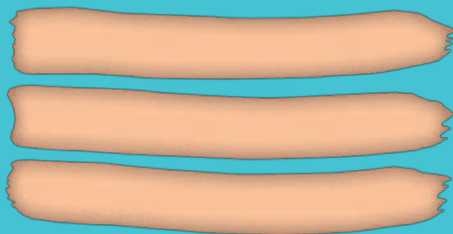


CHINESE MODULAR SOLUTIONS



FORMULA GUIDE

Harriet Beinfield, LAc and Efrem Korngold, LAc, OMD

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Revised Edition, May 2015

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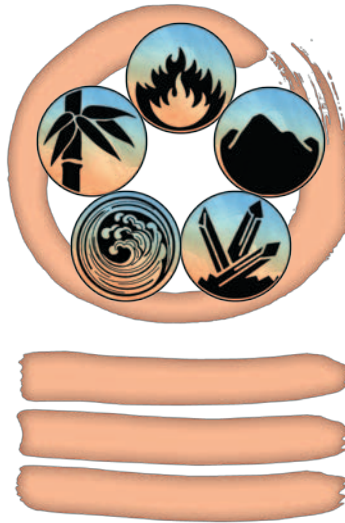
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CHINESE HERBAL PRODUCTS YOU CAN TRUST

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CHINESE MODULAR SOLUTIONS

CUSTOMIZED FORMULAS

Chinese Modular Solutions includes an integrated repertoire of 30 herbal formulas in four categories: Regulating, Eliminating, Strengthening and Harmonizing, enabling practitioners to create individualized formulas that are easy to use.

Formulated by Harriet Beinfield, LAc and Efrem Korngold, LAc, OMD

Contents

Product Information	1
Certificate of Analysis Sample.....	6
High Performance Thin Layer Chromatography Sample	7
Kan Herb Company Formula Lines.....	8
Kan Herb Company Online	9
Introduction to Chinese Modular Solutions	10
Chinese Modular Solutions: Customized Formulations.....	12
Combining Guidelines.....	16
Administration.....	17
Taking the Solutions.....	18

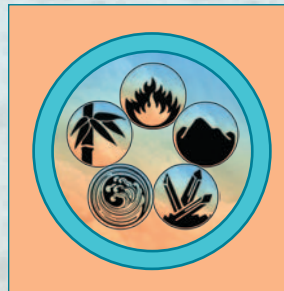
CHINESE MODULAR SOLUTIONS FORMULAS

Regulating Modules	23
Tonify Qi.....	24
Tonify Moisture	26
Tonify Red River.....	28
Consolidate Qi.....	30
Consolidate Moisture.....	32
Consolidate Red River	34
Replenish Essence.....	36
Comfort Shen.....	39
Disperse Qi	41
Disperse Moisture	43
Disperse Red River	45

Eliminating Modules	47
Purge Qi	48
Purge Moisture	50
Purge Red River	52
Purge Cold.....	54
Purge Heat.....	56
Purge Damp Heat	58
Purge Sticky Stuff.....	60
Purge Internal Wind.....	62
Purge External Wind	64
Strengthening Modules	67
Strengthen Wood.....	68
Strengthen Fire.....	70
Strengthen Earth.....	72
Strengthen Metal.....	74
Strengthen Water	76
Harmonizing Modules	79
Harmonize Water & Fire.....	80
Harmonize Fire & Metal	82
Harmonize Metal & Wood	84
Harmonize Wood & Earth	86
Harmonize Earth & Water	88

Formulas Alphabetically

Comfort Shen.....	39
Consolidate Moisture.....	32
Consolidate Qi.....	30
Consolidate Red River.....	34
Disperse Moisture.....	43
Disperse Qi.....	41
Disperse Red River.....	45
Harmonize Earth & Water.....	88
Harmonize Fire & Metal.....	82
Harmonize Metal & Wood.....	84
Harmonize Water & Fire.....	80
Harmonize Wood & Earth.....	86
Purge Cold.....	54
Purge Damp Heat.....	58
Purge External Wind.....	64
Purge Heat.....	56
Purge Internal Wind.....	62
Purge Moisture.....	50
Purge Qi.....	48
Purge Red River.....	52
Purge Sticky Stuff.....	60
Replenish Essence.....	36
Strengthen Earth.....	71
Strengthen Fire.....	69
Strengthen Metal.....	73
Strengthen Water.....	75
Strengthen Wood.....	67
Tonify Moisture.....	26
Tonify Qi.....	24
Tonify Red River.....	28



All 30 Chinese Modular Solutions Formulas are available in 1 ounce, 2 ounce, 4 ounce and 8 ounce concentrated liquid extracts. Seven of the formulas are also available in 700 milligram tablets, in quantities of 60, 120 and 300 tablets per bottle.



CHINESE HERBAL PRODUCTS YOU CAN TRUST

Product Information

Quality Assurance from Start to Finish: Manufactured Exclusively in the USA

At Kan Herb Company, we assume responsibility for every level of the manufacturing process. Meticulous about the efficacy, quality and safety of every proprietary product, Kan Herb Company manufactures its products at our facilities in California, in compliance with current Good Manufacturing Practices (cGMP). We control all phases of the production process, from procurement and testing of raw ingredients to the manufacturing and packaging of our formulas.

Quality is expressed throughout – in our use of innovative technologies, producing the greatest percentage of active herbal material per ounce, to excellence in customer service and professional consultation.

The Kan Commitment

At Kan Herb Company, quality starts at the source with high-grade Chinese herbs. We assemble, test and manufacture our herbal formulas at our facility in the United States, following stringent manufacturing standards, to assure that the potency and purity you expect is in every bottle. Kan Herb Company's assessment and testing of each herbal ingredient means that, regardless of seasonal and market variations, Kan Herb formulas are composed of the highest quality materials. Every step of the manufacturing process is evaluated according to rigorous qualitative and quantitative standards. We test every incoming

lot of herbs for more than 250 different pesticides as well as all toxic metals and bio-burdens, such as yeast, mold, E. coli, Salmonella and total aerobic plate count. Our Certificates of Analysis (*see page 6*) attest to the extensive testing our products undergo.

Every herb is inspected for appropriate genus and part, as well as for quality and freshness, using traditional organoleptic methodology, and testing such as High Performance Thin Layer Chromatography (HPTLC) (*see page 7*). The herbs' size, shape, aroma, taste and texture are examined for the purpose of identification as well as quality. Each herb is also examined for cleanliness and for the absence of filth or animal parts, bugs or larvae. Only superior grades are selected, and any adulterated, improperly substituted or poor quality herbs are rejected. Our database contains detailed specification describing the physical characteristics and quality markers of more than 300 Chinese herbs.

Certain Chinese herbs are treated with sulfur to give them an appearance of freshness and, as a result, many have demonstrated unacceptably high levels of sulfites. At Kan Herb Company, our first concern is safety, and we make every effort to ensure that our herbs are indeed sulfite-free.

We choose to use organic herbs when available, such as is the case with our Ginseng, as we have access to a steady supply of organic-grade material. The selection of organic Chinese herbs, while growing, is not yet encompassing of all of the herbs that we use regularly, nor is it always available.

Current Good Manufacturing Practices

To ensure that our finished products are of consistently high quality, and to prevent materials from being adulterated or contaminated, we have established manufacturing controls that meet or exceed recognized current Good Manufacturing Practices (cGMPs) set forth by the United States Food and Drug Administration. Our internal manufacturing controls provide documented proof that correct procedures are consistently followed, at each step of the manufacturing process, every time the product is made. Our cGMPs assure the safety, purity, consistent composition and quality of all of our finished products.

Extensive controls cover the sanitation and hygiene of our facilities, utensils, production materials and containers, as well as frequent, and at least weekly, testing of our manufacturing equipment, utensils and holding tables for total aerobic count, yeast and mold, E. coli and total coliforms. Utilizing qualitative and quantitative analysis, Kan Herb Company's Quality Control unit oversees all procedures, procurements, specifications, controls, tests and examinations that impact the purity, quality and composition of an ingredient or product. All raw materials, in-process and finished Chinese herbal dietary supplements are inspected by our Quality Control unit; complete inspection records and laboratory tests are maintained.

Controls are also in place for handling in-process dietary materials throughout each step of the production process, such as worksheets and traveling tags, assuring consistency from batch to batch, easy monitoring, and averting opportunities for adulteration. All bulk herbal ingredients are stored in temperature-controlled quarantine areas. In-process dietary supplements are labeled with a formula identification number, lot number, receiving date and expiration date for easy tracking by our Quality Control (QC) department. Finished product is bottled in approved containers that are then capped and sealed with a tamper-proof covering and shrink-wrapped. Every bottle is barcoded for ease of tracking. Our entire manufacturing plant and warehouse are monitored daily for proper temperature and humidity.

Our Master Manufacturing Record (MMR) specifies every step that must be performed, from the dietary ingredients being used to the end result – a bottle ready to be sold. At every step of the manufacturing process, a QC technician verifies weight and ingredients, attesting that each step of production is performed as specified in the MMR, and attesting that the in-process dietary supplement is clearly identified.

Any dietary ingredient, in-process, finished dietary supplement, packaging unit or label not meeting specifications is rejected. The rejection is recorded in our rejection log, documenting the reason why it was rejected. Any deviation or out-of-specification to the manufacturing cycle is investigated, and approved or rejected by Quality Control. Our safety limits meet or exceed United States Pharmacopeia's (USP) recommended limits for heavy metals, total bacterial count, yeast, mold, E. coli and Salmonella.



TESTING FOR SAFETY

Once the herbs have passed the initial Quality Control requirements, they are tested for heavy metals, over 250 types of pesticide residues and microbiological contaminants. We ensure that our products are free of any herb that may contain aristolochic acid.

TESTS PERFORMED

Product Identification Testing:

- Organoleptic Examination
- Identity Testing (HPTLC)

Microbiological Screening:

- Total Aerobic Plate Count
- E. Coli
- Total Coliforms
- Yeast and Mold
- Salmonella

Over 250 pesticide agents are screened, including:

- Organophosphates
- Organonitrogen
- Organochloride
- N-Methyl Carbamate

Heavy Metals Screened:

- Lead
- Cadmium
- Arsenic
- Mercury

Stability Testing



Testing for Safety

Once the herbs have passed the initial Quality Control examination and organoleptic examination, they are sent for identity testing to an FDA approved laboratory. Each herb is then assayed for the proper genus and specie through High Performance Thin Layer Chromatography (HPTLC) (*see page 7*) or through microscopy. Each herb is compared to the proper voucher specimen to determine identity. All herbs failing the organoleptic examination or identity testing are rejected.

Accepted herbs are then subsequently tested for more than 250 types of pesticide residues and microbiological contaminants. Any herb exceeding our established limits is rejected. Once the formula is assembled, three organoleptic examinations are performed, two in the in-process stage and one at the end of the manufacturing cycle. All finished product is sent to an outside laboratory for heavy metal testing.

All batches of finished product must be approved by Quality Control before they can be bottled and released for sale. If the formula does not match specified standards, it is rejected. Once the product has been accepted and has been bottled, another examination is performed to insure proper bottling of the product.

The newest technologies are employed, providing a high level of sensitivity for any desired marker, and a highly accurate representation of activity. Our tests are comprehensive, accurate, and available in reports that are easy to understand. Thanks to the rigorous testing of each herbal ingredient, our customers are assured that Kan Herb Company's proprietary products are composed of the highest quality herbal materials.

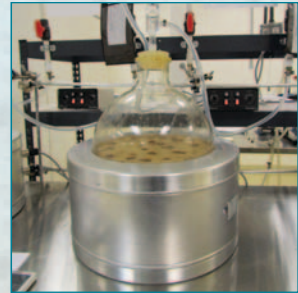
Our finished dietary supplements are tested for total aerobic count, E. coli, coliforms, yeast, mold and salmonella; and for heavy metals, including lead, cadmium, arsenic and mercury. We perform stability testing to ensure the quality of our products over time. Stability testing is performed at one, two, three, and four years after the manufacturing date for all our finished dietary supplements. Tests include total bacterial count, and yeast and mold.

A Certificate of Analysis is made for each finished dietary supplement. This is available to the public and practitioners on our website (www.kanherb.com) for all of our finished proprietary dietary supplements. The Certificate of Analysis includes all pesticide, microbiological and heavy metal levels found in that specific batch for that specific formula.

Concentrated and Readily Absorbed Herbal Extracts

Once our dietary ingredients have passed quality inspection and testing, they are compounded into a formula and painstakingly blended and ground, making the active ingredients more accessible. They are processed according to Kan Herb Company's unique water/alcohol extraction methodology.

Excellent manufacturing techniques are required to yield the high concentration of active ingredients necessary for effective herbal therapy. Due to the molecular composition of the herbs, some herbs extract well in water, while others, such as Ginseng, require alcohol to extract the active ingredients (such as ginsenosides). Kan Herb Company's innovative



MICROBIAL LIMITS

Microbial limits for incoming dietary ingredients, for both tablets and liquid extracts, in-process and finished dietary supplements are as follows:

TOTAL AEROBIC PLATE COUNT:

- 100,000 Colony Forming Units (CFUs) per gram for tablets
- 10,000 CFUs per gram for liquid extracts

TOTAL YEAST AND MOLD:

- 10,000 CFUs per gram for tablets (dried, unprocessed herbs)
- 1,000 CFUs per gram for liquid extracts

TOTAL COLIFORMS:

- 10,000 CFUs per gram for tablets (dried, unprocessed herbs)
- 100 CFUs per gram for liquid extracts

SALMONELLA:

- Not detected in 10 grams

ESCHERICHIA COLI (E. COLI):

- Not detected in 10 grams



closed system, water-alcohol matrix extraction process ensures that all active ingredients are captured, while letting no volatile oils escape. With strict control of temperature and timing, the herbs are extracted at low temperatures, with all volatile oils captured in our closed glass system. The water is purified through a reverse osmosis process. All stages of the cooking process are clearly identified with cooking, pressing, extraction and centrifuge time, and certified at every stage by a Quality Control Technician.

This process ensures a complete extraction that yields maximum active ingredients from each of the herbs being extracted. The diversity of taste and smell inherent to each herb found in each formula is clearly rendered in the final product.

Batch to batch consistency of each lot of finished liquid extract is verified. Each product is referenced against up to three prior batches, confirming proper extraction as indicated by consistent color, appearance, odor and taste. The highest level of active constituents are included in our final product, rendering small batches of fresh, full-spectrum herbal extracts with an 8:1 potency. Our extracts are of remarkable character, enriched with the individual flavors and clinical potency that the ancient herbal masters intended.

Liquid extracts are the most bioavailable form of delivery available, surpassing any other mode of delivery, including tablets or concentrated powders. Easy to digest, they are ideal for those with weak digestion or difficulty swallowing pills, such as in the case for many older people and children. Our concentrated water/alcohol extracts are usually assimilated within 15 minutes of ingestion.

When the movement of Blood and Qi is the chosen course of action, extracts are generally more effective. Some individuals also appreciate the very direct experience of the herbs, through their strong taste. The flexibility offered by the liquid extracts allows practitioners to quickly modify any formula to tailor it to the individual's needs.

It is our experience that the small amount of alcohol consumed has little or no impact, and is offset by the overall effect of the herbs. If an alcohol-free administration is desired, extract drops may be added to freshly boiled water. Allow five to ten minutes for alcohol to evaporate.

The alcohol used in our liquid extracts is a corn/grain blend and certified to be gluten-free. USP-grade vegetable palm derived glycerin is added to the Gentle Warriors/Peacemakers formulas and the Kan Essentials formulas.

Potency in a Tablet

Each in-process product, or individual herbal material is cooked using steam and pressure when needed. The product is compounded, finely milled and thoroughly blended. The resulting potent and bioavailable powdered material is tableted, utilizing varying levels of direct cold compression. Natural binders are only used when absolutely necessary. For preservation and easy swallowing, the tablets are coated with microcellulose, a natural FDA-approved vegetable based coating.

The tablets are tested to ensure quality and consistency. Meticulous tests for disintegration, weight and uniformity, hardness and friability are performed. Disintegration tests follow USP methodology monograph 2040 for nutritional supplements. Kan Herb Company's tablet disintegration rate is 30 minutes, with full assimilation normally occurring in four to six hours, the industry standard. The weight and uniformity of our tablets is confirmed by following USP methodology monograph 2091 for weight variation of nutritional supplements.

Hardness tests are conducted following standard industry practices; a machine gently applies pressure to determine their breaking strength, or hardness; they are distressed in a tumbler to determine friability and breakage. This thorough testing assures a tablet that is uniform, fresh, potent and bioavailable, as well as carrier-free.

Comparative Usage

We understand the convenience of tablets as a method of dosage. The majority of Chinese Modular Solutions formulas have been administered in pill or powder form for centuries. Water decoctions have become popular only in the past hundred years.

The tablets are particularly effective or recommended when a low dosage is indicated for long-term supplementing therapy. Tablets are preferred for animals with alcohol intolerance.

Compliance improves for these animals with tablet dispensing; tablets are easy to take. Alcohol (approximately 20% of a liquid extract) is considered by some herbalists to be too warming when used in formulas that clear Heat and nourish Yin.

Packaged for Freshness and Purity

Kan Herb Company is highly conscious of the quality of materials used in the packaging of our products.

All Kan products are packaged in either glass or high-density polyethylene (HDPE) bottles, approved by the FDA, and the most accepted form of environmentally sound and healthy packaging available. They are a recyclable material used throughout the industry for packaging. HDPE bottles are resistant to impact, moisture and permeability, and used for the packaging of all of our tablets. Our liquid extracts are enclosed in amber glass bottles.

At Kan Herb Company, we are committed to ensuring our products remain fresh throughout their shelf life. Sterilized bottles are filled using clean automated bottle technology, and each bottle is shrink-wrapped to protect against tampering.

Shelf Life and Storage

Well preserved in the alcohol solution, liquid extracts have a very long shelf life. Evaporation of alcohol is the only limiting factor, in which case the herbs will eventually congeal. Sealing the bottle tightly after use will prevent this. Our herbal constituents remain well preserved in the water/alcohol solution. We have assigned a three-year expiration date for our liquid extracts.

With proper storage, the shelf life of Kan Herb Company tablets is three years. Once opened, exposure to air, moisture, heat and light will accelerate the formula's natural process of erosion. Seal the bottle after each use and store tablets in a cool, dry, dark place.

Environmental Responsibility

Kan Herb Company is highly conscious of materials used in the shipping and packaging of our products. Products are shipped in "air pouches" and biodegradable starch, which helps prevent environmental degradation.

Expert Support

Our commitment to you and your clients extends beyond what goes into the bottle. Product information, clinical recommendations, dosage data, contraindications and drug-herb interactions are all part of Kan Herb Company's expert consultation services. We are committed to being a partner you can count on. All of our consultants are licensed in both Acupuncture and Chinese Herbology, and are practitioners who are experts in the science that supports our products and the practical aspects of their use. Our consultants stand ready to assist you with all of your Chinese herb-related questions.

Discover Kan Herb Company Products

Customer satisfaction is our primary concern, and we take care to deliver only the best to your customers. Everything we do is driven by a passion for helping people enjoy better health.

At Kan, Quality is a Way of Life.



Certificate of Analysis Sample:
Comfort Shen Extract

Kan Herb Company
380 Encinal, Ste. 100
Santa Cruz, CA 95060
Ph: 831-438-9450 Fx: 831-438-9457

Certificate of Analysis

Name of Product: **Comfort Shen** Extract-Tablets-Capsules:
Extract

Bulk Code: **CSH919-X**
Lot Number: **0514-64**

Inspection	Results	Recommended Limits	Detection Limits	Methods
------------	---------	--------------------	------------------	---------

Raw Materials Pass

Pesticides Screens **Result**

Organophosphate 72 Pesticides Tested	N.D.	NLE	.5 ppm	Flame Photometric
Organonitrogen 27 Pesticides Tested	N.D.	NLE	.1 ppm	Nitrogen Phosphorus
Organochloride 83 Pesticides Tested	N.D.	NLE	.2 ppm	Electron Capture Detection
N-Methyl Carbamate 19 Pesticides Tested	N.D.	NLE	.1 ppm	High Performance Liquid Chromatography

Heavy Metals **USP Limits** **MDL** **MRL**

Lead	N.D.	6 ppm/day	0.006 ppm	0.018 ppm	ICP-MS/AOAC 993.14
Cadmium	0.002 ppm	4.1 ppm/day	0.002 ppm	0.009 ppm	ICP-MS/AOAC 993.14
Total Arsenic	0.097 ppm	10 ppm/day	0.007 ppm	0.034 ppm	ICP-MS/AOAC 993.14
Mercury	0.005 ppm	NLE	0.003 ppm	0.014 ppm	ICP-MS/AOAC 993.14

Microbiological **AHPA Limits**

Total Aerobic Count	20 cfu/g	10,000 cfu/g	0 cfu/g	3M Petrifilm TAC
E. Coli	Negative	0 cfu/g	0 cfu/g	3M Petrifilm EC
Total Coliforms	<10 cfu/g	100 cfu/g	0 cfu/g	3M Petrifilm TC
Yeast & Mold	<10 cfu/g	1,000 cfu/g	0 cfu/g	3M Petrifilm YM
Salmonella	Negative	0 cfu/g	0 cfu/g	USP

Product Identification

Full Spectrum Distilled Water and USP Alcohol Extract			
Product Color	Pass	Conforms to spec	Database Archive
Product Odor	Pass	Conforms to spec	Database Archive

mcg/g: microgram per gram ♦ NLE: No Limit Established ♦ N.D.: None Detected ♦ ppm: parts per million
 NDL: No Detection Limit. Salmonella tests return only positive or negative results.
 Pesticide Screens performed by Environmental Micro Analysis Woodland, CA.
 Heavy Metals Screens performed by Eurofins, Bothell, WA.
 MDL: The lowest amount that is needed to detect presence of analyte.
 MRL: the lowest amount of analyte that can be quantitatively determined with stated acceptable precision and accuracy.

Prepared by: 

Name: Megan Wemm

Title: Quality Control Technician

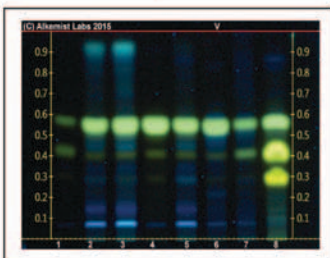
Date: 9/15/2014

High Performance Thin Layer
Chromatography Sample:
Huang Bai

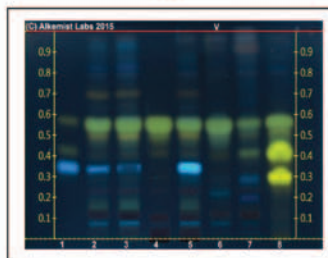
Certificate Issued To:
KAN Herb Company
380 Encinal St. Suite 100
Santa Cruz, CA 95060

Certificate of Analysis: Huang Bai (2515)
High Performance Thin-Layer Chromatography with Photo-Documentation

1



2



Company Name: KAN Herb Company
Title: Huang Bai
Plant Part: bark
Sample Received: 3/24/2015
Sample Description: Clear Reclosable Plastic Bag
Form of Botanical: cut and sifted
Appearance: cut and sifted
Lot: (2515) → Lane 6 (1µl)
Sample: JU08315KAN1_1
Latin Name: Phellodendron chinense Schneid. [Rutaceae]
Reference Sample: Lane 2 (0.5µl) (M20109CRB) Hydrastis canadensis (root); Lane 3 (1µl) (M20109CRB) Hydrastis canadensis (root); Lane 7 (1µl) (JU17105MTG2) Phellodendron chinense (bark); Lane 8 (1µl) (R256055WH) Coptis chinensis / Huang Lian (root); held at Alkemist Labs, Costa Mesa, CA.
Analyst: JN, ML, JK, CB 54575
Sample Prep: 0.3g+3mL 70% grain EtOH sonicate/heat @ -50° C ~ 1/2 hr
Stationary Phase: Silica gel 60, F₂₅₄, HPTLC plates
Mobile Phase: ethyl acetate: CH₃OH: HCOOH: H₂O [10/2/1.2/0.6]
Detection: (1) UV 365 nm
Reference Std: (2) 10% Ethanolic H₂SO₄ → 120° C 10 min → UV 365 nm
Lane 1 (1µl) Palmatine Chloride [D1406EJV, SigAl], Hydrastine [FOE204, USP], Berberine HCl [FOE185, USP] ~0.1% in CH₃OH
Reference Source: Japanese Official Monographs part III
IDT-SOP-72-01

Comments & Conclusions: Yellow line = sample origin @ 10mm, red line = solvent front @ 70mm. Lane 6 is the test sample Huang Bai (2515). Lanes 2, 3, 7, 8 are the reference samples used for comparison. This test sample, Huang Bai (2515), is consistent with the chromatographic profile of the reference samples of Phellodendron chinense Schneid. [Rutaceae], used above. **This test sample, Huang Bai (2515) is characteristic of Phellodendron chinense Schneid. [Rutaceae] bark.**

NOTE: The above conclusion may be a function of the natural variance found in botanicals &/or the extraction process used to create specific extracts. The growing and drying conditions, age, seasonal variations, geographic location, extraction solvents, etc. all play a role in the phytochemical fingerprint of botanicals as well as their extracts; hence, chromatographic variations are expected.

