



Health Concerns®

Combining Modern Research & Ancient Wisdom®

**PURE, SAFE, EFFECTIVE
CHINESE HERBAL & NUTRACEUTICAL FORMULAS**



**Immune System
Support**



**Clinical Handbook
for Health Practitioners
9th edition**



Health Concerns Clinical Handbook

**Ninth Edition
2023**



**Health Concerns
(800) 233-9355
HealthConcerns.com/pro**

Disclaimer

This book is intended as a reference for practitioners. It should not be used as the sole basis for evaluating and treating patients. Non-practitioner readers should consult with their health care provider about suggestions made in this book, and before any suggestions are administered. This information is intended for licensed health professionals only.

These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, prevent or cure any disease.

Herbs are not recommended during pregnancy.

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Helping Patients with Herbs

Why Herbs are a Necessary Adjunct

Improved Clinical Results — While acupuncture and physical medicine are effective treatments, they are often not utilized frequently enough, as most patients cannot afford daily or every other day treatments. Appropriately administered herbal therapies will help sustain physical treatments and bring about healing response through different mechanisms. Many Americans have chronic and degenerative conditions. These conditions are often responsive to long-term herbal protocols.

When patients request herbs, they sometimes take the wrong herbs or take an incorrect dosage.

Herbs Remind the Patient of the Healing Process Every Day. It's important for the patient to use the herbs as part of a healing ritual, which involves taking the capsules with hot water and visualizing treatment goals before taking the herbs. Appropriately administered, herbs produce faster results than vitamins, minerals, and other dietary supplements, which are primarily used to address nutritional deficiencies and not to correct existing symptom patterns.

How to Build Up Your Confidence Using Herbs

1. Practice, practice, practice. "The best way to become a good herbalist is to see a lot of patients and treat every patient with herbs," says Dr. Fung Fung, Master Herbalist and author of *Sixty Years in Search of Cures*.
2. Build your confidence. Before you begin to practice, review successful cases and their treatment plans on daily basis. Learn from your mistakes. Keep in mind that practitioners are not always 100 percent effective.
3. Follow up. What separates the herbalist from the health food representative is the ability to continue to evaluate the patient's health and change the herbal protocol accordingly.
4. Discuss successful cases with patients. Be conservative about outcomes. Patients may come to you with expectations that are not realistic. Even if you have had quick results with a certain condition, remember no two patients are alike, and that patients will trust and have more confidence in your practice if you under promise and over deliver.
5. Volunteer your time at a non-profit organization of your choice.

6. Follow the protocols in the *Health Concerns Clinical Handbook*. Follow protocols for energy, digestion, stress, and pain especially when you don't know where to begin. If it seems too hard, it's probably because you are making it too hard. If you think you can, you can; if you don't think you can, you won't.
7. Email or call the Herbal Helpline® at Herbalist@healthconcerns.com or by phone at (800) 233-9355, x105, to discuss individual cases.



Chinese Medical Indications

This section may be used as an index to the alphabetical product listings. Then, use the alphabetical product listings to determine which of the formulas within a treatment category is appropriate for your patient. For more information on each formula, please review the complete formula descriptions/monographs.

Blood Stagnation/Bleeding/Pain

- Formula H** — hemorrhoid, rectal bleeding
- Resinall K** — injuries with swelling and pain (topical and internal)
- Resinall E** — injuries with swelling and pain
- AC-Q** — injuries with underlying weaknesses
- Cramp Bark Plus** — menstrual cramps and clotting
- Channel Flow** — general acute pain-relieving and muscle relaxing

Calm Shen, Spirit

- Shen-Gem** — insomnia, nervousness
- Schisandra Dreams** — insomnia, anxiety attacks
- Ease Plus** — insomnia, nervousness, substance withdrawal
- Calm Spirit** — stress, anger, anxiety
- Emperor's Ginseng Zizyphus** — irritability, insomnia, difficulty focusing
- Three Immortals** — menopausal symptoms

Internal and Toxic Heat

- Coptis Purge Fire** — acute inflammation, sore throat
- Man Yue Mei Clearing** (formerly Akebia Moist Heat) — urinary tract infections
- Clear Heat** — HIV, hepatitis, viral conditions
- Curcuma Flow** — chronic inflammation

Internal Damp Heat/Heart Yin Deficiency

- Calm Spirit** — stress, anger, anxiety, depression
- Isatis Cooling** — colitis, leukorrhea
- Man Yue Mei Clearing** (formerly Akebia Moist Heat) — urinary tract infections
- Clearing** — chronic and recurrent vaginitis
- Unlocking** — cervical dysplasia, ovarian cysts, PID, endometriosis

Internal Wind

Gastrodia Relive Wind — tremors

Liver Qi Stagnation

Ease Plus — nervousness and migraines

Woman's Balance — PMS

Heavenly Water — PMS

GB-6 — damp heat from gall bladder and liver

Ease 2 — gastrointestinal disorder and muscular tension

Bupleurum Entangled Qi — breast lumps

Fertile Garden — female infertility

Liver Yin Deficiency with Liver Yang Rising

Gastrodia Relieve Wind — dizziness, tinnitus

Ginseng and Rhodiola — wheezing, phlegm

Astra 8 — weakness, strengthens wei qi

CordySeng — tonifies Qi and yin

Lung Yin Deficiency

Lily Bulb Formula — dry cough

Ginseng and Rhodiola — wheezing, phlegm

Astra 8 — weakness, strengthens wei qi

CordySeng — tonifies Qi and yin

Open Channels/Promote Circulation

Flavonex — aging, cardiovascular degeneration

AC-Q — post-stroke weakness

Head-Q — headache

Channel Flow — acute pain

Curcuma Flow — chronic pain

Resinall K & Resinall E — trauma, injury, open channels

Phlegm/Cough

Isatis Gold — colds, flu, bronchitis

Nasal Caps 2 — sinus congestion, colored nasal discharge

Xanthium Relieve Surface — sinus allergies, watery phlegm

Clear Air — cough, bronchitis with phlegm

Ginseng and Rhodiola — chronic asthma, bronchitis, with yellow/green phlegm

Clear Phlegm — profuse sputum, hyperactivity

Cramp Bark Plus — menstrual cramps

Channel Flow — menstrual, abdominal, chronic pain

Postpartum — post childbirth support, post-surgery

Promote Digestion/Relieve Congestion at the Center

Quiet Digestion — intestinal flu with diarrhea

Stomach Caps — chronic gastritis

Astra 18 Diet — obesity

Astra Diet Tea — weight loss

Ease 2 — chronic gastrointestinal tension

Heavenly Water — PMS with abdominal bloating

Ease Plus — gastric acidity and ulcer

Gentle Senna — acute constipation

Phellostatin — intestinal candidiasis

Aloe 22 — chronic intestinal infestations, chronic constipation

Artestatin — acute intestinal infestations, diarrhea

Six Gentlemen — digestive disorders due to spleen dampness

Woman's Balance — PMS

Surface Relieving/Exogenous Wind Invasion

Isatis Gold — colds, flu, bronchitis, etc.

Astra Isatis — chronic viral infection

Astra C — cold prevention, burns, allergies

Cold Away — colds, flu, sore throat, congestion

Head-Q — headache

Ease 2 — neck and shoulder tension

Yin Chao Jin — colds, sore throat, flu, cough

Yin Chao Jr. — colds, cough, flu (for children)

Wind-Damp Bi Syndrome

Mobility 3 — wind damp cold pain

Mobility 2 — inflammatory pain

AC-Q — post-stroke lower body weakness

Clear Heat — pain characterized by heat

Channel Flow — blood stagnation

Wind Heat

Yin Chao Jin — colds, sore throat, flu

Isatis Gold — colds, flu, bronchitis

Xanthium Relieve Surface — runny or stuffy nose

Cold Away — phlegm and cough

Yin Chao Jr. — colds, cough, flu (for children)

Wind Cold

Astra C — prevents colds, fights colds, allergies

Head Q — headache, upper back stiffness

Ease 2 — upper back stiffness and pain

Yin Deficiency Heat

Nine Flavor Tea — chronic sore throat, night sweats, treats dryness

Three Immortals — menopausal deficiencies

Tremella and American Ginseng — chronic viral infections

Clearing — chronic vaginal irritation

Tonic Formulas*					
Formula	Tonify Qi	Nourish Blood	Tonify Yang	Nourish Yin	Tonify Essence
Adrenosen	•		•		
Astra 8	•				
Astra Essence	•	•	•	•	•
Backbone	•		•		
Calm Spirit				•	
CordySeng			•	•	•
Cordyceps PS			•	•	•
Eight Treasures	•	•			
Enhance	•	•	•	•	•
Fertile Garden				•	•
Flavonex	•	•	•	•	•
Marrow Plus	•	•			
Nine Flavor Tea				•	
Phellostatin	•				
Postpartum	•	•			
Power Mushrooms	•				
Rehmannia 8	•		•	•	
Shen-Gem	•	•			
Six Gentlemen	•				
Three Immortals	•	•	•	•	
Virility Caps			•		•

*These formulas are most specific in their ability to tonify, although most Health Concerns formulas possess tonifying herbs to balance the formula.



Symptom Reference Guide

The symptom reference guide is intended as an abbreviated version of the complete formula descriptions/monographs. It is for use by licensed health practitioners only.

ADD	EPAQ (EPA/DHA, phospholipids), Clear Phlegm with phlegm + Shen Ling
ADHD	EPAQ (EPA/DHA, phospholipids), Clear Phlegm with phlegm + Ease Plus
Addiction	Ease Plus, Rehmannia & Milk Thistle Formula (reformulated Ecliptex), Milk Thistle 80, Clear Air, Griffonex 5-HTP, Schisandra Dreams
Angina	Flavonex, Cordyceps PS, Pomexcellent
Anorexia	Shu Gan
Anti-Aging	Astra 8, Astra Essence, CordySeng, Astra Garlic + Flavonex, Curcuma Flow
Antioxidant	EPAQ (EPA/DHA, phospholipids, astaxanthin), NuLignan, Pomexcellent, Greenexcellent, Milk Thistle 80, Bil Lutein, Polilipid
Anxiety	Calm Spirit, (+ Ease 2 or Ease Plus), Schisandra Dreams, Griffonex 5-HTP, Shen-Gem, Escape Restraint, Great Yin
Appetite	<i>Suppressant:</i> Astra Diet Tea, Chiroin <i>Poor Appetite:</i> Adrenosen, Eight Treasures, Quiet Digestion, Shen-Gem, Shen Ling Six Gentlemen, Source Qi
Arthritis	<i>Acute Pain:</i> Channel Flow <i>Chronic Pain:</i> Curcuma Flow <i>Inflammation:</i> Mobility 2 + Clear Heat <i>Osteoarthritis:</i> Collagenex 2 <i>Poor Circulation:</i> AC-Q, Flavonex <i>Rheumatoid:</i> Collagenex 2, Colostroplex + Mobility 2 + Clear Heat, Resinall E <i>Tonic:</i> Collagenex 2 <i>Wind Cold Damp:</i> Mobility 3

Athlete's Foot	<i>Topical:</i> Resinall K, TAMU Oil <i>Also see</i> Fungal Infection
Athletic Performance	CordySeng, Astra 8
Back Pain	Backbone, Mobility 2, Mobility 3, Channel Flow, Collagenex 2, Head-Q
Bed Wetting	Astra Essence
Bell's Palsy	AC-Q
Bone Marrow Suppression	Marrow Plus, Enhance
Broken Bones	Backbone, OsteoHerbal, Resinall E, Resinall K <i>Strengthen:</i> BioStrong, Mobility 3, Rehmannia 8
Bronchitis	<i>Acute:</i> Isatis Gold <i>Chronic:</i> Ginseng and Rhodiola, Cordyceps PS, Astra C <i>Damp Lungs:</i> Clear Phlegm, Serramend, Yin Chao Jin <i>Dry Lungs:</i> Tremella and American Ginseng, Lily Bulb Formula <i>Phlegm:</i> Clear Air <i>Weak Lungs:</i> Astra 8, CordySeng
Cancer Support	<i>Adjuncts:</i> NuLignan, Pomexcellent, Resinall K, Astra 8, Bupleurum Entangled Qi, Essence Chamber <i>Blood Qi Deficiency:</i> Marrow Plus <i>Kidney Qi, Blood Deficiency:</i> Astra Essence <i>Lowered Immunity (long-term):</i> Regeneration, Power Mushrooms, Coriolus PS, Cordyceps PS, CordySeng <i>Nausea:</i> Quiet Digestion, Chzyme
Cardiovascular Health	EPAQ (<i>EPA/DHA, phospholipids</i>), Flavonex, Pomexcellent, Serramend, NuLignan, Astra 8, Chiroin, Emperor's Ginseng Zizyphus
Carpal Tunnel Syndrome	SPZM + Resinall K, Serramend
Cartilage Health	Collagenex 2
Cervical Dysplasia	Unlocking, Astra Isatis, Power Mushrooms
Children-Frequent Infections	Cold Away, Yin Chao Jin, Yin Chao Jr., Isatis Gold, Astra C
Chronic Fatigue Syndrome	Astra Isatis, Power Mushrooms, Clear Heat, Enhance, Cordyceps PS, CordySeng, Astra Essence, Shen-Gem, Tremella and American Ginseng, Adrenosen, Cogni-Spark
Chronic Viral Infection	Astra Isatis, Cordyceps PS, CordySeng

Cold/Flu	<i>Acute:</i> Isatis Gold, Cold Away, Yin Chao Jin, Yin Chao Jr. <i>Prevention:</i> Astra C, CordySeng, Astra 8, Ease 2 + Power Mushrooms
Colitis (Heat Signs)	Colostroplex, Isatis Cooling, Formula H
Constipation	<i>Acute:</i> Gentle Senna, Ease Plus <i>Chronic:</i> Aloe 22
Cough	<i>Acute with Clear or White Phlegm:</i> Clear Air <i>Chronic:</i> CordySeng
Crohn's Disease	Colostroplex, Isatis Cooling, Phellostatin, Quiet Digestion, Enteromend
Depression	<i>Cold Signs:</i> Aspiration, Shen-Gem <i>Yin Deficiency:</i> Calm Spirit
Diabetes	Astra Essence, Greenexcellent, Chiroin
Diarrhea	<i>Candida:</i> Phellostatin <i>Cold:</i> Source Qi <i>Heat:</i> Colostroplex + Formula H <i>Parasites:</i> Artestatin
Diverticulitis	Aloe 22, Six Gentlemen
Dry Lungs	Tremella and American Ginseng, Lily Bulb Formula, Cordyceps PS
Dysmenorrhea	<i>Acute:</i> Channel Flow <i>Cold Signs:</i> Cramp Bark Plus <i>Heat Signs:</i> Unlocking
Ear Infection	Coptis Purge Fire, Isatis Gold, Nasal Caps 2
Ear, Nose and Throat Conditions	Serramend
Eczema	TAMU Oil, Skin Balance, EPAQ (<i>EPA/DHA, phospholipids</i>)
Edema	Drain Dampness, Rehmannia 8, Mobility 2
Emphysema	Astra 8, Ginseng and Rhodiola, Cordyceps PS, CordySeng
Endometriosis	Unlocking, Channel Flow, Bupleurum Entangled Qi + Cramp Bark Plus
Epigastric: Abdominal Congestion	Quiet Digestion, Shu Gan, Enteromend
Epilepsy	Ease Plus + Ease 2

Epstein Barr	Clear Heat
Eye Health	<i>Blurry:</i> Gastrodia Relieve Wind <i>Dry:</i> Astra Essence, Nine Flavor Tea <i>Health:</i> Curcuma Flow, Marrow Plus <i>Pressure:</i> Bil Lutein <i>Red:</i> Coptis Purge Fire <i>Spots:</i> Eight Treasures
Fatigue	Adrenosen, Power Mushrooms, Cordyceps PS, Eight Treasures, Marrow Plus, Tremella and American Ginseng, Shen-Gem, Astra Essence, Nine Flavor Tea, Astra 8
Fibrocystic Breasts	Bupleurum Entangled Qi, Coriolus PS <i>add Coptis Purge Fire with heat signs</i>
Fibromyalgia	<i>Adrenal Deficiency:</i> Adrenosen <i>Pain:</i> Channel Flow, AC-Q, Collagenex 2 <i>Spleen Deficiency:</i> Six Gentlemen, Power Mushrooms, Cordyceps PS <i>Also see Arthritis</i>
Food Intolerance	Enteromend
Frequent Urination	Astra Essence, Virility Caps
Fungal Infection	Phellostatin, Astra Garlic, Clear Heat, Resinall K, TAMU Oil
Gallbladder	<i>Pain, Stone, Inflammation:</i> GB-6, Coptis Purge Fire
Gastritis, Bloating	<i>Cold:</i> Stomach Caps <i>Stagnation:</i> Quiet Digestion
General Stress	Calm Spirit + Ease Plus or Ease 2 (loose stools), Schisandra Dreams, Griffonex 5-HTP
General Tonic/Anti-Aging	Astra 8, Astra Essence, CordySeng, Astra Garlic + Flavonex
Gluten Intolerance	Enteromend
Gout	Mobility 2
Gum Inflammation	Coptis Purge Fire
Hay Fever	Astra C + Xanthium Relieve Surface
Headaches	Head-Q, Ease Plus
Heart Blood Deficiency	Shen-Gem, Emperor's Ginseng Zizyphus

Hemorrhoids	<i>Acute:</i> Formula H <i>Chronic:</i> Formula V
Hepatitis	<i>Acute:</i> Rehmannia & Milk Thistle Formula (reformulated Ecliptex) + Clear Heat, Coptis Purge Fire, Hepatoplex One <i>Chronic:</i> Astra Isatis, Rehmannia & Milk Thistle Formula, Enhance, Hepatoplex One, Hepatoplex Two
Herpes	<i>Acute:</i> Coptis Purge Fire <i>Prevention:</i> Astra Isatis, <i>add</i> Power Mushrooms <i>with cold signs</i> , <i>add</i> Clear Heat <i>with heat signs</i>
Herpes Zoster (Shingles)	Clear Heat, Astra Isatis
High Cholesterol	Astra Garlic, Polilipid, <i>add</i> Flavonex <i>with circulatory problems</i> , EPAQ (EPA/DHA, phospholipids)
HIV	Enhance, Clear Heat, Astra Isatis, CordySeng, Cordyceps PS
Hunger Pangs	Astra Diet Tea
Hypertension	<i>Blood Stagnation:</i> Flavonex <i>Exuberant Yang:</i> Ease Plus <i>General:</i> IBP, EPAQ (EPA/DHA, phospholipids) <i>Internal Wind:</i> Gastrodia Relieve Wind, Cordyceps PS
Immunity	<i>Improve Immune Function:</i> Colostroplex <i>Protect:</i> Astra C, CordySeng, Astra 8 <i>Strengthen:</i> Astra 8, Power Mushrooms, Astra Isatis, Enhance, CordySeng, Cordyceps PS
Impetigo	<i>Topical:</i> Resinall K
Incontinence	Astra Essence, Source Qi, Cordyceps PS, Virility Caps
Indigestion	<i>Cold:</i> Stomach Caps <i>Stagnation:</i> Quiet Digestion, Chzyme
Infertility: Female	<i>Cold:</i> Maternal Herbal <i>Yin Deficiency:</i> Fertile Garden <i>PCOS:</i> Chiroin
Infertility: Male	<i>Cold:</i> Virility Caps, Cordyceps PS <i>Yin & Yang Deficiency:</i> Astra Essence
Inflammation and Infection	<i>Acute:</i> Isatis Gold, Coptis Purge Fire, Clear Heat, Resinall E, Mobility 2, EPAQ (EPA/DHA, phospholipids) <i>Prevention:</i> Flavonex, Colostroplex, Curcuma Flow
Inflammatory Bowel Disease	Isatis Cooling, Formula H, Colostroplex

Injury	Resinall E, Resinall K, Serramend <i>Inflammation:</i> Coptis Purge Fire, Clear Heat <i>Lower Body:</i> AC-Q <i>Upper Body:</i> SPZM
Insomnia	<i>Acute:</i> Schisandra Dreams, Griffonex 5-HTP <i>Chronic:</i> Emperor's Ginseng Zizyphus <i>Heart Blood Deficiency:</i> Shen-Gem <i>Yin Deficiency:</i> Calm Spirit
Joint Inflammation	See Arthritis
Joint Pain	Collagenex 2, Curcuma Flow
Kidney Yang Deficiency	Adrenosen, Virility Caps, Rehmannia 8, Backbone
Leukorrhea	Isatis Cooling, Clearing, Phellostatin, Six Gentlemen
Liver Detox	Rehmannia & Milk Thistle Formula
Low Back Pain	Backbone, Rehmannia 8, Nine Flavor Tea, AC-Q, Mobility 2, SPZM
Lower Body Pain, Swelling	AC-Q, Mobility 2, Serramend
Lumbago	Backbone
Lung Qi Deficiency	Astra 8, CordySeng
Lupus	Power Mushrooms, Coptis Purge Fire, Collagenex 2, EPAQ
Lyme Disease	<i>Antimicrobial:</i> Colostroplex <i>Detoxify:</i> Aloe 22 <i>Help Eliminate Lyme Cysts:</i> Artestatin <i>Improve Immune Function:</i> Colostroplex <i>Improve Mental Function:</i> Cogni-Spark <i>Joint Inflammation:</i> EPAQ (EPA/DHA, phospholipids) <i>Joint/Muscle Pain:</i> AC-Q, Channel Flow <i>Joint Support:</i> Collagenex 2 <i>Migrating Pain/Nerve Pain:</i> Mobility 2, Channel Flow <i>Promote Energy:</i> Power Mushrooms, Astra 8 <i>Reduce Liver Toxicity:</i> Rehmannia & Milk Thistle Formula <i>Replenish Energy/Heart Protective:</i> CordySeng <i>Swollen Joints:</i> Clear Heat
Malaria	<i>Acute:</i> Artestatin (combine with western drugs), Rehmannia & Milk Thistle Formula

Memory: Poor	Flavonex, Astra 8, Astra Essence, Cogni-Spark, CordySeng, Shen-Gem
Men's Health	<i>Difficult Urination:</i> Essence Chamber, Drain Dampness <i>Elevated PSA Levels:</i> Essence Chamber <i>Erectile Dysfunction:</i> Cordyceps PS, Virility Caps + Flavonex <i>Hormonal Support:</i> NuLignan <i>Impotence:</i> Cordyceps PS, Virility Caps <i>Prostate Health:</i> See Prostate Conditions
Menopause	<i>General:</i> Three Immortals, Emperor's Ginseng Zizyphus <i>Hot Flashes:</i> Great Yin + Coptis Purge Fire, NuLignan <i>Liver Qi Stagnation:</i> Woman's Balance <i>Night Sweats:</i> Nine Flavor Tea, Great Yin, Tremella and American Ginseng
Menstrual Bleeding (Excess)	<i>Heat:</i> Unlocking + Formula H
Mental Fatigue	Flavonex + Astra 8, Cogni-Spark
Mononucleosis	Astra Isatis, Power Mushrooms
Multiple Sclerosis	Power Mushrooms, Backbone
Muscle Tension	Ease 2, SPZM
Myasthenia Gravis	Power Mushrooms
Nausea, Vomiting	Six Gentlemen, Escape Restraint, Stomach Caps, Quiet Digestion, Chzyme, Clear Phlegm, Ease 2
Nervousness	Ease Plus, Calm Spirit, Shen-Gem, Griffonex 5-HTP
Neuropathy	<i>Circulation:</i> Mobility 2 + Flavonex, Marrow Plus <i>Cold:</i> Mobility 3 + Channel Flow <i>Diabetic:</i> Bil Lutein <i>Heat:</i> Mobility 2 + Clear Heat <i>Spleen Deficiency and Dampness:</i> Shen Ling
Osteoarthritis	See Arthritis
Pain	<i>Aching:</i> AC-Q, Mobility 3, Marrow Plus <i>Acute:</i> Channel Flow, Resinall E, Resinall K <i>Alternative to NSAIDs:</i> Channel Flow <i>Burning Pain:</i> Mobility 2, Clear Heat <i>Foot/Ankle:</i> Mobility 2, Clear Heat, Shen Ling (<i>leg weakness and peripheral neuropathy</i>) <i>Fracture:</i> OsteoHerbal

(Pain continued on next page)

Pain (<i>continued</i>)	<i>Headache:</i> Head-Q, Ease Plus <i>Hip:</i> AC-Q, Backbone <i>Inflammatory Bowel Pain:</i> Isatis Cooling <i>Injury Treatment:</i> Resinall E, Resinall K <i>Joint:</i> Mobility 2, Mobility 3, Curcuma Flow <i>Joint and Muscle:</i> AC-Q <i>Knee:</i> Backbone, Channel Flow <i>Lower Back:</i> Backbone, Mobility 3 <i>Moving Pain:</i> Mobility 2 <i>Nerve Pain:</i> Mobility 2, Tamu Oil <i>Nourish Joints, Muscles, Tendons:</i> Collagenex 2 <i>Sports Injury:</i> AC-Q, Resinall E, Resinall K <i>Stabbing Pain:</i> Channel Flow <i>Upper Body Pain/Spasms:</i> SPZM
Parasites	Aloe 22, Artestatin, Colostropex, Pomexcellent
PCOS (Polycystic Ovary Syndrome)	Chiroin
Phlegm	Clear Phlegm, Stomach Caps
PMS	<i>Blood Deficiency:</i> Heavenly Water <i>Heat:</i> Woman's Balance
Pneumonia	Tremella and American Ginseng, Clear Air, Clear Heat
Poor Cerebral Circulation	Flavonex See Mental Fatigue
Post Menstrual Fatigue	Eight Treasures, Astra Essence, Nine Flavor Tea
Postpartum Fatigue	Postpartum (okay while nursing), Astra Essence
Prostate Conditions	<i>Acute:</i> Man Yue Mei Clearing (reformulated Akebia Moist Heat), Isatis Cooling <i>Chronic Swelling/Hypertrophy:</i> Astra Essence followed by Essence Chamber <i>Frequent Urination:</i> Astra Essence, Virility Caps <i>Tonic:</i> Rehmannia 8
Protozoal Infection	Artestatin
Psoriasis	TAMU Oil
Qi Tonic	Six Gentlemen, Astra 8, CordySeng
Restless Legs	Flavonex + AC-Q, SPZM <i>Swelling:</i> Flavonex + Formula V
Sciatica	Mobility 2, Backbone
Seizure Disorder	<i>Preventative:</i> Ease Plus + Ease 2

Shingles	Clear Heat + Astra Isatis
Shoulder, Neck Tension	Ease 2, SPZM
Sinus	<i>Acute and Chronic Sinusitis:</i> Nasal Caps 2, Clear Phlegm, Serramend <i>Allergic Rhinitis, Sinusitis:</i> Xanthium Relieve Surface + Astra C <i>Sinus Infections:</i> Coptis Purge Fire + Nasal Caps 2 <i>Watery Sinus Congestion:</i> Clear Phlegm
Sjogren's Syndrome	Nine Flavor Tea
Sleep	See Insomnia
Sore Throat	Yin Chao Jin, Isatis Gold, Coptis Purge Fire
Spasms	SPZM
Sports Injury	AC-Q, Resinall E, Resinall K
Stomachache, Indigestion	Stomach Caps, Quiet Digestion, Enteromend
Stone: Bladder, Kidney	Stone Clearing (reformulated Jin Qian Cao Stone)
Stress	<i>Loose Stools:</i> Calm Spirit + Ease 2 <i>Normal Constipation:</i> Calm Spirit + Ease Plus
TMJ (Temporomandibular Joint)	Head-Q
Tuberculosis	Tremella and American Ginseng, CordySeng
Ulcerative Colitis	See Crohn's Disease and Inflammatory Bowel Disease
Urinary Tract Infection	<i>Acute:</i> Man Yue Mei Clearing (reformulated Akebia Moist Heat) <i>Chronic:</i> Clearing <i>Prevention:</i> Clearing
Vaginal Infection	Isatis Cooling, Clearing, Unlocking, Artestatin, Phellostatin
Venous Insufficiency	Formula V, Serramend
Vertigo	Marrow Plus, Clear Phlegm
Virus	<i>Acute:</i> Clear Heat, Isatis Gold <i>Chronic:</i> Astra Isatis, Enhance, CordySeng
Weight Loss	Astra Diet Tea, Astra 18 Diet, Greenexcellent, Griffonex 5-HTP

Women's Health	See Cervical Dysplasia Dysmenorrhea Endometriosis Fibrocystic Breasts Infertility: Female Menopause Menstrual Bleeding (excess) Post Menstrual Fatigue Urinary Tract Infections Vaginal Infection and Yeast Infection Yin Deficiency
Yang Tonic	Rehmannia 8, Backbone, Virility Caps
Yin Deficiency	Clearing, Nine Flavor Tea, Fertile Garden, Great Yin



Pinyin Reference Guide

H= Historical Formula • M= Modified Historical Formula

Pinyin	Health Concerns	Also Known As
Ba Zhen Tang	Eight Treasures (M)	Tang-Kuei and Ginseng 8; Eight Treasures Decoction (Bensky)
Bai He Gu Jin Tang	Lily Bulb Formula (M)	Lily Preserve Metal
Bao He Wan	Quiet Digestion (M)	Curing Pills
Bi Yan Pian	Xanthium Relieve Surface (M)	
Bu Zhong Yi Qi Wan	Raise Qi (M)	Ginseng and Astragalus
Cang Er Zi San	Xanthium Relieve Surface (M)	Xanthium Powder (Modified) (Bensky)
Chai Hu Gui Zhi Tang	Ease 2 (M)	Bupleurum and Cinnamon Comb
Chai Hu Mu Li Long Gu Wan	Ease Plus (M)	Bupleurum and Dragon Bone Comb
Chai Hu Xiang Fu Tang	Bupleurum Entangled Qi (M)	Modified Bupleurum and Cyprus Formulation
Chien Chi Tai Wan	Isatis Cooling (M)	
Chuan Lian Zi	GB-6 (M)	
Chuan Yin Lian Kang Yang Pian	Clear Heat (M)	Clear Heat and Clean Toxin
Da Bu Yin	Great Yin (M)	Tonify Yin Pill
Ding Chuan Tang	Clear Air (M)	Arrest Wheezing Decoction (Bensky)
Ding Xin Wan	Calm Spirit (M)	Heart Stabilizing Pills
Du Huo Luo Dan	AC-Q (M)	Aromatic Herbal Formula
Er Xian Tang	Three Immortals (M)	Two-Immortals Decoction (Modified) (Bensky)
Fang Feng Tong Sheng San	Astra 18 Diet (M)	Siler & Platycodon Comb Plus Magnolia and Hoelen Comb; Ledebouriella Powder that Sagely Unblocks (Bensky)
Gan Mao Ling	Cold Away (M)	Heavy Cold Formula (Modified)
Gui Pi Wan	Shen-Gem (M)	Ginseng and Longan Formula; Restore the Spleen Decoction (Bensky)

Pinyin	Health Concerns	Also Known As
Huo Luo Xiao Ling Dan	Channel Flow (M)	Fantastically Effective Pill to Invigorate the Collaterals
Jin Gui Shen Qi Wan	Rehmannia 8 (M)	Golden Kidney Formula
Jiu Wei Qiang Huo Tang	Head Q (M)	Chiang Huo Formula; Nine-Herb Decoction with Notopterygium (Modified)
Liu Wei Di Huang Wan	Nine Flavor Tea (M)	Rehmannia 6
Long Dan Xie Gan Wan	Coptis Purge Fire (M)	Coptis and Scute Formula Tang and Gentiana Formula; (Modified) (Bensky)
Ping Wei San	Stomach Caps (M)	Magnolia and Ginger; Calm the Stomach Powder (Modified) (Bensky)
Qi Li San	Resinall K (M)	Seven-Thousandths of a Tael Powder (Bensky)
Qing Bi Tang	Nasal Caps 2 (M)	Pueraria Nasal Combination
Qing Xin Lian Zi Yin	Clearing (M)	Modified Heart Clearing Lotus Seed Tablets
Ren Shen Ge Jie San	Ginseng and Rhodiola (M)	Ginseng and Gecko Powder (Bensky)
Shao Yao Gan Cao Tang	SPZM (M)	
Shen Ling Bai Zhu Wan	Shen Ling (M)	Shen Ling, Ginseng Poria, and Atractylodes Powder
Shen Qi Wan	Rehmannia 8 (M)	Golden Book Kidney Formula; Shen Qi Wan
Sheng Qi Shi Zang	Source Qi (M)	
Shu Jing Huo Xue Tang	Mobility 2 (M)	Clematis and Stephania Formula; Relax the Channels and Invigorates the Blood Decoction (Bensky)
Si Jun Zi Tang	Six Gentlemen (M)	Modified Four Gentlemen Decoction
Tian Ma Gou Teng Yin	Gastrodia Relieve Wind (M)	Gastrodia and Uncaria Decoction (Bensky)
Tong Jing Wan	Cramp Bark Plus (M)	Cinnamon and Persica Combination Plus Achyranthes Combination
Wan Du Hua Yu Tang	Backbone (M)	Warming and Dissolving Blood Stasis
Wen Dan Tang	Clear Phlegm (M)	Bamboo and Hoelen Formula

Pinyin	Health Concerns	Also Known As
Wu Ling San	Drain Dampness (M)	Hoelen 5
Xiang Sha Liu Jun Zi Wan	Six Gentlemen (M)	
Xiao Yao Wan	Woman's Balance (M)	Hsiao Yao Wan; Free and Easy Wanderer
Yi Guan Jian	Fertile Garden (M)	One Stack Fertility Formula Promoting Tabs; Linking Decoction
Yu Ping Feng San	Astra C (M)	Jade Screen Powder (Bensky)
Yue Ju Wan	Escape Restraint (M)	Remove Stagnation Pill
Zhi Bai Di Huang Wan	Nine Flavor Tea (M)	Anemarrhena, Phellodendron, and Rehmannia Pill (Bensky)
Zuo Gui Wan You Gui Yin	Astra Essence (M)	Restore Left Pill and Restore the Right Decoction (Bensky)



Index of Formulas by Symptom with TCM Differentiation

Abdominal Distension

Food Stagnation
Quiet Digestion
Chzyme
Gallbladder Heat
GB 6
Liver Qi Stagnation
Heavenly Water
Liver Qi Stagnation with Heat
Woman's Balance
Spleen Qi Deficiency
Six Gentlemen
Stomach Stagnation of Qi and Phlegm
Stomach Caps
Escape Restraint

Abdominal Pain

Liver Qi Stagnation
Ease 2
Stomach Stagnation of Qi and Phlegm, Cold
Stomach Caps
Escape Restraint
Qi and Blood Stagnation, Damp Heat
Isatis Cooling

Lower Abdominal Pain

Uterus Blood Stagnation
Channel Flow
Cramp Bark Plus

Abscesses

Clear Heat

Amenorrhea

Deficiency of Blood and Qi
Eight Treasures
Uterus Stagnation of Blood
Cramp Bark Plus

Anemia

Deficiency of Qi and Blood
Eight Treasures
Shen-Gem
Marrow Plus

Anti-Inflammatory

Curcuma Flow
EPAQ (*EPA/DHA, phospholipids*)
Serramend

Tonic

Collagenex 2

Anxiety and Nervousness

Calm Spirit + Ease 2 or Ease Plus
Schisandra Dreams
Griffonex 5-HTP
Palpitations: Emperor's Ginseng Zizyphus

Appetite, Poor

Deficiency of Qi, Blood and Yang
Source Qi
Liver Qi Stagnation
Shu Gan
Liver Qi Stagnation with Heat
Woman's Balance

(Appetite, Poor continued on next page)

Appetite, Poor *(continued)*

Liver Qi Stagnation with Stomach Qi Stagnation
 Woman's Balance + Quiet Digestion
Liver Qi Stagnation with Stomach Phlegm and Spleen Qi Deficiency
 Woman's Balance + Clear Phlegm
Stomach Phlegm-Damp
 Quiet Digestion
Stomach Phlegm and Damp, Cold
 Stomach Caps

Arthralgia and Arthritis (Bi Syndromes)

Deficiency of Blood, Qi and Blood Stagnation
 Marrow Plus
Deficiency Kidney Yang
 Rehmannia 8 (Edema)
 Backbone
Deficiency of Yin with Heat
 Nine Flavor Tea
Stagnation of Liver Qi
 Ease 2
 Ease Plus
Stagnation of Qi and Blood
 Mobility 2
 Channel Flow
Stagnation of Qi and Blood due to Trauma
 Resinall E
 Resinall K
Supplement
 Collagenex 2
Wind-Cold-Damp
 Mobility 3
Wind Qi and Blood Stagnation, Phlegm
 AC-Q
Wind-Damp-Heat
 Mobility 2 + Clear Heat
With Autoimmune Disease
 Colostroplex

Asthma

Copious Phlegm
 Clear Phlegm
Kidney Yang Deficiency with Phlegm
 Ginseng and Rhodiola
Lung Yin Deficiency
 Lily Bulb Formula
Lung Yin Deficiency Heat
 Tremella and American Ginseng
Phlegm and Coughing
 Clear Air
Spleen and Lung Qi Deficiency
 Astra 8

Back Pain, Lower

Dampness and Blood Stagnation
 Mobility 2
Qi and Blood Stagnation
 Channel Flow
Qi Yang Deficiency and Blood Stagnation
 Backbone
Wind, Damp, Cold
 Mobility 3

Back, Weak

Kidney Yang Deficiency
 Backbone
Kidney Yin Deficiency
 Rehmannia 8 (Edema)
 Nine Flavor Tea

Belching

Quiet Digestion
 Shu Gan

Bi Syndrome *(see Arthralgia and Arthritis)***Bladder Stone**

Stone Clearing (formerly Jin Qian Cao Stone)

Blood Cholesterol and Lipids, High

EPAQ (EPA/DHA, phospholipids)
 Flavonex
 Polilipid

Blood Glucose

Greenexcellent
Chiroin
Astra Essence

Blood Pressure (high)

Pomexcellent
IBP

Blurry Vision

Astra Essence
Rehmannia 8

Breast Distension

Bupleurum Entangled Qi

Breathing, Difficult

Kidney Yang Deficiency with Phlegm
Ginseng and Rhodiola
Lung and Spleen Deficiency
Astra 8
CordySeng

Bronchitis (see Cough)**Cardiovascular**

EPAQ (EPA/DHA, phospholipids)
Polilipid
Pomexcellent
Serramend

Chest Constriction

Blood Stagnation
Channel Flow
Flavonex
Phlegm and Coughing
Clear Air
Qi Stagnation and Yin Deficiency
Rehmannia & Milk Thistle Formula
(reformulated Ecliptex)

Chills and Fevers, Alternating

Ease 2

Cholesterol (high)

EPAQ (EPA/DHA, phospholipids)
Polilipid

Chronic Fatigue Syndrome

Deficiency of Qi and Yin, Yang
Astra Isatis
Enhance
Deficiency of Yin with Heat
Nine Flavor Tea
Fatigue Cold Signs
Power Mushrooms
Fatigue Hot Signs
Adrenosen
Pain / Stiffness
Channel Flow
Toxic Heat (Virus)
Clear Heat

Common Cold and Flu

1st Sign
Yin Chao Jin
Cold Away
2nd/3rd Stage
Isatis Gold
Cold Away
Prolonged
Ease 2 + Power Mushrooms
Cold Away
Chest Cold
Clear Air
Phlegm and Coughing
Clear Air
Shao Yang (Alternating Chills and Fever)
Ease 2
Stiff Neck and Headache
Ease 2
Head-Q
Toxic Heat
Clear Heat
Viral Infections
Clear Heat
Isatis Gold
Wind-Heat Invasion, Early Stage
Isatis Gold
Yin Chao Jin
Yin Chao Junior

Constipation

Acute

Gentle Senna

Deficient Blood

Eight Treasures + Aloe 22

Deficiency of Yin

Nine Flavor Tea + Gentle Senna

Qi Stagnation (Chronic)

Aloe 22

With Heat

Coptis Purge Fire

Cough

Lung Qi Deficiency

Astra 8

CordySeng

Lung Phlegm-Damp

Clear Air

Clear Phlegm

Lung Phlegm-Heat

Clear Air

Isatis Gold

Clear Heat

Lung Heat with Yin Deficiency

Tremella and American Ginseng (*add Clear Heat with fever*)

Lung Yin Deficiency (Dry Cough)

Tremella and American Ginseng

Lily Bulb Formula

Smoker's Cough

Clear Air (*consider adding Clear Phlegm or Clear Heat*)

Tremella and American Ginseng

Depression

Heart Blood Deficiency

Shen-Gem

Spleen Deficiency and Phlegm

Aspiration

Spleen Yang Deficiency

Source Qi

Yin Deficiency

Calm Spirit

Emperor's Ginseng Zizyphus

Diabetes

Astra Essence

Greenexcellent

Chiroin

Diarrhea or Loose Stools

Damp Heat

Colostropex + Formula H

Damp Heat and Qi Deficiency

Phellostatin

Spleen Deficiency

Six Gentlemen

Spleen Yang Deficiency

Source Qi

With Virus, Bacteria, Fungus

Colostropex

Isatis Cooling

Quiet Digestion

Chzyme

Digestion, Poor

Enteromend

Damp Heat

Formula H

Phellostatin

Parasites

Artestatin

Aloe 22

Spleen Deficiency

Six Gentlemen

Source Qi

Dizziness

Deficiency of Blood

Eight Treasures

Marrow Plus

Deficiency of Qi and Blood

Shen-Gem

Heart Yin Deficiency

Calm Spirit

Liver Qi Stagnation

Heavenly Water

(Dizziness continued on next page)

Dizziness *(continued)*

Liver Qi Stagnation with Heat

Woman's Balance

Liver Yin Deficiency

Nine Flavor Tea

Gastrodia Relieve Wind

Stomach Phlegm

Quiet Digestion

Stomach Caps

Clear Phlegm

Ear, Nose and Throat Conditions

Serramend

Ear-Ringing

Deficient Qi, Yin, Yang, Blood

Astra Essence

Internal Wind

Gastrodia Relieve Wind

Kidney Deficiency

Rehmannia 8

Kidney Yin Deficiency

Nine Flavor Tea

Eczema

TAMU Oil

EPAQ (EPA/DHA phospholipids)

Skin Balance

Clear Heat

Allergic Reaction

Xanthium Relieve Surface

Dryness and Itching

Skin Balance + Marrow Plus

Edema

Acute

Drain Dampness

Chronic Edema

Drain Dampness + Rehmannia 8

Edema with Arthritis

Drain Dampness + Mobility 2

Emphysema

Kidney Deficiency

Ginseng and Rhodiola

Spleen and Lung Deficiency

Astra 8

Endometriosis

Damp Heat and Blood Stagnation

Unlocking

Qi and Blood Stagnation

Cramp Bark Plus + Bupleurum Entangled Qi

Channel Flow

Epigastric Distension

Food Stagnation

Quiet Digestion

Escape Restraint

Liver Qi Stagnation with Spleen Qi Deficiency

Ease 2

Stomach Hyperacidity (Ulcer)

Ease Plus

Stomach Phlegm and Damp

Stomach Caps

Clear Phlegm

Epilepsy

Ease 2 + Ease Plus

Eye

Dry: Astra Essence, Nine Flavor Tea

Health: Curcuma Flow

Pressure: Bil Lutein

Liver Fire

Coptis Purge Fire

Liver Wind

Gastrodia Relieve Wind

Red: Coptis Purge Fire

Spots in Vision

Liver Blood Deficiency

Eight Treasures

Liver Yin Deficiency

Nine Flavor Tea

Astra Essence

Eyesight (see Vision)

Fatigue

Deficiency of Blood

Eight Treasures

Marrow Plus

Deficiency of Lung Yin

Tremella and American Ginseng

Deficiency of Qi and Blood

Shen-Gem

Deficiency of Qi and Blood Yin, Yang

Astra Essence

Following Prolonged Illness

Adrenosen

Power Mushrooms

Kidney Yin Deficiency

Nine Flavor Tea

Menstrual, due to Deficiency of Qi and Yang

Eight Treasures

Post-Partum or Post-Surgery

Postpartum

Spleen and Lung Qi Deficiency

Astra 8

Fever

Afternoon Low Grade (Deficiency of Yin with Heat)

Astra Isatis

Coptis Purge Fire

Nine Flavor Tea

High Fever During Common Cold

Clear Heat

Isatis Gold

Yin Chao Jin

Flatulence

Food Stagnation

Quiet Digestion

Liver Qi Stagnation

Escape Restraint

Woman's Balance

Liver Qi Stagnation and Spleen Qi Deficiency

Ease 2

Spleen Qi Deficiency

Six Gentlemen

Colostroxplex

Flu (see Common Cold and Flu)

Food Allergies

Astra C

Colostroxplex

Ease 2

Shu Gan

Food Poisoning

Quiet Digestion

Chzyme

Food Stagnation

Quiet Digestion

Escape Restraint

With Phlegm

Clear Phlegm

With Phlegm, Damp Cold

Stomach Caps

Gallbladder Inflammation

Coptis Purge Fire

GB-6

Gallstones

GB-6

Glaucoma

Rehmannia 8

Goiter

Phlegm

Clear Phlegm

Phlegm and Heat

Clear Heat

Yin Deficiency

Nine Flavor Tea

Hair, Dry or Brittle

Astra Essence

Hangover

Quiet Digestion

Headache

Common Cold

Isatis Gold

Excess Wind, Blood Stagnation

Head-Q

Liver and Stomach Disharmony

Ease 2

Liver or Gallbladder Fire

Coptis Purge Fire

Liver Qi Stagnation

Ease Plus

Liver Qi Stagnation with Rising Liver Yang

Ease Plus + Coptis Purge Fire

Liver Yin Deficiency with Rising Liver Yang

Gastrodia Relieve Wind

Serotonin Deficiency

Griffonex 5-HTP

Stagnation in the Channels

Channel Flow

Resinall K and Resinall E

Viral Infections

Clear Heat

Wind Cold Damp

Mobility 3

Hepatitis

Acute

Rehmannia & Milk Thistle Formula
(reformulated Ecliptex) + Clear Heat

Coptis Purge Fire

Hepatoplex One

Chronic

Astra Isatis

Rehmannia & Milk Thistle Formula
(reformulated Ecliptex)

Enhance

Hepatoplex One

Hepatoplex Two

Hernia

Raise Qi

Source Qi

Herpes (Oral or Genital)

With Cold Signs

Astra Isatis + Power Mushrooms

Hot Signs

Astra Isatis + Clear Heat

Outbreak

Coptis Purge Fire

Prodromal and Prevention

Astra Isatis

Hiccup

Quiet Digestion

Ease Plus

Hives

Heat

Clear Heat

Coptis Purge Fire

Topical

Resinall K

Yin Deficiency

Nine Flavor Tea

Hot Flashes (see Menopause)

Hot Palms and Feet

Nine Flavor Tea

Hyperactive Thyroid

Nine Flavor Tea

Hypertension

EPAQ (EPA/DHA, phospholipids)

IBP

Blood Stagnation

Flavonex

Exuberant Yang

Ease Plus

Internal Wind

Gastrodia Relieve Wind

Hypoglycemia

Adrenosen

Astra 8

Hypothyroid

Adrenosen
Marrow Plus
Rehmannia 8

Increase Resistance to Disease

Boost Wei Qi
Astra C
Deficiency in Yin and Yang
Astra Essence

Infertility

Blood Stagnation
Channel Flow
Deficiency of Qi and Blood
Eight Treasures
Deficiency Yang
Maternal Herbal
Deficiency Yin
Fertile Garden
Liver Qi Stagnation with Cold
Maternal Herbal
Phlegm and Dampness
Quiet Digestion
Stomach Caps
Clear Phlegm

Injury (see Traumatic Injury)

Insomnia

Acute
Schisandra Dreams
Griffonex 5-HTP
Deficiency Yin and Heat
Nine Flavor Tea
Heart Blood Deficiency with Spleen Qi Deficiency
Shen-Gem
Heart Yin Deficiency
Calm Spirit
Emperor's Ginseng Zizyphus
Liver Qi Stagnation with Rising Liver Yang
Ease Plus

(Insomnia continued on next column)

Insomnia (continued)

Liver Qi Stagnation with Spleen Qi Deficiency
Ease 2
Wind-Heat Invasion (Common Cold)
Isatis Gold

Irregular Menses (see Menses, Irregular)

Irritability

Liver Qi Stagnation
Heavenly Water
Liver Qi Stagnation with Heat
Woman's Balance
Liver Qi Stagnation with Rising Liver Yang
Ease Plus
Liver Qi Stagnation with Spleen Qi Deficiency
Ease 2

Jaundice (see Hepatitis)

Joint Pain

Collagenex 2
Curcuma Flow

Kidney Infection

Cold Signs
Rehmannia 8
Damp Heat
Coptis Purge Fire
Man Yue Mei Clearing (formerly Akebia Moist Heat)
Damp Heat with Blood Stagnation
Stone Clearing (formerly Jin Qian Cao Stone)
Yin Deficiency with Heat Signs (Promote Urination)
Nine Flavor Tea

Knees, Cold or Weak

Backbone

Leukorrhea

Damp-Heat
Isatis Cooling
Deficiency of Spleen Qi
Phellostatin
Six Gentlemen
Source Qi

Libido Low, Men and Woman

Kidney Yin Deficiency Heat

Three Immortals

Kidney Yang Deficiency Cold

Virility Caps

Maternal Herbal

Limbs, Aching

Astra 8

Six Gentlemen

Marrow Plus

Limbs, Cold

Mobility 3

Lower Back, Pain (see Back Pain, Lower)**Lower Back, Weak** (see Back, Weak)**Lymph Glands, Swollen**

Clear Heat

Astra Isatis (chronic)

Clear Phlegm

Mania

Ease Plus

Clear Phlegm

Mastitis

Clear Heat

Bupleurum Entangled Qi

Measles

Clear Heat

Coptis Purge Fire

Memory, Poor

Shen-Gem

Flavonex

Cogni-Spark

Menopausal, Hot Flashes

Hot Flashes

Great Yin + Coptis Purge Fire, Three

Immortals, NuLignan

Night Sweats

Nine Flavor Tea

Yin and Yang Deficiency

Three Immortals

Menses, Delayed

Deficiency of Blood

Eight Treasures

Deficiency of Blood, Qi and Blood Stagnation

Postpartum

Menses, Irregular

Deficiency of Qi and Blood

Eight Treasures

Liver Qi Stagnation

Heavenly Water

Liver Qi Stagnation with Heat

Woman's Balance

Liver Yin Deficiency

Nine Flavor Tea

Uterus Blood Stagnation

Channel Flow

Uterus Blood Stagnation with Heat

Unlocking

Menstrual Clots

Blood Stagnation

Cramp Bark Plus

Heat

Unlocking

Intense Pain

Channel Flow

Menstrual Cramps / Pain (see Dysmenorrhea)**Migraine** (see Headaches)**Motion Sickness**

Chzyme

Quiet Digestion

Stomach Caps

Mouth, Dry

Nine Flavor Tea
Astra Isatis
Lily Bulb Formula

Mumps

Clear Heat

Muscular Tension

Ease 2
Ease Plus

Nails, Poor

Eight Treasures

Nasal Congestion

Nasal Caps 2

Nausea

Deficiency of Spleen Qi
Six Gentlemen
Escape Restraint
Disharmony of Liver and Stomach
Ease 2
Stomach Phlegm
Quiet Digestion
Clear Phlegm
Stomach Phlegm and Damp
Stomach Caps
Stomach Qi Stagnation with Phlegm
Quiet Digestion

Neck and Shoulder Tension

Ease 2
Ease Plus
SPZM
(also see General Stress)

Nervousness (see Anxiety and Nervousness)**Night Sweats**

Yin Deficiency
Nine Flavor Tea
Yin Deficiency and Heat
Tremella and American Ginseng

Osteoporosis/Osteopenia

BioStrong

Osteoarthritis (see Arthralgia and Arthritis)**Ovarian Cyst**

Heat
Bupleurum Entangled Qi + Unlocking
No Heat
Bupleurum Entangled Qi + Cramp Bark Plus

Palpitation

Deficiency of Blood
Marrow Plus
Deficiency of Qi, Blood, and Yang
Astra Essence
Heart Blood Deficiency with Spleen Qi Deficiency
Shen-Gem
Heart Yin Deficiency
Calm Spirit
Emperor's Ginseng Zizyphus
Liver Qi Stagnation with Liver Yang Rising
Ease Plus
Rebellious Qi
Schisandra Dreams

Pelvic Inflammatory Disease

Clear Heat
Unlocking

Plum-Pit Sensation in Throat

Stomach Caps
Clear Phlegm

Pneumonia

Dry Lungs and Heat
Tremella and American Ginseng
Phlegm and Cough
Clear Air
Toxic Heat (Antiviral and Antibacterial)
Clear Heat

Poor Appetite (see Appetite, Poor)**Poor Digestion** (see Digestion, Poor)

Post-Menstrual Fatigue

Deficiency of Qi and Blood
Eight Treasures
Liver Yin Deficiency
Astra Essence
Nine Flavor Tea

Postpartum Fatigue

Qi and Blood Deficiency
Postpartum
Qi, Blood, Kidney Deficiency
Postpartum + Astra Essence

Post-Surgery Fatigue

Astra Essence
Marrow Plus
Six Gentlemen

Post-Surgery Recovery

Resinall E (*Internally*)
Resinall K (*Topically and Internally*)

Premature Ejaculation

Deficiency of Yang
Virility Caps
Deficiency of Yin
Fertile Garden
Deficiency Yin and Yang
Astra Essence

Premenstrual Syndrome (PMS)

Liver Qi Stagnation
Heavenly Water
Liver Qi Stagnation with Heat
Woman's Balance
Liver Yin Deficiency (combine with above)
Nine Flavor Tea

Premenstrual Water Retention

Heavenly Water
Drain Dampness

Prolapse of Intestine, Rectum or Uterus

Source Qi

Prostatitis, Acute

Damp Heat
Man Yue Mei Clearing (formerly Akebia
Moist Heat)
Unlocking

Prostate Hypertrophy

Essence Chamber
Astra Essence (Frequent Urination)

Rectal Bleeding

Formula H

Red Eye

Coptis Purge Fire

Restlessness

Heart Yin Deficiency
Calm Spirit
Emperor's Ginseng Zizyphus
Liver Qi Stagnation
Heavenly Water
Liver Qi Stagnation with Heat
Woman's Balance
Escape Restraint
Liver Qi Stagnation with Rising Liver Yang
Ease Plus

Rheumatism (see Arthralgia and Arthritis)**Rheumatoid Arthritis** (see Arthritis)**Rhinitis**

Xanthium Relieve Surface + Astra C

Runny Nose

Copious Phlegm
Clear Phlegm
Heat (Colored Phlegm)
Nasal Caps 2

Sciatica

Blood Stagnation and Dampness
Mobility 2
Blood Stagnation and Kidney Yang Deficiency
Backbone

Scrotal Eczema

Coptis Purge Fire

Sexual Exhaustion, Male (see Low Libido)**Shoulders and Neck, Aching**

Liver Qi Stagnation

Ease 2

Wind-Cold Invasion (Common Cold)

Head-Q

Wind-Heat Invasion (Common Cold)

Isatis Gold + Head-Q

Sinus Congestion

Bacterial Infection

Coptis Purge Fire and Nasal Caps 2

Sinus Phlegm

Clear Phlegm (*Wen Dan Tang*)

Nasal Caps 2

Skin Disorders

Bacterial and Fungal Infections

Resinall K topically

Hives

Coptis Purge Fire

Psoriasis, Eczema

Skin Balance

Tamu Oil

EPAQ (*EPA/DHA phospholipids*)

Skin, Dry

Blood Deficiency

Marrow Plus

Yin Deficiency

Nine Flavor Tea

Sleep, Restless (see Insomnia)**Smoking and Drug Withdrawal**

Heart Yin Deficiency

Calm Spirit

Liver Qi Stagnation with Exuberant Yang

Ease Plus

Liver Qi Stagnation and Liver Yin Deficiency

Rehmannia & Milk Thistle Formula

(reformulated Ecliptex)

Snoring

Nasal Caps 2

Spasms

SPZM

Spermatorrhea

Kidney Yin Deficiency

Fertile Garden

Kidney Yang Deficiency

Virility Caps

Kidney Yin and Yang Deficiency

Astra Essence

Stomach Flu

Quiet Digestion

Stools, Dry

Lily Bulb Formula

Nine Flavor Tea

Stools, Erratic

Food Stagnation

Quiet Digestion

Spleen Qi Deficiency

Six Gentlemen

Stool, Loose (see Diarrhea)**Strep Throat**

Clear Heat

Coptis Purge Fire

Stroke

Internal Wind

Gastrodia Relieve Wind

Qi and Blood Statis

AC-Q

(also see Tonic Formulas)

Tachycardia

Calm Palpitations
Schisandra Dreams
Emperor's Ginseng Zizyphus
Heart Blood Deficiency
Shen-Gem
Heart Yin Deficiency
Calm Spirit
Emperor's Ginseng Zizyphus

Temporomandibular Joint Pain (TMJ)

Head-Q

Testicles Swollen

Unlocking

Thick Nasal Discharge (see Sinus Congestion)**Thirst**

Yin Deficiency
Nine Flavor Tea
Yin Deficiency and Heat
Astra Isatis

Throat, Sore

Acute
Isatis Gold
Yin Chao Jin
Chronic
Astra Isatis

Tidal Fevers

Astra Isatis
Nine Flavor Tea + Coptis Purge Fire

Tonsillitis

Yin Chao Jin
Coptis Purge Fire

Traumatic Injury

Resinall E (*Internal with Enzymes*)
Resinall K (*Internal and External*)
Inflammation
Channel Flow
Curcuma Flow
Serramend
StemCell
Combine with:
AC-Q (*Lower Body Injury*)
SPZM (*Upper Body Injury*)

Trigeminal Neuralgia

Head-Q
Resinall E
Resinall K
SPZM

Ulcer, Stomach

Blood Stagnation
Flavonex
Cold
Stomach Caps
Heat, Blood Stagnation
Isatis Cooling

Urinary Frequency

Astra Essence

Urinary Retention

Rehmannia 8
Drain Dampness

Urinary Tract Infection

Man Yue Mei Clearing (formerly Akebia Moist Heat)

Uterine Bleeding

Formula H + Unlocking
Yin Deficiency and Heat
Three Immortals

Uterine Fibroids

Heat
Unlocking + Bupleurum Entangled Qi
No Heat
Cramp Bark Plus

Vaginitis

Damp Heat

Man Yue Mei Clearing (formerly Akebia Moist Heat)

Damp Heat and Qi Deficiency

Phellostatin

Damp Heat and Yin Deficiency

Clearing

Vertebral Subluxations

Ease 2

Vertigo (see Dizziness)**Viral Infections**

Astra Isatis

Clear Heat

Vision, Blurry or Weak

Bil Lutein

Liver Blood Deficiency

Eight Treasures

Marrow Plus

Liver Yin Deficiency

Astra Essence

Vomiting

Food Stagnation

Quiet Digestion

Liver Qi Stagnation with Cold

Ease 2

Phlegm

Clear Phlegm

Water Phlegm in Mouth

Quiet Digestion

Clear Phlegm

Water Retention

Drain Dampness

Rehmannia 8

Wei Qi (Defensive Energy) Weak

Astra C

Astra 8



Explanation of Formula Descriptions

Each formula in the alphabetical index contains the following categories of information.

