

Dear Practitioner,

Is the year 2015 moving by very quickly? It's moving at lightning speed for us! We hope that you find the contents of this newsletter informative and helpful. There is a survey report from some practitioners on their use of our **Capillaris Formula** (formally known as **Liver C Formula**). We are offering a new brand of essential oils, **Alchemica Botanica**, made from Chinese herbs, which are receiving quite an enthusiastic response from practitioners. We continue to receive very dramatic reports on the success of our **Amber Stone-Transforming Formula**. We have shared one with you in this newsletter. We think that you will find the article on cough useful as we enter the fall and winter seasons.

We are grateful for your business and support. We welcome and appreciate all of your communication, comments, and feedback.

Sincerely,

John Scott, DOM and Lorena Monda, DOM

TREATING COUGH WITH CHINESE HERBS

BY JAKE SCHMALZRIEDT, DOM

(A expanded version of this paper with acupuncture point and dietary recommendations is available on our website, www.gfcherbs.com)

Cough is the most frequent illness-related reason for patient visits to their primary care physician in the U.S. Chinese herbs offer very effective treatment option for cough.

ETIOLOGY AND PATHOGENESIS

External

The lung is known as the “delicate organ.” It is extremely sensitive to the external environment and pernicious climatic influences. The lung is especially affected by wind, but also can be damaged by cold, heat, dry, and damp (in excess). External pathogenic influences invade the body, damaging *wei* qi and may inhibit the lung's dispersing function, resulting in cough. This type of acute and sudden onset is always considered an excess condition, though there may be underlying deficiencies that precipitate the external invasion. External conditions that don't resolve and/or if left untreated can become internal, chronic conditions.

Internal

Internal conditions can be either deficient or excess in nature and are broken down as such: 1) Deficiency: the lung is too weak to descend qi due to a deficiency of qi and/or yin. 2) Excess: a blockage of qi. This blockage can be due to phlegm or damp accumulation, heat, or stagnant qi. A prime

example would be phlegm obstructing the lung's ability to descend qi. This usually develops gradually and can commonly be due to an underlying deficiency, like damage to the spleen and stomach caused by a poor diet—including the ingestion of excessive cold raw foods, high sugar intake, and greasy or fried foods. The spleen's transportation and transformation function becomes inhibited leading to damp accumulation, which over time turns to phlegm that is stored in the lung. This obstruction leads to cough.

ORGAN PATTERNS ASSOCIATED WITH COUGH IN ORIENTAL MEDICINE

The etiology of cough is further defined in relation to each organ associated with this condition. The lungs are the primary organ associated with dysfunction resulting in cough. Other organ systems involved include the kidney, spleen, and liver.

The lungs are mainly associated with deficiency patterns when attributed to the primary cause of cough. A sedentary lifestyle including a lack of exercise and feeble breathing can damage lung qi. Excessive or prolonged grief and sadness also damages lung qi. Environmental dryness as well as smoking and inhalation of drugs damage lung yin. Weak lung qi and *wei* qi make the body vulnerable to external invasions and may allow excess conditions to take hold.

Deficiency of the spleen can contribute to lung deficiency as a weak spleen is unable to support the lung (the “mother/son” relationship). Spleen patterns arise are due to overwork, excessive worrying, and poor diet including

overconsumption of cold or raw foods, sugar, dairy, and greasy foods damaging the middle burner, inhibiting the transportation and transformation function, and producing excess phlegm. This excess accumulation is stored in the lungs, resulting in cough.

Cough can also arise from excessive stress and other emotional disharmonies leading to an excess in the liver insulting the lungs through the reverse controlling cycle.

The kidney is associated with deficiency patterns, including kidney qi, yin, and yang deficiencies. The kidney plays an important role in respiration, specifically inhalation. A weak kidney is unable to grasp the qi. The kidney assists the lung during inhalation, grasping and drawing down the qi that is inhaled. This mutual relationship is critical for smooth respiration. If the kidney fails to grasp the qi respiratory issues like cough, wheezing, and shortness of breath occur. Kidney yin deficiency with deficient heat dries up lung yin resulting in a chronic dry cough. Kidney yang, along with spleen yang deficiency, leads to water metabolism issues causing damp and water accumulation in the lung which results in cough.

DIAGNOSIS

Oriental medicine has defined effective treatments dependent on the presentation of the cough. There are

several key factors to pay attention to: 1) Time—whether the cough is acute, sub-acute, or chronic. An acute cough is considered an excess condition. A chronic cough, defined as cough lasting more than eight weeks, can be either excess or deficient. A post-acute or post-infectious stage includes the time from two to eight weeks. This cough can show attributes that can be classified as either acute or chronic, and generally denotes the pathogen moving internally. Frequency of cough, a subcategory of time, describes the period between episodic bouts of the cough with frequent episodes of severe attacks being excess conditions. 2) Sound quality is another key to categorizing cough. Loud or barking cough is excess and always denotes heat. Weak and feeble cough is deficient. 3) Sputum characteristics include color, quality, quantity, and smell; 4) Other considerations include: if the cough is worse in the morning it indicates a presence of phlegm; if it is worse in the afternoon or evening it is often due to yin deficiency; if it is worse upon exertion or when tired it is due to deficiency; and if the cough is worse with stress then it indicates an excess liver pattern. It is also important to use other general diagnostic tools, like tongue and pulse and accompanying signs and symptoms when defining or clarifying specific patterns.