Report Date: 3/31/2015

Note: Any unidentified lanes in the above chromatograms are confidential and may represent internal studies or other test samples not related to 2515. This report applies to the sample investigated and is not necessarily indicative of the quality or condition of apparently identical or similar products. This report is for the exclusive use of the party who requested the report and not for public dissemination or use by third parties, including for promotional purposes, without the prior written permission. This report provides technical results for a specific sample and the report shall not be altered, modified, supplemented or abstracted in any manner. Any violation of these conditions renders the report and its results void. © 2015

Kan Herb Company Online

Innovative new services are available exclusively for qualified healthcare professionals at Kan Herb Company online.

Online Features

Expanded Product Search Tool

Search all proprietary products by:

- Product name
 - Traditional Chinese Herbology pattern category
 - Pattern
 - Formula name
 - Herb name (pinyin)



Online Exclusive Distribution Center

- Set up your distribution center with a custom order profile for each of your clients.
- Select formulas from a comprehensive offering of classical and modern formulas.
- Select your desired markup for each client.
- Your clients may select and pay for their orders on our secure website.
- Orders are delivered directly to your clients.
- Kan Herb Company keeps track of your markup earnings and pays them monthly.
- Payment status can be viewed online at any time.

Distribution Center Delivery Service

- Your clients may select and pay for their orders on our secure website. Orders are delivered directly to them.

Scientific Assurance: Certificates of Analysis

All Kan Herb Company proprietary products are manufactured and tested exclusively in the United States following current Good Manufacturing Practices. We test and validate each formula batch, assuring quality, potency, safety, consistency and purity.

Our Certificates of Analysis (*see page 6*) attest to our commitment to quality. Certificates of Analysis are available for every formula that we manufacture. Ask for them with your order, or download them from our website at www.kanherb.com.



CHINESE MODULAR SOLUTIONS

Chinese Modular Solutions streamlines the process of customizing formulas for practitioners, while making compliance easy for end users. It's a self-contained system simple enough to be used with confidence, and complex enough to be widely applicable. Formulators Efrem Korngold, LAc, OMD and Harriet Beinfield, LAc are familiar as co-authors of the best-selling *Between Heaven and Earth: A Guide to Chinese Medicine* and as pioneer acupuncturists, herbal educators and providers in the United States.

The Historical Roots of Chinese Modular Solutions

Throughout millennia, Chinese practitioners have imaginatively attempted to improve upon tradition. In the 2nd and 3rd centuries, Zhang Zhong Jing, author of the *Shang Hun Lun*, demonstrated that good formulas are not necessarily mixtures of individual herbs, but can be alliances of smaller and larger groups of herbs – modules – that work well together. Each module embodies specific properties of its own.

Three hundred years after Zhang Zhong Jing, celebrated herbalist Sun Si Miao wrote a commentary emphasizing that traditional formulas should be used flexibly, not dogmatically, also reducing many of them to their modular components. Sun further proposed that a clever practitioner could handle a wide range of disharmonic patterns with a limited repertoire of formulas. He designed 30 formulas, each with a broad sphere of action which, when properly combined, could address an even larger range of disharmonies.

In 1980, after seven years of practicing acupuncture in San Francisco, Efrem Korngold travelled to Kunming to study Chinese herbal theories,



MORE ABOUT FORMULATORS HARRIET BEINFELD AND EFREM KORNGOLD

After training in England in 1972, Korngold studied herbal medicine at the Kunming Traditional Medicine Research Institute and the Shanghai College of Traditional Chinese Medicine. Korngold has taught at the San Francisco College of Acupuncture, San Francisco State University and the American College of Traditional Chinese Medicine.

Beinfield serves on the Advisory Board of the Osher Center for Integrative Medicine at University of California San Francisco School of Medicine (UCSF) and on the Editorial Board of the peer-reviewed journals *Explore: The Journal of Science and Healing* and *Alternative Therapies in Health and Medicine*.

Beinfield and Korngold have lectured nationally and internationally, authoring *Between Heaven and Earth: A Guide to Chinese Medicine* as well as many articles. They practice acupuncture and dispense Chinese herbal formulas at their San Francisco clinic, Chinese Medicine Works.

returning again to Shanghai in 1984. He then spent two years studying with Fang Feng, a Chinese herbalist who had spent his early life caring for people in the Saigon countryside. Dr. Feng carried a portable repertoire of powdered formulas to be mixed as needed. Fang Feng embodied the creative, pragmatic tradition of the classical herbalists, encouraging Efrem to use traditional knowledge in imaginative ways – not merely to emulate, but to innovate. The concept of a modular system was reinvented while Efrem Korngold and Harriet Beinfield were writing *Between Heaven and Earth*.

Based on the categories of traditional assessment and interpretation, each module corresponds to a specific aim – tonify Qi, disperse Moisture, purge Heat, strengthen Lung, etcetera. Conceptually elegant and eminently practical, Chinese Modular Solutions preserve, yet simplify the art of Chinese Traditional Herbology.

In the evaluation process, there is not necessarily one right way to describe a pattern, or one right approach. Patterns themselves are dynamic, organic phenomena that can be viewed from within multiple frames of reference.

Chinese Modular Solutions allows patterns to be viewed through four frames of reference and supported by four sets of formulas, alone or in combination. These formulas:

- **REGULATE** by supporting the sufficient quantity, quality and distribution of body constituents.
- **ELIMINATE** by purging Internal and External Influences such as Internal Wind, External Wind, Dampness, Cold, Heat, Damp Heat and Phlegm (*Xie Qi*), as well as dislodging obstructed Qi, Moisture or Blood.
- **STRENGTHEN** by benefitting the function of individual Organ Networks.
- **HARMONIZE** by balancing key Organ Network interactions.



“Every person has a unique terrain to be mapped, a resilient, yet sensitive ecology to be maintained. Chinese herbal formulas can minimize the erosion of our soil by enriching it, maximize the flow of nutrients by supporting circulation, and avoiding stagnation. By preventing depletion and stagnation from ensuing, future disharmonies are avoided.”

Between Heaven and Earth
Harriet Beinfield, LAc, and
Efrem Korngold, LAc, OMD
— Lao Zi 55 [1]

Chinese Modular Solutions: Customized Formulations

Chinese Modular Solutions is an inventive system that preserves the most important aspects of Chinese Traditional Herbology, while streamlining their use. By condensing a multitude of herbs into an integrated repertoire of 30 basic formulas, Chinese Modular Solutions enables practitioners to create individualized formulas that are easy to use. It can be used as a self-contained system, simple enough to be used with confidence, while complex enough to be widely applicable. Formulas can be used alone or combined to conform to individual presentations. Most importantly, users report excellent compliance and satisfaction.

Replacing the need for familiarity with single herbs or classical formulas, Chinese Modular Solutions requires only the ability to identify patterns. Mass-produced patent formulas have become popular because they are more convenient and palatable; but it is sometimes hard to address unique, individual patterns with standardized, pre-manufactured formulas. Chinese Modular Solutions combines the best of both worlds. These formulas can be customized without the consumer needing to drink time-consuming bitter brews.

Chinese Modular Solutions is not only an integrated set of formulas, but an integrated set of ideas that sheds light upon the development and nature of disharmonies of Qi, Moisture, Blood and the Five Organ Networks. In this way it provides a method of understanding, as well as a menu of ready-to-

use formulas. Each formula is based on traditional categories of disharmony (i.e., for deficient Qi, **Tonify Qi**; for excess Heat, **Purge Heat**; for weak Lung, **Strengthen Metal**; for disharmony between Kidney-Heart, **Harmonize Water & Fire**). Simply reading through the monographs provides a quick course in the theory, principles and logic of Chinese Traditional Herbology. When individuals correlate their own patterns with a particular formula or combination of formulas, and experience positive results, they become familiar with both the thinking of Chinese Traditional Herbology and its value for supporting health.

This process removes the mystique of Chinese Traditional Herbology, initiating the user into a collaborative, democratic relationship with the practitioner. These formulas allow practitioners to be responsive, while enabling their clients to become more responsible. Some individuals will even become contributors to the process, commenting on how his or her formula might be altered in light of their own experience.

A formula fits a person's unique configuration the way a key opens a lock, mirroring and correcting patterns of disorganized Qi, Moisture and Blood. A locksmith impressions a key from a blank, and the herbalist forms an impression after assessing the client and translates that information, the pattern of disharmony, into a picture that is then matched with the characteristics of the most appropriate herbal preparation. Ideally, the selected formula is a logical reflection of the disharmonies of Qi, Moisture, Blood and the Five Organ Networks.

Chinese Modular Solutions offers four interrelated sets of formulas. Each represents a particular approach toward supporting harmony and health, each providing a different tactic. These formulas can be used alone or in combination to afford either simple or complex strategies. The four sets are designed to:

Regulate

Support the sufficient quantity, quality and distribution of body constituents (Qi, Moisture, Blood, *Shen* and Essence).

Eliminate

Purge Internal and External influences (*Xie Qi*) (Cold, Heat, Damp Heat, Dampness, Internal and External Wind and Phlegm) and dispel obstructed Qi, Moisture or Blood.

Strengthen

Support the function of individual Organ Networks (Liver, Heart, Spleen, Lung and Kidney).

Harmonize

Balance key Organ Network interactions (Liver and Spleen, Spleen and Kidney, Kidney and Heart, Heart and Lung, and Lung and Liver).

Regulating and Eliminating Formulas

Every herb has a potential – its property – for achieving a particular supporting effect upon the Qi, Moisture, Blood, *Shen* and Essence, as well as alleviating the effects of variably fluctuating Internal and External Influences. Four general herbal properties distinguish the Regulating and Eliminating Formulas:

Tonify: to support and reinforce. Tonifying works by nourishing the body, addressing patterns of emptiness and insufficiency. Tonifying or tonic herbs have a salutary effect on absorption and metabolism, that supports a person's total competence, adaptability and resistance.

Consolidate: to gather together. Consolidating works by concentrating Qi, Moisture and Blood, relieving patterns of occasional slackness and leakage. This is done to inhibit the loss of normal fluids due to occasional excessive sweating, occasional mucus discharge, menstruation, urination or occasional frequent bowel movements. The goal is to astringe by restraining and tightening without drying or hardening, to support tissue tone and resilience. These herbs do not alter quantity – they support the body in holding itself together.

Disperse: to move. Dispersing works by redistributing Qi, Moisture and Blood throughout the body, disseminating each from one region to another to relieve patterns of stagnation and over-concentration. Herbs in this category support both internal and peripheral circulation, support fluid metabolism and peristalsis, and benefit healthy digestion and



elimination. Without significantly increasing or reducing body constituents, these herbs benefit the function and circulation of Qi, Moisture, Blood, *Shen* and Essence.

Purge: to dispel. Purging works by helping to dispel accumulations of External Influences (Wind, Heat, Cold, Dampness) and/or body constituents (Qi, *Jin-Ye*, *Xue*), thus alleviating patterns of stasis. Herbs in this category work primarily through the lungs, nose, skin, bowels, stomach, uterus and bladder. They include herbs that clear away occasional accumulations by supporting the body's normal processes of elimination – for example, excess *Jin-Ye* (Moisture), excess *Xue* (Blood) and *Shi Ji* (Food Accumulation) – by supporting the normal discharge of menstrual blood, urine, phlegm and feces.

All together there are 20 Regulating and Eliminating Formulas. Nine formulas tonify, consolidate and Disperse Qi, Moisture and Blood. Nine formulas purge accumulations of Cold, Heat, Damp Heat, Phlegm, Internal Wind or External Wind and stagnation of Qi, Moisture and Blood. **Replenish Essence** fortifies the Original or Source of Qi, and nourishes Moisture and Blood, while **Comfort Shen** calms the Mind and soothes the Spirit.

Strengthening Formulas

Each Organ Network has its associated viscera, tissue and sphere of influence. Strengthening Formulas adjust the Qi, Moisture and Blood within each Organ Network, supporting a healthy dynamic, alleviating

the unsettling effects of Internal and External Influences to which they are sensitive.

The Liver stores Blood and maintains the smooth movement of Qi. **Strengthen Wood** tonifies Blood, disperses Blood and Qi, purges Wind and Heat and supports healthy muscles and nerves.

The Heart propels the Blood and is the abode of consciousness (*Shen*). **Strengthen Fire** tonifies Qi and Blood, disperses Blood and Moisture, consolidates Essence, surges Heat, and benefits the *Shen*/Mind.

The Spleen transforms food and distributes nourishment. **Strengthen Earth** tonifies Qi, disperses Qi and Moisture, warms the body and counters the sinking of Qi, supporting the healthy tone of the abdominal viscera (*Fu*), including the Stomach, Large Intestine, Small Intestine and Urinary Bladder.

The Lung receives Qi, and mobilizes Qi and Moisture. **Strengthen Metal** tonifies Qi and Moisture, disperses Qi, purges Wind and Phlegm and expands the chest.

The Kidney stores Essence and adjusts fluid balance. **Strengthen Water** tonifies Qi, replenishes Essence, consolidates Moisture, disperses Moisture and warms the body.

The five Strengthening Formulas promote the function of each Organ Network.

The Organ Networks are also susceptible to particular disorganizations of Qi, Moisture, Blood and the particular influences of Heat, Cold, Wind, Dryness, Dampness and Phlegm. Because of this, the Strengthening Formulas are designed both to support proper function and to

address the characteristic imbalances of each Organ Network.

In order to tailor an individual's herbal formulation more precisely, a Regulating Formula may be combined with a Strengthening Formula to reinforce the desired action.

For example, it would be appropriate to combine **Tonify Red River** with **Strengthen Fire** if occasional unsatisfying sleep or an occasional feeling of weakness and restlessness (indicating deficient Blood) were present. Combining **Purge Heat** with **Strengthen Fire** would be beneficial if there is a concurrent pattern of Internal Heat, especially affecting the Upper Burner. If there are also transient instances of nervousness or unsatisfying sleep, **Comfort Shen** might be used to support the calming and soothing action of **Strengthen Fire**.

Harmonizing Formulas for Organ Network Relationships

The role and function of the Organ Networks are complementary. These *Ke* sequence relationships maintain the dynamic tension that keeps us active and alive. However, if disharmonies develop between the Organ Networks, harmonizing formulas will support the complementary interrelationships between the Organ Networks.

Harmonize Water & Fire tonifies Blood and Moisture, consolidates Essence, disperses Blood, purges upper Heat and lower Cold and supports and stabilizes the *Shen*.

Harmonize Fire & Metal tonifies Blood and Moisture, consolidates Qi and Moisture, disperses Qi and Blood, purges Heat and Phlegm and supports a calm Mind/*Shen*.

Harmonize Metal & Wood tonifies Blood and Moisture, disperses Blood and Qi, purges Heat, Wind and Phlegm and supports emotional wellbeing.

Harmonize Wood & Earth disperses Qi, Moisture, and Blood, tonifies Blood, purges Wind, Heat and Dampness, supports digestion, relieves occasional tension and benefits *Yi*.

Harmonize Earth & Water consolidates Moisture and Qi, disperses Qi, Moisture and Blood, replenishes Essence, purges Dampness, Wind and Cold and benefits *Zhi*.

Five harmonizing formulas modulate the key Organ Network interactions along the *Ke* sequence, reducing the occasional friction that interferes with the conservation and movement of Qi, Moisture and Blood. Using this more global approach, deeper or long standing constitutional patterns of Organ Network discord can be resolved.

Some Illustrative Examples

Chinese Modular Solutions are chosen by matching a person's patterns of disharmony with the corresponding formulas. First, an integrated picture is formed that logically organizes the information gathered from the traditional process of evaluation.

If there are many indications of deficient Moisture (also known as Dryness: occasional thirst, dry skin or mucus

membranes and tongue), then **Tonify Moisture** is appropriate. With signs of stagnant Blood (occasional numb limbs, sensations of cutting and pricking or an uneven pulse), **Disperse Red River** is a good choice. Signs of Internal Wind (occasional feelings of dizziness, feeling of fullness or pressure in the head, occasional loss of balance or coordination, occasional muscle twitches) indicate the use of **Purge Internal Wind**.

Signs of Kidney Qi and Yang deficiency (deep or slow pulse, pale, damp tongue with or without teeth marks) indicate the use of **Strengthen Water**. Signs of Liver and Spleen disharmony (occasional erratic cravings, occasional indigestion or irregular bowel movements, chilly hands and feet, occasional irritability, lethargy) indicate the use of **Harmonize Wood & Earth**.

The Process of Evaluation

A person's unique presentation can be analyzed in a variety of ways: occasional discomforts of the head can be understood as arising from congested Qi or Blood, as a symptom of Liver deficiency, or as a consequence of disharmony between the Liver and Spleen. In the actual process of evaluation and decision making, there is not necessarily one right way to describe a pattern of disharmony, or one right approach. The patterns themselves are dynamic, organic phenomena that can be viewed from within multiple frames of reference.

Summary

The system of Chinese Modular Solutions allows recent or developing patterns of disharmony to

be viewed through four frames of reference and represented by four sets of formulas, alone or in combination. Clients may be evaluated in terms of:

1. The basic body constituents: Qi, Moisture, Blood, Essence and *Shen*.
2. The existing accumulations of Cold, Heat, Internal or External Wind, Damp Heat, Phlegm and Qi, Moisture or Blood.
3. The five Organ Networks that organize Qi, Moisture and Blood via specific organs, tissues, fluids and processes.
4. The key interactions between the five Organ Networks.

However, Organ Network disharmonies are nothing more than interrelated disturbances of Qi, Moisture and Blood. Proper attention and care at any level produces benefits observable on all levels – the client's dynamic remains unitary and undivided. It is merely the point of view that changes with the four approaches and four sets of Chinese Modular Solutions.

All of these formulas function as interdependent and complementary elements within an integrated framework.

Combining Guidelines

In general, formulas with complementary properties are combined to create more complex formulas. Formulas that disperse and purge are moderated by those that consolidate and tonify. Because stagnation often occurs with deficiency, formulas that disperse may be joined with those that consolidate or tonify. The absorption of rich, nutritive, tonic herbs is enhanced by dispersing herbs that mobilize circulation.

When people are overworked or overtired, manifestations of stagnation such as occasional indigestion or occasional stuffiness may sometimes occur. Tonifying without enhancing circulation can contribute to, rather than relieve, stagnation. For example, to tonify Moisture without generating Dampness, include **Disperse Moisture** in the formula.

Conversely, the impact of dispersing and purging herbs may be mitigated by the addition of tonifying and consolidating herbs to avoid harming Righteous (*Zheng*) Qi. When purging – e.g. in cases of occasional constipation or food stagnation – it is prudent to include herbs for consolidating Blood or Qi in order to prevent deficiency of Moisture and/or Blood.

Harmonizing Formulas may be combined with Regulating Formulas when there are coexisting patterns of depletion or congestion of Qi, Moisture and Blood. For example, when a Liver-Spleen disharmony coexists with Qi deficiency, **Tonify Qi** may be combined with **Harmonize Wood & Earth**. Since the Spleen is the source of Qi, this will lend it support. If Blood is deficient, adding **Tonify Red River** will emphasize support of the Liver, since this Network stores and nourishes the Blood. If a Liver-Spleen disharmony coexists with stagnation of Qi and Moisture (Dampness), and **Harmonize Wood & Earth** has not proved sufficient, adding **Disperse Qi** and **Disperse Moisture** will reinforce their action.

Harmonizing Formulas may be combined with appropriate Strengthening Formulas corresponding

to the targeted Organ Network. For example, **Harmonize Wood & Earth** may be matched with either **Strengthen Wood** or **Strengthen Earth**. If combined with **Strengthen Earth**, the Spleen will be supported and the Liver relatively subdued.

Administration

Certain guidelines will be helpful in preparing blended solutions for individuals:

- Generally, using one or two formulas in a one-ounce bottle will provide a more specific effect, whereas mixing three or four formulas in a bottle offers a more general effect.
- Less than five milliliters of a given Chinese Modular Solution per ounce of blended formula is usually too little to have much effect; ten milliliters or more will add significant proportion to the formula.
- Combine no more than four Chinese Modular Solutions in a single blended formula. If more than four are required, split the selected formula or combination of formulas into two bottles and instruct the person to take specific portions from each.
- An effective blend will combine formulas with related goals. For example, **Strengthen Wood**, **Tonify Red River** and **Harmonize Wood & Earth** would be an appropriate combination. By contrast, a mixture of **Strengthen Metal**, **Harmonize Earth & Water** and **Purge Qi** would be less internally consistent and probably not as good.

Taking the Solutions

Chinese Modular Solutions are easy to take and convenient to use. Simply dispense the recommended dose into a cup with hot water or juice. To achieve the most rapid results, extracts can be taken undiluted in the mouth and mixed with saliva before swallowing. If evaporating the alcohol or encouraging ease of digestion is desired, boiling water should be added; for a slower effect, cool water may be used.

If two different sets of formulas with distinct properties are to be used, take each mixture at specified times, about two to three hours apart. An exception to this, when appropriate, is to take doses as often as every hour, or even every half-hour, providing all doses are of complementary formulations.

The timing of dosages should be determined according to the objectives of the formula(s) and the optimal time for administration during the day. Formulas to support a particular Organ Network can be taken during the peak of activity of the corresponding meridians; those that will harmonize or relieve stagnation in a given Network can be taken just prior to activity peaks, or during the interval when activity is at its lowest ebb.

Dosage Information

Because of the concentration and bio-availability of these liquid herbal extracts, proportionately lower doses are required than with water decoctions, alcohol tinctures or raw herb powders and tablets. Responses to the herbal extracts are often quite rapid. In addition,

for those individuals who are both Qi deficient and Yang deficient, the small percentage of alcohol remaining (for its preservative effects) will improve the absorption and dispersion of the herbal constituents, as well as adding warmth and enhancing circulation. For those with Heat conditions or sensitivity to alcohol, the alcohol is readily evaporated by steeping the extract in freshly boiled water for several minutes until cooled to room temperature.

Adult Dosage and Administration Guidelines

2-3 squirts, 2-4 times per day

1 squirt = 1/2 dropperful = 30 drops =
approximately 1 milliliter

Child Dosage and Administration Guidelines

0-4 years: 1/2 to 1 squirt = 15-30 drops

4-8 years: 1 to 1 1/2 squirts = 30-45 drops

8-12 years: 1 1/2 to 2 squirts = 45-60 drops

12 years-adult: 2-3 squirts = 60-90 drops

Take above dosages 2-4 times per day

When the rubber bulb of the glass dropper is firmly squeezed, approximately 1 milliliter is drawn into the dropper (1 squirt), equal to about 1/2 dropperful in a one-ounce bottle. Simply put, one squeeze equals one squirt. Dilute in 1 teaspoon of breast milk or hot water for infants, or mix with 1 tablespoon of juice at room temperature or 1/4 teaspoon of maple syrup for toddlers and children. Mix in 1/4 cup hot water or juice for children 10 years or older.