Therapeutic Actions

This section supplies symptom patterns in terms of Western medicine.

Chinese Therapeutic Effects

This section provides a description of intended therapeutic activity of the formula in traditional Chinese medical terminology.

Administration

Dosage: Dosage information for each formula is provided here. Generally, the dosage rate is three capsules, two to three times per day. Increase the dose if the person is over 200 lbs. and decrease the dose if the person is less than 100 lbs. It is best to take the capsules between meals in order to provide maximum and quickest absorption without the interference of food digestion. You may open the capsules and add them to boiling water. Note: In 2019, Health Concerns began the transition from tablets to capsules.

Children: Dosage may be adjusted for children according to weight.

Animals: The dosage for animals is made according to weight. Cats ½ to 1 capsule per each ten pounds per day, dogs 1–2 capsules per each ten pounds per day.

Contraindications: Known contraindications to the formula are provided, including a description of situations in which the formula should be used with caution.

Pregnancy and Lactation: Health Concerns does not recommend herbs during pregnancy due to liability issues. Under the direction of an experienced herbalist, formulas may be administered with caution during lactation.

Allergies: For patients with many allergies start the herbs at ⅓ the normal dosage and gradually build up to normal dosage over a 3-week period.

Ingredients

This section lists the herbs in common and pinyin names in order of predominance, from largest to smallest amount by weight.

Formula Rationale

This section provides background information on the development of the formula. Most of the formulas are based on historical Chinese herbal formulas, but are modified according to modern research information or clinical applications.

Clinical Notes

This section of the alphabetical guide offers feedback from practitioners on possible clinical applications. It also cites clinical research.

Additional Formulas

This section highlights formulas with similar properties that you may wish to consider in your selection for your patient. This section also includes suggestions for combining formulas for greater clinical effectiveness.

Therapeutic Actions

1. Treats joint and muscle pain accompanied by weakness of the legs, hips, and back, especially post-stroke.
2. Treats degenerative diseases including arthritis, which reduce mobility and strength.
3. Use for traumatic and sports injuries: the formula works well for acute lower body (below the waist) injuries, and in chronic cases affecting the whole body.
4. Use for fibromyalgia.

Chinese Therapeutic Effects

Dispels wind-cold in joints

Disperses stagnant blood and phlegm

Activates blood circulation

Tonifies kidney yin and yang

Opens channels

Relieves pain

Administration

Internal: 2 capsules, TID, between meals

90 capsules, 712mg

Topical: Empty 3 capsules, add 2 cups water and bring to a boil for 1 minute. After suitable cooling, apply the warm herbal liquid with a face towel as a warm compress to tender joints and/or muscles. Reapply the compress for up to one half hour, one or more times daily. When refrigerated, the herbal liquid will keep for up to one week.

Contraindications: Pregnancy

Ingredients

Asian Ginseng aerial* and root <i>ren shen</i>	Fo-Ti root* <i>he shou wu</i>	Ligusticum root* <i>chuan xiong</i>	Achyranthes root* <i>niu xi</i>
Dong Quai root* <i>dang gui</i>	Rehmannia (cooked) root* <i>shu di huang</i>	Indian Frankincense gum* <i>ru xiang</i>	Loranthus stem* <i>sang ji sheng</i>
Siler root* <i>fang feng</i>	Lindera root* <i>wu yao</i>	Coptis root* <i>huang lian</i>	Pubescent Angelica root <i>du huo</i>
Costus root <i>mu xiang</i>	Gastrodia rhizome* <i>tian ma</i>	Tangerine peel* <i>qing pi</i>	Borneol resin <i>bing pian</i>
Clove bud <i>ding xiang</i>	Cinnamon bark* <i>rou gui</i>	Gentian root* <i>qin jiao</i>	*extract

Formula Rationale

AC-Q clears blockage in the channels. AC-Q is based on the Chinese patent formula *Du Huo Luo Dan* and *Du Huo Sang Ji Sheng Tang*, which is used for degenerative diseases that reduce mobility and strength. The formula is composed of aromatic herbs such as costus (*mu xiang*), Indian frankincense (*ru xiang*), clove (*ding xiang*), and borneol (*bing pian*) to promote circulation of Qi and blood. Aromatics contain terpenoid compounds useful against blocked circulation. Tonic herbs such as Asian ginseng (*ren shen*), fo-ti (*he shou wu*), dong quai (*dang gui*), and loranthus (*sang ji sheng*) are included to treat restricted circulation in the lower body. In addition, herbs such as siler (*fang feng*), gastrodia (*tian ma*) and loranthus (*sang ji sheng*) dispel the pathogenic factors of wind, cold, and dampness, accumulation of which can cause blockage of the channels. Tangerine (*qing pi*) and achyranthes (*niu xi*) promote the movement of Qi and invigorates the blood, respectively.

Clinical Notes

1. Use for post-stroke weakness, numbness, and pain.
2. Treats head injuries, facial paralysis and Bell's palsy.
3. Consider for wind-cold rheumatic conditions with cold and numb limbs.
4. Can use as injury formula: AC-Q contains herbs that clear the channels, move Qi and blood, and resolves phlegm swelling.
5. AC-Q external wash for pain and blocked circulation when no heat is present.

Additional Formulas

- For arthritic conditions, consider **Mobility 2**.
- For upper body injuries, use **SPZM**.
- Take with **Resinall K** or **Resinall E Caps** for acute or chronic injuries that are accompanied by swelling and weakness.
- For pain that worsens in cold, damp weather, consider **Mobility 3**.
- For chronic pain and/or inflammation consider **StemCell**.

R3.1120

Therapeutic Actions

1. Addresses burn-out, especially when accompanied by aching, pain, and digestive disturbances.
2. Restores energy, sense of well-being, and mental acuity.
3. Helps alleviate non-specific dry coughing, dyspepsia, and leukorrhea.
4. Supports the adrenal, pituitary, and thyroid glands.
5. Athletes may use it with yin tonics in order to replenish their systems.

Chinese Therapeutic Effects

Tonifies Qi and kidney yang
Drains dampness

Administration

Internal: 2 capsules TID, between meals. Rapid effect can be realized for acute conditions; chronic ailments may require at least two days for effect to be noted.

90 capsules, 750mg

Contraindications: May be too warming a formula for some individuals.

Ingredients

Two capsules contain:
Adrenal gland (bovine)
(400mg)
PAK
Pyridoxal alpha
Ketoglutarate
(200mg)

Chinese herbs (900mg):

Pseudostellaria root*
tai zi shen
Eleuthero root*
ci wu jia

Chinese Yam root*
shan yao
Schisandra berry*
wu wei zi
Hawthorn berry*
shan zha

*extract

Formula Rationale

Adrenosen is a formula that relieves burnout and is based on an ancient Chinese remedy. The American lifestyle is often stressful and includes a diet that frequently contains excesses of greasy, salty, and sweet foods. If these continue without adequate replenishment and rejuvenation, heat conditions may develop. Symptoms include lack of energy, mental sluggishness, nervousness, chronic fatigue, indigestion, acid regurgitation, belching, food cravings or poor appetite, hypo- glycemia, headache, palpitations, and constipation/diarrhea.

To maintain energy, some have overused ephedra (*ma huang*) or guarana, which are too warming for an already over-heated system.

Adrenal gland extracts have been used since the 1930s for cases of low adrenal function with fatigue and inability to cope with stress. Adrenosen may be considered experimentally for cases of allergy and inflammation. PAK facilitates the conversion of blood sugar into energy, calm the nerves, and increases circulatory delivery of oxygen to the tissues. In addition, PAK may prevent or reduce lactic acid formation. Pseudostellaria (*tai zi shen*) replenishes energy stores, enriches lung yin and helps generate fluids. Chinese yam (*shan yao*) helps regulate the heartbeat, lower blood pressure and cholesterol, and regulates the intestines; it also helps alleviate body aches and pains. Schisandra (*wu wei zi*) addresses insomnia, forgetfulness, poor concentration, palpitations, anxiety, and regulates blood sugar levels. Hawthorn (*shan zha*) is slightly warm, and is used to activate blood and resolve statis, harmonizing the middle burner.

Clinical Notes

1. For yin deficiency, Adrenosen may be taken with **Nine Flavor Tea** or **Clearing**, and may be used to help wean patients off *ma huang* and guarana, as these individuals often suffer yin deficiency.
2. Adrenosen is rarely used by itself for more than a few weeks. **Astra Essence** or **Backbone** may provide more sustained tonification and can be used concurrently.
3. Also see Health Concerns Newsletter: Vol. 5 No. 2 *From Chronic Fatigue Patient to Athlete* (Guzman).

R2.0720

Therapeutic Actions

1. Treats chronic infestations of intestinal parasites.
2. Treats intestinal infections.
3. Relieves chronic constipation.
4. Diverticular disorders.

Chinese Therapeutic Effects

Anti-parasitic	Disperses stagnant Qi
Purges gallbladder heat	Astringes the intestines

Administration

Internal: 3 capsules, TID, between meals

90 capsules, 650mg

Contraindications: Do not use this product if you have or develop diarrhea, loose stools, or abdominal pain.

Ingredients

Black Walnut hull*	Poria sclerotium*	Fennel seed	Cardamom fruit*
<i>Juglans nigra</i>	<i>fu ling</i>	<i>xiao hui xiang</i>	<i>sha ren</i>
Chebulic Myrobalan	Bai-Zhu Atractylodes	Pomegranate fruit*	Slippery Elm bark
aerial*	rhizome	<i>shi liu pi</i>	<i>Ulmus rubra or fulva</i>
<i>he zi</i>	<i>bai zhu</i>	Melia fruit*	Prickly Ash bark
Ginger rhizome	Garlic bulb	<i>chuan lian zi</i>	<i>Zanthoxylum</i>
<i>gan jiang</i>	<i>da suan</i>	Raspberry fruit	<i>americanum</i>
Japanese Apricot	Polyporus	<i>fu pen zi</i>	Licorice root*
fruit	sclerotium*	Bitter Orange fruit	<i>gan cao</i>
<i>wu mei</i>	<i>zhu ling</i>	<i>zhi shi</i>	Aloe Vera leaf
Codonopsis root*	Costus root	Nutmeg seed	<i>lu hui</i>
<i>dang shen</i>	<i>mu xiang</i>	<i>rou dou kou</i>	

*extract

Formula Rationale

Aloe 22 treats intestinal parasites and other intestinal diseases. The formula balances dispersing, eliminative forces with contracting and building forces, thus it is useful for a broad range of applications. The black walnut (*Juglans nigra*) is a native tree of North America. Black walnuts

(continued on next page)

Formula Rationale *(continued from previous page)*

are smaller, harder, and more pungent than the English walnuts sold in grocery stores. The hulls without the meaty kernels inside are used in herbal medicine. Black walnut trees exude a sap that discourages growth of competing plants over their roots. Black walnut hull contains juglone, a chemical that is antibacterial, anti-viral, antiparasitic, and a fungicide. The hull also contains tannins, iodine, vitamin C and zinc. Tannins act as a defense mechanism in plants against pathogens. The anthelmintic properties of tannins have been shown in scientific studies. Tannins are described to be antibacterial, and anti-diarrheic. Iodine is widely used as an antiseptic in medicine. It works by attaching itself to the pathogenic bacteria and thereby killing them.

Cardamom (*sha ren*) treats abdominal pain and distension, and relieves intestinal spasms. It controls diarrhea caused by infection, but also treats constipation due to weak intestinal function. Herbs such as Japanese apricot (*wu mei*), chebulic myrobalan (*he zi*), pomegranate (*shi liu pi*), nutmeg (*rou dou kou*) and raspberry (*fu pen zi*) treat diarrhea caused by infections, regulate intestinal secretions, and treat ulcers of the intestinal mucosa. Slippery elm (*Ulmus rubra* or *fulva*) is soothing to the middle and lower burner. Antiparasitics such as prickly ash (*Zanthoxylum americanum*), and aloe vera (*lu hui*) expel toxins through the bowels. Qi tonics such as codonopsis (*dang shen*), bai-zhu atractylodes (*bai zhu*), and licorice (*gan cao*), and digestive herbs such as ginger (*gan jiang*) enhance immunity and improve absorption of nutrients.

Clinical Notes

1. Treats hookworm, liver fluke, enterobiasis, tapeworm, roundworm, and giardiasis.
2. Effective for chronic constipation.
3. Use as a prophylaxis prior to and during traveling.
4. Prevention of parasites: **Artestatin** 1 to 2 capsules TID, plus Aloe 22 1 to 3 capsules TID. If constipation, increase Aloe 22. If diarrhea occurs, reduce Aloe 22.
5. Also see Health Concerns Newsletters: Vol. 5 No. 1 *Chinese Herbal Treatment of Chronic Digestive Disorders, Part Two* (Gaeddert); Vol. 8 No. 6 *Herbal Treatments of Parasites* (Gaeddert); Vol. 9 No. 1 *Herbal Treatments of Parasites, Part 2* (Gaeddert); Vol. 9 No. 2 *Herbal Treatments of Parasites, Part 3* (Gaeddert).

Additional Formulas

- For broad-spectrum action, combine Aloe 22 (2 to 3 capsules TID) with **Artestatin** (1 capsule TID), as both formulas contain herbs effective for such conditions. Artestatin is used for acute diarrhea due to infestation, while Aloe 22 is useful for constipation. Use a higher dose of Aloe 22 with constipation; reduce dosage for diarrhea or loose stools.
- For acute indigestion, diarrhea from intestinal flu or food poisoning, use **Quiet Digestion** or **Chzyme** as needed.

R2.1220

Therapeutic Actions

1. Treats acute infestations of protozoa — giardiasis, entamebiasis (*Entamoeb histolytica*).
2. Treats nausea, vomiting, and diarrhea caused by contaminated food bacillary and amoebic dysentery.
3. Use in conjunction with biomedical therapy for malaria, cryptosporidiosis, shigellosis, and trichomoniasis.

Chinese Therapeutic Effects

Expels parasites	Tonifies the spleen and stomach
Clears summer heat	Anti-malarial
Circulates stagnant Qi	

Administration

Internal: Non-HIV infected individuals start at 1 capsule TID, and increase to 3 capsules TID, over a three-week period. HIV-infected or highly sensitive individuals start at 1 capsule per day, and increase to 2 capsules TID, over a three-week period. Administer before meals.
270 capsules, 650mg

Contraindications: Do not use during pregnancy.

Ingredients

Chinese Wormwood (Artemisia) herb* <i>qing huo</i>	Magnolia bark* <i>hou po</i>	Tangerine peel* <i>chen pi</i>	Ginger root* <i>gan jiang</i>
Cascara sagrada <i>Frangula purshiana</i>	Turmeric root* <i>jiang huang</i>	Codonopsis root* <i>dang shen</i>	Cang-Zhu Atractylodes rhizome
Java Brucea fruit* <i>ya dan zi</i>	Eleuthero root* <i>ci wu jia</i>	Licorice root* <i>gan cao</i>	<i>cang zhu</i>
Chamomile flower* <i>huang chu ju</i>	Milk Thistle seed* <i>shui fei ji</i>	Coptis root* <i>huang lian</i>	Cardamom fruit* <i>sha ren</i>

*extract

Formula Rationale

Artestatin is composed of herbs that inhibit the growth of amoebae. The chief herb in the formula is Chinese wormwood (artemisia; *qing hao*), which has been found through research to be effective in treating malaria and giardiasis, both caused by amoebic organisms. Cascara Sagrada (*Frangula purshiana*) is a bitter antimicrobial. Brucea (*ya dan zi*) is commonly found in Chinese formulas that address malaria and other amoebic conditions; research has found it is capable of killing parasites in the cyst stage. Chamomile (*huang chu ju*) relieves inflammation and Qi stagnation. Magnolia (*hou po*) and cang-zhu atractylodes (*cang zhu*) are aromatic herbs used primarily to promote the movement of Qi, transform dampness, and resolve stagnation; research has found magnolia bark to be effective against amoebic dysentery. Turmeric (*jiang huang*) invigorates the blood and dispels Qi stagnation and pain. Eleuthero (*ci wu jia*) is warm, slightly bitter, and tonifies the spleen. Because chronic diarrhea drains Qi and fluids, codonopsis (*dang shen*) is used in this formula to tonify the Qi, strengthen the spleen, and generate fluids. Tangerine (*chen pi*) regulates the Qi and transforms phlegm. Licorice (*gan cao*) harmonizes and moderates the characteristics of the other herbs; it also tonifies the spleen and augments the Qi. Other herbs in Artestatin are effective in treating dysentery and summerheat conditions characterized by nausea, diarrhea, and headache. Ginger (*gan jiang*) warms the middle and expels cold and is used for conditions of deficiency due to insufficiency of the yang qi. Cardamom (*sha ren*) not only moves the Qi and transforms dampness; it is added to this formula to prevent stagnation from the formula's tonifying herbs.

Clinical Notes

1. Take as a prophylactic (1 to 3 capsules per day) when traveling to areas where exposure to contaminated food and water pose a threat to health.
2. Prevention of parasites: Artestatin 1 to 2 capsules TID plus **Aloe 22** 1 to 3 capsules TID. If constipation develops, increase Aloe 22. For diarrhea, reduce Aloe 22.
3. Also see Health Concerns Newsletters: Vol. 5 No. 1 *Chinese Herbal Treatment of Chronic Digestive Disorders, Part Two* (Gaeddert); Vol. 8 No. 6 *Herbal Treatments of Parasites* (Gaeddert); Vol. 9 No. 1 *Herbal Treatments of Parasites, Part 2* (Gaeddert); Vol. 9 No. 2 *Herbal Treatments of Parasites, Part 3* (Gaeddert).

Additional Formulas

- For broad-spectrum action, combine **Aloe 22** (2 to 3 capsules, TID) with Artestatin (2 capsules, TID), as both formulas contain herbs effective for such conditions. Artestatin is used for acute diarrhea due to infestation, while Aloe 22 is useful for constipation, use a higher dose of Aloe 22 with constipation, and reduce dosage for diarrhea or loose stools.
- Combine with **Quiet Digestion** for acute indigestion, food poisoning or diarrhea.
- Combine with **Colostropex** for diarrhea treatment.
- Combine with **Source Qi** for diarrhea with spleen yang deficiency and cold signs.

R2.0421

Therapeutic Actions

1. Relieves depression due to frustration and pent-up emotions.
2. Relieves chest oppression and constriction accompanied by lack of appetite, irritability, frustration, flank pain, bitter taste in the mouth, belching, epigastric pain, and a tendency toward constipation or sluggish stools.

Chinese Therapeutic Effects

Clears stagnant liver qi and tonifies and invigorates blood
Resolves dampness
Resolves food and phlegm entanglement

Administration

Internal: 3 capsules, TID, between meals

90 capsules, 650mg

Contraindications: Pregnancy

Ingredients

Blue Vervain herb <i>Verbena hastata</i>	Polygala root* <i>yuan zhi</i>	Albizia bark* <i>he huan pi</i>	Poria sclerotium* <i>fu ling</i>
Ginger root* <i>gan jiang</i>	Uncaria stem* <i>gou teng</i>	Chinese Peony root* <i>bai shao</i>	Cyperus rhizome* <i>xiang fu</i>
Damiana leaf <i>Turnera diffusa</i>	Gardenia fruit* <i>zhi zi</i>	Dong Quai root* <i>dang gui</i>	*extract

Formula Rationale

Aspiration addresses all the major aspects and complications of depression: stagnant Qi, stagnant blood, heat, dampness, as well as food and phlegm entanglement. The formula treats the physical conditions, which are the symptoms of depression, including chest oppression and constriction, irritability, anger, frustration, flank pain, and various digestion complaints. The Chinese name of the chief herb is polygala (*yuan zhi*), which can translate as “far-reaching”, attests to the formula’s ability to renew zest for life. Uncaria (*gou teng*) drains liver heat and pacifies liver yang. Gardenia (*zhi zi*) clears heat and eliminates irritability. Albizzia (*he huan pi*) promotes the free flowing of constrained liver qi, and is used for insomnia, poor memory and irritability due to constrained emotions. Chinese peony (*bai shao*) curbs the liver yang and relieves flank, abdominal, or chest pain from either constrained liver qi or disharmony between the liver and spleen. Dong quai (*dang gui*) invigorates, tonifies, and harmonizes the blood in order to relieve blood stasis. Ginger (*gan jiang*) dries dampness and warms the spleen and stomach as it dispels cold and wind. It specifically addresses chest oppression. Poria (*fu ling*) leaches out dampness, strengthens the spleen and transforms phlegm; this herb also quiets the heart and calms the spirit. Cyperus (*xiang fu*) promotes the movement of Qi, directs rebellious qi downward, and regulates the middle. Aspiration also includes two Western herbs, vervain and damiana, which have potent abilities to lift depression.

Clinical Notes

1. For best results, when taking Aspiration, patients should undertake regular aerobic exercise and a daily regimen of deep relaxation, as well as a diet conducive to liver and spleen harmony.
2. This formula is designed to be taken long-term, i.e., six months to one year or longer.
3. This formula is slightly warming and thus for those suffering from yin deficiency combining with **Calm Spirit** is recommended.
4. It can be used in concert with antidepressant medication.
5. Has been used successfully as an adjunct in the treatment of bipolar syndrome (manic depression). However, such patients should be closely monitored by a mental health professional.
6. Also see Health Concerns Newsletters: Vol. 4 No. 1 *Treatment of Emotional Disturbances in Traditional Chinese Medicine* (Victor); Vol. 11 No. 4 *Can Herbs Help People with Anxiety, Panic & PTSD?* (Gaeddert); Vol. 10 No. 5 *Can Chinese Herbs Help Clients with Depression? Part 1* (Gaeddert); Vol. 10 No. 6 *Can Chinese Herbs Help Clients with Depression? Part 2* (Gaeddert), Vol. 10 No. 7 *Can Chinese Herbs Help Clients with Depression? Part 3* (Gaeddert).

Additional Formulas

- For insomnia and anxiety, see **Schisandra Dreams**.
- For depression, see also **Heavenly Water** and **Woman’s Balance**.
- For heart yin deficiency see **Calm Spirit**.

R2.0421

Therapeutic Actions

1. Take for immune system enhancement and as an energy tonic. May be used for fatigue, systemic weakness, adrenal deficiencies, chills, diarrhea, muscle aches, and inability to concentrate.
2. Has adaptogenic properties; helps the body adapt to mental and physical stress.
3. Useful for weak lungs.

Chinese Therapeutic Effects

Tonifies the lung, spleen, and kidney qi
Strengthens wei qi

Administration

Internal: 3 capsules, BID, between meals

90 capsules, 500mg

270 capsules, 500mg

Contraindications: Warming tonic that may be too warm for some patients, reduce dosage or take an alternate formula if heat signs appear.

Ingredients

Astragalus root*
huang qi

Eleuthero root*
ci wu jia

Asian Ginseng root*
ren shen

Schisandra fruit*
wu wei zi

Ligustrum fruit
nu zhen zi

Hawthorn leaf and flower*
Crataegus pinnatifida

Licorice root*
gan cao

*extract

Formula Rationale

The primary herbs in the formula are Qi tonics that support astragalus with the intention of boosting the immune and energy systems.

Studies have reported that administration of astragalus for one month increased phagocytosis by spleen cells, decreased T-suppressor cell function and improved T-killer cell function. Astragalus enhances the effects of interferon and resistance to colds. Using an in vitro study,

(continued next page)

Formula Rationale *(continued from previous page)*

astragalus root extract was reported to inhibit viral replication. Astragalus formulas are useful in the support of radiation and chemotherapy patients. Recently, astragalus was found to relieve symptoms of patients suffering with seasonal allergic rhinitis.

Health Concerns uses Asian ginseng ginsenoside extract (AGGE). It is thought that ginsenosides act at hormone receptor sites, especially in the hypothalamus and pituitary glands, stimulating secretion of adrenocorticotrophic hormone (ACTH). ACTH stimulates the production of adrenal hormones and other factors, leading to balance and regulation of the hypothalamic/adrenal axis that may have been influenced by stress. Ginsenoside extracts improve stamina and learning capacity and may have carbohydrate-sparing and stamina-increasing activity in muscle tissues.

Studies report that Asian ginseng lowers cortisol levels in diabetics, having a positive benefit regarding insulin regulation. Asian ginseng may reduce the risk of viral infection and may have protective effects for individuals undergoing chemotherapy and radiotherapy. It also speeds recovery from surgery and helps the body adapt to physiologic stress caused by chemotherapy and radiation.

Schisandra (*we wei zi*) combined with eleuthero (*ci wu jia*) promote body energy and mental activity, licorice (*gan cao*) treats immune deficiency and autoimmune disorders, ligustrum (*nu zhen zi*) tonifies yin and blood, promotes circulation, removes toxins from the liver, and has immune enhancing properties. Hawthorn (*Crataegus pinnatifida*) reduces food stagnation. Licorice (*gan cao*) is known as “the great harmonizer” in TCM.

Clinical Notes

1. Astra 8 may be taken over a long period as an excellent daily tonic and immune regulator.
2. The formula was used in the Immune Enhancement Project in San Francisco and in the Transfusion Safety Study at the University of Miami in Florida.
3. The herbs in the formula contain adaptogens, which help simulate a depressed immune system.
4. Some of the herbs appear to have a homeostatic effect on the immune system: deficient immune function may be strengthened, or overactive immune responses may be calmed.
5. Astra 8 also benefits the lungs, cardiovascular system, and can be used for chronic muscle pain due to spleen deficiency.

Additional Formulas

- For additional immune system and energy enhancement, take with **Power Mushrooms**.
- When a cooler formula is necessary for immune problems, see **Astra Isatis**.
- **Astra Essence** tonifies yin, yang, Qi and blood.

R2.1020

Astra 18 Diet™

Modified Fang Feng Tong Sheng Herbal Supplement

Therapeutic Actions

1. Treats eating disorders involving abdominal bloating, edema, phlegm, congestion, fatigue, and loose or erratic stools.
2. Useful as part of a weight loss program with Astra Diet Tea.
3. Treats arthritis accompanied by extensive swelling, redness, and numbness.

Chinese Therapeutic Effects

Clears dampness	Tonifies spleen qi
Disperses stagnant Qi	Softens hard masses
Clears phlegm	

Administration

Internal: 3 capsules, TID, between meals

Take 1/2 hour before meals with 2 large glasses of water or **Astra Diet Tea**

90 capsules, 739mg

Ingredients

Kombu leaf* <i>kun bu</i>	Alisma root <i>ze xie</i>	Platycodon root* <i>jie geng</i>	Cang-Zhu Atractylodes rhizome* <i>cang zhu</i>
Astragalus root <i>huang qi</i>	Gardenia fruit <i>zhi zi</i>	Chinese Skullcap root* <i>huang qin</i>	Tangerine peel* <i>chen pi</i>
Chinese Hawthorn fruit* <i>shan zha</i>	Dong Quai root <i>dang gui</i>	Ginger rhizome <i>gan jiang</i>	
Cyperus rhizome* <i>xiang fu</i>	Chinese Peony root* <i>bai shao</i>	Magnolia bark* <i>hou po</i>	*extract
Job's tears seed* <i>yi yi ren</i>	Bai-Zhu Atractylodes rhizome <i>bai zhu</i>		

Formula Rationale

Astra 18 Diet is based on the traditional formulas of Siler and Platycodon Combination (as researched in Japan) for weight loss, and Magnolia and Hoelen Combination for abdominal bloating and disturbed digestion. Astragalus (*huang qi*) and bai-zhu atractylodes (*bai zhu*) tonify the spleen and augment the Qi in order to dry dampness. Alisma (*ze xie*), as well as astragalus (*huang qi*) promote urination and leach out dampness. Gardenia (*zhi zi*) drains damp heat. Cyperus (*xiang fu*) and Chinese peony (*bai shao*) spreads and regulates liver qi and are used for disharmony between the liver and spleen. Since removal of dampness and phlegm is facilitated by the proper movement of blood, dong quai (*dang gui*) is added to tonify and invigorate the blood. Platycodon (*jie geng*) opens and disseminates lung qi; in addition, research has found this herb reduces the cholesterol content in the liver. The seaweed kombu (*kun bu*) is included in the formula to regulate the thyroid, clear dampness, and dissolve masses. Chinese hawthorn (*shan zha*) reduces and guides out food stagnation. Chinese skullcap (*huang qin*) clears heat and dries dampness. Ginger (*gan jiang*) warms the middle to facilitate the digestive system. Magnolia (*hou po*) promotes the movement of Qi, transforms dampness, and resolves stagnation. Tangerine (*chen pi*) regulates the Qi, improves the transportive function of the spleen, adjunct the middle, and prevents stagnation.

This formula does not contain ephedra (*ma huang*).

Clinical Notes

1. Take with **Astra Diet Tea** before meals. The tea will help reduce the appetite and the fiber content of the herbs will promote digestion and proper stools.
2. Taking the above herbs should be only one part of an overall weight loss program. Modifications of diet and lifestyle are other important aspects to weight control i.e., exercising more and increasing intake of vegetables and fresh fruits.
3. This formula contains herbs that promote circulation, dispel wind, and resolves swelling, making it useful for arthritic conditions that are accompanied by swelling, redness, and numbness.

Additional Formulas

- See also **Griffonex 5-HTP**.
- Take with **Astra Diet Tea** as described above.
- Take with **Polilipid** to reduce blood lipids.
- For candidiasis, consider **Phellostatin**.
- For phlegm, use **Clear Phlegm** (*Wen Dan Tang*).
- For water weight gain, consider **Drain Dampness** (*Wu Ling San*) short-term, add **Rehmannia 8** long-term.

R2.0221

Therapeutic Actions

1. Helps prevent colds and flu.
2. Treats chronic rhinitis and allergic rhinitis.
3. Use as supplement to other therapies that treat burns.
4. Can address spontaneous sweating.

Chinese Therapeutic Effects

Strengthens wei qi
Relieves the surface

Administration

Internal: 2 capsules BID-QID as preventative
Take between meals
90 capsules, 475mg

Ingredients

Astragalus root*
huang qi

Bai-Zhu Atractylodes
rhizome
bai zhu

Rose Hips fruit*
Rosa canina

Acerola fruit*
Malpighia glabra

Ascorbic acid
Vitamin C
(250mg)
Zinc Citrate (10mg)

*extract

Formula Rationale

Astra C combines Eastern and Western therapies to prevent the common cold and allergic rhinitis. Vitamin C and zinc citrate have been added to the traditional formula Yu Peng Feng San (YPFS), used to enhance the body's protective power, or *wei qi*. Vitamin C has been used for many decades as a supplement to prevent viral infections. Zinc in citrate form is an easily absorbable form; it is used to improve immune response.

Astragalus (*huang qi*) tonifies Qi, secures the exterior and stops perspiration, and spontaneous sweating. Bai-zhu atracylodes (*bai zhu*) tonifies Qi, dispels dampness, stops sweating, and strengthens resistance.

Clinical Notes

1. For allergic rhinitis use **Xanthium Relieve Surface** (2 to 3 capsules) plus Astra C (1 to 2 capsules) TID. Results are usually seen in a few days.
2. Astra C is an excellent formula to protect the body against illness (wind invasion) and should be considered long-term for those who have frequent colds or flu, chronic bronchitis, asthma, and allergic rhinitis.
3. This formula is used in China as an internal formula to treat 1st to 3rd degree burns. The herbs relieve the surface, regenerate damaged skin, and protect against infection. Astra C is particularly soothing in cases of sunburn.
4. Clinical research in China has shown this to be effective in preventing recurring respiratory infections in children. The formula raises the mean value of serum IGA, the main antibody protecting the mucous membrane of the lungs.
5. Also see Health Concerns Newsletters: Vol. 3 No. 2 *Treating Allergies with Prepared Chinese Formulas* (Victor); Vol. 17 No. 1 *Sinus Infections, Part I* (Gaeddert); Vol. 17 No. 2 *Sinus Infections, Part II* (Gaeddert).

Alternative Formulas

- Use with **Astra 8** or **Astra Isatis** for immune system enhancement.
- Use **Nasal Caps 2**, with blocked sinus or rhinitis with colored phlegm.
- Combine with **Isatis Gold, Cold Away** or **Yin Chao Jin** to treat colds and flu, if the patient is weak.

R5.0421

Astra Diet Tea™

Caffeine-free Herbal Supplement

Therapeutic Actions

1. Taken as a pleasant tasting tea to reduce appetite and improve digestion; should be used with Astra 18 Diet.
2. Use as an invigorating energy tonic.

Chinese Therapeutic Effects

Circulates Qi

Tonifies Qi

Resolves stomach phlegm

Regulates the spleen and stomach

Administration

Internal: One cup of tea, $\frac{1}{2}$ hour before each meal; or anytime as a sweet tasting substitute for sweets.

Directions: Add 30 drops to 8 oz. of warm water and drink before meals. Best when used with Health Concerns Astra 18 Diet capsules.

2 fluid oz.

Contraindications: Avoid taking before bedtime because of energizing and diuretic effects.

Ingredients

Peppermint leaf
bo he

Ginger root
gan jiang

Perilla leaf
zi su ye

Astragalus root
huang qi

Eleuthero root
ci wu jia

Loquat leaf
pi pa ye

Lophatherum leaf
dan zhu ye

Alcohol
Glycerin
Purified water

Formula Rationale

Astra Diet Tea is designed to be used with Astra 18 Diet as part of a weight loss program. The formula contains herbs that regulate the stomach functions to restore the appetite to normal and assist in obtaining maximum nutrition from a limited diet. Loquat (*pi pa ye*), perilla (*zi su ye*), and lophatherum (*dan zhu ye*) help settle stomach agitation. Eleuthero root (*ci wu jia*) and peppermint (*bo he*) promote digestion. Loquat (*pi pa ye*) and ginger (*gan jiang*) together resolve phlegm. Astragalus (*huang qi*) helps promote urination and reduces edema.

Clinical Notes

1. Use in conjunction with plenty of fresh fruits and vegetables and moderate exercise for weight loss.
2. Improves sluggish digestion.
3. Should be soothing for colitis and Crohn's disease symptoms, even though being overweight is generally not a concern in these cases.
4. The formula does not contain tea or caffeine.
5. May be used for prevention and treatment of altitude sickness.
6. Offer in your waiting room as a pleasant beverage. Can be useful following treatments during which nausea occurs.
7. Also see Health Concerns Newsletters: Vol. 16 No. 3 *Greenexcellent controlling Weight and Reducing Blood Sugar* (Gaeddert).

Additional Formulas

- Use with **Astra 18 Diet**, or **Griffonex 5-HTP** as part of a weight loss program.
- Use with **Astra Garlic** or **Polilipid** to reduce blood cholesterol and remove fats from the system.
- Use with **Flavonex** to reduce blood cholesterol and as a general system tonic for the elderly and overweight.
- Consider **Phellostatin** for anti-fungal effects.

R1.1120

Astra Essence™

Restorative Herbal Supplement
Modified Zuo Gui Wan/You Gui Yin

Therapeutic Actions

1. Treats degenerative conditions and deterioration of brain function, vertigo, hearing loss, dizziness, and loss of memory.
2. Strengthens the immune system and speeds recovery from illness, especially useful for those undergoing chemo and radiotherapies.
3. May be used as a tonic for infertility or impotence.
4. Excellent overall tonic.
5. Reduces frequent urination.
6. Reduces hair loss.
7. Use to balance blood glucose in diabetes.

Chinese Therapeutic Effects

Tonifies kidney essence (*jing*)
Tonifies kidney yin and yang
Tonifies Qi and blood

Administration

Internal: 3 capsules, BID to TID, between meals
90 capsules, 692mg
270 capsules, 692mg

Ingredients

Astragalus root <i>huang qi</i>	Lycium fruit <i>gou qi zi</i>	Eucommia leaf* <i>du zhong</i>	Asiatic Dogwood fruit* <i>shan zhu yu</i>
Ligustrum fruit <i>nu zhen zi</i>	Rehmannia (raw) root <i>sheng di huang</i>	Asian Ginseng root <i>ren shen</i>	
Fo-Ti stem* & root <i>shou wu teng & he shou wu</i>		Dong Quai root* <i>dang gui</i>	*extract

Formula Rationale

Astra Essence maintains vitality and promotes longevity. The formula is a combination of tonic herbs to nourish essence and astringent herbs to prevent loss of essence. Emphasis is placed on balanced kidney tonification. Essence tonics are taken in order to slow aging and to prevent deterioration of body functions for those who are under constant stress. The formula is useful in our society where many show signs of premature aging or kidney deficiency from fast-paced lifestyles.

Clinical Notes

1. Excellent results reported for impotence/infertility.
2. Clinical reports of effectiveness in reducing blood sugar levels in diabetics.
3. Useful for individuals under constant stress — students, executives, athletes, etc.
4. Restore vitality in patients complaining of chronic fatigue.
5. Use as an adjunct to chemo and radiotherapy. Use between treatments to restore the body's resources.
6. Use for 6 to 12 months to reduce hair loss.
7. Also see Health Concerns Newsletters: Vol. 5 No. 2 *From Chronic Fatigue Patient to Athlete* (Guzman); Vol. 12 No. 1 *Herbal Treatments for Diabetes and Syndrome X* (Gaeddert); Vol. 12 No. 4 *Diabetes II Complications of Diabetes* (Gaeddert).

Additional Formulas

- For kidney yin deficiency, see **Nine Flavor Tea**.
- For kidney yang deficiency, see **Rehmannia 8**, **Backbone**, and **Virility Caps**.
- For anti-aging, see **Flavonex**.
- For full system tonification, combine with **Astra 8**, a lung and spleen Qi tonic.
- For frequent urination due to enlarged prostate use, Astra Essence followed by **Essence Chamber**.

R7.0421

Therapeutic Actions

1. Treats and prevents hyperlipidemia including high LDL and triglycerides, atherosclerosis, and degenerative disorders of the cardiovascular system. Supports congestive heart failure patients.
2. Treats chronic bacterial and fungal infections, accompanied by Qi, wei qi, or blood deficiency.

Chinese Therapeutic Effects

Activates blood circulation
Detoxifies blood

Tonifies Qi and blood
Kills parasites

Administration

Internal: 3 capsules BID to TID

90 capsules, 750mg

May be taken just before a high-fat meal, or between meals.

Ingredients

Garlic bulb* (aged and odor- controlled) <i>da suan</i>	Fo-ti root* <i>he shou wu</i>	Hawthorn berry* <i>shan zha</i>	Salvia root* <i>dan shen</i>
Astragalus root* <i>huang qi</i>	Reishi fruiting body* <i>ling zhi</i>	Dong Quai root* <i>dang gui</i>	Bai-Zhu Atractylodes rhizome <i>bai zhu</i>
			*extract

Formula Rationale

Odorless garlic reduces atherosclerosis and hypertension. It has been shown to reduce cholesterol by as much as 12 percent. Fo-Ti (*ho-shou-wu*) has also demonstrated cholesterol-lowering effects in clinical trials in China. Hawthorn (*shan zha*) is individually used to remove food stagnation. In a 20 patient, 6-week Chinese trial, it reduced cholesterol levels an average of 18 percent. Salvia (*dan shen*) alleviates pain and is used extensively in China for its cardiovascular effects. Astragalus (*huang qi*) has an anti-hypertensive effect. Bai-zhu atractylodes (*bai zhu*) tonifies the spleen and dries dampness. Chinese research has shown it has anti-coagulative properties.

Clinical Notes

1. Combine with low fat, low cholesterol diet for best results.
2. Astra Garlic can be taken over long periods in order to treat and protect the cardiovascular system.
3. Results have been seen with congenital hyperlipidemia.
4. Also see Health Concerns Newsletters: Vol. 8 No. 3 *Herbal Treatment of Fungal Infections* (Gaeddert); Vol. 8 No. 4 *Herbal Treatment of Fungal Infections, Part 2* (Gaeddert); Vol. 8 No. 5 *Herbal Treatment of Fungal Infections, Part 3* (Gaeddert).

Additional Formulas

- May be used in combination with **Polilipid**.
- Combine with **Flavonex** for a complete anti-aging tonic.
- Take with **Astra 8** or **Astra Essence** to enhance the immune system.
- Combine with **Artestatin** for protozoal infections.

R2.0323

Therapeutic Actions

1. Serves as an immune system formula for chronic viral infections and inflammation; useful for chronic fatigue syndrome, herpes simplex, HIV and hepatitis.
2. Can be used by front line workers and staff who are treating patients with infections.
3. Can be preventively used short term for patients and practitioners around sick patients in health care settings, buses, airports, airplanes, etc.

Chinese Therapeutic Effects

Tonifies Qi, yin, and yang
Clears heat and phlegm

Administration

Internal: 3 capsules, TID, between meals
90 capsules, 652mg
270 capsules, 652mg

Ingredients

Isatis leaf* & root <i>da qing ye & ban lan gen</i>	Kombu leaf* <i>kun bu</i>	Chinese Yam root* <i>shan yao</i>	Bai-Zhu Atractylodes rhizome <i>bai zhu</i>
Astragalus root* <i>huang qi</i>	Codonopsis root* <i>dang shen</i>	Ligustrum fruit <i>nu zhen zi</i>	Licorice root* <i>gan cao</i>
Bupleurum root <i>chai hu</i>	Barrenwort aerial <i>yin yang huo</i>	White Mulberry leaf* <i>sang ye</i>	
	Lycium fruit* <i>gou qi zi</i>		*extract

Formula Rationale

Astra Isatis combines Isatis (*da qing ye/ban lan gen*), an herb with strong antibacterial and anti-viral properties, with Qi, yin and yang tonics. The formula is designed for patients with weak constitutions who are prone to many infections. The cooling and warming properties of the herbs are balanced in Astra Isatis to provide long-term therapy for chronic viral infections, which tend to exhaust the Qi and yang. The formula contains herbs that help calm an overactive metabolism and inhibit the agitating effects of pathogenic organisms. It includes spleen and kidney tonic herbs chosen for their immune enhancing properties and their ability to reduce inflammation. Laminaria (*kun bu*) regulates the thyroid and resolves lymphatic congestion. Bupleurum (*chai hu*) dredges liver qi and is used in the treatment of prolonged infections. Astragalus (*huang qi*), codonopsis (*dang shen*), bai-zhu atractylodes (*bai zhu*) and Chinese yam (*shan yao*) strengthen the spleen, and according to Western research, have immune enhancing properties. Barrenwort (*yin yang huo*) tonifies kidney yin and yang. Lycium (*gou qi zi*) nourishes kidney yin. Licorice (*gan cao*) tonifies the adrenal gland and has detoxifying properties.

Clinical Notes

1. If taken in large dosage at the first sign of a herpes outbreak, the formula can prevent its occurrence, i.e., 9 capsules, BID to TID.
2. Used in a study on immune system enhancement at John Bastyr Naturopathic College in Seattle, Washington.
3. May be useful in chronic gum and throat infections.
4. Also see Health Concerns Newsletters: Vol. 5 No. 2 *From Chronic Fatigue Patient to Athlete* (Guzman); Vol. 5 No. 3 *Integrating Chinese Herbs and Western Medicine in the Treatment of HIV Patients: Part 1* (Gaeddert); Vol. 6 No. 1 *Treating Women with HIV & Other Viral Conditions: Eastern and Western Perspectives Part 1* (Surasky / Cohen); Vol. 6 No. 2 *Treating Women with HIV & Other Viral Conditions: Eastern and Western Perspectives Part 2* (Surasky / Cohen); Vol. 13 No. 2 *Healing Skin Disorders, Part II: Shingles* (Gaeddert).

Additional Formulas

- If additional spleen and kidney qi tonics are necessary, add **Astra 8** or **Astra Essence**.
- For immune system enhancement, compare with **Astra 8**, which is a more warming formula.
- If dryness occurs with use of **Astra Isatis**, consider adding **Nine Flavor Tea**.

R3.0920 - 90ct / R2.0920 - 270ct

Therapeutic Actions

Treats low back pain, incontinence, spermatorrhea, impotence, premature ejaculation, weakness of the back and knees, or impairment of hearing and eyesight when these symptoms stem from kidney yang deficiency.

Chinese Therapeutic Effects

Supplements kidney yang and dispels cold
Strengthens the sinews and bones
Invigorates blood and dispels stasis
Strengthens the back and knees
Secures essence

Administration

Internal: 3 capsules, TID, between meals
90 capsules, 650mg

Contraindications: Do not use when excess heat, deficiency heat, or damp-heat signs are present. This refers to such signs as thirst, red tongue, rapid pulse, dark, scanty, or painful urination, insomnia, red eyes, hard-stool constipation, or blood-heat bleeding.

Ingredients

Eucommia bark* <i>du zhong</i>	Rehmannia (cooked) root* <i>shu di huang</i>	Eleuthero root* <i>ci wu jia</i>	Myrrh resin <i>mo yao</i>
Psoralea fruit* <i>bu gu zhi</i>	Cyathula root* <i>chuan niu xi</i>	Dong Quai root* <i>dang gui</i>	Asiatic Dogwood fruit* <i>shan zhu yu</i>
Morinda root* <i>ba ji tian</i>	Calcium (from Okinawa coral calcium)	Sichuan Teasel root* <i>xu duan</i>	
Cistanche aerial* <i>rou cong rong</i>		Safflower flower* <i>hong hua</i>	*extract

Formula Rationale

Backbone is a warm formula intended to treat patients who present with kidney yang deficiency. General signs, other than those indicated above, include cold limbs, fatigue, pale face color, a pale tongue, a deep, weak and slow pulse, spiritual lassitude, and weakness and pain in the low back or knees. The formula is especially effective in treating low back pain and urogenital/sexual dysfunctions that are commonly part of kidney deficiency patterns. While addressing the primary pattern of yang deficiency, Backbone also includes agents to dispel cold and damp and to move blood in order to eliminate stagnation in the low back, thus making the formula effective for chronic problems.

Eucommia (*du zhong*), Morinda (*ba ji tian*) and Sichuan teasel (*xu duan*) strengthen bones, muscles and sinews. Eleuthero (*ci wu jia*) tonifies kidney yang while strengthening tendons and bones. Cyathula (*chuan niu xi*), dong quai (*dang gui*), safflower (*hong hua*), and myrrh (*mo yao*) invigorate blood circulation and eliminate pain. Psoralea (*bu gu zhi*), cistanche (*rou cong rong*) and Asiatic dogwood (*shan zhu yu*) strengthen the kidney. Rehmannia (*shu di huang*) nourishes the blood.

Backbone contains calcium from fossilized Okinawa coral, which is harvested using environmentally sustainable methods. Backbone no longer contains tortoise shell (*gui ban*).

Clinical Notes

1. Backbone can be used to speed the healing of broken bones, especially in combination with **Resinall E Caps** or **Resinall K**.
2. Also useful for incontinence of urine or frequent urination.
3. Excellent for gynecological conditions resulting from kidney yang deficiency.
4. Also see Health Concerns Newsletters: Vol. 9 No. 3 *Can Herbs Help Rheumatoid Arthritis Patients?* (Gaeddert); Vol. 10 No. 2 *Herbal Back Pain Treatments* (Gaeddert); Vol. 6 No. 3 *Herbal Protocols for Treating Pain Part 1: Injuries, Muscles & Joints* (Gaeddert); Vol. 7 No. 1 *Herbal Protocols for Treating Pain Part 2: Headache* (Gaeddert); Vol. 7 No. 2 *Herbal Protocols for Treating Pain Part 3: Repetitive Use & Other Types of Pain* (Gaeddert); Vol. 15 No. 2 *Silkworm Enzyme Treats Pain, Inflammation & Ear, Nose, and Throat Disorders* (Gaeddert).

Additional Formulas

- For yang deficiency with dampness, see **Rehmannia 8**.
- For a more warming formula, consider **Virility Caps**.
- For kidney yin and yang deficiency, see **Astra Essence**.

R3.0521

Therapeutic Actions

1. Primary uses include treating macular degeneration, glaucoma, cataracts, retinitis pigmentosa, poor night vision, retinal inflammation, diabetic neuropathy, myopia.
2. Secondary uses include atherosclerosis, hypertension, and venous conditions.
3. May be useful for regulating blood glucose and to protect the eyes of diabetics.

Administration

Internal: 1 capsule, TID, between meals
60 capsules, 782mg

Ingredients

Each capsule supplies:

Taurine

Bilberry fruit extract

(*Vaccinium myrtillus*; 36% anthocyanosides)

Lutein (*from Tagetes erecta flower*)

Formula Rationale

Bilberry (*Vaccinium myrtillus*) has been used for over 1000 years. It is a relative of blueberry, and is known as European blueberry and huckleberry. It was traditionally used to treat diarrhea and dysentery, to relieve scurvy, dysuria, and to stop the flow of breast milk. Today in Europe, preparations are used to treat degenerative retinal disorders such as macular degeneration, glaucoma, and cataracts. It is also used to treat microcirculatory disorders including atherosclerosis, varicose veins and venous insufficiency. It has been suggested that bilberry works by protecting against the breakdown as well as generating rhodopsin (retinal purple), a pigment located in the retina. It may also decrease capillary fragility and permeability. Bilberry anthocyanidins inhibit platelet aggregation and thrombus formation, and are vasoprotective; they also have antioxidant effects. Bilberry extracts have been investigated for their effects on improving vision acuity in dim light or night vision, diabetic neuropathy, retinal inflammation, reducing cataract formation, progressive myopia, glaucoma and retinitis pigmentosa. Our bilberry contains 25% anthocyanidins measured by HPLC (high performance liquid chromatography).

Lutein is a fat-soluble antioxidant (a carotenoid) that is found in the part of the retina responsible for sharp central vision, known as the macula lutea. There is a strong correlation between dietary lutein intake and the prevention of age-related macular degeneration, the leading cause of irreversible vision loss and blindness in older adults in the U.S. Many studies have also discussed lutein's protective benefits for cataracts, diabetic retinopathy, and myopia. Some researchers believe that lutein may act as a filter against light damage. Health Concerns uses lutein derived from marigolds.

Taurine is one of the most abundant amino acids in the body. It is especially found in the tissues of the eye, heart, central nervous system, and skeletal muscle. This amino acid has been used to treat vision disabilities and hypertension.

Clinical Notes

Also see Health Concerns Newsletter: Vol. 12 No. 4 *Diabetes II Complications of Diabetes* (Gaeddert).

Additional Formulas

Flavonex contains synergistic ingredients such as ginkgo biloba extract.

R4.0522

Therapeutic Actions

1. Increases and maintains bone density.
2. Treats osteoporosis, promotes bone health, reduction in bone pain, increased joint mobility.
3. Treats and prevents osteopenia.
4. Reduces risk of fractures.

Administration

Internal: 2 capsules per day. Take between meals apart from Calcium supplements
90 capsules, 342.5mg

Ingredients

Strontium carbonate
680mg per 2 capsules
BioPiperine (black pepper extract) to improve absorption

Formula Rationale

Strontium was listed in the British pharmacopoeia in 1884, and has been used since that time to treat and prevent osteoporosis. Studies over the past one hundred years have shown that it benefits bone health. In a Mayo Clinic study of 32 patients receiving Strontium for up to three years, symptoms improved in all patients. In a study of six osteoporosis patients at McGill University, 600-700 mg of strontium carbonate results in a 172 percent increase in the rate of bone formation, decreased pain, and improved mobility. In a two-year French study of 338 post-menopausal women taking the strontium (the mineral) with 500mg of calcium and 800IU of vitamin D daily, women taking a comparable dosage to BioStrong showed bone density increases of 3 percent in the first year, 2.4 percent in the second year, with a 44 percent reduction in new vertebral fractures compared to the placebo group. In a large study of 1649 postmenopausal women who had at least one vertebral fracture, participants taking strontium had half as many vertebral fractures at the end of a year as the control group who received placebos. After three years, bone density increased 14.4 percent in the spine, and 8.3 percent at the femoral neck. In the largest study, 5,091 women who took therapeutic dosages every day for three years showed a 41 percent reduction in hip fractures.

Strontium is found in small amounts in human bones and teeth. Clinical studies have shown it to be safe. It is in many foods, including seafood, whole grains, legumes and vegetables. BioStrong contains the same active dosage of strontium used in most recent studies with an herb extract, which has been found to increase nutrient absorption.

Clinical Notes

1. BioStrong should be taken three capsules a day between meals. It is important to take adequate calcium and vitamin D during treatment with BioStrong. Calcium and vitamin D supplements should be taken two hours apart from BioStrong.
2. If diarrhea or indigestion occur, reduce dosage temporarily and take with **Quiet Digestion** or **Six Gentlemen**. Over time, typically, digestive tolerance increase.
3. Weight bearing exercise, such as walking up hills, or weight lifting is important for bone health.
4. Also see Health Concerns Newsletters: Vol. 14 No. 3 *BioStrong: A New Formula for Osteoporosis* (Gaeddert); Vol. 16 No. 1 *Beyond Calcium: Nutrients for Osteoporosis* (Gaeddert).

Additional Formulas

- Combine BioStrong with **OsteoHerbal** for added benefit.
- Consider **Backbone** for low back pain associated with kidney yang deficiency.

R3.0720

Bupleurum Entangled Qi Formula™

Bupleurum & Cyperus Herbal Supplement

Modified Chai Hu Xiang Fu Tang

Therapeutic Actions

1. Treats breast lumps.
2. Useful in treatments of ovarian, vulvar, or cervical cysts
3. May be used as an adjunct to post-breast cancer treatment.
4. Can treat depression.