Pattern	Cough Characteristics	Accompanying Signs and Symptoms	Tongue and pulse
External			
Wind-cold	Acute cough with thin white sputum; Frequent and loud sound	Chills and fever, body ache, runny nose, sneezing, stiff neck, no sweating	Floating tight pulse
Wind-heat	Acute cough with sticky yellow sputum that can be difficult to expectorate	Sore throat, fever, yellow nasal discharge	Floating rapid pulse
Warm-dryness	Dry cough with scant or no expectoration	Dry mouth, throat, nose, chest pain, mild fever	Dry tongue; Floating thin rapid pulse
Cool-dryness	Dry cough with scant or no expectoration	Dry mouth, throat, nose, slight chills	Dry tongue; Floating tight pulse
Internal			
Lung-heat	Dry cough with little or no sputum that is difficult to expectorate; Rough barking or hacking sound	Fever, tight chest, stifling sensation in chest, thirst, dry mouth	Red tongue with yellow coat; Rapid pulse
Damp-phlegm	Cough with profuse white sputum that is easily expectorated; Heavy turbid sound	Fullness in the chest, wheezing, dyspnea; nausea, poor appetite, fatigue, feeling of heaviness	Pale swollen tongue with white greasy coat; Slippery pulse
Lung phlegm-heat	Cough with profuse yellow sticky sputum; Barking turbid sound	Fullness in chest; fever, restlessness, thirst	Red tongue with yellow greasy coat; Slippery pulse
Lung (kidney) qi deficiency	Weak feeble cough; low sound	Shortness of breath, spontaneous sweating, fatigue, wheezing, weak voice	Pale tongue; Weak pulse
Lung (kidney) yin deficiency	Dry chronic cough with scanty sputum, (possibly blood tinged)	Dry cough, mouth, throat, sore throat, night sweating, low grade fever, five palm heat	Red tongue with no coat; Thin pulse
Spleen kidney yang deficiency	Cough with watery sputum; Low weak sound	Shortness of breath, oppression in chest, fatigue, cold, poor appetite	Pale swollen tongue with white coat; weak pulse
Liver fire insulting the lung	Sudden intense cough with little or no expectorate; barking sound; worse with emotional stress	Hypochondriac pain, red face, red eyes, easily angered, dizziness, vertigo, and headache	Red tongue with yellow coat; wiry rapid pulse
Blood stagnation	Cough with localized chest or rib pain; may see blood tinged or blood clots	Worse at night, cold extremities	Purple tongue or purple spots on tongue; wiry or choppy pulse

HERBAL FORMULAS FOR COUGH

Wind-Cold

Apricot Seed and Perilla Formula (*Xing Su Yin*; KPC 1520) is a good formula to treat cough due to wind cold invasion. This formula's primary action is to resolve the exterior and address the impaired lung qi's function. Another formula that can be used to treat cough due to wind cold invasion is Citrus and Aster Formula (*Zhi Sou San*, KPC 0870). This formula is known as "Cough Relieving Powder" and is a basic formula for treating cough due to wind cold invasion. *Zhi Sou San* is a good base formula for cough, but it is not often used by itself, and should be combined with other formulas or single herb additions depending upon presentation. In this particular case, *Zhi Sou San* can easily be combined with a formula like **Cinnamon Twig Formula** (*Gui Zhi Tang*) to address the external invasion and increase effectiveness.

Wind-Heat

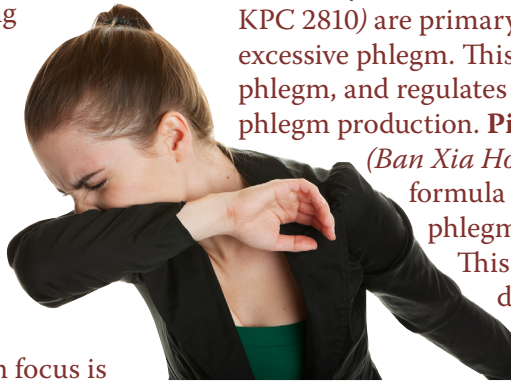
Mulberry and Chrysanthemum Combination (*Sang Ju Yin*, KPC 2440) is the primary formula to treat cough due to a wind-heat invasion. *Sang Ju Yin's* main focus is treating cough and secondarily releasing the exterior. This formula can be augmented with **Yin Chiao Formula** (*Yin Qiao San*) or **Zhong Gan Ling Formula** (*Zhong Gan Ling Pian*) to more strongly address the wind-heat invasion.

Warm-Dryness

Sang Xing Tang is the classical formula to treat cough due to warm-dryness damaging the lung. This formula is not available as a formula through KPC, but can easily be made with a granule pharmacy. An equally effective alternative is Eriobotrya and Ophiopogon Combination (*Qing Zao Jiu Fei Tang*, KPC 2770). This formula's Chinese name is translated as "the Decoction to Clear Dryness and Rescue the Lung" and has a primary function to moisten the lung and clear heat. The heat-clearing ability of this formula is stronger than *Sang Xing Tang*. Combine this formula with Glehnia and Ophiopogon Combination (*Sha Shen Mai Men Dong Tang*, KPC 1410) for stronger lung-nourishing effect. *Qing Zao Jiu Fei Tang* is suitable to use for the western diagnosis of "cough variant asthma" which is defined as a form of asthma with the only symptom being a dry, non-productive cough; there is usually no wheezing.

Cool-Dryness

Apricot Seed and Perilla Formula (*Xing Su Yin*, KPC 1520) is classically used to address cough due to cool dryness. However, Apricot Seed and Perilla (Pediatric) Formula (*Xing Su Yin Pediatric*, KPC 1510) may be more suitable. This formula is going to be more effective at moistening and nourishing the lung, while still effectively addressing cough, dispersing lung qi, and lightly resolving the exterior addressing mild wind-cold conditions.



Jiang

Lung Heat

Heat in the lungs hinders the normal qi flow resulting in cough. **Mulberry and Lycium Formula** (*Xie Bai San*) is a classical Chinese herbal formula that addresses this issue. White mulberry root bark (*sang bai pi*), the chief herb, is particularly useful at draining the heat from the lung and correcting rebellious qi. It is important to note that with the absence of bitter draining herbs in this formula, this formula is safe for children and weak patients.

Damp-Phlegm

Citrus and Pinellia Formula (*Er Chen Tang*) combined with Platycodon and Apricot Seed Formula (*Qing Fei Yin*, KPC 2810) are primary formulas that treat cough with excessive phlegm. This combination dries damp, reduces phlegm, and regulates the middle burner, the source of phlegm production. **Pinellia and Magnolia Formula**

(*Ban Xia Hou Po Tang*) is another classical formula that will effectively address damp-phlegm accumulation in the upper burner.

This formula has the added function of descending rebellious qi making it ideally suited for this condition.

Perilla Seed Combination (*Su Zi Qi Tang*, KPC 4210) may be added

to this formula for additional cough support.