For babies less than one year old, and for children between the ages of one and four, frequency of dosage is more important than quantity. The herbs should be

given each time the child would ordinarily nurse, drink or eat. For children between five and twelve years old, regularity and timing are also critical factors: the herbs should be taken shortly after awakening, before or after regular meals and at bedtime. In general, it is easiest to administer the formulas to children as part of their morning, mealtime or evening ritual. For small children and for those averse to strange flavors, the extracts may be sweetened with a little honey, diluted with a small amount of fruit juice or any bitter tastes countered with a 1/8 to 1/4 teaspoon of lemon or lime juice.

The herbs need not be refrigerated, as they have a long shelf life when kept tightly capped and out of direct sunlight. No liquid extract should be given chilled from the refrigerator, but rather warmed or at room temperature. The extracts may also be mixed with room temperature fruit juice, milk, cereal and mashed fruits or vegetables to facilitate ingestion and further mask their taste. However, when the herbs become diluted by more than small quantities of foods or liquids, the overall dosage or frequency may need to increase in order to obtain the expected effects, unless a very slow and moderate action is desired.

Administration of Tablets vs. Extracts

2 Tablets = 1 Squirt

Some herbal formulas are also available in bottles of 60, 120 or 300 tablets (700 milligrams per tablet). Tablets are produced by finely powdering the dried herbal ingredients and then compressing them into a football shape for easy consumption. Four 700 milligram tablets (3 grams) are about equal to the potency of 5 milliliters (2 squirts) of liquid extract.

Therefore, to achieve approximately the same potency as that for the liquid extracts, the rule of thumb is, "two tablets equal one squirt."

Cautions and Contraindications

The rubric cautions and contraindications is intended to help the herbalist avoid simplistic analysis and hasty judgements.

Herbal formulas are quite forgiving, in part due to the fact that they are natural compounds that exert their influence in collaboration with the intrinsic regulatory mechanisms of the organism. The "wrong" formula can be rejected by the body as effectively as the "right" formula can be accepted and utilized. In general, mistakes can be easily rectified by adjusting the formula or combination of formulas according to a person's actual response rather than by adhering rigidly to predetermined protocols and expectations.

When a formula is suggested for general concerns common to many individuals, usually these recommendations are based on knowledge gained from practical experience and/or research. Based on the results of hundreds of years of experience, generalizations can be made about the value of an herbal combination in particular circumstances for which it has been used as well as in related circumstances in which it may also be beneficial.

While the listed indications delineate the potential benefits of a formula, the cautions and contraindications signify the possible contrary effects in circumstances outside the recognized universe of the formula's

actions. For example, the herb Angelica (*Dang gui*) is generally not recommended for pregnant women because of its Blood-activating properties. Yet, Angelica is an important ingredient in the classical formula Angelica and Peony Powder (*Dang Gui Shao Yao San*) that is commonly recommended to support a healthy pregnancy. As always, according to the theories and principles of Chinese Traditional Herbology, it is the context – a person’s constitutional pattern and living environment as well as the current manifestations – within which the particular formulation must be considered that determines its applicability and correctness.

To say that a formula such as **Purge Heat** is contraindicated in patterns characterized by Internal or External Cold, during pregnancy or while nursing, is a way of saying, “proceed with caution” or, when in doubt, wait patiently until a clear understanding can guide your choices. The customary logic of Chinese Traditional Herbology counsels against using cold-natured herbs when there is a pattern of Internal Cold. But sometimes a pattern of Internal Cold is overlaid with a hot-natured one. If a person with long standing depletion of Qi and Yang (insufficient Vital Heat) of the Spleen and Kidney networks presents a pattern of External Heat Invasion, characterized by a dry, red tongue with yellow fur and a rapid, pounding, floating pulse, cold-natured herbs for eliminating Heat and moistening Dryness are clearly indicated, with the proviso that we protect the healthy Qi (*Zheng Qi*) from further loss by simultaneously incorporating a small amount of supplementing herbs. **Purge Heat** used alone may be contraindicated, but may become

suitable when combined with formulas such as **Tonify Qi** or **Strengthen Metal**.

In a similar vein, a post-menopausal woman may experience an apparent aggravation when taking **Replenish Essence**, such as an increase of the typically uncomfortable sensations of heat in the body, also known as hot flashes. This response may not actually indicate that the formula is incorrect, but rather that attention should also be paid to supporting the function of the Liver and Kidney, clearing Heat and subduing Yang with complementary formulas such as **Strengthen Wood**, **Strengthen Water**, **Comfort Shen** and **Purge Heat**. If there is obvious insufficiency of Yin (dryness and a rapid, thin pulse), adding **Tonify Red River** and/or **Tonify Moisture** will help to counter the apparent excess of Yang.

For the tentative practitioner, the cautions and contraindications represent reasonable guidelines for safe use. However, it is not possible for any set of instructions to adequately serve all circumstances. Attention to the details of a person’s constitutional pattern and current presentation, along with consideration of the principles of modern and traditional Chinese herbology, will lead to sound judgment and good choices. As the adage advises, “nothing ventured, nothing gained.”

Helpful Hints

Another consideration is the relationship between dosages and mealtimes. For a stronger and more rapid effect, the formulas should be taken on an empty stomach. For those with more sensitive stomachs,

doses should be taken with food or after meals (this moderates the herbs' effects and rate of absorption), or dosages may need to be reduced until comfort is achieved.

If there is indigestion when taking herbs on an empty stomach:

- Take the herbs after meals.
- Decrease dosage by half.
- Drink one cup of hot beverage or eat a small amount of warm or cooked food immediately prior to taking the herbs.
- Use 15-30 drops of **Strengthen Earth** prior to meals, and the selected formula after the meal.

Sensitivity to ingesting the herbs is itself a diagnostic indicator. Such individuals typically require bolstering of the Qi of Spleen-Stomach, and would likely do well with a combination of **Strengthen Earth, Disperse Qi** and **Purge Heat** or **Purge Cold** for a period of time, before or along with the other combinations.

If there is occasional discomfort or dizziness following ingestion of herbs:

- Take herbs after meals.
- Decrease the dosage.
- Reevaluate the selected formula.

If there is an aversion to the taste or odor of the herbs, infuse the extract in 1/4 to 1/2 cup boiling or hot water, then add small amounts of fruit juice and/or carbonated water, or an herbal beverage tea (not black tea or coffee) to modify the flavor.

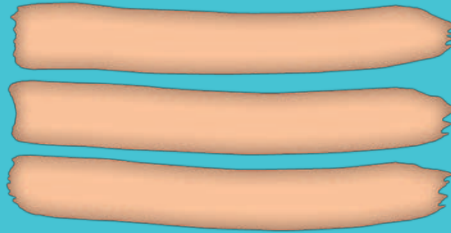
For Cold patterns which often occur along with patterns of deficiency and/or stagnation, each dose of extract may be infused in one ounce (30 milliliters) of warm rice wine, malt or rice vinegar, optionally sweetened with honey, maple syrup, or raw sugar.

For Hot patterns, infuse each dose of extract in 1/4 cup of boiling water to evaporate the alcohol, then allow to cool and drink at room temperature.

In general, it is important to take into consideration the complementary or contradictory properties of vitamins or other nutritional supplements when taken concurrently with Chinese Modular Solutions. For example, concentrated wheat grass juice or algae can have stimulating effects while B-complex vitamins, nutritional yeast or garlic supplements can cause overheating and congestion in some individuals, especially in combination with tonifying or warming formulas such as **Replenish Essence, Tonify Qi, Tonify Red River, Strengthen Earth, Strengthen Water** or **Purge Cold**.

On the other hand, tableted or liquid, tonic mushroom preparations – an important part of the *Fu Zheng Gu Ben* principle (replenish what is correct and strengthen the root) – are neutral in nature and bland in flavor, and will combine harmoniously with almost any other formula.





CHINESE MODULAR SOLUTIONS

REGULATING MODULES

Tonify Qi

There are three sources of Qi: Postnatal Qi (*Ying*) from the Spleen, Pulmonary (*Zong*) Qi from the Lung and Prenatal (*Yuan*) Qi from the Kidney. Formulas that tonify Qi in the broadest sense first emphasize supplementing the Qi of the Spleen, then Lung, then Kidney. This is because Qi is most readily available from the Spleen via nutrition, secondarily from the Lung via respiration, and lastly from the Kidney via inheritance and conservation. Strategically, supporting the Spleen's capacity to assimilate and distribute nourishment insures adequate resources under the command of the Lung, and fortifies the vital reserves governed by the Kidney.

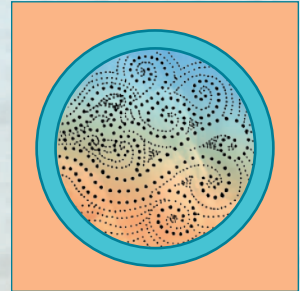
Tonify Qi supplements Nutritive Qi (*Ying*), invigorates Defensive Qi (*Wei*) and consolidates Essence Qi (*Jing*).

INGREDIENTS

Eleuthero root and rhizome	Acanthopanax senticosi rhizoma et radix	<i>Ci wu jia</i>
Astragalus root	Astragali radix	<i>Huang qi</i>
White atractylodes rhizome	Atractylodis macrocephalae rhizoma	<i>Bai zhu</i>
White Asian ginseng root and rhizome	Panax ginseng (white) radix et rhizoma	<i>Bai ren shen</i>
Schisandra fruit	Schisandrae chinensis fructus	<i>Wu wei zi</i>
Tangerine dried rind of mature fruit	Citri reticulatae pericarpium fructus	<i>Chen pi</i>
Chinese licorice root and rhizome	Glycyrrhizae radix et rhizoma	<i>Gan cao</i>
Dry fried Bitter orange mature fruit	Citri aurantium praeparata fructus	<i>Chao zhi kee</i>

RATIONALE

White Asian ginseng root and rhizome, White atractylodes rhizome, Chinese licorice root and rhizome, Tangerine dried rind of mature fruit and dry fried Bitter orange mature fruit augment Spleen Qi, replenish *Ying* and avert Dampness or stagnation. Astragalus root, Eleuthero root and rhizome and Schisandra fruit fortify, replenish and consolidate *Wei*, Qi and *Jing*.



FORMULA FUNCTIONS

- Replenishes Nutritive (*Ying*), Ancestral (*Zong*) and Source (*Yuan*) Qi.
- Invigorates Defense/*Wei* Qi.
- Consolidates Essence/*Jing* Qi.
- Supports Spleen, Lung and Kidney.

INDICATIONS

- Supports overall energy and stamina.
- Loose skin.
- Limp hair.
- Pale and pasty complexion.
- Dull eyes and expression.
- Supports healthy libido.
- Supports healthy response to stress.
- Supports conception and pregnancy.
- Supports the muscles of the rectum and bladder.

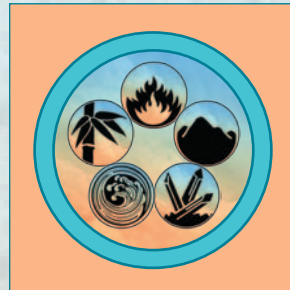
CIRCUMSTANCES REQUIRING CAUTION

- None.

CONTRAINDICATIONS

- None.

All together, these herbs reinforce the *Zheng Qi* – the functional reserves of the whole organism. Also known as the Correct or Righteous Qi, when the *Zheng Qi* is replete, there is optimal unity, integrity and capacity of the Five Organ Networks (*Zan Fu*).



COMPARISON WITH CLASSICAL AND MODERN FORMULAS

- Tonify Middle and Augment Qi Soup (*Bu Zhong Yi Qi Tang*)
- Ginseng Nourish Nutritive Qi Pill (*Ren Shen Yang Rong Wan*)
- Ginseng and Astragalus Great Supplementation Pill (*Shen Qi Da Bu Wan*)
- Eleutherococcus Drink (*Ci Wu Jia Shui*)
- Ginseng, Poria and Atractylodes Powder (*Shen Ling Bai Zhu San*)
- Six Gentleman Soup (*Liu Jun Zi Tang*)

Tonify Moisture

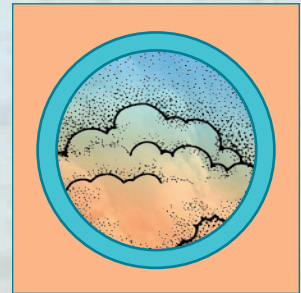
Dryness due to lack of bodily fluids affects the function of all tissues and metabolic processes. Depletion of Yin Essence which is stored and released by the Kidney affects the quality and quantity of Blood (*Xue*) and Moisture (*Jin Ye*), which can result in depletion of the Qi of the Lung, Liver, Heart and Spleen Networks. Moisture, like Qi and Blood, circulates throughout the organism in the form of sexual secretions, mucus, tears, perspiration, synovial fluid, cerebro-spinal fluid, vitreous humor, saliva, perspiration, etc. Both Blood and Moisture have the same source: the Postnatal (Nutritive) Essence of the Spleen and the Prenatal (Congenital) Essence of the Kidney.

Moisture (*Jin Ye*) becomes deficient when external climates like Heat, Wind and Dryness, or when internal conditions like excess Heat from overwork, overeating and drinking, emotional distress or illness lead to depletion of Moisture. Erosion of Yin Essence of the Five Yin Organs (*Wu Zang*) is the long-term consequence of an insufficiency of Moisture.

Tonify Moisture supports the maintenance of healthy bodily fluids, supplementing the Moisture of the Kidney, Lung and Stomach and protects Yin by consolidating Essence while dispelling Heat.

INGREDIENTS

Aromatic Solomon's seal rhizome	Polygonati odorati rhizoma	<i>Yu zhu</i>
Trichosanthes root	Trichosanthis radix	<i>Tian hua fen</i>
Poria	Poria sclerotium	<i>Fu ling</i>
Pseudostellaria root	Pseudostellariae radix	<i>Tai zi shen</i>
Tangerine dried rind of green fruit	Citri reticulatae pericarpium viride	<i>Qing pi</i>
Schisandra fruit	Schisandrae chinensis fructus	<i>Wu wei zi</i>
Scrophularia root	Scrophulariae radix	<i>Xuan shen</i>
Ligustrum fruit	Ligustri lucidi fructus	<i>Nü zhen zi</i>
Raw Rehmannia root	Rehmanniae radix	<i>Sheng di huang</i>
Prepared Rehmannia root	Rehmanniae praeparata radix	<i>Shu di huang</i>
Chinese licorice root and rhizome	Glycyrrhizae radix et rhizoma	<i>Gan cao</i>



FORMULA FUNCTIONS

- Bolsters the Yin of the Kidney and Lung Networks.
- Counters Dryness and Heat due to Dryness.
- Supplements Moisture (*Jin Ye*) as well as Prenatal and Postnatal Essence (*Jing*).

INDICATIONS

- Supports good hydration.
- Supports normal body temperature.
- Occasional night sweats.
- Occasional sensation of being overheated without measurable rise in temperature.
- Occasional tendency toward dry skin and hair.
- Occasional dry stool with constipation.

CIRCUMSTANCES REQUIRING CAUTION

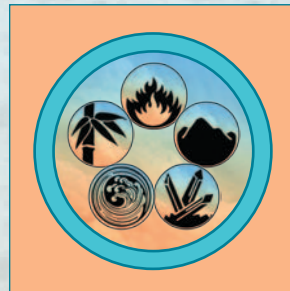
- Excess saliva.
- Lack of thirst.

CONTRAINDICATIONS

- None.

RATIONALE

Schisandra fruit, Ligustrum fruit, raw Rehmannia root and prepared Rehmannia root support and consolidate the Yin Essence of the Kidney. Pseudostellaria root, Aromatic Solomon's seal rhizome and Trichosanthes root supplement and protect the Moisture of the Spleen, Stomach and Lung. Trichosanthes root, raw Rehmannia root, Scrophularia root and Chinese licorice root and rhizome nourish Yin and clear Heat and accumulations from the Nutritive (*Ying*) and Blood (*Xue*) levels. Poria supports the Spleen's role in the equitable distribution of Moisture, averting reflux of Stomach Qi and counteracting Dampness. Together these herbs replenish Moisture of the Five Yin Organs and the Three Burners.



COMPARISON WITH CLASSICAL AND MODERN FORMULAS

- Glehnia and Ophiopogon Soup (*Sha Shen Mai Men Dong Tang*)
- Nourish Yin and Clean Lung Soup (*Yang Yin Qing Fei Tang*)
- Great Replenish Yin Pill (*Da Bu Yin Wan*)
- Jade Fluid Soup (*Yu Ye Tang*)
- Lily Bulb Consolidate Lung Soup (*Bai He Gu Jin Tang*)
- Increase Fluids Soup (*Zhen Yi Tang*)
- Ophiopogon Soup (*Mai Men Dong Tang*)
- Benefit Stomach Soup (*Yi Wei Tang*)

Tonify Red River

Blood (*Xue*) represents the tissue of the mental and physical life of the organism. Three Yin Organs (Spleen, Liver, and Kidney) function in concert to generate, distribute and store the Blood. The Kidney stores and supplies the Essence which is the basis of Blood and forms the Marrow (the unifying substrate of bone, bone marrow, brain and spinal cord). The Liver stores and nourishes the Blood: it gathers and contains the Blood allowing it to receive the Essence from the Kidney. Finally, the Liver also assists the Spleen in its role of generating Nutritive Essence (*Ying*) which is carried by the Blood and supplements the Yin Essence (*Jing*) of the Kidney.

Tonify Red River nourishes Essence which supports the Kidney, Liver, Spleen and, to a lesser degree, the Heart. The Heart depends upon the Blood which gives the Mind (*Shen*) its material basis.

INGREDIENTS

Astragalus root	Astragali radix	<i>Huang qi</i>
Spatholobus stem	Spatholobi caulis	<i>Ji xue teng</i>
Prepared Rehmannia root	Rehmanniae praeparata radix	<i>Shu di huang</i>
Processed Polygonum multiflorum root	Polygoni multiflori praeparata radix	<i>Zhi he shou wu</i>
White peony root	Paeoniae alba radix	<i>Bai shao</i>
Lycium fruit	Lycii fructus	<i>Gou qi zi</i>
Charred Chinese hawthorn fruit	Crataegi praeparata fructus	<i>Shan zha tan</i>
Dong quai root	Angelicae sinensis radix	<i>Dang gui shen</i>
Longan aril	Longan arillus	<i>Long yan rou</i>

RATIONALE

Prepared Rehmannia root, Dong quai root, Spatholobus stem and White peony root replenish Blood. White peony root, Lycium fruit and processed Polygonum multiflorum root supplement Essence and Blood, supporting the Kidney and Liver. Longan aril and Astragalus root strengthen the Heart and Spleen by calming the Mind (*Shen*), nourishing Blood and invigorating Qi. Qi is necessary in order for Nutritive Qi and Blood to be formed. Dong quai root and Spatholobus stem also help Blood



FORMULA FUNCTIONS

- Bolsters the Yin Blood of the Liver and Heart Networks.
- Helps to stabilize the *Shen* and the *Hun*.
- Supplements the Yin Essence of the Kidney Network.
- Nourishes Blood (*Xue*) and supplements Essence (*Jing*).

INDICATIONS

- Supports a healthy nervous system.
- Supports healthy, lustrous skin, hair, nails and membranes.
- Supports healthy elimination.
- Supports healthy menstruation.
- Supports postpartum health.
- Nourishes Blood and supports pregnancy.
- Occasional dry, hard stool.
- Occasional palpitations, fatigue or anxiety.
- Occasional dizziness or numbness.
- Occasional chilliness when resting.

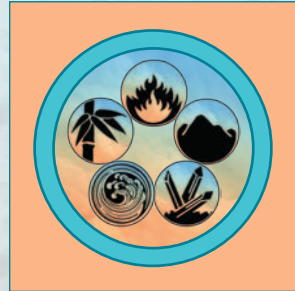
CIRCUMSTANCES REQUIRING CAUTION

- Occasional indigestion.

CONTRAINDICATIONS

- None.

circulate which prevents stagnation. Charred Chinese hawthorn fruit supports digestion of the rather rich and sticky herbs that nurture Blood. In combination, these herbs nurture and restore the Blood and augment Essence, while sustaining the Kidney, Liver, Heart and Spleen.



COMPARISON WITH CLASSICAL AND MODERN FORMULAS

- Angelica Tonic Blood Soup (*Dang Gui Bu Xue Tang*)
- Angelica Blood Nourishing Syrup (*Dang Gui Yang Xue Gao*)
- Restore Spleen Soup (*Gui Pi Tang*)
- Black Chicken White Phoenix Pill (*Wu Ji Bai Feng Wan*)
- Four Substances Soup (*Si Wu Tang*)
- Women's Eight Jewel Pill (*Fu Ke Ba Zhen Wan*)
- Ginseng Nourish Nutritive Qi Pill (*Ren Shen Yang Rong Wan*)
- Lycii, Chrysanthemum and Rehmannia Pill (*Qi Ju Di Huang Wan*)

Consolidate Qi

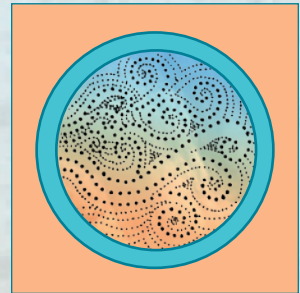
One of the functions of Qi is to maintain the integrity of the organism – that is, to hold the shape and structure of the body intact and to retain Moisture and Blood within appropriate tissues, organs, vessels and channels. If Qi becomes dissipated through overwork, after a prolonged recovery, poor nutrition, exhaustion or excessive sex, loss of integrity can manifest as occasional easy perspiration, occasionally heavy periods, occasional watery stool or abundant pale or colorless urine. This “leakage of Qi” may be a prelude to an occasional lack of physical and mental strength and endurance. This leaves the body vulnerable to the impact of fluctuating Internal and External influences.

According to the Chinese view, the Spleen, Lung and Kidney preserve the integument of vessels, viscera and skin, while preventing Moisture, Blood and Essence from leaking away through the veins, capillaries, mucus membranes, skin, anus and urethra. When Qi is scattered by shock, fright or sudden stress, a person may lose sphincter control while simultaneously sweating profusely and retching. Individuals whose Qi becomes slack may sometimes feel a hunger for more personal energy.

Consolidate Qi “tightens the weave” of the organism, as if changing porous cheesecloth into the tight texture of silk. By helping the Lung, Spleen and Kidney to restrain and contain the Qi, it supports the patency of the membranes – the skin and the gut – that mediate the passage of substances from the outside, in and the inside, out.

INGREDIENTS

Astragalus root	Astragali radix	<i>Huang qi</i>
Lotus seed	Nelumbinis semen	<i>Lian zi</i>
Euryale seed	Euryales semen	<i>Qian shi</i>
White atractylodes rhizome	Atractylodis macrocephalae rhizoma	<i>Bai zhu</i>
Siler root	Saposhnikoviae radix	<i>Fang feng</i>
Chinese yam rhizome	Dioscoreae rhizoma	<i>Shan yao</i>
Nutmeg seed	Myristicae semen	<i>Rou dou kou</i>



FORMULA FUNCTIONS

- Tightens the “web” (channels and collaterals) of Qi.
- Counters “scattering” and “leaking” of Qi.
- Bolsters Defense (*Wei*) Qi.

INDICATIONS

- Supports regular, healthy elimination.
- Supports healthy digestion.
- Occasional weakness or dizziness after a bowel movement.
- Supports the muscles of the rectum, bladder, intestines and stomach.
- Occasionally perspires easily, especially after eating or physical exertion.

CIRCUMSTANCES REQUIRING CAUTION

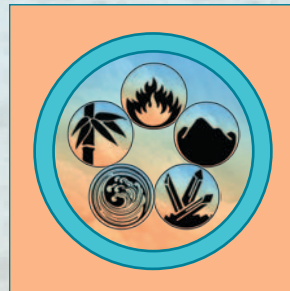
- Difficult urination.

CONTRAINDICATIONS

- None.

