

Supporting your clients' weight management *continued*

PRIMARY TREATMENT FORMULAS (capsules)

WEIGHT MANAGEMENT 1 FORMULA

For deficiency to normal constitutions (fatigue, lack of muscular strength, weak or thready pulse, etc.).

OR

WEIGHT MANAGEMENT 2 FORMULA

For robust, excess type constitutions (high energy, talkative, loud voice, full and possibly also rapid pulse, etc.)

One of the above formulas may be combined with:

GUT DETOX FORMULA (with signs of dysbiosis, e.g. bloating, flatulence and loose stools with a strong odour)

OR

CHOLESTEROL FORMULA (with elevated blood levels of LDL-cholesterol or low levels of HDL-cholesterol and elevated serum triglycerides)

SECONDARY FORMULAS (capsules)

At some stage in the management of overweight patients, underlying factors and constitutional imbalances need to be addressed. This is best accomplished by simplifying the primary treatment, so that only one of the suggested formulas is used, and introducing one or more of the following formulas, as appropriate to the individual patient.

STRESS RELIEF 2 FORMULA (Liver constraint with Spleen deficiency)

STRESS RELIEF 1 FORMULA (Liver constraint with stagnant Heat)

REHMANNIA EIGHT VITALITY FORMULA (Kidney Yang deficiency)

ANTI-INFLAMM. FORMULA (Liver Fire, Damp Heat)

BLOOD MOVING FORMULA (Blood stasis)

ALTERNATIVE FORMULAS (pills)

These may be used in combination with the primary treatment formulas listed above.

FANG FENG TONG SHEN WAN (Siler & Platycodon F.) – excessive appetite

CHAI HU SHU GAN WAN (Bupleurum & Cyperus Combination) – Qi stagnation and mild Blood stasis

JIAN MEI QING TI WAN (Lotus Leaf and Crataegus Formula) – may be used as an alternative primary treatment

JUE MING HUA TAN SHEN SHI WAN (Polygonum & Crataegus Combination) – for dyslipidemia or hypercholesterolemia, may be used as an alternative to CHOLESTEROL Formula.

RUN CHANG WAN (Linum & Rhubarb Formula) – with constipation that has not improved after taking the primary formulas

WU LING SAN (Hoelen Five Formula) – fluid retention

YIN CHEN HAO WAN – JIA WEI (Artemisia & Rhubarb Combination) – fatty liver

A FINAL NOTE

As I have discussed elsewhere, in addition to herbal treatment, careful attention should be given to diet and regular exercise. Dietary changes should include:

- Regular frequent small meals (5 to 7 per day)
- Avoidance of high glycemic foods (most of which are in the 'junk food' category!)
- Inclusion of good quality oils and fats (e.g. cold pressed olive and flax oils, fish oil supplements)

Exercise should become a part of the daily routine with both resistance and aerobic exercise included in the program, e.g. 3 days per week aerobic and 3 days resistance with one day's rest. A qualified personal trainer may be required initially, and all patients who are resuming exercise after a long period of absence should be cleared by their doctor before commencing on any program.

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