Chinese Therapeutic Effects

Vitalizes Qi and blood circulation

Clears heat and toxins

Resolves phlegm

Administration

Internal: 3 capsules, BID - TID, between meals

90 capsules, 750mg

Ingredients

Bupleurum root* <i>chai hu</i>	Heal All herb* <i>xia ku cao</i>	Cyperus rhizome* <i>xiang fu</i>	Dandelion root* <i>pu gong ying</i>
Dong Quai root* <i>dang gui</i>	Chinese Salvia root <i>dan shen</i>	Sichuan Lovage root* <i>chuan xiong</i>	Orange peel <i>chih-shih</i>
Chinese Peony root* <i>chi shao</i>	Trichosanthes root* <i>tian hua fen</i>	Forsythia fruit* <i>lian qiao</i>	*extract
Tangerine peel* <i>qing pi</i>	Cow Cockle seed* <i>wang bu liu xing</i>		

Formula Rationale

Bupleurum Entangled Qi Formula is a modification of the traditional Bupleurum and Cyperus Combination (*Chai Hu Xiang Fu Tang*) with herbs specific for treating lump formation. Lump formation is a result of Qi and blood stagnation combined with phlegm accumulation. Dandelion (*pu gong ying*) eliminates heat and toxins. Trichosanthes (*tian hua fen*) reduces inflammation and dispels pus as it clears heat, resolves toxins and increases fluids. Cow cockle (*wang bu liu xing*) invigorates blood circulation and is traditionally used to remove tumors. Chinese peony (*chi shao*), Chinese salvia (*dan shen*), dong quai (*dang gui*) and Sichuan lovage (*chuan xiong*) invigorate the blood. Tangerine (*qing pi*) treats pain and swelling and disperses stagnant Qi. Heal All (*xia ku cao*) reduces swelling and has anti-toxic effects. Forsythia (*lian qiao*) disperses lumps and relieves toxic heat. Cyperus (*xiang fu*) is anti-spasmodic; it moves Qi and relieves pain.

Clinical Notes

1. The cyst will be softer in three months with reduction in size taking 6 to 12 months. Therefore, this formula should be used long-term.
2. For lymph swellings, it may be necessary to clean the lymph glands with an anti-viral formula. **Astra Isatis** would be useful because it contains seaweeds that help reduce lymph swellings. Also consider **Clear Heat** or **Clear Phlegm**.

Additional Formulas

- Combine Bupleurum Entangled Qi with **Cramp Bark Plus** (2 of each formula QID) for ovarian cysts if this condition is not accompanied with unusual or excessive bleeding.
- Combine Bupleurum Entangled Qi with **Unlocking** for uterine fibroids or ovarian cysts if heat signs are present (2 capsules of each formula QID).
- In cases of infertility with yin deficiency after the period and liver qi stagnation with depressive fire before the period, take Bupleurum Entangled Qi for the last half of the cycle and **Nine Flavor Tea** for the first half.
- For additional blood circulation properties, add **Regeneration**.

R5.0321

Calm Spirit®

Herbal Supplement
Modified Ding Xin Wan

Therapeutic Actions

1. Helps alleviate stress-associated emotions, e.g., anxiety, depression, anger.
2. Relieves insomnia, restlessness, dizziness, and spontaneous sweating, constipation due to stress.
3. Also treats dryness of the mouth.

Chinese Therapeutic Effects

Calms spirit

Nourishes heart yin

Nourishes the blood

Moistens the intestines

Administration

Internal: 3 capsules, BID-TID between meals

90 capsules, 618mg

270 capsules, 618mg

Contraindications: Individuals with spleen qi deficiency should take with caution, as loose stools or diarrhea may result.

Ingredients

Three capsules	Herbs (1,366 mg)	Poria sclerotium*	Ophiopogon root*
contain:	Hawthorn fruit*	<i>fu ling</i>	<i>mai men dong</i>
Magnesium	<i>shan zha</i>	Polygala root*	Codonopsis root*
glycinate (121mg)	Chinese Peony root*	<i>yuan zhi</i>	<i>dang shen</i>
Taurine (366mg)	<i>bai shao</i>	Jujube fruit*	Albizzia bark*
	Dong Quai root	<i>suan zao ren</i>	<i>he huan pi</i>
	<i>dang gui</i>		

*extract

Formula Rationale

Calm Spirit is based on the traditional formula, Heart Stabilizing Pills (*Ding Xin Wan*). It is intended to treat patients who present with deficiency of heart yin. Individuals who experience prolonged mental stress often suffer insomnia, restlessness, loss of memory, dizziness, and sometimes constipation. Hawthorn (*shan zha*) is slightly warming, entering the liver, spleen, and stomach to transform accumulation and stagnation; promotes the free flow of Qi and relieves stress. Polygala (*yuan zhi*) is aimed at tonifying heart qi and yin. Dong quai (*dang gui*) tonifies and nourishes the blood. Poria (*fu ling*) and jujube (*suan zao ren*) calm the heart and spirit. Dong quai and ophiopogon (*mai men dong*) moisten the intestine. Removing heat from the heart: ophiopogon and codonopsis (*dang shen*) are added to tonify Qi in general and help generate fluids. Because stress may also induce anger, Chinese peony (*bai shao*) helps remove liver stagnation.

Magnesium is a natural tranquilizer and vasodilator and it calms nervous activity; it also acts as a catalyst in the energy production that occurs in cell mitochondria. Taurine has been used to control heart arrhythmia and hypertension, particularly under conditions of stress.

Clinical Notes

1. Calm Spirit can help people with chronic sleep problems. For this purpose, it is used as a constitutional formula during the day with **Schisandra Dreams** or **Griffonex 5-HTP** administered at night.
2. Results are usually seen within one hour of administration.
3. Also see Health Concerns Newsletters: Vol. 4 No. 1 *Treatment of Emotional Disturbances in Traditional Chinese Medicine* (Victor); Vol. 11 No. 4 *Can Herbs Help People with Anxiety, Panic & PTSD?* (Gaeddert); Vol. 10 No. 5 *Can Chinese Herbs Help Clients with Depression? Part 1* (Gaeddert); Vol. 10 No. 6 *Can Chinese Herbs Help Clients with Depression? Part 2* (Gaeddert); Vol. 10 No. 7 *Can Chinese Herbs Help Clients with Depression? Part 3* (Gaeddert).

Additional Formulas

- Use with **Ease Plus** for symptoms of liver qi stagnation.
- Use with **Quiet Digestion** if loose stools are present.
- General stress protocol: combine Calm Spirit with **Ease 2** (with loose stools) or **Ease Plus** with constipation or normal stools, 2 capsules of each TID-QID.

R3.0722 - 90s / R2.1120 - 270s

Channel Flow[®]

Modified Huo Luo Xiao Ling Dan
Corydalis Extract Herbal Supplement

Therapeutic Actions

1. Has pain relieving and relaxant properties.
2. Helps relieve joint, muscle, tendon, abdominal and gynecological pain and cramping.
3. Treats headache, arthritis, and fibromyalgia, especially when used with other formulas.
4. Can be used as an alternative to NSAIDs and Tylenol (acetaminophen).

Chinese Therapeutic Effects

Regulates Qi and blood

Warms and unblocks the channels

Administration

Internal: 3 capsules, TID, between meals

60 capsules, 748mg

180 capsules, 748mg

Contraindications: Do not use during pregnancy. Consider combining with a tonic formula for long-term administration.

Ingredients

Corydalis root* <i>yan hu suo</i>	Chinese Peony root* <i>bai shao</i>	Dong Quai root* <i>dang gui</i>	Indian Frankincense gum* <i>ru xiang</i>
Fragrant Angelica root* <i>bai zhi</i>	Cassia twig* <i>gui zhi</i>	Chinese Salvia root <i>dan shen</i>	Licorice root* <i>gan cao</i>
		Myrrh gum resin <i>mo yao</i>	*extract

Formula Rationale

Channel Flow was developed by Misha Cohen, OMD, LAc, and Andrew Gaeddert, out of their clinical experience with fibromyalgia, abdominal pain, and gynecological disorders. This formula was designed for quick results.

Corydalis (*yan hu suo*) was chosen as the chief herb for the formula, as it is very widely used in China for pain relief. Corydalis invigorates the blood and alleviates pain. Corydalis also regulates Qi and is used for pain in the chest, abdomen, and epigastric area. It is also used for menstrual

(continued next page)

Formula Rationale *(continued from previous page)*

pain, as well as hernia-like down-bearing pain. Corydalis has a mild sedative effect. pain, as well as hernia-like down-bearing pain. Corydalis has a mild sedative effect.

Fragrant angelica (*bai zhi*) relieves pain, especially in the upper body, neck, and shoulders. Dong quai (*dang gui*) has a special effect in relieving abdominal and uterine pain. Traditionally, it is used for dysmenorrhea and arthritic pain. It increases local circulation of blood and is warming. Its functions are to nourish, tonify, and invigorate the blood. Dong quai, with Chinese salvia (*dan shen*) and myrrh (*mo yao*), alleviates pain due to blood stagnation in the extremities. Chinese peony (*bai shao*) alleviates pain, spasms, and cramping, especially when combined with licorice.

Cassia (*gui zhi*) was chosen for the specific function of bringing the herbs to the surface of the body and promoting circulation of blood. The traditional functions of this herb include warming the channels. It has shown analgesic effects according to Western research. Chinese salvia (*dan shen*) was chosen for its specific effect of relieving menstrual pain. Its traditional functions include invigorating blood and removing blood stasis and heat. According to Western research, salvia increases microcirculation of blood flow and has a sedative effect.

Myrrh and frankincense are included for their functions in relieving pain. Frankincense (*ru xiang*) invigorates the blood and promotes movement of Qi. It alleviates pain and reduces swelling. Myrrh (*mo yao*) invigorates the blood, dispels blood stasis, reduces swelling and alleviates pain. Both frankincense and myrrh promote healing. Licorice (*gan cao*) alleviates pain and spasms and has anti-inflammatory and detoxicant properties.

Clinical Notes

1. Our experience is that 2-3 capsules of Channel Flow are equivalent in analgesic activity to 400mg of ibuprofen and 1000mg of Tylenol (acetaminophen) in adults.
2. Also see Health Concerns Newsletter: Vol. 9 No. 3 *Can Herbs Help Rheumatoid Arthritis Patients?*

Additional Formulas

- Channel Flow is a good adjunct to other Health Concerns formulas. For headache, use with **Head-Q**.
- For yang deficiency cold pain affecting the lower body, use with **Backbone**.
- For pain due to dysmenorrhea, endometriosis or fibroids, it can be used with **Cramp Bark Plus**.
- For injuries, with **Resinall K** or **Resinall E Caps**.
- For muscle pain and fibromyalgia, combine with **AC-Q**.
- For joint or nerve pain, use **Channel Flow** with **Mobility 2** or **Mobility 3**.

R2.0920

Therapeutic Actions

1. Helps stimulate insulin function of managing blood glucose and lipids to normal levels.
2. Increases glucose and lipid disposal in the body, overcoming insulin resistance.
3. Found to increase ovulation in women suffering from PCOS (Polycystic Ovary Syndrome).
4. Use for weight management - Modulates serotonin activity, with decreased appetite and weight loss.
5. May be used for cardiovascular disease.

Administration

Internal: Lean women and men - 2 capsules per day with meals

Overweight women and men - 2 capsules BID with meals

60 capsules, 300mg

Ingredients

Chirositol[®] extract (*Ceratonia siliqua* - Carob pods 95% D-chiro-inositol)

Formula Rationale

Chiroin is a proprietary extract produced from the juice of carob pods. The principal constituent, D-Chiro Inositol (DCI) is a messenger directing insulin function. DCI is found to be low in hyperglycemic patients. There have been over thirty published studies.

Glucose is needed to produce energy. Proper insulin regulation is vital to maintaining normal blood sugar levels and helps convert glucose to energy. Improper insulin function leads to metabolic syndrome (prediabetes), obesity, heart disease, high blood pressure, and PCOS in women. DCI acts as a secondary messenger stimulating the action of insulin. Insufficient levels of DCI result in a deficit of the insulin mediator that helps remove glucose. Supplementation of DCI helps normalize blood glucose levels.

PCOS is a condition where a woman's ovaries produce more androgens than normal. It is the most common cause of female infertility, affecting one out of ten women. In double-blind studies, women with PCOS who received DCI experienced the following statistically significant benefits when compared with a control group: lowered free and total testosterone, lowered blood pressure, increased insulin sensitivity and a corresponding improvement in glucose disposal, and increased frequency of ovulation.

In a forty-four-patient study with obese women diagnosed with PCOS, twenty-two patients were administered 1200mg of DCI. Nineteen of the twenty-two women ovulated as compared with six out of twenty-two who received the placebo. The conclusion of the study was that D-Chiro Inositol increases the action of insulin in patients with polycystic ovary syndrome, thereby improving ovulatory function, and decreasing serum androgen concentrations, blood pressure, and plasma triglyceride concentrations. (New Eng J Med. 1999 Apr 29;340(17):1314-20.) In twenty lean women with PCOS, 600mg of DCI administered for six to eight weeks was found to reduce circulating insulin, decrease serum androgens, and reduce blood pressure and elevated triglycerides associated with metabolic syndrome. (Endocr Pract. 2002 Nov-Dec;8(6):417-23.)

In conclusion, although the latest research suggests that DCI may have special benefits for women with PCOS, it can also be used for men and women with diabetes and metabolic syndrome.

Clinical Notes

Also see Health Concerns Newsletters: Vol. 12 No. 1 Herbal Treatments for Diabetes and Syndrome X (Gaeddert) ; Vol. 12 No. 4 Diabetes II Complications of Diabetes (Gaeddert); or See Health Concerns Webinars: Infertility Protocols, Part 1 and Part 2, which are available for free, download at www.healthconcerns.com/pro.

Additional Formulas

- **Astra Essence** balances blood glucose in diabetes.
- **Greenexcellent** reduces blood glucose; increases glucose sensitivity.

R3.0721

Therapeutic Actions

1. Taken with meals, it helps with food assimilation.
2. Reduces intestinal gas, indigestion, bloating, cramping, regurgitation, nausea and diarrhea.
3. Treats gastroenteritis - bacterial or viral, motion sickness, hangover and the effects of jet lag.
4. May be used to promote the absorption of herb and vitamin products.

Chinese Therapeutic Effects

Regulates Qi

Resolves spleen dampness and regulates the stomach

Resolves phlegm

Administration

Internal: 2 capsules TID, with or between meals

90 capsules, 700mg

Ingredients

Enzymes	Herbs		
Amylase	Peppermint leaf and leaf*	Ginger root* <i>gan jiang</i>	Cyperus rhizome* <i>xiang fu</i>
Catalase		Tangerine peel*	
Cellulase	<i>Mentha piperita</i>	<i>qing pi</i>	Bitter Orange fruit* <i>zhi qiao</i>
Diastase	Poria sclerotium*	Orange peel <i>tian cheng</i>	Tart cherry fruit <i>Prunus cerasus</i>
Lipase	<i>fu ling</i>	Lindera root* <i>wu yao</i>	Black Pepper berry <i>hei hu jiao</i>
Protease	Magnolia bark*	Cardamom fruit* <i>sha ren</i>	
HemiSEB®	<i>hou po</i>	Licorice root*	
(Hemicellulases,	Cang-Zhu		
Beta-Glucanase,	Atractylodes* root <i>cang zhu</i>		
Xylanase,	Costus root* <i>mu xiang</i>		
Pectinase & Phytase)			
Alpha Galactosidase			
Glucoamylase			

*extract

Formula Rationale

Chzyme combines digestive enzymes used to promote food assimilation and to reduce indigestion and other digestive symptoms, with a well-known herbal formula. Peppermint (*Mentha piperita*) has been added for its anti-gas and anti-spasmodic properties. Poria (*fu ling*), cardamom (*sha ren*), and cang-zhu atractylodes (*cang zhu*) supplement the spleen and eliminate dampness. Magnolia (*hou pu*), costus (*mu xiang*), and orange (*tian cheng*), regulate stomach Qi, relieve nausea and vomiting, and dry dampness. Tangerine (*qing pi*) and bitter orange (*zhi qiao*) reduce food stagnation and eliminate distension. Lindera (*wu yao*) reduces distension and treats abdominal pain. Cyperus (*xiang fu*) is a harmonizing herb that releases emotional constraint in the liver and gallbladder channel and redirects rebellious qi. Ginger (*gan jiang*) relieves nausea and treats abdominal pain. Licorice (*gan cao*) treats ulcers and harmonizes the characteristics of the other herbs.

Additional Formulas

- Use **Quiet Digestion** if you do not want the added Western digestive enzymes.
- Combine Chzyme with **Six Gentlemen** for digestive disorders with fatigue.

Clear Air™

Perilla Fruit Herbal Supplement

Modified Ding Chuan Tang

Therapeutic Actions

1. Treats acute and chronic bronchitis, asthma and bronchial asthma.
2. Treats chronic cough with phlegm, wheezing and chest pain associated with smoking and air pollution.
3. Combine with Western medication for pneumonia and tuberculosis.

Chinese Therapeutic Effects

Stops cough by directing Qi downward

Dispels phlegm

Clears and moistens the lung

Administration

Internal: 3 capsules, BID, between meals

90 capsules, 650mg

Ingredients

Cynanchum root & rhizome*	Bitter Orange fruit* <i>zhi qiao</i>	Yerba Santa leaf <i>Eriodictyon</i> <i>californium</i>	Schisandra berry* <i>wu wei zi</i>
<i>bai qian</i>	Trichosanthes root* <i>tian hua fen</i>	Ginger root* <i>gan jiang</i>	Licorice root* <i>gan cao</i>
Marshmallow root* <i>yao shu kui</i>	Garlic bulb* <i>da suan</i>	Skullcap root* <i>huang qin</i>	Turmeric rhizome* <i>jiang huang</i>
Apricot seed* <i>xing ren</i>	Platycodon root* <i>jie geng</i>		*extract

Formula Rationale

Clear Air combines herbs that ventilate the lung with those that dispel phlegm and stop cough in order to cleanse the lungs of accumulated contaminants from bacteria, virus, smoking, or air pollution. Clear Air is based on the traditional formula *Ding Chuan Tang*. Cynanchum (*bia qian*) enters the lung, where it descends Qi and helps expel phlegm. Marshmallow (*yao shu kui*) relieves heat and drains phlegm. Apricot (*xing ren*), skullcap (*huang qin*), and trichosanthes (*tian hua fen*) help stop coughing and wheezing. Schisandra (*wu wei zi*) treats cough and asthma. Licorice (*gan cao*) has detoxifying properties. This formula is balanced in temperature and unlike many cough formulas, it is not drying. It thus, can be taken for an extended period.

Clinical Notes

1. Useful in smoking cessation programs, and preventive programs for heart disease, cancer, and emphysema.
2. Reduces chances of lung infections or other disorders related to retention of contaminants in the lungs.
3. Use for chronic conditions.

Additional Formulas

- Combine with **Isatis Gold** in cold/flu's entering the lungs.
- Use **Lily Bulb Formula** or **Tremella and American Ginseng** with dry cough.
- Combine with **Ease Plus** when lung symptoms appear after quitting smoking.
- Combine with **Flavonex** in treating degenerative heart disease.
- Combine with **Nine Flavor Tea** to support the kidney if the formula is taken for a long time.
- Combine with **Clear Phlegm** for copious sputum and coughing.

Clear Heat™

Clear Heat Clean Toxin Herbal Supplement

Modified Chuan Yin Lian Kang Yang Pian

Therapeutic Actions

1. This formula is designed for people who have chronic toxic heat and inflammation usually associated with viral, bacterial, and fungal infections.
2. Useful for pain with heat signs.

Chinese Therapeutic Effects

Clears heat and cleans toxin	Tonifies kidney essence
Dissolves phlegm nodules	Tonifies lung yin

Administration

Internal: 2 capsules, TID-QID
between meals
90 capsules, 500mg
270 capsules, 500mg

Ingredients

Isatis leaf* & root* <i>da qing ye &</i> <i>ban lan gen</i>	Japanese Honeysuckle flower* <i>jin yin hua</i>	Andrographis leaf* <i>chuan xin lian</i>	Cordyceps fruiting body* <i>dong chong xia cao</i>
Hedyotis herb* <i>bai hua she she cao</i>	Prunella herb* <i>xia ku cao</i>	Kombu leaf* <i>kun bu</i>	Licorice root* <i>gan cao</i>
		Dandelion root* <i>pu gong ying</i>	

*extract

Formula Rationale

Clear Heat was developed by Misha Cohen, OMD, L.Ac., as the primary adjunct to Enhance in the early 1990's. It contains 25% concentrated Isatis extract (*ban lan gen* and *da qing ye*). Isatis is the chief herb because of its strong clear heat clean toxin nature. Chinese research documents anti-viral as well as clinical applications. Chinese texts document the treatment effects in hepatitis, herpes simplex, herpes zoster, and anti-viral warts. Prunella (*xia ku cao*), hedyotis (*bai hua she she cao*), Japanese honeysuckle (*jin yin hua*), and andrographis (*chuan xin lian*) are all herbs in the clear heat toxin category, and possess specific anti-viral, antibacterial, and anti-fungal effects. Kombu (*kun bu*) clears phlegm nodules and reduces lymph node swelling. Cordyceps (*dong chong xia cao*) tonifies kidney essence while strengthening lung yin, and has anti-cancer and antibacterial activities; it is also used to tonify after debilitating illness, and helps the other herbs in the formula to enter the deepest areas of the body. Licorice (*gan cao*) has anti-viral and antibacterial effects; it harmonizes the formula and induces the remaining herbs to enter their respective channels.

Clinical Notes

1. Clear Heat is rarely administered by itself for longer than two weeks according to the principles of TCM.
2. Cordyceps has numerous actions. It inhibits the growth of staphylococci, streptococci, and Mycobacterium avian. Chinese research has also found this herb possesses significant anti-cancer activity.
3. Also see Health Concerns Newsletters: Vol. 4 No. 6 Anti-viral Properties of Clear Heat (Gaeddert/Wang); Vol. 9 No. 3 *Can Herbs Help Rheumatoid Arthritis Patients?* (Gaeddert); Vol. 5 No. 2 *From Chronic Fatigue Patient to Athlete* (Guzman); Vol. 8 No. 3 *Herbal Treatment of Fungal Infections* (Gaeddert); Vol. 8 No. 4 *Herbal Treatment of Fungal Infections, Part 2* (Gaeddert); Vol. 8 No. 5 *Herbal Treatment of Fungal Infections, Part 3* (Gaeddert); Vol. 5 No. 3 *Integrating Chinese Herbs and Western Medicine in the Treatment of HIV Patients: Part 1* (Gaeddert); Vol. 6 No. 1 *Treating Women with HIV & Other Viral Conditions: Eastern and Western Perspectives Part 1* (Surasky / Cohen); Vol. 6 No. 2 *Treating Women with HIV & Other Viral Conditions: Eastern and Western Perspectives Part 2* (Surasky / Cohen); Vol. 13 No. 2 *Healing Skin Disorders, Part II: Shingles* (Gaeddert).

Additional Formulas

- Combine Clear Heat (2 to 4 capsules QID) with **Mobility 2** (2 to 4 capsules QID) for hot joint and muscle pain.
- Combine Clear Heat (1 to 3 capsules TID) with **Rehmannia & Milk Thistle formula** (reformulated Ecliptex) (2 to 3 capsules TID) for hepatitis.
- Combine with **Astra Isatis** or **Enhance** with chronic viral infections with heat signs.
- Consider with **Skin Balance** for chronic eczema and psoriasis, characterized by inflamed skin and other signs of heat.

R3.0521-90 / R2.0521-270

Therapeutic Actions

1. Treats phlegm disorders and is an expectorant and sedative.
2. Useful for profuse white or foamy sputum, nausea, vomiting, dizziness, palpitations, insomnia, restlessness, timidity, attention deficit disorder (ADD), and hyperactivity.
3. Addresses chronic tracheitis, bronchitis, emphysema, and mental disorders.

Chinese Therapeutic Effects

Clears heat in gallbladder

Expels phlegm in stomach

Alleviates bitter taste in mouth

Helps with slight thirst

Administration

Internal: 3 capsules TID, between meals

90 capsules, 650mg

Contraindications: Reduce dosage or discontinue if excessive dryness occurs.

Ingredients

Turmeric root*

jiang huang

Tangerine peel*

chen pi

Poria sclerotium*

fu ling

Bitter Orange fruit*

zhi qiao

Bamboo inner stem*

zhu ru

Ginger root*

gan jiang

Peppermint leaf*

Mentha piperita

Grass-Leaf Sweetflag

rhizome*

shi chang pu

Licorice root*

gan cao

*extract

Formula Rationale

This formula is traditionally used for treating copious phlegm. This problem is created by a digestive disharmony. In Chinese medicine, phlegm in the stomach leads to distention, copious sputum, a greasy tongue coating, and a slippery pulse. Heat in the gallbladder creates a bitter taste in the mouth. The combination of phlegm and heat causes organ dysfunction, which may lead to dizziness, nausea, and vomiting. Phlegm heat may also cause irritability, insomnia, palpitations, and anxiety. Chinese medicine also states that all strange diseases are due to phlegm, and therefore, this formula may also be used for seizures, and mental disorders.

Bamboo (*zhu ru*) clears heat and phlegm and helps treat coughing and other signs of rebellious qi. Bitter orange (*zhi qiao*) reverses rebellious Qi and helps reduce distension. Turmeric (*jiang huang*) treats painful wind obstruction and drives Qi downward. Tangerine (*chen pi*) dries dampness and expels phlegm, while improving circulation in the stomach. The combination of poria (*fu ling*) and licorice (*gan cao*) strengthens the spleen and leaches out dampness. Grass-Leaf Sweetflag (*shi chang pu*) opens the orifices, vaporizes phlegm, and quiets the spirit. It is used for epigastric fullness, abdominal pain due to dampness, dizziness, dulled senses, and seizures.

Clinical Notes

Also see Health Concerns Newsletters: Vol. 15 No. 2 *Silkworm Enzyme Treats Pain, Inflammation & Ear, Nose, and Throat Disorders* (Gaeddert); Vol. 17 No. 1 *Sinus Infections, Part I* (Gaeddert); Vol. 17 No. 2 *Sinus Infections, Part II* (Gaeddert).

Additional Formulas

- For excessive respiratory sputum, combine with **Clear Air** two capsules of each formula 4 to 6 times per day.
- Combine with **Coptis Purge Fire** for phlegm heat or phlegm fire.
- For ADHD, consider **Shen Ling** with **Clear Phlegm** if signs of excessive phlegm.
- For hyperactivity, combine with **Ease Plus** two capsules of each formula TID-QID.
- For headaches caused by phlegm and dampness, combine with **Gastrodia Relieve Wind**, 2 to 3 capsules of each formula QID.

R2.0421

Therapeutic Actions

1. Addresses chronic vaginal and urethral irritation and inflammation.
2. Used for chronic UTI (urinary tract infection).
3. Treats stomatitis (mouth sores).

Chinese Therapeutic Effects

Clears heat from the heart, lungs, liver, stomach, and bladder

Tonifies spleen qi and resolves dampness

Circulates and nourishes the blood

Administration

Internal: 3 capsules, TID, between meals

90 capsules, 650mg

Note: This is a safe, mild formula appropriate for long-term use.

Ingredients

Sacred Lotus seed*	Astragalus root*	Phellodendron bark*	Chinese Peony root*
<i>lian zi</i>	<i>huang qi</i>	<i>huang bo</i>	<i>chi shao</i>
Ophiopogon root*	Asian Ginseng	Lycium cortex*	Licorice root*
<i>mai men dong</i>	aerial*	<i>di gu pi</i>	<i>gan cao</i>
Poria sclerotium*	<i>ren shen ye</i>	Dong Quai root*	
<i>fu ling</i>	Indian Plantago seed	<i>dang gui</i>	*extract
	<i>che qian zi</i>		

Formula Rationale

Clearing is specific for a common pattern that presents with recurring or chronic vaginitis. Many women in their thirties and forties with this condition suffer from a combination of spleen qi deficiency leading to dampness, liver heat, deficient heat, and stagnant blood. This may occur with or without menstrual dysfunction. This formula is a modified version of the traditional formula: Heart Clearing Lotus Seed Drink (*Qing Xin Lian Zi Yin*). It is modified to suit the typical complex syndrome pattern that the practitioner sees in clinical practice.

Sacred lotus (*lian zi*) tonifies the spleen and arrests seminal emissions and leukorrhea. Ophiopogon (*mai men dong*) and Asian ginseng (*ren shen ye*) generate fluids and increase qi and fluids. Astragalus (*huang qi*) tonifies Qi and eliminates edema. Poria (*fu ling*) helps tonify spleen and drains dampness. Phellodendron (*huang bo*), lycium cortex (*di gu pi*), and Chinese peony (*chi shao*) clear internal heat and invigorates blood. Indian plantago (*che qian zi*) is a diuretic, specifically for urinary tract infections. Licorice (*gan cao*) is a detoxicant and it also harmonizes the formula.

Clinical Notes

1. Western medical consultation is of importance when the condition is serious, i.e., severe pain or acute inflammation or threat of stone entering the ureters.
2. The formula also addresses chronic diarrhea complaints when dry stomach, spleen dampness, and damp-heat present as a syndrome.

Additional Formulas

Man Yue Mei Clearing (formerly known as Akebia Moist Heat) treats acute UTI (urinary tract infection).

Therapeutic Actions

1. Stimulates cognitive function.
2. Useful for patients with post stroke, vascular dementia, suspected Alzheimer's disease, Parkinson's, transient ischemic attack (TIA).
3. Enhances liver lipotropic function.
4. May increase human growth hormone.
5. Experimental uses: chronic fatigue syndrome, headache, attention deficit disorder, boosting mental performance and poor concentration.

Administration

Internal: 2 capsules per day, between meals. If loose stools or nausea occur reduce dosage.
30 capsules, 300mg

Ingredient

Alpha Glycerylphosphorylcholine

Formula Rationale

Cogni-Spark contains GPC, a nutrient that occurs naturally in the body; it is found in breast milk. GPC has been studied for its effects at improving neurological functions. It provides choline for the nerve cells of the brain and protects the brain cell wall. Preliminary research indicates that it may improve growth hormone release and enhances pituitary functioning. In laboratory experiments, it has demonstrated anti-aging effects such as preventing the loss of neurotransmitter receptors. GPC is a precursor of acetylcholine (A Ch) and aids in the synthesis of phosphatidylcholine (PC) in the nerves and cell membranes. It elevates levels of choline, thus improving liver metabolism and the transport and utilization of fats.

Nineteen trials have been completed using GPC. It improved the recall and attention in a group of young males compared against a control group. In middle aged patients, it benefited reaction time, improved energy generation, and electrical coordination within the brain. It has also been studied in subjects with a moderate or severe brain damage exhibiting signs of dementia. GPC improved mood and cognitive processing.

In a trial of 2044 patients suffering from recent stroke or transient ischemic attack (TIA), GPC was administered 1000mg IM for 28 days followed by 400mg TID, for five months. Using a variety of mental tests, 71 percent of the patients saw benefits in cognitive recovery. In an 817-patient study with seniors affected by dementia, 79.2 percent of patients received a clinical response to GPC.

GPC has been compared with other brain nutrients such as Acetyl L carnitine and CDP choline and has performed better in clinical trials in the areas of mental focus, recall, verbal fluency and enhancement of mental performance. In clinical testing there have been no serious adverse reports. Less than one percent of those taking GPC have noticed digestive upset, skin reaction, or insomnia.

Clinical Notes

1. Cogni-Spark is fast acting and results are typically seen in one to four weeks at the recommended dosage.
2. It is recommended that the last dose of the day be taken no later than 6PM to prevent insomnia.
3. Also see Health Concerns Newsletters: Vol. 12 No. 2 *Treating Memory Loss, Dementia, and Alzheimer's Disease* (Gaeddert); Vol. 13 No. 3 *Cogni-Spark: A New Anti-Aging Treatment for Improved Mental Performance* (Gaeddert); Vol. 18 No. 1 *Herbs and Formulas for Cognitive Performance* (Gaeddert).

R5.1222

Cold Away®

Lonicera & Isatis Herbal Supplement

Gan Mao Ling

Therapeutic Actions

1. Treats cold and flu.
2. Addresses fever, sinus and chest congestion, coughing, aversion to wind headache, sore throat, tonsillitis, otitis media, measles, pharyngitis.
3. Can be administered on a short-term basis for Cold/Flu prevention.

Chinese Therapeutic Effects

Clears wind heat and dispels exterior pathogens

Addresses phlegm and cough

Administration

Internal: 3 capsules, TID, between meals

90 capsules, 500mg

Ingredients

Isatis root & leaf* <i>ban lan gen & da qing ye</i>	Andrographis stem & leaf* <i>chuan xin lian</i>	Platycodon root* <i>jie geng</i>	Dong Quai root* <i>dang gui</i>
Japanese Honeysuckle (Lonicera) flower* <i>jin yin hua</i>	Forsythia fruit <i>lian qiao</i>	Wild Chrysanthemum flower* <i>ye ju hua</i>	Magnolia bark* <i>xin yi hua</i>
	Chinese Skullcap root* <i>huang qin</i>	Orange peel <i>chen pi</i>	Xanthium fruit* <i>cang er zi</i>
			Licorice root* <i>gan cao</i>

*extract

Formula Rationale

This formula is modified from a combination of the Chinese formulas *Gan Mao Ling* and *Yin Qiao*. It has been used successfully for more than 20 years in the practice of Misha Cohen, OMD, L.Ac. and Andrew Gaeddert, RH. More recently, this formula was tested in her practice and others for efficacy in pill form. Cold Away had a very high rate of patient satisfaction and reported efficacy.

Cold Away is best used to treat the early stages of externally contracted wind-heat disease, especially the earlier stages of colds and flu, which can include fever, sinus and chest congestion, coughing, aversion to wind, headache and throat pain, but can be used at any stage. The pulse is usually superficial and rapid, and the tongue red or red tipped with a white or yellow coating. Cold Away may also be used with throat infections, cold sores, and fevers. Besides cold and flu symptoms, some Western indications may include viral tonsillitis, otitis media, measles, and pharyngitis.

Isatis (*da qing ye* and *ban lan gen*) comprises two heat and toxin-clearing herbs. *Ban lan gen* is especially important for its ability of entering the throat. *Lonicera* (*jin yin hua*) is used for its action to clear heat and toxins and expel wind. *Andrographis* (*chuan xin lian*) is used to clear heat and fire toxins and is often used with *Lonicera* (*jin yin hua*) for early stages of externally contracted wind-heat with fever and sore throat. *Forsythia* (*lian qiao*) clears heat and fire toxin. Chinese skullcap (*huang qin*) clears heat and drains fire, especially from the upper burner and is often used for cold sores. *Platycodon* (*jie geng*) is used to soothe the throat, open and disseminate the lung qi and expel phlegm in both warm and cold disorders; it is often used for phlegm and cough. Wild chrysanthemum (*ye ju hua*) drains fire, relieves toxins, and can be used for sore, swollen throats red eyes when these are owing to wind-heat. Orange (*tian cheng*) is used to address phlegm and cough.

Magnolia (*xin yi hua*) and *xanthium* (*cang er zi*) unblock the nasal passages, and along with wild chrysanthemum increase the efficacy of this formula for entering the nasal passages and clearing sinus congestion. *Dong quai* (*dang gui*) disperses cold, relieves pain, and relieves blood deficiency and stagnation associated with external pathogenic wind, cold and dampness. *Licorice* (*gan cao*) helps to direct the herbs into the proper channels, and it also clears heat and fire toxin, especially in the treatment of sore throat and cold sores.

Cold Away can be taken with **Clear Air** if there is more chest involvement. Cold Away is only used in acute stages of externally contracted illness. It is not used for prevention of colds and flu on long-term basis.

Additional Formulas

- Add **Clear Air** (2 capsules, 4 to 6 times per day) with coughing and wheezing.
- **Clear Phlegm** with copious phlegm.
- Consider **Isatis Gold** for echinacea and goldenseal.
- **Astra C** or other tonic formulas to prevent colds and flu.

R5.0522

Therapeutic Actions

1. Reduces joint pain and stiffness in 7-10 days (supported by clinical trials).
2. Treats osteoarthritis, rheumatoid arthritis, lupus, fibromyalgia, tendonitis/tendon weakness, back pain, and other connective tissue disorders.
3. Clinically proven to improve joint health and flexibility faster than any other joint healing ingredients with one capsule per day dosing.

Administration

Internal: 1 capsule per day

30 capsules, 500mg

Contraindications: Egg allergy

Ingredient

Eggshell membrane (NEM®)

Formula Rationale

There are many approaches to treating joint pain and stiffness. Whereas the long-term safety of analgesic drugs has not been established, complementary and alternative therapies tend to work slowly. Seniors and other populations take these products in the dosages required for improvement. Collagenex 2 is the next generation joint supplement. It supports the joints and connective tissues and reduces pain in seven to ten days at a dosage of one capsule per day.

Collagenex 2 is a patented ingredient containing collagen, glycosaminoglycans such as chondroitin sulfate, glucosamine, hyaluronic acid, and enzymes, which support the joints and connective tissue. Connective tissue is the material inside your body that supports many of its parts. It is the "cellular glue", that gives your tissues their shape and helps keep them strong.

(continued next page)

Formula Rationale *(continued from previous page)*

Initially two pilot studies were conducted to evaluate efficacy for the relief of pain and discomfort associated with joint and connective tissue disorders. Based upon the positive results from the initial studies, a follow up eight-week randomized, multicenter double-blind placebo-controlled trial was conducted to evaluate relief of pain and stiffness associated with moderate osteoarthritis (OA) of the knee compared to a placebo. The primary treatment response endpoints were the 10, 30, and 60-day clinical assessments utilizing the WOMAC (Western Ontario and McMaster University) Osteoarthritis index. The version used in the study consists of five questions addressing the severity of joint pain, two questions addressing joint stiffness, and seventeen questions addressing function.

In the first clinical trial subjects were enrolled with various joint and connective tissue conditions. Results of the first clinical trial revealed the formula improved flexibility by 27.8 percent in seven days and at thirty days reduced general pain 72.5 percent, increased flexibility 43.7 percent, and range of motion pain was reduced 75.9 percent. Compliance was greater than 98 percent.

In the double arm pilot trial, twenty-six subjects were enrolled with various joint and connective tissue conditions. Statistical analysis of the primary outcome measurements revealed that the formula produced a rapid treatment response for pain at seven days. The treatment response continued through 30 days for pain with a 30.2 percent pain reduction.

In the placebo-controlled trial a total of sixty-seven subjects were enrolled. An analysis for the primary outcome measurements revealed that supplementation with the formula yielded a 15.9 percent reduction in pain, a 12.8 percent reduction in mean stiffness after ten days of supplementation, which were maintained at 60 days.

To summarize, one third of patients experienced a greater than 30 percent pain reduction in 10 days. Nearly one third of patients experienced a greater than 50 percent reduction in pain in sixty days. One fourth of patients experienced a greater than 50 percent reduction in stiffness in 60 days. Collagenex 2 possesses natural anti-inflammatory properties and is a natural source of chondroitin sulfate, hyaluronic acid, and collagen essential for healthy joints. It is manufactured in the USA.

Additional Formulas

- Combine with **Mobility 2** for joint pain and swelling resulting from stagnant Qi and blood. Joint may feel hot to the touch.
- Combine with **Mobility 3** when pain worsens suddenly with activity or cold, damp weather.
- Combine with **AC-Q** for lower body joint and muscle pain that may result from injury, when the discomfort is accompanied by weakness.

R4.0921

Therapeutic Actions

1. Restores gastrointestinal function and is thought to improve gastrointestinal immunity, therefore, it has many uses.
2. Addresses impaired immune regulation, bacterial gastroenteritis with diarrhea; chronic diarrhea, food intolerance, candidiasis.
3. May be a growth hormone potentiator and helpful to "failure to thrive" children.
4. Has been used experimentally for CMV retinitis, and Lyme disease.

Administration

Internal: 1 to 4 capsules per day, between meals; use up to 6 capsules BID, for short-term use
60 capsules, 500mg

Contraindications: Reduce dosage or take on alternate days if constipation occurs.

Ingredient

Bovine Colostrum

Formula Rationale

Colostrum has been used for thousands of years in Asia and has been studied since the late 1700s in Europe. First milk colostrum is a pure and natural product resulting from collecting and drying the milk obtained within the first six hours after the birth of a calf. Our colostrum is collected from Grade A dairy farms in the United States to assure the highest quality product. It is free of artificial hormones, rBST, rBGH, and BSE/TSE.

Colostrum is rich in protein, specifically immune proteins classed as immunoglobulins, which provide the newborn or those using colostrum, with these basic components of the immune system. In the case of the newborn, their immune system is not yet fully functioning and colostrum source antibodies aid the immune system to ward off and defend against infections and antigens (bacteria, viruses, fungi, etc.).

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Formula Rationale *(continued from previous page)*

Additionally, there are many vitamins in high concentrations along with rich sources of minerals in easy to assimilate forms. Recent research has proven the existence of TGF-1 (insulin like growth factor), which is of interest to the athletic and body-building field. Colostrum also contains a small molecular weight moiety called transfer factor (immune inducer), which is a messenger to the immune system preparing it for defense against specific antigens. This can be a very promising way to offer health benefits through an oral supplement, as it is small enough to be absorbed through the digestive system. The “probiotic” functions of colostrum are well researched, and effectiveness against various G.I. problems, diarrhea, etc., is well established.

Colostroplex can be used for those who are intolerant of dairy products.

Clinical Notes

1. To reduce food intolerance, use 1 to 2 capsules per day for 3 to 6 months.
2. Also see Health Concerns Newsletters: Vol. 9 No. 3 *Can Herbs Help Rheumatoid Arthritis Patients?* (Gaeddert); Vol. 5 No. 1 *Chinese Herbal Treatment of Chronic Digestive Disorders, Part 2*; Vol. 4 No. 5 *Chinese Herbal Treatment of Chronic Digestive Disorders, Part 1*; Vol. 10 No. 4 *How Do You Treat Heartburn and GERD*; Vol. 8 No. 6, Vol. 9 No. 1, and No. 2 *Herbal Treatments of Parasites*.

Additional Formulas

- In the first stages of bacterial gastroenteritis **Isatis Gold** and **Quiet Digestion** can be used, with Colostroplex.
- For cryptosporidium use **Source Qi** and **Artestatin**. (It is important to start Artestatin at 1 capsule per day, increase to 6 capsules per day over 3-week period.) Source Qi is used at the recommended dose of 4 to 6 capsules TID. Colostroplex can be used as an adjunct.
- With damp heat diarrhea combine Colostroplex with **Formula H**, **Phellostatin**, or **Isatis Cooling**.
- For rheumatoid arthritis, combine Colostroplex with **Mobility 2** and **Clear Heat**.
- For parasitic infection, combine Colostroplex with **Artestatin** and **Aloe 22**.
- Use long-term for Lyme disease.

R2.0720

Coptis Purge Fire Formula™

Modified Long Dan Xie Gan Wan Herbal Supplement

Therapeutic Actions

1. Treats intense, acute, localized inflammation, skin eruptions such as hives, damp-heat eczema, sore throat, strep throat, eye and ear infections, nasal and sinus infections, herpes simplex outbreaks, pelvic inflammatory disease, tooth abscess, oral ulcers, nasal infections and mouth ulcers.
2. Treats the acute manifestation of the following disorders: chronic liver fire conditions, chronic skin eruptions (eczema), facial flushing, red eyes, migraine headaches and urinary tract infections.
3. Treats acute constipation associated with illnesses and high fevers.

Chinese Therapeutic Effects

Purges fire and toxins

Dries dampness

Administration

Internal: 3 capsules, TID, between meals. In acute conditions, you may use 3 capsules, 4 to 6 times per day.

90 capsules, 632mg

Contraindications: Strong cooling formula, reduce dosage or discontinue if diarrhea occurs.

Ingredients

Coptis root*	Chinese Peony root*	Alisma rhizome*	Forsythia fruit*
<i>huang lian</i>	<i>bai shao</i>	<i>ze xie</i>	<i>lian qiao</i>
Isatis root*	Anemarrhena root*	Marshmallow root	Gardenia fruit*
<i>ban lan gen</i>	<i>zhi mu</i>	<i>Althaea officinalis;</i>	<i>zhi zi</i>
Dong Quai root*	Phellodendron	<i>yao shu kui</i>	Licorice root*
<i>dang gui</i>	cortex*	Skullcap root*	<i>gan cao</i>
Lophatherum herb*	<i>huang bai</i>	<i>huang qin</i>	
<i>dan zhu ye</i>	Gentian root*	Sophora root*	*extract
Bupleurum root	<i>qin jiao</i>	<i>ku shen</i>	
<i>chai hu</i>			

Formula Rationale

Coptis Purge Fire is intended to treat intense, localized, excess inflammation in individuals with strong constitutions. The formula is a combination of three traditional formulas: Coptis and Scute Combination (*Huang Lian Jie Du Tang*), Rehmannia and Akebia Combination (*Dao Chi San*), and Gentiana Combination (*Long Dan Xie Gan Tang*). These, along with forsythia (*lian qiao*), lophatherum (*dan zhu ye*), phellodendron (*huang bai*), anemarrhena (*zhi mu*), gardenia (*zhi zi*) and sophora (*ku shen*) have strong antibacterial and in some cases, anti-viral effects. Bupleurum (*chai hu*) invigorates liver qi and is used for prolonged infections. Chinese peony root (*bai shao*) clears heat and cools blood. Marshmallow root (*Althaea officinalis*; *yao shu kui*) and alisma (*ze xie*) facilitate the body's removal of heat and toxins. Inflammation of the excess type tends to produce relatively large amounts of fluids, which may appear as discharge or pus. Coptis Purge Fire contains sophora (*ku shen*), which clears heat and dries dampness.

Clinical Notes

1. Effective for herpes outbreaks types I and II. Use 3 capsules, 4 to 6 times per day.
2. Combine Coptis Purge Fire (1 to 3 capsules TID) with **Three Immortals** (2 to 3 capsules TID) for hot flashes that are not resolved by Three Immortals alone.
3. For sinus or ear infections combine Coptis Purge Fire with **Nasal Caps 2** (2 capsules of each formula, 4 to 6 times per day).
4. Also see Health Concerns Newsletters: Vol. 12 No. 4 *Diabetes II Complications of Diabetes* (Gaeddert); Vol. 5 No. 1 *Chinese Herbal Treatment of Chronic Digestive Disorders, Part Two* (Gaeddert); Vol. 7 No. 4 *Commonly Asked Practitioner Questions: Gynecology Issues* (Gaeddert); Vol. 11 No. 2 *Commonly Asked Practitioner Questions: Gynecology Issues, Part 2* (Gaeddert); Vol. 4 No. 2 *Pre & Postmenstrual Syndromes* (Fratkin); Vol. 4 No. 4 *Damp Heat Dysmenorrhea & Unlocking Formula* (Flaws); Vol. 17 No. 1 *Sinus Infections, Part I* (Gaeddert); Vol. 17 No. 2 *Sinus Infections, Part II* (Gaeddert).

Additional Formulas

- Combine with **Isatis Gold** for acute infections.
- Take **Astra Isatis** at the sign of prodromal herpes eruption, or to prevent herpes.
- Follow with **Astra 8** or Astra Isatis when warming the spleen is indicated.

R5.0222

Cordyceps PS™

Dong Chong Xia Cao Herbal Supplement

Therapeutic Actions

1. Improves lung function and addresses such conditions as asthma, wheezing, chronic cough, and chronic obstructive pulmonary disease.
2. May be useful for arrhythmia, heart failure, pulmonary heart disease, hyperlipidemia, cirrhosis, hepatitis, male impotence, chronic fatigue syndrome, drug toxicity (cyclosporine), chemotherapy and radiotherapy.
3. Acts as a general tonifying agent; strengthens resistance to disease, boosts the immune system, and enhances athletic performance.

Chinese Therapeutic Effects

Tonifies kidney yang

Nourishes lung yin

Strengthens protective qi

Stops cough and transforms phlegm

Administration

Internal: 2 capsules, BID to TID, with or between meals

50 capsules, 500mg

Contraindications: If Cordyceps PS causes gas and bloating, take with meals.

Ingredient

Cordyceps fruiting body

dong chong xia cao

Formula Rationale

Cordyceps, also known as caterpillar fungus, is an ancient Chinese tonic. In more recent years, it is credited for helping improve the performance of Chinese athletes in international competitions. Laboratory research has found that extractions of Cordyceps inhibit growth of microorganisms such as *Mycobacterium tuberculosis*, pneumococcus, and various disease-causing fungi. Other studies have shown that Cordyceps has a marked bronchodilation effect and is able to increase the effects of adrenaline.

Chinese research indicates that Cordyceps may be useful for many conditions such as arrhythmia, heart failure, pulmonary heart disease, hyperlipidemia, cirrhosis, hepatitis, male impotence, chronic fatigue syndrome, drug toxicity (cyclosporine), chemotherapy, and radiotherapy.

In terms of Chinese medicine, Cordyceps is said to enter the lung and kidney channels. The traditional functions of Cordyceps include treating tuberculosis, deficiency-type cough, impotence, spermatorrhea, post-illness deficiency and weakness, spontaneous sweating, and anemia. Additionally, it is a strong general tonic and is used for health maintenance and disease prevention.

Cordyceps PS is processed using a full spectrum extract yielding 6% cordycepic acid.

Clinical Notes

Also see Health Concerns Newsletters: Vol. 5 No. 2 *From Chronic Fatigue Patient to Athlete* (Guzman); Vol. 5 No. 3 *Integrating Chinese Herbs and Western Medicine in the Treatment of HIV Patients: Part 1* (Gaeddert); Vol. 6 No. 1 *Treating Women with HIV & Other Viral Conditions: Eastern and Western Perspectives Part 1* (Surasky / Cohen); Vol. 6 No. 2 *Treating Women with HIV & Other Viral Conditions: Eastern and Western Perspectives Part 2* (Surasky / Cohen).

Additional Formulas

- Cordyceps PS can be combined with **Quiet Digestion** (1 to 2 capsules BID to TID) or **Chzyme** (1 to 2 capsules BID to TID) if intestinal gas or bloating is noticed.
- For spleen deficiency, consider combining Cordyceps with **Six Gentlemen** (3 caps TID).

R3.0522

Therapeutic Actions

1. Addresses fatigue associated with chronic illnesses or during recovery from a severe acute illness or operation.
2. Modulates immune function.
3. Useful for chronic bronchitis, asthma and kidney disease.
4. Improves athletic performance.

Chinese Therapeutic Effects

Tonifies Qi and yin through fu zheng action
Strengthens lung, spleen, stomach, and kidney

Administration

Internal:

Powder: Slowly add ½ teaspoon (2396mg) of the highly concentrated herbal powder to a cup of warm water, ginger tea or green tea. Can be taken one to three times a day before or between meals as a tonic drink.

60 capsules, 486 mg: 1 capsule TID between meals.

Contraindications: Less than 1 percent of patients may notice a Ganoderma allergy, which is characterized by an itchy rash. If this occurs, discontinue.

Ingredients

Cordyceps fruiting body* <i>dong chong xia cao</i>	Astragalus root* <i>huang qi</i>	Licorice root* <i>gan cao</i>
Red Ganoderma (<i>reishi</i>) fruiting body <i>ling zhi</i>	American Ginseng root* <i>xi yang shen</i>	Ginger rhizome* & natural Ginger flavor <i>gan jiang</i>

*extract

Formula Rationale

CordySeng is a highly concentrated herbal extract designed as a flavorful tonic drink for a variety of uses. It combines the best of the fu zheng (Restore the Normal) herbs, Qi tonics, and yin tonics. It is designed to be used on its own as an energy tonic and immunomodulating formula or as an adjunct to other herbal formulas.

The main ingredient, cordyceps fruiting body (dong chong xia cao), is considered a tonic and supporting herb that restores energy, promotes longevity, and improves quality of life. In the lab, it has been shown to increase natural interferon levels in animal cells. Cordyceps is used in many Chinese cancer-support formulas. Double-blind, controlled studies conducted in China by Christopher B. Cooper, M.D., demonstrated that derivatives from the Tibetan mushroom *Cordyceps sinensis* can play a significant role in increasing energy and aerobic capacity.

Ganoderma (reishi; ling zhi) contains highly active polysaccharides, which appear to have potent immune-regulating properties. It is traditionally used to protect the liver from damage, reduce the symptoms of hepatitis and lower liver enzyme levels. *Astragalus (huang qi)* and licorice (*gan cao*) have anti-viral and immune-potentiating activity; American ginseng (*xi yang sheng*), ginger (*gan jiang*) support digestive function.

CordySeng tonifies both yin and yang, strengthens the spleen, stomach, kidney, and lung, and helps digestion. CordySeng is especially good for the chronic fatigue found in chronic hepatitis, AIDS, and various types of cancer. The formula was tested successfully in Misha Cohen, OMD, L.Ac.'s clinic for several months for efficacy and taste.

Clinical Notes

1. We have received favorable comments using this formula with both immune deficiency conditions and autoimmune diseases.
2. Also see Health Concerns Newsletters: Vol. 5 No. 2 *From Chronic Fatigue Patient to Athlete* (Guzman); Vol. 5 No. 3 *Integrating Chinese Herbs and Western Medicine in the Treatment of HIV Patients: Part 1* (Gaeddert); Vol. 6 No. 1 *Treating Women with HIV & Other Viral Conditions: Eastern and Western Perspectives Part 1* (Surasky / Cohen); Vol. 6 No. 2 *Treating Women with HIV & Other Viral Conditions: Eastern and Western Perspectives Part 2* (Surasky / Cohen).

R1.0720- 60 capsules / R2.0920 powder

Therapeutic Actions

1. Japanese research shows that this medicinal mushroom has anti-tumor effects and stimulates natural killer (NK) cells. Used in conjunction with chemo and radiation therapy, Coriolus has been found to be instrumental in increasing cancer survival rates.
2. Stimulates production of killer T cells and tumor necrosis factor (TNF); activates macrophage function.
3. Also used as adjunct for hepatitis, lung infections.

Chinese Therapeutic Effects

Dispels dampness	Clears heat
Reduces phlegm	Alleviates inflammation

Administration

Internal: 3 capsules BID between meals, as part of supportive immune protocol
90 capsules, 500mg

Ingredient

Trametes versicolor (Coriolus versicolor; Turkey Tail mushroom) fruiting body
yun zhi

Formula Rationale

Over 400 clinical studies have demonstrated that coriolus have immune-modulating and anti-tumor effects. Coriolus, when given as an adjuvant during conventional therapy for cancer, has significantly increased the survival rates.

In a study published in Lancet, a group of 262 gastric cancer patients who underwent gastrectomy followed by chemotherapy were randomly divided into two groups. The group that was placed on coriolus during chemotherapy had a survival rate of 73 percent as opposed to 60 percent for the group who underwent chemotherapy alone. Another study was conducted on 185 patients with stages I, II, or III non-small cell lung cancer who were treated with radiotherapy. Those with stages I or II who were administered coriolus had a 39 percent five-year survival rate as opposed to the 22 percent and 16 percent survival rates respectively of patients of the same disease stages who had not received coriolus. Stage III patients who took coriolus had a 22 percent survival rate versus none for the non-coriolus group.

Cancers that have been reported to respond to coriolus include stomach, uterine, colon, lung, colorectal, prostate, breast, and liver. In the overall treatment of cancer, coriolus seems to be most beneficial when used as an adjunct to conventional therapeutic regimens. Researchers suggest that coriolus appears to counteract the immune suppression of the conventional therapies and the toxic processes of cancer proliferation.

Ongoing research finds that coriolus also has anti-viral activity, appearing to be effective against HIV infection. Additionally, animal studies indicate that coriolus seems to have cholesterol lowering effects as well as diuretic and mild tranquilizing activities.

Health Concerns Coriolus PS is rich in naturally occurring polysaccharides, which are instrumental in health maintenance and illness prevention.

R4.0722

Cramp Bark Plus™

Modified Tong Jing Wan Herbal Supplement

Therapeutic Actions

1. Alleviates menstrual cramps.
2. Treats abdominal pain.
3. Reduces fibroids and cysts.

Chinese Therapeutic Effects

Vitalizes blood circulation

Reduces spasms

Relieves pain

Administration

Internal: For best results, take one day before and continue through the menstrual period.

3 capsules TID, increase to 3 capsules every 2 hours at onset of cramps; for other applications,

3 capsules TID

90 capsules, 670mg

Contraindications: Warming formula. Do not use when there are heat signs, including heavy bleeding with the period.

Ingredients

Crampbark root bark <i>Viburnum opulis</i>	Cassia twig* <i>gui zhi</i>	Peach kernel* <i>tao ren</i>	Cyperus rhizome* <i>xiang fu</i>
Dong Quai root* <i>dang gui</i>	Achyranthes root* <i>niu xi</i>	Ginger root* <i>gan jiang</i>	Costus root* <i>mu xiang</i>
Black Cohosh root* <i>sheng ma</i>	Chinese Peony root* <i>chi shao</i>	Poria sclerotium* <i>fu ling</i>	*extract
Bupleurum root* <i>chai hu</i>	Corydalis rhizome* <i>yan hu suo</i>	Safflower flower* <i>hong hua</i>	

Formula Rationale

Crampbark (*Viburnum opulis*) is a Native American remedy with warming and anti-spasmodic actions used for menstrual cramps. This herb is combined with warm, blood-vitalizing herbs that also help to relieve menstrual pains. Cramp Bark Plus is based on formulas for uterine cramping, Cinnamon and Persica Combination, Achyranthes Combination, and *Tong Jing Wan*. Bupleurum (*chai hu*) assists with liver Qi stagnation and works with black cohosh (*sheng ma*) and ginger root (*gan jiang*) to relieve abdominal distention. Costus (*mu xiang*) and poria (*fu ling*) relieve dampness.

