

ARTHRITIS AND RHEUMATISM

GEMMOTHERAPY

Vitis vinifera (anti-inflammatory), Fraxinus excelsior (diuretic, anti-inflammatory), Betula pubescens (anti-inflammatory, antalgic). **OSTEOPOROSIS:** Abies pectinata, Pinus montana, Quercus pedunculata, Rosa canina

ANTI-INFLAMMATORY PLANTS

CONDITION	Herb (<i>oil</i>)
ANTI-INFLAMMATORY PLANTS	Ribes nigrum buds, chamomile, ginger, harpagophytum, birch, blessed thistle, meadowsweet, white willow, <i>terebenthine, birch</i> . Proteolytic enzymes are an important feature of treatment. The plant substances most often used are elixir of papain as a base, or extracts of papaya and/or pineapple (bromelia).
DIURETICS (URICOSURIC)	ash, barberry, blessed thistle, ephedra, maize, meadowsweet, orthosiphon, parsley, sarsaparilla, solidago, <i>parsley, lemon, birch, rosemary, sassafras, juniper, cajeput, terebenthine</i>
ANTISPASMODIC PLANTS	angelica, basil, belladonna, chamomile, fumitory, hawthorn, henbane, marjoram, melilot, mint, mistletoe, passionflower, pulsatilla, savory, tarragon, valerian, white willow, yarrow, <i>bitter orange, cumin, lavender, melissa, rauwolfia, thyme,</i>
SEDATIVES	basil, boldo, chamomile, hawthorn, hops, lavender, marjoram, melissa, passionflower, rauwolfia, valerian, white willow, wild oat
TRANQUILIZERS	angelica, basil, hawthorn, hypericum, lavender, lovage, marjoram, melissa, passionflower, pulsatilla, rauwolfia, rosemary, thyme, valerian, white willow,
MUSCLE RELAXANTS ANTALGIC PLANTS:	colchicum, datura, henbane arnica, black cohosh, black currant, blessed thistle, bryonia, chamomile, Canadian fleabane, colchicum, harpagophytum, ivy, meadowsweet, white willow, <i>birch, chamomile, rosemary, terebenthine</i>
SYMPATHOLYTIC PLANTS	angelica, chamomile, coriander, chaste tree, hawthorn, lavender, linden, lovage, marjoram, melilot, passion flower, white willow
SYMPATHICOTONIC PLANTS	basil, cassis, cinnamon, geranium, ginger, goldenseal, lemon, pine, savory, sage, witch hazel
PARASYMPATHOLYTIC (VAGOLYTIC)	angelica, belladonna, caraway, cumin, cypress, fumitory, gentian, hyssop, lovage, tarragon, thyme
PARASYMPATHOMIMETIC	chamomile, clove, marjoram, oregano, rosemary, vervain
PLANTS FREQUENTLY USED EXTERNALLY (IN OILS, LOTIONS, LINIMENTS, CLAY COMPRESSES, ETC.)	arnica, calendula, cajeput, chamomile, cypress, ginger, henbane, hypericum, ivy, juniper, lavender, meadowsweet, nutmeg, oregano, rosemary, sassafras, terebenthine, wintergreen, woody nightshade, yarrow

OSTEOARTHRITIS

SYMPTOMS: Morning stiffness, stiffness after periods of inertia, loss of joint function, loss of range of motion, local tenderness, swelling of bony areas. Erosion of synovial membranes, cystic formations, soft tissue and periarticular swelling. Typical osteoarthritic terrain is hyperfolliculine, hypopancreatic, and hypothyroid as well as high in somatotropin, with depletion of the osseous reserve.

TREATMENT BY TERRAIN FOR ACUTE INFLAMMATORY EPISODES:

BOTANICALS (herb, oil)

OLIGOLEMENTS

WOOD YANG

Allergic-arthritic terrain, sympathicotonic, spasmophilic; transient arthralgia, erratic pain with elevated uric acid levels; arthritis of viral hepatitis (aggravated by the wind).

artichoke, barberry, bilberry, dandelion, goldenrod, MN, S
 harpagophytum, hawthorn, linden, meadowsweet, nettle,
 orthosiphon, stoneseed, violet, white willow, yarrow,
birch, lemon

FIRE YANG

Dystonic terrain, "neuroarthritic," transient pain in articulations without lesions, hyperuricemia, joints "hot" and swollen.

artichoke (uricemia), bilberry, birch, black currant, MN, MN-Co, S
 harpagophytum, hawthorn, linden, meadowsweet,
 stoneseed, white willow, *birch, lemon, terebenthine*

WATER YANG

Hyperadrenal terrain, joint erosion, hypercalciuremia, hyperuricemia, transient pains, joint crepitus, infectious arthritis.

barberry, blackberry, black currant, bilberry, dandelion, MN, MN-Co, S
 goldenrod, harpagophytum, maize, meadowsweet,
 orthosiphon, *birch, sassafra, terebenthine*

RHEUMATISM

GEMMOTHERAPY

Betula pubescens, *Ribes nigrum*, *Quercus pedunculata*

TREATMENT BY TERRAIN

BOTANICALS (herb, oil)

OLIGOLEMENTS

WOOD YANG

Arthritic terrain, sympathicotonic, spasmophilic. Arthritic gout, coxalgia, knee pain (especially lateral side), arthritis of hepatitis.

artichoke, ash, barberry, black cohosh, dandelion, MN, S, MG, P
 harpagophytum, meadowsweet, violet, yarrow,
lemon, cypress, terebenthine

FIRE YANG

Neuroarthritic terrain, dystonia, hyperpituitary, hypermetabolic; arthrosis, arthritis with excess heat, arthritis with elimination problems.

artichoke, birch, borage, black currant, harpagophytum, MN-Co, I, S, MG, P, K
 meadowsweet, orthosiphon, yarrow (arthrosis), *lemon*

EARTH YANG

Vagal insufficiency, hypopancreatic, diabetic terrain; arthroses, arthritis of diabetes, psoriatic rheumatism, septic arthritis (heat), chondrocalcinosis, hyperosteois vertebrale.

agrimony, ash, black currant, bilberry, birch, MN-CO, I, S, ZN-NI-CO, MG, P, K
 burdock, harpagophytum, horsetail (arthritis),
 lady's mantle, maize, meadowsweet, vervain, woody
 nightshade, *juniper*, *lemon*, *eucalyptus*, *terebenthine*

