CLINICAL GUIDE TO
COMMONLY USED
CHINESE HERBAL FORMULAS
The information in this book is strictly educational and should not be used to treat medical conditions except by qualified health practitioners.
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Agastache Tummy Syrup (Huo Xiang Zheng Qi Gao) is the primary formula in Chinese medicine for acute nausea and vomiting from external pathogens. Besides strong antiemetic (antivomiting) actions, Agastache Tummy Syrup is used for many different types of external cold and internal dampness; it is especially effective when the cold and dampness present together. With its strong function to dry damp and rectify qi, this formula can also be used for damp-type acute diarrhea or wind-damp headaches and ear pain. Many antiemetic formulas taste bad to children (and adults); rejection of the taste of a formula can trigger a gag reflex that is contrary to the treatment strategy. This formulation is designed to be tasty and easy to swallow in order to facilitate a quick turnaround of the condition. It is also safe and effective for morning sickness.

**Ingredients**

Agastaches Herba (Chinese Giant Hyssop/Huo Xiang) 14%
Zingiberis Rhizoma Recens (Ginger, fresh/Sheng Jiang) 10%
Poria (Porina, Hoelen, Tuckahoe/Fu Ling) 8%
Arecae Pericarpium (Betel Nut Palm Peel/Da Fu Pi) 8%
Atractylodis Macrocephalae Rhizoma (White Atractylodes Rhizome/Bai Zhu) 8%
Platycodi Radix (Platycodon Root, Balloon Flower Root/Jie Geng) 8%
Magnoliae Officinalis Cortex (Magnolia Bark, Ginger-fried/Jiang Chao Hou Po) 8%
Pinelliae Rhizoma Preparatum (Pinellia, ginger-cured/Zhi Ban Xia) 8%
Perillae Folium (Perilla Leaf/Zi Su Ye) 6%
Angelicae Dahuricae Radix (Purple Angelica/Bai Zhi) 6%
Jujubae Fructus (Jujube Date, red/Hong Zao, Da Zao) 4%
Glycyrrhizae Radix Preparata (Chinese Licorice Root, honey-fried/Zhi Gan Cao) 4%

**Chinese Medical Actions**

Transforms damp, expels cold, resolves the exterior, rectifies rebellious qi, harmonizes the middle burner.

**Indications**

<table>
<thead>
<tr>
<th>Indication</th>
<th>Symptom</th>
</tr>
</thead>
<tbody>
<tr>
<td>Abdominal distension</td>
<td>Fever, mild</td>
</tr>
<tr>
<td>Abdominal pain</td>
<td>Gastroenteritis</td>
</tr>
<tr>
<td>Appetite, lack of</td>
<td>Morning sickness</td>
</tr>
<tr>
<td>Chest, stifling sensation in</td>
<td>Nausea</td>
</tr>
<tr>
<td>Cold, aversion to</td>
<td>Stomach “flu”</td>
</tr>
<tr>
<td>Damp stagnation</td>
<td>Sweating from external damp</td>
</tr>
<tr>
<td>Diarrhea</td>
<td>Taste, lack of</td>
</tr>
<tr>
<td>Dizziness</td>
<td>Vomiting</td>
</tr>
<tr>
<td>Headache, distending</td>
<td></td>
</tr>
</tbody>
</table>

**Tongue:** White and greasy. **Pulse:** Slippery.

**Contraindications:** Do not use for wind-heat or internal fire.

**Note:** For severe nausea and/or vomiting, take tiny sips under the tongue every 20 minutes, until enough has been absorbed to allow for larger doses.
AMBER STONE-TRANSFORMING FORMULA

Amber Stone-Transforming Formula (Hu Po Hua Shi Pian) was created by Jake Paul Fratkin, OMD, based on current research in China regarding the dissolution of kidney and bladder stones. The synergistic combination of desmodium (guang jin qian cao) and lygodium (hai jin sha) dissolves the stone. In acute blockage, it can actually dissolve the stone enough to allow passage, especially when combined with acupuncture. Besides intervention during acute attacks, the formula can be given as a preventative for patients with a history of kidney stones.