Clinical Notes

Can use for uterine fibroids and cysts. Use **Bupleurum Entangled Qi** (2 capsules QID) and Cramp Bark Plus (2 capsules QID). Or use Bupleurum Entangled Qi and **Unlocking** with heat signs. Reduction in size should take six months.

Additional Formulas

- Use **Woman's Balance, Heavenly Water, Eight Treasures** or other suitable formulas to regulate the menstrual system, so that cramping does not occur.
- For stronger pain relief an adjunct or alternative formula is **Channel Flow**.
- For polycystic ovaries consider **Backbone**.
- For additional blood circulation properties consider **Regeneration**.

Therapeutic Actions

1. Effective for joint health and rehabilitation, improving joint pain and mobility.
2. Lessens muscle soreness from oxidative stress and inflammation.
3. Encourages healthy inflammatory response after exercise.
4. Enhances circulation and reduces inflammation.
5. Supports healthy aging: blood vessel function, prostate, vision and eye health.
6. Helpful in managing effects of chemo and radiation therapy.

Administration

Internal: 1 capsule, BID, with meals
60 capsules, 500mg

Ingredient

Turmeric rhizome extract (*Curcuma longa*)
(Meriva® Curcumin Phytosome® with Sunflower phospholipids)

Formula Rationale

Curcuma Flow contains a clinically-studied and patented curcuminoid complex delivery system. The system protects curcumins and uses PC (phosphatidylcholine) to carry curcumins across the intestinal lining.

Curcuma Flow is supported by 25 clinical studies, involving more than 1400 subjects.¹ Curcumin typically exhibits poor oral absorption in the body. Pharmacokinetic comparison studies have shown Curcuma Flow to improve bioavailability of curcuminoids by about 30-fold.^{2,3} Curcuma Flow can help patients lower their pain perception, reduce their need for pharmaceutical analgesics, and improve quality of life. In a fifty-patient knee osteoarthritis trial, subjects taking the equivalent of two capsules a day of Curcuma Flow for three months, showed improvement

(continued next page)

Formula Rationale *(continued from previous page)*

in walking capacity, and WOMAC scores for joint pain, stiffness, and function. Curcuma Flow also reduced knee edema 53 percent, and improved quality of life markers. Finally, patients need for pain medication was significantly reduced. In a follow up study of 100 patients, Curcuma Flow users recorded 63 percent less use of pain medications, improvement in walking capacity, reduced edema and lowering of five inflammatory biomarkers.

In addition, Curcuma Flow has shown to have analgesic activity in a post carpal tunnel surgery trial, neuropathic pain (sciatica and carpal tunnel syndrome), and in muscle pain resulting from intense exercise.

Curcuma Flow has also been shown to be effective in relieving pain in trials in comparison with Tylenol (acetaminophen).

In a fifty-patient diabetic trial, Curcuma Flow reduced foot edema, improved oxygen flow, and circulation to the small vessels of the foot. Circulation to the eye was measured in 38 diabetic retinopathy patients. The herbal formula improved blood flow to the eye, reduced retinal blood flow damage, and improved vision. Additional clinical trials have shown improvement in patients with uveitis, retinal detachment, and CSC (central serous chorioretinopathy) a condition in which fluid accumulates in the eye.

Curcuma Flow also improves symptoms associated with prostatic hypertrophy (BPH), and PSA (prostate specific antigen), protects against radiation and chemotherapy damage, and improves cancer patient's quality of life.

Curcuma Flow improves antioxidant defense. Besides lowering oxidative biomarkers, curcumins elevate, glutathione, vitamin C, E levels in the blood and key antioxidant enzymes catalase and superoxide dismutase. Curcumins downregulate inflammatory markers, CRP (C-reactive protein), TNF-alpha, COX -2, Interleukin- 1beta, Interleukin-6, and Erythrocyte Sedimentation Rate. In addition, curcumins regulate many cell membranes including signal transduction and cell-to-cell communication, improve nerve and muscle functioning.

Curcuma Flow has an excellent safety profile. PC not only dramatically improves absorption, PC also transports curcumins and prolongs their time in the blood. PC is known to benefit intestinal, liver and lung function.

In conclusion, research and clinical experience indicates that Curcuma Flow has excellent absorption, and is not known to upset the digestive system unlike many turmeric/curcumin products, and can be used along with nutritional supplements, and herbs.

References are on the formula page of our website: www.healthconcerns.com/pro.

R3.0921

Drain Dampness™

Hoelen Five Herbal Supplement

Wu Ling San

Therapeutic Actions

1. Diuretic, diaphoretic.
2. Primary indications are edema, difficulty in urination, sensation of heaviness.
3. Secondary considerations are thirst, headaches, vomiting, foamy saliva, pulsations below the navel.
4. In China, this formula may be used to treat chronic nephritic edema, acute gastritis, cardiac edema, ascites due to liver cirrhosis, urinary retention, scrotal hydrocele, acute enteritis with diarrhea, cholera, prostatic hypertrophy.
5. According to *Formulas and Strategies*, this formula may be effective for nephritis, renal failure, ascites from liver cirrhosis, Meniere's disease, hepatitis, gastroparesis, gastrectasis, gastroenteritis, enteritis, genitourinary infections, neurogenic bladder syndrome and hydrocele.

Chinese Therapeutic Effects

Clears stagnation of water and dampness in the body

Strengthens the spleen, releases pathogens from the exterior

Administration

Internal: 3 capsules TID, between meals

90 capsules, 750mg

Ingredients

Alisma rhizome*
ze xie

Poria sclerotium*
fu ling

Polyporus sclerotium*
zhu ling

Cinnamon bark*
rou gui

Bai-Zhu Atractylodes
rhizome*
bai zhu

*extract

Formula Rationale

This is an ancient formula traditionally known as *Wu Ling San*. While it was originally designed to address external patterns that give rise to water metabolism problems, it has evolved to include water metabolism issue from other causes as well. An accumulation of fluids produces edema, and sensations of heaviness. There may be congested fluids below the navel causing pulsations, or congestion of fluids in the lungs causing shortness of breath or coughing. Due to the excess fluids the digestive system is disrupted, which may cause vomiting and/or diarrhea.

Alisma (*ze xie*), poria (*fu ling*), and polyporus (*zhu ling*) leach dampness and promote urination. Together they help drain heat from the bladder. In addition, poria and bai-zhu atractylodes (*bai zhu*) strengthen the spleen, which aids in the transformation and transportation of fluids. Cinnamon bark (*rou gui*) assists the bladder in discharging urine and dispels pathogens from the exterior. Cinnamon bark also warms the gate of vitality, which, in turn, helps the spleen qi regulate dampness.

Clinical Notes

This is an excellent formula for temporary edema such as found during jet travel if taken a few days before, during, and after the flight.

Additional Formulas

- For arthritic type conditions involving pain and swelling combine with **Mobility 2**.
- For weak kidney combine with **Rehmannia 8**.
- For stronger effects combine with **Aloe 22** to unblock Qi.
- In the treatment of digestive disorders this formula can be combined with **Quiet Digestion** or **Stomach Caps**.

R2.0720

Therapeutic Actions

1. Relaxes muscular tension, especially of the neck, shoulder and upper back.
2. Treats prolonged colds and flu that are accompanied by headache, gastrointestinal disorders and body aches.
3. Useful for emotional disorders, PMS, especially with spleen deficiency.
4. Treats chronic gastrointestinal disorders, alternating loose or constipated stools, food allergies and abdominal tenderness, bloating, and belching with spleen deficiency.

Chinese Therapeutic Effects

Invigorates liver qi

Relieves the surface

Harmonizes the liver and spleen

Tonifies spleen qi

Harmonizes the exterior and interior

Administration

Internal: 2 capsules, TID, between meals

90 capsules, 650mg

270 capsules, 650mg

Ingredients

Bupleurum root*
chai hu

Cassia twig*
gui zhi

Asian Ginseng root*
ren shen

Licorice root*
gan cao

Kudzu root*
ge gen

Chinese Peony root*
bai shao

Chinese Skullcap
root*
huang qin

Ginger root*
gan jiang

Poria sclerotium*
fu ling

*extract

Formula Rationale

Ease 2 is based on the traditional formula *Chai Hu Gui Zhi Tang* (Bupleurum and Cinnamon Combination), which treats prolonged viral infections with GI disturbance and muscular tension. Kudzu (*ge gen*) is included to enhance the treatment of tension and aching in the upper back and neck. Bupleurum (*chai hu*) invigorates liver qi and is used in the treatment of prolonged infections. Asian ginseng (*ren shen*) tonifies the spleen and lung and treats fatigue, diarrhea, and dehydration. Chinese skullcap (*huang qin*) eliminates dampness and clears heat. Poria (*fu ling*) strengthens spleen and relieves dampness. Licorice (*gan cao*) tonifies the adrenal gland and has detoxicant and harmonizing properties. Cassia (*gui zhi*) warms the channels and collateral and promotes blood circulation. Ginger (*gan jiang*) warms cold and stops diarrhea. Chinese peony (*bai shao*) invigorates liver qi and eliminates pain.

Clinical Notes

1. Useful in treating upper body conditions for which chiropractic manipulations are helpful, but do not maintain their effectiveness between treatments.
2. Can be used to treat whiplash.
3. May be used to treat PMS accompanied by chronic appendicitis or irritable bowel syndrome when patient has cold signs.
4. General stress protocol: combine **Calm Spirit** with **Ease 2**, 2 capsules of each TID or QID with loose stools. With normal stools or constipation: Calm Spirit with **Ease Plus**.
5. Also see Health Concerns Newsletter: Vol. 9 No. 3 *Can Herbs Help Rheumatoid Arthritis Patients?* (Gaeddert).

Additional Formulas

- For backache and back spasms of the liver wind type, see **Gastrodia Relieve Wind** formula.
- For arthritic joint pain, see **Mobility 2**, **Mobility 3**, and **AC-Q**.
- For prolonged cold and flu, combine Ease 2 with **Power Mushrooms** (2 capsules of each formula 4 to 6 times per day).
- For spasms, see **SPZM**.

R3.0521 - 90ct / R2.0521 - 270ct

Ease Plus™

Bupleurum & Dragon Bone Herbal Supplement

Chai Hu Mu Li Long Gu Wan

Therapeutic Actions

1. Treats nervousness, insomnia, emotional distress, and headache (including migraines).
2. Provides effective assistance for withdrawal from tobacco, drugs, medications, and other addictive substances.
3. Treats gastric acidity and ulcers, hiccups or belching.

Chinese Therapeutic Effects

Invigorates liver qi

Tonifies spleen qi

Sedates liver yang

Calms shen

Administration

Internal: 2 to 4 capsules TID between meals

90 capsules, 650mg

270 capsules, 650mg

Contraindications: Do not use if you have or develop diarrhea, loose stools, or abdominal pain.

Ingredients

Calcium carbonate	Asian Ginseng root*	Chinese Skullcap	Chinese Rhubarb
Oyster*	<i>bai ren shen</i>	root	rhizome
<i>Ostrea gigas</i>	Cang-Zhu	<i>huang qin</i>	<i>da huang</i>
Bupleurum root*	Atractylodes root*	Cassia twig*	Costus root*
<i>chai hu</i>	<i>cang zhu</i>	<i>gui zhi</i>	<i>mu xiang</i>

*extract

Formula Rationale

Ease Plus is a formula based on Chai Hu Jai Mu Li Long Gu Tang (*Bupleurum and Dragon Bone Decoction*), with costus (*mu xiang*) substituted for jujube (*da zao*) to promote better digestive functions. Chinese rhubarb (*da huang*) eliminates heat through the intestines. Asian ginseng (*ren shen*) supports the spleen. Cassia (*gui zhi*) relieves the surface. The formula harmonizes by dredging the liver and strengthening the spleen, thus preventing the liver from disrupting the digestion. Liver heat is also cleared by Chinese skullcap (*huang qin*), which prevents the disturbance of heart shen by rising liver yang. Oyster extract (*Ostrea gigas*) and calcium carbonate weigh stabilize the heart shen. Ease Plus treats emotional disturbances that cause a combination of digestive problems, headache, nervousness, and insomnia.

Clinical Notes

1. Use Ease Plus as a substitute for pharmaceutical sedatives, e.g., Valium.
2. Consider as a substitute for drugs treating acid reflux or ulcers.
3. Relieves symptoms of drug withdrawal accompanied by anxiety, nervousness, insomnia, digestive disturbance, and tension.
4. Epilepsy symptoms may be improved by combining Ease Plus with Ease 2.
5. Ease Plus will help treat constipation.
6. For a general stress protocol, combine Calm Spirit with Ease Plus (or Ease 2 if there are loose stools), 2 capsules of each formula, TID-QID.
7. Also see Health Concerns Newsletters: Vol. 4 No. 1 *Treatment of Emotional Disturbances in Traditional Chinese Medicine* (Victor); Vol. 11 No. 4 *Can Herbs Help People with Anxiety, Panic & PTSD?* (Gaeddert).

Additional Formulas

- For sleeplessness and nervousness, see **Schisandra Dreams**, to be used before sleeping.
- For sleeplessness due to yin deficiency, use **Calm Spirit**.
- For insomnia or nervousness due to heart blood deficiency, use **Shen-Gem**.

R3.0421

Therapeutic Actions

1. Addresses fatigue, sallow complexion, reduced appetite, spots before the eyes, cold limbs, shortness of breath, light-headedness or vertigo.
2. Treats anemia from chronic illness or blood loss. If signs or symptoms indicate, this formula will treat delayed or irregular menstruation, amenorrhea, post menstrual fatigue, uterine bleeding and the chronic conditions that underlie many diseases. It has also been found to be helpful for dry skin, and dry brittle hair.
3. The formula is modified to increase circulation, making it beneficial for athletes who frequently suffer from depletion of blood.

Chinese Therapeutic Effects

Tonifies Qi and blood

Moves the blood

Administration

Internal: 3 capsules, TID

90 capsules, 690mg

Contraindications: Pregnancy and excess conditions.

Ingredients

Bai-Zhu Atractylodes rhizome <i>bai zhu</i>	Rehmannia (cooked) root* <i>shu di huang</i>	Ligusticum root* <i>chuan xiong</i>	Licorice (baked) root* <i>zhi gan cao</i>
Codonopsis root* <i>dang shen</i>	Chinese Peony root* <i>bai shao</i>	Millettia reticulata radix* <i>wang lu o ya dou teng</i>	Jujube fruit* <i>da zao</i>
Ginger rhizome* <i>gan jiang</i>	Dong Quai root* <i>dang gui</i>		*extract

Formula Rationale

This formula is indicated for deficiency of both Qi and blood. The formula is the combination of two smaller formulas, The Four Gentlemen (*Si Jun Zi Tang*), to tonify Qi, and The Four Substances (*Si Wu Tang*) to tonify blood. Codonopsis (*dang shen*) tonifies the Qi while rehmannia (*shu di huang*) nourishes the blood. Bai-zhu atractylodes (*bai zhu*) strengthens the spleen and removes dampness thereby assisting codonopsis. Chinese peony (*bai shao*) and dong quai (*dang gui*) nourish the blood and assist rehmannia in this capacity. An additional herb, millettia reticulata (*wang lu o ya dou teng*) has been added to enhance the formula's ability to move and tonify the blood and comfort the tendons and joints. Dong quai, Millettia reticulata and ligusticum (*chuan xiong*), combine to increase the formula's ability to create new blood and soothe tendons and muscles, making it valuable to athletic performers who tend to have exhausted blood. Licorice (*zhi gan cao*) tonifies the Qi and harmonizes the middle burner. Ginger (*gan jiang*) and jujube (*da zao*) regulate the absorbing function of the spleen and stomach.

Clinical Notes

1. This is one of the most frequently used herbal preparations in traditional Chinese medicine. The formula is particularly indicated for Qi and blood deficiency, which can result from many different factors, particularly menstruation or childbirth. The formula is commonly prescribed during the menstrual cycle when it is appropriate to tonify the Qi and blood, i.e., from the end of menstruation to ovulation. If Qi stagnation is present, another formula, **Woman's Balance** (*Xiao Yao San*) can be used during the time between ovulation and menstruation. Qi and blood deficiency can affect both women and men.
2. Also see Health Concerns Newsletter: Vol. 12 No. 4 *Diabetes II Complications of Diabetes* (Gaeddert).

Additional Formulas

- **Woman's Balance** for liver qi stagnation with signs of PMS.
- **Postpartum** for Qi and blood deficiency following delivery and to more strongly move Qi and blood.
- **Three Immortals** for menopause.

R3.0221

Emperor's Ginseng ZizyphusTM

Modified Tian Wang Bu Xin Dan | Emperor of Heaven's Special Pill to Tonify the Heart

Therapeutic Actions

1. Addresses chronic insomnia, palpitations, heart disease, and irritability.
2. Useful in the treatment of menopausal symptoms, chronic urticaria, canker sores, neurasthenia, chronic fatigue, difficulty concentrating, daytime fatigue.
3. It is especially beneficial for patients who have taken tranquilizers or sleeping medications for so long that they have ceased to have any effect.

Chinese Therapeutic Effects

Enriches the yin

Nourishes the blood

Tonifies the heart

Calms the spirit

Administration

Internal: 3 capsules TID, between meals

60 capsules, 650mg

Ingredients

Asian Ginseng root*	Poria sclerotium*	Cassia bark*	Ophiopogon tuber*
<i>bai ren shen</i>	<i>fu ling</i>	<i>rou gui</i>	<i>mai men dong</i>
Salvia root*	Schisandra berry*	Dong Quai root*	Chinese Hawthorn
<i>dan shen</i>	<i>wu wei zi</i>	<i>dang gui</i>	leaf & flower*
Astragalus root*	Polygala root*	Asparagus root*	<i>Crataegus</i>
<i>huang qi</i>	<i>yuan zhi</i>	<i>tian dong</i>	<i>pinnatifida</i>
	Platycodon root*		Jujube seed*
	<i>jie geng</i>		<i>suan zao ren</i>

*extract

Formula Rationale

In TCM, disturbances of the spirit due to deficiency of the blood and yin of the heart usually manifest in insomnia, palpitations, and irritability. The proper strategy is to enrich the yin and nourish the blood of the heart. Emperor's Ginseng Zizyphus is traditionally used for irritability, palpitations with anxiety, fatigue, insomnia with very restless sleep, inability to think or concentrate for even short periods of time, nocturnal emissions, forgetfulness, daytime fatigue, dry stools, a red tongue with little coating, and a thin, rapid pulse. There may also be sores of the mouth and tongue, low-grade fever, and night sweats.

The chief herb, Asian ginseng (*bai ren shen*), a special preparation of panax ginseng root, used in the formula as an adaptogen for increasing resistance to environmental stress and as a general tonic for improving well-being. Asian ginseng generates fluids and is better than other forms of ginseng to tonify Qi and generate fluids. Asian ginseng also used for stimulating immune function, improving physical and athletic stamina, preventing muscle damage from exercise, improving cognitive function, concentration, memory, and work efficiency.

Salvia (*dan shen*) and dong quai (*dang gui*) tonify the blood to nourish the heart without causing stasis. Polygala (*yuan zhi*) calms the spirit. Poria (*fu ling*) assists the heart qi. Asparagus (*tian dong*), Ophiopogon (*mai men dong*) enriches the yin and clears heat from deficiency. Schisandra (*we wei zi*) and jujube (*suan zao ren* - also known as zizyphus) prevent the leakage of heart qi. Platycodon (*jie geng*), which conducts the actions of the other herbs upward toward the upper burner, the abode of the spirit. Chinese Hawthorn leaf & flower gently drains dampness.

Emperor's Ginseng Zizyphus is a variation of *Tian Wang Bu Xin Dan*, a time-tested formula, made in the USA. Health Concerns version uses ginseng as the emperor herb, as ginseng helps the body adapt to physical and mental stress and makes the formula easier to digest. It is traditionally used with clients who have a red tongue and thin rapid pulse.

Additional Formulas

- Whereas Emperor's Ginseng Zizyphus is traditionally used during the day for chronic insomnia, **Schisandra Dreams** or **Griffonex 5-HTP** can be used before bed or upon awaking in the night.
- **Shen-Gem** addresses chronic insomnia due to blood deficiency.

R1.0820

Therapeutic Actions

1. This formula is used primarily to support immune function for people who have disorders of chronic viral inflammation.
2. Useful in persons diagnosed with chronic viral syndromes such as HIV-disease, chronic fatigue immune dysfunction syndrome (CFIDS)/ chronic fatigue syndrome (CFS), and herpes, and may also be used for symptoms associated with other immune dysfunction disorders.
3. The individual herbs and herb combinations in the formula are traditionally used to address symptoms such as fatigue, weight loss, night sweats, spontaneous sweating, fever, diarrhea, digestive disorders, muscle aches, inability to concentrate, swollen lymph nodes, and low sexual energy.

Chinese Therapeutic Effects

Tonifies Qi, blood, yin, yang, essence	Clears heat
Strengthens wei qi	Cleans toxin
Strengthens spleen, stomach, and kidney	Clears phlegm

Administration

Internal: 5 capsules, TID, between meals
420 capsules, 650mg

Contraindications: During a high fever, discontinue for a few days. This formula is designed as a balanced formula and may be used continuously. This formula is primarily meant to be used as an adjunct to Western medicine treatment of chronic viral infections.

Ingredients

Reishi fruiting body* <i>ling zhi</i>	Tremella fruiting body* <i>bai mu er</i>	Costus root* <i>mu xiang</i>	Lycium fruit <i>gou qi zi</i>
Isatis root* & leaf* <i>ban lan gen & da qing ye</i>	Andrographis leaf* <i>chuan xin lian</i>	Epimedium leaf* <i>yin yang huo</i>	Kombu leaf* <i>kun bu</i>
Spatholobus stem* <i>ji xue teng</i>	Japanese Honeysuckle flower* <i>jin yin hua</i>	Hedyotis herb* <i>bai hua she she cao</i>	Dong Quai root* <i>dang gui</i>
Astragalus root* <i>huang qi</i>		Cistanche aerial* <i>rou cong rong</i>	(more ingredients next page)

Ingredients (continued from previous page)

Polygonum herb* <i>hu zhang</i>	Bai-Zhu Atractylodes rhizome* <i>bai zhu</i>	Turmeric root* <i>yu jin</i>	Fo-Ti root* <i>he shou wu</i>
American Ginseng root* <i>xi yang shen</i>	Rehmannia (cooked) root* <i>shu di huang</i>	Dandelion root* <i>pu gong ying</i>	Eucommia bark* <i>du zhong</i>
Schisandra berry* <i>wu wei zi</i>	Chinese Salvia root* <i>dan shen</i>	Tangerine peel* <i>chen pi</i>	Cardamom fruit* <i>sha ren</i>
Ligustrum fruit* <i>nu zhen zi</i>		Chinese Peony root* <i>bai shao</i>	Licorice root* <i>gan cao</i>

*extract

Formula Rationale

Enhance is comprised solely of Chinese herbs. It was designed in the early 1990's by Misha Cohen, OMD, L.Ac. based on her experience and the experience at the Quan Yin Clinic in treating thousands of HIV positive patients. Enhance is based on fu zheng therapy, which means "restoring normality."

The main ingredient, reishi (red ganoderma; *ling zhi*) is a Qi tonic, which appears to contain one of the most highly active polysaccharides found in mushrooms. Ganoderma has been used in China in treatment for viral hepatitis and cancer. Red Ganoderma and astragalus (*huang qi*) have been shown in Chinese research to have immune enhancing properties. Other Qi tonics are included for their traditional energy strengthening effects.

Isatis (*ban lan gen* and *da qing ye*) extract is used in high doses for heat-clearing and toxin-cleaning properties. Chinese research documents anti-viral activity as well as clinical applications. Chinese texts document treatment effects, in hepatitis, herpes simplex, herpes zoster, and viral warts. A high proportion of herbs that clear heat and clean toxin are used for the underlying heat/inflammation present in persons with HIV infection, HCV, and other chronic viral syndromes as determined through traditional tongue and pulse diagnosis.

Spatholobus (*ji xue teng*) extract was chosen for its clinically shown ability to help improve bone marrow function, thereby assisting in the formation of white blood cells and red blood cells. It is used extensively in China to treat the bone marrow suppression effects of chemotherapy. Similarly, there are anecdotal reports from U.S. clinics that it appears to be helpful to people undergoing drug treatments that cause bone marrow suppression. Other blood tonics and blood vitalizers in the formula are speculated to be important for bone marrow function.

R7.0322

Therapeutic Actions

1. Treats symptoms of food intolerance including cramping, bloating, intestinal gas, nausea and diarrhea.
2. Reduces intestinal inflammation via anti TNF activity.
3. Helps heal the intestines by breaking down foreign proteins.
4. Supports the digestion with a full spectrum of enzymes designed to breakdown carbohydrates, protein and fats.
5. May be used in the treatment of gluten intolerance.

Administration

Internal: 1 capsule, up to three times per day, between meals
90 capsules, 210mg

Ingredients

Proprietary blend of the following:

Protease	alpha-Galactosidase	Lipase
Amylase	Lactase	Acid Maltase
Glucoamylase	Invertase	Peptidase

Formula Rationale

Gluten intolerance is a broad term that includes all kinds of sensitivity to gluten. The general symptoms of gluten intolerance include abdominal pain, gas, and diarrhea. A more advanced type of gluten intolerance, Celiac disease is an inherited autoimmune disorder characterized by malabsorption of gluten and subsequent intestinal damage. Celiac disease is associated with digestive disorders, iron deficiency anemia, osteoporosis, intestinal cancer, lymphoma, and other autoimmune disorders such as Rheumatoid Arthritis. The accepted treatment is a strict adherence to a gluten free diet.

Within the intestinal wall are several enzymes, called Brush Border Enzymes, which are important for normal gluten breakdown. It has been theorized that if sufficient quantities of these enzymes were supplemented, gluten sensitivity could be minimized or avoided. This is important, as gluten intolerance has been noticed in patients with digestive disorders, autoimmune disease, migraine headache, and possibly autistic spectrum disorders.

If the enzymes needed to break down food aren't produced by the body in sufficient quantities and compounds are left undigested, they can cause inflammation in the lining of the small intestine. The enzymes in Enteromend are designed to treat inflammatory conditions in the intestinal tract, such as Inflammatory Bowel Disease.

Enteromend contains special enzymes to assist in the breakdown of carbohydrates, protein and fats. It contains acid maltase to assist in starch digestion, alpha-galactosidase and invertase to break down sugars resulting from the fermentation of grains, legumes, and cruciferous vegetables, lactase to digest milk proteins, and special proteases to reduce inflammation and break down proteins.

Enteromend is designed to treat symptoms of food intolerance including cramping, bloating, intestinal gas, nausea and diarrhea. It can be used between meals to help heal the intestines as well as to reduce reactions to food when taken with meals.

These enzymes are selected for their broad PH stability, and are combined to provide enzymatic activity throughout the gastrointestinal tract. Enteromend is state of the art formula to address gluten and other forms of food sensitivity. In addition to reducing gastrointestinal inflammation, Enteromend is targeted for clients with food sensitivity, and may have a special role for those with gluten and lactose intolerance as many clients have multiple sensitivity. For example, approximately one third of celiacs still have symptoms despite maintaining a gluten free diet, as they may have additional allergies or sensitivities that have not been addressed, or may be subject to inadvertent exposure to wheat.

R3.0720

Therapeutic Actions

1. Has anti-inflammatory activity, nourishes brain function, lowers LDL cholesterol, raises HDL cholesterol, and lowers triglycerides.
2. Useful in the treatment of: cardiovascular disease, stroke prevention, hypertension, hyperlipidemia, elevated triglycerides, diabetes, eczema, psoriasis, lupus, MS, migraine headaches, osteoarthritis, rheumatoid arthritis, ulcerative colitis, Crohn's disease, PMS, psychological stress, learning, and behavioral disorders (ADD, ADHD), asthma, autoimmune diseases.

Administration

Internal: 2 softgels per day with meals

60 softgels, 500mg

Contraindications: Use with caution in bleeding disorders, if using anticoagulant medication, or for clients who have seafood allergies.

Ingredient

100% pure Krill oil (500mg)

Softgel (bovine gelatin, glycerin, sorbitol, purified water and ethyl vanillin)

Formula Rationale

EPAQ is comprised of 100% Antarctica krill oil. It contains an ideal balance of essential fatty acids, phospholipids, and antioxidants. It has been clinically proven to be more effective than fish oil for PMS and hyperlipidemia. It reduces joint pain and stiffness, and has a protectant effect against UV radiation. The phospholipids: PC (phosphatidylcholine) and PS (phosphatidylserine) are contained in EPAQ. In addition, EPAQ contains a naturally occurring antioxidant, astaxanthin. Astaxanthin is particularly good at protecting against ultraviolet (UV) light. It also has anti-inflammatory effects and protects against oxidation.

A seventy-patient double-blind study was conducted using EPAQ for women with PMS. Ten parameters of PMS and menstrual symptoms were measured at baseline after 45 days and after 90 days. EPAQ reduced symptoms of breast tenderness, stress, irritability, depression, joint pain, bloating, weight gain, abdominal bloating, and swelling. Additionally, alertness, anger, and well-being were improved. EPAQ worked faster than standard fish oil preparations that it was compared with, and demonstrated efficacy in areas that were not improved by fish oil.

In a second double-blind trial involving 120 men and women with mild to severe hyperlipidemia, compared two different dosages of EPAQ with a standard fish oil preparation. Taking three softgels per day (1500mg) lowered LDL cholesterol, elevated HDL, and lowered blood sugar levels. High dosage EPAQ (3,000mg) had an additional effect of lowering triglycerides levels.

In addition, EPAQ is more easily tolerated than fish oil capsules, which often produce indigestion and acid regurgitation. Independent laboratories have shown significantly higher antioxidant capacity measured by ORAC to be over 300 times greater than Vitamins A and E. In a study of patients at risk for cardiovascular disease, EPAQ at two softgels per day increased mental alertness, learning capacity, athletic endurance, and decreased seasonal allergy symptoms, improved hair texture, and increased skin hydration. In a joint pain study results were seen as quickly as five days.

Krill, harvested in Antarctica, are protected by a treaty, which limits the total catch, making it an ecologically sound ingredient. In summary, EPAQ krill oil has unique anti-inflammatory properties and is more bioavailability than standard fish oil products due to the unique complex of fatty acids, phospholipids, and antioxidants.

Clinical Notes

1. Cardiovascular benefits are typically seen in 3 to 4 months, however taking up to six softgels per day (3,000mg) may produce a faster clinical response.
2. Can be combined with a wide range of herbal products.
3. Also see *Health Concerns Newsletters*, Vol. 13 No. 4, *EPAQ Krill Oil: A New, Improved Fish Oil*; Vol. 14 No. 1 and Vol. 14 No. 2 *EPAQ Krill Oil, Part 2 and Part 3: Commonly Asked Practitioner Questions*; Vol. 16 No. 2 *Amazing Pomegranate* (Gaeddert).

R2.0821

Escape Restraint

Yue Ju Wan Herbal Supplement

Therapeutic Actions

1. Use for fullness of the abdomen and chest, belching, vomiting, heartburn, acid regurgitation, reflux, GERD and indigestion.
2. Addresses peptic ulcers, gastritis, cholecystitis, intercostal neuralgia.
3. May be used for stress and anxiety especially if there are signs of liver invading the spleen-stomach such as nausea, bloating, belching and poor digestion.
4. Often used to treat premenstrual disorder that is characterized by premenstrual bloating and breast distention.

Chinese Therapeutic Effects

Circulates Qi, blood

Soothes the liver and resolves constraint

Clears heat

Dries dampness

Reduces food stagnation

Administration

Internal: 2 to 3 capsules TID, between meals

90 capsules, 650mg

Ingredients

Cang-Zhu

Atractylodes

rhizome*

cang zhu

Cyperus rhizome

xiang fu

Barley*

shen qu

Ligusticum root*

chuan xiong

Gardenia fruit*

zhi zi

*extract

Formula Rationale

Escape Restraint (*Yue Ju Wan*) is a traditional formula recommended by Zhu Dan Xi, the great Chinese herbalist from the Jin Yuan Dynasties (1281–1358 AD). It is used for a stifling sensation in the chest and abdomen, hypochondria pain, acid regurgitation, indigestion, and peptic ulcers. It clears Qi stagnation, blood stasis, dampness, food stagnation, and heat.

Escape Restraint belongs to the category of formulas that regulate Qi. Cang-zhu atractylodes (*cang zhu*) dries dampness and transforms phlegm. It works with cyperus to improve the function of spleen and stomach. Cyperus (*xiang fu*) circulates Qi, ligusticum (*chuan xiong*) resolves pain by circulating blood. Barley (*shen qu*) reduces food stagnation and harmonizes the stomach. Gardenia (*zhi zi*) clears heat from three burners and thereby reduces acid regurgitation.

Clinical Notes

For treating heartburn, reflux and GERD: **Enteromend** 1 capsule, TID, before meals, and Escape Restraint 2-3 capsules, BID, between meals.

Additional Formulas

- To strongly move Qi, consider **Shu Gan**.
- For food stagnation, consider **Quiet Digestion**.
- General stress protocol, see **Calm Spirit**, **Ease 2** or **Ease Plus**.

Therapeutic Actions

1. Treats benign prostatic hypertrophy with urinary dysfunction, retention and difficulty of urination, frequent urination, dribbling urination, distension and fullness of the lower hypogastrium.
2. Integrative prostate cancer protocols.
3. Prostatitis.

Chinese Therapeutic Effects

Clears damp heat from the lower burner

Circulates stagnant blood

Clears heat and resolves toxin

Clears dampness and promotes urination

Tonifies kidney yang

Promotes the separation of the pure and the turbid in the lower burner

Clears the liver channel in the lower burner

Administration

Internal: 3 capsules, TID, between meals

90 capsules, 750mg

270 capsules, 750mg

Ingredients

Patrinia whole plant* <i>bai jiang cao</i>	Cow cockle seed* <i>wang bu liu xing</i>	Damiana leaf <i>Turnera diffusa</i>	Pumpkin seed* <i>nan gua zi</i>
Saw Palmetto berry* <i>ju ye zong</i>	Uva-Ursi leaf* <i>xiong guo</i>	Poria sclerotium* <i>fu ling</i>	*extract
Salvia root* <i>dan shen</i>	Hydrangea root <i>xiu qiu hua</i>	Tokoro Yam rhizome* <i>fen bi xie</i>	

Formula Rationale

Benign prostatic hypertrophy and prostate cancer are common in middle-aged and elderly men. The prostate is not an organ or bowel in TCM. However, the most common symptoms of prostate disease, difficult urination and distension of the lower hypogastrium, are categorized as long bi in Chinese medicine.

The ingredients selected for Essence Chamber are a combination of traditional Chinese and traditional Western herbal medicines. They have been chosen by Chinese traditional differentiation methods in combination with empirical and symptomatic indications. Saw palmetto (*ju ye zong*) has been shown in research experiments to reduce BPH. It is traditionally combined with hydrangea (*xiu qiu hua*).

Patrinia (*bai jiang cao*) disperses swellings, clears heat and resolves toxin. It has a strong antimicrobial and antiviral function. Salvia (*dan shen*) increases blood circulation. Cow cockle (*wang bu liu xing*), poria (*fu ling*), and tokoro yam (*bi xie*) drain dampness and aid in voiding the urine. Damiana (*Turnera diffusa*) is a kidney tonic that is used to increase the sex drive. Research has shown that damiana used with saw palmetto may help to prevent and treat benign prostate hypertrophy.

Clinical Notes

1. For urinary frequency or incontinence use **Astra Essence** (3 capsules TID).
2. After two weeks on Essence Chamber, the patient should feel a lessening of pinching and burning.
3. For significant prostatic swelling, the patient should take the formula long-term for one to two years, followed by an essence tonic in combination or in alternation with Essence Chamber, either using **Astra Essence** or **Flavonex**.
4. From age 45 to 60, males may take Essence Chamber for a couple of weeks each year to help prevent prostatitis.
5. Diet is important. Avoid shellfish, alcohol, and fried and spicy foods.
6. According to Pritikin, elevated cholesterol causes crystalline formations that settle in the prostate and cause additional swelling. **Polilipid** may be used to lower blood cholesterol levels.
7. With prostatitis (bacterial infection) use **Man Yue Mei Clearing** (formerly known as Akebia Moist Heat) and **Unlocking**.
8. With heat signs, combine Essence Chamber with **Clear Heat**.
9. For integrative prostate cancer protocols consider Essence Chamber plus **Power Mushrooms**.

R1.0820 - 90ct / R2.0720 - 270ct

Fertile Garden®

One Stack Herbal Supplement

Modified Yi Guan Jian

Therapeutic Actions

1. Addresses imbalances that many women face when attempting to conceive in their middle thirties and early forties.
2. Regulates the menstrual cycle.

Chinese Therapeutic Effects

Replenishes the yin of the liver and kidneys

Regulates the flow of liver qi

Tonifies blood

Administration

Internal: 2 to 4 capsules TID, between meals

90 capsules, 600mg

Ingredients

Loranthus stem* <i>sang ji sheng</i>	Ligustrum fruit* <i>nu zhen zi</i>	Pseudostellaria root* <i>tai zi shen</i>	Poria sclerotium* <i>fu ling</i>
Ashwagandha root* <i>Withania somniferae</i>	Glehnia root* <i>bei sha shen</i>	Dong Quai root* <i>dang gui</i>	Melia fruit* <i>chuan lian zi</i>
Shatavari root* <i>Asparagus racemosus</i>	Chinese Dodder seed* <i>tu si zi</i>	Chinese Peony root* <i>shao yao</i>	Baked Licorice root* <i>zhi gan cao</i>
		Lycium fruit* <i>gou qi zi</i>	*extract

Formula Rationale

Fertile Garden addresses factors that hinder the process of conception. Insufficiency of blood and liver qi stagnation with heat signs are common in women when they reach their mid-thirties. The menstrual cycle may present with early or scant periods, breast distention, and depression.

The formula is a modification of the traditional Chinese formula One Stack Fertility Promoting Capsules. In addition to the Chinese herbs, the formula includes ashwagandha, an Ayurvedic medicinal, which retains the essence and calms the spirit. Rehmannia (*shu di huang*) has been removed because of its cloying nature. Loranthus (*sang ji sheng*), ligustrum (*nu zhen zi*), and Chinese dodder (*tu si zi*), have been added to tonify kidney yin and blood as well as kidney essence. Chinese peony (*shao yao*) nourishes the blood.

Clinical Notes

Fertile Garden primarily treats a yin-deficient pattern; therefore, some practitioners may want to add **Eight Treasures** post-menstrually, **Woman's Balance** pre-menstrually, and **Channel Flow** for dysmenorrhea.

Additional Formulas

- Consider **Maternal Herbal** for yin and yang deficiency with cold signs.
- Consider **Clear Phlegm** (*Wen Dan Tang*) with excessive phlegm.
- Consider **Woman's Balance** for liver qi stagnation.
- **Stomach Caps** for dampness and cold signs.
- **Quiet Digestion** for food stagnation.
- Consider **Chiroin** for PCOS.

Therapeutic Actions

1. Useful for prevention of degenerative cardiovascular diseases.
2. Promote cerebral function.
3. Treats circulatory-related problems, neuropathy, arthritis, menstrual disorders, poor mental function, gastric ulcer, colitis, sciatica.
4. Use for impotence due to poor circulation.

Chinese Therapeutic Effects

Dilates peripheral and coronary blood vessels

Promotes blood circulation

Nourishes and astringes essence

Tonifies blood and quiets the spirit

Administration

Internal: 2 to 3 capsules TID, between meals

90 capsules, 650mg

Contraindications: Use cautiously with Coumadin and other blood thinners.

Ingredients

Kudzu root*	Eucommia bark*	White Mulberry leaf*	Schisandra berry*
<i>ge gen</i>	<i>du zhong</i>	<i>sang ye</i>	<i>wu wei zi</i>
Maté leaf	Grass-Leaf Sweetflag	Rose Hips fruit*	Ginkgo leaf*
<i>Ilex paraguariensis</i>	rhizome*	<i>jin ying zi</i>	<i>ying xing ye</i>
Chinese Salvia root*	<i>shi chang pu</i>	Lycium fruit	
<i>dan shen</i>	Cistanche aerial*	<i>gou qi zi</i>	*extract
Japanese	<i>rou cong rong</i>	Jujube seed*	
Honeysuckle	Fo-Ti root*	<i>suan zao ren</i>	
flower*	<i>he shou wu</i>	Dong Quai root*	
<i>jin yin hua</i>		<i>dang gui</i>	

Formula Rationale

Flavonex is based on a combination of Chinese herbs rich in flavones, including a concentrated extract of ginkgo biloba (*yin xing ye*). Ginkgo is the subject of much research in Europe on its ability to affect cerebral and peripheral arterial insufficiency. The herbs are added to a base of famous Chinese herbs thought to prolong the life span and improve cerebral functions. Flavonex is designed to treat cardiovascular degeneration from high fat diets. Flavones, also present in fruits, grains, and leafy vegetables, are thought to maintain the integrity of capillaries. The formula also contains Chinese salvia (*dan shen*) and Maté (*Ilex paraguariensis*), which are noted for their heart and circulation-promoting properties.

Clinical Notes

1. Use for mental fatigue, as a daily preventative and healthy tonic.
2. Utilize as stroke and degenerative heart disease preventative.
3. Can be combined therapeutically with a wide variety of formulas.
4. Also see Health Concerns Newsletters: Vol. 12 No. 2 *Treating Memory Loss, Dementia, and Alzheimer's Disease* (Gaeddert); Vol. 13 No. 3 *Cogni-Spark: A New Anti-Aging Treatment for Improved Mental Performance* (Gaeddert); Vol. 18 No. 1 *Herbs and Formulas for Cognitive Performance* (Gaeddert).

Additional Formulas

- Take with **Astra 8** for improved energy, circulation, and mental fatigue.
- Take with **Astra Garlic** or **Polilipid** for reducing cholesterol.
- Use with **Astra Essence** for longevity and strength.
- Use with **Xanthium Relieve Surface** to treat allergic asthma.
- Combine with **Mobility 2** for neuropathy.
- Combine with **Essence Chamber** for prostatic swellings.
- Combine with **Nasal Caps 2** for chronic sinus problems (2 capsules of each formula QID).

R1.0121

Therapeutic Actions

1. Reduces inflammation of hemorrhoidal tissues.
2. Stops hemorrhoidal bleeding
3. Resolves bloody stools due to other conditions, such as colitis, and Crohn's disease.
4. Can be used for excessive menstrual bleeding due to heat.

Chinese Therapeutic Effects

Clears heat	Eliminates dampness
Consolidates yin	Nourishes the blood
Promotes blood circulation	Stops bleeding

Administration

Internal: 3 to 5 capsules TID, between meals

For acute conditions (pain, bleeding, etc.), take 3 capsules every 4 hours

As irregular bleeding could indicate a serious condition, please obtain a biomedical diagnosis.

90 capsules, 550mg

Ingredients

Sweet Wormwood aerial <i>qing hao</i>	Quercetin flower bud* (from <i>Sophora japonica</i>)	Rehmannia (raw) root* <i>sheng di huang</i>	Japanese Honeysuckle flower* <i>jin yin hua</i>
Chinese Salvia root <i>dan shen</i>	Chinese Peony root* <i>bai shao</i>	Heal All herb* <i>xia ku cao</i>	
Chinese Skullcap root* <i>huang qin</i>	Dong Quai root* <i>dang gui</i>	Phellodendron bark* <i>huang bai</i>	*extract

Formula Rationale

This is an empirical formula based on Dr. Fung's 60 years of clinical experience. Hemorrhoids are a common affliction caused by a variety of factors. Biomedically, these include pregnancy, constipation, and straining during bowel movements. Individuals in professions that involve sitting for prolonged periods are also prone to hemorrhoids. In Chinese medicine, the presenting pattern is one of damp-heat sinking. Thus, the primary goal of this formula is to clear damp-heat.

The chief herb is sweet wormwood (*qing hao*), which is bitter and pungent to clear heat and dampness. Chinese salvia (*dan shen*) unblocks meridians and activates blood, while quercetin (from *Sophora japonica*) strengthens blood vessels and arrests bleeding. Quercetin is especially valuable for treating bleeding hemorrhoids because its actions are primarily directed at damp-heat patterns of the large intestine. Chinese skullcap (*huang qin*) clears heat, dries dampness, and stops bleeding. Other herbs in this formula that address heat and damp-heat include rehmannia (*sheng di huang*), phellodendron (*huang bai*), and Japanese honeysuckle (*jin yin hua*).

Since heat consumes yin, and in cases of bleeding, there is a relative insufficiency of yin and blood, it is necessary to nourish yin and blood in order to effectively resolve such conditions as hemorrhoids. Thus, in this formula, yin-blood nourishing herbs such as Chinese peony (*bai shao*) and dong quai (*dang gui*) are added. Heal All (*xia ku cao*) clears heat, relieves yin deficiency and yang excess, and resolves red, swollen tissues.

Clinical Notes

1. Clients with rectal bleeding should be evaluated by a physician to rule out serious disorders, such as cancer.
2. Also see Health Concerns Newsletter: Vol. 5 No. 1 Page 2 *Chinese Herbal Treatment of Chronic Digestive Disorders, Part Two* (Gaeddert).

Additional Formulas

- With rectal bleeding in Crohn's and colitis, consider combining Formula H (3 to 5 capsules TID) and **Colostropex** (1 to 2 capsules TID).
- Use **Isatis Cooling** for colitis and sharp stabbing pain, without rectal bleeding.
- For irregular menstrual bleeding due to heat, consider using Formula H (2 to 3 capsules QID) with **Unlocking** (2 to 3 capsules QID).

R1.0820

Therapeutic Actions

1. Treats symptoms of chronic venous insufficiency including varicose veins, pain, heaviness, cramping, itching, swelling of the legs.
2. Chronic hemorrhoids.

Administration

Internal: 1 capsule, TID, between meals
90 capsules, 317mg

Ingredients

Horse chestnut seed*
escin Aesculus
hippocastanum

Stoneroot root*
Collinsonia canadensis

Butcher's broom root*
Ruscus aculeatus

*extract

Formula Rationale

Horse chestnut seed extract (HCSE) is used for a variety of vein disorders including pain and heaviness of the legs, cramps in the calves, pruritis, leg swelling, varicose veins, edema of the lower limbs and hemorrhoids. A principal constituent is aescin, a source of bitter triterpene glycosides. It has vascular tightening effects and reduces leakage of pus-like fluids into tissues. In double-blind, as well as in pharmacological studies, significant improvement has been shown in the symptoms of chronic venous insufficiency. An observation study of 800 general practitioners in Germany, treating over 5,000 patients, concluded that leg pain, fatigue, tension, swelling, itching and edema either disappeared, or improved significantly after the administration of horse chestnut seed extract. In a randomized placebo-controlled study of 40 patients with venous edema, the effects of HCSE was significant. Measurements of leg circumference showed HCSE to be safe and an effective adjunct to compression therapy. In a clinical study of 22 patients with proven venous insufficiency, capillary filtration was reduced by 22 percent in 3 hours after taking a preparation containing 50 mg of aescin. Health Concerns Formula V supplies 164 mg of HCSE per capsule, standardized with 20% aescin.

Butcher's broom has been used in Europe and Africa for over two thousand years. Today, it is used for symptoms of chronic venous insufficiency, such as pain, heaviness, and cramps, itching and swelling of the legs. It is also approved in Germany as a supportive therapy for blood vessel fragility and hemorrhoids. Stone root (*Collinsonia canadensis*) is a traditional remedy for venous insufficiency and hemorrhoids.

Clinical Notes

Formula V can be used with support stockings and leg compresses.

Additional Formulas

- For acute hemorrhoids consider **Formula H**.
- As an adjunct consider **Raise Qi** in conjunction with Formula V especially with Qi deficiency, fatigue, etc.

R1.0920

Gastrodia Relieve Wind Formula™

Gastrodia and Uncaria Herbal Supplement

Tian Ma Gou Teng Yin

Therapeutic Actions

1. May be used for headache, dizziness, vertigo, a sensation of heat rushing to the head, blurred vision, tinnitus, and insomnia. More severe cases may exhibit numbness, twitching and spasms in the extremities, or even hemiplegia.
2. Treats high blood pressure.

Chinese Therapeutic Effects

Calms the liver	Promotes blood circulation
Clears heat	Extinguishes internal wind
Tonifies and nourishes the liver and kidney	Nourishes the blood

Administration

Internal: 3 to 5 capsules TID, between meals
90 capsules, 650mg

Ingredients

Gastrodia rhizome* <i>tian ma</i>	Gardenia fruit* <i>zhi zi</i>	Cyathula root* <i>chuan niu xi</i>	Fo-Ti stem* <i>ye jiao teng</i>
Uncaria stem* <i>gou teng</i>	Chinese Skullcap root* <i>huang qin</i>	Eucommia bark* <i>du zhong</i>	Poria sclerotium* <i>fu ling</i>
Oyster* <i>Ostrea gigas</i>	Dong Quai root* <i>dang gui</i>	Loranthus stem* <i>sang ji sheng</i>	*extract

Formula Rationale

This is the classic Chinese formula, Gastrodia and Uncaria Decoction (*Tian Ma Gou Teng Yin*) used to treat the syndrome presentation of ascendant liver yang with internal movement of liver wind, caused by liver and kidney yin deficiency and exuberant liver yang.

Gastrodia (*tian ma*) and uncaria (*gou teng*) calm the liver and extinguish internal wind. Gardenia (*zhi zi*) and Chinese skullcap (*huang qin*) clear heat and drain fire. Cyathula (*chuan niu xi*) conducts blood downward and along with eucommia (*du zhong*) and loranthus (*sang ji sheng*) nourishes and tonifies the liver and kidney.

Clinical Notes

1. This formula is often used to address hypertension when the presentation corresponds with the syndrome pattern. It is NOT appropriate for external wind conditions. Practitioners should keep in mind the basic differences between internal and external wind. Internal wind is a manifestation of liver pathology, and symptoms are primarily related to the muscles/tendons, eyes, and nervous system. External wind arises when the body is invaded by environmental wind, with the simplest case characterized by symptoms of fever with aversion to wind/drafts, sweating, or scratchy throat, coughing, stuffy nose.
2. This formula is also commonly used to address headaches and dizziness associated with ascendant liver yang owing to liver and kidney yin deficiency even when blood pressure is in the normal range.
3. Also see Health Concerns Newsletters: Vol. 12 No. 4 *Diabetes II Complications of Diabetes* (Gaeddert); Vol. 10 No. 1 *Can Herbs Help Stroke Patients?* (Gaeddert).

Additional Formulas

- Combine with **Astra Essence** to tonify yin yang, Qi and blood.
- Combine with **Nine Flavor Tea** for increased general yin nourishing.
- Combine with **Calm Spirit** to nourish heart yin.
- For high blood pressure due to phlegm consider **Clear Phlegm**.
- For high blood pressure due to kidney yin deficiency consider **Astra Essence** or **Backbone** for kidney yang deficiency.

R1.0121

Therapeutic Actions

1. Relieves pathogenic elements that contribute to acute gallbladder colic (cholecystalgia) and helps dissolve gallstones (cholelithiasis).
2. Relieves chronic gallbladder inflammation (cholecystitis) with indigestion, nausea, and discomfort in the flanks, epigastrium, or abdomen.
3. Effective in preventing stones in the urinary system.

Chinese Therapeutic Effects

Clears stagnant liver qi

Clears damp heat from the liver and gallbladder

Moves the blood

Clears heat and resolves toxin

Administration

Internal: 3 capsules TID, between meals

90 capsules, 747mg

Contraindications: Pregnancy

Ingredients

Turmeric root*
yu jin

Dandelion root*
pu gong ying

Bupleurum root*
chai hu

Corydalis root*
yan hu suo

Melia fruit*
chuan lian zi

Chinese Salvia root
dan shen

*extract

Formula Rationale

GB-6 combines ingredients for resolving the most commonly encountered disease mechanisms accounting for cholecystitis and cholelithiasis. The formula is based on an empirical research formula used currently in China. It is meant to be taken for a prolonged period of time between acute episodes in order to dredge the liver and facilitate the gallbladder, regulate the Qi, activate the blood, clear heat, eliminate dampness, disperse stagnation, and expel or dissolve stones. Melia (*chuan lian zi*) assists patients who suffer discomfort in the region of the gallbladder due to stress causing liver qi stagnation and poor diets leading to dampness and heat.

Clinical Notes

1. In Chinese clinics one course of therapy with this formula is three months. One to three courses of this therapy usually prove effective.
2. During acute attacks, combine with acupuncture therapy, and Western treatment.
3. Abstinence from greasy, spicy foods, fats and oils, sugars, coffee, and alcohol will greatly assist this therapy.
4. Gallbladder problems are common in middle-aged and overweight individuals, especially women. Consider using as a preventive for women undergoing rapid weight loss, as rapid weight loss can increase the presence of gallbladder stones.
5. Consider for phantom pain in individuals whose gallbladder has been removed.
6. Also see *Health Concerns Newsletter*: Vol. 5 No. 1 *Chinese Herbal Treatment of Chronic Digestive Disorders, Part Two* (Gaeddert).

Additional Formulas

- Combine with **Quiet Digestion** with poor digestion.
- Combine with **Rehmannia & Milk Thistle formula** (reformulated Ecliptex) to more strongly invigorate the liver.

R3.0720

Gentle SennaTM

Dr. Fung's Senna Herbal Supplement

Therapeutic Actions

Treats constipation.

Chinese Therapeutic Effects

Clears excess heat

Regulates body's water content

Administration

Internal: 3 capsules before bedtime or 2 to 3 capsules between meals TID

90 capsules, 650mg

Contraindications: Reduce dosage if diarrhea results.

Ingredients

Microcos leaf*
po bu ye

Senna leaf*
fan xie ye

Kudzu flower*
ge hua

Bitter Orange fruit*
zhi shi

Japanese
Honeysuckle
flower*
jin yin hua

Peach kernel*
tao ren

Magnolia bark*
hou po

Chinese Rhubarb
rhizome*
da huang

*extract

Formula Rationale

This is an empirical formula based on Dr. Fung's 60 years' clinical experience.

Constipation is generally caused by three factors. The first is diet imbalance. In addition to providing necessary nutrients, food intake should also contain enough fiber and water content to regulate bodily functions; decrease in fiber and water can result in constipation. Another dietary cause of constipation is excess heat, which can result from eating too many fried foods and meat.

The second factor is occupational. Many individuals sit at their jobs for long periods. Thus, constipation results due to inactivity.

Finally, fever or other illnesses can lead to a decrease in the body's water content. In such cases, constipation is a complication, which usually disappears when the illness is resolved.

The ingredients in this formula are aimed at eliminating excess heat and relieving stress caused by sitting for long periods. Microcos (*po bu ye*), Japanese honeysuckle (*jin yin hua*) and senna (*fan xie ye*), are herbs that clear heat. Kudzu (*ge hua*) transforms dampness and relieves abdominal fullness.

Clinical Notes

1. Take this formula with 64 oz. of hot water daily. Consumption of fresh fruits and vegetables should be increased, as should exercise.
2. Also see Health Concerns Newsletter: Vol. 5 No. 1 *Chinese Herbal Treatment of Chronic Digestive Disorders, Part Two* (Gaeddert).

Additional Formulas

- Use **Aloe 22** for chronic constipation due to qi stasis or parasites. The two formulas may be combined for chronic constipation.
- Consider combining **Aloe 22** (2 to 3 capsules TID) with **Eight Treasures** (2 to 3 capsules TID) with seniors who have Qi deficient constipation.

R1.0920

Ginseng and Rhodiola™ Herbal Formula

Modified Ren Shen Ge Jie San Herbal Supplement

Therapeutic Actions

1. Treats wheezing and cough associated with chronic asthmatic conditions.
2. If signs and symptoms indicate, this formula may be useful for bronchial asthma, asthmatic bronchitis, chronic bronchitis, emphysema, and pulmonary tuberculosis.

Chinese Therapeutic Effects

Addresses lung qi deficiency with heat and yellow/green phlegm

Tonifies the spleen and heart

Clears lung heat, moistens the lungs, and relieves cough

Administration

Internal: 3 capsules TID

90 capsules, 750mg

Ingredients

Apricot seed* <i>xing ren</i>	Rhodiola root* <i>hong jing tian</i>	White Mulberry leaf* <i>sang ye</i>	Anemarrhena root* <i>zhi mu</i>
Licorice root* (baked) <i>zhi gan cao</i>	Asian Ginseng root* <i>bai ren shen</i>	Sichuan Fritillary bulb* <i>chuan bei mu</i>	*extract
	Poria sclerotium* <i>fu ling</i>		

Formula Rationale

Ginseng & Rhodiola is based on the traditional formula Ginseng & Gecko Powder (*ren shen ge jie san*), used for chronic coughing and wheezing. With the appropriate presentation, this formula may be used to treat asthma, chronic bronchitis, and emphysema, and used as an adjunct to treat certain types of tuberculosis.