EARTH YIN

Vagotonic, hypothyroid terrain, arthrosis with osteoporosis, arthritis with collagenosis, rheumatoid arthritis, paraneoplastic arthritis, arthritis of hemopathies, arthritis of Whipple's disease, arthritis of Crohn's disease.

bladderwrack, black walnut (arthritis, polyarthritis), ZN-CU, MN-CU, CU-AU-AG,
 blessed thistle, germander, horsetail, hypericum, ivy, S, MG, P, K, F
 laminaria, menyanthe, mouse ear, woody nightshade,
 yellow dock, *cypress*, *eucalyptus*, *oregano*, *sage*, *terebenthine*

METAL YANG

Hyposthenic terrain, hyperglycemic, arteriosclerotic, arthroses, arthrosis of diabetes, deforming rheumatism, rheumatoid arthritis.

agrimony, ash, borage, ephedra, harpagophytum, MN-CO, MN-CU, MG,
 meadowsweet, woody nightshade, *juniper*, P, ZN-NI-CO, K
lemon, *terebenthine*

METAL YIN

Hyposthenic terrain, lymphatic congestion, vagotonic, hypothyroid, hyperparathyroid, scapulohumeral peri-arthritis, arthrosis with decalcification, arthritis of hemopathy, paraneoplasia, collagenoses, ankylosing spondylitis, rheumatoid arthritis, psoriatic arthritis, arthritis of Crohn's disease.

black walnut, bladderwrack, bryonia, blessed thistle, MN-CU, CU-AU-AG
 germander, horseradish, horsetail, hypericum, ivy, S, MG, P, K, F
 laminaria, woody nightshade, yellow dock, *cajeput*,
cypress, *eucalyptus*, *hyssop*, *niaouli*, *oregano*, *pine*,
sassafras, *sage*, *tea tree*, *terebenthine*, *thyme*

WATER YANG

Hyperadrenal, sympathicotonic terrain, infectious, arthritis, arthroses, arthritis with problems of urinary elimination.

ash, barberry, black currant, black elder, birch, borage, MN-CO, I, S, MG, P, K
 Canadian fleabane, dandelion, goldenrod,
 harpagophytum, meadowsweet, maize, orthosiphon,
 rest harrow, *juniper*, *sassafras*, *terebenthine*

WATER YIN

Anergic, hypoadrenal, vagotonic terrain, demineralized terrain, arthrosis with demineralization, osteoporosis, Paget's disease, malignant osteoses, arthritis of Crohn's disease, arthritis of collagenoses, ankylosing spondylitis, rheumatoid arthritis, calcification of fractures.

black currant, black elder, bladderwrack, gentian, CU-AU-AG, MN-CU,
 heather, honeysuckle, horsetail, laminaria, lovage, S, MG, P, K, F
 madder, nettle, scarlet pimpernel, yarrow, *cajeput*,
clove, *hyssop*, *lavender*, *niaouli*, *pine*, *rosemary*,
terebenthine, *thuya*, *thyme*

SPASMOPHILIA

Spasmophilia is a syndrome characterized by malaise, irritability and mild to severe "latent tetany," a chronic condition of generalized hypertonicity of tendons and muscles. It is considered to be caused by several factors including chronic stress, impaired calcium metabolism due to insufficient vitamin D and chronic magnesium deficiency. The importance of magnesium has been underemphasized in favor of calcium, but lack of magnesium can have a significant impact throughout the body's physiology. Magnesium deficiency has been cited as a critical factor in PMS, painful menses, mitral valve prolapse, formation of embolisms and possibly even morbidity from cancer. Its role in the nervous, skeletomuscular and endocrine systems is essential. It is the hardness factor in bones and teeth and the flexibility factor in muscles. It promotes bile production by the liver and helps to regulate motility of the intestinal tract and has thermoregulatory, anti-stress, antiallergic and anti-inflammatory properties.

A hyperexcretion of magnesium in the urine can occur as the result of some kidney disorders, diuretics or medication with lithium. Deficiency can occur also as the result of poor intestinal absorption, abuse of laxatives or alcoholism.

Spasmophilia is usually treated by means of magnesium supplementation as well as magnesium utilization factors: vitamins D3, B6, etc. Beta-blockers are also sometimes used for treatment in addition to nutritional or botanical treatment.

FOODS RICH IN MAGNESIUM: Nuts — cashews, almonds, Brazil nuts, peanuts, pecans, hazelnuts, walnuts. Vegetables — broad beans, soy flour, peas, beets. Grains: bran (especially oat bran), whole barley, whole rye, whole wheat, whole oats, corn, brown rice.

TREATMENT BY TERRAIN	
BOTANICALS (herb, oil)	OLIGOLEMENTS
WOOD YANG	
Nervous, hyperthyroid, hypoparathyroid; reacts favorably to calcium-magnesium balancing.	
black cohosh, black horehound, chaste tree, horsetail, nettle, passionflower, pulsatilla, valerian, white willow	MN-Co, I, Mg P, Co
WOOD YIN	
Nervous, hyperkinetic, twitches, tics, muscle cramps	
chaste tree, hellebore, horsetail, nettle, passionflower, valerian, white willow, <i>lemon, rosemary, everlasting</i>	MN-Co, I, Mg, P, Co
METAL YIN	
Hyposthenic, malnourished, acrocyanosis, sequelae of rickets, hypocalcemia due to malabsorption of vitamin D; calcium supplementation helpful to this terrain.	
elecampane, eleutherococcus, horseradish, horsetail, marine algae, nettle, wild oat, <i>everlasting</i>	MN-Cu, Mg, I, P
WATER YIN	
Anergic, hypoadrenal terrain, cold limbs, low back pain; reacts well to phosphorous supplementation and phosphoric acid, muscular hyperexcitability resulting in muscular weakness, cramps and tetany.	
eleutherococcus, ginger, horsetail, lovage, marine algae, nettle, pine, <i>geranium, lemon, rosemary, savory, thyme</i>	CU-AU-AG, P, Mg