Ingredients
Desmodium Styracifolium Herba (Desmodium / Guang Jin Qian Cao) 15%
Lygodii Japonici Herba (Lygodium Spores / Hai Jin Sha) 15%
Imperatae Cylindraceae Rhizoma (Imperata Rhizome / Bai Mao Gen) 12%
Pyrosiae Folium (Pyrosia Leaf / Shi Wei) 12%
Lonicerae Japonicae Flos (Japanese Honeysuckle Flower / Jin Yin Hua) 9%
Jixueteng Radix et Caulis (Millettia Root and Vine / Ji Xue Teng) 8%
Notoginseng Herba (Tienqi Ginseng, Pseudoginseng / San Qi, Tian Qi) 8%
Dianthi Herba (Dianthus / Qu Mai) 7%
Succinum (Amber / Hu Po) 7%
Orthosiphon Herba (Orthosiphon / Hua Shi Cao) 7%

Chinese Medical Actions
Dissolves and expels stones, dispels damp-heat, moves qi, clears heat and resolves toxin, invigorates blood, stops bleeding, relieves pain.

Indications
| Bladder stones, acute or chronic | Pain and pressure in lower back and abdomen from stones |
| Blood in urine from kidney or bladder stones | Urinary tract infection |
| Kidney stones, acute or chronic | Urination, pain with |

Tongue: Red and scalloped, red on the edge or tip, yellow or white coating.
Pulse: Big, rapid, rolling.

Contraindications: DO NOT USE DURING PREGNANCY.

Dosage: In acute obstruction: Take 3 tablets every 2 hours until pain is gone. If pain has not significantly decreased in 12 hours, patient should consult health practitioner. For prevention: Take 3 tablets, 2 times a day for a 3-4 day course, once monthly.

Note: This formula is most effective when combined with acupuncture.
Andrographis Formula (Chuan Xin Lian Kang Yan Pian) is used to clear acute heat-toxin in the blood, lymph, or at the organ level. The chief herb, andrographis (chuan xin lian), is noted for its strong antiviral, antibacterial, antipyretic, and anti-inflammatory actions. Isatis (ban lan gen) clears heat-toxin, cools the blood, and benefits the throat. It has antibacterial and antiviral actions. Dandelion (pu gong ying) clears both interior and exterior heat, resolves toxin, eliminates damp-heat, and has antibacterial actions. With its broad therapeutic scope, Andrographis Formula can be used to clear heat-toxin anywhere in the body. It is especially effective for treating viruses affecting the throat, lymph, or liver.

**Ingredients**
Andrographitis Herba (Andrographis / Chuan Xin Lian) 50%
Isatidis seu Baphicacanthis Radix (Isatis Root / Ban Lan Gen) 25%
Taraxaci Herba (Dandelion / Pu Gong Ying) 25%

**Chinese Medical Actions**
Clears heat, resolves toxin, cools blood, disperses swelling, reduces inflammation in the three burners.

**Indications**

| Andrographis Formula (Chuan Xin Lian Kang Yan Pian) is used to clear acute heat-toxin in the blood, lymph, or at the organ level. The chief herb, andrographis (chuan xin lian), is noted for its strong antiviral, antibacterial, antipyretic, and anti-inflammatory actions. Isatis (ban lan gen) clears heat-toxin, cools the blood, and benefits the throat. It has antibacterial and antiviral actions. Dandelion (pu gong ying) clears both interior and exterior heat, resolves toxin, eliminates damp-heat, and has antibacterial actions. With its broad therapeutic scope, Andrographis Formula can be used to clear heat-toxin anywhere in the body. It is especially effective for treating viruses affecting the throat, lymph, or liver. |  |

**Tongue:** Red or red spots. **Pulse:** Rapid.

**Contraindications:** The herbs used in this formula are cold in nature. Prolonged use may injure stomach fire and lead to digestive hypofunction or epigastric discomfort.
An Mien Formula (An Mien Pian) is one of the most popular Chinese herbal formulas for treating insomnia, disturbed shen (spirit), and palpitations. Most of the ingredients in this formula possess a sedative action. The first three ingredients are among the most frequently used substances for treating anxiety, insomnia, and the feeling of emotional fragility. Part of the genius of this formulation is the recognition of the roles digestion and phlegm play in insomnia and anxiety. The stomach channel’s role in insomnia and anxiety is not only about abdominal discomfort and agitation, but about a disruption in our ability to properly transform the exterior (food/experience) into nourishment/blood. (Note that the acupuncture points Taiyi (St-23) and Huaroumen (St-24) are traditionally indicated for calming shen as well as treating abdominal discomfort.) The formula as a whole can be prescribed “as needed,” but is safe and balanced for long-term use.