Lung Phlegm-Heat

Fritillaria and Pinellia Formula (*Chuan Bei Ban Xia Tang*) is a modified version of *Qing Qi Hua Tan Wan*. This formula effectively treats lung phlegm-heat cough characterized by thick yellow sticky sputum. This formula is also available in liquid form and makes an excellent cough suppressant syrup.

Lung Qi Deficiency

The main application of **Restore the Lung Formula** (*Bu Fei Tang*) is for treating chronic cough from lung qi deficiency. Signs and symptoms will be cough, wheezing, dyspnea, fatigue, low weak voice, shortness of breath, and spontaneous sweating. If there is expectorate it will be watery in consistency. The formula supplements lung qi, supports the kidney's ability to grasp the qi, and arrests cough.

Lung Qi and Yin Deficiency

Sheng Mai Formula (*Sheng Mai San*) is the classical formula that tonifies qi and nourishes yin of the lung. This elegant formula uses ginseng (*ren shen*) to supplement qi, ophiopogon (*mai men dong*) to nourish yin and schisandra (*wu wei zi*) to effectively constrain the lung and suppress cough.

Lung (Kidney) Yin Deficiency

Yin deficient cough is a chronic cough that is weak and dry in nature and is often exacerbated by deficient heat.

Lily Preserve Metal Formula (*Bai He Gu Jin Tang*) is the exemplar formula for treating dry cough due to lung yin deficiency. This formula nourishes yin, moistens the lung, and stops cough.

Spleen and Kidney Yang Deficiency

Water metabolism issues involve the lung, spleen, and kidney. This pattern is defined by the spleen's and kidney's inability to regulate water metabolism leading to chronic retention of damp and excess fluid accumulation in the lung, among other areas of the body. Specific cough related symptoms include watery, frothy sputum. For severe cases the use of a formula like **Poria 5 Formula** (*Wu Ling San*) is key to leach out excess fluid. In less severe cases or after the initial use of Poria 5 Formula, use or add in **Sea of Qi Formula** (*Qi Hai Yao Fang*) which focuses on supplementing spleen and kidney yang, addressing the root cause of the cough. For more spleen yang involvement use Poria and Atractylodes Combination (*Ling Gui Zhu Gan Tang*, KPC 2000) to warm and supplement the middle burner and transform phlegm-rheum.

Liver Fire Affecting the Lung

Long term liver qi stagnation leads to liver fire that invades lungs via the reverse controlling cycle. This presents as intense coughing episodes with chest and hypochondriac pain that usually coincide with intense emotional situations. Liver fire signs and symptoms will also be present like red face, red eyes, bitter taste in mouth, easily angered, dizziness, vertigo, and headache. Primary treatment includes a combination approach using **Gentiana Drain Fire Formula** (*Long Dan Xie Gan Tang*) with either **Fritillaria and Pinellia Formula** (*Chuan Bei Ban Xia Tang*) or **Mulberry and Lycium Formula** (*Xie Bai San*). Secondary treatment, after acute signs and symptoms have been resolved is to address the long standing liver qi stagnation using formulas like **Bupleurum and Tang Kuei Formula** (*Xiao Yao Wan*), **Free and Easy Wanderer Formula** (*Jia Wein Xiao Yao San*), or **Minor Bupleurum Formula** (*Xiao Chai Hu Tang*).

Blood Stagnation

This pattern is usually seen following trauma to the chest and rib area resulting in blood stagnation. Local pain will be present with cough and will generally be worse at night. **Blood Palace Formula** (*Xue Fu Zhu Yu Tang*) will move blood stagnation in the chest. For blood tinged expectorate combine with **San Qi Formula** (*San Qi Pian*). This pattern may also be seen in end stage diseases of lung cancer, COPD, etc.

CHILDREN'S FORMULAS

Children's Clear and Release Formula (*Yin Qiao Gan Mao Fang*) can be used to address cough at the first signs of a cough and in conjunction with the external pathogenic wind-heat invasion. Once the cough has become internal, switch to **Children's Clear Lung Formula** (*Qiao Er Zi Qing Fei Fang*). This formula clears lung heat, clears toxic-heat, and addresses phlegm-heat accumulation. The cough will present as a rough and barking cough and will generally be productive in nature. This formula can also be used for a cough that has become sticky and non-productive.

OTHER UNIQUE GFCH FORMULAS FOR COUGH

Ling Zhi Lung Formula (*Ling Zhi Fei Pian*) treats chronic cough due to lung qi deficiency. The cough will be chronic, weak, and feeble. This formula is particularly effective if the cough is associated with wheezing or labored breathing. **Ling Zhi Lung Formula** (*Ling Zhi Fei Pian*) supplements the lung, helps the kidney grasp qi, resolves phlegm, and rectifies lung qi to stop cough.

Five Mushroom Formula (*Wu Gu Fang*) treats cough due to deficiency manifesting as a weak and feeble cough.

Five Mushroom Formula (*Wu Gu Fang*) bolsters the respiratory system. This blend of medicinal fungi offers excellent support to strengthen the lungs and supplement the spleen and kidney. *Ling zhi*, *dong chong xia cao*, and *yun zhi* directly quell chronic cough.

Viola Clear Fire Formula (*Di Ding Qing Huo Pian*) can treat cough due to a respiratory infection. This formula focuses on the root cause of the cough and may need to be supplemented with a formula to specifically help rectify the rebellious lung qi and alleviate the cough.

Baked Licorice Formula (*Zhi Gan Cao Tang*) can treat cough due to lung consumption. Cough caused by lung consumption is marked with severe deficiency of qi, yin, and body fluids, resulting in the inability of the lung to descend qi. The main signs and symptoms manifest as a persistent, chronic, feeble cough, often with frothy saliva or blood tinged expectorate. Associated signs and symptoms that may be present include shortness of breath, spontaneous sweating, dry throat, dry mouth, irritability, insomnia, constipation, and night sweats. [Note: the labeling of lung consumption and its manifestations has changed over the history of Chinese medicine with varying degrees of symptomology, including extreme presentations that have associations with pulmonary tuberculosis. **Baked Licorice Formula** (*Zhi Gan Cao Tang*) is not sufficient for this presentation.]