GENITOURINARY DISORDERS

SELECTED DIURETIC PLANTS	HERB (OIL)
VOLUMETRIC	garlic, goat rue, ginkgo, hypericum, raspberry, rest harrow, violet, <i>lavender</i> , <i>terebenthine</i> , <i>thuya</i>
VOLUMETRIC, AZOTURIC (REMOVES NITROGEN & PROTEIN)	burdock, mistletoe, olive, plantain
VOLUMETRIC, SALIDIURETIC (REMOVES SODIUM & CHLORIDE)	bearberry, borage, briar hip, broom, celery, chickweed, heather, honeysuckle, horsetail, lovage, melilot, nettle, scarlet pimpernel, shepherd's purse, <i>geranium</i>
VOLUMETRIC, SALIDIURETIC, AZOTURIC (REMOVES SODIUM, CHLORIDE & NITROGEN)	bilberry, dandelion, elecampane, fennel, madder (also phosphaturic), mouse ear, orthosiphon, pellitory of the wall, sea holly, <i>onion</i> , <i>fennel</i>
VOLUMETRIC, URICOSURIC (CLEARS OUT URIC ACID)	ash, blessed thistle, Canadian fleabane, nettle, sand spurry, <i>juniper</i> , <i>rosemary</i> , <i>sassafras</i>
VOLUMETRIC, AZOTURIC & URICOSURIC (CLEARS OUT URIC ACID AND NITROGEN)	artichoke, black currant, goldenrod, <i>lemon</i>
VOLUMETRIC, URICOSURIC, SALIDIURETIC	barberry
VOLUMETRIC, AZOTURIC, SALIDIURETIC & PHOSPHATURIC	black elder
VOLUMETRIC, SALIDIURETIC, AZOTURIC & URICOSURIC	maize, meadowsweet, orthosiphon, parsley, <i>birch</i>
VOLUMETRIC, ANTILITHIATIC (CLEARS STONES FROM THE URINARY TRACT)	celery, heather, madder, pellitory of the wall, <i>birch</i> , <i>celery</i>
VOLUMETRIC, ANTISPASMODIC	garlic, fennel, khella, lovage, madder, <i>angelica</i> , <i>calamus</i> , <i>garlic</i> , <i>fennel</i> , <i>lavender</i> , <i>parsley</i>
ANTI-EDEMATOUS AND PELVIC DECONGESTANT PLANTS	goldenseal, horse chestnut, shepherd's purse, witch hazel, yarrow, <i>cypress</i> , <i>lavender</i> , <i>juniper</i> (ascites)
HEMOSTATICS	bilberry, goldenseal, horsetail, shepherd's purse, witch hazel, <i>cypress</i>
URINARY TRACT ANTISPASMODICS	black horehound, belladonna
ANTALGICS FOR URINARY TRACT	bearberry, heather, maize, rest harrow, <i>thuya</i>

RENAL INSUFFICIENCY (SEROUS EFFUSION, HYDROPS)

GEMMOTHERAPY

Ribes nigrum

TREATMENT BY TERRAIN

BOTANICALS (herb, oil)

OLIGOLEMENTS

WOOD YIN

Hepatic insufficiency terrain, sympathetic insufficiency, hepatorenal insufficiency, ascites from cirrhosis or fatty liver, edema, anasarca, uremia

black currant, lovage, lespedeza, scarlet pimpernel;
CIRRHOSIS: celery, artichoke, germander, maize,
milk thistle, mouse ear, *juniper*, *rosemary*

CU-AU-AG, LI, K, MG
GEMMOTHERAPY: *Juniperus communis*

FIRE YIN

Sympathetic insufficiency terrain, asystole, cardiorenal insufficiency with edema, anasarca, pericardial contact

cherry laurel, digitalis, elecampane, false hellebore,
lily of the valley, mouse ear, white lily, *birch*

CU-AU-AG, LI, K, MG

EARTH YIN

Nephrotic syndrome, amylosis, SLE, periarteritis nodosa, retarded growth

Canadian fleabane, maize, plantain,
scarlet pimpernel, *geranium*

ZN-CU, CU, K, LI,
MG, MG-CU, CU-AU-AG

WATER YANG

Hyperadrenal, hyperglycemic terrain, interstitial nephropathy of gout, nephropathy of diabetes.

agrimony, Canadian fleabane, dandelion,
maize, olive, meadowsweet, *birch*, *geranium*

MN-CO, ZN-NI-CO,
LI, K, MG
GEMMOTHERAPY: *Juniperus communis*

WATER YIN

Adrenal insufficiency, constitutional kidney weakness, renal insufficiency due to chronic glomerulonephritis, chronic tubulonephritis, interstitial nephritis, nephrotic syndromes, renal amylosis, SLE.

bearberry, Canadian fleabane, celery, cherry laurel,
chickweed, elecampane, goldenrod, horsetail, madder,
lily-of-the-valley, lovage, mouse ear, nettle, raspberry,
sarsaparilla, scarlet pimpernel, sea holly, yarrow
(nephrotic amylosis), *birch*, *juniper*, *geranium*, *clove*

CU-AU-AG CU, LI, K,
MG, ZN-CU
GEMMOTHERAPY: *Juniperus communis*

RENAL LITHIASIS

TREATMENT BY TERRAIN

BOTANICALS (herb, oil)

OLIGOLEMENTS

WOOD YANG

Sympathicotonic terrain, hyperthyroid, arthritic, uric lithiasis, hyperuricemia, excessive fat in diet.

artichoke, barberry, boldo, dandelion, fumitory,
goldenrod, grapevine, hawthorn, hepatica, khella,
linden, meadowsweet, nettle, orthosiphon, pellitory of
the wall, stoneseed, yarrow, *lemon*

MN, S, MG, K, LI

FIRE YANG

Dystonic, neuroarthritic terrain, metabolic disorder, gout, lithiasis from hyperuricemia, hypercholesterolemia.

artichoke, ash, barberry, khella, linden, meadowsweet, MN-Co, S, Mg
orthosiphon, stoneseed, yarrow, *birch*

EARTH YANG

Vagal insufficiency, hypopancreatic, gout, diabetes, uric lithiasis from chronic hyperuricemia, hypercholesterolemia.

ash, black currant, burdock, fumitory, linden, maize, ZN-Ni-Co, MN-Co,
meadowsweet, olive, orthosiphon, stoneseed, Mg, K, Li
lemon, juniper

EARTH YIN

Hypothyroid terrain, hypophyso-gonadic dysadaptation, phosphatic calculi, mixed or oxalic and calcic.

fennel, ivy, maize, *geranium, hyssop* ZN-Cu, Mg, K, Li

METAL YANG

Vagal insufficiency, hyperglycemic, hypertensive, oxalic calculi.