**Ingredients**

- Ziziphi Spinosae Semen (Sour Date Seed, Jujube Seed / Suan Zao Ren) 25%
- Polygalae Radix (Polygala Root, Licorice-boiled / Qing (Zhi) Yuan Zi) 20%
- Poriae Sclerotium Pararadicis (Poria Spirit / Fu Shen) 16%
- Gardeniae Fructus (Gardenia Fruit / Zhi Zi) 15%
- Jujubae Fructus (Jujube Date, red / Hong Zao, Da Zao) 12%
- Amomi Fructus Rotundus (Chinese Cardamom / Bai Dou Kou) 4%
- Amomi Fructus (Amomi Fruit / Sha Ren) 4%
- Raphani Semen (Radish Seeds, dry-fried / Chao Lai Fu Zi) 4%

**Chinese Medical Actions**

Nourishes heart qi, yin, and blood, supports spleen qi, calms and stabilizes shen (spirit), opens the heart orifice, resolves phlegm in the heart, lung, and stomach, drains heat from all three burners, transforms and regulates the qi of the heart and stomach, aids sleep.

**Indications**

<table>
<thead>
<tr>
<th>Anxiety</th>
<th>Palpitations</th>
</tr>
</thead>
<tbody>
<tr>
<td>Depression</td>
<td>Panic attacks</td>
</tr>
<tr>
<td>Dream-disturbed sleep</td>
<td>Restlessness</td>
</tr>
<tr>
<td>Fragility, feeling of</td>
<td>Shen, disturbed</td>
</tr>
<tr>
<td>Insomnia</td>
<td></td>
</tr>
</tbody>
</table>

**Tongue:** Could be pale or small and red, possibly with thick coating.  
**Pulse:** Two categories apply. If deficiency is primary, the pulse may be weak, feeble, or thin and rapid; if phlegm or stagnation are primary, then it may be slippery.  
**Contraindications:** Do not use if pattern is excess heat. Do not use during acute illness.
**APRICOT SEED & PERILLA FORMULA**

**Apricot Seed & Perilla Formula (Xing Su Yin)** is a traditional formula for releasing wind-cold pathogens that have entered the lung. Common wind-cold symptoms from this pattern include: cough, wheezing, and runny nose with aversion to cold. It is an excellent formula for the initial stages of wind-cold-type viral infections (such as the common cold), especially when there are chills and cough with a lack of sweating. Versions of Apricot Seed & Perilla Formula (Xing Su Yin) are the most common substitute for Ma Huang Tang and regarded as safer. This modification is slightly streamlined from the original formula to make it stronger for releasing the exterior without sacrificing any action to relieve cough.

**Ingredients**
Perillae Folium (Perilla Leaf / Zi Su Ye) 13%
Armeniacae Semen (Apricot Seed, Chinese Bitter Almond / Xing Ren) 13%
Poria (Poria, Hoelen, Tuckahoe / Fu Ling) 12%
Saposhnikoviae Radix (Siler / Fang Feng) 12%
Platycodi Radix (Platycodon Root, Balloon Flower Root / Jie Geng) 12%
Puerariae Radix (Kudzu Root / Ge Gen) 10%
Citri Reticulatae Pericarpium (Tangerine Peel / Chen Pi) 10%
Pinelliae Rhizoma Preparatum (Pinellia, ginger-cured / Zhi Ban Xia) 10%
Zingiberis Rhizoma Recens (Ginger, fresh / Sheng Jiang) 8%

**Chinese Medical Actions**
Disperses wind-cold pathogens from the exterior. Releases the lung from constraint due to cold, transforms phlegm and descends lung qi. Stops cough and resolves wheezing.

**Indications**

<table>
<thead>
<tr>
<th>Symptom</th>
<th>Action</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asthmatic breathing from wind-cold</td>
<td>Headache</td>
</tr>
<tr>
<td>Body aches from wind-cold</td>
<td>Nausea from wind-cold</td>
</tr>
<tr>
<td>Chills, without sweating</td>
<td>Sinus congestion</td>
</tr>
<tr>
<td>Common cold</td>
<td>Throat, tickle in (no swelling or heat signs)</td>
</tr>
<tr>
<td>Cough</td>
<td></td>
</tr>
<tr>
<td>Fever, low grade</td>
<td>Wheezing, from wind-cold</td>
</tr>
</tbody>
</table>

**Tongue:** Usually normal. Possibly slight wet or white coating.

**Pulse:** Floating and tight.

**Note:** If the cold pathogen is beginning to transform into heat, combine with Mulberry & Lycium Formula. If the cold pathogen has pronounced phlegm, combine with Fritillaria & Pinellia Formula.
Astragalus Formula (Huang Qi Jian Zhong Tang) is also known as “Astragalus Decoction to Construct the Middle” because it builds the qi of the spleen and stomach or “middle qi.” It is a major pediatric tonic for children with delicate constitutions or who have chronic ear infections. Its mild action and sweet flavor make it an excellent formula for “reconstructing the middle” after surgery or to restore digestive function damaged by chemotherapy.