Minor Bupleurum Formula (*Xiao Chai Hu Tang*) is used for lingering cough following external invasion. Generally, during this post infectious stage you will see lingering heat signs, tight chest, as well as fatigue. The cough may or may not be productive. This formula is generally used in conjunction with another cough arresting herbal formula.

FORMULA ADDITIONS AND COMBINATIONS

Citrus and Aster Formula (*Zhi Sou San*, KPC 0870) is an excellent assistant formula with its focus of alleviating cough. For fluid/water retention manifesting as asthma, wheezing, and edema, add **Poria 5 Formula** (*Wu Ling San*) to increase the effectiveness of leaching out damp. **San Qi Formula** (*San Qi Pian*) can be added to address cough with blood tinged expectorate. Combine this formula with formulas like **Lily Preserve Metal Formula**, **Coptis Relieve Toxicity Formula**, or **Mulberry and Lycium Formula**.

Capillaris Formula Survey Report

Capillaris Formula (*Yin Chen Hao Fang*) was developed in the early 2000's by Dr. Jake Paul Fratkin, OMD. The formula was based on modern research on Hepatitis C coming out of China at the time. When **Capillaris Formula** (*Yin Chen Hao Fang*) was created, patient reports and case studies showed this formula to be clinically effective. In order to verify the formula's continued results, Golden Flower Chinese Herbs, as part of our efforts to provide knowledge and information on our formulas, conducted a practitioner survey on the **Capillaris Formula** (*Yin Chen Hao Fang*). The goal of this survey was to gain a better understanding of how the formula is currently being used and its effectiveness in the clinical setting. The survey was sent to practitioners who have used this formula with some regularity and frequency over the past several years. The following are the results of the survey.

Summary of Results

The focus of the **Capillaris Formula** (*Yin Chen Hao Fang*) and the original intent behind the creation of this formula is to address Hepatitis C, specifically, elevated liver enzymes. This still marks true today as the majority of practitioners using this formula on a regular basis are still addressing this issue. There are a group of practitioners, enough to note, that are using this formula to address cirrhosis of the liver in addition to above.

The overall effectiveness rating for **Capillaris Formula** (*Yin Chen Hao Fang*) in the clinic was as follows: 76% stated the formula as being very effective, 12% stated the formula as being moderately effective, 12% stated the formula as being slightly effective, and 0% stated the formula had no effect.

When asked how effective **Capillaris Formula** (*Yin Chen Hao Fang*) is in treating Hepatitis C, specifically addressing elevated liver enzymes; 50% of respondents stated the formula to be very effective, 39% stated the formula to be moderately effective, 6% stated the formula to be slightly effective, and 6% stated the formula as either not effective or unverified. Most practitioners notice normalization of liver enzymes between the 2–6 month range and observe change (lowering liver enzyme count) after 1 month. Along with the lowering of liver enzymes, when using **Capillaris Formula** (*Yin Chen Hao Fang*), there is a consensus among practitioners that there is an improvement of clinical signs and symptoms with pain reduction (specifically hypochondriac pain) and digestion issues being the most noted.

According to practitioners, when prescribing this formula there is not a specific common TCM diagnosis/pattern, but it is generally seen as either an excess condition, like liver and gallbladder damp-heat or stagnation, or, as noted by several practitioners, liver yin deficiency. The most common pulse quality was a wiry pulse, followed by a rapid pulse. Also mentioned were tight and full pulses. There was a strong consensus on the tongue color with most

practitioners describing a red tongue; the coat and other tongue qualities did vary. Though there are differing details in the tongue and pulse, it does paint a picture of how patients are presenting.

Capillaris Formula (*Yin Chen Hao Fang*) is mainly prescribed alone by the majority of practitioners. If it is combined with other formulas, practitioners mention using formulas to address qi stagnation or liver and kidney yin deficiency.

The overall effectiveness rating for **Capillaris Formula** (*Yin Chen Hao Fang*) in the clinic was as follows: 76% stated the formula as being very effective, 12% stated the formula as being moderately effective, 12% stated the formula as being slightly effective, and 0% stated the formula had no effect.

AMBER STONE-TRANSFORMING FORMULA – A CASE STUDY

BY JOHN HEUERTZ, DOM



About once a month, I have a patient ask me if I have anything for kidney stones. It is not always the reason for that particular office visit, and it may even be a question for

a family member who is not present, but my answer is always the same: "I have something amazing for kidney stones!" Naturally, many are skeptical, but inevitably, if they followed my instructions, I will get a message the next day about how quickly and powerfully the treatment worked.

The most recent case I had involved someone who already had some **Amber Stone-Transforming Formula** at home for some reason and began self-dosing on her own. She had two stones, one in each kidney, and the pain was severe on both sides. She tried her self-treatment for a full day and did not notice any improvement. Her pain was significant and she was preparing to head to urgent care if nothing changed in the next few hours. She then contacted me and asked me if I had anything stronger than **Amber Stone-Transforming Formula** for her pain and something that would reduce the size of the stone. I asked her what dosage she was using and she told me "2 tablets, 3 times a day." I told her to take 4 tablets every 3 hours for the rest of the day and to call me the following day. When she finally contacted me the following day, she was quite surprised and relieved. She reported that the pain reduced noticeably after one dose of 4 tablets and after the second dose, 3 hours later, the pain was virtually gone. She reported that one of the stones passed that first evening with minimal pain, but the second one seems to have completely dissolved without having to pass through the ureter. I further advised to continue taking the formula at the high dose for at least 2 days after all symptoms were completely gone, though she could reduce frequency to just 3-4 times a day. In a follow up a few days later, the patient reported that she never did notice the passing of the second stone and that the pain had completely disappeared by the

middle of the second day.

She made a comment on the second day, once it seemed to her that the pain had virtually disappeared, a comment which directly reflected my initial braggadocio on behalf of the formula: "That stuff is amazing! I couldn't believe it. Does it always work that fast?" I assured her that hers was a common experience, when sufficient dosage is taken.