Rhodiola rosea (*hong jing tian*) is associated with the lung and heart in TCM. This Qi tonic is traditionally used for increasing energy, strength, stamina and to prevent lung diseases. It has been studied in altitude sickness, as a preventive and treatment. Rhodiola to improve oxygen utilization.

Other studies have shown that specific extracts containing 3 percent rosavin and 1 percent salidroside increased time to exhaustion, peak oxygen consumption (VOS) peak carbon dioxide

(continued next page)

Formula Rationale *(continued from previous page)*

output (VCOS) and pulmonary ventilation in healthy volunteers undergoing endurance exercise testing. Rhodiola extracts have also been shown to be effective in decreasing fatigue in stress related situations, decreasing anxiety, and reducing symptoms of mild to moderate depression after six weeks of treatment.

While Chinese emperors are reputed to have sent expeditions to Siberia to gather this medicinal as an elixir of longevity, it has more recently been popularized as an adaptogen. More than 180 pharmacological, phytochemical, and clinical studies have been published on *Rhodiola rosea*. The root contains flavonoids, triterpenes, and a glycoside called salidroside that is thought to be responsible for many of the herb's adaptogenic effects. Most research has been conducted on *Rhodiola rosea* extract that contains at least 3% rosavin and 1% salidroside. In experimental models, it protects from stressors such as cold and radiation, increased work capacity, decreased fatigue and improved learning and memory. The root has antioxidant, anti-inflammatory effects and can decrease C-reactive protein (CRP) levels. *Rhodiola* has been used in Asia for more than 1000 years.

Rhodiola rosea grows at high elevations in China and Siberia. The plant produces yellow flowers, which smell similar to roses, therefore its Latin botanical name. Substitutes for *R. rosea* vary in quality, some have no pharmacological effect. As a result, methods of analysis have been developed to identify *R. rosea* from other species. Health Concerns *rhodiola* is thoroughly identified and tested for efficacy and potency.

Apricot (*xing ren*) enters the lung and large intestine, where it is moistening, relaxing and phlegm-resolving. Licorice (*zhi gan cao*) moistens the lungs, harmonizes the actions of the other herbs, and assists in tonifying Qi. Asian Ginseng (*bai ren shen*) tonifies Qi and increases lung and spleen qi. Poria (*fu ling*), benefits the spleen by draining dampness and mulberry (*sang ye*) clears phlegm from the lungs and relieves lung dryness and coughs. Sichuan fritillary (*chuan bei mu*), clears heat, moistens the lungs and transforms phlegm. Anemarrhena (*zhi mu*) clears heat from the lung and nourishes the kidneys.

Ginseng & *Rhodiola* has many benefits. It will help improve the lung function, increase work capacity, reduce fatigue, and will reduce the need for pharmaceuticals, which can have a negative effect on quality of life. finally, Gecko has been removed from the formula. It is suitable for vegetarians.

Additional Formulas

- Use **Clear Air** for acute asthmatic attacks with heat (thick, yellow/green phlegm).
- Use **Astra 8** to tonify spleen and lung without phlegm.
- Use **Tremella and American Ginseng** with dry cough and heat; use **Lily Bulb Formula** with dryness only.
- Combine with **Astra C** to protect the lungs from infection.

R1.0820

Therapeutic Actions

1. Use for treating yin deficiency with rising yang.
2. Useful for night sweats, afternoon fever, and sensation of heat with a red tongue and fast pulse.
3. Treats hot flashes, including menopausal heat symptoms.
4. Useful for night sweats and heat symptoms associated with cancer and other conditions.

Chinese Therapeutic Effects

Nourishes kidney yin	Clears heat
Subdues deficiency fire	Stops sweating

Administration

Internal: 3 capsules, TID, between meals

90 capsules, 675mg

270 capsules, 675mg

Contraindications: Cold conditions and chronic diarrhea.

Ingredients

Rehmannia (raw) root* <i>sheng di huang</i>	Lycium bark* <i>di gu pi</i>	Phellodendron bark* <i>huang bai</i>	Anemarrhena root* <i>zhi mu</i> *extract
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Formula Rationale

Great Yin is based on the formula *Da Bu Yin*. The main ingredient is rehmannia (*sheng di huang*). It is a sweet, slightly warm herb that nourishes liver-kidney yin, produces fluids and clears heat. It is used traditionally in many formulas to strengthen kidney yin and nourish blood. Lycium (*di gu pi*) cools the blood and drains kidney fire. It is used in formulas for night sweats, sweating, chronic low-grade fever, irritability, and thirst. According to *Formulas and Strategies* by Dan Bensky, lycium is very effective at treating sensations of heat from yin deficiency, sweating, and the sensation of heat being deep in the body or originating from the bones. In addition, it directs lung fire downward to stop cough, thirst, and restless irritability. Lycium bark is traditionally used in formulas that address hot flashes (flushing), night sweats, and for bleeding associated with heat.

Phellodendron (*huang bai*) is a bitter and cold herb that eliminates damp heat, subdues fire and clears heat caused by yin deficiency. Anemarrhena (*zhi mu*) is a bitter, cold herb that purges fire in the lung and stomach and replenishes yin. It has been traditionally used for tuberculosis, chronic low fevers and back pain. This formula can also be applied to other yin-blood deficiency heat patterns, such as yin-blood deficiency fire that gives rise to dry, red eyes, insomnia and dry, red and itching skin as seen in chronic eczema or other types of dermatitis.

Note: Health Concerns Great Yin is now a vegetarian formula. We have removed tortoise shell from the formula.

Clinical Notes

1. This is an excellent formula for the treatment of deficient yin fire related problems, especially those related to menopausal syndromes and chronic conditions. The symptoms that may be treated include night sweats and hot flashes. Other symptoms are five heart heat including feverish palms and feet, as well as low grade tidal afternoon or night fevers and palpitations. Insomnia and anxiety, and bleeding related to deficient yin syndromes might also be treated using Great Yin. Fevers and sweating related to HIV/AIDS, tuberculosis and chemo- therapy induced ovarian failure may also be treated using this formula.
2. This is a vegetarian modification of the traditional formula *da bu yin*.
3. Also see Health Concerns Newsletters: Vol. 7 No. 4 *Commonly Asked Practitioner Questions: Gynecology Issues* (Gaeddert); Vol. 11 No. 2 *Commonly Asked Practitioner Questions: Gynecology Issues, Part 2* (Gaeddert); Vol. 4 No. 2 *Pre & Postmenstrual Syndromes* (Fratkin); Vol. 4 No. 4 *Damp Heat Dysmenorrhea & Unlocking Formula* (Flaws).

Additional Formulas

- Use **Nine Flavor Tea** to nourish yin without clearing heat.
- For menopause also consider **Three Immortals**.
- For lung yin deficiency with heat, consider **Tremella and American Ginseng**.
- Add **Coptis Purge Fire** for additional heat clearing.

R4.0421

Therapeutic Actions

1. Promotes weight loss.
2. Reduces blood glucose.
3. Increases lean mass.
4. Reduces fats from adipose tissue.
5. Increases glucose sensitivity.
6. Has antioxidant activity.

Administration

Internal: 1 capsule, BID, per day with meals
60 capsules, 200mg

Ingredient

Green coffee bean extract (decaffeinated)

Formula Rationale

There have been two clinical trials with Greenexcellent. The first study evaluated the effects of Greenexcellent on blood sugar concentration; a second study evaluated the effects on the lean mass to fat mass (LM/FM) ratio.

In the first study, fifteen healthy volunteers took part in the trial. During the six weeks of the trial subjects did not change their dietary habits or their participation in physical exercise. Blood sugar concentration was measured with a glucose tolerance test. The first measurement was made without prior administration of Greenexcellent; the second was made after administration of Greenexcellent. Each individual received three capsules per day, one each in the morning, mid-day, and at evening. Each capsule contained 200mg of Greenexcellent. A reduction in blood sugar concentration was observed in 60 percent of the subjects, corresponding to a mean reduction in blood sugar concentration of 50 percent. In addition, the mean weight loss was slightly over 3.3 lbs. (1.5kg) after six weeks of treatment.

The second study was a double-blind placebo-controlled clinical study with fifty people with a BMI greater than 25, between nineteen and seventy-five years of age. Thirty patients were administered 2 pills per day during their main meals, each containing 200mg of Greenexcellent. The remaining patients took a placebo under the same conditions. After sixty days, the placebo group lost 3 percent of their body weight, the active group lost almost 6 percent of their body weight, corresponding to mean reduction weight of 10.93 lbs. in the active group and 5.39 lbs. in the placebo group. Due to the significant reduction in weight in the active group, a significant decrease in the BMI was observed. Greenexcellent induced a significant increase in lean mass, while the placebo group only showed a slight increase. The conclusion is that Greenexcellent is capable of significantly reducing the BMI and reduces weight and blood glucose in overweight individuals at a recommended dosage of 400mg per day, corresponding to two capsules of Greenexcellent.

Greenexcellent is more than a coffee product. It is a patented extract from a specific variety of green coffee beans that is rich in chlorogenic and 5-caffeoyliquinic acid. It is decaffeinated and does not contain allergens or impurities. With a proven ability to reduce blood sugar, body weight, and significantly increase lean mass, Greenexcellent is an excellent addition to a weight loss program including exercise and a diet rich in fruits, vegetables, and lean protein.

R2.0720

GriffonexTM 5-HTP

Therapeutic Actions

1. Treats depression, anxiety, insomnia, headaches including migraines, fibromyalgia, PMS, bulimia.
2. Insomnia, including difficulty falling asleep and waking frequently during the night.
3. Use as an adjunct for weight loss especially to reduce carbohydrate cravings.
4. Experimentally used for narcolepsy, seizure disorders.

Administration

Internal: Take 1 capsule between meals or 45 minutes before bed, or after waking up at night. If nausea occurs, reduce dosage and/or take with meals.

Contraindications: Not recommended with other antidepressants especially MAO inhibitors; especially Selegiline, an anti-Parkinson's drug; pregnancy; young children. Individuals should consult with their prescribing physician prior to using 5-HTP if they are on antidepressant medication or have bipolar disease.

90 capsules, 50mg

Ingredient

50mg L-5HTP (5-hydroxytryptophan) Griffonia simplicifolia seed extract

Formula Rationale

Griffonex™ 5-HTP is a safe way to boost serotonin levels. Serotonin is a neurotransmitter useful for proper brain function. It also increases melatonin and endorphin levels. Serotonin deficiency has been implicated in anxiety, depression, food cravings, insomnia, headaches, muscle and joint pain, exhaustion, panic disorders, bulimia, PMS, and hyperactivity. Clinical studies in Europe and Japan have exhibited equal results to pharmaceutical antidepressants. For best results it should be combined with exercise, stress reduction strategies, and counseling.

In clinical studies, 5-HTP has been used in dosages up to 300mg TID, to reduce carbohydrate cravings. Subjects taking it twenty minutes before meals curbed their intake of calories (1100) despite being able to eat as they normally would. Therefore, 5-HTP helped to improve satiety. In another study where subjects were reducing their calories (1200 calories diet) lost almost one lb. per week; the placebo group lost 2 pounds in 12 weeks.

According to research conducted at Stanford University, 5-HTP significantly increased REM sleep. This may be particularly relevant to seniors, chronic pain patients, and those withdrawing from drugs and alcohol, all implicated in poor REM sleep. Double-blind studies have demonstrated an improvement in muscle pain and sleep disturbance in fibromyalgia patients.

At the University of Milan, 77.4 percent to 93.5 percent of people with chronic headaches improved with the administration of 5-HTP for two months or longer. Other headache triggers are food intolerance, alcohol especially red wine, chemicals, pharmaceutical and recreational drugs, stress, hormonal changes, eyestrain, fatigue, muscle tension, and weather changes.

Clinical Notes

Also see Health Concerns Newsletters: Vol. 4 No. 1 *Treatment of Emotional Disturbances in Traditional Chinese Medicine* (Victor); Vol. 11 No. 4 *Can Herbs Help People with Anxiety, Panic & PTSD?* (Gaeddert).

Additional Formulas

- Consider **Emperor's Ginseng Zizyphus**, which is traditionally used during the day for chronic insomnia.
- **Schisandra Dreams** or Griffonex 5-HTP can be used before bed or upon awaking in the night.
- **Shen-Gem** addresses chronic insomnia due to blood deficiency.

R3.0720

Therapeutic Actions

1. Use for prevention and treatment of headaches and TMJ.
2. Treats various head, neck, shoulder, and upper back pain and tension.
3. Treats headaches and colds with sinus congestion and itching eyes.

Chinese Therapeutic Effects

Clears exterior wind-cold

Moves Qi and blood

Administration

Internal: 3 to 5 capsules TID, for acute headache

3 capsules, three times per day for chronic headache

90 capsules, 650mg

Ingredients

Magnolia bark*
hou po

Fragrant Angelica
root*
bai zhi

Siler root*
fang feng

Dong Quai root*
dang gui

Sichuan Lovage
rhizome*
chuan xiong

Chaste Tree berry*
man jing zi

Turmeric root*
yu jin

*extract

Formula Rationale

Head-Q is an empirical formula developed by herbalist Andrew Gaeddert to improve blood circulation and relieve inflammation. Magnolia (*hou po*) drains dampness and brings Qi downward. Fragrant angelica (*bai zhi*) and siler (*fang feng*) are wind-relieving herbs that are traditionally used for upper body pain. Sichuan lovage (*chuan xiong*) is one of the premier herbs and is used to treat headache and migraine; it works with Dong quai (*dang gui*) and turmeric (*yu jin*) to invigorate the blood and dispel pain.

Clinical Notes

1. Some patients will notice Head-Q has an immediate effect, whereas others must take Head-Q on a regular basis.
2. Can be used for trigeminal neuralgia and other facial pains.
3. Can be used for pain caused by neurogenic medicines.
4. Excellent results reported for migraines.
5. Head-Q has been used successfully with **Clear Heat** for herpes infection of the eye.
6. Also see Health Concerns Newsletters: Vol. 6, No. 3: *Herbal Protocols for Treating Pain*; Vol. 6 No. 3 *Herbal Protocols for Treating Pain, Part 1: Injuries, Muscles & Joints* (Gaeddert); Vol. 7 No. 1 *Herbal Protocols for Treating Pain Part 2: Headache* (Gaeddert); Vol. 7 No. 2 *Herbal Protocols for Treating Pain Part 3: Repetitive Use & Other Types of Pain* (Gaeddert); Vol. 15 No. 2 *Silkworm Enzyme Treats Pain, Inflammation & Ear, Nose, and Throat Disorders* (Gaeddert).

Additional Formulas

- Use **Ease Plus** and/or **Coptis Purge Fire** to treat headaches from rising liver fire.
- Combine with **Ease 2** for headache or upper back and neck pains associated with tension and muscular stress.
- With recalcitrant headaches combine Head-Q with **Ease Plus**, 3 caps of each formula TID.
- **Gastrodia Relieve Wind** addresses intense liver wind headache.

Heavenly Water®

Gotu Kola Herbal Supplement

Therapeutic Actions

1. Treats PMS, irregular menstruation, breast distension and tenderness, abdominal bloating, constipation, headaches, sweet cravings, acne, emotional lability, depression, dysmenorrhea and spotting.
2. Treats liver qi stagnation in men.

Chinese Therapeutic Effects

Resolves liver qi stagnation	Nourishes heart blood deficiency
Clears liver fire	Tonifies spleen qi deficiency
Clears stomach heat	Removes spleen dampness

Administration

Internal: 3 capsules, BID-TID, between meals
90 capsules, 750mg

Ingredients

Gotu kola aerial* <i>ji xue cao</i>	Chinese skullcap root* <i>huang qin</i>	Dong Quai root* <i>dang gui</i>	Licorice (baked) root* <i>zhi gan cao</i>
Chaste tree berry* <i>man jing zi</i>	Ginger root* <i>gan jiang</i>	Cyperus rhizome <i>xiang fu</i>	Tangerine peel* <i>chen pi</i>
Passionflower aerial* <i>Passiflora incarnata</i>	Poria sclerotium* <i>fu ling</i>	Trichosanthes root* <i>tian hua fen</i>	Blue Citrus peel* <i>qing pi</i>
Pseudostellaria root* <i>tai zi shen</i>	Chinese Peony root* <i>bai shao</i>	Jujube fruit* <i>da zao</i>	

*extract

Formula Rationale

Heavenly Water is a complex formula designed for the complex needs of American women, who suffer from the effects of stress, lack of exercise, and high-fat diets. The formula includes Western herbs known to regulate the menstrual period, including gotu kola as a substitute for bupleurum (*chai hu*). Chaste tree berry (*man jing zi*) is widely used in Europe for hormonal irregularities. Heavenly Water is useful for treating PMS when certain signs appear such as, breast pain, and headache, chronic digestive difficulties, and facial acne. The formula also tonifies lung yin and clears lung heat to control rising liver energy.

Clinical Notes

1. Heavenly Water is more tonifying. **Woman's Balance** is more heat clearing.
2. Also see Health Concerns Newsletters: Vol. 7 No. 4 *Commonly Asked Gynecology Questions* and Vol. 11 No. 2 *Commonly Asked Practitioner Questions, Gynecology Issues, Part 2* by Andrew Gaeddert.

Additional Formulas

See **Woman's Balance** for treating PMS and menstrual disorders with heat signs.

Hepatoplex OneTM

Herbal Supplement

Therapeutic Actions

Use for acute and chronic hepatitis symptoms, especially Hepatitis C.

Chinese Therapeutic Effects

Regulates the Qi

Invigorates the blood

Tonifies the Qi, kidney, and spleen

Clears damp heat

Administration

Internal: 3 capsules, TID, 1 hour before or 1 hour after meals

270 capsules, 650mg

Ingredients

Schisandra berry*
wu wei zi

Peach kernel*
tao ren

Blue Citrus peel*
qing pi

Licorice root*
gan cao

Astragalus root*
huang qi

Chinese Peony root*
chi shao

Gardenia fruit*
zhi zi

*extract

Forsythia fruit*
lian qiao

Chinese Salvia root*
dan shen

Ginger root*
gan jiang

Formula Rationale

Hepatoplex One is designed to treat acute and chronic hepatitis symptoms, particularly those associated with hepatitis C virus (HCV). Its Chinese therapeutic actions are to regulate the Qi and invigorate the blood, tonify the qi, kidney, and spleen, clear damp-heat and heat-toxin, and aid digestion. The chief ingredient is schisandra (*wu wei zi*), an astringent herb that tonifies Qi and the kidney. In a Chinese study, schisandra was found to lower liver enzyme levels in 72 percent of 102 patients over an average of 25 days. Astragalus (*huang qi*) is a fu zheng (supporting the normal Qi) herb that tonifies the spleen qi. Research shows that astragalus has cell-mediated and humoral immune restoration capabilities. Herbs that clear heat and toxin as well as damp heat are also important in the formula. Gardenia (*zhi zi*) is traditionally used for jaundice and stimulating bile secretion. Forsythia (*lian qiao*) clears heat and toxin. Peach (*tao ren*), Chinese peony (*chi shao*), and Chinese salvia (*dan shen*) regulate the blood and help repair liver damage. Ginger (*gan jiang*) aids digestion; research has shown ginger to have anti-viral effects as well. Licorice (*gan cao*) is added to harmonize the formula. It must be specially prepared in order to have this effect.

Clinical Notes

Best results are obtained by gradually reducing the use of this formula in order to avoid a rebounding of liver enzymes.

Additional Formulas

- Usually taken with tonic herb formulas long-term.
- Rehmannia & Milk Thistle (reformulated Ecliptex) is better for liver inflammation not caused by hepatitis.

Hepatoplex TwoTM

Herbal Supplement

Therapeutic Actions

1. Treats chronic hepatitis infection with cirrhosis and fibrosis.
2. Improves microcirculation in the capillaries.
3. Relieves liver inflammation.

Chinese Therapeutic Effects

Invigorates the blood
Clears damp heat

Administration

Internal: 3 capsules TID
270 capsules, 750mg

Ingredients

Capillaris herb*	Chinese Peony root*	Flesh-Finger Citron	Sichuan Lovage
<i>yin chen hao</i>	<i>chi shao</i>	fruit*	rhizome*
Carthamus flower*	Chinese Salvia root*	<i>fo shou</i>	<i>chuan xiong</i>
<i>hong hua</i>	<i>dan shen</i>	Peach kernel*	Licorice root*
Dong Quai root*	Bitter Orange peel*	<i>tao ren</i>	<i>gan cao</i>
<i>dang gui</i>	<i>zhi shi</i>		*extract

Formula Rationale

Hepatoplex Two's strength is twofold, one, in treating fibrosis and cirrhosis of the liver, and two in shrinking an enlarged liver. It may also have a positive effect on splenomegaly.

Capillaris (*yin chen hao*) clears damp heat and detoxifies; flesh-finger citron and bitter orange (*zhi shi*) rectify the qi of the central burner and reduce accumulations. Carthamus (*hong hua*), dong quai (*dang gui*), Chinese salvia (*dan shen*), peach kernel (*tao ren*), Sichuan lovage (*chuan xiong*), and Chinese peony (*chi shao*) all work to invigorate blood. Licorice (*gan cao*) harmonizes the formula.

Because Hepatoplex Two is a formula designed to vitalize blood, it should improve circulation of the blood and microcirculation in the capillaries. It may also be used as an adjunct formula in gynecological disorders associated with blood stagnation and post-surgical blood stagnation.

Clinical Notes

Not recommended with the use of anticoagulant medication, as it may have additive properties.

Additional Formulas

In chronic hepatitis, consider adding an adjunctive formula, such as **Astra Essence**, **Colostropex**, **Ease 2**, **Ease Plus**, **Emperor's Ginseng Zizyphus**, **Enhance**.

Therapeutic Actions

1. Treats and prevents high blood pressure and pre-hypertension.
2. Reduces total blood cholesterol and LDL cholesterol.
3. Protects LDL cholesterol from oxidation, increases blood flow, relaxes blood vessels.
4. Eliminates cholesterol and fat from the body.

Administration

Internal: One capsule BID, between meals
60 capsules, 650mg

Ingredients

Taurine
Grape seed extract (*Vitis vinifera*) (MegaNatural BP®)

Formula Rationale

IBP is a combination of a patented grape extract used in clinical studies for hypertension, and taurine. Polyphenols from grape seeds have many benefits: decreased LDL oxidation, increased HDL, and decreased platelet aggregation. Additional benefits include vasodilatations, modulation of inflammatory response and removal of cholesterol from the intestines.

Atherosclerosis and coronary heart disease (CHD) have been linked to excessive consumption of saturated fat and cholesterol. The French paradox refers to the observation that despite high saturated fat consumption, and similar risk factors, the French show lower incidence of death from CHD than Americans. Multivariate analysis suggests that the intake of wine counteracts the effects of saturated fat and reduces the incidence of CHD mortality. Grape seeds contain large amounts of flavonoid substances and are an important source of polyphenols, which are found in red wines. Grape seed polyphenols are referred to as Oligomeric Proanthocyanidins (OPCs). Studies show that consumption of red wine and other flavonoid-rich foods as associated with reduction in CHD in seniors from the Netherlands.

A research team at the University of California Davis has investigated the effects of wine phenolics in the inhibition of human LDL oxidation through in vitro studies. The grape seed extract used by Health Concerns is a polyphenol rich water extract. A proprietary process is used to ensure the consistent composition of monomers, oligomers, and polymers in order to provide the key benefits used in published literature.

In a clinical trial administered at UC Davis, subjects with systolic blood pressure between 120 and 139 mmHg and/or a diastolic pressure between 80 and 89 mmHg were randomized into a placebo group or an experimental group. The treatment period was four weeks using the equivalent of 2 capsules a day of IBP. Blood was sampled for serum lipids and blood glucose at the beginning of the study and the end. Blood pressure was recorded at the start of treatment and the end. The conclusion of the study was the proprietary extract of grape seed lowered systolic blood pressure significantly in subjects with pre-hypertension¹.

Taurine is a free amino acid that stabilizes cell membranes, functions as a neurotransmitter and osmoregulator, and is involved in the conjugation of bile acids. Taurine also has antiarrhythmic effects and inhibits platelet aggregation. It is thought to be useful at preventing and treating congestive heart failure. In a study of 24 subjects with congestive heart failure, administration of 2g of taurine TID resulted in clinical improvement in 19 patients. It has been shown to reduce elevated blood pressure in at least one human study² and several experimental studies.

References are on the formula page of our website: www.healthconcerns.com/pro.

R1.0720

Isatis Cooling Formula™

Herbal Supplement
Modified Chien Chi Tai Wan

Therapeutic Actions

1. Treats Crohn's disease, ulcerative colitis, irritable bowel syndrome, gastric ulcers.
2. Treats hot-type leukorrhea accompanied by thick, dark, and malodorous discharge and abdominal pain.
3. Treats prostate inflammation accompanied by discharge and constant pain.
4. May be used to treat urinary tract infections.

Chinese Therapeutic Effects

Clears heat and toxins
Drains dampness
Activates blood circulation

Administration

Internal: 3 capsules, TID, between meals

For acute conditions, higher dosages may be indicated.

90 capsules, 611mg

Contraindications: Must differentiate the above-mentioned conditions with cold signs, as this formula is cooling and may cause a cold condition to worsen.

Ingredients

Isatis root* & leaf* <i>ban lan gen & da qing ye</i>	Oyster* <i>Ostrea gigas</i>	Bupleurum root <i>chai hu</i>	Chinese Peony root* <i>chi shao</i>
Codonopsis root* <i>dang shen</i>	Cyperus rhizome* <i>xiang fu</i>	Dong Quai root <i>dang gui</i>	Alisma root <i>ze xie</i>
	Gardenia fruit <i>zhi zi</i>		*extract

Formula Rationale

Isatis Cooling Formula is based on *Chien Chi Tai Wan*, Leukorrhea Checking Pills, for the treatment of leukorrhea however, it has been successfully used for the treatment of intestinal and gastric inflammation. This formula treats infection with isatis extract (*ban lan gen* and *da qing ye*), and the irritation from fluid discharge with oyster extract (*Ostrea gigas*). Isatis Cooling Formula clears heat with gardenia (*zhi zi*), alisma (*ze xie*), and bupleurum (*chai hu*). Dong quai (*dang gui*) and Chinese peony (*chi shao*) increase blood circulation. Fluid metabolism is regulated by codonopsis (*dang shen*) and alisma (*ze xie*).

Clinical Notes

1. May be useful in treating vaginal protozoal infestations.
2. Consider for prostate inflammation.
3. Report of good results for Crohn's disease, colitis, and gastric ulcers when there are signs of heat and blood stagnation.
4. Also see Health Concerns Newsletters: Vol. 4 No. 5 *Chinese Herbal Treatment of Chronic Digestive Disorders, Part One* (Gaeddert); Vol. 5 No. 1 *Chinese Herbal Treatment of Chronic Digestive Disorders, Part Two* (Gaeddert); Vol. 10 No. 4 *How Do You Treat Heartburn and GERD* (Gaeddert).

Additional Formulas

- For rectal bleeding use **Formula H**.
- For diarrhea and heat signs combine with **Colostropex**.
- For diarrhea with cold signs consider **Source Qi**.
- Compare with **Man Yue Mei Clearing** (formerly known as Akebia Moist Heat) for treating urinary tract infections.
- Compare with **Clearing** for chronic vaginitis and leukorrhea.
- May be useful with **Essence Chamber** for prostatitis.
- Add **Flavonex** to increase blood circulation.
- Use **Quiet Digestion** to increase digestive function.

R7.0921

Isatis Gold™

Goldenseal, Echinacea, Isatis Extract Herbal Supplement

Therapeutic Actions

Treats bacterial and viral infections that cause inflammation and fever, especially upper respiratory, colds, flu, and bronchitis.

Chinese Therapeutic Effects

Clears heat and dispels wind

Administration

Internal: 3 capsules, every 2 to 4 hours

90 capsules, 625mg

Contraindications: Should notice results within 24 hours. If patient does not show improvement within 48 hours, consider an alternate formula. If taken for more than 10 days, effectiveness diminishes. The herbs are cold and can cause intestinal cramping.

Ingredients

Isatis leaf & root*
*da qing ye & ban
lan gen*

Echinacea root
& aerial*
Echinacea purpurea

Platycodon root*
jie geng
Goldenseal root*
*Hydrastis
canadensis*

Ligusticum root*
chuan xiong

*extract

Formula Rationale

Isatis Gold is a combination of Western and Chinese herbs designed as an herbal antibiotic and anti-viral. Echinacea and goldenseal are used in combination to reduce swelling and treat inflammatory conditions of the upper respiratory tract. Isatis extract (*da qing ye* and *ban lan gen*) are widely studied and used in China as broad-spectrum antibiotic and anti-viral agent. Platycodon (*jie geng*) is an anti-inflammatory herb that resolves phlegm, relieves cough, moistens the throat, and helps reduce pus. Platycodon (*jie geng*) also diffuses lung qi. Platycodon and ligusticum (*chuan xiong*) direct the formula to the upper body. Ligusticum dispels wind and treats sinus congestion, sore throat, and headache.

Clinical Notes

1. For colds/flu without fever, combine with ginger tea.
2. If patient has a weak digestive system or is constitutionally sensitive reduce dosage and combine with **Quiet Digestion**.
3. Prevents bacterial gum inflammation.
4. Consider for colds, flu, bronchitis, upper respiratory tract infections, encephalitis, mononucleosis, mumps, asthma, hepatitis A and B, herpes zoster, herpes simplex. Generally, this formula should not be used without combining it with another formula for more than 10 days for these problems.
5. Increased effectiveness has been reported with an initial dose of 6 capsules.
6. Do not use for prolonged periods.
7. Also see Health Concerns Newsletters: Vol. 8 No. 2 *Herbal Cold and Flu Relief* (Gaeddert); Vol. 9 No. 4 *Cold Away: A Remarkable New Formula for Colds & Flu* (Cohen).

Additional Formulas

- For protracted cold/flu (beyond 5 days) use **Ease 2** and **Power Mushrooms**.
- Use **Astra C** for prevention of colds and flu.
- Use **Astra Isatis** for treatment of chronic, low-grade infections.
- Use **Coptis Purge Fire** for acute herpes outbreak or mouth infection.
- Combine with **Resinall K** to treat gum inflammation due to bacterial cause.
- Combine with **Quiet Digestion** for gastrointestinal flu.
- Combine with **Clear Air** for bronchial infection.
- Combine with **Tremella and American Ginseng** for dry cough.
- Use **Nasal Caps 2** and **Coptis Purge Fire** for ear and nose infections.
- Use **Clear Heat** with fever and viral infections.

R1.1020

Lily Bulb Formula

Bai He Gu Jin Tang Herbal Supplement

Therapeutic Actions

1. Treats dry cough, dry throat, and dry nose.
2. Treats bronchitis, pharyngitis, cor pulmonale, tuberculosis, pneumothorax.
3. Addresses wheezing, hot palms and feet, night sweats, chronic sore throat.

Chinese Therapeutic Effects

Strengthens the lung

Nourishes yin

Stops coughing

Administration

Internal: 3 capsules TID to QID, between meals

90 capsules, 650mg

Ingredients

Tiger Lily bulb* <i>bai he</i>	Sage leaf <i>shu wei cao</i>	Platycodon root* <i>jie geng</i>	Licorice root* <i>gan cao</i>
Rehmannia (cooked) root* <i>shu di huang</i>	Ophiopogon tuber* <i>mai men dong</i>	Dong Quai root* <i>dang gui</i>	Astragalus root* <i>huang qi</i>
	Sichuan Fritillary bulb* <i>chuan bei mu</i>	Chinese Peony root* <i>bai shao</i>	*extract

Formula Rationale

Lily Bulb Formula is the traditional Bai He Gu Jin Tang formula used to nourish and moisten the lungs and tonify kidney yin. Tiger lily (*bai he*) moistens the lungs and clears heat. Cooked rehmannia (*shu di huang*) clears heat and supplements the yin. Ophiopogon (*mai men dong*) nourishes yin especially of the lung and kidney. Astragalus (*huang qi*) relieves rhinitis and has immune potentiating effects. Platycodon (*jie geng*) and Sichuan fritillary (*chuan bei mu*) stop coughing. Dong quai (*dang gui*) and Chinese peony (*bai shao*) nourish the blood to benefit the yin. Licorice (*gan cao*) harmonizes and detoxifies.

Clinical Notes

Also see Health Concerns Newsletters: Vol. 4 No. 3 *Treatment of Coughing & Wheezing with Ginseng & Gecko Herbal Formula* (Jiang); Vol. 15 No. 2 *Silkworm Enzyme Treats Pain, Inflammation & Ear, Nose, and Throat Disorders* (Gaeddert).

Additional Formulas

- For dry cough with heat signs use **Tremella and American Ginseng**.
- For loose stools or indigestion combine Lily Bulb Formula with **Quiet Digestion** or use **Tremella and American Ginseng**.

Man Yue Mei Clearing™

Cranberry Herbal Supplement
Reformulated Akebia Moist Heat

Therapeutic Actions

1. Treats urinary tract infection or inflammation accompanied by frequent and painful urination.
2. Relieves factors related to bladder stones, kidney infection, painful or difficult urination, pelvic inflammatory disease, and prostatitis, cystitis, vaginitis.

Chinese Therapeutic Effects

Clears fire and toxins in the lower burner
Drains dampness (diuretic)

Administration

Internal: 3 capsules, TID, between meals

For acute conditions, 3 capsules every 4 hours

90 capsules, 650mg

Contraindications: Man Yue Mei Clearing (reformulated Akebia Moist Heat) is a short- term formula. Weak patients may need a tonic along with the formula.

Ingredients

Cranberry fruit*	Uva-Ursi leaf*	Achyranthes root*	Licorice root*
<i>man yue mei</i>	<i>xiong guo</i>	<i>niu xi</i>	<i>gan cao</i>
Corn silk	Japanese Knotwood	Gardenia fruit*	Costus root*
<i>yu mi xi</i>	root	<i>zhi zi</i>	<i>mu xiang</i>
Indian Plantain seed	<i>hu zhang</i>	Dandelion root*	Chinese Rhubarb
husk	Garlic bulb*	<i>pu gong ying</i>	rhizome*
<i>che qian zi</i>	<i>da suan</i>	Magnesium (as	<i>zhi da huang</i>
		magnesium oxide)	
			*extract

Formula Rationale

Cranberry (*man yue mei*) enters the kidney, bladder, and large intestine; it promotes urination and drains heat. Corn silk (*yu mi xi*), Indian plantain (*che qian zi*), and uva-ursi (*xiong guo*) relieve damp heat and assist in passing stones. Magnesium is an electrolyte and plays a critical role in kidney detoxification; it can reduce the risk of forming kidney stones. Garlic (*da suan*) resolves toxicity, strengthens the spleen, and reduces stagnation. Japanese knotweed (*hu zhang*) treats heat and supports the bladder, kidneys, and liver. Achyranthes (*niu xi*) invigorates the blood and Qi. Gardenia (*zhi zi*) is one of the premier heat-clearing herbs in the Materia Medica; it also treats irritability, restlessness, and insomnia. Licorice (*gan cao*) is included for its harmonizing and detoxification actions. Costus (*mu xiang*) was added to the classic *Ba Zheng San* formula by ancient herbalist Zhu Dan Xi, to strengthen the transforming function of the bladder meridian. Chinese rhubarb (*zhi da huang*) removes heat through the stool.

Clinical Notes

1. Practitioners report this formula to be very effective in treating urinary tract infections. Formula should be continued at a reduced dosage for 1 to 2 weeks after symptoms are alleviated.
2. May be useful for lung inflammation, or inflammation associated with emotional stress.

Additional Formulas

- See also **Unlocking**.
- **Isatis Cooling Formula** for urinary tract inflammation and leukorrhea.
- Use **Clearing** as a long-term follow up to Man Yue Mei Clearing (formerly known as Akebia Moist Heat) for individuals who have chronic UTI or vaginitis.

Marrow Plus[®]

Spatholobus Herbal Supplement

Therapeutic Actions

1. Treats anemia and blood deficiency.
2. Taken for symptoms due to bone marrow suppression as caused by chemotherapy or radiation therapy. Helps offset side effects from pharmaceuticals such as AZT, anti-tumor agents, and other drugs that suppress white blood cells (WBC) or red blood cells (RBC), e.g., chemotherapy. Helps regenerate blood following a blood transfusion.
3. Useful for chronic pain and numbness.

Chinese Therapeutic Effects

Vitalizes and tonifies blood

Tonifies Qi

Strengthens the spleen and kidney

Administration

Internal: 3 capsules, BID, between meals

90 capsules, 650mg

270 capsules, 650mg

Ingredients

Spatholobus stem* <i>ji xue teng</i>	Astragalus root* <i>huang qi</i>	Rehmannia root (raw) <i>sheng di huang</i>	Jujube fruit* <i>da zao</i>
Fo-Ti root <i>he shou wu</i>	Lycium fruit <i>gou qi zi</i>	Sacred Lotus seed* <i>lian zi</i>	Hawthorn fruit <i>shan zha</i>
Chinese Salvia root* <i>dan shen</i>	Dong Quai root <i>dang gui</i>	Tangerine peel* <i>chen pi</i>	*extract
Codonopsis root* <i>dang shen</i>			

Formula Rationale

This formula is based on the clinical experience of Misha Cohen, OMD, L.Ac., in treating persons with AIDS and cancer and who are receiving chemotherapeutic agents that suppress bone marrow function. It was originally designed based on raw herb formulas used to support people undergoing chemotherapy and radiation treatment. This formula is often used in integrative cancer treatment and other immune disorders. Through its effect on nourishing blood, it also helps patients with chronic pain and numbness. It was researched at UCSF supported by a grant from the NIH Office of Alternative Medicine and Health Concerns.

The chief herb, *spatholobus (ji xue teng)*, both vitalizes and tonifies blood. In China, this herb is commonly used during cancer therapy to stimulate bone marrow function when it is suppressed by radiation or chemotherapy. *Fo-ti (ho shou wu)* nourishes the blood and replenishes liver and kidney essence. Chinese salvia (*dan shen*) moves blood and eliminates blood stasis in addition to promoting the repair and regeneration of tissues. *Codonopsis (dang shen)* and *astragalus (huang qi)* replenish Qi and strengthen spleen and stomach function, which is necessary to the production of blood. Both herbs are used in China to increase white blood cell count. *Codonopsis*, in particular, is used in China to treat patients with low WBCs due to radiation or chemotherapy and is also administered to increase RBCs. *Rehmannia (sheng di huang)* nourishes essence and strengthens the kidney, so that blood is regenerated. *Dong quai (dang gui)* is a strong blood tonic and helps increase the body's folic acid and vitamin B-12 levels, so that, in many cases, anemia is alleviated. *Lycium (gou qi zi)* nourishes the blood. *Sacred lotus seed (lian zi)*, *tangerine (chen pi)*, and *jujube (da zao)* strengthen the spleen and aid in the digestion of the formula's herbs. *Gelatinum (e jiao)* has been removed from the formula, therefore, Marrow Plus is suitable for vegetarians.

Clinical Notes

1. In order to boost bone marrow function, it is necessary to both vitalize and tonify blood, a specific action required for this type of anemia. Spleen qi and kidney yang should also be tonified. Combine with **Backbone** with cold signs. Use **Astra Essence** without cold signs. **Enhance, Tremella and American Ginseng, Cordyceps PS** and **CordySeng** may also be used in conjunction with Marrow Plus depending on the associated patterns.
2. This formula may also be used for neuropathy, since salvia (*dan shen*) and other herbs in the formula are known to promote microcirculation.
3. Also see Health Concerns Newsletters: Vol. 9 No. 3 *Can Herbs Help Rheumatoid Arthritis Patients?* (Gaeddert); Vol. 12 No. 4 *Diabetes II Complications of Diabetes* (Gaeddert).

Additional Formulas

- For numbness, pain and cold signs, combine Marrow Plus with **Mobility 3** (3 caps each TID).
- Consider Marrow Plus as an adjunct to **Mobility 2**, **Mobility 3**, **AC-Q** and **Channel Flow** for chronic pain.
- For symptoms associated with low platelet counts, also consider **Astra 8** or **CordySeng**.

R5.0521

Maternal Herbal™

Dr. Fung's Ligustrum Herbal Supplement

Therapeutic Actions

1. Promotes fertility in women.
2. Can also be used for yang deficient individuals and low libido.

Chinese Therapeutic Effects

Tonifies liver yin and kidney yang
Relaxes shen
Invigorates blood and Qi

Tonifies and nourishes blood
Tonifies Qi

Administration

Internal: 3 capsules TID, between meals
90 capsules, 650mg

Contraindications: Individuals with yin deficiency heat pattern should not take this formula (*see Clinical Notes*).

Ingredients

Asian Ginseng root* <i>ren shen</i>	Ligustrum fruit* <i>nu zhen zi</i>	Cynamorium plant* <i>suo yang</i>	Epimedium leaf* <i>yin yang huo</i>
Cistanche aerial* <i>rou cong rong</i>	Pomegranate fruit* <i>shi liu</i>	Poria sclerotium* <i>fu ling</i>	Evodia fruit* <i>wu zhu yu</i>
Rehmannia (cooked) root* <i>shu di huang</i>	Deer antler velvet <i>lu rong</i>	Ligusticum root* <i>chuan xiong</i>	Cassia bark* <i>rou gui</i>
Dong Quai root* <i>dang gui</i>	Morinda root* <i>ba ji tian</i>	Eucommia bark* <i>du zhong</i>	Cayenne fruit* <i>la jiao</i>
*extract			

Formula Rationale

This is an empirical formula based on Dr. Fung's 60 years of clinical experience.

Infertility in women is a complex problem. In Chinese medicine, the root cause is pathology in the kidney and/or Penetrating-Conception channels. However, the syndrome patterns that ultimately lead to such pathology vary, and can include kidney deficiency, blood deficiency, constrained liver qi, phlegm-dampness and blood stasis among others.

In this formula, the chief herb is Asian ginseng, (*ren shen*), which strongly tonifies the basal qi, and strengthens the spleen and tonifies the stomach. Cistanche (*rou cong rong*) tonifies the kidney, strengthens the yang and warms the womb. Rehmannia (*shu di huang*) and dong quai (*dang gui*) tonify the blood and regulate the menses and are used commonly for irregular menstruation and uterine bleeding due to deficiency. Ligustrum (*nu zhen zi*) and eucommia (*du zhong*) nourish and tonify the liver and kidney, with the former clearing internally-generated heat due to deficiency, and the latter aiding the smooth flow of Qi and blood. Pomegranate (*shi liu*) tonifies the spleen. Deer antler velvet (*lu rong*) nourishes and tonifies essence and the blood. Morinda (*ba ji tian*), cynamorium (*suo yang*), and epimedium (*yin yang huo*) are ingredients that also tonify the kidney yang. Poria (*fu ling*) strengthens the spleen, harmonizes the middle burner, and relieves dampness. Ligusticum (*chuan xiong*) is an important herb in Chinese gynecology; it invigorates the blood and promotes the movement of Qi and is used for blood stasis patterns. Evodia (*wu zhu yu*) warms the middle, disperses cold, and relieves constraint in the liver channel. Cassia (*rou gui*) enters the heart, kidney, liver, and spleen channels; its function is to warm the kidney and fortify the yang. The final herb, cayenne (*la jiao*), warms the middle burner and disperses cold.

Clinical Notes

1. This formula is rather warming in nature and should not be taken by individuals with yin deficiency heat syndrome, the main symptoms of which are intermittent sensations of heat, spontaneous sweating, dry mouth and throat, a red tongue with little coating, and a thin and rapid pulse.
2. Sensitive individuals, i.e., those who are especially reactive to herbal therapy, may need to start on, or use a reduced dosage of 1 capsule, three times per day.

Additional Formulas

- Consider **Fertile Garden** for kidney and liver yin deficiency pattern.
- Consider **Clear Phlegm** (*Wen Dang Tang*) and **Quiet Digestion** for phlegm-dampness pattern.
- Consider **Woman's Balance** for liver qi stagnation pattern.
- Consider **Eight Treasures** for dual deficiency of blood and Qi.
- Consider **Channel Flow** for blood and Qi stagnation or dysmenorrhea.

R1.1020

Milk Thistle 80™

Silymarin Herbal Supplement

Therapeutic Actions

1. Useful in the treatment of liver disorders, hepatitis, cirrhosis of the liver, gallstones, psoriasis, and blood sugar imbalance.
2. Supports kidney function. Used with western medicine to treat diabetic nephropathy.
3. Increases production of breast milk.

Administration

Internal: 1 capsule per day, between meals

90 capsules, 200mg

270 capsules, 200mg

Contraindications: Loose stools are occasionally seen.

Ingredient

Milk Thistle seed extract (80% Silymarin)

Each capsule supplies 200mg Silymarin

Formula Rationale

Milk Thistle (*Silybum marianum*) contains silymarin and other flavonoid constituents. It has been traditionally used to assist nursing mothers in producing milk, and in treating liver disorders including jaundice. In modern times, milk thistle helps protect and regenerate liver and kidney cells. Eighty percent silymarin milk thistle preparations have powerful antioxidant activity. Silymarin increases glutathione from the liver and can help the body detoxify chemicals, hormones, and drugs. Silymarin has been shown in clinical and experimental studies in treating several types of liver disease including cirrhosis, hepatitis, chemical and alcohol induced fatty liver, it also prevents and treats gallstones. It has been used clinically to help individuals with psoriasis and diabetes and has been administered in clinical trials for patients with diabetic neuropathy. Health Concerns' Milk Thistle 80 is the same standard used in European preparations.

Additional Formulas

- With chronic liver disorder, combine Milk Thistle 80 with **Rehmannia & Milk Thistle Formula** (reformulated Ecliptex) (2 to 3 capsules TID).
- With chronic liver disorders with fatigue, consider combining Milk Thistle 80 with **Astra Isatis** (2 to 3 capsules QID).
- For blood sugar disorder combine Milk Thistle 80 with **Astra Essence** (3 capsules TID) or **Greenexcellent**.

R1.0720 - 90ct / R2.0720 - 270ct

Mobility 2™

Clematis Combination Herbal Supplement

Shu Jing Huo Xue Tang

Therapeutic Actions

1. Treats severe, chronic arthritis or rheumatism characterized by inflammatory processes and stagnation of blood flow in the joints.
2. Useful for gout, sciatica, lumbago.
3. Treats edema.

Chinese Therapeutic Effects

Relieves the surface

Dispels wind-damp

Promotes the flow of water

Vitalizes blood circulation

Administration

Internal: 2 to 4 capsules TID, between meals

90 capsules, 650mg

270 capsules, 650mg

Ingredients

Chinese Peony root*	Peach kernel*	Siler root*	Clematis root*
<i>chi shao</i>	<i>tao ren</i>	<i>fang feng</i>	<i>wei ling xian</i>
Dong Quai root*	Bai-Zhu Atractylodes	Chaste Tree berry*	Fragrant Angelica
<i>dang gui</i>	rhizome*	<i>man jing zi</i>	root*
Ligusticum root*	<i>bai zhu</i>	Andrographis leaf*	<i>bai zhi</i>
<i>chuan xiong</i>	Poria sclerotium*	<i>chuan xin lain</i>	Pomegranate fruit*
Rehmannia (cooked)	<i>fu ling</i>	Achyranthes root	<i>shi liu</i>
root*	Tangerine peel*	<i>niu xi</i>	Licorice root*
<i>shu di huang</i>	<i>chen pi</i>	Ginger root*	<i>gan cao</i>
		<i>gan jiang</i>	

*extract

Formula Rationale

Mobility 2 is based on the traditional formula Clematis Combination (*Shu Jing Huo Xue Tang*). In traditional Chinese medicine, arthritis is caused by poor circulation, accumulation of moisture in the joints, and inflammation related to blood stagnation. Mobility 2 treats these conditions while also nourishing and circulating the blood and providing analgesic relief of pain.

Chinese peony (*chi shao*), peach (*tao ren*), dong quai (*dang gui*), and ligusticum (*chuan xiong*) are included to move and invigorate the blood. When the blood moves, wind is expelled. Bai-zhu atractylodes (*bai zhu*) and poria (*fu ling*) leach dampness, and chaste tree (*man jing zi*) is an accessory herb for treating wind-damp joint pain and also clears heat. Chinese peony (*chi shao*), dong quai (*dang gui*) and licorice (*gan cao*) have anti-inflammatory effects. Ligusticum (*chuan xiong*), clematis (*wei ling xian*), and angelica (*bai zhi*) have analgesic effects. Tangerine (*chen pi*), and clematis (*wei ling xian*), invigorates the circulation of Qi. Dong quai (*dang gui*), and rehmannia (*shu di huang*) are used to nourish the blood and, additionally, rehmannia enriches the kidney. Siler (*fang feng*) dispels wind, cold and damp and is traditionally used for rheumatic pain. Achyranthes (*niu xi*) relieves aching knees and back and tonifies the kidney.

Clinical Notes

1. Excellent results for inflammatory pain anywhere in the body.
2. Also see Health Concerns Newsletters: Vol. 9 No. 3 *Can Herbs Help Rheumatoid Arthritis Patients?* (Gaeddert); Vol. 10 No. 2 *Herbal Back Pain Treatments* (Gaeddert); Vol. 12 No. 4 *Diabetes II Complications of Diabetes* (Gaeddert); Vol. 6 No. 3 *Herbal Protocols for Treating Pain Part 1: Injuries, Muscles & Joints* (Gaeddert); Vol. 7 No. 1 *Herbal Protocols for Treating Pain Part 2: Headache* (Gaeddert); Vol. 7 No. 2 *Herbal Protocols for Treating Pain Part 3: Repetitive Use & Other Types of Pain* (Gaeddert); Vol. 15 No. 2 *Silkworm Enzyme Treats Pain, Inflammation & Ear, Nose, and Throat Disorders* (Gaeddert).

Additional Formulas

- With heat signs add **Clear Heat**.
- Consider **Mobility 3** for pain throughout the body that worsens in cold or damp weather.
- Use in combination with **AC-Q** for debilitating arthritis.
- **Collagenex 2** for chronic joint, muscle, tendon pain.
- Combine with **Channel Flow** for unrelenting pain.
- Combine with **Drain Dampness** (*Wu Ling San*) for edema.

R1.1020

Therapeutic Actions

1. Treats physical discomfort due to exposure to wind, cold, or dampness.
Symptoms include headache, numbness, pain, malaise, fatigue, and the like.
2. Treats arthritis and muscle pain that worsens in cold damp weather.
3. This formula is particularly suitable for persons over 30 years of age.

Chinese Therapeutic Effects

Tonifies the blood	Dispels cold, wind, dampness
Invigorates the blood	Relieves joint pain

Administration

Internal: 3 capsules, TID, between meals

90 capsules, 700mg

270 capsules, 700mg

Contraindications: Should not be used to treat symptoms due to common cold or flu.

Ingredients

Asian Ginseng root* <i>ren shen</i>	Fo-Ti root <i>he shou wu</i>	Tienchi root* <i>san qi</i>	Ginger rhizome <i>gan jiang</i>
Dong Quai root* <i>dang gui</i>	Loranthus stem* <i>sang ji sheng</i>	Spatholobus stem* <i>ji xue teng</i>	Chinese Clematis root* <i>wei ling xian</i>
Cinnamon twig* <i>gui zhi</i>	Cistanche aerial* <i>rou cong rong</i>	Indian Tinospora root* <i>shen jin teng</i>	Achyranthes root* <i>niu xi</i>
Rehmannia (raw) root <i>sheng di huang</i>	Ardisia root* <i>zou ma tai</i>	Dong Quai root <i>dang gui</i>	*extract

Formula Rationale

This is an empirical formula based on Dr. Fung's 60 years of clinical experience. Exposure to cold, wind, or dampness is a common occurrence, and can take place during sudden changes in weather or while participating in everyday outdoor activities. In other cases, exposure can result from being in a damp indoor or air-conditioned environment for extended periods. In Chinese medicine, exposure to the excesses of cold, wind, or dampness leads to the initial symptoms of cough, runny nose, headache, fatigue, joint pain, and fever and chills. If not treated promptly, the cold, wind, or dampness accumulates, causing blood stasis, thus leading to more serious conditions, such as arthritis.

The overall goal of this formula is to remove blood stasis so that the accumulated excess(es) are resolved. The herbs that invigorate the blood are dong quai (*dang gui*), spatholobus (*ji xue teng*), and ardisia (*zou ma tai*). Loranthus (*sang ji sheng*), expels wind-dampness and tonifies the liver and kidney yin. Asian ginseng (*ren shen*) tonifies the basal qi, strengthens the spleen, tonifies the stomach, and helps alleviate fatigue. Cistanche (*rou cong rong*) tonifies the kidney and strengthens the yang, and moistens the intestines and to facilitate the passage of stools. Cinnamon (*gui zhi*) adjusts the nutritive and protective qi levels and warms the channels and disperses cold. Ardisia dispels wind-dampness. Tienchi (*san qi*) transforms blood stasis and reduces swelling and pain. Rehmannia (*sheng di huang*) tonifies the blood, nourishes the yin and tonifies the kidney. Ginger (*gan jiang*) disperses cold and has been clinically shown to relieve arthritis pain and reduce stiffness. Achyranthes (*niu xi*) invigorates the blood, and tonifies the liver and kidney; thus, it strengthens the sinews and bones so that low back and knee pain are alleviated. Fo-Ti (*he shou wu*) tonifies the liver blood and kidney essence and strengthens the low back and knees. Indian tinospora (*shen jin teng*) relaxes the sinews and activates the collaterals, and clears heat and drains dampness.

Clinical Notes

1. As Mobility 3 has tonic herbs, it is suitable for long-term use.
2. Also see Health Concerns Newsletters: Vol. 9 No. 3 *Can Herbs Help Rheumatoid Arthritis Patients?* (Gaeddert); Vol. 10 No. 2 *Herbal Back Pain Treatments* (Gaeddert); Vol. 12 No. 4 *Diabetes II Complications of Diabetes* (Gaeddert).

Additional Formulas

- Combine Mobility 3 and **Marrow Plus** for long-term administration.
- **Mobility 2** treats joint pain that is accompanied by inflammation.
- **AC-Q** addresses joint and muscle pain. These formulas may be combined when necessary.
- **SPZM** for upper body spasm.
- **Channel Flow** for intense pain, **Resinall E Caps** and **Resinall K** are for pain due to trauma or injury.

R8.0722- 90ct; R7.0421- 270ct

Nasal Caps 2™

Herbal Supplement
Modified Qing Bi Tang

Therapeutic Actions

1. Treats acute and chronic sinus congestion with thick, yellow mucus, sinusitis, rhinitis, hay fever, colds and flu.
2. Addresses snoring due to facial congestion.
3. Addresses earache due to sinus blockage.
4. May be used for sinus headache.

Chinese Therapeutic Effects

Releases the surface
Dispels wind
Circulates blood

Administration

Internal: 2 capsules, TID, between meals
90 capsules, 650mg

Ingredients

Xanthium fruit* <i>cang er zi</i>	Chinese Peony root* <i>chi shao</i>	Black Cohosh root & rhizome <i>sheng ma</i>	Thyme leaf <i>Thymus vulgaris</i>
Chinese Cinnamon twig* <i>gui zhi</i>	Ligusticum root* <i>chuan xiong</i>	Chinese Licorice root* <i>gan cao</i>	Eucalyptus leaf <i>Eucalyptus globulus</i>
	Fragrant Angelica root* <i>bai zhi</i>		*extract

Formula Rationale

Nasal Caps 2 is based on several traditional formulas. Xanthium (*cang er zi*) opens the nasal passages and transforms damp wind. It also has antibacterial properties. Chinese cinnamon (*gui zhi*) unblocks the meridians and dispels cold. Fragrant angelica (*bai zhi*) reduces nasal congestion and pain; it leads herbs to the nose and sinuses. Ligusticum (*chuan xiong*) and Chinese peony (*chi shao*) activate blood circulation, and furthermore, Chinese peony (*chi shao*) cools the blood. Black cohosh (*sheng ma*) is used to guide the herbs upward, and it reduces pathogenic fungus. Eucalyptus leaf (*Eucalyptus globulus*) reduces phlegm and nasal congestion. Thyme (*Thymus vulgaris*) reduces bronchial spasms and possesses anti-fungal and antibacterial activity. Licorice (*gan cao*) is a harmonizing ingredient.

