NEW HERB COMBINATIONS FROM RESEARCH

Integrating Research advances and Chinese medicine

Jeremy’s new herb combination Berberis: Candida infection is a good example of a formula designed both to incorporate advances in research and according to the principles of Chinese medicine.

Caution: please read the Safety Warning, at the end of this document, before using this herb combination.

BERBERIS: CANDIDA INFECTION
Retained Pathogen + Deficient Defensive Qi

<table>
<thead>
<tr>
<th>Herb</th>
<th>Ratio</th>
<th>Temperature</th>
<th>Taste</th>
</tr>
</thead>
<tbody>
<tr>
<td>Berberis vulgaris cortex</td>
<td>1</td>
<td>cool</td>
<td>bitter</td>
</tr>
<tr>
<td>Echinacea angustifolia radix</td>
<td>1</td>
<td>cool</td>
<td>acrid, bitter</td>
</tr>
<tr>
<td>Thymus vulgaris herba</td>
<td>1</td>
<td>warm-cool</td>
<td>acrid, aromatic, sl. bitter</td>
</tr>
<tr>
<td>Cinnamomum cassia cortex</td>
<td>1</td>
<td>hot</td>
<td>acrid, aromatic, sweet</td>
</tr>
<tr>
<td>Glycyrrhiza glabra radix</td>
<td>1</td>
<td>neutral-cool</td>
<td>sweet</td>
</tr>
</tbody>
</table>

Indications
Fungal infections by Candida albicans, or other Candida species, resulting in one or more of the following signs and symptoms.

See:
medlineplus
http://www.nlm.nih.gov/medlineplus/

Merck online
http://www.merck.com/mmpe/index.html

Signs and symptoms
- maybe localized infection of the skin, with rashes
- maybe fatigue, poor concentration, depression, heartburn, bloating, diarrhea or other symptoms

Pulse
underlying emptiness, maybe slippery

Tongue
maybe thick white coat

Syndromes
Primary
Retained Pathogen
Deficient Defensive Qi
Secondary
There may be one or more of the following syndromes:

Spleen Deficient Qi
Intestines Deficient Qi
Phlegm, Damp, or Cold in Intestines

Temperature
The overall temperature is more or less neutral, so that the combination can be modified to treat warm or cool conditions.

Working units
This combination is made up of 2 pairs and 1 single.

<table>
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<td>Berberis</td>
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<td>Echinacea</td>
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</tr>
<tr>
<td>Thymus</td>
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</tr>
<tr>
<td>Cinnamomum</td>
<td>1</td>
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<tr>
<td>Glycyrrhiza</td>
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</tr>
</tbody>
</table>

All 5 herbs in this combination, either as herb extracts, essential oils, or isolated constituents, have been reported in research studies to reduce the growth of Candida ablicans.

Berberis + Echinacea

In Echinacea, keto-alkynes in the alkamide fraction are thought to be the main antifungal constituents.

Thymus + Cinnamomum

Thymus and Cinnamomum are both acrid, aromatic herbs, which as a pair can warm, move, regulate, and tonify, the Qi of Lung, Spleen and Intestines.

In Thymus, the monoterpenes phenols thymol and carvacrol in the essential oil fraction are thought to be the main antifungals.

In Cinnamomum, the main antifungal constituent is thought to be cinnamaldehyde.

Glycyrrhiza

The flavonoid glabridin, and the triterpene glycoside glycyrrhretinic acid, have both been reported to have action against Candida.

Also, Glycyrrhiza is both tonic and anti-inflammatory to the gastrointestinal system.

Glycyrrhiza can help to tonify Defensive Qi by strengthening Qi of Kidney, Lung, and Spleen.

Dispensing
2.5-5 ml tincture, in quarter of a cup of water, 3 times per day.

Duration
Can be taken for 1-3 months with appropriate cautions, breaks, and modifications.

Cautions
This combination may be appropriate for mild to moderate Candida infections (candidiasis).
Severe candidemia may be potentially life-threatening, requiring hospitalization.
Hypertension
Contraindicated with severe hypertension due to Glycyrhiza.

Pregnancy
Some texts contraindicate Berberis in pregnancy.

Modification

Cold patterns
Add a suitable number of drops (5-20) of 1:3 Capsicum tincture to each dose of the main medicine.

Capsicum and Candida
Capsicum contains the saponin CAY-1 and peptides, both of which have been reported to have action against Candida.

Heat patterns
Add Rheum 0.5-1 to the main prescription.

Rheum and Candida
The anthraquinones rhein, aloe-emodin and chrysophanol isolated from Rheum emodi rhizomes exhibited antifungal activity against Candida albicans.

Replacement

When the symptoms of Candida infection have cleared, this combination can be replaced by a modified version of Astragalus: frequent infections + intestinal hyper-permeability, in which the ratios of Echinacea and Hydrastis are reduced to 0.5.

Safety Warning

Each JRHC has been designed for optimal efficiency and safety, on the principles of Combining Western Herbs and Chinese Medicine, to create a balanced combination.

But please read carefully each of the Safety Warnings below before using these Jeremy Ross Herb Combinations (JRHCs).

This website is for licensed health practitioners, and Jeremy cannot answer enquiries from the general public.

After Jeremy Ross course
JRHCs are designed to be used only after the appropriate Jeremy Ross herb course in which their detailed use and safety precautions are discussed.

After individual consultation
JRHCs should only be supplied to a patient following an individual consultation of that patient with a licensed health practitioner.

Practitioner responsibility
It is the responsibility of the practitioner to make an accurate diagnosis, and to decide whether a herb combination is appropriate for a specific patient at a particular time.

Check for contraindications
Practitioners are advised never to use a herb combination without checking the potential contraindications of each constituent herb for the particular patient at the time of treatment.

Appropriate dose
It is the responsibility of the practitioner to prescribe herbs in appropriate dose for the age, constitution, and condition of the patient.

Conventional diagnosis and treatment
JRHCs are not proposed as an alternative to conventional medical diagnosis and treatment, when this is necessary for the patient.

Local laws
It is the responsibility of practitioners to be aware of any special restrictions on herb prescribing specific to their own country.