ash, black currant, borage, lungwort, olive, MN-Cu, MN-Co, Mg, K, Li
orthosiphon, *birch, lemon, juniper, sassafras*

METAL YIN

Hyposthenic, hypothyroid, hyperparathyroid terrain, phosphatic, oxalic or calcic calculi, problems with vitamin D metabolism, sarcoidosis, myeloma.

fennel, ivy, *geranium, hyssop* MN-Cu, Mg, K, Li

WATER (YANG)

Hyperadrenal, sympathicotonic terrain, trouble with urinary elimination, obesity, uric calculi, hyperuricemia, more or less uremic.

ash, barberry, bearberry, black currant, MN-Co, Mg, K, Li
black elder, broom, dandelion, horsetail, khella, linden,
maize, meadowsweet, orthosiphon, pellitory of the wall,
rest harrow, sand spurry, shepherd's purse, yarrow,
birch, juniper, sassafras, terebenthine

WATER YIN

Anergic, hypoadrenal, renal deficient terrain, cold body, phospho-magnesian or phosphatic calculi, phosphaturia due to insufficiency of silica, nephrocalcinosis.

black elder, briarhip, celery, cherry laurel, Cu-Au-Ag, Mg, K, Li
heather, fennel, geranium, goldenrod, horsetail,
hyssop, maize, yarrow, *geranium, hyssop*

ORTHOSTATIC ALBUMINARIA

TREATMENT BY TERRAIN

BOTANICALS (herb, oil)

OLIGOLEMENTS

WATER YIN

Canadian fleabane, celery, goldenrod, heather, Cu, Cu-Au-Ag, MN-Cu
horsetail, lovage, maize, sea holly, *birch*

URINARY TRACT INFECTIONS

GEMMOTHERAPY

Ribes nigrum, Vaccinum vitis idaea, Juglans regia

TREATMENT BY TERRAIN

BOTANICALS (herb, oil)

OLIGOLEMENTS

WOOD YANG

Sympathicotonic, hyperthyroid terrain, especially cystitis (colibacillus).

artichoke, boldo, broom, meadowsweet, orthosiphon, CU
pellitory of the wall, tarragon, *lemon*, *terebenthine*

FIRE YANG

Dystonic terrain, high fever, burning urination, cystitis (colibacillus).

barberry, horehound, orthosiphon, white lily, CU
lavender, *marjoram*

FIRE YIN

Hypopituitary, sympathetic insufficient terrain, depression, colibacillus infection, gram (-) bacteria, viral infections, Klebsiella.

honeysuckle (staphylococcus., *e.coli*), *lavender*; *sage* CU, CU-AU-AG

EARTH YANG

Vagal insufficiency, obese or plethoric, diabetic terrain, colibacillus, candida, gram (+) bacteria.

agrimony, bilberry, blackberry, borage, marshmallow, CU
eucalyptus, *juniper*, *melissa*, *niaouli*, *terebenthine*

EARTH YIN

Hypophyso-gonadic dysadaptation, cystitis, nephritis (colibacillus, gram(-) bacteria, virus).

bistort, fennel, hypericum, ivy, plantain, *cinnamon*, CU
coriander, *eucalyptus*, *geranium*, *lavender*, *pine*, *sage*,
savory, *thyme*

METAL YANG

Hyposthenic terrain, more or less hyperglycemic, cystitis (colibacillus, gram (-) bacteria, heat symptoms, fever at 103-104 degrees, pus in the urine.

agrimony, borage, horehound, marshmallow (urethritis), CU, MN-CU
white lily, *eucalyptus*, *niaouli*, *pine*, *serpolet*, *terebenthine*

METAL YIN

Hyposthenic terrain, lymphatic swelling, constipation, chronic colitis, especially chronic colibacillosis.

bistort, coltsfoot, fennel, ginger, hypericum (cystitis), CU, MN-CU
ivy, plantain (pyelonephritis), *coriander*, *eucalyptus*,
hypericum, *lavender*, *myrtle*, *niaouli* (urethritis), *pine*,
sage, *sassafras* (urethritis), *savory*, *serpolet*, *thyme*

WATER YANG

Hyperadrenal terrain, sympathicotonic, difficulty with elimination of urine, cystitis, urethritis, pyelitis with major inflammatory reactions and severe pain, pyuria, retention, thirst, hyperthermia, colibacillus, gram (+) bacteria.

barberry, bearberry (pyelonephritis, cystitis, metritis), CU
black currant, black elder (pyelonephritis), bilberry,
borage (pyelonephritis), broom, chickweed, goldenrod,
heather (pyelonephritis, cystitis), horehound, melilot
(urethritis), orthosiphon, pellitory of the wall, white lily,
eucalyptus, *juniper*, *lavender* (cystitis), *myrtle*, *sandalwood*,
sassafras, *terebenthine* (pyelonephritis), *thuya*

WATER YIN

Anergic, hypoadrenal terrain, diathesis most vulnerable to chronic recidivist infections, low back pain, cold body especially cold feet, hypotension, albuminuria low or elevated, potassium low, cystitis, urethritis, pyelonephritis acute or chronic (especially *e.coli*, *Klebsiella*, *proteus*), also gram (-) bacteria).

bearberry, black currant, Canadian fleabane, cherry laurel, fennel, ginger, goldenrod, honeysuckle; CYSTITIS: horsetail, lovage; PYELONEPHRITIS: elecampane, heather, lovage, nettle, plantain, raspberry, <i>cajeput</i> (gram +), <i>eucalyptus</i> , <i>juniper</i> , <i>geranium</i> , <i>lavender</i> , <i>myrtle</i> (<i>cystitis</i>), <i>niaouli</i> , <i>pine</i> , <i>sage</i> , <i>sandalwood</i> , <i>sassafras</i> (<i>urethritis</i>), <i>savory</i> , <i>terebenthine</i> (<i>pyelonephritis</i> , <i>urethritis</i>), <i>thuya</i> , <i>thyme</i> , <i>serpolet</i> , <i>hypericum</i>	CU-AU-AG, CU
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**OLIGURIA
(ANURIA, RETENTION OF URINE, HYPERAZOTEMIA)**

TREATMENT BY TERRAIN

BOTANICALS (herb, oil)	OLIGOLEMENTS
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WOOD YANG