Clinical Notes

1. May take up to 3 capsules QID. Highly sensitive patients should use this formula cautiously due to the essential oil content.
2. This formula is warm and drying and should be used carefully in yin deficient patients.
3. Also see Health Concerns Newsletter: Vol. 3 No. 2 *Treating Allergies with Prepared Chinese Formulas* (Victor).

Additional Formulas

- Combine with **Isatis Gold** for stronger antibacterial action.
- May take with **Phellostatin** for chronic nasal congestion due to fungus.
- Use **Xanthium Relieve Surface** for allergic conditions.
- Use with **Cold Away** or **Isatis Gold** for cold/flu.
- Combine with **Astra C** for a chronic infection and to help prevent reoccurrence.

R8.1222

Nine Flavor Tea™

Modified Liu Wei Di Huang Wan Herbal Supplement

Therapeutic Actions

1. Treats chronic and recurrent sore throat with lymphatic swelling.
2. Treats oral sores accompanied by thirst and insomnia.
3. Treats a symptom combination that includes facial flushing, afternoon fevers, chronic inflammation, burning feet and palms, night sweats, blurred vision, dizziness, tinnitus, and impotence.

Chinese Therapeutic Effects

Nourishes liver, kidney, stomach, spleen yin

Clears stomach heat and heart fire

Tonifies kidney and spleen qi

Administration

Internal: 3 capsules, TID, between meals

90 capsules, 648mg

270 capsules, 648mg

Ingredients

Rehmannia (raw) root*	Poria sclerotium* <i>fu ling</i>	Dong Quai root* <i>dang gui</i>	Isatis root* <i>ban lan gen</i>
<i>sheng di huang</i>	Asiatic Dogwood fruit*	Asian Water Plantain rhizome*	Glehnia root* <i>sha shen</i>
Wild Yam root <i>shan yao</i>	<i>shan zhu yu</i>	<i>ze xie</i>	Ophiopogon root* <i>mai men dong</i>

*extract

Formula Rationale

Nine Flavor Tea is based on 8 Flavor Tea (*Zhi Bai Di Huang Wan*) but is more suitable for long-term treatment of yin deficiency heat symptoms. Anemarrhena (*zhi mu*) and phellodendron (*huang bai*) have been removed and replaced by ophiopogon (*mai men dong*) and glehnia (*sha shen*) to enhance the yin nourishing quality of this formula. Rehmannia (*sheng di huang*) also nourishes yin and clears heat. Wild yam (*shan yao*) tonifies kidney, spleen, and lung Qi. Poria (*fu ling*) and Asian water plantain (*ze xie*) ease heat and dampness while dong quai (*dang gui*) alleviates pain and activates blood. Isatis (*ban lan gen*) helps relieve a sore, swollen throat, clearing heat, and removing toxicity.

Clinical Notes

1. Nine Flavor Tea can be used as a foundation formula for treating yin deficiency and related symptoms.
2. Useful for high blood pressure with kidney yin deficiency as its root cause.
3. Clinical reports of effectiveness in treating acne due to yin deficiency.
4. Addressing yin deficiency usually requires several months of herbal therapy.
5. Also see Health Concerns Newsletters: Vol. 9 No. 3 *Can Herbs Help Rheumatoid Arthritis Patients?* (Gaeddert); Vol. 10 No. 2 *Herbal Back Pain Treatments* (Gaeddert); Vol. 7 No. 4 *Commonly Asked Practitioner Questions: Gynecology Issues* (Gaeddert); Vol. 11 No. 2 *Commonly Asked Practitioner Questions: Gynecology Issues, Part 2* (Gaeddert); Vol. 4 No. 2 *Pre & Postmenstrual Syndromes* (Fratkin); Vol. 4 No. 4 *Damp Heat Dysmenorrhea & Unlocking Formula* (Flaws).

Additional Formulas

- For kidney yang tonification, use **Rehmannia 8**, **Backbone**, or **Virility Caps**.
- For balanced and complete kidney tonification, use **Astra Essence**.
- For greater heat clearing to approximate *Zhi Bai Di Huang Wan*, combine Nine Flavor Tea (3 capsules TID) and **Coptis Purge Fire** (1 to 3 capsules TID).
- If the patient has weak digestion, consider **Quiet Digestion** before or in addition to this formula.
- For those with yin deficiency who cannot tolerate rehmannia, consider **Fertile Garden**. For yin deficiency and dampness, consider **Clearing**.

R4.0221

Therapeutic Actions

1. Supports hormonal, bone and cardiovascular health by promoting the body's own production of enterolactone, which has been found to protect against developing tumors and cardiovascular disease.
2. Enterolactone reduces circulating estrogen, and blocks aromatase, binds to estrogen receptors and blocks estrogen activity in specific selected tissues, enterolactone levels may mimic the effects of estrogen, when estrogen levels are high, enterolactone occupies and blocks estrogen receptors.
3. Reduces hot flashes.
4. Is an antioxidant and anti-inflammatory.

Administration

Internal: For hot flashes and for acute conditions use 2 capsules per day.

Maintenance dosage: 1 capsule per day

90 capsules, 25mg

Ingredient

7-hydroxymatairesinol HMRLignan[®] extract (from *Picea abies*)

Formula Rationale

Lignans are phyto-nutrients found in unrefined grain products, seeds, fruits and vegetables. Friendly intestinal bacteria converts plant lignans into human lignans such as enterolactone. When there are low estrogen levels in the body these weak lignan estrogens make up for some of the insufficiency. When estrogen from endogenous or exogenous sources is abundant, enterolactone reduces the activity of estrogen by occupying estrogen binding sites. As a result, plant lignans are thought to influence the development of breast, prostate, and colon cancers that depend on hormones to start and progress. Lignans also support cardiovascular health and help to moderate other estrogen dependent conditions such as menopausal symptoms and osteoporosis.

Case control studies in Finland found an inverse association between serum enterolactone and the risk of breast cancer both among pre-menopausal and post-menopausal women. These findings have been duplicated in case control studies in Australia and the UK. In a study conducted by the Roswell Park Cancer Institute, U.S.A., of 1,122 women with primary breast cancer, and 2,036 control subjects, that those with the highest dietary intake of lignans had a reduced breast cancer risk.

Research has shown that enterolactone acts weakly on the physiological estrogen balance and offers a natural method for managing menopausal symptoms. In an eight-week study, the equivalent to two capsules of NuLignan was found to increase enterolactone levels and significantly reduce hot flashes at week four, with further reductions at week eight. Additional studies suggest that lignans improve menopausal symptoms, and maintain cognitive function in post-menopausal women. Recent studies suggest a link between lignan consumption and bone reabsorption, and improved lipid profiles. Lignans are also thought to contribute to prostate health by inhibiting cancer cell growth and signaling.

NuLignan is a new generation, highly bioavailable lignan formula. It is the first direct enterolactone precursor supplement, standardized to 90 percent pure lignans as 7-hydroxymatairesinol. In addition, it is a strong antioxidant, and may help to modulate inflammatory reactions. Pharmacokinetic studies show that NuLignan is rapidly absorbed, elevates enterolactone concentration, and has an excellent safety profile.

Clinical Notes

Also see Health Concerns Newsletters: Vol. 7 No. 4 *Commonly Asked Practitioner Questions: Gynecology Issues* (Gaeddert); Vol. 11 No. 2 *Commonly Asked Practitioner Questions: Gynecology Issues, Part 2* (Gaeddert); Vol. 4 No. 2 *Pre & Postmenstrual Syndromes* (Fratkin); Vol. 4 No. 4 *Damp Heat Dysmenorrhea & Unlocking Formula* (Flaws).

R1.0820

Therapeutic Actions

1. Use for osteoporosis prevention and treatment.
2. Taken to prevent and treat fractured bones, particularly for the elderly who suffer from osteoporosis.
3. Addresses weakness of back, limbs and gums.

Chinese Therapeutic Effects

Strengthens the bones	Tonifies the qi of the organs
Invigorates the blood	Tonifies yang

Administration

Internal: 3 capsules, TID, between meals

May be taken long-term

90 capsules, 750mg

Contraindications: Spleen deficiency (see Additional Formulas). Also, this is a warming formula, it should not be used where there is excess or deficient heat (see Clinical Notes).

Ingredients

Deer antler velvet <i>lu rong</i>	Fossilized Coral Calcium	Sichuan Lovage root* <i>chuan xiong</i>	Dong Quai root <i>dang gui</i>
Barrenwort aerial <i>yin yang huo</i>	Okinawa coral	Chinese Peony root* <i>chi shao</i>	Licorice root* <i>gan cao</i>
Cistanche aerial* <i>rou cong rong</i>	Spatholobus stem* <i>ji xue teng</i>	Chinese Clematis root* <i>wei ling xian</i>	*extract
Rehmannia (raw) root <i>sheng di huang</i>	Ardisia root* <i>zou ma tai</i>	Evodia fruit* <i>wu zhu yu</i>	
	Chinese Cinnamon twig* <i>gui zhi</i>	Codonopsis root* <i>dang shen</i>	

Formula Rationale

OsteoHerbal is an empirical formula based on Dr. Fung's 60 years of clinical experience.

According to Chinese medicine, aging results in the diminution of the fundamental substances, particularly essence and yang qi. Since the kidney rules the bones, insufficient essence leads to weakened bones, thus many elderly individuals are susceptible to bone fractures under circumstances that would not affect younger persons. This corresponds with the biomedical condition of osteoporosis.

In this formula, the chief ingredient, deer antler velvet (*lu rong*), strengthens the sinews and bones, as does fossilized coral calcium. These two ingredients also nourish the yin and blood. To restore the kidney's production of essence, cistanche (*rou cong rong*) is added to the formula. Barrenwort (*yin yang huo*) invigorates yang, dispels wind and eliminates dampness. It is traditionally used to improve the strength of bones, knees and lower back.

Blood must also be tonified and nourished in order to maintain production of essence; this is accomplished through the herbs dong quai (*dang gui*), spatholobus (*ji xue teng*), and rehmannia (*sheng di huang*). Sichuan lovage (*chuan xiong*), spatholobus, and ardisia (*zou ma tai*) invigorate the blood; the latter also strengthens the sinews and bones. Due to insufficient fundamental substances, the elderly are also prone to patterns of cold and stasis. Thus, in this formula, ardisia (*zou ma tai*), Chinese cinnamon (*gui zhi*), Chinese clematis (*wei ling xian*), and evodia (*wu zhu yu*) are added to dispel cold and stasis. Codonopsis (*dang shen*) and licorice (*gan cao*) tonify the yang and strengthen the middle burner (digestive function); licorice also harmonizes the herbs in the formula.

Clinical Notes

1. Do not use when excess heat, deficiency heat, or damp-heat signs are present with signs such as thirst, red tongue, rapid pulse, dark, scanty, or painful urination, insomnia, red eyes, hard stool constipation, or blood-heat bleeding.
2. Works particularly well in conjunction with calcium and vitamin D supplementation, and weight bearing exercise.
3. Typically used after a course of BioStrong, which works differently to help people with bone weakness.
4. Also see Health Concerns Newsletters: Vol. 14 No. 3 *BioStrong: A New Formula for Osteoporosis* (Gaeddert); Vol. 16 No. 1 *Beyond Calcium: Nutrients for Osteoporosis* (Gaeddert).

Additional Formulas

- For individuals with dampness or spleen deficiency, combine with **Quiet Digestion** and/or take Quiet Digestion before beginning OsteoHerbal.
- Combine OsteoHerbal with **Resinall K** or **Resinall E Caps** for broken bones follow up with OsteoHerbal or **Backbone**.
- Consider Backbone for lumbar pain.

R6.0421

Phellostatin™

Phellodendron 12 Herbal Supplement

Therapeutic Actions

1. Anti-fungal and antibacterial effects.
2. Treats candidiasis that causes digestive disorders, sinus congestion, skin rashes, lethargy, headaches, joint or muscle pain, vaginal infections.
3. Treats vaginal itching, leukorrhea.
4. Dysbiosis, Leaky Gut Syndrome, SIBO (small intestinal bacterial overgrowth).

Chinese Therapeutic Effects

Anti-fungal

Tonifies spleen/stomach qi

Administration

Internal: For best results begin at 1 capsule, TID, and increase to 2 to 3 capsules TID, over a 2 to 3-week period. Take between meals.

270 capsules, 650mg

Ingredients

Phellodendron cortex*	Anemarrhena root* <i>zhi mu</i>	Yin-Chen Wormwood herb*	Chinese Yam root* <i>shan yao</i>
<i>huang bai</i>	Plantain seed*	<i>yin chen hao</i>	Licorice root* <i>gan cao</i>
Codonopsis root* <i>dang shen</i>	<i>che qian zi</i>	Clove flower bud <i>ding xiang</i>	Cardamom fruit* <i>sha ren</i>
Bai-Zhu Atractylodes rhizome*	Skullcap root* <i>huang qin</i>	Houttuynia herb <i>yu xing cao</i>	
<i>bai zhu</i>			*extract

Formula Rationale

Phellostatin combines the Four Gentlemen Decoction (*Si Jun Zi Tang*) as a digestive tonic with herbs shown to have anti-fungal action. There are many active constituents in Phellostatin, providing a broad-based anti-fungal therapy. Varied active components lessen the chance that resistant strains of fungi may arise. Phellodendron (*huang bai*) is widely used in China for intestinal infections. Plantain (*che qian zi*) and houttuynia (*yu xing cao*) are the strongest anti-fungal herbs in the formula. Cardamom (*sha ren*) treats flatulence.

Clinical Notes

1. For systemic yeast conditions, the patient must undergo 2 to 6 months of therapy.
2. Yeast die off reactions (headache, dizziness, digestive symptoms, skin rash) are rare. Reduce dosage 50% if these reactions occur.
3. Some practitioners use Phellostatin to help cleanse the colon of fungus and unhealthy bacteria.
4. Also see Health Concerns Newsletters: Vol. 5 No. 1 Page 2 *Chinese Herbal Treatment of Chronic Digestive Disorders, Part Two* (Gaeddert); Vol. 4 No. 5 *Chinese Herbal Treatment of Chronic Digestive Disorders, Part One* (Gaeddert); Vol. 10 No. 4 *How Do You Treat Heartburn and GERD* (Gaeddert); Vol. 8 No. 3 *Herbal Treatment of Fungal Infections* (Gaeddert); Vol. 8 No. 4 *Herbal Treatment of Fungal Infections, Part 2* (Gaeddert); Vol. 8 No. 5 *Herbal Treatment of Fungal Infections, Part 3* (Gaeddert).

Additional Formulas

- For indigestion or malabsorption, combine with **Quiet Digestion** or **Chzyme**.
- For candidiasis and constipation, use **Aloe 22** alone or with Phellostatin.
- For candidiasis and weak digestive system, phlegm, and dampness, combine Phellostatin with **Six Gentlemen**.
- For fastest results, combine with **Colostroxplex** (especially with loose stools).
- **Enteromend** is formulated for patients with food allergies.

R2.0720

Therapeutic Actions

1. Reduces LDL cholesterol, raises HDL cholesterol.
2. Lowers triglycerides.
3. May improve the health of those with intermittent claudication and coronary heart disease.
4. Has anti-inflammatory and antioxidant effects.

Administration

Internal: 1 capsule BID, before meals
60 capsules, 200mg

Ingredients

Sytrinol[®] 150mg, citrus and palm fruit extracts
Pomegranate fruit extract

Formula Rationale

Sytrinol® is a patented formula derived from citrus and palm fruit extracts, designed to promote healthy cholesterol and triglyceride levels. In addition, this ingredient has anti-inflammatory and antioxidant effects. Clinical studies have demonstrated that Sytrinol reduces total cholesterol by up to 30 percent, reduces LDL cholesterol levels up to 27 percent, and triglyceride levels by 34 percent, within four to twelve weeks; it also has a positive impact on apoprotein B and apoprotein A1 levels.

Results from the first trial of sixty subjects show that treatment with 300mg of Sytrinol per day, provided in two capsules of Polilipid, reduced total cholesterol by 25 percent, LDL cholesterol by 19 percent, and triglycerides by 24 percent. In the second trial, with ten subjects total cholesterol and LDL was reduced 20 percent and 22 percent respectively, apolipoprotein B (a structural component of LDL) decreased by 21 percent, and triglycerides decreased by 28 percent. The first twelve weeks of a long-term study have been completed. Compared to a placebo, Sytrinol subjects saw decreases of total cholesterol by 30 percent, LDL by 27 percent, and triglycerides by 34 percent. In addition, HDL levels increased by 4 percent.

Sytrinol was developed on twelve years of research that include 250 in vitro, in vivo, and clinical studies. It contains polymethoxylated flavones (PMF) shown to decrease apoprotein B, needed for the structural synthesis of LDL cholesterol; tangeretin and nobiletin, which decrease a liver enzyme (diacylglycerol acetyltransferase) needed for endogenous synthesis of triglycerides, and tocotrienols, which inhibit HMG-CoA, a liver enzyme responsible for endogenous synthesis of cholesterol.

Pomegranate extract, treats multiple aspects of cardiovascular disease including atherosclerosis, improve blood flow, LDL oxidation, and high blood pressure. It is designed to have the same levels of punicosides, polyphenols, and ellagic acid as pomegranate juice. It has high antioxidant activity (ORAC value 3186).

Additional Formulas

- **Astra Garlic** is a Chinese herbal formula, which reduces cholesterol levels.
- **Flavonex** improves circulation by strengthening capillaries.
- **EPAQ™** krill oil contains EPA, DHA, phospholipids, astaxanthin.

Therapeutic Actions

1. Treats multiple aspects of cardiovascular disease including atherosclerosis, blood flow, LDL oxidation, and high blood pressure.
2. Laboratory research suggests pomegranate may be effective for cancer prevention, diabetes, neurological health, osteoarthritis, women's health, and has anti-infective properties and blood pressure lowering effects.
3. Addresses prostate health.
4. Pomexcellent is an extract designed to have the same levels of punicosides, polyphenols, and ellagic acid as pomegranate juice.

Chinese Therapeutic Effects

Cooling, treats cough, throat inflammation

Parasitic infections

Administration

Internal: 1 capsule per day between meals. One capsule per day (200mg) is equivalent to 8 to 8.5 oz. of juice used in human studies. Some trials suggest that the equivalent of 2 capsules per week may be taken as a preventive dosage.
60 capsules, 200mg

Ingredient

Pomegranate fruit skin extract standardized to 40% punicosides

Formula Rationale

Pomegranate (*Punica granatum*) originated in North Africa and the Middle East and is now found throughout the world. In the eighteenth century, it was brought to California by the Spanish. Pomegranate juice is a rich source of polyphenols, tannins, and anthocyanins (OPC). It has antioxidant and anti-atherosclerotic properties. Animal studies have shown that polyphenolic antioxidants inhibit the oxidation of LDL cholesterol, and reduce atherosclerosis, the accumulation of plaque on arterial walls, which can increase the risk of cardiovascular problems such as heart attack and stroke. It has been suggested that pomegranates combat atherosclerosis by stimulating the enzyme activity of paraoxonase (PON) an HDL-associated protein. Pomegranate increases PON activity in patients with high cholesterol and diabetes.

In a study of forty-five patients between the ages of fifty-nine to seventy-nine with stable coronary heart disease (CHD), subjects were confirmed to have stress induced ischemia evidenced by at least one myocardial perfusion. The patients were assigned to randomly receive 8 oz. (240ml) of pomegranate juice, or a sports beverage similar to pomegranate juice. Episodes of angina decreased by 50 percent in the pomegranate group, but increased by 38 percent in the placebo group. Although there were no significant changes in blood pressure, pomegranate group; a worsening of 18 percent was seen in the placebo group (a 35 percent difference between the 2 groups). Principle investigator Dean Ornish, MD, stated, although the sample in this study was relatively small, the strength of the design and the significant improvements in blood flow to the heart that were observed after only three months suggest that pomegranate juice may have important clinical benefits in those with coronary heart disease.

Additional studies have focused on preventing and treating atherosclerosis, diabetes, neurological health, osteoarthritis, antibacterial effects, chronic obstructive pulmonary disease (COPD), and as a possible cancer prevention herb. Pomegranate has been traditionally used to treat infections, diarrhea, and to reduce fever.

Health Concerns' Pomexcellent™ is assayed to contain 40% punicosides, the same as fresh pomegranate juice. The advantage of Pomexcellent is that it is standardized to water soluble punicosides and not ellagic acid. Pomexcellent has a superior punicalagin profile as well as a higher phenolic content than typical juices or ready-made products, without the sugar, carbohydrates, calories or allergens. With a minimum of 50% total polyphenols, Pomexcellent is one of nature's premier antioxidants.

Clinical Notes

Also see Health Concerns Newsletter: Vol. 16 No. 2 *Amazing Pomegranate* (Gaeddert).

R1.0720

Therapeutic Actions

1. Useful for women with fatigue and dysmenorrhea as a result of childbirth, surgery, abortions or miscarriage.
2. Initiates uterine contraction and clears retained uterine blood following childbirth.
3. Dispels retained placenta.
4. Stops mild bleeding.
5. Reduces pain and abdominal cramping.

Chinese Therapeutic Effects

Tonifies spleen qi	Invigorates blood and dispels stasis
Tonifies blood	Stops deficiency bleeding
Nourishes jing (kidney essence)	Stops pain

Administration

Internal: 3 capsules, BID - TID, between meals
270 capsules, 660mg

Contraindications:

1. Heavy or persistent bleeding, seek medical attention.
2. Deficiency heat syndrome, with night sweating, hot feet and palms.

Ingredients

Chinese Salvia root* <i>dan shen</i>	Ginger rhizome <i>gan jiang</i>	Sichuan Lovage root* <i>chuan xiong</i>	Sweet Wormwood aerial <i>ai ye</i>
Asian Ginseng root* <i>ren shen</i>	Dong Quai root <i>dang gui</i>	Bai-Zhu Atractylodes rhizome <i>bai zhu</i>	Licorice root* <i>gan cao</i>
Astragalus root <i>huang qi</i>	Chinese Peony root* <i>bai shao</i>	Tangerine peel* <i>chen pi</i>	*extract
Rehmannia (raw) root <i>sheng di huang</i>	Fo-Ti root <i>he shou wu</i>		

Formula Rationale

Postpartum is based on a formula that Dr. Jake Fratkin designed and used successfully in his clinic. It is primarily for postpartum normalization of the uterus, and to replenish Qi and jing lost during labor. Its foundation is Eight Treasures Decoction (*Ba Zhen Tang*), the classic formula for tonification of Qi and blood. To this has been added astragalus (*huang qi*) to reinforce the building of Qi and blood, fo-ti (*ho-shou-wu*) to nourish blood, yin, and jing, and sweet wormwood (*ai ye*) to arrest deficiency bleeding. Three herbs, Sichuan lovage (*chuan xiong*), Chinese salvia (*dan shen*), and atractylodes (*bai zhu*), are used synergistically to invigorate blood and dispel stasis. They help the uterus contract and return it to normal size.

Clinical Notes

1. Postpartum is safe to take while nursing.
2. Postpartum can be used as a general formula when women have a combination of Qi and blood deficiency and blood stasis.
3. Postpartum fatigue is a common presentation after childbirth. For many women, it may be the underlying cause of Qi and blood deficiency that lasts throughout the rest of their life.
4. In China, postpartum formulas are routinely given for four to six weeks following childbirth. In cases of hard or prolonged labor, the formula may be necessary for eight to twelve weeks.
5. May be used following an abortion, miscarriage or abdominal surgery.
6. In cases of severe bleeding due to retention of the placenta or uterine rupture, medical intervention may be necessary. This formula can aggravate bleeding due to rupture and should not be used.

Additional Formulas

- In cases of severe deficiency heat producing night sweats, burning in feet and palms, use **Nine Flavor Tea** to nourish yin and dispel deficiency heat.
- In cases of difficult or long labor, combine with a kidney tonic such as **Astra Essence**, or Qi tonic such as **Astra 8** to help tonify the mother after birth of the baby.
- For profuse or persistent uterine bleeding seek medical attention.

R6.0421

Power Mushrooms™

Ganoderma and Tremella Herbal Supplement

Therapeutic Actions

1. Enhances immune function.
2. Contains herbs that may have anti-tumor effect according to Chinese and Japanese research.
3. Boosts energy.
4. Useful for autoimmune disorders, such as MS, lupus or rheumatoid arthritis.
5. Useful for prolonged colds and flu, asthma.
6. Can be used as an adjunct to chemo and radiotherapy.

Chinese Therapeutic Effects

Tonifies Qi Benefits stomach, spleen, lungs, and kidneys
Tonifies yin Mildly promotes diuresis

Administration

Internal: 1 capsule, TID, between meals

90 capsules, 650mg

270 capsules, 650mg

Contraindications: May have a warming effect with some yin deficient patients. May induce loose stool or skin rash. If these conditions persist, reduce dosage, or select a different formula.

Ingredients

Red Ganoderma
(*reishi*) fruiting
body*
ling zhi

Tremella fruiting
body*
bai mu er

Maitake fruiting
body
hui shu hua

Poria sclerotium
fu ling

*extract

Formula Rationale

Power Mushrooms is a combination of four mushrooms known to have immune system regulating functions. Ganoderma has been long-celebrated as a prized tonic herb. It is bitter, sweet, and warm, and enters heart, liver, and lung meridians. Studies on reishi (*ling zhi*) have shown it to regulate immune function and coronary and cerebral blood flow, reduce blood lipid levels, protect the liver from toxic chemical damage, and treat liver disease. In Japan, ganoderma (reishi) extracts are used to treat cancer and myasthenia gravis, where the immune system attacks peripheral nerves. Maitake (*hui shu hua*) fruiting bodies are used in China as an anti-inflammatory in liver and kidney diseases and as a source of tumor-inhibiting polysaccharides and antioxidants. It is sweet and neutral, and tonifies the middle burner, drains dampness and cools heat. Tremella (*bai mu er*) fruiting body contains tumor and ulcer inhibiting polysaccharides. It is sweet and neutral and associated with the lung, kidney, and stomach meridians. It stimulates the immune system and supports cardiovascular health. Poria (*fu ling*) is a digestive aid and mild sedative. These mushrooms invigorate spleen function, and taken together in Power Mushrooms, they act as an effective Qi tonic.

Clinical Notes

1. The mushrooms in Power Mushrooms do not cause problems in conditions attributed to candida albicans overgrowth.
2. Power Mushrooms can be used with a wide variety of formulas and can be used on a daily basis as an energy tonic.
3. Also see Health Concerns Newsletter: Vol. 5 No. 2 *From Chronic Fatigue Patient to Athlete* (Guzman).

Additional Formulas

- Use with **Astra 8** or **Astra Isatis** for immune system enhancement.
- Use with **Ease 2** for prolonged cold and flu (2 of each formula QID or every few hours).
- For adjunct to radio and chemotherapy, also consider **Regeneration**, **Astra Essence**, **Marrow Plus**, and **Quiet Digestion**.

R3.1220 - 90ct / R2.1220 - 270 ct.

Quiet Digestion™

Curing Herbal Supplement

Modified Bao He Wan

Therapeutic Actions

1. Treats gastric distress including abdominal pain, sudden and violent cramping, nausea, vomiting, diarrhea, regurgitation, gastric hyperactivity, abdominal distension, poor appetite and intestinal gas.
2. Treats gastroenteritis, bacterial or viral.
3. Treats motion sickness, hangover and the effects of jet lag.
4. Useful for patients who have difficulty absorbing food.

Chinese Therapeutic Effects

Dispels wind and dampness

Resolves spleen dampness and regulates the stomach

Resolves phlegm

Transforms food stagnation

Administration

Internal: 2 capsules, TID, between meals; or 1 to 2 capsules before and/or after meals to help food absorb. In acute conditions take every two hours.

90 capsules, 750mg

270 capsules, 750mg

Ingredients

Calcium (as coral calcium)	Fragrant Angelica root*	Costus root* <i>mu xiang</i>	Trichosanthes root <i>tian hua fen</i>
Poria sclerotium* <i>fu ling</i>	<i>bai zhi</i>	Peppermint leaf <i>bo he</i>	Wild Chrysanthemum flower*
Job's Tears seed* <i>yi yi ren</i>	Kudzu root* <i>ge gen</i>	Chinese Hawthorn leaf & flower* <i>Crataegus</i> <i>pinnatifida</i>	<i>ju hua</i>
Barley seed* <i>shen qu</i>	Cang-Zhu Atractylodes rhizome* <i>cang zhu</i>		Orange peel <i>zhi shi</i>
Magnolia bark* <i>hou po</i>			

*extract

Formula Rationale

Quiet Digestion is based on a successful patent formula (Pill Curing) and *Bao He Wan*, for gastrointestinal distress, including indigestion and stomach flu. Fragrant angelica (*bai zhi*) expels wind and relieves headaches and body aches. Poria (*fu ling*) and Job's tears (*yi yi ren*) supplement the spleen and eliminate dampness. Kudzu (*ge gen*) relieves heat and enters the stomach where it balances fluids and promotes upward movement of the spleen and stomach. Magnolia (*hou po*) regulates stomach qi, relieves nausea and vomiting, and dries dampness. Cang-zhu atractylodes (*cang zhu*) dries dampness and strengthens spleen; eliminates wind-dampness. Chinese hawthorn (*Crataegus pinnatifida*) strengthens the spleen, regulates digestion, and disperses food masses. Peppermint (*bo he*) relieves gastric and liver distress and stagnation, while promoting the flow of qi. Orange peel (*zhi shi*) moves stagnant qi and eliminates indigestion.

Clinical Notes

1. Quiet Digestion was developed to produce quicker results than formulas manufactured in China.
2. Excellent formula for indigestion and many other gastrointestinal problems.
3. Quiet Digestion should be included in home medicine cabinets and first-aid kits for travel.
4. Safe for children.
5. May be useful for food allergies.
6. If constipation results, reduce dosage.
7. This formula is useful for discomfort from overeating.

Additional Formulas

- Use **Phellostatin** for a complete colon cleansing program.
- Use **Stomach Caps** for chronic digestive disturbances with cold signs.
- Use **Chzyme** in place of Quiet Digestion if your patient can benefit from digestive enzymes.
- **Enteromend** for gluten intolerance and other food allergies.

R2.0121

Therapeutic Actions

1. For weak limbs, aversion to cold, weak voice, pale complexion, loose stools, poor appetite, aftermath of severe illness, leukorrhea (cold signs).
2. Addresses prolapse of the rectum, hemorrhoids, stomach or uterus, recurrent miscarriage, hernia.
3. Use for chronic hepatitis, immune deficiency, spontaneous sweating.

Chinese Therapeutic Effects

Tonifies Qi

Strengthens sinking yang

Administration

Internal: 3 capsules TID, between meals

90 capsules, 650mg

Ingredients

Astragalus root*
huang qi

Asian Ginseng root*
ren shen

Bupleurum root*
chai hu

Tangerine peel*
chen pi

Bai-Zhu Atractylodes
rhizome
bai zhu

Dong Quai root*
dang gui

Black Cohosh root*
sheng ma

Licorice (baked)
root*
zhi gan cao

*extract

Formula Rationale

Raise Qi (*Bu Zhong Yi Qi Tang*) is a traditional formula described in the *Treatise on the Spleen and Stomach* by Li Dong Yuan in 1249. It addresses deficiency of the spleen and stomach leading to sinking of the yang. In Chinese medicine, normal digestive function is thought to require the ascent of (clear) yang qi and descent of (opaque) yin qi. When the clear rises, the opaque automatically descends. Failure of the spleen qi to rise prevents this natural ebb and flow. Astragalus (*huang qi*) raises the yang qi, especially in combination with black cohosh (*sheng ma*) and bupleurum (*chai hu*). Thus, Asian ginseng (*ren shen*), bai-zhu atractylodes (*bai zhu*), and baked licorice (*zhi gan cao*) strengthen the spleen yang and warm the middle. Dong quai (*dang gui*) tonifies and invigorates blood. Tangerine (*chen pi*) aids in the digestion of the tonic herbs.

Additional Formulas

- Combine with **Quiet Digestion** for weak digestion.
- Consider **Source Qi** for loose stools and diarrhea.

Therapeutic Actions

1. Contains herbs thought to have anti-tumor effects based on Chinese research, this formula may be used as an adjunct to western cancer therapies.
2. Strengthens the immune system.
3. Reduces pain.

Chinese Therapeutic Effects

Strengthens the body
Clears cancer toxin
Moves blood and dispels stasis

Stops pain
Harmonizes the yin and yang

Administration

Internal: 2 capsules, TID, between meals
90 capsules, 750mg

Ingredients

Gentian root <i>qin jiao</i>	Bupleurum root* <i>chai hu</i>	Tienchi Ginseng root* <i>san qi</i>	Peach seed* <i>tao ren</i>
Asian Ginseng root* <i>ren shen</i>	Turmeric root* <i>yu jin</i>	Chinese Skullcap root* <i>huang qin</i>	Chinese Peony root* <i>chi shao</i>
Dong Quai root <i>dang gui</i>			*extract

Formula Rationale

This is an empirical formula based on Dr. Fung's 60 years of clinical experience.

Cancer can affect various organs and tissues. Many cancers are treatable in the early stages. Standard medical interventions include surgery, chemotherapy, and radiotherapy. Herbs can also be used to fight cancer, and serve four purposes: they neutralize the cancer toxin; reduce the tumor(s); strengthen and balance the body to enable it to combat the disease; and reduce pain. Practitioners should inform patients regarding the persistence in and adherence to therapy required when using herbs to address cancer.

In this formula, gentian (*qin jiao*) clears heat, especially of the liver, since cancer growth often leads to the production of heat in the body. Asian ginseng (*ren shen*) tonifies the lung and augments the Qi, strengthens the spleen/stomach, generates fluids, and benefits heart qi. Dong quai (*dang gui*) invigorates and tonifies the blood and can be used for cancers that arise due to Qi and blood stasis; this herb has also been found in vitro to have anti-tumor effects. Chronic disorders like cancer, and the sometimes severe medications used to treat it, tend to weaken the Qi and blood. Bupleurum (*chai hu*) resolves phlegm and disperses wind-heat; it is hepatoprotective, anti-inflammatory, and anti-proliferative. Turmeric (*yu jin*) promotes healing and dispels blood stasis, while clearing heat. Tienchi ginseng (*san qi*) scatters stasis in order to alleviate swelling and pain. Chinese skullcap (*huang qin*) relieves liver stagnation, clears heat and dries dampness, and also drains heat from the accumulation of damp-heat toxin. Peach seed (*tao ren*) invigorates the blood and dispels stasis; in cancer cases, it addresses tumors that are due to protracted blood and dispels stasis that leads to accumulation of fire; additionally, in-vitro studies have found peach seed to possess anti-cancer effects. Chinese peony (*chi shao*) quells liver yang and nourishes the blood; it has been used for more than 1,000 years in China to treat pain, inflammation, and immune disorders.

Clinical Notes

May be taken long-term at the recommended dosage.

Additional Formulas

- Consider **Astra Essence** as a whole body tonic.
- **Marrow Plus** to increase red and white blood cells.
- **Virility Caps** for yang deficiency with cold signs.
- **Source Qi** for chronic diarrhea.
- **Quiet Digestion** for nausea.
- **Colostroplex** to enhance immune function.

R4.0321

Rehmannia & Milk Thistle™

Liver Protection Herbal Supplement

Reformulated Ecliptex

Therapeutic Actions

1. Protects the liver against damage from environmental chemicals, pharmaceutical drugs, alcohol, and other agents.
2. Treats liver damage and inflammation including hepatitis.

Chinese Therapeutic Effects

Vitalizes Qi and blood circulation

Tonifies kidney and liver yin

Relaxes liver constraint

Tonifies blood

Administration

Internal: 1 to 3 capsules TID, between meals

90 capsules, 650mg

270 capsules, 650mg

Ingredients

Rehmannia (cooked) root*	Ligustrum fruit* <i>nu zhen zi</i>	Bupleurum root* <i>chai hu</i>	Plantain seed husk <i>che qian zi</i>
<i>shu di huang</i>	Turmeric root* <i>yu jin</i>	Tienchi Ginseng root* <i>san qi</i>	Schisandra fruit* <i>wu wei zi</i>
Milk Thistle seed* (Sylibum) <i>shui fei ji</i>	Lycium fruit <i>gou qi zi</i>	Dong Quai root* <i>dang gui</i>	Licorice root* <i>gan cao</i>
Chinese Salvia root* <i>dan shen</i>			*extract

Formula Rationale

Rehmannia & Milk Thistle formula (reformulated Ecliptex) is a combination of herbs that protect liver function and treat liver damage, as well as hepatitis. A combination of yin tonics and Qi and blood circulating herbs offers the best protection for the liver's function of detoxifying ingested substances. Milk thistle (*shui fei ji*), schisandra (*wu wei zi*), lycium (*gou qi zi*), and ligustrum (*nu zhen zi*) tonify yin. Bupleurum (*chai hu*), Chinese salvia (*dan shen*), tienchi ginseng (*san qi*), turmeric (*yu jin*), and dong quai (*dang gui*) promote circulation of Qi and blood and soothe the liver and dredge liver constraint. Milk thistle is especially effective in treating liver damage.

Clinical Notes

1. Use cautiously to begin with for highly sensitive patients or individuals with toxic exposure.
2. Can be taken on a regular basis to protect liver function.
3. For hepatitis use Rehmannia & Milk Thistle formula (reformulated Ecliptex) (2 to 3 capsules TID) with **Clear Heat** (1 to 3 capsules TID).
4. Rehmannia & Milk Thistle formula (reformulated Ecliptex) treats a Chinese syndrome of Qi and blood stagnation accompanied by yin and blood deficiency.
5. Rehmannia & Milk Thistle formula (reformulated Ecliptex) is designed to treat the Western anatomical liver and its functions. The formula will also treat TCM liver problems.
6. Also see *Health Concerns Newsletter*: Vol. 3 No. 1 *Liver Protections and Repair* (Carter).

Additional Formulas

For immune tonification, consider **Astra Isatis** or **Power Mushrooms**.

Rehmannia 8™

Jin Gui Shen Qi Wan Herbal Supplement

Therapeutic Actions

1. Treats backache with numbness or cold legs, accompanied by impotence or premature ejaculation, ringing in ears, general fatigue, frequent urination and edema.
2. Treats problems associated with aging, such as glaucoma, forgetfulness and atherosclerosis.

Chinese Therapeutic Effects

Tonifies kidney qi and yang
Benefits the back

Warms the center
Drains dampness

Administration

Internal: 3 capsules TID, between meals
90 capsules, 650mg

Contraindications: Use cautiously in kidney yin deficiency with heat signs, i.e., hot hands and feet, afternoon fevers, night sweats.

Ingredients

Rehmannia (cooked) root* <i>shu di huang</i>	Tree Peony root bark* <i>mu dan pi</i>	Asiatic Dogwood fruit* <i>shan zhu yu</i>	Eucommia bark* <i>du zhong</i>
Poria sclerotium* <i>fu ling</i>	Wild Yam root* <i>shan yao</i>	Asian Water Plantain rhizome* <i>ze xie</i>	Chinese Cinnamon bark* <i>rou gui</i>

*extract

Formula Rationale

Rehmannia 8 is based on the traditional formula *Jin Gui Shen Qi Wan* used to tonify the kidney qi and yang. Eucommia (*du zhong*) replaces aconite (*fu zi*) in this formula to make it less warming and to add a strengthening effect for the tendons, ligaments, and bones.

Rehmannia (*shu di huang*) nourishes the blood and replenishes the kidney. Poria (*fu ling*) leaches dampness, tonifies the spleen and stomach and pacifies the heart. Tree peony (*mu dan pi*) moves blood and eliminates heat from the blood. Wild yam (*shan yao*) strengthens the spleen and stomach. Asiatic dogwood (*shan zhu yu*) nourishes liver and kidney yin, and also treats aching back and knees, vertigo and impotence. Asian water plantain (*ze xie*) resolves dampness and treats edema. Chinese cinnamon bark (*rou gui*) warms the spleen and tonifies kidney yang.

Clinical Notes

1. Japanese physicians use the traditional Rehmannia 8 formula for some cases of hypertension, cataracts, and diabetes.
2. The formula also tonifies the kidney yin and is useful when there are dual kidney yin and yang imbalances with kidney yang predominating.
3. Also see Health Concerns Newsletters: Vol. 9 No. 3 *Can Herbs Help Rheumatoid Arthritis Patients?* (Gaeddert); Vol. 10 No. 2 *Herbal Back Pain Treatments* (Gaeddert).

Additional Formulas

- See **Backbone** for kidney yang deficiency associated with back and spinal problems.
- See **OsteoHerbal** for osteoporosis.
- **Virility Caps** is more warming than Rehmannia 8.
- For chronic edema combine Rehmannia 8 and **Drain Dampness** (*Wu Ling San*) 2 capsules of each formula QID.

R1.0920

Therapeutic Actions

1. Treats pain and swelling due to traumatic injuries—sprains, strains, contusions, fractures, broken bones, torn sinews, bleeding, bruising, lacerations.
2. Helps the body heal from surgery, stops bleeding.
3. Can be taken before athletic events, such as running, football, or boxing to prevent swelling.
4. May be used for flare up of chronic inflammatory conditions such as rheumatoid arthritis, and stubborn long-term headaches.

Chinese Therapeutic Effects

Promotes tissue regeneration
Stops bleeding
Activates blood

Administration

Internal: 3 capsules TID or more times per day, taken between meals. If digestive discomfort occurs, reduce dosage.

60 capsules, 651mg

Contraindications: Pregnancy.

Ingredients

One capsule contains:	Herbs:	Safflower flower	Indian Frankincense
	Tienchi Ginseng	<i>hong hua</i>	gum*
Enzymes:	root*	Myrrh gum resin	<i>ru xiang</i>
Bromelain	<i>san qi</i>	<i>mo yao</i>	Borneol resin
Rutin	Corydalis rhizome		<i>bing pian</i>
Papain	<i>yan hu suo</i>		
Trypsin			*extract
Chymotrypsin			

Formula Rationale

Resinall E Caps contain proteolytic enzymes, which have been shown in clinical studies to reduce pain, swelling and inflammation associated with injuries or surgeries. It also may be effective for other inflammatory conditions, particularly for flare-ups of rheumatoid arthritis and other autoimmune diseases. Resinall E Caps also contains rutin, a bioflavonoid widely used in the treatment of swelling.

Gums and resins in this formula have analgesic and healing effects. Tienchi ginseng (*san qi*) is cooling and astringent. Corydalis (*yan hu suo*) relieves stagnant Qi and is indicated for pain due to blood stasis and traumatic injury. This is important, as trauma can cause the Qi to become stagnant. Indian frankincense (*ru xiang*) and myrrh (*mo yao*) are especially useful for damaged tissues. Safflower (*hong hua*) invigorates blood. Borneol (*bing pian*) opens the channels.

Clinical Notes

1. For best results take Resinall E Caps immediately following trauma.
2. For contact sports such as boxing or football, martial arts, surgery or anticipated trauma Resinall E Caps may be taken before, during, and after the event for best results.
3. Take before training to avoid aches and pains associated with physical activity.
4. It has also been successfully used to stop gastrointestinal bleeding.
5. Good formula to keep in the medicine cabinet.
6. Especially useful for persistent, long-term headaches. It is usually taken for 1 to 2 months and then replaced with constitutional formulas.
7. Also see Health Concerns Newsletters: Vol. 6 No. 3 *Herbal Protocols for Treating Pain Part 1: Injuries, Muscles & Joints* (Gaeddert); Vol. 7 No. 1 *Herbal Protocols for Treating Pain Part 2: Headache* (Gaeddert); Vol. 7 No. 2 *Herbal Protocols for Treating Pain Part 3: Repetitive Use & Other Types of Pain* (Gaeddert); Vol. 15 No. 2 *Silkworm Enzyme Treats Pain, Inflammation & Ear, Nose, and Throat Disorders* (Gaeddert).

Additional Formulas

- **Resinall K** may be used topically and internally.
- For upper body injury or trauma combine Resinall E Caps with **SPZM**.
- For lower body injury or trauma combine Resinall E Caps with **AC-Q**.
- For long-term headaches consider **Head-Q** and **Ease Plus**.

R2.1020

Therapeutic Actions

1. Treats pain and swelling due to traumatic injuries—sprains, strains, contusions, fractures, broken bones, torn sinews, bleeding, bruising, lacerations.
2. Topically applied to treats skin disorders:
 - Fungal infections (ringworm, athlete's foot).
 - Bacterial infections (impetigo, carbuncles, furuncles, periodontal disease).
 - Eczema and dermal ulcers.
3. Treats chronic pain, use with a tonic formula.

Chinese Therapeutic Effects

Prevents infections

Stops bleeding

Promotes tissue regeneration

Activates blood

Administration

External: Apply to affected area several times a day. Use cotton swab or cotton ball as applicator.

Combine internal and external applications for trauma.

1 fluid ounce

Contraindications: Contraindicated in pregnancy; use with tonic formula if taking for more than two weeks; will stain clothing.

Ingredients

Dragon's Blood resin
xue jie

Corydalis rhizome
yan hu suo

Myrrh resin
mo yao

Borneol resin
bing pian

Tienchi root
san qi

Carthamus flower
hong hua

Frankincense resin
ru xiang

Alcohol

Catechu herb
er cha

Glycerine

Formula Rationale

Resinall K is a blood-vitalizing formula for the treatment of traumatic injuries. Many of the ingredients depend on resinous compounds for their analgesic and healing effects. Dragon's blood (*xue jie*) treats hemorrhage and pain. Catechu (*er cha*) is cool and astringent. It assists Dragon's blood in stopping bleeding and generating new tissue. Frankincense (*ru xiang*) and myrrh (*mo yao*) are especially useful for damaged tissues. Carthamus (*hong hua*) invigorates blood. Tinctures containing carthamus are clinically used in China to treat musculoskeletal trauma. Corydalis (*yan hu suo*) relieves stagnant Qi and is indicated for pain due to blood stasis and traumatic injury. This is important as trauma can cause the Qi to become stagnant. It is considered a strong herbal analgesic. Borneol (*bing pian*) opens the channels. The alcohol serves a traditional function in an injury formula to bring the effects of the herbs strongly to the exterior. The liquid form of Resinall K provides rapid administration and easy absorption. Because the resins have strong antiseptic action against bacteria and fungi, topical application of the formula is useful in a broad-spectrum of skin disorders. The original formula *Qi Li San* contains cinnabar (*zhu sha*), a toxic mercury compound, and musk (*she xiang*), which is a prohibited substance in the US; therefore, Health Concerns has made necessary modifications.

Clinical Notes

1. In the treatment of periodontal disease Resinall K regenerates tissue, treats infection, reduces swelling and pain, provides numbing effect. Useful during routine dental work, teeth cleaning, etc.
2. Useful after surgery especially for musculoskeletal problems and cancer.
3. May be useful for teething babies use only a few drops per application because of the alcohol content.
4. May be useful for tendonitis and other problems characterized by blood stagnation, such as tennis or little-league elbow.
5. Acupuncturists can use Resinall K after applying bleeding techniques to minimize possible bruising.
6. Clinical report of effectiveness clearing inflammation following whiplash with **SPZM**.
7. Favorable clinical reports of topical use for eczema. It may be applied undiluted or mixed with vegetable oil.
8. Also see Health Concerns Newsletters: Vol. 8 No. 3 *Herbal Treatment of Fungal Infections* (Gaeddert); Vol. 8 No. 4 *Herbal Treatment of Fungal Infections, Part 2* (Gaeddert); Vol. 8 No. 5 *Herbal Treatment of Fungal Infections, Part 3* (Gaeddert).

Additional Formulas

- For furuncles and carbuncles, use topically and internally and combine with **Isatis Gold**.
- Combine with **SPZM** formula for upper body injuries.
- Combine with **AC-Q** for lower body injuries.
- For periodontal disease, use topically as mouthwash and combine with **Isatis Gold** or **Coptis Purge Fire**.

R2.1220

Schisandra Dreams™

Valerian Herbal Supplement

Therapeutic Actions

1. Treats insomnia and sleep disorders; may lessen the severity of sleep apnea, used for nighttime cough.
2. Acts as a calming sedative for agitation, anxiety attacks, and palpitations or for substance withdrawal.

Chinese Therapeutic Effects

Nourishes the heart

Calms the spirit

Administration

Internal: 3 capsules, 1 hour before sleeping. For extreme cases, take an additional dose at bedtime. May also be taken during the night, if waking up frequently is part of the pattern. Highly sensitive people should start with 1 capsule per day.

Take 1 capsule as needed during the day for anxiety. (Don't drive or operate heavy machinery.)

90 capsules, 649mg

Contraindications: Pregnancy

Ingredients

Valerian root*

Valeriana officinalis

Schisandra fruit*

wu wei zi

California Poppy whole
plant*

Eschscholzia californica

*extract

Formula Rationale

Schisandra Dreams incorporates valerian root extract into the Chinese pharmacopoeia. Valerian, a plant native to North America and Europe, is traditionally used for the relief of insomnia, anxiety, migraines and intestinal cramping. Clinical studies have demonstrated effectiveness in improving sleep quality and relieving insomnia in tests with normal subjects and those suffering from sleep disorders. In comparison with barbiturates or benzodiazepines, valerian had reduced morning sleepiness. In a study of 11,168 patients in Germany, symptoms were eliminated in 70 percent of the subjects, improved in 24 percent and unchanged in 6 percent of the patients (Upton, Roy ed. *Valerian Root*, Santa Cruz, p. 15, ANP).

(continued on next page)

Formula Rationale (continued from previous page)

California poppy (*Eschscholzia californica*) has been traditionally used for its spasmolytic, anxiolytic and sedative properties. One clinical trial was conducted to assess efficacy and safety of *Eschscholzia californica* in combination with *Crataegus oxyacantha* (hawthorn) and magnesium. It was an approved, multicentre (22 non-psychiatric investigating physicians) double-blind, randomized trial with two matched groups of patients (study drug versus placebo) treated on an out-patient basis for a period of three months; 264 participants were enrolled. The dosage of *Eschscholzia californica* was 20mg of dry aqueous extract per capsule. It was administered at the regimen of two capsules at a time twice a day, which equals a final dose of 80mg per day. Efficacy was assessed by change in Hamilton anxiety scale total, somatic scores and change in patient self- assessment (visual analogic scale). The percentage of patients responding positively to the treatment was significantly higher in the treatment group than in the placebo group ($p < 0.05$). The percentage of patients experiencing adverse event was not significantly different between treatment and placebo group and 90% of the patients judge benefit to be greater than the risk (M. Hanus, J. Lafon, and M. Mathieu. 2004. double-blind, randomized, placebo-controlled study to evaluate the efficacy and safety of a fixed combination containing two plant extracts (*Crataegus oxyacantha* and *Eschscholzia californica*) and magnesium in mild-to-moderate anxiety disorders. Curr. Med. Res. Opin. 20:63-71.)

Schisandra fruit (*wu wei zi*) has been shown to normalize cerebral discharges and regulate the breathing center. The formula is helpful in cases of insomnia when patients waken frequently at night with difficulty breathing.

Clinical Notes

1. This formula is effective for relieving anxiety during substance withdrawal or emotional disturbance when Western medications are also being used.
2. Can be useful for muscular spasms and panic attacks.
3. Also see Health Concerns Newsletters: Vol. 4 No. 1 *Treatment of Emotional Disturbances in Traditional Chinese Medicine* (Victor); Vol. 11 No. 4 *Can Herbs Help People with Anxiety, Panic & PTSD?* (Gaeddert).

Additional Formulas

- To treat the cause of insomnia, see **Shen-Gem, Ease Plus, Calm Spirit, Emperor's Ginseng**.
- For substance withdrawal, consider **Ease Plus**.

R2.0720

Therapeutic Actions

1. Has an anti-inflammatory effect, dissolves necrotic tissue (blood clots), arterial plaque, thins lung secretions, supports the breakdown of fibrin (fibrinolysis).
2. Treats chronic lung, and ear, nose and throat disorders.
3. Addresses sinusitis, sprains, strains, edema, postoperative inflammation, carpal tunnel syndrome, breast engorgement (fibrocystic breast disease), venous inflammatory disease, asthma, cardiovascular disease, inflammatory pain conditions, leg ulcers, chronic headaches.
4. Digests scar tissue and speeds healing response through proteolytic activity.

Administration

Internal: 1 capsule, BID, between meals

180 capsules*, 20mg

Contraindications: Serramend is not recommended during pregnancy.

Caution should be applied if patients are on anti-coagulant drugs such as Coumadin, or have gastrointestinal ulcers. Some individuals report diarrhea.

Ingredient

Serratiopeptidase 20mg (100,00 SPU/g)

Formula Rationale

Serramend contains serratiopeptidase also known as serrapeptase; a naturally occurring proteolytic enzyme that has been used clinically in Europe and Asia for over thirty years. It has been well tested and shown efficacy for many conditions including traumatic injury, post-operative inflammation, ear, nose and throat conditions, carpal tunnel syndrome, breast engorgement, and venous disease. It has also been promoted for the treatment of inflammatory pain conditions and cardiovascular diseases.

(continued on next page)

Formula Rationale *(continued from previous page)*

In patients with chronic airway disease treatment with 30mg per day of serrapeptase for four weeks resulted in changes in sputum. Coughing and expectoration frequency were significantly decreased. Serrapeptase has also been used to treat chronic sinusitis at a dosage of 30mg per day for four weeks leading to reduced sputum viscosity and improved quality of life. In several treatment centers with 193 patients, suffering from inflammatory ear, nose and throat conditions, treatment was compared with a placebo for seven to eight days. Compared with placebo, serrapeptase produced a more rapid response researchers concluded that the enzyme treatment produced anti-edemic, and fibrinolytic activity. The same dosage was used in a 174-patient study of clients having surgery to correct buccal membrane swelling, patients in the treatment group demonstrated significantly less swelling compared with the placebo group.

Another surgical study showed a reduction in the amount of postoperative swelling. Patients who received serrapeptase experience a 50 percent decrease in swelling in the third day following ankle surgery. Patients treated with standard measures (leg elevation, bed rest, ice) had no reductions in swelling. In treating carpal tunnel syndrome, 10mg twice daily for six weeks, led to significant clinical improvement in 65 percent of the patients. Results were confirmed via nerve-conduction studies.

In a group of seventy women with cystic breast disease, 85.7 percent of the patients taking the enzyme had moderate to marked improvement. Serrapeptase has also been clinically studied and shown effective for the treatment of chronic bronchitis and venous inflammatory disease, and improving the effects of the antibiotics ofloxacin, cephalexin, and cefotiam.

A pioneer in complementary medicine, Hans Nieper, MD used serrapeptase extensively for occluded arteries particularly when surgeons were reluctant to operate. He reported that many of his patients have shown significant improved blood flow through their previously constricted arteries as confirmed by ultrasound. He typically used the enzyme for at least six months to eighteen months.

Several research groups have reported that serrapeptase/serratiopeptidase (thereafter Serramend™) is well absorbed orally when using enterically coated capsules or capsules. It is processed in the laboratory, although initially it was found in the silkworm intestine. By dissolving the silkworm's protective cocoon, the moth is ready to fly away.

Clinical Notes

Also see Health Concerns Newsletters: Vol. 15 No. 2 *Silkworm Enzyme Treats Pain, Inflammation & Ear, Nose, and Throat Disorders* (Gaeddert); Vol. 17 No. 1 & 2 *Sinus Infections, Part I and II* (Gaeddert).

R2.1020

Therapeutic Actions

1. Treats insomnia, nervousness, and anxiety accompanied by palpitations, fatigue, poor appetite, pallor, dry skin, excessive sweating, and loss of memory.
2. Consider as a long-term formula for people with immune disorders, chronic fatigue and chronic pain.

Chinese Therapeutic Effects

Vitalizes heart blood

Tonifies spleen, heart qi and blood

Calms shen

Administration

Internal: 3 capsules, BID-TID, between meals

90 capsules, 697mg

Contraindications: Warming, tonic herbs not suitable for insomnia or agitation caused by heat conditions, i.e., red face, agitated, robust appearance.

Ingredients

Ginseng root <i>ren shen</i>	Astragalus root <i>huang qi</i>	Polygala root* <i>yuan zhi</i>	Licorice root <i>gan cao</i>
Bai-Zhu Atractylodes rhizome <i>bai zhu</i>	Dong Quai root <i>dang gui</i>	Schisandra berry <i>wu wei zi</i>	Cardamom fruit <i>sha ren</i>
Zizyphus seed <i>suan zao ren</i>	Chinese Salvia root* <i>dan shen</i>	Ginger rhizome <i>gan jiang</i>	*extract
	Chinese Peony root* <i>chi shao</i>	Costus root* <i>mu xiang</i>	

Formula Rationale

Shen-Gem is a modification of Ginseng and Longan formula (*Gui Pi Tang*), designed to strengthen the body while calming agitation. Ginseng (*ren shen*), astragalus (*huang qi*), and bai-zhu atracylodes (*bai zhu*) tonify Qi. Salvia (*dan shen*) dispels stagnant blood and Chinese peony (*chi shao*) clears blood and liver heat. Costus (*mu xiang*) and cardamom (*sha ren*) move stagnant Qi. Bai-zhu atracylodes (*bai zhu*) and ginger (*gan jiang*) dispel accumulated dampness. Zizyphus (*suan zao ren*), polygala (*yuan zhi*), and schisandra (*wu wei zi*) act as sedatives, while also improving mental focus, and relaxation. Shen-Gem is for insomnia due to heart blood deficiency, whereby the patient has difficulty falling asleep.