RATIONALE

The core of this formula is the triad of Astragalus root, White atractylodes rhizome and Siler root, which together strengthen the Lung and Spleen, consolidate the surface (*Wei*) and reinforce the interior (*Ying*), protecting against the impact of fluctuating External Influences (*Xie Qi*). In addition, Chinese yam rhizome, Euryale seed, Lotus seed and Nutmeg seed fortify the Spleen, Kidney, Bladder and Large Intestine to avert occasional leakage via the anus and urethra. As a whole, this combination secures and protects the Qi while supporting the Spleen, Lung and Kidney, the three sources of Qi.



COMPARISON WITH CLASSICAL AND MODERN FORMULAS

- Jade Screen Powder (*Yu Ping Feng San*)
- White Atractylodes and Peony Powder (*Bai Zhu Shao Yao San*)
- Tonify Center and Augment Qi Soup (*Bu Zhong Yi Qi Tang*)
- Four Superior Substance Pill (*Si Shen Wan*)
- Ginseng, Poria and White Atractylodes Powder (*Shen Ling Bai Zhu San*)
- Dispel Dampness Soup (*Wei Ling Tang*)

Consolidate Moisture

Moisture is everything of a fluid nature that is neither Blood nor Essence. Both Moisture and Blood are derived from Essence, and Moisture is a component of Blood (as is Qi). Consequently, the concept of Moisture includes those liquid substances derived from Nutritive and Inherited Essence (*Ying and Jing*), such as body fluids (*Jin Ye*), and the secretions of the Five Yin Organs (Liver – tears, Heart – sweat, Spleen – saliva, Lung – mucus and Kidney – semen/spittle).

There are various circumstances in which body fluids are diminished, for example, in the case of extreme Heat and Dryness or from the deficiency of Moisture and Blood for other reasons. To consolidate Moisture is to conserve and preserve body fluids by preventing their loss by astringing and toning the skin and mucus membranes.

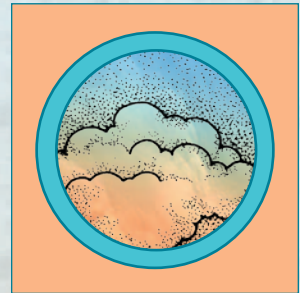
Consolidate Moisture astringes the Spleen to counter Dampness (excess accumulation of Moisture in the Stomach, Small Intestine and Large Intestine), the Lung to counter loss of Moisture (*Jin Ye*) from the skin and inner linings (*Bao*) and Kidney to counter the attrition of Essence.

INGREDIENTS

Oyster shell	Ostreae concha	<i>Duan mu li</i>
Wheat seed	Tritici aestivi levis semen	<i>Fu xiao mai</i>
Euryale seed	Euryales semen	<i>Qian shi</i>
Astragalus seed	Astragali complanati semen	<i>Sha yuan zi</i>
Schisandra fruit	Schisandrae chinensis fructus	<i>Wu wei zi</i>
Astragalus root	Astragali radix	<i>Huang qi</i>
Chinese yam rhizome	Dioscoreae rhizoma	<i>Shan yao</i>

RATIONALE

Astragalus root and Chinese yam rhizome firm up the surface (fortify the Defensive Qi) and strengthen the Spleen, Lung, and Kidney. Wheat seed, Euryale seed and Oyster shell astringe the mucus membranes, support healthy perspiration, bowel function, urination and ejaculation. Schisandra fruit and Astragalus seed supplement the Yin and Qi of the



FORMULA FUNCTIONS

- Supports the Yin of the Kidney, Heart, Spleen and Lung Networks.
- Supplements Nutritive (*Ying*) and Inherited (*Jing*) Essences.
- Astringes Moisture and counters loss of Yin fluids (*Jin Ye*), Prenatal and Postnatal Essences (*Jing*).

INDICATIONS

- Occasional heavy secretion of saliva, tears or vaginal mucus.
- Occasional excessive perspiration or night sweating.
- Supports healthy bladder function.

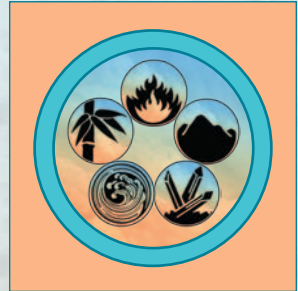
CIRCUMSTANCES REQUIRING CAUTION

- None.

CONTRAINDICATIONS

- None.

Lung and Kidney, while enhancing their ability to grasp and conserve. All together, the herbs protect Moisture and Essence, firm up the surface and interior and tone and strengthen the Spleen, Lung and Kidney.



COMPARISON WITH CLASSICAL AND MODERN FORMULAS

- Oyster Shell Powder (*Mu Li San*)
- Metal Lock and Stabilize Essence Pill (*Jin Suo Gu Jing Wan*)
- Poria and Cuscuta Pill (*Fu Tu Dan*)
- Water and Earth Immortals Pill (*Shui Lu Er Xian Dan*)

Consolidate Red River

Next to Essence (*Jing*), Blood (*Xue*) is the most dense and substantial body constituent, the stuff out of which all tissue and structural components arise. Blood also serves as the medium of the Mind. Blood, which arises from the Marrow and is generated by Essence, is the mother of Qi.

When Blood is lost, the Qi loses its root and the unity of the soma and psyche can be easily perturbed. This may account for the occasional disorientation that some people experience after donating blood, a heavy menstrual period or after childbirth.

Insufficiency of Blood is often associated with weakness of the Spleen (whose Qi contains the Blood within the vessels), and inadequate storage by the Liver (which nurtures the Blood), or may result from occasional psychological stress or mental effort that overtaxes the Qi of the Liver, Heart and Spleen. Because Blood is derived from Marrow and Essence, Blood deficiency can develop as a result of excessive physical work and immoderate sexual activity that depletes the Kidney Essence.

Consolidate Red River helps to maintain the quality of Blood and keeps it in its proper locale within the vessels.

INGREDIENTS

White peony root	<i>Paeoniae alba radix</i>	<i>Bai shao</i>
Dong quai root	<i>Angelicae sinensis radix</i>	<i>Dang gui shen</i>
Eclipta herb	<i>Ecliptae herba</i>	<i>Han lian cao</i>
Lotus root node	<i>Nelumbinis nodus rhizomatis</i>	<i>Ou jie</i>
Tienchi ginseng root and rhizome	<i>Notoginseng radix</i>	<i>Tian qi</i>
Agrimony herb	<i>Agrimoniae herba</i>	<i>Xian he cao</i>
Field thistle herb	<i>Cirsii herba</i>	<i>Xiao ji</i>
Sichuan teasel root	<i>Dipsaci radix</i>	<i>Xu duan</i>

RATIONALE

Tienchi ginseng root and rhizome, Dong quai root and White peony root strengthen the Spleen and the Liver, enabling them to generate, store and nurture the Blood. Sichuan teasel root and Eclipta herb support the



FORMULA FUNCTIONS

- Supports the Yin Essences of the Kidney, Liver and Heart.
- Supplements Blood and replenishes Marrow.
- Reinforces the foundation *Zhi*, *Hun* and *Shen*.

INDICATIONS

- Supports parturition health.
- Extra support for physical and mental wellbeing.
- Supports healthy skin and small blood vessels.

CIRCUMSTANCES REQUIRING CAUTION

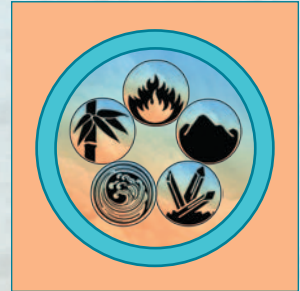
- Suspected clotting tendency.

CONTRAINDICATIONS

- None.

Liver and Kidney, supplement Marrow, strengthen bones and secure the womb. Lotus root node, Agrimony herb and Field thistle herb assists purifying the Blood and containing it within the vessels.

Overall, these herbs bolster and invigorate the Blood while sustaining the integrity of the vessels.



COMPARISON WITH CLASSICAL AND MODERN FORMULAS

- Donkey Gelatin and Artemesia Soup (*Jiao Ai Tang*)
- Quiet Baby Pill (*An Tai Wan*)
- Stabilize Gushing Warming Pill (*Gu Chong Tang*)
- Peaceful Womb Powder (*Tai Shan Pan Shi San*)
- Quiet Blood Soup (*Ning Xue Tang*)
- Artemesia and Aconite Womb Soup (*Ai Fu Nuan Gong Wan*)

Replenish Essence

Essence (*Jing*) is Yin, the complement to Spirit (*Shen*), which is Yang. *Jing-Shen* conveys the inseparable duality of the corporeal and non-corporeal aspects of human life. Our physical form arises from a fundamental material matrix passed on to us by our parents and ancestors in an unbroken protoplasmic succession. It is this basic stuff – the inherited Prenatal Essence (*Xian Tian Jing*) – that connects us with our roots in history, our personal destiny and the future of our progeny. Essence itself has both a Yin (Water) and Yang (Fire) aspect; it is the source of both Vital Substance and Vital Heat that together engender all processes of growth, maturation and regeneration within the organism, from the moment of conception to the moment of death.

Because Essence represents the substrate of bodily form and function, its deterioration can lead to an untimely decline of the Source or *Yuan Qi*. The conservation of Yin and Yang Essence is fundamental to supporting healthy fertility, reproduction, development, immunity and aging.

There is some controversy over whether inherited Essence can ever be replenished once it is gone, since it is continuously being used up in the process of living. It can, however, be supplemented with special nutrient-rich substances that have qualitative similarities to human organs, blood, serum, semen and other internal secretions. The logic is that natural biological materials, especially those containing gelatinous ingredients that resemble our own bodily substances, must also contain concentrated amounts of the Original Essence (*Yuan Jing*) from which they arise. By consuming these Essence-rich plant and animal ingredients, we are able to sustain our own personal reservoir, while fortifying the softness, elasticity, juiciness, animation and vigor that reflect an enduring capacity for being creative, healthy and alive.

Replenish Essence contains both animal and vegetable materials that will cultivate the primal soil of our psyche and soma, the root of *Jing-*



FORMULA FUNCTIONS

- Restores the Yin and Yang Postnatal Essence (*Hou Tian Jing*) of the Kidney Network.
- Counters the decline of Prenatal Essence (*Xian Tian Jing*) and reinforces the Yin and Yang of the Life Gate (*Ming Men*).

INDICATIONS

- Supports and sustains overall strength and wellbeing.
- Supports healthy menopause.
- Supports fertility and conception.
- Supports strong bones, robust immunity and healthy aging.

CIRCUMSTANCES REQUIRING CAUTION

- Occasional indigestion.
- Occasional loose stools.

CONTRAINDICATIONS

- None.

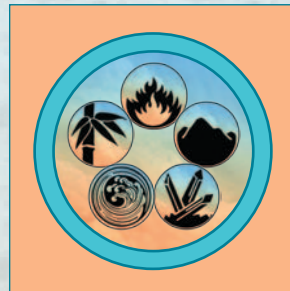
Shen. In contrast to the formula for supplementing the Kidney, this one emphasizes Essence consolidating and enriching ingredients.

INGREDIENTS

Eleuthero root and rhizome	<i>Acanthopanax senticosi</i> rhizoma et radix	<i>Ci wu jia</i>
Lycium fruit	<i>Lycii fructus</i>	<i>Gou qi zi</i>
Raw Rehmannia root	<i>Rehmanniae radix</i>	<i>Sheng di huang</i>
Deer horn gelatin	<i>Cornu cervi gelatinum</i>	<i>Lu jiao jiao</i>
White peony root	<i>Paeoniae alba radix</i>	<i>Bai shao</i>
Eucommia bark	<i>Eucommiae cortex</i>	<i>Du zhong</i>
Lotus stamen	<i>Nelumbinis stamen</i>	<i>Lian xu</i>
Loranthus herb	<i>Taxilli herba</i>	<i>Sang ji sheng</i>
Asiatic cornelian cherry	<i>Corni fructus</i>	<i>Shan zhu yu</i>
Chinese dodder seed	<i>Cuscutae semen</i>	<i>Tu si zi</i>
Schisandra fruit	<i>Schisandrae chinensis fructus</i>	<i>Wu wei zi</i>
Epimedium herb	<i>Epimedii herba</i>	<i>Yin yang huo</i>
Fluorite	<i>Fluoritum mineral</i>	<i>Zi shi ying</i>
Plantain seed	<i>Plantaginis semen</i>	<i>Che qian zi</i>
Cordyceps fruiting body	<i>Cordyceps sinensis mycelium</i> and fruiting body	<i>Dong chong xia cao</i>
Phellodendron bark	<i>Phellodendri cortex</i>	<i>Huang bai</i>
Chinese amomum fruit	<i>Amomi fructus</i>	<i>Sha ren ren</i>
Sharp-leaf galangal fruit	<i>Alpiniae oxyphyllae fructus</i>	<i>Yi zhi ren</i>
Asian water plantain rhizome	<i>Alismatis rhizoma</i>	<i>Ze xie</i>

RATIONALE

Deer horn gelatin, Lycium fruit, raw Rehmannia root and Cordyceps fruiting body are the primary ingredients that replenish Essence. Epimedium herb, Chinese dodder seed, Eucommia bark, Loranthus herb, Eleuthero root and rhizome and Cordyceps fruiting body further enhance the action of supplementing Yin (Essence, Blood and Moisture) and invigorating Yang (Original Qi and Vital Heat). White peony root, Asiatic cornelian cherry and Schisandra fruit nurture and consolidate Essence, Blood and Moisture. Fluorite, Chinese amomum fruit and Sharp-leaf galangal fruit warm Yang and anchor Qi, helping to keep the “Fire of the Life Gate” (*Ming Men Huo*) within its proper locale, below the navel in the Elixir Field (*Dan Tian*). Finally, Phellodendron bark, Lotus stamen, Plantain seed and Asian water



COMPARISON WITH CLASSICAL AND MODERN FORMULAS

- Golden Lock Essence Securing Pill (*Jin Suo Gu Jing Wan*)
- Restore Left Kidney Pill (*Zuo Gui Wan*)
- Healthy Baby Pill (*Shou Tai Wan*)
- Whole Deer Pill (*Quan Lu Wan*)
- Tortoise Age Placenta Pill (*Gui Ling Ji*)
- Great Tonifying Conglomerate (*He Che Da Zao Wan*)

plantain rhizome counter the accumulation of Heat and Dampness and quiet the excitement of *Shen* that sometimes results from the dense and stimulating character of these warming, enriching ingredients.

This rather complex formula combines animal and vegetable sources that support and maintain the body's primary reserves of vital juices and warmth, thus preserving the integrity of the material matrix (*Jing*) that is the embodiment of the mind (*Shen*).



Comfort Shen

Mind is the Yang aspect of *Jing-Shen* (soma-psyche), the unity of body and consciousness. Whereas *Jing* (Essence) is stored and secured by the Kidney, *Shen* (Mind) is enveloped and protected by the Heart. The *Shen* is not synonymous with the Heart, but the Heart, through its governance of the Blood, maintains the matrix through which the enlivening power of the *Shen* expresses the true nature of the organism. *Shen* then is the “complexion” or fullest revelation of the essential nature (*Jing-Shen*) of the individual.

Embodiment and anchoring of the *Shen* endows us the quality of animation and the faculty of attention, which we recognize as our conscious awareness. This non-corporeal aspect of our being is somewhat autonomous and evanescent and is said to easily wander and desert its bodily vessel when startled or restless. Any number of influences may unsettle or disturb the *Shen*, leading to a kind of sense of unease that may be experienced as occasional lack of sleep, over-excitement, emotional shock or travail, an uncomfortable feeling of heat and dryness, occasional dehydration and even intense pleasure.

The interpenetration of *Shen Jing* is likened to that of Yin Yang. When the *Shen* is not peacefully settled within its bodily matrix, the fundamental unity and equilibrium of soma and psyche, of the *Shen Jing*, is vulnerable.

Comfort Shen soothes the *Shen* by settling the Heart and Liver Yang, nurturing the Heart Blood and strengthening the Kidney Yin. Unlike the formula for supplementing the Heart, **Comfort Shen** emphasizes sedating and cooling.

INGREDIENTS

Mother-of-pearl shell	Margaritiferae concha	<i>Zhen zhu mu</i>
Poria with wood root	Poriae cocos paradidicis radix	<i>Fu shen mu</i>
Magnetite	Magnetitum mineral	<i>Duan ci shi</i>
Dragon bone	Draconis os	<i>Long gu</i>
Reishi fruiting body	Ganoderma sclerotium	<i>Ling zhi</i>



FORMULA FUNCTIONS

- Soothes Mind and stabilizes the *Shen*.
- Cools the Yang Fire of the Heart Network.
- Counters the uprising Yang of the Liver Network.
- Harmonizes *Jing-Shen*.

INDICATIONS

- Supports a healthy nervous system, good sleep, and a general sense of comfort and wellbeing.
- Occasional feeling of heat in the mouth and tongue.

CIRCUMSTANCES REQUIRING CAUTION

- None.

CONTRAINDICATIONS

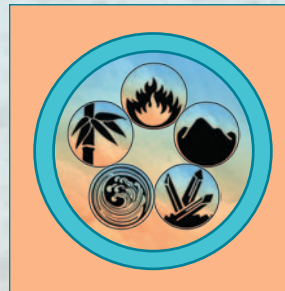
- None.

Ophiopogon tuber	Ophiopogonis radix	<i>Mai men dong</i>
Dry fried Sour jujube seed	Ziziphi spinosae praeparata semen	<i>Chao suan zao ren</i>
Polygonum multiflorum stem	Polygoni multiflori caulis	<i>Ye jiao teng</i>
Polygala root	Polygalae radix	<i>Yuan zhi</i>
Sichuan lovage rhizome	Ligustici wallichii rhizoma	<i>Chuan xiong</i>
Amber resin	Succinum tuber	<i>Hu po</i>
Schisandra fruit	Schisandrae chinensis fructus	<i>Wu wei zi</i>

RATIONALE

Reishi fruiting body, Polygala root, Polygonum multiflorum stem, dry fried Sour jujube seed and Ophiopogon tuber nourish the Qi, Blood and Moisture of the Heart while calming the mind. Poria with wood root and Amber resin ease the mind and help to clear Heat from the Heart via the Urinary Bladder. Mother-of-pearl shell, Dragon bone and Magnetite are dense and cooling mineral agents that subdue the Yang (Heat and Wind) that flares upward when there is agitation of the Liver and Heart Qi and can unsettle the *Hun* and the *Shen*. Sichuan lovage rhizome aids the other herbs by mobilizing Qi and Blood and dispelling Internal Wind. And lastly, Schisandra fruit helps to relax the body and mind by toning the Kidney and Heart, conserving Moisture and consolidating Essence.

All together these herbs help to harmonize the Heart and Kidney, ease the mind, soothe the Spirit and relax the body, encouraging an attitude of serenity and fostering a feeling of inner peace.



COMPARISON WITH CLASSICAL AND MODERN FORMULAS

- Brain Supplementing Pill (*Bu Nao Wan*)
- Soothe Heart Pill (*Ding Xin Wan*)
- Magnetite and Cinnabar Pill (*Ci Zhu Wan*)
- Zizyphus Spinosa Tablet (*Suan Zao Ren Tang Pian*)
- Mother of Pearl Pill (*Zhen Zhu Mu Wan*)

Disperse Qi

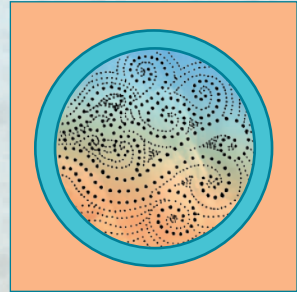
The unimpeded flow of Qi is said to be the root of health, and any impediment to its flow can become the basis of many patterns of disharmony. Qi is the dynamic organizing force: it shapes the organism and governs the rhythm of body processes. When Qi becomes congested, the smooth, pulsatory movement of the viscera is altered, and the free and easy circulation of Moisture and Blood is hampered. Thwarted or obstructed Qi may quickly devolve into stagnation of Moisture and Blood and, if prolonged, depletion of Qi, Moisture and Blood will ensue. Disordered movement of Qi will undermine the harmonious function of the Organs (*Zang Fu*), Channels (*Jing Luo*) and Three Burners (*San Jiao*).

Since many supplementing herbs are viscous, dense and difficult to digest, they can cause congestion, particularly of the Spleen and Stomach. Herbs that disperse Qi are often essential adjuncts to tonifying formulas to prevent stagnation.

Disperse Qi facilitates the upward and downward, inward and outward circulation of Qi that ensures the equitable distribution of Moisture and Blood.

INGREDIENTS

Dry fried Barley sprout	Hordei vulgaris praeparata fructus germinantus	<i>Chao mai ya</i>
Saussurea root	Aucklandiae radix	<i>Mu xiang</i>
Prepared Cyperus rhizome	Cyperi praeparata rhizoma	<i>Zhi xiang fu</i>
Tangerine dried rind of mature fruit	Citri reticulatae pericarpium fructus	<i>Chen pi</i>
Magnolia bark	Magnoliae officinalis cortex	<i>Hou po</i>
Platycodon root	Platycodonis radix	<i>Jie geng</i>
Tangerine dried rind of green fruit	Citri reticulatae pericarpium viride	<i>Qing pi</i>
Chinese amomum fruit	Amomi fructus	<i>Sha ren ren</i>
Dry fried Bitter orange mature fruit	Citri aurantium praeparata fructus	<i>Chao zhi ke</i>
Perilla fruit	Perillae Fructus	<i>Zi su zi</i>
Coptis rhizome	Coptidis rhizoma	<i>Huang lian</i>



FORMULA FUNCTIONS

- Activates the movement of Qi in the channels and vessels.
- Counters Qi stagnation in the Five Organ Networks.

INDICATIONS

- Supports healthy digestion and elimination.
- Occasional discomfort in the upper or lower abdomen.

CIRCUMSTANCES REQUIRING CAUTION

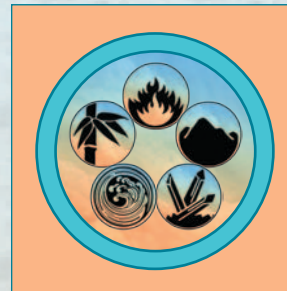
- Pregnancy.
- Occasional heavy menstrual flow.

CONTRAINDICATIONS

- None.

RATIONALE

Analyzed in relation to the Three Burners, Platycodon root and Perilla fruit help to expand and relax the chest and throat, dispel phlegm, and promote the downward movement of Lung Qi. Magnolia bark harmonizes the interaction between the Middle and Upper Burners by countering the reflux of Stomach Qi, moving digestate downward and assisting the action of Perilla fruit upon the descending Qi of the Lung. Tangerine dried rind of green fruit, dry fried Bitter orange mature fruit and dry fried Barley sprout decongest the Qi of the Spleen and Stomach, allowing pure Qi and Moisture to rise, and coarse Qi and digestate to descend. Prepared Cyperus rhizome, Saussurea root and Tangerine dried rind of green fruit harmonize the interaction of the Spleen, Stomach and Liver, while supporting rhythmic peristalsis of the gallbladder, pancreas and intestines, as well as the smooth contractions of the uterus. Chinese amomum fruit dispels Cold and warms the Qi of the Lower and Middle Burners, while Coptis rhizome the Heat and Dampness that arises from stagnant Qi and Moisture. Together, these herbs promote the free flow of Qi and harmonize the interaction of the Three Burners and their respective viscera.



COMPARISON WITH CLASSICAL AND MODERN FORMULAS

- Pinellia and Magnolia Soup (*Ban Xia Hou Po Tang*)
- Soothe Liver Pill (*Shu Gan Wan*)
- Aquilaria Rectify Qi Pill (*Chen Xiang Hua Qi Wan*)
- Midday Tea (*Wu Shi Cha*)
- Perilla Downbearing Qi Pill (*Su Zi Jiang Qi Wan*)
- Magnolia Middle Warming Soup (*Hou Po Wen Zhong Tang*)
- Saussurea Normalize Qi Pill (*Mu Xiang Shen Qi Wan*)
- Fortify Spleen Pill (*Jian Pi Wan*)
- Agastache Correct Qi Pill (*Huo Xiang Zheng Qi Wan*)

Disperse Moisture

Accumulation of Moisture, which may arise from a variety of circumstances, leads to a condition of excess known as Dampness. It is the role of the Kidney to govern fluids, the Spleen to transform them and the Lung to make them descend. The appropriate behavior of each of these Organ Networks is crucial to the adequate distribution and storage of Moisture (*Jin Ye*). A disharmony of the Kidney, Spleen or Lung Qi can cause Moisture to accumulate and create Dampness. Dampness, in turn, can block the circulation of Qi or Blood and interact with the fluctuating External Influences of Cold, Heat, Dryness or Wind to generate Phlegm and Damp Heat.