Hepatic, sympathicotonic, hyperthyroid terrain, arthritic terrain, oliguria from pelvic, venous congestion, hepatobiliary insufficiency, inflammations due to heat, or "wind- heat."

broom, dandelion orthosiphon, stoneseed, violet; UREMIA: artichoke, linden, meadowsweet, mistletoe, mouse ear	MN, S, MG, K, LI
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WOOD YIN

Oliguria from portal congestion.

celery, <i>sage</i>	MN, S, MG, K, LI
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FIRE YANG

Neuroarthritic, dystonic terrain, oliguria due to blood dyscrasias, metabolic encumbrance or deterioration of the mucous membranes.

broom, violet; UREMIA: ash, borage, broom, linden, meadowsweet, <i>birch</i>	MN-Co, S, MG, K, LI
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FIRE YIN

Sympathetic insufficiency, hypotension, asystole, oliguria, anuria due to cardiac insufficiency, cutaneous eruptions.

digitalis, elecampane, honeysuckle, <i>sage</i>	CO-AU-AG, MG, K, LI
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EARTH YANG

Vagal insufficiency, pancreatic insufficiency, diabetes, cellulite, oliguria of obesity, gout or cellulitis.

black currant, horse chestnut, maize, meadowsweet, orthosiphon, stoneseed, <i>lemon</i>	ZN-NI-Co, MN-Co, S, MG, LI CONTRAINDICATED: K
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EARTH YIN

Hypothyroid, moist, cold, obese, water retention, oliguria of cellulitis, oliguria of collagenoses, nephrotic syndromes.

barberry, calendula, ivy, <i>sage</i>	ZN-CU, MG, LI
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METAL YANG

ash (uremia), borage, linden (uremia)	MN-CU, S, MG, K, LI
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METAL YIN

Hyposthenic, hypothyroid terrain, hyperparathyroid, oliguria of pleurisy, nephrocalcinosis.

bryonia, ivy, <i>sage</i>	MN-CU, MG, K, LI
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WATER YANG

Hyperadrenal, sympathicotonic terrain, more or less hyperglycemic, oliguria with problems of urine elimination due to age or weakness. Nephroses due to gout, diabetes, Schonlein-Henoch purpura (rheumatic purpura), congestion of the bladder, lithiases.

bearberry, bilberry, black elder, briarhip, goldenrod, horsetail, melilot, orthosiphon, pellitory of the wall, sarsaparilla, shepherd's purse; UREMIA: ash, borage, dandelion, meadowsweet; <i>juniper</i>	MN-CO, ZN-NI-CO, MG, K, LI
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WATER YIN

Anergic hypoadrenal terrain, renal deficient constitution, terrain most predisposed to oliguria due to renal functional insufficiency, low back pain, albuminuria, edema of eyelids, ankles.; oliguria due to chronic renal insufficiency from repeated infections.

bearberry, black currant, black elder, celery, cherry laurel, elecampane, fennel, goldenrod, horsetail, honeysuckle, lespedeza, lovage, raspberry, yarrow; UREMIA: heather, mouse ear, sarsaparilla, sea holly; <i>birch, clove, lavender, sage</i>	CU-AU-AG, MG, K, LI
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EDEMA (LOWER LEG EDEMA)**TREATMENT BY TERRAIN**

BOTANICALS (herb, oil)	OLIGOLEMENTS
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WOOD YANG

Sympathicotonic, hyperthyroid terrain, edema connected with venous insufficiency, pelvic congestion.

artichoke, broom, dandelion, horse chestnut, meadowsweet, orthosiphon, stoneseed	MN, S, MG K, LI
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FIRE YANG

Dystonic, neuro-arthritic terrain, problems with urine elimination, high cholesterol, uric acid, overweight.

black currant, horse chestnut, meadowsweet, orthosiphon, stoneseed, <i>birch, lemon</i>	MN-CO, S, MG, K, LI
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FIRE YIN

Sympathetic insufficiency, asystole, edema from cardiac insufficiency with renal retention.

elecampane, honeysuckle	CU-AU-AG, MG, K, LI
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EARTH YANG

Vagal insufficiency, pancreatic insufficiency, diabetes, obese or plethoric condition, edema and cellulite of the waist and rump.

black currant, horse chestnut, maize, meadowsweet, orthosiphon, stoneseed, <i>lemon</i>	ZN-NI-CO, MN-CO, S, MG, LI CONTRAINDICATED: K
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WATER YANG

Hyperadrenal, sympathicotonic terrain, difficult urination

black currant, cherry laurel, goldenrod, horsetail, MN-CO, S, MG, K, LI
 lespedeza, maize, meadowsweet, orthosiphon,
 pellitory of the wall, rest harrow, sarsaparilla

WATER YIN

Anergic, hypoadrenal terrain, renal deficiency constitution, low back pain, cold feet,
 edema of eyelids, condition aggravated by cold, fatigue, menses, prolonged standing.

celery, cherry laurel, elecampane, goldenrod, CU-AU-AG, MG, K, LI
 heather, horsetail, lovage, maize, mouse ear,
 sea holly, birch, juniper, clove

ENURESIS (URINARY INCONTINENCE)

TREATMENT BY TERRAIN

BOTANICALS (herb, oil)	OLIGOLEMENTS
WOOD YIN	
Least frequent type; sympathetic insufficiency, hepatic terrain.	
nettle, sage	MN, AL, LI
EARTH YANG	
Boisterous, happy child, good health, chubby, red-cheeked, fond of sweets	
agrimony, black horehound, cypress, juniper	ZN-NI-CO, F
EARTH YIN	
Hypophyso-gonadic dysadaptation; most frequent type, runs in family, parasitosis can be a factor.	
belladonna, bistort, bladderwrack, hops, hypericum, laminaria, oak, plantain, scarlet pimpernel, cypress, sage	MN-CU, F
WATER YIN	
Anergic, hypoadrenal terrain, enuresis in hypersensitive children (look out for infections or structural anomalies); incontinence of cystitis, childbirth and prolapse, neurogenic bladder sensitivity, post-concussion or cerebral damage-related enuresis.	
bearberry, belladonna, bistort, hypericum, oak, plantain, yarrow, sage, thuya	CU-AU-AG, AL, LI, F

WOOD YIN

Least frequent type; sympathetic insufficiency, hepatic terrain.