Clinical Notes

1. Shen-Gem can be used as a general energy tonic for deficient individuals who are under stress. Often takes 3 to 6 weeks to see noticeable results at the recommended dosage, as this pattern is the result of long-term deficiency.
2. Consider with chronic fatigue syndrome and fibromyalgia.
3. Also see Health Concerns Newsletters: Vol. 4 No. 1 *Treatment of Emotional Disturbances in Traditional Chinese Medicine* (Victor); Vol. 11 No. 4 *Can Herbs Help People with Anxiety, Panic & PTSD?* (Gaeddert); Vol. 10 No. 5 *Can Chinese Herbs Help Clients with Depression? Part 1* (Gaeddert); Vol. 10 No. 6 *Can Chinese Herbs Help Clients with Depression? Part 2* (Gaeddert); Vol. 10 No. 7 *Can Chinese Herbs Help Clients with Depression? Part 3* (Gaeddert); Vol. 12 No. 2 *Treating Memory Loss, Dementia, and Alzheimer's Disease* (Gaeddert); Vol. 13 No. 3 *Cogni-Spark: A New Anti-Aging Treatment for Improved Mental Performance* (Gaeddert); Vol. 18 No. 1 *Herbs and Formulas for Cognitive Performance* (Gaeddert).

Additional Formulas

- For insomnia due to excess liver fire, consider **Ease Plus** and/or **Coptis Purge Fire**.
- For symptomatic use in insomnia conditions and as a sleep aid, combine Shen-Gem with **Schisandra Dreams**.
- For insomnia or agitation with heart yin deficiency use **Calm Spirit**, during the day.
- Consider **Emperor's Ginseng Zizyphus**, which is traditionally used during the day for chronic insomnia.

R3.0221

Shen Ling™

Codonopsis, Poria, Atractylodes Herbal Supplement

Shen Ling Bai Zhu Wan

Therapeutic Actions

1. Useful for loose stools and diarrhea in adults or children.
2. Addresses lack of appetite, fatigue, difficulty concentrating, fullness and bloating, weak muscles, ADHD.
3. Helps patients with peripheral neuropathy.

Chinese Therapeutic Effects

Tonifies spleen and drains dampness

Administration

Internal: 3 capsules TID to QID, between meals

For children use 1 capsule per 10 lbs. per day.

90 capsules, 750mg

Ingredients

Codonopsis root* <i>dang shen</i>	Poria sclerotium* <i>fu ling</i>	Eleuthero root* <i>ci wu jia</i>	Cardamom fruit* <i>sha ren</i>
Bai-Zhu Atractylodes rhizome* <i>bai zhu</i>	Licorice (baked) root* <i>zhi gan cao</i>	Sacred Lotus seed* <i>lian zi</i>	Platycodon root* <i>jie geng</i>
	Chinese Yam root* <i>shan yao</i>	Job's Tears seed* <i>yi yi ren</i>	Tangerine peel* <i>chen pi</i>

*extract

Formula Rationale *(continued from previous page)*

This formula is used in cases of spleen deficiency with coldness and is a formula for digestive disorders. The symptoms associated with this formula include anorexia, lack of appetite, loose stools, fatigue, difficulty concentrating, fullness and bloating in the epigastric or abdominal area, and weakness in the muscles. It may be used for mild HIV related loose stools that contain no pathogens, loose stools related to chemotherapy, and is an excellent formula for the resolution of loose stools following an acute episode of viral related or bacterial diarrhea in which the spleen and stomach qi have been weakened and the individual is trying to regain strength.

It has been traditionally used for children who have loose stools and/or underweight with digestive problems. It has been used for children with difficulty concentrating due to spleen deficiency. The usual pulse associated with this formula is of the deficiency type and the tongue is pale and swollen, possibly with a mild greasy white fur. The face is pale.

Codonopsis (*dang shen*) strengthens spleen and tonifies Qi. Bai-zhu atractylodes (*bai zhu*) strengthens the spleen and eliminates dampness. Poria (*fu ling*) eliminates dampness, stops diarrhea, and strengthens the spleen. Baked licorice (*zhi gan cao*) tonifies the spleen and astringes dampness. Chinese yam (*sha yao*) tonifies Qi and spleen, lung, and kidney, and nourishes yin. Eleuthero (*ci wu jia*) invigorates the kidney and spleen, and tonifies Qi. Sacred lotus seed (*lian zi*) strengthens the spleen and stops diarrhea. Job's tears (*yi yi ren*) strengthens the spleen, stops diarrhea, eliminates dampness, and promotes urination. Cardamom (*sha ren*) regulates the central Qi, reduces nausea and vomiting, strengthens the stomach and drains dampness. Platycodon (*jie geng*) guides the herbs upwards in the formula. Tangerine peel (*chen pi*) strengthens the spleen, regulates the central Qi, and drains dampness.

This formula should be taken with warm ginger or green tea for best efficacy. Also, the diet should include mostly cooked foods and soups, white rice or congee, sweet foods such as carrot soups and squashes, and no spicy foods or purgative substances such as coffee or purgative herbs.

Clinical Notes

1. Shen Ling is helpful for peripheral neuropathy associated with spleen deficiency and dampness.
2. Shen Ling has been used for patients with learning disorders and ADHD.

Additional Formulas

- For chronic diarrhea, consider **Source Qi**, and/or **Colostroxplex**.
- For diarrhea with heat signs consider **Formula H** and **Colostroxplex**.
- For food stagnation, consider **Quiet Digestion** or **Chzyme**.
- For learning disabilities and ADD, add **EPAQ** krill oil as a nutritional supplement.
- Consider **Isatis Cooling** in the treatment of Crohn's disease and colitis.

R1.0820

Therapeutic Actions

1. Treats food allergies and related symptoms including poor digestion, abdominal bloating, nausea, burping, vomiting and regurgitation associated with hyperacidity.
2. Has been used in the treatment of anorexia, bulimia, chronic hepatitis, chronic cholecystitis and/or gallstones, acute or chronic gastritis, distention and pain in the hypochondrium, or abdominal pain in the region of the liver or gallbladder (lower right abdomen).
3. Use for gynecological complaints as an adjunctive formula.

Chinese Therapeutic Effects

Moves liver qi stagnation

Aids digestion

Relieves pain in the middle burner

Administration

Internal: 3 capsules, TID, between meals

90 capsules, 650mg

Ingredients

Turmeric rhizome* <i>yu jin</i>	Ginger root* <i>gan jiang</i>	Cardamom fruit* <i>sha ren</i>	Yarrow aerial <i>ya luo</i>
Buddha's Hand fruit* <i>fo shou</i>	Chinese Peony root* <i>bai shao</i>	Fragrant Angelica bark* <i>bai zhi</i>	Immature Tangerine peel* <i>qing pi</i>
Corydalis rhizome* <i>yan hu suo</i>	Bitter Orange fruit* <i>zhi shi</i>	Cyperus rhizome* <i>xiang fu</i>	Cayenne fruit* <i>la jiao</i>
Costus root* <i>mu xiang</i>	Tangerine peel* <i>chen pi</i>	Licorice root* <i>gan cao</i>	*extract

Formula Rationale

This formula was originally recorded by the Ming Dynasty physician, Zhu Tianbi. This formula has been successfully used with food allergies, anorexia, and bulimia and in the treatment of gynecological and gastrointestinal complaints. The formula contains turmeric (*yu jin*), buddha's hand fruit (*fo shou*) and cyperus (*xiang fu*) to move stagnant Qi and eliminate pain. Corydalis (*yan hu suo*), costus (*mu xiang*) and Chinese peony (*bai shao*) also move stagnant Qi and eliminate pain. Bitter orange (*zhi shi*), tangerine (*chen pi*), immature tangerine (*qing pi*) and cayenne (*la jiao*) regulate the stomach and disperse digestive accumulation. Ginger (*gan jiang*) and cardamom (*sha ren*) regulates the stomach and stops vomiting. Licorice (*gan cao*) harmonizes and detoxifies.

Clinical Notes

For food allergies, start with a low dose (1 to 3 capsules per day). Increase over a few weeks to 2 to 3 capsules TID.

Additional Formulas

- With dampness and food stagnation, combine Shu Gan with **Quiet Digestion** or **Chzyme**.
- For gynecological discomfort or pain, consider **Channel Flow**.
- For food allergies, combine with **Colostroplex**.
- For liver qi stagnation, consider **Woman's Balance**, **Ease 2**, or **Ease Plus**.
- For gallbladder stones or congestion, consider **GB-6**.
- Consider **Isatis Cooling** in the treatment of Crohn's Disease and colitis.

R1.0820

Six Gentlemen™

Modified Xiang Sha Liu Jun Zi Formula

Herbal Supplement

Therapeutic Actions

1. Addresses fatigue, weakness of the limbs, loss of appetite, gas and bloating after meals.
2. Resolves nausea and vomiting caused by dampness affecting the spleen/stomach.
3. Treats phlegm accumulated due to spleen qi deficiency.

Chinese Therapeutic Effects

Tonifies Qi

Harmonizes the spleen and stomach

Strengthens the spleen

Transforms phlegm

Administration

Internal: 2 capsules, TID, between meals

90 capsules, 675mg

Contraindications: Excess conditions and diseases caused by external factors.

Ingredients

Codonopsis root*
dang shen

Ginger rhizome
gan jiang

Tangerine peel*
chen pi

Costus root*
mu xiang

Bai-Zhu Atractylodes
rhizome
bai zhu

Licorice root*
gan cao

Cang-Zhu
Atractylodes
rhizome*
cang zhu

Cardamom fruit*
sha ren

*extract

Formula Rationale

This is the classic Chinese formula that treats deficiency of spleen qi. Its basis is four herbs (the Four Gentlemen), which tonify the qi of both the spleen and lung. Codonopsis (*dang shen*) and bai-zhu atractylodes (*bai zhu*) combined tonify the spleen and lung qi, and dry dampness, and facilitate the transporting function of the spleen. Ginger (*gan jiang*) is hot and pungent; it relieves dampness and warms the middle burner (stomach/spleen). Licorice (*gan cao*) tonifies the spleen while harmonizing the middle. Tangerine (*chen pi*) is drying and can transform phlegm. Since the formula tends to be cloying, Costus (*mu xiang*) and cardamom (*sha ren*) have been added to disperse stagnation in the stomach, facilitating the absorption of the formula.

Clinical Notes

1. This formula addresses a wide range of complaints. The key to its proper use lies in identifying deficiency syndromes of the spleen and lung, i.e., Qi deficiency. Since the spleen's function in Chinese medicine is to transform dampness, the formula is effective not only as a digestive tonic, but also treats fatigue, tired limbs, and low energy.
2. Phlegm is a frequent problem in cases of spleen qi deficiency. Six Gentlemen functions to dry the spleen and transform phlegm. It is helpful in cases when phlegm turbidity manifests through the lung and its related orifice, the nose. The formula is warming and is thus appropriate for deficient cold conditions. Yellow or green phlegm indicates heat, a presentation for which this formula is NOT appropriate.
3. Also see Health Concerns Newsletter: Vol. 5 No. 1 Page 5 *Chinese Herbal Treatment of Chronic Digestive Disorders, Part Two* (Gaeddert).

Additional Formulas

- **Quiet Digestion** for acute abdominal upset and to disperse food stagnation.
- **Clear Air** for cough with yellow/green phlegm.
- **Clear Phlegm** (*Wen Dan Tang*) for copious phlegm.
- **Nasal Caps 2** for sinus congestion with thick phlegm.
- **Astra 8** for severe fatigue and to strongly tonify the lungs.
- **Astra Isatis** for anti-viral and immune enhancement.
- **Stomach Caps** for spleen dampness and cold.

R3.0221

Skin Balance™

Dr. Fung's Skin Herbal Supplement

Therapeutic Actions

1. Reduces itching and skin inflammation.
2. Treats conditions existing in psoriasis, eczema, rosacea, hives, and other inflammatory skin conditions.
3. Removes skin-inflaming toxins in the blood.
4. Facilitates recovery of skin tissues once the itching and inflammation are under control.
5. Moistens and nourishes the skin.

Chinese Therapeutic Effects

Clears liver heat

Cleans blood

Eliminates heat and dampness

Administration

Internal: 3 capsules, TID, between meals

90 capsules, 650mg

Contraindications: Reduce dosage if diarrhea occurs.

Ingredients

Chinese Skullcap root* <i>huang qin</i>	Rehmannia (raw) root <i>sheng di huang</i>	Coptis root* <i>huang lian</i>	Senna leaf <i>fan xie ye</i>
Hedyotis (Oldenlandia) herb* <i>bai hua she she cao</i>	Sweet Violet leaf <i>zi hua di ding</i>	Dong Quai root* <i>dang gui</i>	Chinese Rhubarb root <i>da huang</i>
Gentian root <i>long dan cao</i>	Cornsilk <i>yu mi xu</i>	Bupleurum root <i>chai hu</i>	
		Safflower flower <i>hong hua</i>	
			*extract

Formula Rationale

This is an empirical formula based on Dr. Fung's 60 years of experience.

Skin Balance can be used for minor cases like pimples and localized itching to serious cases such as eczema or psoriasis. According to TCM these conditions are caused by heat, dampness, and toxins.

Skin Balance is designed to treat skin inflammation. It eliminates toxins, reduces heat and dampness, and nourishes the skin through nourishing the blood. Hedyotis (also known as oldenlandia) (*bai hua she she cao*), sweet violet (*zi hua di ding*), and Chinese skullcap (*huang qin*) are used to reduce toxins. Rehmannia (*sheng di huang*) and coptis (*huang lian*) are used to reduce heat and dampness. Liver heat is also reduced by using gentian (*long dan cao*) and bupleurum (*chai hu*). Senna (*fan xie ye*), Chinese rhubarb (*da huang*), and safflower (*hong hua*) are used to smooth bowel and water movements to purge toxins from the body. Dong quai (*dang gui*) is used to nourish the blood, which, in turn, will nourish the tissues to facilitate recovery of the skin.

Clinical Notes

1. Frequently combined with **EPAQ** krill oil, which nourishes the skin and reduces inflammation over time.
2. The following foods can worsen skin inflammation: shellfish, and spicy or deep-fried food. On the other hand, some foods can help reduce skin inflammation. These include juicy fruits (not sour), vegetables, pearl barley and seaweed.

Additional Formulas

- For skin characterized by intense redness, combine Skin Balance with **Clear Heat**.
- For skin that is itchy and dry, combine Skin Balance with **Marrow Plus**.
- For dry skin due to yin deficiency, combine Skin Balance with **Nine Flavor Tea**.
- For hives, take with **Coptis Purge Fire**.
- For allergic skin conditions such as poison ivy or poison oak, take **Xanthium Relieve Surface** 3 capsules four or more times per day. Combine with **Coptis Purge Fire** or **Astra C**.
- For chronic candida infection with skin irritations, consider **Phellostatin**.
- For bacterial skin infections, use **Resinall K** topically with **Coptis Purge Fire** internally.

R7.0421

Source Qi™

Sheng Qi Shi Zang Herbal Supplement
Raise the Qi and Consolidate the Organs Pill

Therapeutic Actions

Treats diarrhea accompanied by sinking of Qi, extreme deficiency of the spleen/stomach, prolapse of the anus, loss of appetite, food not being digested, fluids not being absorbed and “Passing straight through,” extreme thirst, insufficient fluids, weight loss and wasting of the limbs, fever and chills.

Source Qi may be taken for any type of chronic deficiency-cold diarrhea in which stomach/spleen injury is present. This formula was developed based on the treatment of cryptosporidiosis, a parasitic disease affecting AIDS patients, and which typically causes watery diarrhea, fatigue, loss of weight, and poor appetite. However, the formula may be used for other deficiency-cold chronic diarrhea conditions, such as those associated with Crohn’s disease, colitis, a wide range of parasite infestations, or chronic viral or bacterial infections.

Chinese Therapeutic Effects

Strengthens the spleen/stomach
Increases digestive function

Astringes the fluids
Tonifies Qi

Administration

Internal: 3 capsules, TID, between meals

To treat parasite infestations, take with **Artestatin** for best effects. Artestatin should be started at 1 capsule per day, increased as necessary up to 2 capsules TID.

270 capsules, 627mg

Ingredients

Phellodendron bark*	Cang-Zhu	Job's Tears seed*	Nutmeg seed
<i>huang bai</i>	Atractylodes	<i>coix lacryma-jobi</i>	<i>rou dou kou</i>
Astragalus root	rhizome*	Ginger rhizome	Licorice root
<i>huang qi</i>	<i>cang zhu</i>	<i>gan jiang</i>	<i>zhi gan cao</i>
Bai-Zhu Atractylodes	Dioscorea root*	Black Cohosh root*	Hawthorn fruit
rhizome	<i>shan yao</i>	<i>sheng ma</i>	<i>shan zha</i>
<i>bai zhu</i>	Lotus seed*	Bupleurum root	*extract
Asian Ginseng root	<i>lian zi</i>	<i>chai hu</i>	
<i>ren shen</i>			

Formula Rationale

Source Qi was formulated based on the clinical observations of Misha Cohen, OMD, L.Ac. and Andrew Gaeddert, RH in treating cryptosporidiosis in AIDS and other chronic diarrhea patients. The formula was tested in an earlier form at the Quan Yin Healing Arts Center and in various private practices and adjusted by the formulators according to the accumulated experience.

The chief herb is phellodendron (*huang bai*), which clears heat and eliminates dampness, going to the large intestine, liver, and gallbladder, where it builds yin and energizes the lower jiao. Astragalus (*huang qi*), tonifies the spleen and augments the Qi when combined with Asian ginseng (*ren shen*), helps resolve lack of appetite, fatigue, and diarrhea. Bai-zhu atractylodes (*bai zhu*) addresses weakness, lassitude, and loose stools associated with spleen deficiency, and cang-zhu atractylodes (*cang zhu*) tonifies the spleen and dispels dampness. Dioscorea (*shan yao*), lotus seed (*lian zi*), and Job's Tears (*coix lacryma-jobi*) tonify the spleen and relieve diarrhea. Black cohosh (*sheng ma*) raises the yang and lifts sunken Qi, and guides the effects of the other herbs upward. Ginger (*gan jiang*) warms the middle and expels cold, and restores the yang from collapse. Bupleurum (*chai hu*) raises the yang qi in spleen/stomach deficiency patterns and treats diarrhea due to collapse of spleen qi. Nutmeg seed (*rou dou kou*) warms the spleen and stomach and is used primarily for cold diarrhea. Licorice (*gan cao*) harmonizes the formula and Hawthorn (*shan zha*) relieves food stagnation and eliminates bloating.

Clinical Notes

1. In addition to its other actions, phellodendron has been found in clinical studies to effectively treat bacterial dysentery, which appears to be useful in this formula since some types of chronic diarrhea are caused by parasite infestation.
2. Results with this herbal formula should be seen within the first two weeks. However, to consolidate the effects, the formula should be continued for another two weeks after the diarrhea stops.
3. This formula has been used successfully to treat diarrhea associated with chronic shigellosis.
4. Also see Health Concerns Newsletter: Vol. 5 No. 1 Page 2 *Chinese Herbal Treatment of Chronic Digestive Disorders, Part Two* (Gaeddert).

Additional Formulas

- Consider **Six Gentlemen** when less warming is desired.
- Consider **Colostropex** for diarrhea with heat signs or as an adjunct to Source Qi for diarrhea with cold signs.
- For acute diarrhea, with hot signs consider **Colostropex**, **Isatis Cooling**, and **Formula H**.
- **Quiet Digestion** and **Chzyme** will improve the assimilation of Source Qi.

R5.0821

Therapeutic Actions

1. Treats muscle spasms, particularly due to injuries (such as whiplash) affecting the upper body. It may also be used for muscle cramps and restless leg syndrome.
2. Useful for neuralgias of the upper body such as trigeminal, intercostal etc.; may be tried for sciatica, although this is mostly an upper body formula.
3. Addresses contractions, numbness in the limbs; tremors or lack of strength in the limbs; wrist pain, carpal tunnel syndrome.

Chinese Therapeutic Effects

Invigorates blood

Relieves stagnant Qi

Moistens and nourishes the sinews

Opens up the channels

Administration

Internal: 3 to 5 capsules BID to QID, between meals

90 capsules, 546mg

Ingredients

Chinese Peony root* <i>bai shao</i>	Clematis root* <i>wei ling xian</i>	Licorice root* <i>gan cao</i>	Magnesium glycinate
Kudzu root* <i>ge gen</i>	Spatholobus stem* <i>ji xue teng</i>	Calcium glycinate	*extract

Formula Rationale

SPZM is an empirical formula from Shanghai with added calcium and magnesium.

Chinese peony (*bai shao*) nourishes blood and alleviates pain. This herb also preserves yin and insures the smooth flow of Qi. If Qi is not flowing smoothly there will be emotional frustration, anger, abdominal distention, lump in the throat, and PMS in women. These factors can also cause Qi stagnation. Chinese peony ensures the sinews are moistened and nourished. Chinese peony and licorice together form Peony and Licorice Decoction (*Shao Yao Gan Cao Tang*), a classic formula for relieving spasms and cramping. Kudzu (*ge gen*) releases the muscle tension and clears heat. It is particularly useful for headache and stiff upper back and neck. Clematis (*wei ling xian*) dispels wind dampness, opens the channels, and alleviates pain. Spatholobus (*ji xue teng*) activates and nourishes the blood and soothes sinews. Licorice (*gan cao*) relieves spasms, particularly of the legs and abdomen, clears heat, and harmonizes the other ingredients. Magnesium is included as it calms spasms and muscles; calcium improves the uptake of magnesium and has a calming effect.

Clinical Notes

1. May be taken several times a day as needed to alleviate spasms. Better results may be seen taking 5 capsules BID rather than 3 capsules TID.
2. Also see Health Concerns Newsletters: Vol. 6 No. 3 *Herbal Protocols for Treating Pain Part 1: Injuries, Muscles & Joints* (Gaeddert); Vol. 7 No. 1 *Herbal Protocols for Treating Pain Part 2: Headache* (Gaeddert); Vol. 7 No. 2 *Herbal Protocols for Treating Pain Part 3: Repetitive Use & Other Types of Pain* (Gaeddert); Vol. 15 No. 2 *Silkworm Enzyme Treats Pain, Inflammation & Ear, Nose, and Throat Disorders* (Gaeddert).

Additional Formulas

- For increased pain relief combine with **Resinall K**, **Resinall E Caps**, or **Channel Flow**.
- Use with **Flavonex** or **Mobility 2** for inflammation.
- Combine with **AC-Q** if there is both upper and lower body pain.
- For liver wind use **Gastrodia Relieve Wind**.
- For long-term spasms consider **Marrow Plus** to build blood.
- Consider **Mobility 2** for sciatica.
- Consider **StemCell** for chronic pain, inflammation, or carpal tunnel syndrome.

R3.0522

Stomach CapsTM

Magnolia & Ginger Herbal Supplement

Modified Ping Wei San

Therapeutic Actions

1. Improves digestion, rids flatulence, relieves abdominal bloating, and soothes acute and chronic gastritis as well as gastric and duodenal ulcer.
2. Treats a wide range of chronic digestive disturbances—relieves inflammation, helps eliminate food allergies, and improves absorption of nutrients.
3. Can be used symptomatically for motion sickness.

Chinese Therapeutic Effects

Disperses stagnant Qi

Dispels food stagnation

Slightly warming

Resolves spleen dampness

Resolves stomach phlegm

Administration

Internal: 2 to 3 capsules TID to QID

90 capsules, 650mg

Ingredients

Magnolia bark*
hou po

Tangerine peel*
chen pi

Bai-Zhu Atractylodes
rhizome

bai zhu
Cang-Zhu
Atractylodes
rhizome*
cang zhu

Ginger rhizome
gan jiang

Licorice root*
gan cao

Bupleurum root
chai hu

Hawthorn fruit
shan zha

*extract

Formula Rationale

Stomach Caps, a modification of Ping Wei San (*Magnolia and Ginger Formula*) a 900-year-old formula to improve stomach functions, relieves stomachache and abdominal bloating with signs of dampness and cold. Magnolia (*hou po*), tangerine (*chen pi*), and bai-zhu atracylodes (*bai-zhu & cang-zhu*) relieve dyspepsia by drying dampness, resolving phlegm, and moving Qi. Ginger (*gan jiang*) is a key herb for warming the middle burner, and balancing spleen and yang. Licorice (*gan cao*) tonifies Qi of spleen and harmonizes the formula. Bupleurum (*chai hu*) invigorates liver Qi and relieves the sinking of middle Qi. Hawthorn (*shan zha*) promotes digestion and alleviates food stagnation.

Clinical Notes

1. Stomach Caps can be useful for abdominal bloating and indigestion caused by overeating.
2. Useful for GI irritation from overeating, eating too quickly, erratic eating patterns, poor food combinations.
3. Useful for GI inflammation from stress, nervousness, anxiety, and pent-up emotions with chronic contracture of the GI musculature.
4. Consider in the treatment of obesity.

Additional Formulas

- For indigestion from overeating and for intestinal flu with diarrhea or when there are no cold signs, use **Quiet Digestion** or **Chzyme**.
- For GI inflammation from excessive use of irritating substances alcohol, caffeine, and certain spices consider **Quiet Digestion** and/or **Isatis Cooling**, especially with heat signs.

Stone Clearing™

Kidney Support Formula

Reformulated Jin Qian Cao Stone formula

Therapeutic Actions

Treats kidney and bladder stones.

Chinese Therapeutic Effects

Dissolves urinary and kidney stones

Promotes blood circulation

Diuretic

Administration

Internal: 3 capsules, TID, between meals

90 capsules, 695mg

Contraindications: Do not rely on this formula as the sole treatment for kidney stones. The patient should be monitored and treated with TCM in combination with western medical approaches, such as Extracorporeal Shock Wave Lithotripsy (ESWL).

Ingredients

Phyllanthus amarus aerial*	Gardenia fruit* <i>zhi zi</i>	Japanese Knotweed root*	Tienchi Ginseng root*
<i>Phyllanthus amarus</i>	Yin-Chen	<i>hu zhang</i>	<i>san qi</i>
Bupleurum root* <i>chai hu</i>	Wormwood aerial* <i>yin chen hao</i>	Chinese Peony root* <i>chi shao</i>	Licorice root <i>gan cao</i>
Tribulus fruit* <i>ji li</i>	Plantago seed* <i>che qian zi</i>	Bitter Orange peel* <i>zhi qiao</i>	*extract

Formula Rationale

Stone Clearing (reformulated Jin Qian Cao Stone Formula) is a modification of a Chinese patent medicine (“Passwan” – named presumably for a pill – wan – that helps to pass stones), used to treat for kidney stones. phyllanthus (*Phyllanthus amarus*) and related herbs have been used worldwide for kidney stones and urogenital infections; in TCM it treats damp-heat in the lower jiao. Bupleurum (*chai hu*) relieves stagnant qi and helps prevent and dispel stones. Tribulus (*ji li*) has been used to treat kidney stones and as an herbal diuretic. Other herbs that vitalize blood or have diuretic effects, include tienchi ginseng (*san qi*), Chinese peony (*chi shao*), and plantago seed (*che qian zi*). Phyllanthus, bupleurum (*chai hu*), Plantago (*che qian zi*), yin-chen wormwood (*yin chen hao*), and Chinese peony (*chi shao*) eliminate damp heat. Gardenia (*zhi zi*) and Plantago (*che qian zi*) clear heat and toxins. Bupleurum (*chai hu*), tienchi (*san qi*), and licorice (*gan cao*) have an anti-inflammatory effect. Bupleurum, Tienchi ginseng and Chinese peony (*chi shao*) promotes blood circulation. Tienchi ginseng is also traditionally used to reduce swelling and pain.

Clinical Notes

1. This formula dissolves stones slowly over time.
2. Western medicine is of importance when the condition is serious, i.e., severe pain or acute inflammation or threat of the stone entering the urethra.
3. General course of treatment is six months to one year.
4. Generous amounts of water should be taken by patients taking this formula to increase its effectiveness and to obviate fluid depletion.
5. Traditionally combined with cornsilk tea (Yu Mi Xu).

R3.0521

Therapeutic Actions

1. Treats eczema, psoriasis, dry skin, skin burns, fungal skin infections, diabetic sores and ulcers, acne, anal fissures, hives, bedsores, chapped feet and hands, insect bites, diaper rash.
2. May also be used to treat nerve, muscle, and joint pain, especially of hot type such as shingles, sciatica, bursitis, post herpetic neuralgia, tendonitis.

Administration

External: Apply sparingly to the affected area, three or more times per day. For large areas can be mixed with other vegetable oils if desired. Do not use internally.

1 fluid ounce

Contraindications: Keep out of the eyes. Important to dilute if applied to the face. Contains tree nuts.

Ingredients

Tamanu oil

Avocado oil

Peppermint oil

Calophyllum inophyllum

Formula Rationale

Tamu oil is a proprietary blend of three healing oils, which have soothing effects on the skin as well as pain relieving properties.

Tamu oil contains Tamanu oil, a rare ingredient from the South Pacific used to promote new skin tissue, and accelerate wound healing. It is traditionally used topically in the treatment of wounds, insect bites, burns, (sunburn, chemical, radiation), acne, psoriasis, diabetic sores, anal fissures, herpes, dry skin, diaper rash. It is also traditionally used to treat nerve, joint, and muscle pain; for example, it has been used to treat sciatica, shingles, rheumatism and neuritis associated with leprosy. Tamanu oil must be specially processed to insure its therapeutic effect.

Tamanu oil contains lipids, calophyllic acid and a natural anti-inflammatory chemical called calophylloide. Individual constituents have anti-inflammatory, anti-viral and antibacterial properties. Tamanu oil absorbs easily onto the skin and many users report that their skin feels smooth and plump without residual oiliness. Tamanu nuts are air dried for two months and then cold pressed to extract the oil, it is then purified.

Avocado oil is traditionally used to treat dry skin, eczema, and psoriasis. Peppermint oil is used topically for joint pain, urticaria, and headache.

Clinical Notes

1. Typical response time for skin conditions as well as pain would be 2-6 weeks at the recommended dosage.
2. For best results, combine with internal formulas.
3. Also see Health Concerns Newsletters: Vol. 8 No. 3 *Herbal Treatment of Fungal Infections* (Gaeddert); Vol. 8 No. 4 *Herbal Treatment of Fungal Infections, Part 2* (Gaeddert); Vol. 8 No. 5 *Herbal Treatment of Fungal Infections, Part 3* (Gaeddert); Vol. 13 No. 1 *Healing Skin Disorders (Part 1): Psoriasis* (Gaeddert).

Additional Formulas

- For eczema and psoriasis of the hot type, use **Skin Balance** internally.
- For eczema and psoriasis of the dry type, consider Skin Balance plus either **Marrow Plus** or **Nine Flavor Tea**.
- For cases that do not respond to Tamu, use **Resinall K** topically, especially for blood stagnation.
- For fungal-related conditions, use **Phellostatin** internally.
- For allergic reaction, consider **Xanthium Relieve Surface**.
- For nerve pain, consider **Channel Flow**.
- For anti-inflammatory effects, consider **Mobility 2** or **EPAQ** krill oil. EPAQ krill oil nourishes the skin and reduces inflammation over time.

R2.1220

Three Immortals™

Modified Er Xian Tang Herbal Supplement

Therapeutic Actions

Treats menopausal symptoms, including hot flashes, night sweats, headache/migraine, irritability, palpitations, vertigo, tinnitus, depression, insomnia, low back pain, hot palms and soles, constipation, breakthrough and functional uterine bleeding, bleeding gums, graying of hair, and lowered sex drive.

Chinese Therapeutic Effects

Tonifies liver blood	Tonifies heart blood
Nourishes kidney yin	Tonifies kidney yang
Calms the spirit	

Administration

Internal: 3 capsules TID, between meals

90 capsules, 630mg

270 capsules, 630mg

Ingredients

Epimedium leaf* <i>yin yang huo</i>	Curculingo rhizome* <i>xian mao</i>	Lycium root bark <i>di gu pi</i>	Yarrow aerial <i>ya luo</i>
Morinda root* <i>ba ji tian</i>	Rehmannia (cooked) bark* <i>shu di huang</i>	Anemarrhena root* <i>zhi mu</i>	Licorice root* <i>gan cao</i>
Dong Quai root* <i>dang gui</i>	Ligustrum fruit* <i>nu zhen zi</i>	Phellodendron cortex* <i>huang bai</i>	Jujube fruit* <i>da zao</i>

*extract

Formula Rationale

Three Immortals is based on the formula *Er Xian Tang*, developed in Shanghai to treat menopausal symptoms due to deficiency of yin, yang and blood with upward floating of yang. Herbs from Two Extremes Pills (*er zhi wan*) and Licorice and Red Date Decoction (*gan mai da zao tang*) have been added to complete the therapeutic picture for the complex symptom profile seen in American women with menopause. Curculingo (*xian mao*), morinda (*bai ji tian*), and epimedium (*yin yang huo*) warm kidney yang and nourish jing (kidney essence). Epimedium is a yang-fortifying herb. Ligustrum (*nu zhen zi*) nourishes yin. Phellodendron (*huang bai*), anemarrhena (*zhi mu*), and lycium (*di gu pi*) nourish kidney yin, drain deficient heat, and harmonizes the formula. Licorice (*gan cao*) clears heat. Jujube (*da zao*) and dong quai (*dang gui*) nourish blood.

Clinical Notes

1. This formula has been used for premature menopause, that is, women who experience menopausal symptoms, but have not reached menopause. For this, the formula can bring back the period while reducing menopausal symptoms.
2. Also see Health Concerns Newsletters: Vol. 7 No. 4 *Commonly Asked Practitioner Questions: Gynecology Issues* (Gaeddert); Vol. 11 No. 2 *Commonly Asked Practitioner Questions: Gynecology Issues, Part 2* (Gaeddert); Vol. 4 No. 2 *Pre & Postmenstrual Syndromes* (Fratkin); Vol. 4 No. 4 *Damp Heat Dysmenorrhea & Unlocking Formula* (Flaws).
3. *Er Xian Tang*, the formula on which Three Immortals is based, was originally designed to treat hypertension during menopause as well as the more common menopausal complaints.

Additional Formulas

- Consider **Nine Flavor Tea** or **Great Yin** for yin deficient night sweats.
- Combine with **Coptis Purge Fire** (1 to 3 capsules QID) for stronger effects against hot flashes. This combination has proven very effective.
- Use **Cramp Bark Plus** to treat cessation of menstruation due to causes other than menopause, including cold with Qi and blood stagnation.
- Use **Eight Treasures** if childbirth and surgery have exhausted Qi and blood leading to amenorrhea.
- Use **Woman's Balance** if there are menopausal symptoms with anger, irritability, and other signs of liver qi stagnation.
- Consider **Great Yin** for hot flashes and menopausal symptoms.
- **NuLignan** supports hormonal, bone and cardiovascular health and reduces hot flashes.

R1.0820

Tremella and American Ginseng™

Herbal Supplement

Therapeutic Actions

1. Treats dry cough, asthma, bronchitis, pneumonia, and tuberculosis.
2. Use for immune enhancement and regulation for chronic viral infections such as HIV disease, chronic fatigue immune dysfunction syndrome (CFIDS) and herpes. This formula can be used as an alternative to **Enhance** when signs of yin deficiency heat are more pronounced.
3. Use for fatigue, chronic night sweats, afternoon and night fevers, hot palms, soles and chest, diarrhea, digestive disorders, inability to concentrate, swollen lymph nodes, chronic dry cough.

Chinese Therapeutic Effects

Tonifies yin	Strengthens the marrow
Tonifies Qi, blood, essence	Strengthens wei qi
Clears heat and toxins	Strengthens the spleen/stomach, lung, kidney

Administration

Internal: 3 capsules, TID, between meals
90 capsules, 650mg
270 capsules, 650mg

Ingredients

Ophiopogon root* <i>mai men dong</i>	Lycium root bark <i>di gu pi</i>	Chinese Dodder seed* <i>tu si zi</i>	Rehmannia (cooked) root* <i>shu di huang</i>
Tremella fruiting body* <i>yin er</i>	Isatis root & leaf* <i>ban lan gen & da qing ye</i>	Spatholobus stem* <i>ji xue teng</i>	Tangerine peel* <i>chen pi</i>
American Ginseng root* <i>xi yang shen</i>	Japanese Honeysuckle flower* <i>jin yin hua</i>	Ligustrum fruit* <i>nu zhen zi</i>	Turmeric root* <i>yu jin</i>
Astragalus root* <i>huang qi</i>	Dandelion root* <i>pu gong ying</i>	Mullein leaf* <i>jia yan ye</i>	Licorice root* <i>gan cao</i>
Schisandra berry* <i>wu wei zi</i>	Ganoderma (<i>reishi</i>) fruiting body* <i>ling zhi</i>	Epimedium leaf* <i>yin yang huo</i>	Cardamom fruit* <i>sha ren</i>
Lycium fruit* <i>gou qi zi</i>		Dong Quai root* <i>dang gui</i>	*extract

Formula Rationale

This formula was designed by Misha Cohen, OMD, L.Ac., based on her clinical experience and the experience of the Quan Yin Healing Arts Center in treating thousands of HIV patients.

Tremella and American Ginseng is a formula specifically for individuals with chronic viral syndromes, such as HIV, chronic fatigue immune dysfunction syndrome (CFIDS), and herpes. This formula is used for signs of yin deficiency heat, the symptoms of which may include fatigue, digestive disorders, inability to concentrate, swollen lymph nodes, chronic dry cough, spontaneous sweating, and the like.

The chief herb in the formula is tremella (*yin er*), which enriches the yin, moistens the lung, nourishes the stomach, and produces fluids. The deputy herb is American ginseng (*xi yang shen*), which benefits the lung yin, clears deficiency fire, and produces fluids. Individuals who have chronic viral infections generally present a pattern of yin deficiency and exuberant heat because such protracted conditions consume yin and fluids. Thus, these two herbs are aimed at relieving the deficiency heat pattern and at treating dry cough due to lung deficiency and lung heat, a primary symptom in these individuals.

Astragalus (*huang qi*) tonifies the spleen and augments the protective qi, and stabilizes the exterior; it is used for deficiency with spontaneous sweating. Schisandra (*wu wei zi*) addresses coughing/wheezing due to patterns of lung and kidney deficiency and inhibits spontaneous sweating and generates fluids. Another major herb in this formula is rehmannia (*shu di huang*), which clears heat and cools the blood, nourishes the yin and generates fluids, and cools the upward blazing of heart fire. Lycium (*gou qi zi*) is an important herb in the formula in that it nourishes and tonifies the liver and kidney yin, since many individuals with chronic viral conditions have yin deficiency of these two organs.

Herbs in this formula that clear heat are lycium (*di gu pi*), isatis (*ban lan gen* and *da qing ye*), Japanese honeysuckle (*jin yin hua*), and dandelion (*pu gong ying*); the latter three have been found through research to have anti-viral effects as well. Ganoderma (*ling zhi*) is a general tonifying herb. Herbs that tonify the yin include ophiopogon (*mai men dong*), ligustrum (*nu zhen zi*), and glehnia (*sha shen*). Herbs that tonify the yang are Chinese dodder (*tu si zi*) and epimedium (*yin yang huo*), those that invigorate the blood are spatholobus (*ji xue teng*), dong quai (*dang gui*), and turmeric (*yu jin*). Because of the number of tonifying herbs in the formula, tangerine (*chen pi*) and cardamom (*sha ren*) are added to facilitate their digestion and absorption, and licorice (*gan cao*) is included to harmonize the ingredients.

R3.0521

Unlocking Formula™

Patrina Damp Heat Herbal Supplement

Therapeutic Actions

1. Addresses menstrual pain with heat signs.
2. Use for endometriosis, painful ovarian cysts, uterine fibroids, chronic PID, chronic abnormal vaginal discharge, and various stages of cervical intraepithelial neoplasia (cervical dysplasia), with heat signs.

Chinese Therapeutic Effects

Clears bound Qi, stagnant Qi and stasis of blood

Clears heat and dampness in the lower jiao

Cools blood heat

Administration

Internal: 3 capsules, TID

90 capsules, 650mg

Ingredients

Patrinia whole plant* <i>bai jiang cao</i>	Yarrow aerial <i>ya luo</i>	Tangerine peel* <i>chen pi</i>	Phellodendron stem bark <i>huang bai</i>
Sargentodoxa herb* <i>da xue teng</i>	Chinese Peony root* <i>chi shao</i>	Cang-Zhu Atractylodes rhizome* <i>cang zhu</i>	Black Cohosh root* <i>sheng ma</i>
Cyathula root* <i>chuan niu xi</i>	Poria sclerotium* <i>fu ling</i>		
Melia fruit* <i>chuan lian zi</i>	Fennel seed* <i>xiao hui xiang</i>	Bai-Zhu Atractylodes rhizome* <i>bai zhu</i>	*extract

Formula Rationale

Unlocking addresses a complex pattern that may have taken some years to develop. In this pattern, dysmenorrhea or other pathological conditions (see Therapeutic Actions) are the result of damp heat mutually wrestling and knotting with stagnant Qi and blood in the lower burner. Stress, iatrogenesis (diseases caused by medical intervention), poor diet, smoking, and alcohol use, and exposure to sexually transmitted disease facilitate dampness and heat to become entangled with stagnant Qi and blood giving rise to a common syndrome pattern seen in American women.

Clinical Notes

1. Some or all of the following signs and symptoms of this pattern may be present; premenstrual lower abdominal pain, which worsens during the period, excessive malodorous vaginal discharge, vaginal pruritus, vaginitis, herpes genitalia or cystitis prior to the onset of menstruation. Low back, sacral or sciatic pain before or during the menses, foul smelling menstrual discharge or clotted, purplish blood, or blood resembling thick stewed purplish red jam may be present. The tongue may manifest as swollen and red with a greasy, yellow coating in the rear. The pulse may be wiry and rapid and possibly slippery, sodden or deep in one or more positions.
2. Excellent results have been reported regarding use of this formula in the treatment of endometriosis.

Additional Formulas

- **Heavenly Water** or **Woman's Balance** when symptoms of PMS are present.
- **Channel Flow** for acute menstrual cramps.
- **Three Immortals** for menopause.
- **Nine Flavor Tea** for kidney yin deficiency.
- Combine Unlocking with **Bupleurum Entangled Qi** for uterine fibroids and cysts with heat signs (2 capsules of each formula QID).

R1.0820

Virility CapsTM

Dr. Fung's Cistanche Herbal Supplement

Therapeutic Actions

1. Promotes male fertility.
2. Useful for impotence, poor sperm count, and poor sperm motility.
3. Erectile Dysfunction (ED).

Chinese Therapeutic Effects

Warms kidney yang

Relaxes the shen

Tonifies the Qi and blood

Administration

Internal: 2 capsules, BID-TID, between meals

90 capsules, 750mg

Contraindications: Individuals with yin deficiency heat pattern should not take this formula (see Clinical Notes).

Ingredients

Asian Ginseng root <i>ren shen</i>	Astragalus root <i>huang qi</i>	Psoralea fruit* <i>bu gu zhi</i>	Rehmannia (raw) root
Barrenwort leaf <i>yin yang huo</i>	Deer antler velvet <i>lu jiao shuang</i>	Eucommia bark <i>du zhong</i>	<i>sheng di huang</i>
Cistanche aerial* <i>rou cong rong</i>	Sichuan Teasel root* <i>xu duan</i>	Cynamorium plant* <i>suo yang</i>	Cardamom fruit* <i>sha ren</i>
Morinda root* <i>ba ji tian</i>	Dong Quai root <i>dang gui</i>		Cinnamon bark <i>rou gui</i>
			*extract

Formula Rationale

Virility Caps is an empirical formula based on Dr. Fung's 60 years of clinical experience.

Some of the conditions that contribute to infertility in men are decreased libido, lack of energy, difficulty in achieving or maintaining an erection, premature ejaculation, and low sperm count or poor sperm motility, among others. In Chinese medicine, the primary organ responsible for maintaining reproduction capabilities is the kidney; it also stores essence, which is the basis for sperm production. Common syndrome patterns that can give rise to infertility include insufficient kidney yang and/or kidney yin, deficiency of Qi and blood, and constrained liver qi which causes blood stasis.

In this formula, the chief herb is Asian ginseng (*ren shen*), which strongly tonifies the basal qi, strengthens the spleen and tonifies the stomach. Cistanche (*rou cong rong*) addresses impotence, spermatorrhea, and cold pain of the back. Morinda (*ba ji tian*) along with psoralea (*bu gu zhi*) tonifies the kidney and Qi. Deer antler velvet (*lu jiao shuang*) and cynamorium (*suo yang*) warm and tonify the kidney, with the latter aiding the smooth flow of Qi and blood. Herbs that tonify the blood are rehmannia (*sheng di huang*), and dong quai (*dang gui*). Cinnamon (*rou gui*) warms the kidney and fortifies the yang. Cardamom (*sha ren*) promotes the movement of Qi and strengthens the stomach; in addition, it is added to this formula, which is tonifying in order to prevent the herbs from causing stagnation.

Clinical Notes

1. Combine with **Flavonex** if patient has poor circulation.
2. This formula is rather warming in nature and should not be taken by individuals with yin-deficiency heat syndrome, the primary symptoms of which include intermittent sensations of heat, spontaneous sweating, dry mouth and throat, a red tongue with scant coating, and a thin and rapid pulse.
3. Sensitive individuals, i.e., those who are especially reactive to herbal therapy, may need to start on or use a reduced dosage of 1 capsule, TID.

Additional Formulas

- **Astra Essence** is an alternate formula, which is not warming.
- Combine with **Quiet Digestion** to improve digestion.

R4.0521

Woman's Balance®

Bupleurum and Peony Formula Herbal Supplement

Modified Xiao Yao Wan

Therapeutic Actions

1. Treats PMS with abdominal bloating and breast swelling, menstrual irregularity, and menopausal distress, including mild cramps.
2. Relieves mild depression.
3. Useful in treating hepatitis and liver cirrhosis.
4. Can treat liver-fire headaches.
5. Consider for irritable bowel syndrome (IBS).

Chinese Therapeutic Effects

Invigorates congested liver qi
Strengthens spleen qi

Nourishes liver blood and yin
Harmonizes the liver and spleen

Administration

Internal: 2 to 3 capsules TID, between meals

90 capsules, 650mg

270 capsules, 650mg

Ingredients

Bupleurum root <i>chai hu</i>	Chinese Salvia root* <i>dan shen</i>	Cyperus rhizome* <i>xiang fu</i>	Gardenia fruit <i>zhi zi</i>
Dong Quai root <i>dang gui</i>	Bai-Zhu Atractylodes rhizome <i>bai zhu</i>	Orange peel <i>zhi shi</i>	Licorice root* <i>gan cao</i>
Chinese Peony root* <i>bai shao</i>		Poria sclerotium* <i>fu ling</i>	*extract

Formula Rationale

Woman's Balance is based on Bupleurum Sedative Pills (*Xiao Yao Wan*) and Bupleurum and Peony modified formula (*Dan Zhi Xiao Yao Wan*) for the treatment of PMS, regulation of menstruation and relief of mild depression. Cyperus (*xiang fu*) and orange (*zhi shi*) are included in the formula to disperse stagnant Qi and dampness associated with abdominal bloating and breast swelling. Chinese salvia (*dan shen*) is included to promote the circulation of blood and relieve menstrual pain and inflammation. Woman's Balance is especially useful when the liver qi stagnation is owing to blood deficiency and when there are heat symptoms present.

Clinical Notes

1. If there is a lot of repressed anger, begin using Woman's Balance on alternate days for the first two weeks, or select **Heavenly Water** instead. Heavenly Water is more tonifying and less able to clear heat than Woman's Balance and contains chaste tree berry in place of bupleurum. It is used for similar applications.
2. Can also be used for men with liver qi stagnation, spleen qi deficiency, and liver blood deficiency leading to digestive upset and depression from emotional stresses.
3. For weak or anemic patients with PMS or menstrual irregularity consider **Eight Treasures** during the first half of the menstrual cycle and Woman's Balance during the second half.
4. Also see Health Concerns Newsletters: Vol. 7 No. 4 *Commonly Asked Practitioner Questions: Gynecology Issues* (Gaeddert); Vol. 11 No. 2 *Commonly Asked Practitioner Questions: Gynecology Issues, Part 2* (Gaeddert); Vol. 4 No. 2 *Pre & Postmenstrual Syndromes* (Fratkin); Vol. 4 No. 4 *Damp Heat Dysmenorrhea & Unlocking Formula* (Flaws).

Additional Formulas

For menstrual cramps see **Cramp Bark Plus**, **Channel Flow**, and **Unlocking**.

Xanthium Relieve SurfaceTM

Modified Bi Yan Pian Herbal Supplement

Therapeutic Actions

1. Treats allergic reactions—allergic rhinitis, sinus congestion (stuffy nose), sinus headaches, chronic aching muscles.
2. Treats various itching skin rashes—dermatitis, hives, poison oak, psoriasis, eczema, etc.
3. Treats stuffy or runny nose associated with common colds or flu with wind-heat signs.

Chinese Therapeutic Effects

Clears surface wind-heat

Opens nasal passages

Cools heat and dispels wind-dampness

Removes toxins

Administration

Internal: 3 capsules, TID, between meals

For acute conditions, 3 capsules every 4 hours

90 capsules, 650mg

Ingredients

Xanthium fruit* <i>cang er zi</i>	Schisandra berry* <i>wu wei zi</i>	Siler root* <i>fang feng</i>	Bai-Zhu Atractylodes rhizome <i>bai zhu</i>
Magnolia bark* <i>hou po</i>	Fragrant Angelica root* <i>bai zhi</i>	Schizonepeta aerial <i>jing jie</i>	Licorice root* <i>gan cao</i>
Platycodon root* <i>jie geng</i>	Wild Chrysanthemum flower* <i>ye ju hua</i>	Astragalus root* <i>huang qi</i>	
			*extract

Formula Rationale

Xanthium Relieve Surface is a combination of the traditional formulas *Bi Yan Pian* and *Yu Ping Feng San* (Jade Screen Formula). Xanthium (*cang er zi*) and magnolia (*hou po*) are widely used Chinese herbal decongestants. Platycodon (*jie geng*) directs the actions of the herbs to the lungs and nose and diffuses lung qi, schisandra (*wu wei zi*) and licorice (*gan cao*) have anti-allergenic and adaptogenic properties. Fragrant angelica (*bai zhi*), siler (*fang feng*) and schizonepeta (*jing jie*) have wind relieving properties that help relieve acute nasal and skin symptoms. Further, angelica leads herbs to the nasal passages and sinuses. Astragalus (*huang qi*) and bai-zhu atractylodes (*bai zhu*) bolster defensive energy. Wild chrysanthemum (*ye ju hua*) enters the lung channel and is included for respiratory conditions.

Clinical Notes

1. For allergic rhinitis take 2 to 3 capsules Xanthium Relieve Surface and 1 to 2 capsules Astra C QID. Results are often seen in a few days.
2. Practitioners report superb results with hives and allergic rhinitis when other therapies proved ineffective.
3. Can also be used to clear stuffy or runny nose associated with the common cold or flu with heat signs.
4. For rashes, results should appear quickly. If results do not occur within a few days, increase dosage or re-evaluate.
5. For poison oak, take 3 capsules every 2 hours. May be most effective when combined with **Astra C**.
6. Also see Health Concerns Newsletters: Vol. 3 No. 2 *Treating Allergies with Prepared Chinese Formulas* (Victor); Vol. 17 No. 1 *Sinus Infections, Part I* (Gaeddert); Vol. 17 No. 2 *Sinus Infections, Part II* (Gaeddert).

Additional Formulas

- Use **Nasal Caps 2** for acute and chronic sinus congestion with thick, yellow mucus.
- For copious sputum, combine Xanthium Relieve Surface with **Clear Phlegm** (*Wen Dan Tang*).
- Use or combine with **Phellostatin** when nasal congestion is related to intestinal or systemic candidiasis.
- Combine with **Marrow Plus** for psoriasis or eczema (3 to 5 capsules of each formula TID).

R4.0221

Therapeutic Actions

1. Treats colds, flu, and sore throat. It is particularly effective during or prior to the early stages when fevers, headache, cough and sore throat are present. There may be slight chills or no chills present with difficulty in sweating. The patient may also have body aches with sore shoulders, stiff neck and swollen lymph nodes.
2. Treats skin itching due to wind-heat, including allergic skin reactions such as hives.

Chinese Therapeutic Effects

Disperses wind-heat
Clears heat and relieves toxins
Diaphoretic

Administration

Internal: 3 capsules TID, between meals, in severe cases take every 3-4 hours. Discontinue or re-evaluate after the third day of wind attack.

90 capsules, 650mg

Contraindications: This formula will not be effective for damp-heat conditions.

Ingredients

Forsythia fruit <i>lian qiao</i>	Peppermint herb* <i>bo he</i>	Anemarrhena root* <i>zhi mu</i>
Isatis leaf* & root* <i>da qing ye & ban lan gen</i>	Schizonepeta aerial <i>jing jie</i>	Licorice root* <i>gan cao</i>
Burdock root <i>niu bang zi</i>	Soy bean sprout <i>dan dou chi</i>	*extract

Formula Rationale

Yin Chao Jin is based on the classic formula *Yin Qiao San*. Forsythia (*lian qiao*) and burdock (*niu bang zi*) clear heat and fire toxin; and schizonepeta (*jing jie*) clears wind. Isatis root and leaf extract (*ban lan gen* and *da qing ye*) have been added to accentuate this activity in relieving pathogenic factors that cause sore throat.

Clinical Notes

1. This formula is very effective at eradicating colds, flu, sore throats, and upper respiratory infections, particularly if administered in the early stages. Fever may or may not be present. The formula may be used in cases of common cold, flu, acute cases of pneumonia, bronchitis, pharyngitis, parotitis, otitis media, measles, and tonsillitis. It is effective for cases involving wind heat.
2. The practitioner must use discretion as to when to refer cases that do not resolve and which may involve streptococcus or other organisms that respond to antibiotics.
3. Also see Health Concerns Newsletters: Vol. 8 No. 2 *Herbal Cold and Flu Relief* (Gaeddert); Vol. 9 No. 4 *Cold Away: A Remarkable New Formula for Colds & Flu* (Cohen).

Additional Formulas

- Use **Isatis Gold** for clearing heat and toxins when the element of wind is not present, for example, for later stages of cold and flu.
- Use **Astra C** for prevention of colds and flu.
- Use **Astra Isatis** for treatment of chronic low-grade infections.
- Use **Ease 2** plus **Power Mushrooms** for prolonged colds and flu without fever.
- **Clear Air** for coughing and phlegm.
- Combine with **Clear Phlegm** (*Wen Dan Tang*) for copious sputum.

R4.0821

Yin Chao JuniorTM

Dr. Fung's Cold Formula for Children Herbal Supplement

Therapeutic Actions

1. Treats colds, fever, cough, vomiting and diarrhea in children.
2. Revitalizes the digestive system.
3. Strengthens the body's immune system.
4. May be used for adults to soothe the lungs during viral or bronchial invasions.

Chinese Therapeutic Effects

Clears heat	Moistens the throat and lung
Harmonizes the digestion	Invigorates the blood

Administration

Internal: 1 fluid ounce

1 to 3 droppers every 3 to 4 hours (Add to water, juice or boiling water to partially evaporate the alcohol)

This formula is intended for children over 8 months or adults unable to swallow pills.

Ingredients

Forsythia fruit <i>lian qiao</i>	Chrysanthemum flower <i>ju hua</i>	Rice sprouts <i>gu ya</i>	Bitter Orange fruit <i>zhi shi</i>
White Mulberry leaf <i>sang ye</i>	Peucedanum root <i>qian hu</i>	Zhejiang fritillary bulb <i>zhe bei mu</i>	Water
Platycodon root <i>jie geng</i>	Gardenia fruit <i>zhi zi</i>	Ligusticum wallichii root <i>chuan xiong</i>	Glycerin
Loquat leaf <i>pi pa ye</i>	Chinese Eupatorium herb <i>pei lan</i>	Pinellia rhizome <i>ban xia</i>	Alcohol
Trichosanthes peel <i>gua lou pi</i>	Perilla leaf <i>zi su ye</i>	Chinese mint herb <i>bo he</i>	Blackberry juice concentrate

Formula Rationale

This is an empirical formula based on Dr. Fung's 60 years of clinical experience.

