



Alchemy

Herbs for Optimal Health

PRESCRIBING MANUAL

www.alchemyherbs.com.au





WE BELIEVE IN USING THE BEST INGREDIENTS TO CREATE A HEALTHY BODY

PRACTITIONER ONLY

To ensure safety and efficacy, our products are strictly practitioner only, and our treatment protocols are only available to AHPRA registered acupuncturists and Chinese herbal medicine practitioners. Our formulas are designed to be prescribed by a qualified Chinese medicine practitioner and utilise the practitioner's skill in combining traditional Chinese medicine diagnosis with modern day diagnoses such as PCOS, endometriosis and ovarian failure.

ABOUT US

Alchemy is an Australian owned company founded by two Chinese medicine practitioners, Kirsten Wolfe and Clare Pyers. Our founders have combined experience of more than 30 years working with patients who have fertility challenges and are passionate about helping to bring more babies into this world. Several years ago, Kirsten and Clare embarked on educating and mentoring practitioners in the field of natural reproductive medicine, after seeing the need for post-graduate fertility education for Chinese medicine practitioners in Australia.

OUR FORMULAS

Alchemy is your new trusted partner for pre-made formulas that are easy to order and prescribe to your fertility patients. Tried and tested on thousands of patients over many years, our formulas are based on the combined clinical expertise of our founders Kirsten Wolfe and Clare Pyers - with over 30 years fertility experience between them.

MODULAR SYSTEM

Our modular prescribing system helps to simplify the clinical decision-making process of prescribing herbal medicines to your patients based. Prescribing herbs from the Alchemy range starts with your patient's Chinese medicine diagnosis, then targeted add-on formulas can address any reproductive diagnosis your patient might have. There are many different ways to prescribe herbs, Clare and Kirsten both prescribe herbs differently, both with exceptional results in their fertility patients. We believe that simple works best; these formulas have been around for thousands of years because they work, so you don't need to complicate things.



Step One

Chinese Medicine
Diagnosis



Step Two

BBT Chart
Information



Step Three

Clear any pathogens,
detox and prepare



Step Four

Base formulas +/-
targeted formula

INFECTION CLEARING, DETOX AND FERTILITY PREPARATION

Prep is key to fertility! If your patient has any signs of excess, accumulation, pathogenic Qi or stagnation - this needs to be cleared as a first priority. You will know if your patients need some work done prior to working on their hormones if they have:

- Dysbiosis symptoms, loose bowels, bloating, abdominal cramping, reflux, constipation
- Inflamed skin conditions including eczema, acne and psoriasis
- Signs of liver toxicity including migraines, headaches, chemical sensitivity, blood sugar dysregulation, cyclical or hormonal problems

Ideally, you will work with your patient over 1-3 cycles to clear out the underlying pathology before they start trying. However this is not always possible, patients decide to forge ahead with their attempts at conception for a range of reasons. These formulas are strong, and can be dispersing, and unless specified - these formulas are not suitable for women who are pregnant, or who are likely to be pregnant. It is strongly advised to avoid giving these formulas during the luteal phase when women are actively trying to conceive. You can continue to treat women with these formulas during their follicular phase, this will not interfere with or compromise a pregnancy from becoming established, and will continue to support clearing out pathology and preparing a good environment for a baby to grow in.



Alchemy

**GU
FORMULAS**



GU FORMULAS

These formulas are based on the teachings of Heiner Fruehauf - a Chinese medicine practitioner based in USA who has revived this classical formula approach to treating lingering, hidden and difficult to treat pathogens.

An important part of the treatment strategy with the Gu formulas is to rotate the formulas regularly. This ensures that the same combination of ingredients is not given for more than 3 or 4 weeks at a time. In this way, the treatment will retain effectiveness against resistant pathogens, with the treatment changing before the pathogen has had a time to develop resistance to the formula.

There are 6 Gu formulas in the Alchemy range, targeting digestion, mood and cognition, and specific fertility preparation. They can be combined in any combination depending on how the patient presents and the therapeutic effect you're aiming for.