Nutrition for the Prevention of Chronic Kidney Stones

BY JAKE SCHMALZRIEDT, DOM

There is nothing quite like the agony caused by the presence of a kidney stone. Golden Flower's **Amber Stone Transforming Formula** (*Hu Po Hua Shi Pian*) is commonly prescribed for kidney stones in the painful acute stage. This formula can also be very useful when working with individuals that have chronic kidney stone issues. For those patients a preventive dose of 3 tablets 3 times a day for 3-4 days once a month is recommended. Additionally, adjusting diet can be very beneficial to help prevent the formation of kidney stones.



Kidney stones, also known as renal calculus or nephrolithiasis, form when there are high concentrations of crystal-forming minerals in the urine. Kidney stones affect an estimated 1 in 11 Americans, with men more likely to develop kidney stones than women.¹ Once an individual has had a kidney stone the chance of recurrence is dramatically high.

Diet is one way to help inhibit stone formation. The number one recommendation is to drink more water (8-10 cups/day), as dehydration contributes to stone formation.

It is important to know what type of stone is present in order to suggest dietary recommendations. Identification is done by collection of the stone upon expulsion and lab diagnosis. There are several common types of kidney stones:

Calcium Oxalate Stones

Calcium oxalate stones are the most common type of kidney stone—caused by high calcium and oxalate excretion. This buildup crystalizes in the urinary tract.

Dietary recommendations include reducing sodium, balancing calcium in the diet, and reducing oxalates. Sodium, usually in the form of salt, causes the kidneys to excrete more calcium into the urine which contributes to stone formation. Too little dietary calcium can cause oxalate levels to rise, additional research suggests that a high calcium diet can decrease the incidence of kidney stones. Combining foods that are rich in both calcium and oxalate will allow them bind together in the gastrointestinal tract rather than in the kidneys. It is important to eat calcium rich foods like milk and yogurt rather than taking calcium supplements, as supplements have been linked to increased kidney stones.ⁱⁱ Limiting foods high in oxalates is important as

oxalate is a much stronger potentiator of calcium oxalate kidney stone formation than calcium. The liver produces much of the oxalate in your body, but it can be beneficial to cut out foods that are rich in oxalates like most nuts and seeds, beets, spinach, rhubarb, black pepper, chocolate, and black tea. Adding lemon to your water has also been shown to be beneficial. The citrate can help prevent kidney stone formation by binding with the calcium, reducing the available calcium for oxalate to bind with. Other juices, like grapefruit, apple, orange, and cranberry juice are controversial. Studies have shown that they are effective at reducing stone formation by increased citric acid excretion,^{iii, iv} though they increase oxalate levels as well. The best suggestion is to stay with lemon juice.

Magnesium has been shown to inhibit kidney stones and can be a beneficial mineral supplement to take. Magnesium disrupts and shortens the binding process between calcium and oxalate.^v Pyridoxine (B6) can lower the amount of oxalate in the urine, reducing kidney stone formation.^{vi} Magnesium and vitamin B6 are a good combination to help inhibit chronic kidney stones.^{vii}

Other Stones

Calcium phosphate stones are a less common form of calcium stones. Calcium phosphate is caused by high urine calcium and alkaline urine. Dietary therapy is based on increasing the acidity of the urine by introducing highly acidic foods like cranberry juice.

Uric acid stones are due to high purine intake that leads to high uric acid. This is a byproduct of protein metabolism. Dietary recommendations are to limit animal protein in the diet like chicken, pork, beef; seafood like codfish, sardines, and anchovies, lobster, shrimp; and organ meats, like liver and tongue. Uric acid stones are commonly seen with gout.

Stuvite stones are often due to chronic urinary tract infections and kidney infections, and are commonly seen in women. Addressing the chronic infections can help reduce stone formation. It can also be beneficial to increase the acidity of the urine by drinking cranberry juice.

Cystine stones are due to a genetic disorder, where high concentrations of cystine are present in the urine, forming crystals. High fluid intake is extremely important and the best therapy for dissolving cystine stones and preventing stone formation. Increasing citrates is also recommended.

Helpful foods

In addition to the dietary recommendations above there are several beneficial foods that help cleanse the urinary system. They include parsley, asparagus, celery, radish, black bean juice, and watermelon, and are beneficial to eat on a regular basis, but be careful not to overeat the asparagus as it can become taxing on the kidney.

Avoid

Avoid sugar as it inhibits the absorption of calcium. Avoid cola drinks, especially ones containing phosphoric acid, as they reduce citrate levels in the urine, which in turn

increases calcium levels in the urine. Soy is high in oxalates and should be avoided, while caffeine increases calcium in the urine and depletes body fluids.

Footnotes

ⁱ Scales CD Jr, et al., "Prevalance of Kidney Stones in the United States," *European Urology*, 2012.

ⁱⁱ "Diet for Kidney Stone Prevention," National Institute for Health, Available From: <http://www.kidney.niddk.nih.gov/KUDiseases/pubs/kidneystonediet/index.aspx>, 2013.

ⁱⁱⁱ Honow R, et al., "Influence of Grapefruit, Orange, and Apple Juice Consumption on Urinary Variables and Risk of Crystallization," *British Journal of Nutrition*, 2003.

^{iv} McHarg T, et al., "Influence of Cranberry Juice on the Urinary Risk Factors for Calcium Oxalate Kidney Stone Formation," *BJU International*, 2003.

^v Riley, JM, et al., "Effect of Magnesium on Calcium and Oxalate Ion Binding," *Journal of Endourology*, 2013.

^{vi} Mitwalli A, et al., "Control of Hyperoxaluria with Large Doses of Pyridoxine in Patients with Kidney Stones," *International Urology and Nephrology*, 1988.

^{vii} Rattan V, et al., "Effect on Combined Supplementation of Magnesium Oxide and Pyridoxine in Calcium-oxalate Stone Formers," *Urological Research*, 1994.

New at Golden Flower!

Alchemica Botanica—Essential Oils from Chinese Herbs

BY EVELYN ROBERT, L.AC.



People often ask me how the idea for Alchemica Botanica TCM Essential Oils got started. They are curious about how the oils are produced and where they come from. With this article I hope to answer some of those questions and to share the process of my quest with you.