Disperse Moisture regulates the fluid generating, distributing, storing and eliminating functions of the Spleen, Lung and Kidney while gently freeing the circulation of Moisture.

INGREDIENTS

Job's tears seed	Coicis semen	<i>Yi yi ren</i>
Poria	Poria sclerotium	<i>Fu ling</i>
Quisqualis fruit	Quisqualis fructus	<i>Shi jun zi</i>
Asian water plantain rhizome	Alismatis rhizoma	<i>Ze xie</i>
Tokoro yam rhizome	Dioscoreae hypoglaucae rhizoma	<i>Bi xie</i>
Cang-zhu atractylodes rhizome	Atractylodis rhizoma	<i>Cang zhu</i>
Patchouli herb	Pogostemonis herba	<i>Guang huo xiang</i>
Ginger cured Pinellia rhizome	Pinelliae praeparata rhizoma	<i>Jiang ban xia</i>
Chinese quince fruit	Chaenomelis fructus	<i>Mu gua</i>

RATIONALE

Poria, Ginger cured Pinellia rhizome, Cang-zhu atractylodes rhizome and Patchouli herb assist the Spleen in transforming and transporting fluids, preventing congested Moisture (Dampness) from hindering the function of the Stomach. Quisqualis fruit, Asian water plantain rhizome and Job's tears seed regulate the Lung, Large Intestine and Bladder and facilitate the excretion of surplus Moisture. Chinese quince fruit and Tokoro yam rhizome remove Dampness from the channels and vessels and drain accumulated Moisture (Dampness) from the Stomach.



FORMULA FUNCTIONS

- Circulates Moisture (*Jin Ye*).
- Counters Dampness.
- Harmonizes the Yin of the Spleen, Lung and Kidney Networks.

INDICATIONS

- Supports a healthy lymphatic system.
- Supports a healthy digestive system.
- Supports healthy urinary functions.
- Supports healthy water metabolism.
- Supports healthy muscles and joints.
- Supports healthy menstruation.
- Occasional mild puffiness of face, hands or ankles.

CIRCUMSTANCES REQUIRING CAUTION

- Thirst.

CONTRAINDICATIONS

- None.

This combination of herbs adjusts the distribution and discharge of body fluids and prevents the formation of Dampness, Damp Heat and Phlegm that arise from the stagnation of Moisture in the viscera (*Zang Fu*) and channels (*Qing Luo*).



COMPARISON WITH CLASSICAL AND MODERN FORMULAS

- Poria Five Ingredient Powder (*Wu Ling San*)
- Five Peel Powder (*Wu Pi San*)
- Harmonize Six Soup (*Liu He Tang*)
- Calm Stomach Powder (*Ping Wei San*)
- Agastache Rectify Qi Tablet (*Huo Xiang Zheng Qi Pian*)
- Dioscorea Separate the Clear Soup (*Bei Xie Fen Qing Yin*)

Disperse Red River

Stagnation of Blood underlies many patterns of imbalance, whether recent or developing. When Blood does not circulate freely, some of the Five Organ Networks may be deprived of nourishment, while others may become disordered due to Blood stagnation. Menstruating women are particularly susceptible to stagnation of Blood, especially before, during or following their menstrual periods. The adequate distribution and perfusion of Blood is essential for optimal fertility and healthy pregnancies. Physical, mental and emotional stress can lead to stagnation of Qi which in turn hinders the harmonious circulation of Blood.

Men are also prone to stagnation of Blood engendered by high fat, high sugar (alcohol), high purine diets, overwork, occupational and recreational excesses, emotional distress and sedentary lifestyles.

Proper circulation and nourishment of Blood is dependent upon the healthy function of the Liver, Heart and Spleen. An imbalance between these Organ Networks often interact to create disharmonies of quality, quantity and distribution of Blood. The etiological concept of Blood Stasis is an important theoretical principle. Over time, Blood stagnation can lead to Qi stagnation and the eventual depletion of healthy Qi and Blood.

Disperse Red River is gentle and moderate in supporting the circulation of Blood, while also nurturing Blood and activating Qi.

INGREDIENTS

Chinese salvia root and rhizome
White peony root
Luffa herb
Shiny bugleweed herb
Sichuan lovage rhizome
Turmeric root tuber
Artemisia anomala herb
Dry fried Bitter orange immature fruit
Prepared Cyperus rhizome
Chinese cinnamon twig

Salviae miltiorrhizae radix et rhizoma
Paeoniae alba radix
Luffae fructus retinervus
Lycopi herba
Ligustici wallichii rhizoma
Curcumae radix
Artemisiae anomalae herba
Aurantii praeparata fructus immaturus
Cyperi praeparata rhizoma
Cinnamomi ramulus

Dan shen
Bai shao
Si gua luo
Ze lan
Chuan xiong
Yu jin
Liu ji nu
Chao zhi shi
Zhi xiang fu
Gui zhi



FORMULA FUNCTIONS

- Supports the circulation of Blood in the Channels and Vessels.
- Counters Blood stasis in the Liver, Heart and Lung Networks.
- Harmonizes the Blood in the Vessels and the Qi in the Blood.

INDICATIONS

- Supports healthy circulation.
- Supports healthy menstrual cycling.
- Temporary swelling of the breasts.
- Supports healthy veins and arteries.

CIRCUMSTANCES REQUIRING CAUTION

- Pregnancy.
- Nursing.

CONTRAINDICATIONS

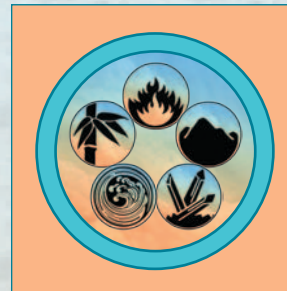
- Threatened miscarriage or premature labor.
- Bleeding tendencies.

RATIONALE

Chinese salvia root and rhizome, Sichuan lovage rhizome, Shiny bugleweed herb, Turmeric root tuber, Luffa herb and Artemisia anomala herb move the Blood and counteract stasis. Prepared Cyperus rhizome, dry fried Bitter orange immature fruit and Sichuan lovage rhizome assist Blood circulation by activating Qi, especially in the Middle and Lower Burners. White peony root supplements Blood and consolidates Yin. Chinese cinnamon twig opens the channels and invigorates the Yang, enabling the Blood to move easily to the surface as well as through the interior. From an alternative point of view dry fried Bitter orange immature fruit, prepared Cyperus rhizome, Turmeric root tuber and White peony root harmonize the Liver which can then appropriately store and release Blood.

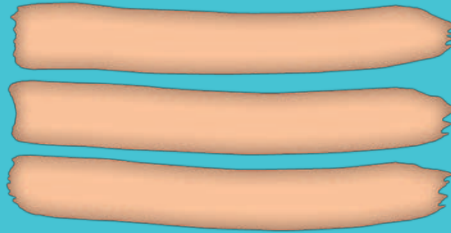
Chinese salvia root and rhizome, Luffa herb, Turmeric root tuber, Shiny bugleweed herb and Sichuan lovage rhizome assist the circulation of Blood through the Heart, chest and breasts. Prepared Cyperus rhizome, Turmeric root tuber, Artemisia anomala herb and Shiny bugleweed herb mobilize Blood in the Lower Burner, helping to support normal menstruation. Sichuan lovage rhizome, Luffa herb, Turmeric root tuber and Chinese cinnamon twig facilitate circulation in the channels and vessels, while helping to disperse Wind, Damp and Cold.

In combination, these herbs harmonize and activate Blood, moving it from the core to the surface, from the Upper to the Lower Burner and through the vessels and viscera.



COMPARISON WITH CLASSICAL AND MODERN FORMULAS

- Four Ingredients Soup (*Si Wu Tang*)
- Black Gold Pill (*Wu Jin Wan*)
- Blood Nurturing Menses Harmonizing Tablet (*Bu Xue Tiao Jing Pian*)
- Empty the Blood Chamber Soup (*Xue Fu Zhu Yu Tang*)
- Women's Pregnancy Pill (*Fu Ke Zhon Zi Wan*)
- Support Menses Soup (*Guo Qi Yin Tang*)



CHINESE MODULAR SOLUTIONS

ELIMINATING MODULES

Purge Qi

Obstruction of Qi is the most advanced stage of impeded Qi circulation. Whether this is the result of prolonged stagnation arising from deficiency or the impact of External Influences such as Cold, Heat, Phlegm or Food Accumulation, such an hindrance to the dynamic of Qi can disturb the correct Qi of the Five Organ Networks (Heart, Spleen, Lung, Kidney and Liver). In particular, excessive Qi stagnation can hinder the proper function of the Six Fu (Stomach, Small Intestine, Large Intestine, Gallbladder and Urinary Bladder). Obstruction of Qi may also generate secondary congestion of Blood and Moisture.

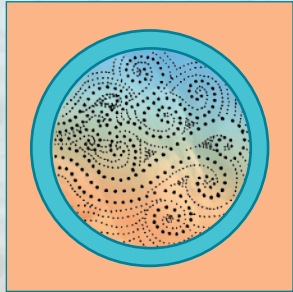
Purge Qi is designed to strongly mobilize Qi and disperse obstructions such as occasional accumulation of food in the stomach, accumulated digestate in the intestines and air trapped in the chest or abdomen. It also redirects the reflux Qi of the Lung and Stomach and the upsurging Qi of the Liver.

INGREDIENTS

Radish seed	Raphani semen	<i>Lai fu zi</i>
Charred Chinese hawthorn fruit	Crataegi praeparata fructus	<i>Shan zha tan</i>
Magnolia bark	Magnoliae officinalis cortex	<i>Hou po</i>
Saussurea root	Aucklandiae radix	<i>Mu xiang</i>
Quisqualis fruit	Quisqualis fructus	<i>Shi jun zi</i>
Prepared Cyperus rhizome	Cyperi praeparata rhizoma	<i>Zhi xiang fu</i>
Perilla fruit	Perillae fructus	<i>Zi su zi</i>
Coptis rhizome	Coptidis rhizoma	<i>Huang lian</i>
Chinese rhubarb rhizome and root	Rhei radix et rhizoma	<i>Da huang</i>
Chinese licorice root and rhizome	Glycyrrhizae radix et rhizoma	<i>Gan cao</i>
Dry fried Bitter orange mature fruit	Citri aurantium praeparata fructus	<i>Chao zhi ke</i>
Dry fried Bitter orange immature fruit	Aurantii praeparata fructus immaturus	<i>Chao zhi shi</i>

RATIONALE

Radish seed, Perilla fruit and Magnolia bark disperse Qi in the chest and epigastrium, strongly moving it downward and countering upward rebellion of the Lung and Stomach Qi. Charred Chinese hawthorn fruit,



FORMULA FUNCTIONS

- Energetically mobilizes Qi.
- Disperses and dispels obstructions and accumulations.
- Redirects the uprising Qi of the Lung, Liver and Stomach.

INDICATIONS

- Occasional feeling of fullness in the chest or abdomen.
- Supports healthy activity of the digestive and eliminative organs.

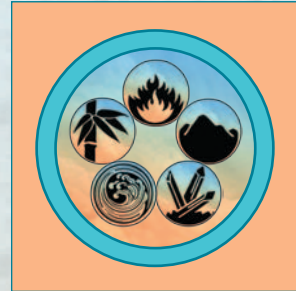
CIRCUMSTANCES REQUIRING CAUTION

- Loose stool.
- Queasy sensation.
- While nursing.
- During pregnancy.

CONTRAINDICATIONS

- Dehydration.

Radish seed, dry fried Bitter orange mature fruit and dry fried Bitter orange immature fruit dispel occasional food accumulation in the Stomach and support normal peristalsis to move the digestate downward through the Small Intestine. Chinese rhubarb rhizome and root, Quisqualis fruit, Saussurea root and prepared Cyperus rhizome relieve Qi stagnation and constraint, while protecting against the excessive dispersal of Qi. Coptis rhizome aids the other herbs in dispelling Heat and Damp Heat that can arise from Qi congestion, while Chinese licorice root and rhizome moderates the harsh effects of Chinese rhubarb rhizome and root, Radish seed and Quisqualis fruit, as well as supporting smooth elimination. Magnolia bark, Perilla fruit, Radish seed and Quisqualis fruit have the additional action of dispelling Phlegm and Dampness. Saussurea root, dry fried Bitter orange mature fruit, dry fried Bitter orange immature fruit, prepared Cyperus rhizome and Coptis rhizome help to decongest Qi, to clear Heat and to harmonize the Stomach and Spleen with the Liver and Intestines. All together, these herbs dispel Qi obstructions by transforming Phlegm, dispersing accumulations in the Stomach and Intestines and freeing the movement of Qi in the Three Burners (chest, upper and lower abdomen).



COMPARISON WITH CLASSICAL AND MODERN FORMULAS

- Liver Soothing Pill (*Shu Gan Wan*)
- Aquilaria Rectify Qi Pill (*Chen Xiang Hua Qi Wan*)
- Saussurea and Areca Pill (*Mu Xiang Bing Lang Wan*)
- Pinellia and Magnolia Soup (*Ban Xia Hou Po Tang*)
- Diaphragm Cooling Powder (*Liang Ge San*)
- Saussurea Normalize Qi Pill (*Mu Xiang Shen Qi Wan*)
- Moistening Intestine/Cannabis Seed Pill (*Run Chang/Ma Zi Ren Wan*)
- Good Digestion Pill (*Bao He Wan*)
- Minor Order Qi Soup (*Xiao Cheng Qi Tang*)
- Yellow Dragon Soup (*Huang Long Tang*)

Purge Moisture

Prolonged stagnation of Moisture often leads to a transformation of body fluids into Dampness and Phlegm (congealed Moisture). Dampness and Phlegm can further obstruct Blood and Qi, leading to blockage of the Upper Orifices which are ruled by the Heart (tongue), Kidney (ears) Lung (nose) and Spleen/Stomach (mouth).

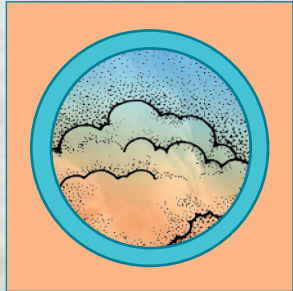
Purge Moisture actively supports healthy circulation and distribution of body fluids (*Jin Ye*) via the skin, Lung and Bladder.

INGREDIENTS

Polyporus sclerotium	Grifola umbellata herba	<i>Zhu ling</i>
Poria root skin	Poria cortex	<i>Fu ling pi</i>
Asian water plantain rhizome	Alismatis rhizoma	<i>Ze xie</i>
Haizhou elsholtzia herb	Moslae herba	<i>Xiang ru</i>
Winter melon peel	Benincasae exocarpium	<i>Dong gua pi</i>
Knotweed herb	Polygoni avicularis herba	<i>Bian xu</i>
White atractylodes rhizome	Atractylodis macrocephalae ramulus	<i>Bai zhu</i>
Chinese cinnamon twig	Cinnamomi tuber	<i>Gui zhi</i>
White mulberry root bark	Mori cortex radicis	<i>Sang bai pi</i>
White mulberry twig	Mori ramulus	<i>Sang zhi</i>

RATIONALE

Poria root skin, Winter melon peel and White mulberry root bark regulate the Moisture of the Upper Burner and, along with Chinese cinnamon twig, dispel Dampness outward through the skin and downward via the Small Intestine and Bladder. Polyporus sclerotium, Asian water plantain rhizome, White mulberry twig, Knotweed herb and Haizhou elsholtzia herb assist in leading accumulated Moisture in the Middle and Lower Burners downward and outward via the Small Intestine, Kidney and Urinary Bladder. White atractylodes rhizome strengthens and warms the Spleen which protects it against the strong purging action of the other herbs, as well as dispelling accumulated Moisture from within the Middle Burner.



FORMULA FUNCTIONS

- Drains Dampness.
- Circulates Moisture.
- Regulates body fluids.
- Supports the functions of the Spleen, Lung and Kidney Networks.

INDICATIONS

- Supports healthy fluid metabolism.
- Supports a healthy urinary system.
- Supports healthy joints.
- Occasional discomfort in humid climate.
- An occasional feeling of heaviness in the head, limbs, lower back or pelvis.

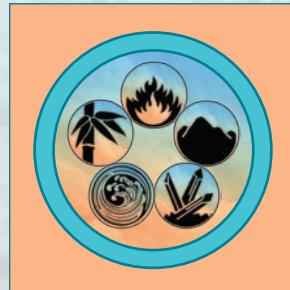
CIRCUMSTANCES REQUIRING CAUTION

- Thirst.
- Dry stool.

CONTRAINDICATIONS

- Profuse urination or incontinence.
- Dehydration.
- During pregnancy or while nursing.

As a whole, this combination of herbs eliminates obstructive Dampness by mobilizing Moisture outward via the skin and downward via the bladder, and by regulating the function of the Lung, Spleen and Kidney. Its action will help to support the healthy metabolism of body fluids and avert stagnation of Blood and Qi.



COMPARISON WITH CLASSICAL AND MODERN FORMULAS

- Stephania and Poria Soup (*Fang Ji Fu Ling Tang*)
- Five Peel Powder (*Wu Pi Yin San*)
- Purge the Wind and Damp Soup (*Yue Bi Tang*)
- Eliminate Dampness Soup (*Chu Shi Wei Ling Tang*)
- Poria Five Ingredients Powder (*Wu Ling San*)
- Poria Happy Stomach Soup (*Wei Ling Tang*)
- Polyporus Soup (*Zhu Ling Tang*)
- Poria, Cinnamon, Atractylodes and Licorice Soup (*Ling Gui Zhu Gan Tang*)

Purge Red River

Obstruction or congealing of Blood usually develops after an extended period of Blood stagnation. The development of Blood stasis can also lead to the stagnation of Qi. The old adage states, "Blood is the mother of Qi, and where the Qi goes, the Blood will flow."

Blood stagnation often evolves gradually as a consequence of long-term congestion of Qi or Moisture. It may, however, also develop suddenly as a result of the penetration of an External Influence such as Dampness, Heat or Cold Influence that blocks the movement of Qi and Blood in the channels and vessels (*Jing Luo*), especially those of the Heart, Liver and the Sea of Marrow (brain).

Purge Red River effectively mobilizes Blood, breaks up congealed Blood, alleviates occasional swelling, supports the formation of new Blood.

INGREDIENTS

Pubescent holly root	Licis pubescentis radix	<i>Mao dong qing</i>
Siberian motherwort herb	Leonuri herba	<i>Yi mu cao</i>
Chinese salvia root and rhizome	Salviae miltiorrhizae radix et rhizoma	<i>Dan shen</i>
Carthamus flower	Carthami flos	<i>Hong hua</i>
Prepared Corydalis yanhusuo tuber	Corydalis praeparata rhizoma	<i>Zhi yan hu suo</i>
Shiny bugleweed herb	Lycopi herba	<i>Ze lan</i>
Chinese red peony root	Paoniae rubra radix	<i>Chi shao</i>
Sichuan lovage rhizome	Ligustici wallichii rhizoma	<i>Chuan xiong</i>
Vinegar prepared Zedoary rhizome	Curcumae praeparata rhizoma	<i>Cu e zhu</i>
Achyranthes root	Achyranthis bidentatae radix	<i>Huai niu xi</i>
Sparganium rhizome	Sparganii rhizoma	<i>San leng</i>
Prepared Cyperus rhizome	Cyperii praeparata rhizoma	<i>Zhi xiang fu</i>
Vaccaria seed	Vaccariae semen	<i>Wang bu liu xing</i>
Dragon's blood palm resin	Draconis sanguis palm resin	<i>Xue jie</i>

RATIONALE

Pubescent holly root, Chinese salvia root and rhizome, Carthamus flower, vinegar prepared Zedoary rhizome and Sparganium rhizome are the



FORMULA FUNCTIONS

- Mobilizes Blood in the vessels and channels.
- Disperses and dispels Blood stasis.
- Nourishes Blood and supports the functions of the Liver and Heart Networks.

INDICATIONS

- Occasional localized discomforts in muscles, joints, head or torso.
- Supports healthy menses.
- Supports healthy blood circulation.

CIRCUMSTANCES REQUIRING CAUTION

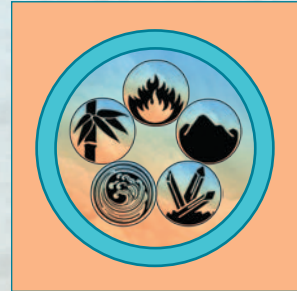
- Use of anti-coagulant medication.
- Heavy menstruation.
- Following childbirth.

CONTRAINDICATIONS

- During pregnancy.
- Dehydration.

primary herbs for dispersing Blood stasis and supporting the healthy circulation of Blood in the chest, abdomen or pelvic cavity, especially within the organs of the heart, brain, liver, spleen and uterus. Siberian motherwort herb, Shiny bugleweed herb, Achyranthes root and Vaccaria seed act particularly to relieve Blood stagnation within the pelvic region and lower limbs. Chinese red peony root, prepared Corydalis yanhusuo tuber and Dragon's blood palm resin disperse stagnant Blood and dispel Heat, support sensations of comfort, and support healthy vessels, skin and muscle. Finally, Sichuan lovage rhizome and prepared Cyperus rhizome, especially in concert with Sparganium rhizome, help to maintain healthy circulation of Blood and Qi within the vessels and channels.

All together these herbs counteract stasis and eliminate accumulations, nourish Blood and mobilize circulation throughout the channels, vessels and viscera.



COMPARISON WITH CLASSICAL AND MODERN FORMULAS

- Salvia Soup (*Dan Shen Yin*)
- Seven Pinches Powder (*Qi Li San*)
- Remove Blood Stasis and Support Sore Muscle Soup (*Shen Tong Zhu Yu Tang*)
- Remove Blood Stasis from Mansion of Blood Soup (*Xue Fu Zhu Yu Tang*)
- Generation and Transformation Soup (*Sheng Hua Tang*)
- Black Gold Pill (*Wu Jin Wan*)
- Invigorate Blood Circulation and Open Orifice Soup (*Tong Qiao Hou Xue Tang*)
- Tonify Yang and Restore Five Viscera Soup (*Bu Yang Huan Wu Tang*)

Purge Cold

The entity known as Cold may arise, for example, from external climatic conditions (exposure to cold or windy weather), dietary excesses (ingestion of cold food and liquid) or internal insufficiency of Qi and Vital Heat (Genuine Yang). Whether associated with excess or deficiency, Cold inhibits the body's Life Fire (*Ming Huo*). Without adequate Life Fire, Qi, Moisture and Blood cannot be properly stored and distributed, or transformed by the Spleen and Lung Networks from inhaled air and ingested food and fluid. As a result, Qi stagnates, Moisture and Blood congeal and the function of the Five Organ Networks is disrupted.

Purge Cold supports Life Fire and eliminates Cold by invigorating Yang, supplementing Qi and activating Blood.