Belly Gu Formulas

Helpful for digestive complains, chronic bloating, parasite infections.

Brain Gu Formulas

Helpful for infections with a concurrent effect on cognition, memory and concentration.
Helpful for patients suffering from brain fog or memory impairment as a result of their pathogenic invasion.

Womb Gu Formulas

Useful for women who have Gu syndrome presentations and who are also very Blood or Yin deficient. These formulas are not as harsh and not so drying as the other Gu formulas in the Alchemy range. The POST-WOMB GU formula is the only Gu formula that is suitable for luteal phase and early stages of pregnancy.

BELLY GU 1

Ingredients:

Bai Shao
Bo He
Ding Xiang
Qing Hao
Gan Cao
Huang Bai
Rou Gui
Shan Yao
Zao Jiao Ci
Oregano
Thyme

T: Greasy coat**P:** Slippery, choppy**TP:** Drive out Gu poisons with aromatic materials, disperse chronic Wind and Damp, tonify Qi and Yang, remove biofilm.

BELLY GU 2

Ingredients:

Jin Yin Hua
Zi Su Ye
Dang Gui
Chuan Xiong
Gan Cao
Bai He
Huang Jing
San Leng
E Zhu
Ding Xiang
She Chang Zi

T: Pale, white coat**P:** Weak, deep**TP:** Drive out Gu poisons with aromatic materials, disperse chronic Wind and Damp, astringes diarrhea, tonify Qi and Yang, remove biofilm.

Bai Tou
Weng
Bai Bian Dou

BRAIN GU 1

Ingredients:

Bai Zhi
Jin Yin Hua
Dang Gui
Chuan Xiong
Wu Jia Pi
Bai He
Qing Hao
Yu Jin
Ze Lan
Xuan Shen
Tu Fu Ling
Shi Chang Pu
Xu Duan
Yin Xing Ye

T: Pale, white coat**P:** Weak, deep**TP:** Drive out Gu poisons with aromatic materials, disperse chronic Wind and Damp, tonify Qi and Yang, remove biofilm, open orifices.

BRAIN GU 2

Ingredients:

Dang Shen
Gua Lou Pi
Zhi Ke
Bai Shao
Dang Gui
Chai Hu
Bo He
San Leng
Yin xing ye
E Zhu
Ban Xia
Chen Pi
Gan Cao
Bing Lang
Shi Chang Pu

T: Pale, white coat**P:** Weak, deep**TP:** Drive out Gu poisons with aromatic materials, disperse chronic Wind and Damp, tonify Qi and Blood, remove biofilm, open orifices

PRE-WOMB GU

Ingredients:	T: Pale, white coat
Dang Gui	
Bai Shao	P: Weak, deep
Sha Shen	
Xuan Shen	TP: Disperse Gu toxins,
Gan Cao	tonify Yin and Blood,
Sheng Di Huang	remove biofilm, calm
Bai He	Shen
Fu Shen	
Jin Yin Hua	
Lian Qiao	
Bo He	
Chuan Xiong	
Ze Lan	

POST-WOMB GU

Ingredients:	Suitable for luteal phase and pregnancy
Sheng Di	
Huang	
Gan Cao	TP: Clear Gu toxin,
Huang Qi	support pregnancy, tonify
He Shou Wu	Qi and Blood, calm Shen,
Bai Shao	calm foetus
She Chuang Zi	
Tu Si Zi	
Wu Jia Pi	
Bai He	
Bo He	
Zi Su Ye	
Mu Xiang	

BEA-UTI

Ingredients:	Urinary Tract Infection - burning, painful urination
Tong Cao	
Zhi Mu	
Che Qian Zi	Used during the acute
Zhu Ling	phase of a UTI, and when
Fu Ling Pi	taken early enough and
Zhi Zi	with correct dosage, can
Mu Dan Pi	treat mild to moderate
Gan Cao	UTIs.
Tian Men Dong	
	Safe to take in
	conjunction with
	antibiotics if needed,
	especially for recurrent or
	resistant infections
	COOL AND MOISTEN is
	the matching
	constitutional formula
	that can be taken ongoing
	for women with recurrent
	UTIs or recurrent thrush