Originally, it was through Dr. Jeffrey Yuen's teachings on the use of essential oils in the context of Chinese medicine along with his ideas and encouragement that the idea took shape. Ultimately, it is a deep reverence for Chinese medicinal herbs developed over my thirty plus years as a practitioner that has motivated my search for their essential oils.

I began by reaching out to growers of Chinese medicinal plants here in the US with the idea. Unfortunately, so far there is not enough consistent supply of raw material to make this work as a domestic product. On average it takes 100 lbs of an herb to produce one kilo (about 2 quarts) of an essential oil. Perhaps in the near future we will be able to produce some "limited edition" domestic oils.

I then contacted some of the companies that make concentrated granulates because the essential oils of the herbs are often extracted in the production process. Again, I found that supplies would likely be limited and inconsistent de-

pending on their manufacturing needs.

So that left me with the prospect of searching for ready-made essential oils directly from the source, where most of the herbs grow - China. People were constantly warning me about the pitfalls of doing businesses in China. However, diving in with an open, positive attitude and basic trust in human nature, through trial and error, I have learned how to "weed" out the bad actors and to "sniff" out the good. Over the past two years, I have visited large and small extractors, distillers, and perfumers in China who are enthusiastic and dedicated to producing high quality essential oils from authentic, high quality herbs. I feel lucky to have been able to establish trusting friendships with these wonderful people.



My first successful contact and subsequent visit with such a supplier was a factory and plantation in Guangdong Province where I found several great TCM essential oils and organic **Ling Zhi Spore Oil** extracted by "super critical fluid extraction" (CO2) using high tech equipment in a process which the company had developed. This CO2 process produces a very true aroma and it maintains the water metabolites of the herbs, keeping the medicinal properties of the oils very close to that of the herbs in decoction. The *ling zhi* is grown indoors using a proprietary organic food source. This is a beautiful, very impressive facility whose mission is about contributing to the health of the people and the planet.

The next good contact I made was equally impressive, although very different. This was a small family run steam distillery in Jiangxi Province where I found two beautiful oils (*jing.jie* and *long nao*) distilled from plants growing wild in the local area, giving these oils their especially bright, fresh aroma. In fact the owner, Mr Li, enthusiastically showed me the dryobalanops aromatica trees growing on his property from whose sap natural borneol is distilled to produce the **Long Nao** oil.

More recently I visited a larger modern distillery in southern China whose owner bears the title of perfumer. She is very passionate and serious about natural pure and authentic aromatic essential oils and floral absolutes. Chrysanthemum is the signature scent of the distillery and indeed, the *bai ju hua* and *ye ju hua* absolutes that I found there are absolutely heavenly. Our powerful **Qing Hao, Ai Ye**, and **Bi Cheng Qie** essential oils are steam distilled at this factory.

My search for earnest suppliers is ongoing. I am gratified and encouraged by the enthusiastic feedback that I have gotten from practitioners who are using the oils. My commitment to you is that I will personally verify each one and do my utmost to provide you with safe and effective tools to augment and inspire your practice.



www.gfcherbs.com  505. 837. 2040  800. 729. 8509

Hakomi Mindfulness-Centered Somatic Psychotherapy A Comprehensive Guide to Theory and Practice

*Edited by Halko Weiss, PhD, Greg Johanson, PhD, and
Lorena Monda, DOM*

"Though I am not a psychotherapist, I find many of the ideas presented here to be applicable to my work as a DOM. The book is easy to read and to understand. It was written by a number of different authors—highly experienced in their work—and the topics covered include things like the practitioner/client relationship, the value of mindfulness in healing, basic principles of transformation, ethics, how core beliefs affect our current experience, how the body speaks to us, understanding different character styles, and trauma--all tied to the latest information in psychology and neuroscience. I recommend this book to anyone who works within any of the healing professions—or anyone who wants information on the mind/body connection gleaned from direct human experience. It is the cutting edge of what we know about using mindfulness to explore the rich internal landscape of the human body, mind, and spirit."

-John Scott, DOM

Hakomi Mindfulness-Centered
Somatic Psychotherapy
A Comprehensive Guide to
Theory and Practice

Halko Weiss
Greg Johanson
Lorena Monda
EDITORS

Available from
www.norton.com or
amazon.com

Upcoming Seminar



**QIGONG INTENSIVE
FOR PRACTITIONERS
AND PATIENTS**

**WITH
MASTER LI JUN FENG
Albuquerque, NM
December 3-4 and/or
December 5-6, 2015
(24 CEUs / 10 PDAs)**

Golden Flower Chinese Herbs proudly carries these great products:



KPC Herbs



The Painless One™



CONGEE AND THE IMPORTANCE OF WET, COOKED BREAKFASTS

By Andrew Sterman

All foods share their energetic influences when eaten. Understanding single foods and their combinations, implemented with clear diagnoses and well-founded theory forms the basis of Chinese medicine dietary therapy.

Hydration is key to good health, and wet breakfasts are an often forgotten key to good hydration. Wet breakfasts—porridges and congee—absorb a great deal of water as they cook. This fluid is gradually given up during digestion, like a time-release capsule of healthy hydration. Beyond effectively bringing hydration into the system, wet breakfasts soothe and restore the organs of digestion themselves (stomach, spleen-pancreas, small and large intestine). Wet-cooked porridge or congee is the breakfast of choice for a wide variety of health needs ranging from:

- tonifying weak digestion
- conditions of chronic dehydration
- inflammation or heat pathologies
- young, old or those convalescing
- anyone who stressed their digestion with a very large or challenging dinner the previous evening, stayed up too late, drank too much wine, ate while worried or upset

Anecdotally, eating wet breakfasts has been responsible for remarkable improvements in a number of individuals I have taught who were struggling with serious conditions. Dangerously high blood pressure brought into normal range, severely weakened digestion brought back to function... there are many instances of success, large and small. Dramatic improvements are not difficult, although adopting consistent new breakfast habits sometimes can be. Since chronic dehydration underlies many serious health conditions, consistent adoption of cooked, wet breakfasts can provide real improvement as well as symptom relief, treating root as well as branches. Although it is trendy to avoid carbs and grains, it is really sugar and poorly combined foods that cause metabolic problems for so many people. Classically, grains are Earth foods, the center of the Five Elements in the early *wu xing* arrangement. If skillfully used, grains are central to diet and digestion, the foundation of good health.