nettle, sage MN, AL, LI

EARTH YANG

Boisterous, happy child, good health, chubby, red-cheeked, fond of sweets

agrimony, black horehound, cypress, juniper ZN-NI-CO, F

EARTH YIN

Hypophyso-gonadic dysadaptation; most frequent type, runs in family, parasitosis can be a factor.

belladonna, bistort, bladderwrack, hops, hypericum, MN-CU, F
 laminaria, oak, plantain, scarlet pimpernel, cypress, sage

WATER YIN

Anergic, hypoadrenal terrain, enuresis in hypersensitive children (look out for infections or structural anomalies); incontinence of cystitis, childbirth and prolapse, neurogenic bladder sensitivity, post-concussion or cerebral damage-related enuresis.

bearberry, belladonna, bistort, hypericum, oak, CU-AU-AG, AL, LI, F
 plantain, yarrow, sage, thuya

PROSTATITIS

TREATMENT BY TERRAIN

BOTANICALS (herb, oil)	OLIGOLEMENTS
WOOD YANG	
Acute prostatitis, congestion more than infection, dysuria, pollakiuria.	
broom, horse chestnut, white lily	MN, ZN
FIRE YANG	
Acute prostatitis.	
white lily, thuya, cajeput, lavender	CU
EARTH YANG	
Acute and chronic prostatitis	
horse chestnut, thuya, cajeput	ZN-NI-CO, ZN, CU

WOOD YANG

Acute prostatitis, congestion more than infection, dysuria, pollakiuria.

broom, horse chestnut, white lily MN, ZN

FIRE YANG

Acute prostatitis.

white lily, thuya, cajeput, lavender CU

EARTH YANG

Acute and chronic prostatitis

horse chestnut, thuya, cajeput ZN-NI-CO, ZN, CU

EARTH YIN

Chronic, most frequent terrain.

bistort, horse chestnut, *thuya*, *cajeput* ZN-Ni-Co, ZN, Mg**WATER YANG**

Mostly acute cases, especially colibacillosis.

bearberry, broom, white lily, *thuya*, *cajeput*, *lavender* CU**WATER YIN**

Chronic or subacute prostatitis.

bearberry, bistort, *clove*, *pine*, *thuya*, *lavender*,
hypericum, *serpolet* CU, CU-AU-AG**NERVOUS SYSTEM DISORDERS****HEADACHES****GEMMOTHERAPY**

Rosa canina, Tilia tomentosa

TREATMENT BY TERRAIN**BOTANICALS** (herb, oil) **OLIGOLEMENTS****WOOD YANG**

Frontal orbital headaches, or headaches from dystonia, hypertension, hyperthyroid terrain, digestive migraines; subject irritated by the wind, hemicranial, temporal pain, cluster headaches.

black cohosh, chaste tree, celandine, combretum, Co, MN, I, S, LI, MG
lady's mantle, lovage, mistletoe, pulsatilla, stoneseed,
marjoram (cluster), *melissa*, *bitter orange*, *terebenthine*,
*neroli***WOOD YIN**

Headache on waking up every morning, hepatic and sympathetic insufficiency, frontal or orbital headache with visual disturbance, cluster headaches.

angelica, artichoke, combretum, elecampane, CU-AU-AG, MN, CU, S
germander, lovage, milk thistle, *lavender* (+++), *mint*
(external or internal), *rosemary***FIRE YANG**

Sympathicotonic, hyperpituitary terrain, plethoric, vagal insufficiency, hyperadrenal, emotional subjects.

chaste tree, mistletoe, *birch*, *bitter orange*, MN-Co, S, MG, LI, Co
marjoram (cluster), *melissa***FIRE YIN**

Anergic, sympathetic insufficiency, heavy head, vertigo, cluster headaches

angelica, *lavender* CU-AU-AG, Co

EARTH YANG

Hypertensive headache in plethoric, sanguine subject, post-prandial "digestive" headache, sensation of head being clamped in a vise.

agrimony, black cohosh, lady's mantle, ZN-Ni-Co, MN-Co, Co
linden, vervain (migraine), *melissa*

EARTH YIN

Headache aggravated by cold or humidity, malnourished terrain, malabsorption, hypoglycemia, head feels like it's stuffed with cotton, cluster headaches.

centaury (+++), colchicum, germander, ZN-CU
menyanthe (post-prandial), vervain

METAL YANG

Headache in phlegmatic type, sinus headaches, vertex headaches, cluster headaches, arteriosclerosis.

agrimony (hypertensive), *eucalyptus*, *hyssop* MN-Co

METAL YANG

Vertex headaches aggravated by cold and humidity, coldness of cranium (like a hat).

centaury, germander, *eucalyptus*, *hyssop*, *mint*, *rosemary* MN-CU

WATER YANG

Headaches from hypertension or uremia; very painful neck (nuchal area) and head, migraine.

shepherd's purse, sarsaparilla, *birch* MN-Co, Co

WATER YIN

Anergic, sympathetic and adrenal insufficiency, usually nuchal pain, heavy head.

sea holly, *clove*, *lavender*, *rosemary* CU-AU-AG, Mg LI, Co

ANXIETY

(ANGUISH, HYSTERIA, PHOBIAS, AGGRESSIVENESS, AGITATION, NEUROTONIA, EXCITATION, NEUROVEGETATIVE DYSTONIA)

GEMMOTHERAPY

Tilia tomentosa

TREATMENT BY TERRAIN

BOTANICALS (herb, *oil*)

OLIGOLEMENTS

WOOD YANG

Hyperthyroid, sympathicotonic terrain, irritability, anxiety, anguish, phobias, hysteria, spasmophilia.

black horehound (tachycardia), hawthorn, hellebore, MN, I, S, Mg, P, LI
lady's mantle, linden (hysteria), lily of the valley,
mistletoe (hysteria), *pulsatilla*, white lily, white valerian
(hysteria), white willow, *bitter orange*, *lavender*, *rosemary*

FIRE YANG

Hyperpituitary, sympathicotonic terrain, major dystonia, excitable, anxious, hyperemotional, anguish, hysteria, agitation, excessive idealism.

black horehound (tachycardia), hawthorn, linden, MN-CO, I, LI
 lily of the valley, lotus, melilot, mistletoe, mullein
 (tachycardia, arrhythmia), passionflower (hysteria),
 rauwolfia, valerian (hysteria), white lily, white willow,
 bergamot, bitter orange, clary sage, lavender, marjoram,
 melissa, neroli, rose, spike lavender, ylang ylang