SPRING CLEAN

Ingredients:	Intolerance of fats, Qi stagnation symptoms leading up to period, belching and burping after meals, poor liver function/ need to detox, gallstones or gall bladder sludge.
Hai Jin Sha	
Jin Qian Cao	
Da Huang	
Yin Chen Hao	
Huang Qin	
Yu Jin	
Mu Xiang	
Zhi Ke	
Hou Po	
Gan Cao	



Alchemy

**BASE
FORMULAS**



BASE FORMULAS

Your TCM constitutional diagnosis is the basis for choosing the correct formula, if you have the correct diagnosis you can't go wrong with the formulas

Kirsten's Style

I like to give formulas for the whole cycle, I don't change up between follicular and luteal unless I have to. To give you an example, if patient presents with blood stagnation, clots that are 10c-50c size I will give SMOOTH from day 1 to day 7 of the next cycle. I will change formula after that if clots have resolved. What tends to happen then is Blood deficiency shows up, periods become light and then we build them up with either BUILD, REGULATE or NOURISH. I like to combine formulas too depending on what patient presents with.

Clare's Style

I like to give different formulas for different stages of the cycle.

Period: My priority is to support women to have a pain-free period with good quality menstrual blood, and to remove their reliance on pharmaceutical pain relief. I often give PERIOD or RELIEF.

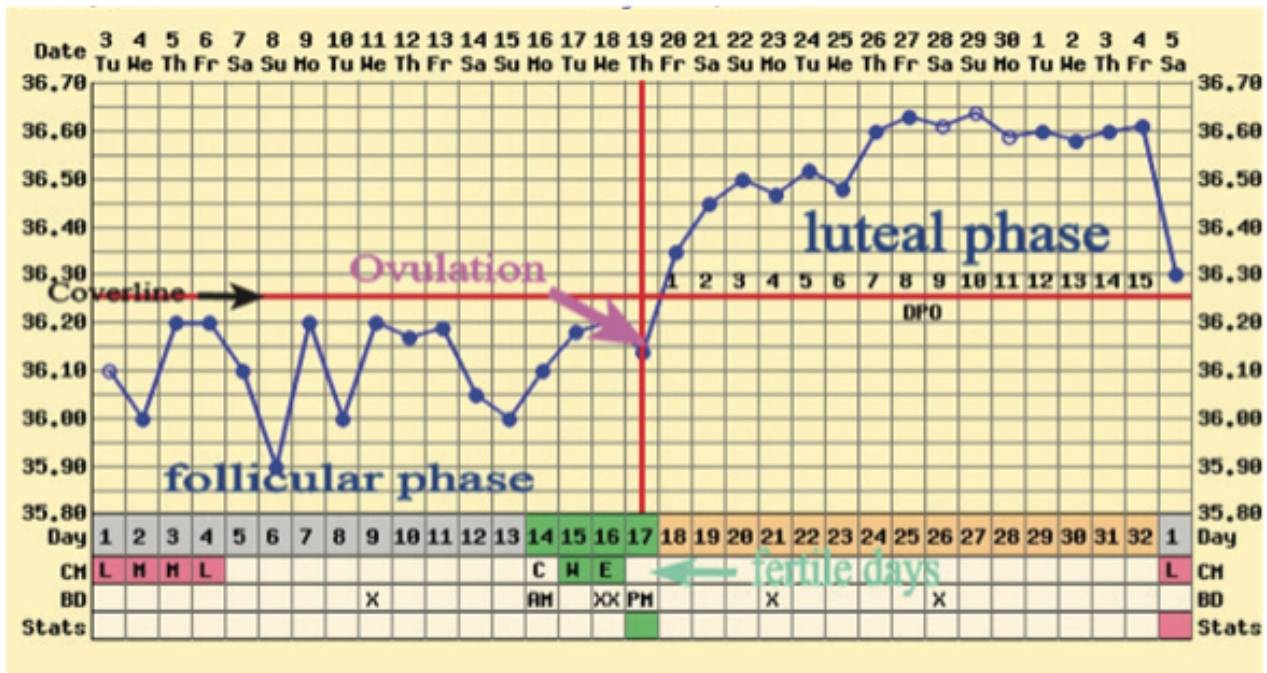
Follicular phase: I give one formula for the follicular phase to support Yin and Blood, egg quality, building up lining and setting the stage for good ovulation e.g. COOL AND MOISTEN, or strong Blood stagnation clearing herbs if needed such as FI, especially if a woman has fibroids.