INGREDIENTS

Fenugreek seed	Trigonellae semen	<i>Hu lu ba</i>
Psoralea fruit	Psoraleae fructus	<i>Bu gu zhi</i>
Chinese cinnamon twig	Cinnamomi ramulus	<i>Gui zhi</i>
Honey fried Chinese licorice root	Glycyrrhizae praeparata cum mel radix et rhizoma	<i>Zhi gan cao</i>
Ginger rhizome	Zingiberis rhizoma	<i>Gan jiang</i>
Long pepper fruit	Piperis longi fructus	<i>Bi ba</i>
Evodia fruit	Evodiae fructus	<i>Wu zhu yu</i>
Chinese cinnamon bark	Cinnamomi cortex	<i>Rou gui</i>

RATIONALE

Evodia fruit, Long pepper fruit and Ginger rhizome warm the Yang of the Liver, Spleen and Lung and transform the Dampness (condensation) engendered by Cold. Chinese cinnamon bark and honey fried Chinese licorice root revive the Yang and supplement the Qi of the Heart, Spleen and Kidney. Psoralea fruit and Fenugreek seed invigorate the Yang of the Kidney, consolidate the Essence and protect the Original Fire of the



FORMULA FUNCTIONS

- Invigorates the Life Gate Fire (*Ming Men Hua*).
- Disperses Cold and Damp from the Interior.
- Mobilizes Blood and Qi.
- Reinforces the Yang of the Five Organ Networks.

INDICATIONS

- Supports healthy metabolism.
- Supports maintenance of healthy core temperature.
- Occasional weakness associated with chilliness.
- Supports a healthy urinary system.
- Supports healthy digestion, circulation and elimination.

CIRCUMSTANCES REQUIRING CAUTION

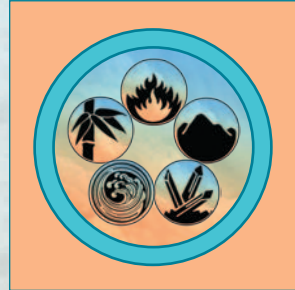
- Unusual sensations of heat.
- During pregnancy or while nursing.

CONTRAINDICATIONS

- Fever.
- Thirst and dehydration.

Gate of Life (*Ming Men*). Chinese cinnamon twig opens the channels and enables the Yang to activate the Qi and Blood and dispel Cold.

All together, these ingredients support the body's Life Fire, dispel Internal Cold and invigorate the function of the Five Organ Networks.



COMPARISON WITH CLASSICAL AND MODERN FORMULAS

- Frigid Extremities Soup (*Si Ni Tang*)
- Aconite Regulate Middle Pill (*Fu Zi Li Zhong Wan*)
- Evodia Soup (*Wu Zhu Yu Tang*)
- Licorice and Ginger Soup (*Gan Cao Gan Jiang Tang*)

Purge Heat

The classical pattern of Internal Heat can arise from many factors, including environmental and climatic stressors, dietary excesses, emotional distress and excess physical or mental effort. Translated into the descriptive terminology of Chinese Traditional Herbology, Heat may be the outcome of invasion by External Influences (Wind Cold or Wind Heat), stagnation of Qi, stagnation of Blood, accumulation of Phlegm or Food, hyperactivity of Yang (Ministerial Fire), deficiency of Yin or agitation of the *Shen* (Mind) due to occasional mental or emotional upset.

Regardless of the predisposing influences, Internal Heat can lead to depletion of Yin Moisture and Essence, irregular movement of Blood in the channels and vessels, propagation of Internal Wind, depletion of the Blood and Marrow, insecurity of the *Shen* and Qi.

Purge Heat eliminates Internal Heat from within all three Burners as well as from the defensive (*Wei*), active (*Qi*), nutritive (*Ying*) and constructive (*Xue*) levels of metabolic activity.

INGREDIENTS

Honeysuckle flower	Lonicerae flos	<i>Jin yin hua</i>
Forsythia fruit	Forsythiae fructus	<i>Lian qiao</i>
Prunella fruit spike	Prunellae spica	<i>Xia ku cao</i>
Wild chrysanthemum flower	Chrysanthemi indicis flos	<i>Ye ju hua</i>
Gypsum	Gypsum fibrosum mineral	<i>Sheng shi gao</i>
Andrographis herb	Andrographis herba	<i>Chuan xin lian</i>
Dandelion herb	Taraxaci herba	<i>Pu gong ying</i>
Chinese skullcap root	Scutellariae radix	<i>Huang qin</i>
Raw Rehmannia root	Rehmanniae radix	<i>Sheng di huang</i>
Anemarrhena rhizome	Anemarrhenae rhizoma	<i>Zhi mu</i>
Bupleurum root	Bupleuri radix	<i>Chai hu</i>
Chinese licorice root and rhizome	Glycyrrhizae radix et rhizoma	<i>Gan cao</i>

RATIONALE

Honeysuckle flower, Forsythia fruit, Chinese skullcap root, Andrographis herb and Gypsum are ingredients with a cold nature that clears Heat from



FORMULA FUNCTIONS

- Clears Heat from the Three Burners (Upper, Middle and Lower) and from the Four Levels (*Wei*, *Qi*, *Ying* and *Xue*).

INDICATIONS

- Supports a healthy urogenital system.
- Supports a healthy gastrointestinal system.
- Occasional uncomfortable sensation of heat.

CIRCUMSTANCES REQUIRING CAUTION

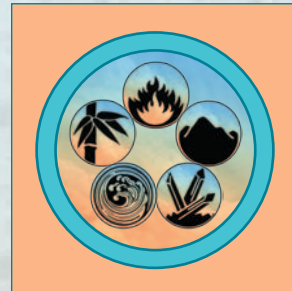
- Chills or sensitivity to cold.
- During pregnancy or while nursing.

CONTRAINDICATIONS

- None.

the Viscera (*Zang Fu*), the three body cavities (*San Jiao*), and the channels and vessels (*Jing Luo*) of deficiency or excess Heat. Wild chrysanthemum flower and Bupleurum root counteract Internal Wind and help to expel Heat from the interior by leading it out of the body via the skin and upper orifices. Dandelion herb and Prunella fruit spike help to dispel Heat and accumulations from the Heart, Liver and Blood while discharging them downward via the intestines and bladder. Anemarrhena rhizome and raw Rehmannia root remove Heat from the *Qi*, *Ying*, and *Xue* levels and restore Yin Moisture to the Viscera and Blood. Chinese licorice root and rhizome supports the clearing of Heat and accumulations and harmonizes the action of the other ingredients.

As a composite, this formula purges excess or deficiency Heat from the interior of the body while simultaneously dispelling Wind and replenishing Yin Moisture.



COMPARISON WITH CLASSICAL AND MODERN FORMULAS

- White Tiger Soup (*Bai Hu Tang*)
- Coptis Heat Clearing Soup (*Huang Lian Jie Du Tang*)
- Gentian Liver Draining Pill (*Long Dan Xie Gan Wan*)
- Clear Nutritive Level Soup (*Qing Ying Tang*)
- Five Ingredient Soup (*Wu Wei Xiao Du Yin*)
- Coptis and Goat's Liver Pill (*Chuan Xin Lian Kang Huang Lian Yang Gan Wan*)
- Andrographis Tablet (*Chuan Xin Lian Pian*)
- Healthy Vessels Tablet (*Jiang Ya Ping Pian*)

Purge Damp Heat

The phenomenon of Damp Heat is a unique theoretical construct as well as a frequently encountered challenging physiological phenomenon. The entities of Dampness and Heat frequently coexist in the patterns of disharmony known as Damp Heat. However, Damp Heat is not merely a combination of these two, but the outcome of their metamorphosis into a secondary entity – a process analogous to the transformation of the two gases hydrogen and oxygen into the compound water.

Damp Heat is emblematic of the concept of entanglement. Special ingredients are employed, with specific Damp Heat clearing properties that disentangle or separate the Dampness from the Heat, analogous to separating the molecules of hydrogen and oxygen from each other. Traditionally, herbs such as Andrographis, Skullcap root, Phellodendron bark and Gardenia fruit are used because of their unique ability to simultaneously cool and dry. They are usually combined with herbs that facilitate downward discharge via the bowels and bladder.

Purge Damp Heat dispels Damp Heat by utilizing ingredients that disperse Qi, dry Dampness and discharge Heat downward via the intestines and bladder.

INGREDIENTS

Poria	Poria sclerotium	<i>Fu ling</i>
Asian water plantain rhizome	Alismatis rhizoma	<i>Ze xie</i>
Plantain seed	Plantaginis semen	<i>Che qian zi</i>
Capillaris herb	Artemisiae scopariae herba	<i>Yin chen hao</i>
Andrographis herb	Andrographis herba	<i>Chuan xin lian</i>
Chinese licorice root and rhizome	Glycyrrhizae radix et rhizoma	<i>Gan cao</i>
Phellodendron bark	Phellodendri cortex	<i>Huang bai</i>
Chinese skullcap root	Scutellariae radix	<i>Huang qin</i>
Shrubby sophora root	Sophorae flavescens radix	<i>Ku shen</i>
Forsythia fruit	Forsythiae fructus	<i>Lian qiao</i>
Dandelion herb	Taraxaci herba	<i>Pu gong ying</i>
Dry fried Bitter orange immature fruit	Aurantii praeparata fructus immaturus	<i>Chao zhi shi</i>
Gardenia fruit	Gardeniae fructus	<i>Zhi zi</i>
Evodia fruit	Evodiae fructus	<i>Wu zhu yu</i>



FORMULA FUNCTIONS

- Clears and dispels Damp Heat downward.
- Supports the functions of the Stomach, Intestines and Urinary Bladder in the Middle and Lower Burners.

INDICATIONS

- Occasional dry mouth and/or bitter taste.
- Supports a healthy gastrointestinal system.
- Occasional hot flashes with heavy perspiration.

CIRCUMSTANCES REQUIRING CAUTION

- Occasional loose stool.
- Thirst.
- During pregnancy or while nursing.
- Occasional indigestion.

CONTRAINDICATIONS

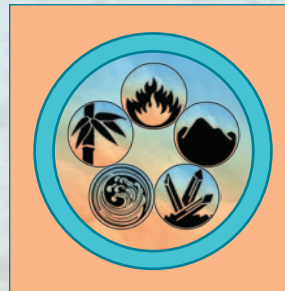
- Prostration accompanied by chilliness and weakness.
- Dehydration.

RATIONALE

Chinese skullcap root, Phellodendron bark, Gardenia fruit, Shubby sophora root and Capillaris herb disentangle Damp Heat within all three Burners, acting particularly upon the Lung, Stomach, Liver, Gallbladder and Large Intestine. Andrographis herb, similar in property and nature to Coptis rhizome, is able to clear Damp Heat and, with Forsythia fruit and Dandelion herb, enhances the properties of clearing Heat and Damp Heat.

Plantain seed and Dandelion herb enhance the elimination of Heat and Damp Heat from the genito-urinary organs via urination. Poria, Evodia fruit and Chinese licorice root and rhizome protect the Spleen and Stomach from the cold, bitter, purging nature of the primary herbs and gentle their strong effects.

All together, the herbs in this combination disentangle and eliminate Damp Heat, Heat and associated accumulations (*Zhuo*), especially from the alimentary and genito-urinary systems.



COMPARISON WITH CLASSICAL AND MODERN FORMULAS

- Pulsatilla Soup (*Bai Tou Weng Tang*)
- Purge Heat From The Heart Soup (*Xie Xin Tang*)
- Drain Liver with Gentian Soup Pill (*Long Dan Xie Gan Tang/Wan*)
- Capillaris Soup (*Yin Chen Hao Tang*)
- Coptis Relieve Accumulations [*Zhuo*] Soup (*Huang Lian Jie Du Tang*)
- Gallbladder Disinhibiting Tablets (*Li Dan Pian*)
- Eight Herb Rectification Powder (*Ba Zheng San*)
- Augmented Saussurea and Coptis Tablets (*Jia Wei Xiang Lian Pian*)

Purge Sticky Stuff

The formation of Phlegm is similar to that of congealed Blood in the sense that both patterns represent long-term accumulation, stagnation and transformation of healthy body constituents. In this case, Moisture (as a result of Qi stagnation, the creation of Dampness or the influence of Dryness, Heat and Cold) congeals into Phlegm and obstructs the movement of Qi, Moisture and Blood.

“Visible” Phlegm is a form of congealed Moisture or Dampness. However, there is a related entity, “invisible” Phlegm that, when transmitted upward together with Wind or Heat, obstructs the Qi of the Pericardium and Heart, and is sometimes construed to be the primary factor in many complex patterns of disharmony associated with the nervous system and the sense organs.

Since Phlegm is generated by a process of accretion and congealing, it is properly addressed with herbs that help the body to transform and discharge it via the bronchi (expectoration), stomach (emesis) or bowel (catharsis).

Purge Sticky Stuff employs herbs that dispel Phlegm, purge Heat or Cold, tonify Moisture, support occasional expectoration and assist distribution and transformation of Moisture by the Spleen and Lung.

INGREDIENTS

Poria
Sargassum herb
Trichosanthes seed
Platycodon root
Zhejiang fritillary bulb
Honey fried Stemonae root
Tangerine dried rind of mature fruit
Bile prepared Arisaema rhizome
Licorice cured Pinellia rhizome
Magnolia bark
Bamboo secretion
Dry fried Bitter orange immature fruit
Perilla fruit

Poria sclerotium
Sargassum herba
Trichosanthis semen
Platycodonis radix
Fritillariae thunbergii bulbus
Stemonae praeparata radix
Citri reticulatae pericarpium fructus
Arisaema cum bile rhizoma
Pinelliae praeparata rhizoma
Magnoliae officinalis cortex
Bambusae concretio silicea
Aurantii praeparata fructus immaturus
Perillae fructus

Fu ling
Hai zao
Gua lou ren
Jie geng
Zhe bei mu
Zhi bai bu
Chen pi

Dan nan xing
Fa ban xia
Hou po
Tian zhu huang
Chao zhi shi

Zi su zi



FORMULA FUNCTIONS

- Transforms Phlegm.
- Clears Heat and dispels Cold.
- Moisturizes Dryness.
- Supports the functions of the Spleen, Lung and Heart Networks.

INDICATIONS

- Supports healthy Lung functions.
- Benefits the sinuses.

CIRCUMSTANCES REQUIRING CAUTION

- During pregnancy or while nursing.

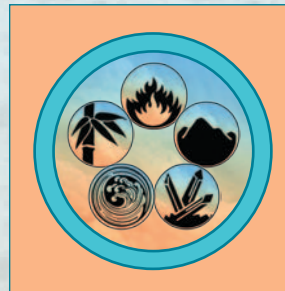
CONTRAINDICATIONS

- Dehydration and thirst.

RATIONALE

Trichosanthes seed, Zhejiang fritillary bulb, Bamboo secretion, Perilla fruit, honey fried Steмона root and Platycodon root moisturize the Lung, dispel Phlegm, clear Heat and ease occasional expectoration. Licorice cured Pinellia rhizome, dry fried Bitter orange immature fruit and Magnolia bark counter rebellious Qi, alleviate accumulation of Phlegm, redirect Lung Qi downward, decongest Qi and, along with Poria, help to transform Dampness and protect the Spleen and Stomach. Sargassum herb, a type of seaweed, softens hard accretions of Phlegm and disperses congealed Phlegm, especially in the Upper Burner.

Finally, bile prepared Arisaema rhizome counters Qi constraint and dispels Wind that often becomes entangled with Phlegm and congests the channels and organs of the Upper Burner. As a whole, this formula transforms and dispels Phlegm, disperses Dampness, improves the circulation of Qi and Moisture, counters rebellious Qi and eliminates Wind.



COMPARISON WITH CLASSICAL AND MODERN FORMULAS

- Gallbladder Warming Soup (*Wen Dan Tang*)
- Sargassum Jade Flask Soup (*Hai Zao Yu Hu Tang*)
- Rebellious Qi Relieving Powder (*Zhi Sou San*)
- Fritillaria and Trichosanthis Fruit Powder (*Bei Mu Gua Luo San*)
- Clear Qi and Transform Phlegm Pill (*Qing Qi Hua Tan Wan*)
- Guide Out Phlegm Soup (*Dao Tan Tang*)
- Perilla Seed Direct Qi Downward Pill (*Su Zi Jiang Qi Wan*)
- Pinellia, White Atractylodes and Gastrodia Soup (*Ban Xia Bai Zhu Tian Ma Tang*)

Purge Internal Wind

Nothing in the thinking of Chinese Traditional Herbology conjures up the image of instability and vulnerability like the concept of Wind. The External Influence of Wind may permit Heat, Cold and Damp to invade and migrate throughout the body.

The hallmark of Internal Wind is its unpredictable nature: it swirls about, shifting its direction and altering its force. Wind is synonymous with sudden fluctuations in climate and emotional states. Internal Wind usually arises from one or all of three pre-existing patterns: uprising of Liver Yang (known also as flaring up of Liver Fire), accumulated Internal Heat and deficiency of Blood, especially of the Liver. Wind corresponds with the Wood Phase, as does the Liver Network, therefore most patterns characterized by Wind are also considered to arise from disharmonies of the Liver. Long-term accumulation of Internal Heat may engender a secondary uprising of Liver Yang: this effulgence of Yang transforms into Wind.

Excess of Internal Wind – sometimes termed the Uprising of Liver Yang – can particularly upset the equanimity of the Pericardium and the Heart/Mind resulting in myriad patterns of *Shen* instability.

Purge Internal Wind dispels Internal Wind by subduing the excess Yang of the Liver, nurturing Yin and Blood and clearing Heat.

INGREDIENTS

Abalone shell	Haliotidis concha	<i>Shi jue ming</i>
Gambir stem branch and twig	Uncariae ramulus cum uncis	<i>Gou teng</i>
Loranthus herb	Taxilli herba	<i>Sang ji sheng</i>
Tribulus fruit	Tribuli fructus	<i>Bai ji li</i>
Cassia seed	Cassiae semen	<i>Jue ming zi</i>
White peony root	Paeoniae alba radix	<i>Bai shao</i>
Gastrodia rhizome	Gastrodiae rhizoma	<i>Tian ma</i>
Chrysanthemum flower	Chrysanthemi flos	<i>Ju hua</i>
White mulberry fruit	Mori fructus	<i>Sang shen zi</i>
White mulberry twig	Mori ramulus	<i>Sang zhi</i>
Wild chrysanthemum flower	Chrysanthemi indicis flos	<i>Ye ju hua</i>



FORMULA FUNCTIONS

- Subdues Internal Wind.
- Represses Liver Yang.
- Clears Heat from the surface.
- Nurtures Yin and Blood.
- Supports the functions of the Kidney and Liver Networks.

INDICATIONS

- Supports healthy gastrointestinal functions.
- Supports a healthy nervous system.

CIRCUMSTANCES REQUIRING CAUTION

- None.

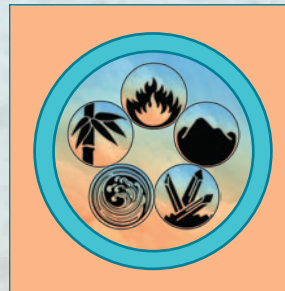
CONTRAINDICATIONS

- Suspected or ensuing stroke.

RATIONALE

Gastrodia rhizome, Gambir stem branch and twig and Tribulus fruit dispel Wind and, along with White peony root and Abalone shell, subdue Liver Yang, support healthy muscles and nerves. Chrysanthemum flower, White mulberry twig and Cassia seed clear up Liver Heat and soothe the eyes. Loranthus herb and White mulberry fruit replenish Blood and Essence thereby fortifying the Kidney and Liver and filling the void that allows Wind to enter.

By clearing the destabilizing Wind and Heat, subduing the Liver Yang and strengthening the “root” (Kidney Essence and Liver Blood), this combination of herbs addresses the disharmonies that generate Internal Wind.



COMPARISON WITH CLASSICAL AND MODERN FORMULAS

- Gastrodia and Uncaria Soup (*Tian Ma Gou Teng Yin*)
- Ginseng Renewal Pill (*Ren Shen Zai Zao Wan*)
- Ass Hide Gelatin and Egg Yolk Soup (*E Jiao Ji Zi Huang Tang*)
- Antelope Horn and Uncaria Soup (*Ling Yang Gou Teng Tang*)
- Major Connecting Vessel Quickening Pill (*Da Huo Luo Dan*)
- Three Shell Soup (*San Jia Fu Mai Tang*)

Purge External Wind

External Wind is one of the six External Influences (Wind, Heat, Dryness, Cold, Dampness, Summer Heat), and was considered by ancient herbalists as the preeminent challenge to the body's *Wei* or Defensive Qi. External Wind penetrates the body's exterior through the "pores and cracks". The concept of External Wind not only includes the movement of air, but any sudden changes in the external environment that disrupt the organism's ability to adapt. Adequate circulation of Blood and Qi, *Ying* and *Wei* throughout the surface blocks the ability of External Wind to penetrate the exterior or surface layer.

When External Wind makes its way across the defensive boundary of the skin and muscles, it prepares the way for invasion of Heat, Summer Heat or Dampness, as if these other agents were riding "piggyback" on the Wind. Once it penetrates the external regions, External Wind (particularly if it is joined with Heat, Cold or Dampness) can lodge within the channels (*Jing-luo*), resulting in the obstruction of Qi, Blood and Moisture circulation. The obstruction of the superficial circulation of Qi and Blood characterizes many classical patterns of disharmony the *Wei* or Defensive Qi in the surface layers and *Luo* Channels and Vessels. **Purge External Wind** effectively activates the Blood and Qi, the *Ying* and *Wei*, to support the body's exterior.

INGREDIENTS

Kudzu root	Pueraria lobatae or thomsonii radix	<i>Ge gen</i>
Chrysanthemum flower	Chrysanthemi flos	<i>Ju hua</i>
White mulberry leaf	Mori folium	<i>Sang ye</i>
Siler root	Saposhnikoviae radix	<i>Fang feng</i>
Fragrant angelica root	Angelicae dahuricae radix	<i>Bai zhi</i>
Chinese mint herb	Menthae haplocalycis herba	<i>Bo he</i>
Bupleurum root	Bupleuri radix	<i>Chai hu</i>
Sichuan lovage rhizome	Ligustici wallichii rhizoma	<i>Chuan xiong</i>
Chinese licorice root and rhizome	Glycyrrhizae radix et rhizoma	<i>Gan cao</i>
Chinese lovage root and rhizome	Ligustici rhizoma et radix	<i>Gao ben</i>
Chinese cinnamon twig	Cinnamomi ramulus	<i>Gui zhi</i>
Notopterygium root and rhizome	Notopterygii radix et rhizoma	<i>Giang huo</i>
Magnolia flower	Magnoliae flos	<i>Xin yi hua</i>



FORMULA FUNCTIONS

- Mobilizes Defense Qi (*Wei*).
- Activates the circulation of Yang, Qi and Blood in the vessels and channels of the exterior layers.

INDICATIONS

- Benefits the Upper Orifices and the skin.
- Supports healthy circulation in the four limbs and Upper Burner.

CIRCUMSTANCES REQUIRING CAUTION

- During pregnancy or while nursing.
- Thirst.

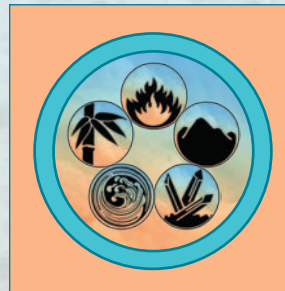
CONTRAINDICATIONS

- Dehydration.

RATIONALE

Siler root, Notopterygium root and rhizome, Fragrant angelica root and Sichuan lovage rhizome dispel External Wind from the skin and muscle layers, especially from the *Tai Yang*, *Shao Yang* and *Yang Ming* channels. Chinese mint herb, White mulberry leaf, Chrysanthemum flower and Bupleurum root dispel External Wind and also clear Heat while harmonizing the function of the Lung and Liver, the Qi and Blood. Chinese cinnamon twig, Kudzu root and Sichuan lovage rhizome help to eliminate External Wind along with Cold and Dampness from the upper regions of the head, face, shoulders and back. Magnolia flower particularly aids the elimination of External Wind and Cold from the Upper Orifices and the Upper Burner. Chinese licorice root and rhizome harmonizes and makes gentle the action of the other herbs as well as protecting the membranes of the upper respiratory tract.

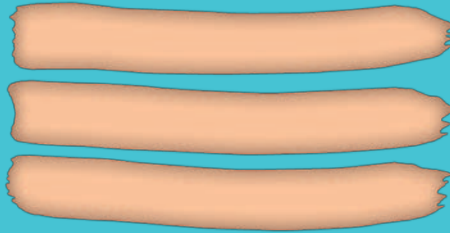
All together, the herbs in this formula regulate surface circulation of Qi and Blood, harmonize the Lung and Liver and dispel the influences of External Wind, Heat, Cold and Dampness, thus supporting the body's Defensive or *Wei Qi*.