EARTH YANG

Vagal insufficiency, hypopancreatic, hypergonadic, giddiness, excessive gaiety, irresponsibility, inconsideration, mania, exhibitionism.

fumitory, hellebore, lady's mantle, linden, vervain, *melissa* ZN-NI-CO, MN-CO, FE, LI

METAL YANG

Vagal insufficiency, plethoric terrain, hypomania, mania, inconsideration, perversion
 marshmallow, opium, red poppy MN-CU, MN-CO, LI

WATER YANG

Sympathicotonic, hyperadrenal terrain, cerebrospinal hypertonia, aggressiveness, hostility,
 excessive ambition or jealousy, abusive authority, paranoia.

black elder, hellebore, passionflower, rauwolfia, MN-CO, I, LI
 shepherd's purse, valerian, white lily, white willow

DEPRESSION

(NEURASTHENIA, PSYCHASTHENIA, OBSESSIONAL NEUROSIS, MELANCHOLIA)

TREATMENT BY TERRAIN

BOTANICALS (herb, oil)

OLIGOLEMENTS

WOOD YIN

Sympathetic insufficiency, hypothyroid terrain, hypoadrenal, hepatic insufficiency,
 inhibition, anguish, phobia, pallor, weakness.

angelica, celery, hellebore, milk thistle, mugwort, CU-AU-AG, MN, CU,
lavender, mint, rosemary S, MG, P, LI

FIRE YIN

Hypopituitary, hypometabolic, sympathetic insufficiency terrain, lack of enthusiasm or
 motivation, inhibition, anguish, melancholia.

angelica, briarhip, milk thistle (melancholia), CU-AU-AG, MG, P, LI
lavender (melancholia), *rosemary, rose*

EARTH YIN

Vagotonic terrain, hypophyso-gonadic dysadaptation, obesity, cold, moist, distracted, lack
 of intelligence, excessive or obsessive thinking resulting in mental fatigue, obsessions,
 manic-depressive psychosis, anorexia.

angelica, bladderwrack, blessed thistle (obsessions), ZN-CU, LI
 eleutherococcus, foenugreek, gentian, hellebore,
 hypericum, laminaria, *anise (anorexia), cinnamon*
 (*obsessions*), *coriander (anorexia), caraway, lavender,*
mint, savory

METAL YIN

Hyposthenic, vagotonic, lymphatic terrain, sadness, melancholy, distraction, abstraction of
 reality, anorexia, neurasthenia, psychasthenia, schizophrenia, obsessional neurosis.

angelica, bladderwrack, blessed thistle, datura, MN-CU, LI
 eleutherococcus, foenugreek, gentian, henbane,
 hypericum, laminaria, *cinnamon (obsession, melancholia)*,
coriander (anorexia, melancholia), *lavender (melancholia)*,
mint, oregano, rosemary, sassafras, thyme

WATER YIN

Vagotonic, hypoadrenal terrain, cerebrospinal hypotonia, subject cold, timid, always tired,
 inhibited, phobia, anguish, depression, fear of persecution, melancholia, psychosis.

angelica, black currant, briarhip (asthenia, anguish), CU-AU-AG, LI
 celery (melancholia), datura, eleutherococcus, fennel,
 henbane, madder, sea holly, scarlet pimpernel, *clove*,
hyssop, lavender (melancholia), *rose, rosemary, sandalwood*,
sage, sassafras, savory

INSOMNIA

GEMMOTHERAPY

Tilia tomentosa

TREATMENT BY TERRAIN

BOTANICALS (herb, oil)

OLIGOLEMENTS

WOOD YANG

Hyperthyroid, sympathicotonic terrain, aggressive, anxious, insomnia from mental
 restlessness (projects, preoccupations).

black horehound, boldo, chaste tree, fumitory, MN, S, AL
 hawthorn, lady's mantle, linden, melilot, passionflower,
 pulsatilla, white lily, white willow, valerian, *bitter orange*,
lavender, marjoram, melissa, neroli, spike lavender

WOOD YIN

Sympathetic insufficiency, hyperthyroid, adrenal insufficient terrain, restless sleep, waking
 up a lot (phobias, anguish).

celery, hops, mugwort, *ravensare* MN, S, CU-AU-AG, AL

FIRE YANG

Sympathicotonic, dystonic terrain, hyperpituitary, excitation, tachycardia on waking up
 during the night, waking up all night, tiring and sleeping again.

chaste tree, hawthorn, linden, lotus (tachycardia), MN-CO, I, S, AL
 melilot, passionflower, valerian, white lily, white willow,
bergamot, bitter orange, lavender, melissa, neroli, ravensare,
spike lavender

EARTH YANG

Vagal insufficiency, hypopancreatic terrain, goes to bed late, sleeps late, frequent waking
 up, gets up for a snack occasionally and goes back to sleep. Total insomnia (mania).

fumitory, lady's mantle, linden, vervain, *melissa* ZN-NI-CO, MN-CO, AL, LI

EARTH YIN

Vagotonia, sleeps normally, wakes up late; insomnia all night or from dawn or 3 to 5 or 6
 AM and sleeps till 10 AM or midday; obsession.

blessed thistle, chamomile, hops, hypericum, ZN-CU, MN-CU, AL
bergamot, ravensare, thyme

METAL YANG

Vagal insufficiency, hyposthenic, goes to bed early, wakes up early, insomnia from dawn (3 AM), preoccupations, projects.

marshmallow, red poppy, *lavender* MN-CU, AL

METAL YIN

Vagotonic, hyposthenic terrain, goes to bed early, wakes up early. Insomnia from dawn (3 AM), obsessions, depression.

blessed thistle, marine algae, wild oat (anorexia), *thyme* MN-CU, AL, LI

WATER YANG

Sympathicotonic, hyperadrenal terrain, goes to bed late, wakes up early, sleeps 4-6 hours a night.

melilot, passionflower, shepherd's purse, white willow, white lily, valerian, *lavender* MN-CU, AL, LI

WATER YIN

Vagotonic, hypoadrenal terrain. Goes to bed early, wakes up early. Insomnia of waking up numerous times at night or waking up too early.