Luteal phase: In the luteal phase I support Yang, either with warming herbs, or indirectly through clearing Damp or building Blood. Typical formulas are WARM ME UP or MOVE.

BASAL BODY TEMPERATURE (BBT)

Normal BBT

Follicular ranges can be from 35.9-36.4 (ideally 36.1-36.3) Luteal Phase 36.4-36.9 (ideally 36.6-36.9). In 99% of cases luteal phase is 12 days long enough. In Clare's experience, BBT temperatures less than 36.0 don't necessarily preclude pregnancy, but they are correlated with a much greater chance of severe nausea and vomiting during pregnancy.



Low BBT temps

Can be addressed by supporting Yang or building Blood

WARM ME UP | NOURISH | LIFT ME UP

Sawtooth BBT temps

Can be addressed by calming Shen, moving Liver Qi or moving stagnant Blood

NOURISH | CHILL OUT | MOVE | FI

BBT Temps that are slow to drop in follicular phase

Can be addressed by moving stagnant Blood

MOVE | FI

BBT Temps that drop in luteal phase/Luteal phase defect

Depending on your patient's constitution this can be addressed by nourishing Blood,

Tonifying Yang, Clearing Damp, Moving Qi

WARM ME UP | MOVE | REGULATE | BUILD | HOLD

BLOOD

Modified *Si Wu Tang*

Ingredients:	D: Liver Blood Xu
Shu Di Huang	
Dang Gui	TP: Tonify blood and
Bai Shao	regulate menstruation
Chuan Xiong	

BUILD

Modified *Ba Zhen Tang*

Ingredients:	TP: Nourish Qi & Blood
Shu Di Huang	
Dang Gui	I: Fatigue, low iron, low
Bai Shao	ferritin, helps iron
Chuan Xiong	supplements to be
Fu Ling	better utilised in the
Ren Shen	body, supports
Bai Zhu	patients before and
Zhi Gan Cao	after iron infusion

CHILL OUT

Modified *Tian Wang Bu Xin Dan*

Ingredients:	D: Heart Blood & Yin Xu
Sheng Di Huang	
Ren Shen	
Tian Men Dong	TP: Connects heart and
Mai Men Dong	uterus, calms Shen,
Dan Shen	clears heat
Fu Ling	
Dang Gui	I: History of
Xuan Shen	palpitations, tendency
Yuan Zhi	for hyperthyroid
Wu Wei Zi	
Bai Zi Ren	T: Red, or red tip,
Suan Zao Ren	possibly peeled
Jie Geng	
	P: Rapid, thready,
	possibly slightly
	choppy

COOL & MOISTEN

Modified *Liu Wei Di Huang Wan*

Ingredients:	D: Yin Xu
Shu Di Huang	
Shan Yao	I: Early ovulation, BBT:
Fu Ling	High follicular
Ze Xie	temperatures, low
Shan Zhu Yu	oestrogen, poor
Mu Dan Pi	response to IVF
Dang Gui	stimulation drug cycle
Bai Shao	

