**Patterns of Discontent**

Good Medicine Confluence 2018

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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 |
| 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 |
| 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 |

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/%7ECHWB/psych/?Page=exercises.html&SM=mindfulnessmenu.html" \t "_blank)  
        
      [http://www.dartmouth.edu/~healthed/relax/downloads.html](http://www.dartmouth.edu/%7Ehealthed/relax/downloads.html" \t "_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/>