This formula is a gentle yet effective remedy for addressing children's colds. It is a well-rounded combination that has a multi-pronged approach: to clear heat, harmonize the digestion, moisten the throat and lung, to invigorate the blood and tonify the Qi.

The chief herb forsythia (*lian qiao*) clears heat and toxin. White Mulberry leaf (*sang ye*) expels wind and clears heat from the lung. Chrysanthemum (*ju hua*) disperses wind and clears heat and is helpful in alleviating headache that accompanies colds. Chinese mint herb (*bo he*) disperses wind-heat. It clears the head and eyes and benefits the throat. Herbs in the formula that address cough include peucedanum (*qian hu*), zhejiang fritillary bulb (*zhe bei mu*), and loquat leaf (*pi pa ye*), with the latter also treating vomiting. For digestive problems, rice sprouts (*gu ya*) and immature bitter orange (*zhi shi*) remove food stagnation; the latter also relieves constipation. Trichosanthes peel (*gua lou pi*) moistens the lung. Platycodon (*jie geng*) opens up and disseminates the lung qi and expels phlegm. Gardenia (*zhi zi*) clears heat and eliminates irritability. Chinese Eupatorium (*pei lan*) dispels heat and dampness. Perilla leaf (*zi su ye*) releases the exterior and disperses cold.

Clinical Notes

1. This formula is not as cold as other yin qiao formulas.
2. This formula can be taken by adults who cannot swallow capsules.
3. Also see Health Concerns Newsletters: Vol. 8 No. 2 *Herbal Cold and Flu Relief* (Gaeddert); Vol. 9 No. 4 *Cold Away: A Remarkable New Formula for Colds & Flu* (Cohen).



Ingredient Glossary

INGREDIENT	FORMULA	AKA	PINYIN	LATIN
7-hydroxymatairesinol HMLignan™ extracted from Norway Spruce Knots	NuLignan			<i>Picea abies</i>
Acerola	Astra C			<i>Malpighia glabra</i> L.
Achyranthes root	AC-Q Cramp Bark Plus Man Yue Mei Clearing Mobility 2 Mobility 3		<i>niu xi</i>	<i>Achyranthes bidentata</i>
Acid maltase enzyme	Enteromend			
Acorus rhizome	Flavonex	Grass-leaf Sweetflag	<i>shi chang pu</i>	<i>Acorus gramineus</i>
Adrenal gland (bovine)	Adrenosen			
Albizzia bark	Aspiration Calm Spirit		<i>he huan pi</i>	<i>Albizzia julibrissin</i>
Alcohol	Astra Diet Tea Resinall K Yin Chao Jr.			
Alisma rhizome / root	Astra 18 Diet Coptis Purge Fire Drain Dampness Isatis Cooling	Alisma, Water Plantain	<i>ze xie</i>	<i>Alisma orientalis / Alisma plantago-aquatica</i>
Alisma Water Plantain rhizome	Nine Flavor Tea Rehmannia 8	Alisma, Water Plantain	<i>ze xie</i>	<i>Alisma orientalis / Alisma plantago-aquatica</i>

Ingredient Glossary

INGREDIENT	FORMULA	AKA	PINYIN	LATIN
Aloe Vera herb/leaf	Aloe 22		lu hui	<i>Aloe barbadensis</i>
alpha-Galactosidase enzyme	Chzyme Enteromend			<i>from Aspergillus niger</i>
Alpha-Glycero-phosphatidyl-choline	Cogni-Spark	GPC		
American Ginseng root	CordySeng Enhance Tremella & American Ginseng		xi yang shen	<i>Panax quinquefolis</i>
Amylase enzyme	Chzyme Enteromend			
Andrographis herb / stem / leaf	Clear Heat Cold Away Enhance Mobility 2		chuan xin lian	<i>Andrographis paniculata</i>
Anemarrhena root	Coptis Purge Fire Ginseng and Rhodiola Great Yin Phellostatin Three Immortals Yin Chao Jin		zhi mu	<i>Anemarrhena asphodeloideis</i>
Angelica pubescens root		see Pubescens Angelica	du huo	<i>Angelica pubescens</i>
Angelica root		Fragrant Angelica	bai zhi	<i>Angelica dahurica</i>
Apricot seed	Clear Air Ginseng and Rhodiola		xing ren	<i>Prunus armeniaca</i>
Arctium fruit		Burdock	niu bang zi	<i>Arctium lappa</i>
Ardisia root	Mobility 3 OsteoHerbal		zou ma tai	<i>Ardisia gigantifolia</i>
Artemisia leaf		see Sweet Wormwood	ai ye	<i>Artemisia annua</i>
Artemisia annua		see Sweet Wormwood	qing hao	<i>Artemisia argyi</i>
Ascorbic Acid	Astra C	Vitamin C		
Ashwagandha root	Fertile Garden			<i>Withania somnifera</i>

INGREDIENT	FORMULA	AKA	PINYIN	LATIN
Asian Ginseng aerial	Clearing		<i>ren shen ye</i>	<i>Panax ginseng</i>
Asian Ginseng root	AC-Q Astra 8 Astra Essence Ease 2 Maternal Herbal Mobility 3 Postpartum Raise Qi Regeneration Source Qi Virility Caps	Korean Ginseng, Chinese Ginseng	<i>ren shen</i>	<i>Panax ginseng</i>
Asian Ginseng root	Ease Plus Ginseng and Rhodiola	Korean Ginseng, Chinese Ginseng	<i>bai ren shen</i>	<i>Panax Ginseng</i>
Asiatic Dogwood fruit	Astra Essence Backbone Nine Flavor Tea Rehmannia 8	Cornus	<i>shan zhu yu</i>	<i>Cornus officinalis</i>
Asparagus root	Emperor's Ginseng Zizyphus		<i>tian dong</i>	<i>Asparagus officinalis</i>
Astragalus root	Astra 8 Astra 18 Diet Astra C Astra Diet Tea Astra Essence Astra Garlic Astra Isatis Clearing CordySeng Emperor's Ginseng Zizyphus Enhance Hepatoplex One	Baked Astragalus	<i>huang qi</i>	<i>Astragalus membranaceus</i>

Ingredient Glossary

INGREDIENT	FORMULA	AKA	PINYIN	LATIN
Astragalus root (<i>continued</i>)	Lily Bulb Formula Marrow Plus Postpartum Raise Qi Shen-Gem Source Qi Tremella & American Ginseng Virility Caps Xanthium Relieve Surface	Baked Astragalus	<i>huang qi</i>	<i>Astragalus membranaceus</i>
Atractylodes		see Bai-Zhu (White) or Cang-Zhu (Red) Atractylodes		
Aurantium fruit		see Bitter orange, Citrus, Immature Citrus, Orange	<i>zhi shi</i>	<i>Citrus aurantium</i>
Avocado Oil	TAMU Oil			
Bai-Zhu Atractylodes rhizome	Aloe 22 Astra 18 Diet Astra C Astra Garlic Astra Isatis Drain Dampness Eight Treasures Enhance Mobility 2 Phellostatin Postpartum Raise Qi Shen-Gem Shen Ling Six Gentlemen Source Qi Stomach Caps Unlocking Woman's Balance Xanthium Relieve Surface	White Atractylodes	<i>bai zhu</i>	<i>Atractylodes macrocephala</i>

INGREDIENT	FORMULA	AKA	PINYIN	LATIN
Baked Astragalus root	Source Qi	Astragalus	huang qi	<i>Astragalus membranaceus</i>
Baked Licorice root	Eight Treasures Fertile Garden Ginseng and Rhodiola Heavenly Water Raise Qi Shen Ling	Licorice, Chinese Licorice	zhi gan cao	<i>Glycyrrhiza preparata</i>
Bamboo inner stem	Clear Phlegm		zhu ru	<i>Phyllostachys nigra</i>
Barley	Escape Restraint Quiet Digestion		shen qu	<i>Hordeum vulgare</i>
Barrenwort aerial/leaf	Astra Isatis OsteoHerbal	Epimedium, Horny Goat Weed	yin yang huo	<i>Epimedium grandiflorum</i>
Bilberry fruit	Bil Lutein			<i>Vaccinium myrtillus</i>
BioPerine®	BioStrong	Black pepper		<i>Piper nigrum</i>
Bitter Orange fruit	Aloe 22 Gentle Senna Shu Gan Yin Chao Jr.	Aurantium, citrus, Immature Citrus, Orange	zhi shi	<i>Citrus aurantium</i>
Bitter Orange fruit	Chzyme Clear Air Clear Phlegm	Aurantium, Citrus, Immature Citrus	zhi qiao	<i>Citrus aurantium</i>
Bitter Orange peel	Stone Clearing		zhi qiao	
Bitter Orange peel	Hepatoplex Two	Aurantium, Citrus, Immature Citrus, Orange	zhi shi	
Black cohosh root/rhizome	Cramp Bark Plus Nasal Caps 2 Raise Qi Unlocking	Cimicifuga	sheng ma	<i>Cimicifuga racemosa</i>
Blacker Pepper berry	Chzyme		hei hu jiao	<i>Piper nigrum</i>
Black Pepper fruit extract	BioStrong	BioPerine®		<i>Piper nigrum</i>
Black Walnut hull	Aloe 22			<i>Juglans nigra</i>

Ingredient Glossary

INGREDIENT	FORMULA	AKA	PINYIN	LATIN
Blackberry juice	Yin Chao Jr.			
Blue Citrus peel	Heavenly Water Hepatoplex One	Immature Tangerine	<i>qing pi</i>	<i>Citri reticulata</i>
Blue Vervain herb	Aspiration			<i>Verbena hastata</i>
Borneol resin	AC-Q Resinall E Caps Resinall K		<i>bing pian</i>	<i>Borneolum naturalis</i>
Boswellia		see Frankincense, Indian Frankincense	<i>ru xiang</i>	<i>Boswellia serrata</i>
Bovine Colostrum	Colostrophex			<i>Lactoferrin</i>
Bromelain enzyme	Resinall E Caps			<i>from Annas cosmosus</i>
Brucea fruit	Artestatin	Java Brucea	<i>ya dan zi</i>	<i>Bruca javanica</i>
Buddha's Hand fruit	Shu Gan	Flesh-finger Citron	<i>fo shou</i>	<i>Citrus medica</i>
Bupleurum root	Astra Isatis Bupleurum Entangled Qi Coptis Purge Fire Cramp Bark Plus Ease 2 Ease Plus GB-6 Isatis Cooling Raise Qi Regeneration Rehmannia & Milk Thistle Skin Balance Source Qi Stomach Caps Stone Clearing Woman's Balance	Fried Bupleurum	<i>chai hu</i>	<i>Bupleurum chinense</i>
Burdock root	Yin Chao Jin	Arctium	<i>niu bang zi</i>	<i>Arctium lappa</i>
Butcher's Broom root	Formula V			<i>Ruscus aculeatus</i>

INGREDIENT	FORMULA	AKA	PINYIN	LATIN
Calcium (as coral calcium)	Backbone Quiet Digestion			
Calcium carbonate	Ease Plus		<i>long gu</i>	
Calcium glycinate	SPZM			
California Poppy herb	Schisandra Dreams			<i>Eschscholzia californica</i>
Cang-Zhu Atractylodes rhizome	Artestatin Astra 18 Diet Chzyme Ease Plus Escape Restraint Quiet Digestion Six Gentlemen Source Qi Stomach Caps Unlocking	Red Atractylodes	<i>cang zhu</i>	<i>Atractylodes lancea</i>
Capillaris herb	Hepatoplex Two Stone Clearing	Yin-chen Wormwood	<i>yin chen hao</i>	<i>Artemisia capillaris</i>
Cardamom fruit	Aloe 22 Artestatin Chzyme Enhance Phellostatin Shen-Gem She Ling Shu Gan Six Gentlemen Tremella & American Ginseng Virility Caps		<i>sha ren</i>	<i>Amomum villosum</i>
Carthamus flower	Hepatoplex Two Resinall K	Safflower	<i>hong hua</i>	<i>Carthamus tictorius</i>
Cascara sagrada bark	Artestatin			<i>Frangula purshina</i>
Cassia bark	Emperor's Ginseng Zizyphus Maternal Herbal	Cinnamon, Chinese Cinnamon	<i>rou gui</i>	<i>Cinnamomum aromaticum</i>

Ingredient Glossary

INGREDIENT	FORMULA	AKA	PINYIN	LATIN
Cassia twig	Channel Flow Cramp Bark Plus Ease 2 Ease Plus	Cinnamon	gui zhi	<i>Cinnamomum aromaticum</i>
Catalase enzyme	Chzyme			
Catechu herb	Resinall K		er cha	<i>Aracia catechu</i>
Cayenne fruit	Maternal Herbal Shu Gan		la jiao	<i>Capsicum annuum</i>
Cellulase enzyme	Chzyme			
Chamomile flower	Artestatin		huang chu ju	<i>Matricaria recutita</i>
Charcoaled Ginger rhizome	Source Qi	Ginger	gan jiang	<i>Zingiber officinale</i>
Chaste Tree berry	Head-Q Heavenly Water Mobility 2	Vitex	man jing zi	<i>Vitex angus-castus</i>
Chebolic Myrobalan aerial	Aloe 22	Terminalia	he zi	<i>Terminalia chebula</i>
Chinese Cinnamon bark	Rehmannia 8	Cassia	rou gui	<i>Cinnamomum aromaticum</i>
Chinese Cinnamon twig	Nasal Caps 2 OsteoHerbal	Cassia	gui zhi	<i>Cinnamomum aromaticum</i>
Chinese Clematis root	Mobility 3 Nine Flavor Tea OsteoHerbal	Clematis	wei ling xian	<i>Clematis chinensis</i>
Chinese Dodder seed	Fertile Garden Tremella & American Ginseng	Cuscuta	tu si zi	<i>Cuscuta chinensis</i>
Chinese eupatorium herb	Yin Chao Jr.		pei lan	
Chinese Hawthorn leaf, fruit & flower	Astra 18 Diet Emperor's Ginseng Zizyphus Quiet Digestion	Crataegus	shan zha	<i>Crataegus pinnatifida</i>
Chinese Licorice root	Nasal Caps 2	Licorice, Baked Licorice	gan cao	<i>Glycyrrhiza glabra; Glycyrrhiza uralensis</i>
Chinese mint herb	Yin Chao Jr.	Mentha, Peppermint	bo he	<i>Mentha piperita</i>

INGREDIENT	FORMULA	AKA	PINYIN	LATIN
Chinese Peony root	Aspiration Astra 18 Diet Calm Spirit Channel Flow Coptis Purge Fire Ease 2 Eight Treasures Enhance Formula H Heavenly Water Lily Bulb Formula Postpartum Shu Gan SPZM Woman's Balance	White Peony	<i>bai shao</i>	<i>Paeonia lactiflora</i>
Chinese Peony root	Bupleurum Entangled Qi Clearing Cramp Bark Plus Hepatoplex One Hepatoplex Two Isatis Cooling Mobility 2 Nasal Caps 2 OsteoHerbal Regeneration Shen-Gem Stone Clearing Unlocking	Red Peony	<i>chi shao</i>	<i>Paeonia lactiflora</i>
Chinese Peony root	Fertile Garden		<i>shao yao</i>	<i>Paeonia lactiflora</i>
Chinese Rhubarb rhizome	Ease Plus Gentle Senna Skin Balance	Rhubarb	<i>da huang</i>	<i>Rheum officinale</i> / <i>Rheum palmatum</i>
Chinese Rhubarb root	Man Yue Mei Clearing	Rhubarb	<i>zhi da huang</i>	<i>Rheum officinale</i>

Ingredient Glossary

INGREDIENT	FORMULA	AKA	PINYIN	LATIN
Chinese Salvia root	Bupleurum Entangled Qi Channel Flow Enhance Flavonex Formula H GB-6 Hepatoplex One Hepatoplex Two Marrow Plus Postpartum Rehmannia & Milk Thistle Shen-Gem Woman's Balance	Salvia	dan shen	Salvia miltiorhiza
Chinese Skullcap root	Astra 18 Diet Cold Away Ease 2 Ease Plus Formula H Gastrodia Relieve Wind Heavenly Water Regeneration Skin Balance	Scute, Skullcap	huang qin	Scutellaria baicalensis
Chinese Wormwood herb	Artestatin	Artemisia	qing huo	Artemisia apiacea
Chinese Yam root	Adrenosen Astra Isatis Phellostatin Shen Ling	Dioscorea, Wild Yam	shan yao	Dioscorea oppositifolia
Chirositol - 95% D-chiro- inositol)	Chiroin	Carob pods		Ceratonia siliqua
Chrysanthemum flower	Yin Chao Jr.		ju hua	Dendranthema indicum
Chymotrypsin enzyme	Resinall E Caps			
Cimicifuga rhizome	Source Qi	Black Cohosh	sheng ma	Cimicifuga racemosa

INGREDIENT	FORMULA	AKA	PINYIN	LATIN
Cinnamon bark	AC-Q Drain Dampness Virility Caps	Cassia, Chinese Cinnamon	<i>rou gui</i>	<i>Cinnamomum cassia</i>
Cinnamon twig	Mobility 3		<i>gui zhi</i>	<i>Cinnamomum aromaticum</i>
Cistanche aerial	Backbone Enhance Flavonex Maternal Herbal Mobility 3 OsteoHerbal Virility Caps		<i>rou cong rong</i>	<i>Cistanche salsa</i>
Citrus peel		see Tangerine	<i>chen pi</i>	<i>Citrus reticulata</i>
Clematis root	Mobility 2 SPZM	Chinese Clematis	<i>wei ling xian</i>	<i>Clematis chinensis</i>
Clove flower bud	AC-Q Phellostatin		<i>ding xiang</i>	<i>Syzgium aromaticum / Carophyllus aromaticus</i>
Codonopsis root	Aloe 22 Artestatin Astra Isatis Calm Spirit Eight Treasures Isatis Cooling Marrow Plus OsteoHerbal Phellostatin Shen Ling Six Gentlemen		<i>dang shen</i>	<i>Codonopsis pilosula</i>
Coix seed		see Job's Tears	<i>yi yi ren</i>	<i>Coix lacryma-jobi</i>
Colostrum (bovine)	Colostroplex			
Coptis rhizome / root	AC-Q Artestatin Coptis Purge Fire Skin Balance		<i>huang lian</i>	<i>Coptis chinensis</i>

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INGREDIENT	FORMULA	AKA	PINYIN	LATIN
Cordyceps fruiting body	Clear Heat Cordyceps PS CordySeng		<i>dong chong xia cao</i>	<i>Cordyceps sinensis</i> and / or <i>Hirsutella sinensis</i>
Corn silk	Man Yue Mei Clearing Skin Balance		<i>yu mi xu</i>	<i>Zea mays</i>
Cornus fruit		see Asiatic Dogwood	<i>shan zhu yu</i>	<i>Cornus officinalis</i>
Corydalis rhizome	Channel Flow Cramp Bark Plus GB-6 Resinall E Caps Resinall K Shu Gan		<i>yan hu suo</i>	<i>Corydalis turtshaninovii</i>
Costus root	AC-Q Aloe 22 Chzyme Cramp Bark Plus Ease Plus Enhance Man Yue Mei Clearing Quiet Digestion Shen-Gem Shu Gan Six Gentlemen	Saussurea lappa, Vladimiria souliel	<i>mu xiang; chuan mi xiang</i>	<i>Saussurea costus</i>
Cow Cockle seed	Bupleurum Entangled Qi Essence Chamber	Vaccaria	<i>wang bu liu xing</i>	<i>Vaccaria segetalis</i>
Crampbark root bark	Cramp Bark Plus			<i>Viburnum opulis</i>
Cranberry fruit	Man Yue Mei Clearing		<i>man yue mei</i>	<i>Vaccinium macrocarpon</i>
Crataegus fruit		Chinese Hawthorn, Hawthorn	<i>shan zha</i>	<i>Crataegus pinnatifida</i>
Curculingo rhizome	Three Immortals		<i>xian mao</i>	<i>Curculingo orchiodes</i>
Curcuma root	Enhance	Turmeric	<i>yu jin</i>	<i>Curcuma longa</i>
Cuscuta seed		see Chinese Dodder	<i>tu si zi</i>	<i>Cuscuta chinensis</i>

INGREDIENT	FORMULA	AKA	PINYIN	LATIN
Cyathula root	Backbone Gastrodia Relieve Wind Unlocking		chuan niu xi	<i>Cyathula officinalis</i>
Cynomorium plant	Maternal Herbal Virility Caps		suo yang	<i>Cynomorium songaricum</i>
Cynanchum root & rhizome	Clear Air		bai qian	<i>Cynanchi stauntonii</i>
Cyperus rhizome	Aspiration Astra 18 Diet Bupleurum Entangled Qi Chzyme Cramp Bark Plus Escape Restraint Heavenly Water Isatis Cooling Shu Gan Woman's Balance		xiang fu	<i>Cyperus rotundus</i>
Damiana leaf	Aspiration Essence Chamber			<i>Turnera diffusa</i>
Dandelion root	Bupleurum Entangled Qi Enhance GB-6 Man Yue Mei Clearing Tremella & American Ginseng	Taraxacum	pu gong ying	<i>Taraxacum officinale</i>
Deer antler velvet	Maternal Herbal OsteoHerbal		lu rong	
Deer antler velvet	Virility Caps		lu jiao shuang	
Diatase enzyme	Chzyme			
Dioscorea root	Source Qi	Chinese Yam , Wild Yam	shan yao	<i>Dioscorea oppositifolia</i>
Dipsacus root	Virility Caps	Sichuan Teasel	xu duan	<i>Dipsacus asper</i>

Ingredient Glossary

INGREDIENT	FORMULA	AKA	PINYIN	LATIN
Dong Quai root	AC-Q Aspiration Astra 18 Diet Astra Essence Astra Garlic Backbone Bupleurum Entangled Qi Calm Spirit Channel Flow Clearing Cold Away Coptis Purge Fire Cramp Bark Plus Eight Treasures Emperor's Ginseng Zizyphus Enhance Fertile Garden Flavonex Formula H Gastrodia Relieve Wind Head-Q Heavenly Water Hepatoplex Two Isatis Cooling Lily Bulb Formula Marrow Plus Maternal Herbal Mobility 2 Mobility 3 Nine Flavor Tea OsteoHerbal Postpartum Raise Qi Rehmannia & Milk Thistle	Tang Kuei	dang gui	Angelica sinensis

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Dong Quai root (<i>continued</i>)	Shen-Gem Skin Balance Three Immortals Tremella & American Ginseng Virility Caps Woman's Balance	Tang Kuei	<i>dang gui</i>	<i>Angelica sinensis</i>
Dragon's Blood resin	Resinall K		<i>xue jie</i>	<i>Daemonorops draco</i>
Echinacea root & aerial	Isatis Gold			<i>Echinacea purpurea</i>
Eggshell membrane	Collagenex 2			
Eleuthero root	Adrenosen Artestatin Astra 8 Astra Diet Tea Backbone Shen Ling		<i>ci wu jia</i>	<i>Eleutherococcus senticosus</i>
Epimedium leaf	Enhance Maternal Herbal Three Immortals Tremella & American Ginseng Virility Caps	Barrenwort, Horny Goat Weed	<i>yin yang huo</i>	<i>Epimedium sagittatum</i>
Eucalyptus leaf	Nasal Caps 2			<i>Eucalyptus globulus</i>
Eucommia bark	Backbone Flavonex Gastrodia Relieve Wind Maternal Herbal Rehmannia 8 Virility Caps		<i>du zhong</i>	<i>Eucommia ulmoides</i>
Eucommia leaf	Astra Essence Enhance		<i>du zhong</i>	<i>Eucommia ulmoides</i>
Evodia fruit	Maternal Herbal OsteoHerbal		<i>wu zhu yu</i>	<i>Evia ruteaccarpa</i>

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INGREDIENT	FORMULA	AKA	PINYIN	LATIN
Fennel fruit / seed	Aloe 22 Unlocking		xiao hui xiang	<i>Foeniculum vulgare</i>
Flesh-Finger Citron fruit	Hepatoplex Two	Buddha's hand	fo shou	<i>Citrus medica / Sarcodactylis swingle</i>
Forsythia fruit	Bupleurum Entangled Qi Cold Away Coptis Purge Fire Hepatoplex One Yin Chao Jin Yin Chao Jr.		lian qiao	<i>Forsythia suspensa</i>
Fossilized Coral Calcium	OsteoHerbal			<i>Okinawa coral</i>
Fo-Ti root	AC-Q Astra Essence Astra Garlic Enhance Flavonex Marrow Plus Mobility 3 Postpartum	Ho-shou-wu	he shou wu	<i>Polygonum multiflorum</i>
Fo-Ti stem	Astra Essence Gastrodia Relieve Wind	Ho-shou-wu	shou wu teng and/or ye jiao teng	<i>Polygonum multiflorum</i>
Fragrant Angelica root	Channel Flow Head-Q Mobility 2 Nasal Caps 2 Quiet Digestion Shu Gan Xanthium Relieve Surface	Angelica	bai zhi	<i>Angelica dahurica</i>
Frankincense resin (gum)	AC-Q	Indian Frankincense	ru xiang	<i>Boswellia serrata</i>
Frankincense resin	Resinall K		ru xiang	<i>Boswellia sacra</i>
Fried Bupleurum root		see Bupleurum	chai hu	<i>Bupleurum chinense</i>
Fritillaria bulb		see Zhejiang Fritillary	zhe bei mu	<i>Fritillaria thunbergii</i>

INGREDIENT	FORMULA	AKA	PINYIN	LATIN
Ganoderma fruiting body	CordySeng Tremella & American Ginseng	Reishi	ling zhi	<i>Ganoderma lucidum</i>
Gardenia fruit	Aspiration Astra 18 Diet Coptis Purge Fire Escape Restraint Gastrodia Relieve Wind Hepatoplex One Isatis Cooling Man Yue Mei Clearing Stone Clearing Woman's Balance Yin Chao Jr.		zhi zi	<i>Gardenia jasminoides</i>
Garlic bulb	Aloe 22 Astra Garlic Clear Air Man Yue Mei Clearing		da suan	<i>Allium sativum</i>
Gastrodia rhizome	AC-Q Gastrodia Relieve Wind		tian ma	<i>Gastrodia elata</i>
Gelatin (softgel- bovine)	EPAQ			
Gentian root	AC-Q Coptis Purge Fire Regeneration		qin jiao	<i>Gentiana lutea</i>
Gentian root	Skin Balance		long dan cao	<i>Gentiana lutea</i>
Ginger flavor	CordySeng		gan jiang	
Ginger rhizome / root	Aloe 22 Artestatin Aspiration Astra 18 Diet Astra Diet Tea Chzyme Clear Air Clear Phlegm	Charcoaled Ginger	gan jiang	<i>Zingiber officinale</i>

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INGREDIENT	FORMULA	AKA	PINYIN	LATIN
Ginger rhizome / root (continued)	CordySeng Cramp Bark Plus Ease 2 Eight Treasures Heavenly Water Hepatoplex One Mobility 2 Mobility 3 Postpartum Shen-Gem Shu Gan Six Gentlemen Stomach Caps	Charcoaled Ginger	gan jiang	Zingiber officinale
Ginkgo leaf	Flavonex		yi xing ye	Ginkgo biloba
Ginseng root	Astra 8 Shen-Gem	Asian Ginseng, Korean Ginseng, Chinese Ginseng	ren shen	Panax ginseng
Glehnia root	Fertile Garden		bei sha shen	Glehnia littoralis
Glehnia root	Nine Flavor Tea		sha shen	Glehnia littoralis
Glucoamylase enzyme	Chzyme Enteromend			
Glycerin	Astra Diet Tea EPAQ (softgel) Yin Chao Jr.			
Goldenseal root	Isatis Gold			Hydrastis canadensis
Gotu Kola aerial	Heavenly Water		ji xue cao	Centella asiatica
Grape seed	IBP			Vitis vinifera
Grass-Leaf Sweetflag rhizome	Clear Phlegm Flavonex	Acorus	shi chang pu	Acorus gramineus
Green coffee bean	Greenexcellent			Coffea canephora robusta

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Hawthorn berry / fruit	Adrenosen Astra Garlic Calm Spirit Marrow Plus Source Qi Stomach Caps	Crataegus	shan zha	<i>Crataegus pinnatifida</i> or <i>cuneata</i> <i>Crataegus oxyacantha</i> and/or <i>monogyna</i>
Hawthorn leaf & flower	Astra 8	Chinese Hawthorn, Crataegus		<i>Crataegus pinnatifida</i>
Heal All herb	Bupleurum Entangled Qi Formula H	Prunella	xia ku kao	<i>Prunella vulgaris</i>
Hedyotis herb	Clear Heat Enhance	Oldenlandia	bai hua she she cao	<i>Oldenlandia diffusa</i>
HemiSEB® (Hemicellulases, Beta-Glucanase, Xylanase, Pectinase & Phytase)	Chzyme			
Horse Chestnut seed	Formula V			<i>Aesculus hippocastanum</i>
Ho-shou-wu root		see Fo-Ti	he shou wu	<i>Polygoni multiflori</i>
Houttuynia herb	Phellostatin		yu xing cao	<i>Houttuynia cordata</i>
Hydrangea root	Essence Chamber		xiu qiu hua	<i>Hydranga arborescentis</i>
Ilex root		see Maté leaf		
Immature Citrus peel		see Aurantium, Bitter Orange, Citrus peel, Orange	zhi shi	<i>Citrus aurantium</i>
Immature Tangerine peel	Shu Gan		qing pi	
Indian Frankincense gum	Channel Flow Resinall E Caps		ru xiang	<i>Boswellia serrata</i>
Indian Plantago seed	Clearing		che qian zi	<i>Plantago ovata</i>
Indian Plantain seed husk	Man Yue Mei Clearing			<i>Plantago ovata</i>
Indian Tinospora root	Mobility 3	Guduchi, Tinospora	shen jin teng	<i>Tinospora cordifolia</i>
Invertase enzyme	Enteromend			

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INGREDIENT	FORMULA	AKA	PINYIN	LATIN
Isatis leaf	Astra Isatis Clear Heat Cold Away Enhance Isatis Cooling Isatis Gold Tremella & American Ginseng Yin Chao Jin		da qing ye	Isatis indigotica / Indigowoad
Isatis root	Astra Isatis Clear Heat Cold Away Coptis Purge Fire Enhance Isatis Cooling Isatis Gold Nine Flavor Tea Tremella & American Ginseng Yin Chao Jin		ban lan gen	Isatis indigotica / Indigowoad
Japanese Apricot fruit	Aloe 22	Mume	wu mei	Prunus mume
Japanese Honeysuckle	Clear Heat Cold Away Enhance Flavonex Formula H Gentle Senna Tremella & American Ginseng	Lonicera	jin yin hua	Lonicera japonica
Japanese Knotwood root	Man Yue Mei Clearing Stone Clearing	Polygonum	hu zhang	Polygonum cuspidatum
Java Brucea fruit	Artestatin	Brucea	ya dan zi	Bruca javanica
Job's Tears seed	Astra 18 Diet Quiet Digestion Shen Ling Source Qi	Coix	yi yi ren	Coix lacryma-jobi

INGREDIENT	FORMULA	AKA	PINYIN	LATIN
Jujube fruit	Eight Treasures Heavenly Water Marrow Plus Three Immortals	Red Date	<i>da zao</i>	<i>Ziziphus jujuba</i>
Jujube fruit / seed	Calm Spirit Emperor's Ginseng Zizyphus Flavonex	Zizyphus	<i>suan zao ren</i>	<i>Ziziphus jujuba</i>
Kombu leaf	Astra 18 Diet Astra Isatis Clear Heat Enhance	Laminaria (seaweed)	<i>kun bu</i>	<i>Laminaria japonica / laminaria digitata</i>
Krill oil	EPAQ			
Kudzu flower	Gentle Senna		<i>ge hua</i>	<i>Pueraria montana</i>
Kudzu root	Ease 2 Flavonex Quiet Digestion SPZM	Pueraria	<i>ge gen</i>	<i>Pueraria lobata</i>
L-5HTP	Griffonex 5-HTP			<i>Griffonia simplicifolia</i>
Lactase enzyme	Enteromend			
Laminaria leaf		see Kombu (seaweed)	<i>kun bu</i>	<i>Laminaria japonica</i>
Licorice root	Aloe 22 Artestatin Astra 8 Astra Isatis Channel Flow Chzyme Clear Air Clear Heat	Chinese Licorice	<i>gan cao</i>	<i>Glycyrrhiza glabra; Glycyrrhiza uralensis</i>

Ingredient Glossary

INGREDIENT	FORMULA	AKA	PINYIN	LATIN
Licorice root (<i>continued</i>)	Clear Phlegm Clearing Cold Away Coptis Purge Fire CordySeng Ease 2 Enhance Hepatoplex One Hepatoplex Two Lily Bulb Formula Man Yue Mei Clearing Mobility 2 OsteoHerbal Phellostatin Postpartum Rehmannia & Milk Thistle Shen-Gem Shu Gan Six Gentlemen SPZM Stomach Caps Stone Clearing Three Immortals Tremella & American Ginseng Woman's Balance Xanthium Relieve Surface Yin Chao Jin	Chinese Licorice	<i>gan cao</i>	<i>Glycyrrhiza glabra; Glycyrrhiza uralensis</i>
Ligusticum root	AC-Q Eight Treasures Escape Restraint Isatis Gold Maternal Herbal Mobility 2 Nasal Caps 2 Yin Chao Jr.	Ligusticum wallichii, Sichuan Lovage	<i>chuan xiong</i>	<i>Ligusticum wallichii</i>

INGREDIENT	FORMULA	AKA	PINYIN	LATIN
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Ligustrum fruit	Astra 8 Astra Essence Astra Isatis Enhance Fertile Garden Maternal Herbal Rehmannia & Milk Thistle Three Immortals Tremella & American Ginseng		nu zhen zi	Ligustrum lucidum
Lindera root	AC-Q Chzyme		wu yao	Lindera aggregata
Lipase enzyme	Chzyme Enteromend			
Lonicera flower		see Japanese Honeysuckle	jin yin hua	Lonicera japonica
Lophatherum leaf	Astra Diet Tea Coptis Purge Fire		dan zhu ye	Lophatherum gracile
Loquat leaf	Astra Diet Tea Yin Chao Jr.		pi pa ye	
Loranthus stem	AC-Q Fertile Garden Gastrodia Relieve Wind Mobility 3		sang ji sheng	Loranthi seu visci / Taxillus sutchuenensis / Parasiticus
Lotus seed	Source Qi	Sacred Lotus	lian zi	Nelumbo nucifera
Lutein	Bil Lutein			Tagetes erecta
Lycium cortex / bark	Clearing Great Yin Three Immortals Tremella & American Ginseng		di gu pi	Lycium chinensis

Ingredient Glossary

INGREDIENT	FORMULA	AKA	PINYIN	LATIN
Lycium fruit	Astra Essence Astra Isatis Enhance Fertile Garden Flavonex Marrow Plus Rehmannia & Milk Thistle Tremella & American Ginseng	Goji berry, Wolfberry	<i>gou qi zi</i>	<i>Lycium barbarum / chinense</i>
Magnesium glycinate (buffered)	Calm Spirit SPZM			
Magnesium (as magnesium oxide)	Man Yue Mei Clearing			
Magnolia bark	Artestatin Astra 18 Diet Chzyme Gentle Senna Head-Q Quiet Digestion Stomach Caps Xanthium Relieve Surface		<i>hou po</i>	<i>Magnolia officinalis</i>
Magnolia bark	Cold Away		<i>xin yi hua</i>	
Maitake fruiting body	Power Mushrooms		<i>hui shu hua</i>	<i>Grifola frondosa</i>
Marigold flowers		see Lutein		<i>Lutein Calendula officinalis L.</i>
Marshmallow root	Clear Air		<i>yao shu kui</i>	<i>Althaea officinalis</i>
Maté leaf	Flavonex	Illex, Yerba Maté		<i>Ilex paraguariensis</i>
Melia fruit	Aloe 22 Fertile Garden GB-6 Unlocking		<i>chuan lian zi</i>	<i>Melia toosendani</i>
Mentha herb		see Chinese Mint, Peppermint	<i>bo he</i>	<i>Mentha piperita</i>
Microcos paniculata leaf	Gentle Senna		<i>po bu ye</i>	<i>Microcos paniculata</i>

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Milk Thistle seed	Artestatin Milk Thistle 80 Rehmannia & Milk Thistle		shui fei ji	<i>Silybum marianum</i>
Millettia	Eight Treasures		wang luo ya dou teng / ji xue teng	<i>Millettia reticulata</i>
Morinda root	Backbone Maternal Herbal Three Immortals Virility Caps		ba ji tian	<i>Morinda officinalis</i>
Moutan root bark		see Tree Peony	mu dan pi	<i>Paeonia suffruticosa</i>
Mullein leaf	Tremella & American Ginseng		jia yan ye	<i>Verbascum thapsus</i>
Mume fruit		see Japanese Apricot	wu mei	<i>Prunus mume</i>
Myrrh resin	Backbone Channel Flow Resinall E Caps Resinall K		mo yao	<i>Commiphora myrrha</i>
Nutmeg seed	Aloe 22 Source Qi		rou dou kou	<i>Myristica fragrans</i>
Oldenlandia herb	Skin Balance	Hedyotis	bai hua she she cao	<i>Oldenlandia diffusa</i>
Ophiopogon root	Calm Spirit Clearing Emperor's Ginseng Zizyphus Lily Bulb Formula Nine Flavor Tea Tremella & American Ginseng		mai men dong	<i>Ophiopogon japonicus</i>
Orange peel	Cold Away		chen pi	<i>Citrus reticulata</i>
Orange peel	Bupleurum Entangled Qi		chih-shih	<i>Citrus sinensis</i>
Orange peel	Chzyme	Blue Citrus	tian cheng	<i>Citrus sinensis</i>
Orange peel	Quiet Digestion Woman's Balance	Aurantium, Bitter Orange, Citrus, Immature Citrus	zhi shi	<i>Citrus sinensis</i>
Oryza sprout		see Rice sprouts	gu ya	

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INGREDIENT	FORMULA	AKA	PINYIN	LATIN
Oyster extract	Ease Plus Isatis Cooling			<i>Ostrea gigas</i>
PAK	Adrenosen			<i>Pyridoxal alpha Ketoglutarate from Carica papaya</i>
Papain enzyme	Resinall E Caps			<i>Passiflora incarnata</i>
Passionflower aerial	Heavenly Water			<i>Patrinia scabiosaeifolia</i>
Patrinia whole plant	Essence Chamber Unlocking		<i>bai jiang cao</i>	
Peach kernel / seed	Cramp Bark Plus Gentle Senna Hepatoplex One Hepatoplex Two Mobility 2 Regeneration	Persica kernel	<i>tao ren</i>	<i>Prunus persica</i>
Peppermint leaf / herb	Astra Diet Tea Chzyme Clear Phlegm Quiet Digestion Yin Chao Jin	Chinese Mint, Mentha	<i>bo he</i>	<i>Mentha piperita</i>
Peppermint oil	Tamu Oil			
Peptidase enzyme	Enteromend			
Perilla leaf	Astra Diet Tea Yin Chao Jr.		<i>zi su ye</i>	<i>Perilla frutescens</i>
Persica kernel		see Peach kernel	<i>tao ren</i>	<i>Prunus persica</i>
Peucedanum root	Yin Chao Jr.		<i>qian hu</i>	<i>Peucedanum praeruptorum</i>
Phellodendron bark	Clearing Formula H		<i>huang bo</i>	<i>Phellodendron amurense</i>

INGREDIENT	FORMULA	AKA	PINYIN	LATIN
Phellodendron cortex/bark	Coptis Purge Fire Great Yin Phellostatin Source Qi Three Immortals Unlocking		huang bai	<i>Phellodendron amurense</i>
Phyllanthus amarus aerial	Stone Clearing			<i>Phyllanthus amarus</i>
Pinellia rhizome	Yin Chao Jr.		ban xia	<i>Pinellia ternata</i>
Plantago seed	Phellostatin Stone Clearing	Indian Plantain	che qian zi	<i>Plantago ovata</i>
Plantain seed husk	Rehmannia & Milk Thistle		che qian zi	<i>Plantago ovata</i>
Platycodon root	Astra 18 Diet Clear Air Cold Away Emperor's Ginseng Zizyphus Isatis Gold Lily Bulb Formula Shen Ling Xanthium Relieve Surface Yin Chao Jr.	Balloon flower	jie geng	<i>Platycodon graniflorus</i>
Polygala root	Aspiration Calm Spirit Emperor's Ginseng Zizyphus Shen-Gem Enhance	Senga	yuan zhi	<i>Polygala tenuifolia</i>
Polygonum herb		Japanese Knotwood	hu zhang	<i>Polygonum cuspidatum</i>
Polygonum stem		see Fo-Ti	ye jiao teng	<i>Polygonum multiflorum</i>
Polyporus sclerotium	Aloe 22 Drain Dampness		zhu ling	<i>Polyporus umbellatus</i>
Pomegranate fruit	Aloe 22 Maternal Herbal Mobility 2 Polilipid		shi liu pi	<i>Punica granatum</i>

Ingredient Glossary

INGREDIENT	FORMULA	AKA	PINYIN	LATIN
Pomegranate fruit skin	Pomexcellent			<i>Punica granatum</i>
Poria sclerotium	Aloe 22 Aspiration Calm Spirit Chzyme Clear Phlegm Clearing Cramp Bark Plus Drain Dampness Ease 2 Emperor's Ginseng Zizyphus Essence Chamber Fertile Garden Fo-Ti stem Gastrodia Relieve Wind Ginseng and Rhodiola Heavenly Water Maternal Herbal Mobility 2 Nine Flavor Tea Power Mushrooms Quiet Digestion Rehmannia 8 Shen Ling Unlocking Woman's Balance		<i>fu ling</i>	<i>Wolfiporia cocos</i>
Prickly Ash bark	Aloe 22			<i>Zanthoxylum americanum</i>
Protease enzyme	Chzyme Enteromend			
Prunella herb	Clear Heat	Heal All	<i>xia ku cao</i>	<i>Prunella vulgaris</i>
Pseudostellaria root	Adrenosen Fertile Garden Heavenly Water		<i>tai zi shen</i>	<i>Pseudostellaria heterophylla</i>

INGREDIENT	FORMULA	AKA	PINYIN	LATIN
Psoralea fruit	Backbone Virility Caps		bu gu zhi	<i>Psoralea corylifolia</i>
Pubescens Angelica root	AC-Q		du huo	<i>Angelica pubescens</i>
Pueraria root	Gentle Senna	Kudzu	ge gen	<i>Pueraria lobata</i>
Pumpkin seed	Essence Chamber		nan gua zi	<i>Curcubita pepo</i>
Qin Jiao root		see Gentian	qin jiao	<i>Gentiana manshurica</i>
Quercetin flower bud	Formula H			<i>Sophora japonica</i>
Radish seed	Source Qi		lai fu zi	<i>Raphanus sativus</i>
Raspberry fruit	Aloe 22	Rubia, Rubus	fu pen zi	<i>Rubus idaeus</i> or <i>Rubus chingii</i>
Red Atractylodes rhizome		see Cang-Zhu Atractylodes	cang zhu	<i>Atractylodes lancea</i>
Red Date fruit		see Jujube	da zao	<i>Ziziphus jujuba</i>
Red Ganoderma fruiting body	Power Mushrooms	Reishi	ling zhi	<i>Ganoderma lucidum</i>
Red Peony root		see Chinese Peony	chi shao	<i>Paeonia lactiflora</i>
Rehmannia root (cooked)	AC-Q Backbone Eight Treasures Enhance Lily Bulb Formula Maternal Herbal Mobility 2 Rehmannia & Milk Thistle Rehmannia 8 Three Immortals Tremella & American Ginseng	Chinese Foxglove	shu di huang	<i>Rehmannia glutinosa</i>

Ingredient Glossary

INGREDIENT	FORMULA	AKA	PINYIN	LATIN
Rehmannia root (raw)	Astra Essence Formula H Great Yin Marrow Plus Mobility 3 Nine Flavor Tea OsteoHerbal Postpartum Skin Balance Virility Caps		sheng di huang	<i>Rehmannia glutinosa</i>
Reishi fruiting body	Astra Garlic Enhance	Red Ganoderma	ling zhi	<i>Ganoderma lucidum</i>
Rhodiola root	Ginseng and Rhodiola		hong jing tian	<i>rhodiola rosea</i>
Rhubarb rhizome		see Chinese Rhubarb	da huang	<i>Rheum officinale</i>
Rice sprouts	Yin Chao Jr.		gu ya	
Rose Hips fruit	Astra C Flavonex		jin ying zi	<i>Rosa canina</i>
Rubia root		see Raspberry		<i>Rubus idaeus</i>
Rubus fruit		see Raspberry	fu pen zi	<i>Rubus chingii</i>
Rutin	Resinall E Caps			
Sacred Lotus seed	Clearing Marrow Plus Shen Ling	Lotus	lian zi	<i>Nelumbo nucifera</i>
Safflower flower	Backbone Cramp Bark Plus Resinall E Caps Skin Balance	Carthamus	hong hua	<i>Carthamus tinctorius</i>
Sage leaf	Lily Bulb Formula		shu wei cao	<i>Salvia officinalis</i>
Salvia root	Astra Garlic Emperor's Ginseng Zizyphus Essence Chamber	Chinese Salvia	dan shen	<i>Salvia miltiorhiza</i>

INGREDIENT

FORMULA

AKA

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Sargentodoxa herb	Unlocking			<i>da xue teng</i>	<i>Sargentodoxa cuneata</i>
Saussurea lappa root			see Costus, Vladimiria souliei	<i>mu xiang</i>	<i>Saussurea costus</i>
Saw Palmetto fruit	Essence Chamber			<i>juyue zong</i>	<i>Serenoa repens</i>
Schisandra fruit / berry	Adrenosen	Schizandra		<i>wu wei zi</i>	<i>Schisandra chinensis</i>
	Astra 8				
	Clear Air				
	Emperor's Ginseng Zizyphus				
	Enhance				
	Flavonex				
	Hepatoplex One				
	Rehmannia & Milk Thistle				
	Schisandra Dreams				
	Shen-Gem				
Schizonepeta herb	Tremella & American Ginseng			<i>jing jie</i>	<i>Nepeta tenuifolia</i>
	Xanthium Relieve Surface				
Scute root	Xanthium Relieve Surface Yin Chao Jin				
Scythian Lamb rhizome	Backbone		see Chinese Skullcap, Scute	<i>huang qin</i>	<i>Scutellaria baicalensis</i>
Senna leaf	Gentle Senna		Woodwardia orientalis	<i>gou ji</i>	<i>Cibotium barometz</i>
	Skin Balance			<i>fan xie ye</i>	<i>Senna alexandrina</i>
Serratiopeptidase derived form L serratia E15	Serramend				
Shatavari root	Fertile Garden		Satavari		<i>Asparagus racemosus</i>
Sichuan Fritillary bulb	Ginseng and Rhodiola Lily Bulb Formula		Fritillaria	<i>chuan bei mu</i>	<i>Fritillaria cirrhosa</i>
Sichuan Lovage root / rhizome	Bupleurum Entangled Qi		Ligusticum, Ligusticum wallichii	<i>chuan xiong</i>	<i>Ligusticum wallichii</i>
	Head-Q				
Sichuan Teasel root	Hepatoplex Two		Dipsacus	<i>xu duan</i>	<i>Dipsacus asper</i>
	OsteoHerbal Postpartum				
	Backbone				

Ingredient Glossary

INGREDIENT	FORMULA	AKA	PINYIN	LATIN
Siler root	AC-Q Head-Q Mobility 2 Xanthium Relieve Surface		<i>fang feng</i>	<i>Ledeboriella seseloides</i>
Skullcap root	Clear Air Coptis Purge Fire Phellostatin	Chinese Skullcap, Scute	<i>huang qin</i>	<i>Scutellaria baicalensis</i>
Slippery Elm bark	Aloe 22			<i>Ulmus rubra or fulva</i>
Sophora root	Coptis Purge Fire		<i>ku shen</i>	<i>Sophora flavescens</i>
Soy bean sprout	Yin Chao Jin		<i>dan dou chi</i>	
Spatholobus stem	Enhance Marrow Plus Mobility 3 OsteoHerbal SPZM Tremella & American Ginseng		<i>ji xue teng</i>	<i>Spatholobus suberectus</i>
Stoneroot root	Formula V			<i>Collinsonia canadensis</i>
Strontium Carbonate	BioStrong			
Sweet Violet leaf	Skin Balance	Viola, Tokyo Violet	<i>zi hua di ding</i>	<i>Violet odorata</i>
Sweet Wormwood aerial	Postpartum	Artemisia	<i>ai ye (artemisia argyi) or qing hao (artemisia annua)</i>	<i>Artemisia annua</i>
Sweet Wormwood aerial	Artestatin Formula H	Artemisia, Chinese Wormwood	<i>qing hao</i>	<i>Artemisia annua</i>
Sytrinol (citrus & palm fruit extracts)	Polilipid			<i>Citrus sinensis & Palm Elaeis guineensis</i>
Tamanu Oil	Tamu Oil			
Tang Kuei root		see Dong Quai	<i>dang gui</i>	<i>Angelica sinensis</i>

INGREDIENT	FORMULA	AKA	PINYIN	LATIN
Tangerine peel	Artestatin Clear Phlegm Enhance Heavenly Water Marrow Plus Mobility 2 Postpartum Raise Qi Shen Ling Shu Gan Six Gentlemen Stomach Caps Tremella & American Ginseng Unlocking	Citrus	<i>chen pi</i>	<i>Citrus reticulata viride and/or pericarpium</i>
Tangerine peel	AC-Q Astra 18 Diet Bupleurum Entangled Qi Chzyme	Citrus, Blue, Immature Tangerine	<i>qing pi</i>	<i>Citri reticulataa viride</i>
Taraxacum herb		see Dandelion	<i>pu gong ying</i>	<i>Taraxacum officinale</i>
Tart cherry fruit	Chzyme			<i>Prunus cerasus</i>
Taurine	Bil Lutein Calm Spirit IBP			<i>L. Taurine</i>
Terminalia fruit		see Chebulic Myrobalan	<i>he zi</i>	<i>Terminalia chebula</i>
Thyme leaf	Nasal Caps 2			<i>Thymus vulgaris</i>
Tienchi root	Mobility 3 Regeneration Rehmannia & Milk Thistle Resinall E Caps Stone Clearing		<i>san qi</i>	<i>Panax pseudoginseng</i>
Tienchi Ginseng root	Resinall K		<i>san qi</i>	<i>Panax notoginseng</i>
Tiger Lily bulb	Lily Bulb Formula	Lily	<i>bai he</i>	<i>Lilium lancifolium</i>

Ingredient Glossary

INGREDIENT	FORMULA	AKA	PINYIN	LATIN
Tinospora root		see Indian Tinospora	shen jin teng	<i>Tinospora cordifolia</i>
Tokoro rhizome	Essence Chamber		fen bi xie	<i>Dioscoria hypoglauca</i>
Tokyo Violet	Clear Heat	Viola, Sweet Violet	zi hua di ding	<i>Viola yedoensis</i>
Trametes vesicolor	Coriolus PS	Turkey tail	yun zhi	<i>Coriolus versicolor</i>
Tree Peony root & bark	Rehmannia 8	Moutan	mu dan pi	<i>Paeonia suffruticosa</i>
Tremella fruiting body	Enhance Power Mushrooms Tremella & American Ginseng		bai mu er	<i>Tremella fuciformis</i>
Trichosanthes root	Bupleurum Entangled Qi Clear Air Heavenly Water Quiet Digestion Yin Chao Jr.		tian hua fen	<i>Trichosanthes kirilowii</i>
Tribulus fruit	Stone Clearing		ji li	<i>Tribulus terrestris</i>
Trypsin enzyme	Resinall E Caps			
Turmeric rhizome	Clear Air Curcuma Flow	Curcuma	jiang huang	<i>Curcuma longa</i>
Turmeric root	Clear Air Clear Phlegm	Curcuma	jiang huang	<i>Curcuma longa</i>
Turmeric root	Artestatin GB-6 Head-Q Regeneration Rehmannia & Milk Thistle Shu Gan Tremella & American Ginseng	Curcuma	yu jin	<i>Curcuma longa</i>
Ulmus fruit		see Slippery Elm	wu yi	<i>Ulmus rubra or fulva</i>
Uncaria stem	Aspiration Gastrodia Relieve Wind		gou teng	<i>Uncaria rhynchophylla</i>
Uva-Ursi leaf	Essence Chamber Man Yue Mei Clearing		xiong guo	<i>Arctostaphylos uva-ursi</i>

INGREDIENT

FORMULA

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Vaccaria seed		see Cow Cockle	wang bu liu xing	<i>Vaccaria segetalis</i>
Valerian root	Schisandra Dreams			<i>Valeriana officinalis</i>
Viola herb/root		see Tokyo Violet, Sweet Violet	zi hua di ding	<i>Violet odorata</i>
Vitex fruit		see Chaste Tree	man jing zi	<i>Vitex trifolia</i>
Vladimiria Souliei root		see Costus	mu xiang	<i>Saussaurea costus</i>
Water (purified)	Astra Diet Tea			
White Atractylodes rhizome		see Bai-Zhu Atractylodes	bai zhu	<i>Atractylodes macrocephala</i>
White Ginseng root	Emperor's Ginseng Zizyphus Ginseng and Rhodiola		bai ren shen	<i>Panax ginseng</i>
White Mulberry leaf	Astra Isatis Yin Chao Jr. Flavonex Ginseng and Rhodiola	Morus	sang ye	<i>Morus alba; Folium mori</i>
White Peony root		see Chinese Peony	bai shao	<i>Paeonia lactiflora</i>
Wild Chrysanthemum flower	Quiet Digestion Xanthium Relieve Surface		ju hua	<i>Chrysanthemum multiflorum</i>
Wild Chrysanthemum flower	Cold Away		ye ju hua	<i>Dendranthema indicum</i>
Wild Yam root	Nine Flavor Tea Rehmannia 8	Chinese Yam, Dioscorea	shan yao	<i>Dioscorea villosa / Dioscorea oppositifolia</i>
Woodwardia orientalis		see Scythian Lamb	gou ji	<i>Cibotium barometz</i>
Xanthium fruit	Cold Away Nasal Caps 2 Xanthium Relieve Surface		cang er zi	<i>Xanthium sibiricum</i>
Yarrow aerial	Shu Gan Three Immortals Unlocking		ya luo	<i>Achillea millefolium</i>
Yerba Santa leaf	Clear Air			<i>Eriodictyon californium</i>
Yin-Chen Wormwood herb	Phellostatin Stone Clearing	Capillaris	yin chen hao	<i>Artemesia capillaris</i>
Zanthoxylum fruit		see Prickly Ash	chuan jiao	<i>Zanthoxylum americanum</i>

Ingredient Glossary

INGREDIENT	FORMULA	AKA	PINYIN	LATIN
Zhejiang fritillary bulb	Yin Chao Jr.	Fritillaria	zhe bei mu	<i>Fritillaria thunbergii</i>
Zinc Citrate	Astra C			
Zizyphus seed	Emperor's Ginseng Zizyphus Shen-Gem	Jujube	suan zao ren	<i>Ziziphus jujuba</i>

Allergy Protocols

Allergic Rhinitis:

2 capsules of Xanthium Relieve Surface +
1 capsule of Astra C, TID/QID

Allergies Asthma (acute):

Xanthium Relieve Surface + CordySeng

Allergies Asthma (chronic):

Astra C + CordySeng

Allergies with Swelling:

Xanthium Relieve Surface + Drain
Dampness

Allergy Spleen Qi Deficiency:

Xanthium Relieve Surface + Six Gentlemen

Heavy Mucus:

Xanthium Relieve Surface + Clear Phlegm. When using Clear Phlegm
monitor dosage: excessive mucus increase dosage, dry mouth decrease
dosage.

High Altitude & Dry Nose:

Xanthium Relieve Surface + Lily Bulb Formula

Necrotic Tissue / Nasal Polyps:

Serramend, Nasal Caps 2 + Serramend

Prevention: Spleen Qi tonics long-term:

Astra C + Six Gentlemen, Astra C + Colostroplex

Sinus Headaches:

Nasal Caps 2 + Head-Q

Sinus Infection:

Nasal Caps 2 + Coptis Purge Fire

Sinusitis (acute and chronic):

Nasal Caps 2, Clear Phlegm, Serramend



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www.healthconcerns.com/pro.

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