HOLD

Modified *Shou Tai Wan*

Ingredients:	TP: Nourish uterus and
Tu Si Zi	foetus
Sang Ji Sheng	
Xu Duan	I: Luteal phase, first
E Jiao	trimester of pregnancy,
Lu Jiao Jiao	threatened miscarriage
Gui Ban	(double/triple dose),
	IVF transfer

LIFT ME UP

Modified *Bu Zhong Yi Qi Tang*

Ingredients:	I: Spotting around
Huang Qi	period, BBT: slow rise
Ren Shen	luteal phase, spotting
Bai Zhu	before period, easy
Zhi Gan Cao	bruising, poor memory
Chen Pi	and concentration
Sheng Ma	
Dang Gui	
Chai Hu	

MOVE

Modified *Dang Gui Shao Yao San*

Ingredients:	TP: Move blood stagnation
Bai Shao	
Dang Gui	
Chuang Xiong	I: Luteal phase, NK cells, clotting or autoimmune infertility
Bai Zhu	
Fu Ling	
Ze Xie	

NOURISH

Modified *Gui Pi Tang*

Ingredients:	D: Blood Xu with high FSH, Blood Xu with Heart involvement
Ren Shen	
Huang Qi	
Bai Zhu	I: High BBT temps or sawtooth BBT pattern
Zhi Gan Cao	
Dang Gui	P: Weak or absent in left cun position
Long Yan Rou	
Suan Zao Ren	
Fu Ling	
Yuan Zhi	
Mu Xiang	
Sheng Jiang	
Da Zao	

REWIND

Modified *Er Xian Tang*

Ingredients:	I: High FSH from Yin Xu, high temps in follicular phase, or throughout chart, anovulation or long cycles
Xian Mao	
Yin Yang Huo	
Ba Ji Tian	
Huang Bai	
Zhi Mu	
Dang Gui	<i>Can be mixed with 50% NOURISH if heart/blood involvement</i>

WARM ME UP

Modified *You Gui Wan*

Ingredients:	D: Yang Xu and Blood Xu
Shu Di Huang	
Rou Gui	
Lu Jiao Jiao	I: Luteal phase defect, low BBT temperatures, sodium < 140, low iron, low haemoglobin, anovulation due to Blood Xu or Yang Xu
Shan Zhu Yu	
Du Zhong	
Dang Gui	P: Slow, soggy
Gou Qi Zi	T: Pale or normal colour, teeth marks, swollen, thin white coat
Tu Si Zi	
Shan Yao	<i>Skinny PCOS combine with SKINNY JEAN</i>

WILD OATS

Modified *Wu Zi Yan Zong Wan*

Ingredients:	I: Male infertility
Gou Qi Zi	
Fu Pen Zi	<i>Combine with 50% of constitutional formula</i>
Wu Wei Zi	
Tu Si Zi	
Che Qian Zi	
Sha Yuan Zi	



Alchemy

**TARGETED
FORMULAS**



TARGETED FORMULAS



In addition to our base formulas, we have a range of targeted formulas which address specific diagnoses, conditions, symptoms and patterns.

Extra info

Extra info

BREATHE

Ingredients:

Bai Zhu
Chen Pi
Bai Bian Dou
Bai He
Hou Po
Gan Cao
Yuan Zhi
He Huan Pi

TP: Tonify Wei Qi and boost resilience against Damp Toxin pathogenic Qi, support Spleen and Lung Qi, resolve damp, fortify middle jiao and Tai Yin, calm Shen

CONNECT

Modified *Si Ni San*

Ingredients:

Chai Hu
Zhi Shi
Bai Shao
Zhi Gan Cao

I: Hypothalamic Amenorrhea, cold hands and feet, when chart is showing many patterns, give for four weeks and constitutional pattern will show

TP: Connect hypothalamus to ovaries

KIRSTEN = Give for 2 whole cycles then reassess

FI

Modified *Wen Jing Tang*

Ingredients:

