**Patterns of Discontent**

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| Pattern | Presentation | Causes | Therapeutics |
| Liver Qi Stagnation | * depression
* moodiness
* anger
* nausea/poor appetite
* alternating constipation/diarrhea
* skin outbreaks
* painful/irregular periods
* allergies
* abdominal distention
* headaches
* tight neck and shoulders
* dry eyes
 | * suppressed emotions
* unfulfilled desires
* resentment
* diet rich in stimulants
* drugs
* excessive fried foods
* pharmaceuticals
* alcohol
* stress
* lack of exercise
* overwork
 | Herbs* milk thistle
* bupleurum
* schisandra
* dandelion
* gotu kola
* blue vervain
* yarrow

Diet* limit low-quality meats
* cheeses
* eggs
* poor quality oils
* excess nuts
* processed refined foods in general
* alcohol
* medications
* large amounts of supplements
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| Spleen Qi Deficiency | * fatigue
* no appetite
* loose stools
* gas/bloating
* problems with circulation
* exhausted after eating
* pale and deficient presentation
* soft voice
* lack of motivation
 | * diets high in sugars
* fried foods
* excessive cold raw foods
* reading while eating
* excessive mental work
* diets low in protein
* inconsistent meal times
 | Herbs* triphala
* black pepper
* cardamom
* citrus peel
* cinnamon
* clove
* codonopsis
* eleuthero
* yellow dock
* chamomile

Diet* warming and gently drying foods.
* Limit excessive raw fruits and veggies,
* cut down on sweets, dairy
* small cooked meals
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| Blood & Qi Stagnation | * pain
* lumps and masses
* dysmenorrhea
* dark, clotted menstrual blood
* liver or age spots varicosities
* weight on your chest
* an inability to take a full breath
 | * manifests in response to the patterns mentioned above
 | Herbs* ginger
* garlic
* turmeric
* cayenne
* cinnamon
* pepper
* rosemary
* myrrh
* Spearmint
* motherwort
* white peony
* dang gui

Diet* Follow strategies above
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Lifestyle shifts:

* + Moving
	+ Nature
	+ Creativity
	+ Connection

Resources:

* + Yoga: <https://www.youtube.com/user/yogawithadriene>
	+ Guided Meditations: These can help soothe the mind, and calm the mind. Links to try:
		- [http://www.uvm.edu/~CHWB/psych/?Page=exercises.html&SM=mindfulnessmenu.html](http://www.uvm.edu/~CHWB/psych/?Page=exercises.html&SM=mindfulnessmenu.html" \t "_blank)

		[http://www.dartmouth.edu/~healthed/relax/downloads.html](http://www.dartmouth.edu/~healthed/relax/downloads.html%22%20%5Ct%20%22_blank)
		- Apps: HeadSpace, Calm : Great guided meditations you can listen to at night or in the car
	+ Action
		- Community Action Partnership: <https://www.communityactionpartnership.com/index.html>
		- Icarus Project: <https://theicarusproject.net/>
		- Social Justice resources: <https://www.dialoguesondiversity.com/social-justice-resources>
		- Herbalists without Borders: <http://herbalistswithoutborders.weebly.com/>
		- Herbal Action Network: <https://www.herbalactionnetwork.org/>