

# The Clendinning Technique of Energy Healing

THESE NOTES ARE FOR INFORMATION ONLY. ALWAYS REFER TO A TRAINED MEDICAL HERBALIST BEFORE USING ANY HERBAL REMEDIES AS THEY CAN INTERFERE WITH PRESCRIPTION MEDICINES.

Herb	Application
<b>Don Quai</b> <i>Angelica sinensis</i>	<b>Main Actions:</b> female tonic, anti-inflammatory <b>Primary body system:</b> Reproductive System <b>Indications:</b> Women's ginseng', Irregular menstruation, Amenorrhoea (absence of a menstrual period in a woman of reproductive age), Dysmenorrhoea (painful menstruation) <b>Contraindications:</b> pregnancy; bleeding tendency or very heavy periods. (Caution for patients receiving chronic treatment on warfarin). <b>Side effects:</b> bleeding gums, raise menstrual flow, headaches, digestive disturbance, raise hot flushes rash.
<b>Black Cohosh</b> <i>Cimicifuga racemosa / Actaea racemose</i>	<b>Main Actions:</b> Hormone modulating, anti-rheumatic, spasmolytic <b>Primary body system:</b> Reproductive System, Musculo-skeletal <b>Indications:</b> menopausal symptoms, menstruation disorders (dysmenorrhoea, ovarian pain), arthritis, rheumatism. <b>Contraindications:</b> pregnancy, breastfeeding, pre-existing liver disease. (Best avoided in patients with oestrogen dependent tumours, such as breast cancer, until more information becomes available.) <b>Side effects:</b> Patients may experience a frontal headache, with a dull, full or bursting feeling. Minor side effects: mild gastro-intestinal upset, vertigo, weight gain, mastalgia (Pain in the breast or mammary gland), heavy feeling in the legs, a stimulant effect.
<b>Damiana</b> <i>Turnera diffusa</i>	<b>Main Actions:</b> Thymoleptic (modifies a patient's mood) <b>Primary body system:</b> Nervous System <b>Indications:</b> depression, anxiety and nervousness <b>Contraindications:</b> none required on current evidence. <b>Side effects:</b> None found in published literature. (No increase in frequency or malformation or other harmful effects on the foetus from limited use in women).
<b>Wild Yam</b> <i>Dioscorea villosa</i>	<b>Main Actions:</b> anti-inflammatory, spasmolytic, hormone modulating <b>Primary body systems:</b> Gastro-intestinal tract, Reproductive Tract <b>Indications:</b> intestinal colic, cramps, GIT or irritations, dysmenorrhoea, ovarian and uterine pain, menopausal symptoms <b>Contraindications:</b> Not genotoxic in standard tests. <b>Side effects:</b> negligible
<b>Saw Palmetto</b> <i>Serenoa repens</i>	<b>Main Actions:</b> Diuretic, Anti-inflammatory (prostate), Anti-androgenic <b>Primary body systems:</b> Genitourinary tract, Reproductive

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	<p><b>Indications:</b> Prostate herb, Benign prostatic hyperplasia (BPH) (incl. post-surgery); inflammation of the genitourinary tract</p> <p><b>Contraindications:</b> Use with caution if client has kidney stones or loin pain (undiagnosed)</p> <p><b>Side effects:</b> Relatively few. Minor gastrointestinal problems i.e. nausea, which are usually resolved when the herb is taken with meals</p>
<b>Siberian Ginseng</b> <i>Eleutherococcus senticosus</i>	<p><b>Main Actions:</b> Adaptogen, Immune modulator</p> <p><b>Primary body systems:</b> Cardiovascular (improving heart function, hyperlipidaemia), Respiratory Tract (prevention of infections, chronic infections, low immune function), Nervous System (fatigue, stress, insomnia, debility, convalescence).</p> <p><b>Indications:</b> to raise mental &amp; physical performance, lower immune function, to lower effect of stress in people with chronic illness or to environmental or occupational stress. Long-term use lower the incidence of acute infections. Used as a tonic esp. in the elderly to help against fatigue, stress and lowered immunity.</p> <p><b>Contraindications:</b> The evidence for contraindications is rather contradictory. In the absence of better data it may be prudent to limit the use of the remedy (especially in higher doses) in acute infections and hypertension.</p> <p><b>Side effects:</b> Care should be exercised in patients with cardiovascular disorders since insomnia, palpitations, tachycardia and hypertension have been reported in a few cases. Side effects are more likely if the normal dose is exceeded.</p>
<b>Korean Ginseng</b> <i>Panax ginseng</i>	<p><b>Main Actions:</b> Adaptogen, Thymoleptic, Stomachic, Immune modulator</p> <p><b>Primary body systems:</b> Cardiovascular System (anaemia, leucopaenia, hyperlipidaemia), Respiratory Tract (chronic obstructive pulmonary disease), Gastrointestinal Tract (ease digestive pain/ stomachic), control blood glucose, Nervous System (stress, neuralgia, physical/mental exhaustion, fatigue, impaired cognitive function), Immune System (low immune function, aids recovery from chemo/radiotherapy)</p> <p><b>Indications:</b> to raise immune function, raise circulatory health, raise cognitive function, raise pulmonary function</p> <p><b>Contraindications:</b> In Traditional Chinese Medicine, Panax should not be used in patients with hot conditions i.e. hypertension, menorrhagia, nosebleeds and acute infections.</p> <p><b>Side effects:</b> High quality single preparations of Panax are rarely associated with either adverse effects or drug interactions however, side effects may include headache, sleep, gastrointestinal upsets.</p>

*This information provided by Teodora Hobian (email:teodoraelena@hotmail.com)*

I do not give medical advice nor engage in the practice of medicine. Under no circumstances do I recommend a particular treatment for specific individuals and in all cases recommend that you consult your doctor before pursuing any course of treatment.