COMPARISON WITH CLASSICAL AND MODERN FORMULAS

- Magnolia Flower Powder (*Xin Yi San*)
- Morus and Chrysanthemum Soup/Tablet (*Sang Ju Yin Tang/Pien*)
- Nasal Comfort Pill (*Bi Yuan Wan*)
- Xanthium Fruit Powder (*Cang Er San*)
- Bupleurum and Pueraria Soup (*Chai Ge Jie Ji Tang*)
- Nasal Wind Pill (*Bi Min Gan Wan*)
- Green Tea and Ligusticum Powder (*Chuan Xiong Cha Tiao San*)





CHINESE MODULAR SOLUTIONS

STRENGTHENING MODULES

Strengthen Wood

The Liver stores and nurtures the Blood, spreads the Qi and maintains the evenness of both our emotional and mental life. It accomplishes this by rhythmically receiving, holding and releasing Blood and Bile (in concert with its alter ego, the Gallbladder). The process of building up and releasing pressure can bring about Qi constraint that generates Heat or friction that can further lead to stasis or irregularity of Qi and Blood circulation. Finally, because the Blood is the milieu of the mind, disturbance of the Liver will foster occasional mental and emotional edginess and irritability.

Strengthen Wood supports the functions of the Liver by supplementing Blood, activating Blood and Qi, dispelling Wind and Heat and soothing muscles and nerves.

INGREDIENTS

Prepared Rehmannia root	Rehmanniae praeparata radix	<i>Shu di huang</i>
White peony root	Paeoniae alba radix	<i>Bai shao</i>
Lycium fruit	Lycii fructus	<i>Gou qi zi</i>
Dry fried Sour jujube seed	Ziziphi spinosae praeparata semen	<i>Chao suan zao ren</i>
Bupleurum root	Bupleuri radix	<i>Chai hu</i>
Chrysanthemum flower	Chrysanthemi flos	<i>Ju hua</i>
White mulberry leaf	Mori folium	<i>Sang ye</i>
Sichuan lovage rhizome	Ligustici wallichii rhizoma	<i>Chuan xiong</i>
Tree peony root bark	Moutan cortex	<i>Mu dan pi</i>
Tangerine dried rind of green fruit	Citri reticulatae pericarpium viride	<i>Qing pi</i>
Honey fried Chinese licorice root and rhizome	Glycyrrhizae praeparata cum mel radix et rhizoma	<i>Zhi gan cao</i>
Dry fried Bitter orange mature fruit	Citri aurantium praeparata fructus	<i>Chao zhi ke</i>
Prepared Cyperus rhizome	Cyperi praeparata rhizoma	<i>Zhi xiang fu</i>

RATIONALE

Prepared Rehmannia root, White peony root, Lycium fruit and dry fried Sour jujube seed nourish the Blood of the Liver, loosen up the sinews and soothe the mind. Sichuan lovage rhizome, dry fried Bitter orange mature fruit, Tangerine dried rind of green fruit and prepared Cyperus



FORMULA FUNCTIONS

- Supplements and activates Blood and Qi.
- Clears Heat.
- Dispels Wind.
- Supports muscles and nerves.
- Moderates the function of the Liver Network.

INDICATIONS

- Occasional discomfort in muscles of neck and upper back.
- Supports emotional wellbeing.
- Supports healthy menstruation.
- Coldness of hands and feet.
- Supports healthy nerves and muscles.
- Supports healthy elimination.
- Supports peaceful sleep.

CIRCUMSTANCES REQUIRING CAUTION

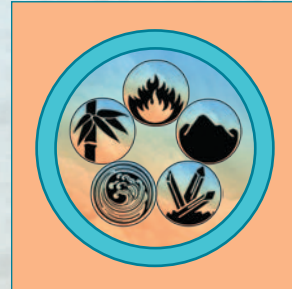
- None.

CONTRAINDICATIONS

- None.

rhizome disperse stagnant Qi, activate Blood and support healthy muscle contractions. Bupleurum root, Tree peony root bark, Chrysanthemum flower and White mulberry leaf relieve internal stagnation and constraint by dispelling Heat and Wind from the Liver. Honey fried Chinese licorice root and rhizome supplements the Qi, helps to relieve occasional spasm and moderates the action of the other ingredients.

Together the herbs in this formula support the healthy function of the Liver by replenishing Blood, counteracting stagnation, relieving pressure, supporting healthy nerves and muscles and supporting emotional wellbeing.



COMPARISON WITH CLASSICAL AND MODERN FORMULAS

- Peaceful Heart Pill (*Ding Xin Wan*)
- Brain Fortifying Pill (*Jian Nao Wan*)
- Biota Seed Heart Nourishing Pill (*Bai Zi Yang Xin Wan*)
- Sour Jujube Soup (*Suan Zao Ren Tang*)
- Tranquility Pill (*Ding Zhi Wan*)
- Heavenly Emperor's Elixir for Tonifying the Heart (*Tian Wang Bu Xin Dan*)

Strengthen Fire

The Heart is the abode of the Mind (*Shen*, psyche, spirit), perfusing the organism with Blood (enriched with Food Qi from the Spleen and Air Qi from the Lung). Blood being the vehicle of the mind, the active role of the Heart in circulation imbues the individual with animation, warmth and presence. Because of its Yang character (propelling Blood and Qi through vessels and channels) and its Yin concerns (harboring and protecting the *Shen*), the Heart is subject to overheating and dissipation of Yin Moisture and Blood that leads to occasional mental uneasiness, anxiety and confusion.

INGREDIENTS

Poria with wood root	Poriae cocos paradidicis radix	<i>Fu shen mu</i>
Chinese salvia root and rhizome	Salviae miltiorrhizae radix et rhizoma	<i>Dan shen</i>
Lophatherum herb	Lophatheri herba	<i>Dan zhu ye</i>
Dry fried Sour jujube seed	Ziziphi spinosae praeparata semen	<i>Chao suan zao ren</i>
Schisandra fruit	Schisandrae chinensis fructus	<i>Wu wei zi</i>
Ophiopogon tuber	Ophiopogonis radix	<i>Mai men dong</i>
Polygala root	Polygalae radix	<i>Yuan zhi</i>
White Asian ginseng root and rhizome	Panax ginseng (white) radix et rhizoma	<i>Bai ren shen</i>
Lotus seed	Nelumbinis semen	<i>Lian zi</i>
Lotus plumule	Nelumbinis plumula	<i>Lian zi xin</i>
Honey fried Chinese licorice root and rhizome	Glycrrhizae praeparata cum mel radix et rhizoma	<i>Zhi gan cao</i>

RATIONALE

Lophatherum herb, Ophiopogon tuber and Lotus plumule replenish Moisture, clear Heat and calm occasional agitation. White Asian ginseng root and rhizome and Honey fried Chinese licorice root and rhizome supplement Qi and Moisture. Dry fried Sour jujube seed, Polygala root and Poria nurture Blood and soothe *Shen*. Schisandra fruit and Lotus seed consolidate Moisture and harmonize the relationship between Water and Fire (Kidney and Heart). Chinese salvia root and rhizome mobilizes



FORMULA FUNCTIONS

- Supplements Qi, Moisture and Blood.
- Activates Blood.
- Clears Heat.
- Consolidates Essence.
- Calms *Shen*.
- Moderates the function of the Heart Network.

INDICATIONS

- Supports a healthy nervous system.
- Supports peaceful sleep.
- Supports emotional wellbeing.
- Supports a healthy menstrual cycle.
- Sensitive to both heat and cold.
- Flushes and perspires easily when embarrassed or startled.
- Occasional heat or redness of the external ear.

CIRCUMSTANCES REQUIRING CAUTION

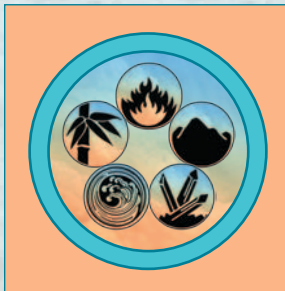
- Sleepiness.

CONTRAINDICATIONS

- None.

Blood and aids in dispelling Heat and calming *Shen*. All together, these herbs sustain the Heart's ability to perfuse the organism with Blood while preserving its capacity to enfold the *Shen*.

Strengthen Fire supports and protects the Heart by supplementing Qi, Moisture and Blood, activating Blood and distributing Moisture, consolidating Essence, dispelling Heat and fostering a tranquil mind.



COMPARISON WITH CLASSICAL AND MODERN FORMULAS

- Peaceful Heart Pill (*Ding Xin Wan*)
- Brain Fortifying Pill (*Jian Nao Wan*)
- Biota Seed Heart Nourishing Pill (*Bai Zi Yang Xin Wan*)
- Sour Jujube Soup (*Suan Zao Ren Tang*)
- Tranquility Pill (*Ding Zhi Wan*)
- Heavenly Emperor's Elixir for Tonifying the Heart (*Tian Wang Bu Xin Dan*)

Strengthen Earth

The Spleen and Stomach inhabit the region between the diaphragm and the navel. Here in the body's center occurs the work of transformation of food and liquids, the upward ascension of Nutritive Essence and the downward movement of fluid and waste. All Qi, Moisture and Blood must move smoothly through the center – the healthy function of the Spleen is essential to the efficient distribution of body constituents. Because of their nature, the Spleen and Stomach are particularly vulnerable to congestion and the ensuing problems of accumulation, stasis and the transformation of Qi and Moisture into Heat, Dampness and Phlegm.

Strengthen Earth promotes and mediates the complex and sometimes conflicting tendencies of the Spleen and Stomach by tonifying Qi, dispersing Qi and Moisture, warming Yang and dispelling Heat.

INGREDIENTS

Astragalus root	Astragali radix	<i>Huang qi</i>
Poria	Poria sclerotium	<i>Fu ling</i>
Job's tears seed	Coicis semen	<i>Yi yi ren</i>
White atractylodes rhizome	Atractylodis macrocephalae rhizoma	<i>Bai zhu</i>
Siler root	Saposhnikoviae radix	<i>Fang feng</i>
Chinese licorice root and rhizome	Glycyrrhizae radix et rhizoma	<i>Gan cao</i>
Saussurea root	Aucklandiae radix	<i>Mu xiang</i>
Dry fried Bitter orange mature fruit	Citri aurantium praeparata fructus	<i>Chao zhi ke</i>
Ginger rhizome	Zingiberis rhizoma	<i>Gan jiang</i>
Black jujube fruit	Jujubae fructus	<i>Hei zao</i>
Red jujube fruit	Jujubae fructus	<i>Hong zao</i>
Forsythia fruit	Forsythiae fructus	<i>Lian qiao</i>

RATIONALE

Astragalus root, White atractylodes rhizome, Black jujube fruit and Red jujube fruit tonify Qi and invigorate the Spleen. Poria and Job's tears seed strengthen the Spleen and eliminate Dampness by assisting in the transformation and distribution of fluids. Dry fried Bitter orange mature



FORMULA FUNCTIONS

- Supplements Qi and Moisture.
- Dispels Dampness.
- Regulates Qi.
- Redirects uprising Stomach Qi.
- Lifts sinking Qi.
- Warms Yang.
- Moderates the function of the Spleen Network.

INDICATIONS

- Benefits overall feeling of wellbeing.
- Supports healthy digestion and assimilation.
- Occasional soreness and tenderness of muscles.
- Occasional sensation of heaviness in the head, body and limbs.

CIRCUMSTANCES REQUIRING CAUTION

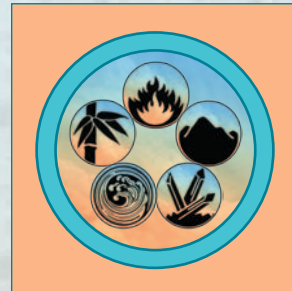
- None

CONTRAINDICATIONS

- None.

fruit, Saussurea root, Siler root and Forsythia fruit combine to disperse stagnant Qi and food, dispel Heat and eliminate Wind (air) in the Lower Burner. Ginger rhizome purges Cold and warms Spleen and Stomach Yang while licorice moderates and integrates the actions of all the ingredients.

Together these herbs fortify the Spleen, regulate the Stomach and decongest the Center by supplementing Qi, aiding digestion and counteracting accumulation.



COMPARISON WITH CLASSICAL AND MODERN FORMULAS

- Harmony Preserving Pill (*Bao He Wan*)
- Spleen Nourishing Pill (*Jian Pi Wan*)
- Tranquil Stomach Powder (*Ping Wei San*)
- Seven Star Tea (*Qi Xing Cha*)
- Spleen Nourishing Soup (*Gui Pi Tang*)
- Saussurea and Cardamon Stomach Nourishing Tablet (*Xiang Sha Yang Wei Pian*)

Strengthen Metal

The Lung Network interfaces between the organism and its environment via the skin, transmutes Food and Air Qi into Pure Qi (*Zheng Qi*) and gives impetus to the internal movement of Qi and Blood through the mechanism of respiration, called Cardio-pulmonary Qi (*Zong Qi*). The Qi of the Lung moves inward from its outward portal, the nose, and downward from the chest. Because of its interaction with the external environment, the Lung is susceptible to External Influences (*Xie Qi*), especially those of Wind, Heat and Dryness. Because of its down-bearing movement, it easily comes into discord with the up-bearing activity of the Liver. Because it receives the uprising Moisture (Nutritive Essence or *Ying*), it is prone to accumulation of Phlegm due to Dampness generated by the Spleen.

Strengthen Metal reinforces *Wei*, replenishes Qi and Moisture, mobilizes Qi downward, dispels Wind and Phlegm and unbinds the Upper Burner and supports the security, elasticity, receptivity, clarity and moistness of the Lung.

INGREDIENTS

Astragalus root	Astragali radix	<i>Huang qi</i>
Schisandra fruit	Schisandrae chinensis fructus	<i>Wu wei zi</i>
Zhejiang fritillary bulb	Fritillariae thunbergii bulbus	<i>Zhe bei mu</i>
Dry fried Anemarrhena rhizome	Anemarrhenae praeparata rhizoma	<i>Chao zhi mu</i>
Platycodon root	Platycodonis radix	<i>Jie geng</i>
Tangerine dried rind of mature fruit	Citri reticulatae pericarpium fructus	<i>Chen pi</i>
Chinese licorice root and rhizome	Glycyrrhizae radix et rhizoma	<i>Gan cao</i>
Ginger rhizome	Zingiberis rhizoma	<i>Gan jiang</i>
White mulberry root bark	Mori cortex radices	<i>Sang bai pi</i>
White mulberry leaf	Mori folium	<i>Sang ye</i>
Perilla fruit	Perillae fructus	<i>Zi su zi</i>

RATIONALE

Zhejiang fritillary bulb and dry fried Anemarrhena rhizome replenish Lung Moisture and resolve Phlegm. Platycodon root, White mulberry root



FORMULA FUNCTIONS

- Reinforces Defense Qi (*Wei*).
- Supplements Qi and Moisture.
- Dispels Wind and Phlegm.
- Warms the Qi of the Upper Burner.
- Directs Qi downward from the Upper Burner.
- Ventilates the Upper Burner.
- Moderates the function of the Lung Network.

INDICATIONS

- Supports a healthy respiratory system.
- Sensitivity to drafts or chill.
- Supports healthy urination.
- Supports healthy pulmonary capacity.
- Occasional dryness of the nose, throat, larynx and bronchi.

CIRCUMSTANCES REQUIRING CAUTION

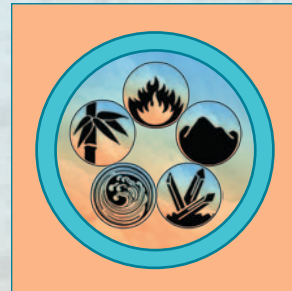
- Lack of perspiration.

CONTRAINDICATIONS

- None.

bark, Perilla fruit and Tangerine dried rind of mature fruit ventilate the Upper Burner, transform and dispel Phlegm and disperse Qi downward. Astragalus root and Schisandra fruit boost Qi and *Wei* while consolidating the Essence of the Lung and Kidney. White mulberry leaf, Ginger rhizome and Chinese licorice root and rhizome together clear Wind and Heat, dispel Cold, moisturize the throat and support healthy mucus secretion.

Together this combination of herbs supports and protects the Lungs by supplementing and regulating Qi and Moisture, transforming and dispelling Phlegm and warding off Wind, Heat and Cold.



COMPARISON WITH CLASSICAL AND MODERN FORMULAS

- Mulberry and Chrysanthemum Soup (*Sang Ju Yin*)
- Jade Screen Powder (*Yu Pi Feng San*)
- Fritillary Essence Tablet (*Chuan Bei Jing Pian*)
- Rebellious Lung Qi Pill (*Chi Guan Yan Ke Sou Tan Chuan Wan*)
- Cyperus and Perilla Powder (*Xiang Su San*)
- Lung Tonifying Soup (*Bu Fei Tang*)
- Perilla Direct Qi Downward Soup (*Su Zi Jiang Qi Tang*)

Strengthen Water

The Kidney is the root of individual life: the wellspring of Water and Fire (Yin and Yang), and the storehouse of Essence (*Jing*). The Kidney receives and consolidates the refined Qi of food and fluid (Food Qi) generated by the Spleen and Stomach while harboring the Life Fire (*Ming Huo*) and Original Essence (*Yuan Jing*) that we inherit from our parents and ancestors. The extent to which Life Fire and Original Essence can be conserved ultimately determines the integrity and longevity of our personal existence and, to a significant extent, that of our children and descendants. In view of the profound role of the Kidney, great emphasis is placed on protecting and supplementing its capacity to store, dispense and secure the fundamental resources of life.

Strengthen Water replenishes and consolidates Kidney Yin (Essence), invigorates Kidney Yang (Fire) and protects against the weakening of Qi and Yang resulting from the accumulation of Dampness and Cold.

INGREDIENTS

Poria	Poria sclerotium	<i>Fu ling</i>
Chinese yam rhizome	Dioscoreae rhizoma	<i>Shan yao</i>
Asiatic cornelian cherry	Corni fructus	<i>Shan zhu yu</i>
Asian water plantain rhizome	Alismatis rhizoma	<i>Ze xie</i>
Raw Rehmannia root	Rehmanniae radix	<i>Sheng di huang</i>
Prepared Rehmannia root	Rehmanniae praeparata radix	<i>Shu di huang</i>
Schisandra fruit	Schisandrae chinensis fructus	<i>Wu wei zi</i>
Chinese dodder seed	Cuscutae semen	<i>Tu si zi</i>
Eucommia bark	Eucommiae cortex	<i>Du zhong</i>
Chinese amomum fruit	Amomi fructus	<i>Sha ren ren</i>
Anemarrhena rhizome	Anemarrhenae rhizoma	<i>Zhi mu</i>

RATIONALE

Prepared and raw Rehmannia root, together with Chinese yam rhizome, Asiatic cornelian cherry, Anemarrhena rhizome and Schisandra fruit, replenishes Moisture, consolidates Essence and dispels Heat. Chinese dodder seed, Eucommia bark and Chinese amomum fruit supplement Yin



FORMULA FUNCTIONS

- Replenishes Essence.
- Supplements Yin.
- Invigorates Yang.
- Dispels Dampness and Cold from the Lower Burner.
- Anchors Qi.
- Moderates the function of the Kidney Network.

INDICATIONS

- Occasional soreness of low back and limbs.
- Supports overall mental and emotional wellbeing.
- Supports general feeling of physical wellbeing.
- Supports fertility.
- Supports the marrow that produces the blood.

CIRCUMSTANCES REQUIRING CAUTION

- None.

CONTRAINDICATIONS

- None

(Essence), invigorate Yang (Life Fire) and counter Cold. Together, Poria and Asian water plantain rhizome help to distribute Moisture and counter Dampness.

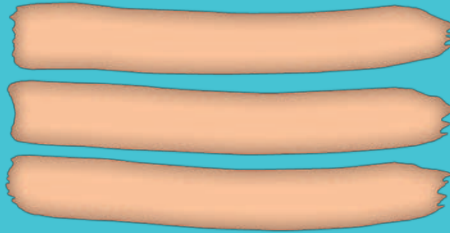
This combination of herbs supports the role of the Kidney by replenishing and distributing Moisture (*Jin-Ye*), preserving Original Essence (*Yuan Jing*) and protecting Life Fire (*Ming Huo*).



COMPARISON WITH CLASSICAL AND MODERN FORMULAS

- Poria and Cuscuta Special Pill (*Fu Tu Dan*)
- Cuscuta Seed Pill (*Tu Si Zi Wan*)
- Seahorse Kidney Supplementing Pill (*Hai Ma Bu Shen Wan*)
- Restore Right Kidney Pill (*You Gui Wan*)
- Restore Left Kidney Pill (*Zuo Gui Wan*)
- Preserve Vistas Pill (*Zhu Jing Wan*)





CHINESE MODULAR SOLUTIONS

HARMONIZING MODULES

Harmonize Water & Fire

The Heart and Kidney support each other, spreading Life Fire (Yang) and Essence (Yin) evenly throughout the body. People develop patterns of disharmony that reflect their constitutional dynamic. When conflicts ensue, Warmth may turn to Heat, leading to Dryness and deficiency in the Upper Burner, and Moisture may accumulate, leading to Dampness and obstruction in the Lower Burner. Harmonizing Formulas reconcile such primary conflicts arising along the Ke sequence.

The Kidney and Heart represent the Yin-Yang axis of the organism: the polarity between Water and Fire, lower and upper, Essence (*Jing* or soma) and Mind (*Shen* or psyche). The role of the Kidney is to generate Marrow (*Sui*), consolidate Essence (*Jing*) and fortify the Will (*Zhi*). By accomplishing this, the Kidney maintains the fundamental matrix of the soma (bones, marrow, gonads, brain and spinal cord).

The role of the Heart is to enfold the Mind (*Shen*) and perfuse the Blood (*Xue*). The Heart maintains the integrity of our embodied consciousness: the Heart governs the Blood, and the Blood is the material substrate of the mind, so when the Blood flows unimpeded, we are vibrant and alive, composed and present in the world. The importance of harmonic interaction between the Kidney and Heart is repeatedly emphasized in classic and modern texts as beneficial for healthy growth and development.

Harmonize Water & Fire tonifies Blood and Moisture, consolidates Essence, disperses Blood, dispels upper Heat and lower Cold and supports mental wellbeing.

INGREDIENTS

Dragon bone
Chinese salvia root and rhizome

Draconis os
Salviae miltiorrhizae radix et rhizoma

Long gu
Dan shen

Lotus seed
Reishi fruiting body
Prepared Rehmannia root
Polygonium multiflorum stem

Nelumbinis semen
Ganoderma sclerotium
Rehmanniae praeparata radix
Polygoni multiflori caulis

Lian zi
Ling zhi
Shu di huang
Ye jiao teng



FORMULA FUNCTIONS

- Harmonizes *Jing* and *Shen*.
- Nourishes Blood and Moisture.
- Consolidates Essence.
- Disperses Blood stagnation.
- Dispels Upper Heat and Lower Cold.
- Calms *Shen* and benefits mental and emotional wellbeing.

INDICATIONS

- Supports emotional wellbeing.
- Supports peaceful sleep.
- Occasional excessive perspiration.
- Supports a healthy urinary system.
- Easily overheated or chilled.
- Supports healthy menstruation.

CIRCUMSTANCES REQUIRING CAUTION

- None.

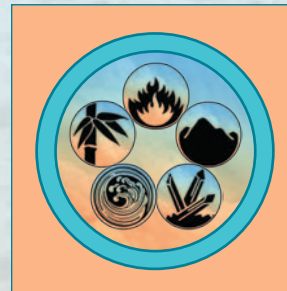
CONTRAINDICATIONS

- None.

