

Patient 4 Lesson #10
Constitutional intake notes

- previous profession was military nurse.
- morning congestion, allergic and probably genetic in nature
- FYI: iron supplements can cause constipation
- eczema on the outside means a reaction on the inside, inflammation of the intestinal mucosa
- Red wine causes inflammation.
- Client needs lower GI stabilization
- Rhabdomyolysis from statins if you have fibromyalgia. Degrades muscles, can be irreversible. Statins can aggravate slow immune conditions.
- Cholesterol can be brought down with dietary changes and herbs.
- Magnesium, Vitamin C suggested
- Saw Palmetto
- Candida overgrowth goes deeper into the body after antibiotics. No fermented foods with Candida infection.
- Client was on Aristolochia after antibiotics. Take off now because he has a hot condition and is inflamed.
- Skin eruptions due to allergies and liver deficiency.

Suggestions:

- Mineral tea, adding desert willow to the mix. Need an antifungal that is not too extreme.
 - Yellow dock to quiet the membranes of gut- 20 drops, 3x a day. Astringent to the membranes, as is black walnut.
 - Hyptis for lungs and intestinal tract. 20 drops, 3x a day. Anti-inflammatory.
 - Mahonia, to support a liver not up to snuff. 20 drops, 3x a day.
 - Inula, 10 drops, 3x a day.
 - Andrographis. Liver protectant. Useful where there is stuffy nose, head colds, congestion, asthma. 1 cap a day.
 - Ceanothus, red root. Lymph stimulant, increases the blood charge.
- All tinctures in formula