Wu Zhu Yu
Gui Zhi
Dang Gui
Chuan Xiong
Bai Shao
Mu Dan Pi
E Jiao
Mai Men Dong
Ren Shen
Ban Xia
Sheng Jiang
Zhi Gan Cao

I: Uterine fibroids

D: Blood stagnation due to cold

TP: Nourish blood whilst dispelling cold, regulate menstruation

CLARE = Combine with DI DANG WAN during period for best results

FLO

Ingredients:

Chi Shao
Yan Hu Suo
Fu Ling
Xiang Fu
Ze Xie
Tao Ren
Dang Gui
Ji Xue Teng
Bai Zhu
Wu Yao
Chuan Xiong
Gan Cao

I: Endometriosis

CLARE = Combine with DI DANG WAN during period for best results

JEAN

Ingredients:

Cang Zhu
Shan Zha
Xiang Fu
Fu Ling
Ban Xia
Gan Cao
Zao Jiao Ci
Chuan Xiong
Qing Pi
Chen Pi
Chi Shao
Bai Shao

I: PCOS, overweight

D: Spleen Qi Damp

CLARE = take all month, combine with constitutional formula

NIKKI

Ingredients:

Tao Ren
Hong Hua
Yi Mu Cao
Dan Shen
Huang Qi
Han Lian Cao
Huang Qin
Huang Bai
Bai Shao
Shan Zhu Yu
Shu Di
Mu Dan Pi
Nu Zhen Zi

I: NK cells and or
positive for autoimmune

OUCH!

Ingredients:

Pu Huang
Wu Ling Zhi
Bai Shao
Mu Dan Pi
Dang Gui
Zhi Zi
Huang Qin
Chai Hu
Xiang Fu
Yu Jin
Gan Cao
Yan Hu Suo
Dan Shen

I: Period pain

*Take day 1 until end of
period, up to 5 times
daily, to help promote
clearing of uterine
lining and reduce
reliance on
pharmaceutical pain
relief*

OVA

Ingredients:

Lu Jiao Jiao
Dan Shen
Shu Di
Xiang Fu
Gou Qi Zi
Zao Jiao Ci
Rou Cong Rong
He Huan Pi
Chuan Xiong
Tu Si Zi
Zhe Bei Mu
Xiang Ling Pi
Bai Shao
Dang Gui Tou

TP: Promote ovulation

I: Slow rise BBT chart

*CLARE = give from day
10 until ovulation.
Combine with
constitutional formula*

PERIOD

Modified Tao Hong Si Wu Tang

Ingredients:

Dang Gui
Chuan Xiong
Bai Shao
Shu Di Huang
Tao Ren
Hong Hua

I: Mild period pain

TP: Clear out and
refresh uterine lining

*Take from day 1 until
end of period
Use in conjunction with
OUCH for painful
periods*

SKINNY JEAN

Ingredients:

Shu Di Huang
Tai Zi Shen
Chen Pi
Huang Qi
Dang Gui
Gan Cao
Tu Si Zi
Du Zhong
Zao Jiao Ci
Bai Zhu
Suan Zao Ren
Yuan Zhi
Mei Gui Hua

I: PCOS, skinny**D:** Blood Xu

*CLARE = Combine with
WARM ME UP*

SMOOTH

Modified *Wu Jin Wan*

Ingredients:

E Zhu
Qing Pi
Zhi Ke
Pu Huang
Ai Ye
Huang Qin
Rou Gui
Dang Gui
Xiang Fu
Gan Jiang

D: Blood stagnation**I:** Clots with period**TP:** Warm uterus, move
Qi and Blood

*Kirsten = give for one
whole cycle, + next
period*

STOP

Modified *Gu Chong Tang*

Ingredients:

Shan Zhu Yu
Long Gu
Mu Li
Bai Zhu
Huang Qi
Bai Shao
Hai Piao Xiao
Zong Lu Tan
Wu Bei Zi
Qian Cao

D: Heavy bleeding due
to deficiency**TP:** Stop bleeding,
strengthen Chong Mai
and Spleen