celery, fennel, sea holly, *lavender*; *thyme* CU-AU-AG, AL

METABOLIC DISORDERS**DIABETES MELLITUS****PLANTS WITH HYPOGLYCEMIANT ACTION**

BOTANICALS (herb, oil)

agrimony, blackberry, black walnut, bilberry (also good for vascular protection and retinitis), briarhip, burdock, eleutherococcus, eucalyptus, foenugreek, garlic, goat rue, maize, olive, onion, yellow dock, *juniper*; *geranium*, *sage*

TREATMENT BY TERRAIN

BOTANICALS (herb, oil)

OLIGOLEMENTS

WOOD YANG

Diabetes with hepatic factors dominant, high fat, high sugar diet.

artichoke, lady's mantle, nettle, *lemon* MN-Co ZN-Ni-Co

EARTH YANG

Typical diabetic terrain, inherited diabetic tendency, big baby at birth, polyphagia, polyuria, hypertensive, often hiatal hernia, coronaropathy, insufficient carotid circulation, heat repletion of the Spleen

agrimony, bilberry, blackberry, black mulberry, burdock, goat rue, horsetail, lady's mantle, maize, olive, *eucalyptus*, *juniper*; *lemon* ZN-Ni-Co, MN-Co, Ni-Co

EARTH YIN

Diabetes from strain of upper digestive tract, medium cases to insulin-dependent,; subjects with poor growth and development, wasting diabetes, cachexia, Zollinger-Ellison syndrome.

bilberry, bistort, black walnut, chinchona (emaciation), foenugreek, horsetail, *geranium* ZN-Ni-Co, CU-AU-AG

METAL YANG

Hyposthenic terrain, vagal insufficiency, cutaneous problems and problems of pulmonary mucous membranes, hyperglycemic terrain.

ash, linden, *lemon* MN-Co, S, Mg, Mn-Cu

WATER YANG

Hyperadrenal, sympathicotonic terrain, hypercholesterolemia more or less associated with hyperuricemia.

ash, barberry, dandelion, goldenrod, linden, maize, orthosiphon, *birch* MN-Co, S, Mg

WATER YIN

High cholesterol associated with hyperuricemia, hyperadrenal, sympathicotonic
ash, barberry, dandelion, goldenrod, linden, lespedeza, maize, orthosiphon, *birch* MN-Co, S, Mg

BASEDOW'S DISEASE (GRAVE'S DISEASE, HYPERTHYROIDISM)

TREATMENT BY TERRAIN

BOTANICALS (herb, *oil*) **OLIGOLEMENTS**

WOOD YANG OR FIRE YANG

Choleric, irritable, loss of weight, twitches, trembling, anguish, thermophobia, exophthalmos, profuse sweating.

brassica, hellebore, lily of the valley, lycopus, passionflower, *cumin* MN, Mn-Co, I, S, Cu, Li

HYPOTHYROIDISM (MYXEDEMA)

TREATMENT BY TERRAIN

BOTANICALS (herb, *oil*) **OLIGOLEMENTS**

EARTH YIN

Obesity or flabbiness on thin frame, tongue flabby, mentally sluggish, global goiter, myxedema

elecampane, laminaria, bladderwrack, *garlic* Zn-Cu, Al

METAL YIN

Hypothyroidism with fixed nodules, malnourished subject, hyperparathyroid, problems with calcium metabolism, osseous demineralization, renal calcification.

bladderwrack, elecampane, laminaria, wild oat, *garlic* MN-Cu, Al

HYPERADRENALISM (HYPERCORTICOSURRENALISM, CUSHING'S SYNDROME, HYPERMEDULLOSURRENALISM)

TREATMENT BY TERRAIN

BOTANICALS (herb, *oil*) **OLIGOLEMENTS**

WATER YANG

Hyperadrenalism from Kidney yang repletion, functional hypercortisolism.

borage, mouse ear, shepherd's purse, vervain MN-Co, Co, I

HYPOADRENALISM (HYPOCORTICOSURRENALISM, HYPOMEDULLOSURRENALISM)

TREATMENT BY TERRAIN

BOTANICALS (herb, oil)

OLIGOLEMENTS

EARTH YIN

Adrenal insufficiency with insufficient aldosterone and cortisol secretion.

licorice, *cinnamon, clove sage, savory,*

ZN-CU, CU-AU-AG

WATER YIN

Anergy, cold body, hypotension, impotence, frigidity, Kidney yang vacuity

black currant, eleutherococcus, ginger, mouse ear, oak,
basil, geranium, lemon, pine, rosemary, savory, thyme

CU-AU-AG

RETARDED DEVELOPMENT

(RETARDED GROWTH, RETARDED PUBERTY, SLOW SEXUAL DEVELOPMENT,
PSYCHOMOTOR SLUGGISHNESS, DISRUPTION OF FSH AND LH SECRETION CYCLES)

TREATMENT BY TERRAIN

BOTANICALS (herb, oil)

OLIGOLEMENTS

EARTH YIN

Short, thin, small body, child-like, underdeveloped, exhaustion following strain,
post-vaccination, long convalescence, eruptive fever.

black walnut, bladderwrack, calendula, elecampane,
eleutherococcus, gentian, laminaria, licorice, mugwort,
plantain, *Canadian fleabane, lavender, sage*

ZN-CU, AL, LI MG

OSTEOPOROSIS

(OSSEOUS DEMINERALIZATION, DECALCIFICATION)

GEMMOTHERAPY

Rosa canina, Pinus montana

TREATMENT BY TERRAIN

BOTANICALS (herb, oil)

OLIGOLEMENTS

EARTH YIN

Retarded development, hypothyroid, hyperparathyroid, osteoporosis from rheumatic
infections arising from coldness and dampness, osteosis of anemia, diabetic osteoporosis,
osteosis of neuropathies.

bladderwrack, black walnut, centaury, elecampane,
foenugreek, germander, horsetail, laminaria,
menyanthe, *sage*

ZN-CU, CU-AU-AG,
MG, K, F, SR

METAL YIN

Hyposthenic, vagotonic terrain, lymphatic, hypothyroid, hyperparathyroid, apathetic, osteo-
malacia from vitamin D deficiency, rheumatism from wind, cold, dampness, anemia, hemopathies.

bladderwrack, black walnut, centaury, elecampane,
foenugreek, germander, horsetail, laminaria,
madder, wild oat, *lemon, thyme*

CU, CU-AU-AG,
MG, P, K, F, SR