagnation (poor digestion; poor appetite; distended abdomen; flatulence; bad breath; sour belching; regurgitation; weakness; lassitude):

Formula N° 88. Gentian, Fennel and Ginger Formula.

Stomach heat (excessive appetite; thirst for cold drinks; red tongue; painful swollen gums; mouth ulcers; bleeding gums; < heat; > cooling):

Formula N° 89. Meadowsweet, Marigold and Gentian formula.

Stomach and Spleen energy depletion (poor appetite; fatigue; diarrhea; abdominal distention; nausea; sluggish digestion; sensation of fullness in abdomen; easily satiated; abdominal gurgling; vomiting of mucous; mucous in stools; general catarrhal state; dizziness on exertion (blood pooling); lack of motivation, hemorrhoids):

Formula N° 90. Bayberry, Holy Thistle and Oak formula.

Substance depletion (nervous anxiety; excitable; restless; ungrounded; easily burnt out; fearful; weakness; exhaustion; chilly; anemia; underweight; low blood pressure; night sweats; diarrhea or dry constipation; dizziness; amenorrhea or scanty menses; anemia; allergies; malabsorption; poor listener; limbs weak; lack of stamina; wasting; pale face; weak pulse; dry skin; hair thin and/or dry; prone to false heat symptoms; > nourishing):

Formula N° 3. Marshmallow, Oat and He Shou Wu formula.

Upper respiratory damp cold (congested sinuses; bland white/green nasal or post-nasal discharge; phlegm in throat; tickly cough, worse at night; swollen glands in throat; stiff neck; < damp, cold; > warming, drying):

Formula N° 91. Elderflower, Cardamom and Thyme formula.

Upper respiratory damp heat (congested and painful sinuses; earache; ears blocked and hot; itchy eyes; sore throat; pain on swallowing; red, swollen glands; fever; perspiration; red face; thick, yellow catarrh; < damp, heat; > cooling, drying):

Formula N° 92. Eyebright, Echinacea and Thyme formula.

Uterine cold (delayed, absent or scanty menstruation; constant cramps; dull red clots; chilliness; < cold; > drying):

Formula N° 93. Dong Quai, Cinnamon and Fennel formula.

Uterine damp cold (leucorrhea with white discharge; scanty menses with cramps; menses missing or delayed; < damp, cold; > warming, drying):

Formula N° 94. Angelica, Cinnamon and Fennel formula.

Uterine damp stagnation (excessive, early and painful menstruation; sensation of heaviness in pelvis; lower abdominal distention; oedema, especially in ankles and breasts, worse before menstruation; painful breasts before menstruation; hemorrhoids; menses dark, offensive and clotted; cramps; < damp; > drying):

Formula N° 95. Agnus Castus, Cinnamon and Melilot formula.

Uterine energy constraint (painful menstruation; irregular or late menstruation; variable or halted menstrual flow; clots in menses; PMT; angry; irritable; depressed; fatigue; skin rashes; lower back pain):

Formula N° 96. Agnus Castus, Raspberry and Black Cohosh formula.

Uterine energy depletion (delayed menses; bleeding between periods; menses short and painful; pelvic heaviness; prolapses; infertility; impotence; low sex drive; restlessness; weakness; weepy; depressed):
Formula N^o. 97. Agnus Castus, Shatavari and Raspberry formula.

Uterine energy stagnation (delayed or scanty menses; cramps; menses clotted; heaviness in pelvis; lower back pain; lower abdominal distention; variable sex drive; PMT; obsessive thoughts; weepy; depressed):
Formula N^o. 98. Agnus Castus, Shatavari and Dong Quai formula.

Uterine substance constraint (dragging sensation in pelvis; distended lower abdomen; early, copious menses; oedema):
Formula N^o. 99. Black Cohosh, Melilot and Raspberry formula.

Uterine substance depletion (delayed or absent menstruation; menses scanty; menstrual cramps; dry vagina or skin; fatigue):
Formula N^o. 100. Shatavari, Mugwort and Schisandra formula.

Uterine substance stagnation (heavy sensation in pelvis; period pains; early or heavy menses):
Formula N^o. 101. Dong Quai, Black Cohosh and Raspberry formula.

Venous substance stagnation (varicose veins; phlebitis; skin rashes; thrombosis; hemorrhoids):
Formula N^o. 102. Bilberry, Horse Chestnut, and Witch Hazel formula.

Vitality block, high vitality. (Ruddy complexion. Square face and hands. Large bone structure. Well built. Overweight. Upper body well developed. Takes too much on. Overbearing. Explosive. Irritable. Frustrated. Angry. Problems with: liver, gall-bladder, stomach, pancreas, duodenum, heart, spleen. Inflammations. High blood pressure. Headaches and migraines. Excessive and painful menstruation. Hot, weeping skin conditions.):
Formula N^o. 12. Barberry, Dandelion and Gentian formula.

Vitality block, low vitality. (Square face and hands. Large bone structure. Well built. Overweight. Upper body well developed. Takes too much on. Depression. Frustration. Stuck. Resentment. Lacking energy, motivation and enthusiasm. Procrastination. Lack of direction. Exhaustion. Problems with: liver, gall-bladder, stomach, pancreas, duodenum, heart, spleen. Poor immunity.):
Formula N^o. 13. Bayberry and Astragalus formula.

Vitality congestion (migraine; red face; heat in the upper body; fever; high blood pressure; loud voice; nausea; dizziness; tension, especially upper body; anger; irritability; abrupt; restless):
Formula N^o. 2. Lavender, Chamomile and Gentian formula.

Vitality depletion (weakness; fatigue; limbs weak; vision weak or disturbed; mental lethargy; apathy; depression; lack of sense of purpose or direction; easy perspiration on slight exertion; chilly; cold limbs; prone to infections; poor digestion; quiet voice; weak pulse; pale face):
Formula N^o. 1. Siberian Ginseng, Astragalus and Ashwaghandha formula.

Water Constitution (Round to fleshy build. Possible problems with: reproductive system, breasts, heart, chest, lymphatic system, lungs, pelvis, buttocks, feet, toxicity and elimination. Oedema. Sexual problems. Addictions. Overweight. Fluid disturbances. Flaccidity or lack of muscle tone swelling. Impressionable. At mercy of emotions. Touchy. self Unconscious compulsions. Obsessions. Changes of mood. Jealous. Holding on. Possessive. Overwhelmed by emotions. Empathic. Feeling. Self-sacrificing. Intuitive. Sexual. Loving, Nurturing. Giving. Deep.):
Formula N^o. 8. Schisandra and Cleavers formula.

Water Depletion (Dryness with crystallisation - hardening, thickening, overgrowths, fibroids, cysts, warts, tumors, stony-hard glands, calcification. Dry skin. Rheumatism. Arthritis. Stones. Unable to be empathic. Out of touch with feelings, poor rapport with others. Lonely, unfeeling. Lack of sense of belonging or nurture. Uncomfortable with emotionalism in others.):
Formula N^o. 9. Couchgrass, Liquorice and Marshmallow formula.

Wind damp (pains; wandering pains; pains in joints; rheumatism; arthritis; gout; sciatica; neuralgia; < drafts, damp; > drying):
Formula No. 103. Cinnamon, Elderflower and Ginger formula.