Schisandra fruit	<i>Schisandrae chinensis fructus</i>	<i>Wu wei zi</i>
Siberian motherwort herb	<i>Leonuri herba</i>	<i>Yi mu cao</i>
Chinese licorice root and rhizome	<i>Glycyrrhizae radix et rhizoma</i>	<i>Gan cao</i>
Polygala root	<i>Polygalae radix</i>	<i>Yuan zhi</i>
Anemarrhena rhizome	<i>Anemarrhenae rhizoma</i>	<i>Zhi mu</i>
Coptis rhizome	<i>Coptidis rhizoma</i>	<i>Huang lian</i>
Chinese cinnamon bark	<i>Cinnamomi semen</i>	<i>Rou gui</i>
Chinese amomum fruit	<i>Amomi fructus</i>	<i>Sha ren ren</i>

RATIONALE

To harmonize Kidney-Heart, a formula must reunite Essence (*Jing*) and Spirit (*Shen*), Water and Fire. Prepared Rehmannia root, Lotus seed, Schisandra fruit and Polygonum multiflorum stem nurture and consolidate Essence, Blood and Moisture, while Chinese salvia root and rhizome, Polygala root, Reishi fruiting body and Dragon bone soothe the Spirit and support healthy circulation. As assisting herbs, Chinese licorice root and rhizome, Coptis rhizome and Anemarrhena rhizome protect Yin by supplementing Moisture and clearing Heat. Siberian motherwort herb, Chinese cinnamon bark and Chinese amomum fruit, respectively, encourage the downward flow of Blood, stabilize Qi and aid Yang by warming the Qi. This encourages harmony between Heart and Kidney, supporting emotional and mental wellbeing, good sleep, a healthy nervous system and overall vitality.



COMPARISON WITH CLASSICAL AND MODERN FORMULAS

- Sour Jujube Soup (*Suan Zao Ren Tang*)
- Black Gold Pill (*Wu Jin Wan*)
- Metal Lock Essence Stabilizing Pill (*Jin Suo Gu Jing Wan*)
- Anemarrhena, Phellodendron, and Rehmannia Pill (*Zhi Bai Di Huang Wan*)
- Great Yin Tonifying Pill (*Da Bu Yin Wan*)
- Weariness Pill (*Shen Jing Shuai Jiao Wan*)
- Spirit-quieting Brain-supplementing Tablet (*An Shen Bu Nao Pian*)
- Heavenly Emperor's Elixir for Tonifying the Heart (*Tian Wang Bu Xin Tang*)

Harmonize Fire & Metal

Both the Heart and Lung inhabit the Upper Burner, which is in the most Yang region of the body. The Heart corresponds to Fire (Yang) and the Lung to Metal (Yin). The Heart governs the perfusion of Blood (Yin), while the Lung governs the perfusion of Qi (Yang). Both the Heart and Lung are vulnerable to Heat and Dryness, especially the Lung which prefers coolness and moistness.

The nature of the Heart is expansive and diffusing, propelling blood to the surface where it releases its Qi through radiant heat and perspiration. The nature of the Lung is contractive and descending: it tightens the skin while sucking the moist Qi of the air inward, precipitating it downward to be combined with the Essence (*Jing*) of the Kidney. When the harmony between the Heart and Lung is challenged, the circulation of Qi, Moisture, and Blood becomes disorganized, and the body surface may become susceptible to penetration by the External Influences of Wind, Cold, Heat and Dryness.

Harmonize Fire & Metal tonifies Blood and Moisture, consolidates Qi and Moisture, disperses Qi and Blood, dispels Heat and Phlegm and supports a quiet mind.

INGREDIENTS

Pubescent holly root	Llicis pubescentis radix	<i>Mao dong qing</i>
Lily bulb	Lilii bulbus	<i>Bai he</i>
Poria with wood root	Poriae cocos paradicis radix	<i>Fu shen mu</i>
Magnetite	Magnetitum mineral	<i>Duan ci shi</i>
Trichosanthes seed	Trichosanthis semen	<i>Gua lou ren</i>
Reishi fruiting body	Ganoderma sclerotium	<i>Ling zhi</i>
Chinese skullcap root	Scutellariae radix	<i>Huang qin</i>
Platycodon root	Platycodonis radix	<i>Jie geng</i>
Schisandra fruit	Schisandrae chinensis fructus	<i>Wu wei zi</i>
Polygala root	Polygalae radix	<i>Yuan zhi</i>
Licorice cured Pinellia rhizome	Pinelliae praeparata rhizoma	<i>Fa ban xia</i>
Chinese licorice root and rhizome	Glycyrrhizae radix et rhizoma	<i>Gan cao</i>
Zhejiang fritillary bulb	Fritillariae thunbergii bulbus	<i>Zhe bei mu</i>



FORMULA FUNCTIONS

- Harmonizes *Shen* and *Po*.
- Nourishes Blood and Moisture.
- Consolidates Qi and Moisture.
- Disperses Qi and Blood stagnation.
- Dispels Heat.
- Transforms Phlegm.
- Calms *Shen* and benefits mental and emotional wellbeing.

INDICATIONS

- Supports healthy skin.
- Supports a healthy nervous system.
- Supports normal body temperature and perspiration.
- Sensitive to heat and dryness.

CIRCUMSTANCES REQUIRING CAUTION

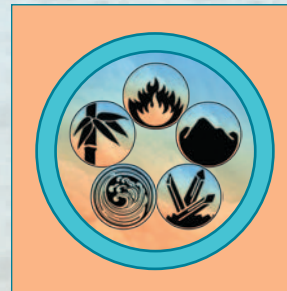
- None.

CONTRAINDICATIONS

- None.

RATIONALE

The Heart-Lung harmonizing formula soothes and cools the interaction between Fire and Metal, opens the Upper Orifices and clears Heat and stagnation in the Upper Burner. Pubescent holly root, Zhejiang fritillary bulb, Trichosanthes seed and Chinese licorice root and rhizome lubricate and moisturize the lungs, skin, eyes, nose, throat and intestines. Reishi fruiting body, Polygala root and Magnetite calm the *Shen* and nurture the Blood. Schisandra fruit stabilizes Qi, invigorates Lung, benefits the nervous system and healthy perspiration. Chinese skullcap root and Pubescent holly root clear the heat from both the Lung and Heart. To give added support, Poria, Polygala root and licorice cured Pinellia rhizome mobilize and dispel Qi and Phlegm from the chest and throat. This formula supports mental wellbeing, as well as normal body temperature, perspiration and respiration, while moistening Dryness, dispelling Phlegm and clearing Heat from the Upper and Lower Burners.



COMPARISON WITH CLASSICAL AND MODERN FORMULAS

- Fritillary and Loquat Soup (*Chuan Bei Pi Pa Gao*)
- Lung Fire Purging Tablet (*Qing Fei Yi Huo Pian*)
- Brain-supplementing Pill (*Bu Nao Wan*)
- Heavenly Emperor's Elixir for Tonifying the Heart (*Tian Wang Bu Xin Dang*)
- Qi Phlegm Transforming Pill (*Qing Chi Hua Tan Wan*)
- Fritillary Essence Tablet (*Chuan Bei Jing Pian*)
- Biota Seed Heart Nourishing Pill (*Bai Zi Yang Xin Wan*)

Harmonize Metal & Wood

The Lung unites and mobilizes the Qi of air (*Tian* or Heavenly Qi) and food (*Ying* or Nutritive Qi), precipitating the refined substance, Pure Qi, inward from the surface and downward. The Liver stores the Blood (Yin) and elevates Vital Fire (Yang), mobilizing Qi and Blood upward and outward, from the core towards the surface.

Both the Lung and Liver have the capacity to receive and fill, squeeze and discharge. In counterpoint to one another, the Lung manifests its power through emptying (contraction), which relieves pressure; the Liver manifests its power through filling (expansion), which increases pressure. Accord between these two potent processes is maintained by supporting free and easy movement of Qi and Blood – upward and downward, inward and outward – maintaining the primary pulsatory rhythms of the body's organs, tissues and fluids. The objectives in this context are commonly described as dredging and softening the Liver, and freeing the Qi in the Upper Burner.

Harmonize Metal & Wood tonifies Blood and Moisture, disperses Blood and Qi, dispels Heat, Wind and Phlegm and supports the dynamic rhythm of excitation and relaxation.

INGREDIENTS

Chrysanthemum flower	Chrysanthemi flos	<i>Ju hua</i>
White mulberry leaf	Mori folium	<i>Sang ye</i>
White peony root	Paeoniae alba radix	<i>Bai shao</i>
Lycium fruit	Lycii fructus	<i>Gou qi zi</i>
Chinese skullcap root	Scutellariae radix	<i>Huang qin</i>
Zhejiang fritillary bulb	Fritillariae thunbergii bulbus	<i>Zhe bei mu</i>
Bupleurum root	Bupleuri radix	<i>Chai hu</i>
Tangerine dried rind of mature fruit	Citri reticulatae pericarpium fructus	<i>Chen pi</i>
Licorice cured Pinellia rhizome	Pinelliae praeparata rhizoma	<i>Fa ban xia</i>
Chinese licorice root and rhizome	Glycyrrhizae radix et rhizoma	<i>Gan cao</i>
Platycodon root	Platycodonis radix	<i>Jie geng</i>
Prepared Cyperus rhizome	Cyperi praeparata rhizoma	<i>Zhi xiang fu</i>
Perilla fruit	Perillae fructus	<i>Zi su zi</i>



FORMULA FUNCTIONS

- Harmonizes *Po* and *Hu*.
- Nourishes Blood and Moisture.
- Disperses Blood and Qi stagnation.
- Dispels Heat and Wind.
- Expels Phlegm.
- Supports mental and emotional wellbeing.

INDICATIONS

- Supports healthy muscles and nerves.
- Supports healthy respiration.
- Supports healthy sinuses, eyes, ears, nose, throat, bronchi and skin.
- Supports a healthy mind and nervous system.

CIRCUMSTANCES REQUIRING CAUTION

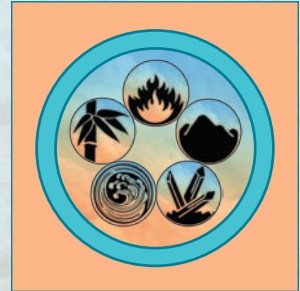
- None.

CONTRAINDICATIONS

- None.

RATIONALE

To harmonize Lung-Liver is to reconcile Metal and Wood; this is accomplished by purging Heat and Wind, dispersing Blood and Qi and tonifying Blood and Moisture. This formula contains Bupleurum root, White peony root, Lycium fruit, Chinese skullcap root, Chinese licorice root and rhizome and prepared Cyperus rhizome to keep the Liver soft and cool, while dispersing stagnant Qi. Chrysanthemum flower, White mulberry leaf and Perilla fruit cool Heat and Moisten dryness within the Upper Burner, while supporting healthy movement of the diaphragm, the interface between the Upper and Middle Burner. Platycodon root, Zhejiang fritillary bulb, licorice cured Pinellia rhizome and Tangerine dried rind of mature fruit soothe and moisturize the Lungs and transform Phlegm.



COMPARISON WITH CLASSICAL AND MODERN FORMULAS

- Perilla Direct Qi Downward Soup (*Su Zi Jiang Qi Tang*)
- Mulberry Leaf and Chrysanthemum Pill (*Sang Ju Yin Pian*)
- Nasal Tablet (*Bi Yan Pian*)
- Cyperus and Perilla Leaf Powder (*Xiang Su San*)
- Bupleurum Soup for Sinking-Into-the-Chest (*Chai Hu Xian Xiong Tang*)
- Bupleurum Clear Dryness Soup (*Chai Hu Qing Zao Tang*)
- Bupleurum and Pueraria Soup (*Chai Ge Jie Ji Tang*)
- Midday Tea (*Wu Shi Cha*)
- Bupleurum Liver Dispersing Powder (*Chai Hu Su Gan San*)

Harmonize Wood & Earth

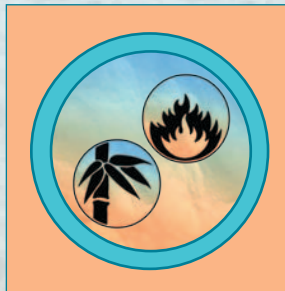
One role of the Liver is to mobilize Yang upward to assist the Spleen in raising the “clear” Nutritive Qi to the Lung. Also, the arousal of Qi, via the Gallbladder (bile), activates the digestive and peristaltic activity of the Stomach and Intestines, further assisting the Spleen in the generation and distribution of Nutritive Qi. In relation to the Liver, the role of the Spleen is to transform the digestate of the Stomach, facilitate the descension of impure Qi into the Lower Burner and the ascension of “clear and pure” Qi to the Upper Burner. The impure Qi is either further purified and concentrated by the Kidney or collected and discharged by the Bladder and Large Intestine, while the Pure Qi is transmuted by the alchemy of the Lung (after mingling with the Heavenly Qi of the atmosphere) into the “Righteous” Qi that benefits life.

Through their relationship, the Liver and Spleen organize the processes of digestion, transformation, assimilation and the distribution of finer and coarser substances. Smooth interaction between these Organ Networks maintains nourishment and the unobstructed passage of Qi, Moisture, Essence and Blood through the Middle Burner.

Harmonize Wood & Earth disperses Qi, Moisture and Blood, tonifies Blood, dispels Wind, Heat and Dampness, consolidates Qi and Moisture at the surface and stabilizes the *Shen*, benefitting reflection and clarity of thought.

INGREDIENTS

White peony root	Paeoniae alba radix	<i>Bai shao</i>
Poria	Poria sclerotium	<i>Fu ling</i>
White atractylodes rhizome	Atractylodis macrocephalae rhizoma	<i>Bai zhu</i>
Bupleurum root	Bupleuri radix	<i>Chai hu</i>
Dong quai root	Angelicae sinensis radix	<i>Dang gui shen</i>
Siler root	Saposhnikoviae radix	<i>Fang feng</i>
Chinese mint herb	Menthae haplocalycis herba	<i>Bo he</i>
Chinese licorice root and rhizome	Glycyrrhizae radix et rhizoma	<i>Gan cao</i>
Saussurea root	Aucklandiae radix	<i>Mu xiang</i>



FORMULA FUNCTIONS

- Harmonizes *Po* and *Yi*.
- Nourishes Moisture and Blood.
- Disperses stagnation of Qi, Moisture and Blood.
- Dispels Heat, Wind and Damp.
- Supports mental and emotional wellbeing.

INDICATIONS

- Supports healthy digestion and normal peristalsis.
- Supports healthy menstruation.
- Supports healthy appetites.
- Supports healthy circulation in hands and feet.
- Sensitive to humidity, heat and cold.

CIRCUMSTANCES REQUIRING CAUTION

- None.

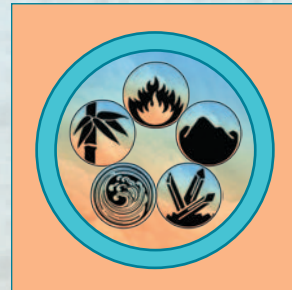
CONTRAINDICATIONS

- None.

Tangerine dried rind of green fruit	<i>Citri reticulatae pericarpium viride</i>	<i>Qing pi</i>
Charred Chinese hawthorn fruit	<i>Crataegi praeparata fructus</i>	<i>Shan zha tan</i>
Dry fried Bitter orange immature fruit	<i>Aurantii praeparata fructus immaturus</i>	<i>Chao zhi shi</i>
Prepared Cyperus rhizome	<i>Cyperi praeparata rhizoma</i>	<i>Zhi xiang fu</i>

RATIONALE

The formula that harmonizes Liver-Spleen makes peace between Wood and Earth by modulating the transformation and distribution of Nutritive Essence, the source of Qi and Blood digestion and harmonizing the circulation of Qi and Blood. To relax Liver Qi and nurture and distribute Blood, this formula includes Bupleurum root, prepared Cyperus rhizome, dry fried Bitter orange immature fruit, White peony root and Dong quai root. Tangerine dried rind of green fruit, Saussurea root, White atractylodes rhizome, Poria and charred Chinese hawthorn fruit warm and activate the Spleen and Stomach, benefit digestion and relieve accumulated Moisture. Chinese mint herb, Siler root and Chinese licorice root and rhizome dispel Wind and Heat, and supports healthy muscles and nerves. This formula supports normal peristalsis, thus supporting the normal passage of food through the digestive and eliminative organs while also benefiting healthy menstruation.



COMPARISON WITH CLASSICAL AND MODERN FORMULAS

- Rambling Powder (*Xiao Yao San*)
- Smooth Liver Pill (*Shu Gan Wan*)
- Bowel Comfort Formula (*Tong Xie Yao Fang*)
- Saussurea Normalize Qi Pill (*Mu Xiang Shen Qi Wan*)

Harmonize Earth & Water

In relation to the Kidney, the role of the Spleen is to mobilize and distribute Moisture, generate nutritive Essence from food and fluid and transmit surplus Qi and Essence downward to the Kidney. The task of the Kidney in relation to the Spleen is to receive, concentrate and store surplus Essence and Moisture, and to recycle or eliminate the fluid residues of metabolism.

Together, the Spleen and Kidney maintain balance between generating and distributing, conserving and eliminating Moisture and Essence. Because of their Yin character (moist, viscous and dense), both Spleen and Kidney favor warmth and dryness, and are vulnerable to Dampness and Cold. Harmony between the Spleen and Kidney enables the organism to maintain an equitable distribution of Moisture, and conserve vital resources while eliminating surplus fluid and material wastes.

Harmonize Earth & Water consolidates Moisture and Qi, disperses Qi, Moisture and Blood, replenishes Essence, dispels Dampness, Wind and Cold and supports stamina and endurance.

INGREDIENTS

Astragalus root	Astragali radix	<i>Huang qi</i>
Poria	Poria sclerotium	<i>Fu ling</i>
Asian water plantain rhizome	Alismatis rhizoma	<i>Ze xie</i>
Polyporus sclerotium	Grifola Umbellata fruiting body	<i>Zhu ling</i>
White atractylodes rhizome	Atractylodis macrocephalae rhizoma	<i>Bai zhu</i>
Knotweed herb	Polygoni avicularis herba	<i>Bian xu</i>
Euryale seed	Euryales semen	<i>Qian shi</i>
Quisqualis fruit	Quisqualis fructus	<i>Shi jun zi</i>
Tangerine dried rind of mature fruit	Citri reticulatae pericarpium fructus	<i>Chen pi</i>
Siler root	Saposhnikoviae radix	<i>Fang feng</i>
Chinese licorice root and rhizome	Glycyrrhizae radix et rhizoma	<i>Gan cao</i>
Dry fried Bitter orange mature fruit	Citri aurantium praeparata fructus	<i>Chao zhi ke</i>



FORMULA FUNCTIONS

- Harmonizes *Yi* and *Zhi*.
- Consolidates Qi and Moisture.
- Disperses stagnation of Qi, Moisture and Blood.
- Replenishes Essence.
- Dispels Damp, Wind and Cold.
- Supports mental and emotional wellbeing.

INDICATIONS

- Supports healthy water metabolism.
- Occasional soreness and weakness of low back and legs.
- Supports stamina and endurance.
- Supports healthy gastrointestinal function.
- Benefits healthy adaptation to environmental changes.
- Supports overall wellbeing.

CIRCUMSTANCES REQUIRING CAUTION

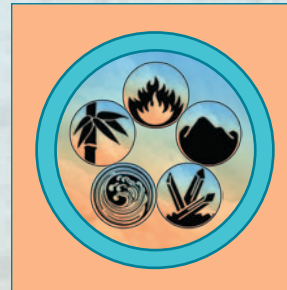
- None.

CONTRAINDICATIONS

- None.

RATIONALE

The formula to harmonize Spleen and Kidney stabilizes Earth and Water. By redistributing Moisture and supporting circulation of Qi and Blood, this formula benefits healthy circulation, water metabolism and general wellbeing. Poria, White atractylodes rhizome, Tangerine dried rind of mature fruit and Quisqualis fruit expel Wind Damp from the Spleen, while Polyporus sclerotium, Asian water plantain rhizome and Knotweed herb support the normal reclamation and elimination of fluids (Moisture and Blood) from cavities, joints and tissues. Astragalus root, Chinese licorice root and rhizome and Euryale seed support the Qi of both Spleen and Kidney and protect them from being overly drained. This formula nourishes Moisture and healthy skin and mouth, while supporting healthy circulation and distribution of Blood and Moisture in the joints, head and limbs, and normal urination and elimination.



COMPARISON WITH CLASSICAL AND MODERN FORMULAS

- Poria Five Ingredient Powder (*Wu Ling San*)
- Stephania and Astragalus Soup (*Fang Ji Huang Qi Tang*)
- Five Peels Powder (*Wu Pi San*)
- Polyporus Soup (*Zhu Ling Tang*)
- Stephania and Poria Soup (*Fang Ji Fu Ling Tang*)
- Seven Peels Soup (*Qi Pi Yin*)

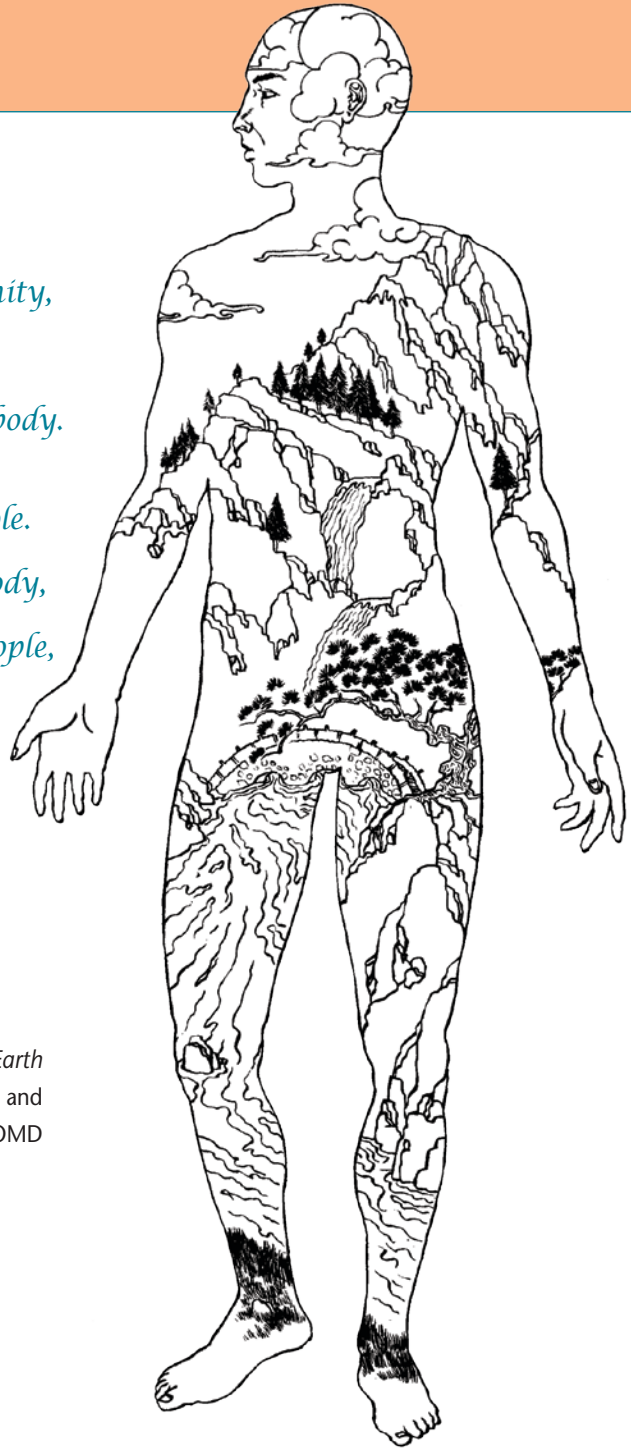
*“What is good for nature is good for humanity,
what is good for one is good for all,
what is good for the mind is good for the body.*

Hence, to harm a part is to harm the whole.

*What is bad for the heart is bad for the body,
what damages one person damages all people,
what injures the earth injures me.*

*Conversely, to restore and preserve the
health of one body and mind is to foster
the wellbeing of the whole, the earth and
all life upon it.”*

*– Between Heaven and Earth
Harriet Beinfield, LAc and
Efrem Korngold, LAc, OMD*





COMPANION FORMULAS

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