Alchemy

**TRADITIONAL
FORMULAS**



TRADITIONAL FORMULAS



Overview

Extra info

Extra info

COOL & TONIFY

Modified *Liu Wei Di Huang Wan*

Ingredients:	TP: Tonify Essence and Kidney and Liver Yin
Shu Di Huang	
Shan Yao	
Fu Ling	I: Lower back pain, night sweats, dizziness, vertigo, tinnitus, lightheadedness
Shan Zhu Yu	
Mu Dan Pi	
Ze Xie	

EXTINGUISH

Modified *Long Dan Xie Gan Tang*

Ingredients:	TP: Drain excess fire from Liver and Gall Bladder, drain Damp Heat from the Lower Burner
Chai Hu	
Long Dan Cao	
Sheng Di	
Ze Xie	
Che Qian Zi	
Gan Cao	I: Thrush, herpes, Damp-Heat skin flare-ups, ear infections
Huang Qin	
Quan Dang Gui	
Shan Zhi Zi	

FREE AND EASY

Modified *Xue Fu Zhu Yu Tang*

Ingredients:	TP: Invigorate Blood, clear stasis, spread Liver Qi, alleviate pain
Sheng Di Huang	
Chi Shao	
Huai Niu xi	
Dang Gui	I: Headaches, chest pain, insomnia, night sweats
Chuan Xiong	
Tao Ren	
Chai Hu	
Zhi Ke	
Hong Hua	
Jie Geng	
Gan Cao	

PAIN FREE

Modified *Du Huo Ji Sheng Wan*

Ingredients:	TP: Expel Wind-Damp, disperse painful obstructions, tonify deficiency
Du Huo	
Sang Ji Sheng	
Du Zhong	
Fang Feng	
Ji Xue Teng	I: Heavy fixed lower back or limb pain, stiffness or immobility, palpitations, SOB
Qin Jiao	
Bai Shao	
Bai Zhi	
Chuan Niu Xi	
Dang Shen	
Fu Ling	
Gan Cao	
Quan Dang Gui	
Rou Gui Pi	
Sheng Jiang	
Shu Di Huang	

PROTECT

Modified *Yu Ping Feng San*

Ingredients:	TP: Augment Qi, stabilize the Exterior, stop sweating
Huang Qi	
Bai Zhu	
Fang Feng	
	I: spontaneous sweating, recurrent colds, pale, dislikes drafts

RELAX

Modified *Xiao Yao San*

Ingredients:	TP: Spread Liver Qi, strengthen the Spleen, nourish Blood
Chai Hu	
Bai Shao	
Bai Zhu	
Dang Gui	I: Headache, vertigo, dry mouth and throat, fatigue
Fu Ling	
Gan Cao	
Bo He	
Sheng Jiang	

RELAX +

Modified *Jia Wei Xiao Yao San*

Ingredients:	TP: Harmonize Liver and Spleen, clear constrained Heat
Bai Shao	
Fu Ling	
Chai Hu	
Mu Dan Pi	I: Pre-menstrual acne, stressed out and hot
Shan Zhi Zi	
Dang Gui	
Bai Zhu	
Bo He	
Sheng Jiang	
Gan Cao	

RESILIENCE

Modified *Xiao Chai Hu Tang*

Ingredients:	TP: Harmonise and release Shao Yang
Chai Hu	
Huang Qin	
Dang Shen	I: Easily getting sick, not recovering from illness
Gan Cao	
Ban Xia	
Sheng Jiang	
Da Zao	

SLEEP

Modified *An Shen Ding Zhi Wan*

Ingredients:	TP: Tonify Qi, calm Shen, strongly ground
Da Zao	
Bai Shao	
Fu Ling	I: Anxiety and panic attacks, insomnia
Ye Jiao Teng	
Gan Cao	
Mai Men Dong	
Suan Zao Ren	
Bai Zi Ren	
Ban Xia	
Yu Jin	
Ju Hua	
Yuan Zhi	
Wu Wei Zi	