As with all common foods, recipes vary between cultures, locations and even families. How to make good congee and other porridges is one of the common questions during dietary

consults or while teaching energetics of food. Some recipes and a bit of dietary theory are important to have ready.

RICE CONGEE

To make good congee (*jook* in Cantonese), use high quality medium or long-grain Asian-style white rice. Avoid short-grain or risotto rices as they are too sticky.

One cup of dry rice makes congee for 4-6 people.

1. Boil 8-12 cups water in a separate pot.
2. Put 1 cup uncooked long-grain white rice in large, empty pot. Turn heat to high, add 1 tablespoon oil (grapeseed, for example. Always select oils for appropriate energetic and freshness). Stir, coating each grain. Add two generous pinches salt.



3. Add just enough boiling water to float the grains, perhaps 1 cup (no need to measure). Stir constantly as the grains absorb the water. When almost absorbed, add more boiling water, keep stirring. After 3 or 4 additions of water and constant stirring (about 10-15 minutes), the grains will have released starch into the water.

4. Then add a lot more water and turn flame down to a “gentlemanly simmer”

for about 45 minutes, now stirring occasionally. Do not allow the grains to settle and stick to the bottom of the pot. Add hot water as needed to get the special congee consistency: milky water between discernible rice grains, very soft-cooked.

5. Congee is always served with other things. Start simply but elegantly with slivered fresh ginger and sliced scallions, a splash of tamari and toasted sesame oil. More substantial additions are common: sliced fish, seafood, nuts, squash, corn, soft-boiled eggs, cooked bean sprouts, dried scallops, sliced pork, etc., often utilizing leftovers from the refrigerator or contributions from the freezer. Select ingredients based on your knowledge of food energetics and clear diagnosis.

Energetically, wet cooked rice strongly nourishes stomach yin and fluids. Soy sauce and scallions provide a dietary version of the herbal decoction *Cong Chi Tang*, from the writings of the Daoist sage, Ge Hong (283-343 CE). In *Cong Chi Tang* scallion whites and fermented soybeans combine to treat wind-cold: the pungent fermented soybeans nourish fluids and the mild spiciness of scallion helps move those fluids to the lungs and skin, opening the exterior for a mild healing

sweat (good hydration and transport of fluids to the lungs and skin are necessary for effectively meeting the onset of common cold or flu). Fresh ginger supports this simple and elegant strategy, harmonizes digestion, resolves bloating and clears phlegm. Toasted sesame supports kidney yang, providing a gentle, uplifting energy appropriate for morning, even when not pushing out wind-cold.

Some kind of protein and fat is almost always served with congee as well. One traditional combination is white fish filets and boiled peanuts (organic only), or a few slices of fatty pork. Egg is the easiest way to go, protein and fat together. Interestingly, boiled egg and congee are much easier to digest than fried egg with toast (both are egg with grain). Wet-cooking is an earth element method while frying can stress the liver/wood system, an effect amplified by the dry baking and then toasting of the grain. Individuals seeking to reduce inflammation or liver constraint would benefit more from congee with poached or boiled eggs than fried eggs with toast. For many people, the method of cooking is as important as the choice of grain itself.

A favorite is congee with dried scallops. Drying the scallops consolidates their flavor, amplifying the yuan-constitutional support they provide. Rehydrate three dried scallops per person in 10 cups cool water, then bring toward a boil. When hot, cook the congee using scallop water. Prior to serving, place the scallops in each bowl with the condiments. Energetically, congee is best when selecting foods that nourish the kidney or yuan-source qi level (scallops, fish, egg, peanuts). The wet-cooked rice and the source qi level protein make a very strong combination, nourishing ying-nutritive qi and yuan-constitutional qi in a powerful way.

When making congee, home cooks tend to make certain common mistakes:

- ✦ Do not use leftover rice that is already cooked. It is the slow absorption of water that makes congee such a special dish. If you have leftover rice, make stir-fried rice if appropriate (stir-frying as a method stimulates liver/wood, while the congee method nourishes spleen/earth).
- ✦ Don't forget to include 1-2 tablespoons good quality oil at the beginning, and a nice bit of salt. Restaurant congee can be very salty; mine has just enough to be noticed if you taste for it. Salt provides a mineral contribution and a hint of the idea that all life originates in the sea. Gentle saltiness resonates with the kidneys just as extreme saltiness stresses them. Oil (or fat from meats, seeds or nuts) is essential for nutrition and is part of overall 'hydration', nourishment of fluids.

- ✦ Be sure to add plenty of water. Cooking congee is a revelation—the rice absorbs, absorbs and absorbs. When you believe it has enough, it thickens again. Simply open it up with a bit more boiled water. One reason any porridge is so beneficial is that we are eating grain after it has absorbed as much fluid as it will. That's when it's ready to eat, bringing all that hydration to our center.
- ✦ Never eat congee plain. It is always completed with condiments and usually with one or two protein items. If sick, it is fine with only basic condiments until appetite returns.
- ✦ Avoid too many additions to one bowl. As with any dish, clarity is more important than complexity.

In Chinese medicine dietetics, rice is classified as sweet, neutral in temperature, with affinity of spleen-pancreas and stomach.

MILLET PORRIDGE

Millet makes very good porridge. It is common to find a huge pot of millet porridge next to the huge pot of congee in breakfast places in northern China. White rice is the easiest grain to digest, especially good for morning eating, but if whole grains are desired, millet is the best choice. Millet is non-glutinous, classified as sweet and salty, neutral or slightly cooling (anti-inflammatory), with affinity of spleen-pancreas, stomach, kidney and lung.

One cup dry millet makes porridge serving 4-6.

1. Always wash millet prior to cooking by flooding it in a pot with cold water, then gently tipping the water over the side 3 or 4 times until the water runs clear. After washing, use a strainer to remove remaining standing water.
2. Turn the heat to medium high, stir the millet constantly to dry, then dry roast it. Dry roasting contributes yang qi and a nutty aroma.
3. Traditionally, no oil or salt is added but I usually add an oil or butter and some salt.
4. Cook in the congee method. Millet is less sticky than rice and therefore much easier to cook; occasional stirring is sufficient.
5. After 30-45 minutes the millet has given up its starch to the water. There is water between the softened grains that is somewhat thick with millet starch.
6. Serve like congee, in a bowl with a few things added such as seeds, an egg, some tamari.

Millet is the most hydrating grain, nourishing *jin*-thin and *ye*-thick fluids, and pairs best of all grains with nuts, seeds

and fruit. Millet porridge with dried apricots nourishes hormones and relaxes diaphragm constraint, useful for hot flashes accompanied by mood swings (use dried figs if focus is on clearing lower *jiao*). Pairing millet with nuts, seeds or fruit opens many possibilities for delicious and therapeutic cooking.

BUCKWHEAT PORRIDGE

Similar porridges are easily made with buckwheat (*kasha*). Use whole buckwheat kernels for congee-type porridge, or cracked buckwheat for a creamy consistency. Add seeds, nuts, eggs, other protein and salt. Buckwheat is not related to wheat and is gluten-free. It is classified as sweet and warming (when roasted as *kasha*), with spleen-pancreas, heart and large intestine affinities.

POLENTA OR CORN GRIT PORRIDGE

Another western-style porridge is made with polenta or corn grits. Use organic corn; GMO foods raise internal heat through challenging the kidneys, the organ system that adapts to change (too much modified corn is not designed for human consumption in any case). Start with some fat (I use butter with corn polenta or grits), ample salt, then boiling water, whisking constantly to avoid lumps. I know people who serve this with honey; I prefer a bit more butter, pinch of salt and a grind of black pepper if a little boost is wanted (and not a problem for the individual).

Quality depends upon fine ingredients (we buy heirloom organic grits online). Traditional grits need an hour or more of cooking; instant grits lack flavor. Find the type you prefer. Corn is sweet and neutral, with spleen-pancreas, stomach and kidney affinities.

QUINOA, AMARANTH AND TEFF PORRIDGES

Quinoa, amaranth and teff make excellent porridges. Amaranth is my favorite but quinoa is most popular. Teff is smallest, dark brown, nutty in flavor, and excellent. They are gluten-free, rich in protein, fiber and minerals, easy to cook and delicious. Amaranth and teff are too tiny to wash, but quinoa needs washing to remove saponins. Cook simply with boiled water, whisking to keep smooth, adding water to reach porridge consistency. Use much more water than when preparing these grains as a side dish or to be included in recipes such as quinoa salad.

WHEAT PORRIDGE

Wheat has a very long history as a breakfast porridge. The grains would be cracked, toasted or ground, then boiled until soft. Historically, wheat has been eaten as porridge as much as baked into bread. Beer began as wheat or barley porridge that may have inadvertently fermented. Granted, a steady diet of wheat and barley porridge was boring and, of course, contains gluten. Gluten is a set of proteins that a small mi-

nority of individuals can't tolerate (celiac disease) and that can gradually cause inflammation problems in a much larger proportion of the population (gluten sensitivity). Nonetheless, if it is well tolerated, wheat is very useful as porridge for convalescence, as it is strongly tonifying. The best use of wheat is short term, when tonification outweighs the problems from gluten. Specifically, wheat porridge helps build and hold blood, useful for blood deficiency with fatigue or lethargy. Once benefit has been seen, return to rotating grains to avoid problems from overeating one.

Many wheat varieties are available; ancient hybrids (spelt, kamut, emmer, freekeh) do contain gluten and are significantly easier to digest. Individuals with celiac cannot eat them, but individuals with wheat or gluten sensitivity often can. Wheat is sweet and warming, and has spleen-pancreas, heart and kidney affinities.

OATMEAL

Oats, as an herbalist friend and I were discussing, have a more complicated history than their popularity today would suggest. Until recently they were more available in apothecaries than in food shops. Oats were used for their soothing quality: internally for soothing digestion and externally to soothe skin conditions in creams and poultices.

In Chinese medicine dietetics, oats are classified as sticky, as are glutinous grains, but they don't contain gluten (unless processed in wheat factories). Oats are sweet, slightly warming, with spleen-pancreas and stomach affinity. The bulk fiber in oats promotes peristalsis while the stickiness balances with some restraining quality. They are simultaneously cleansing and building. Like rice and millet, oats are moistening (wheat and rye are somewhat drying, although less so in a porridge than as bread.)

Rolled oats are more soothing and sticky while steel cut oats are less sticky, but a bit harder to digest (use only if digestion is robust). Avoid instant oats and avoid cooking oats in milk (adds to their sticky quality and reduces their benefit). If milk is desired, cook first with water then add milk to finish along with digestive spices such as cinnamon, nutmeg, coriander, and a bit of honey. (A long grain rice version this is the dish Buddha received to regain strength after his enlightenment—he ate only this, one bowl per day, brought by the buffalo herding girl who had found him collapsed under the bodhi tree.)

Cook oatmeal long enough to allow the grains to absorb as much water as they will (many people serve it too dry). Add sliced almonds, walnuts, pepitas, sunflower seeds, raisins, apricot or fig, and spices such as cinnamon. Most people add a bit of sweetener, but think of this as a harmonizer, not a feature.

4 CONGEE AND THE IMPORTANCE OF WET, COOKED BREAKFASTS

With oats, discern whether the stickiness is appropriate or not. If not, use rice, millet, quinoa or buckwheat porridge. The fiber in oats makes them useful to treat stagnation, but some care has to be taken to insure that the stickiness and relative difficulty in digestion can be tolerated. When in doubt, rotate grains, but do include wet-cooked porridges and congee in the morning menu. It's one of the simplest and most powerful things we can do to take care of ourselves. Delicious, too.

ANDREW STERMAN teaches food energetics and sees clients for private dietary therapy and qigong practice in New York City. He has studied

broadly in holistic cooking, and since 2001 has been a student of Daoist Master Jeffrey Yuen in herbal medicine, qigong, tai chi, meditation and of course, dietary therapy from the classical Chinese Medicine tradition. Andrew is currently completing a multi-volume book on food energetics and previews material on his blog, andrewsterman.com/#!/blog/c5kf or at facebook.com/UnderstandingFood.