SOOTHE

Modified *Yin Qiao San*

Ingredients:

Jin Yin Hua
Lian Qiao
Niu Bang Zi
Bo He
Dan Zhu Ye
Jing Jie
Dan Dou Chi
Jie Geng
Gan Cao

TP: Disperse Wind-Heat, clear Heat, resolve toxicity

I: Fever, headache, thirst, cough, sore throat, body aches

STRENGTH

Modified *Xiang Sha Liu Jun Zi Tang*

Ingredients:

Bai Zhu
Fu Ling
Da Zao
Ban Xia
Dang Shen
Chen Pi
Sha Ren
Gan Cao
Sheng Jiang

TP: Strengthen Spleen, clear Damp, regulate Qi

I: Nausea, morning sickness, bloating

STRETCH

Modified *Chai Hu Shu Gan Wan*

Ingredients:

Bai Shao
Chai Hu
Xiang Fu
Chuan Xiong
Qing Pi
Zhi Shi
Gan Cao

TP: Spread Liver Qi, harmonise Blood, stop pain

I: Pain and stress

WARMTH

Modified *Ba Wei Di Huang Wan*

Ingredients:

Shu Di Huang
Shan Yao
Shan Zhu Yu
Fu Ling
Mu Dan Pi
Ze Xie
Rou Gui Pi
Xiang Fu

TP: Warm and tonify Kidney Yang

I: Feeling cold, cold extremities, lower back pain, edema



PRESCRIBING ACCORDING TO MEDICAL DIAGNOSES

AMENORRHEA

WARM ME UP if due to Blood Xu or Yang Xu
MOVE if due to Qi stagnation or Damp
CONNECT if hypothalamic amenorrhea
+ JEAN or SKINNY JEAN if PCOS is present.

ANOVULATION

OVA to take mid cycle for any pattern
WARM ME UP if due to Blood Xu or Yang Xu
MOVE if due to Qi Stagnation and Damp
+ JEAN or SKINNY JEAN if PCOS is present.

AUTOIMMUNE INFERTILITY

NIKKI if NK cells are present
+ MOVE during luteal phase and pregnancy.
+ CHILL OUT if patient is stressed and hot/Yin Xu.
+ BELLY GU 1&2 if dysbiosis present.
+ BRAIN GU 1&2 if brain fog present.
+ PRE and POST WOMB GU if Blood Xu.

ENDOMETRIOSIS

FI if Blood Stagnation with Yin Xu or Dryness
FLO if Blood Stagnation with Yang Xu
SMOOTH if Blood Stagnation with Damp
+ OUCH during period .
+ BELLY GU 1&2 if dysbiosis present.
+ BRAIN GU 1&2 if brain fog present.
+ TOXIN if patient has trouble digesting fats or has sugar cravings.

FIBROIDS

FI or SMOOTH for any pattern
+ NOURISH if Heart Blood Xu.
+ OUCH during period.

HIGH FSH

REWIND if due to Yin and Yang Xu
NOURISH if due to Heart Blood Xu
WARM ME UP if due to Blood and Kidney Yang Xu
COOL AND MOISTEN if due to Kidney Yin Xu
+ CHILL OUT if patient is stressed and hot/Yin Xu.

MENORRHAGIA

STOP if due to Spleen Qi not holding
FI if due to fibroids
+ LIFT ME UP for extra Spleen Qi support.

MISCARRIAGE

Triple dose HOLD for threatened miscarriage.
MOVE if autoimmune factors present and for recurrent miscarriage.

POLYCYSTIC OVARIES

JEAN if patient is Damp or overweight
SKINNY JEAN if patient is Blood Xu or Yin Xu or underweight
+ WARM ME UP if Yang Xu.
+ NOURISH if patient is stressed or has history of trauma.
+ TOXIN if patient has trouble digesting fats or has sugar cravings.



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