**Ingredients**

- Maltosum (Barley Malt Sugar / Yi Tang) 32.3%
- Paeoniae Radix, alba (Chinese Peony, white / Bai Shao) 19.4%
- Cinnamomi Ramulus (Cassia Twig, Chinese Cinnamon / Gui Zhi) 9.7%
- Zingiberis Rhizoma Recens (Ginger, fresh / Sheng Jiang) 9.7%
- Jujubae Fructus (Jujube Date, red / Hong Zao, Da Zao) 9.7%
- Astragali Radix (Astragalus / Huang Qi) 6.4%
- Glycyrrhizae Radix Preparata (Chinese Licorice Root, prepared / Zhi Gan Cao) 6.4%
- Atractylodis Macrocephalae Rhizoma (White Atractylodes Rhizome / Bai Zhu) 6.4%

**Chinese Medical Actions**

Warms and supplements the middle burner, dispels cold, supplements qi.

**Indications**

<table>
<thead>
<tr>
<th>Abdominal pain, chronic, cold</th>
<th>Fever, low grade or occasional</th>
</tr>
</thead>
<tbody>
<tr>
<td>Allergies, chronic</td>
<td>Fright, in children</td>
</tr>
<tr>
<td>Appetite, poor</td>
<td>Heaviness, generalized body</td>
</tr>
<tr>
<td>Back spasms</td>
<td>Hemorrhoids</td>
</tr>
<tr>
<td>Children, poor health in</td>
<td>Immune system, weak</td>
</tr>
<tr>
<td>Cold limbs</td>
<td>Post-operative pain</td>
</tr>
<tr>
<td>Complexion, pale or lusterless</td>
<td>Shortness of breath</td>
</tr>
<tr>
<td>Constitution, delicate</td>
<td>Sweating, nocturnal or spontaneous</td>
</tr>
<tr>
<td>Digestion, weak</td>
<td>Ulcer, peptic</td>
</tr>
<tr>
<td>Ear infections, chronic</td>
<td>Weakness, general or after illness</td>
</tr>
<tr>
<td>Fatigue</td>
<td></td>
</tr>
</tbody>
</table>

**Tongue:** White coating, body may be pale.  **Pulse:** Thin and weak.

**Contraindications:** Do not use with signs of heat, with heat from yin deficiency, or in cases with abdominal distension.
Astragalus & Ligustrum Formula (*Huang Qi Dong Qing Pian*) evolved from *fu zheng* therapy research done in modern China. *Fu zheng* means “support the normal or righteous” qi, which helps protect the body from adverse influences. *Fu zheng* therapy originally used tonic or adaptogenic herbs to protect the immune systems of cancer patients from the toxic effects of radiation or chemotherapy. Currently this therapy is used in the treatment of patients who are HIV+ or have AIDS Related Complex (ARC), AIDS, Chronic Epstein-Barr Virus (CEBV), and patients with other immune deficiency syndromes. The focus of *Astragalus & Ligustrum Formula* is on supplementing the “upright” or “righteous” qi by supporting the spleen and kidney. In addition to the tonic herbs, this formula has poria (fu ling) to drain dampness, and tangerine peel (chen pi) to move the qi. *Chen pi* also helps prevent the bloating and stagnation that can develop when taking tonic herbs.

### Ingredients

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Astragali Radix (Astragalus / <em>Huang Qi</em>)</td>
<td>18.9%</td>
</tr>
<tr>
<td>Ligustri Lucidi Fructus (Ligustrum, Privet Fruit / <em>Nu Zhen Zi</em>)</td>
<td>9.4%</td>
</tr>
<tr>
<td>Codonopsis Radix (Codonopsis / <em>Dang Shen</em>)</td>
<td>7.6%</td>
</tr>
<tr>
<td>Paeoniae Radix, alba (Chinese Peony, white / <em>Bai Shao</em>)</td>
<td>7.6%</td>
</tr>
<tr>
<td>Atractylodis Macrocephalae Rhizoma (White Atractylodes Rhizome / <em>Bai Zhu</em>)</td>
<td>7.6%</td>
</tr>
<tr>
<td>Poria (Poria, Hoelen, Tuckahoe / <em>Fu Ling</em>)</td>
<td>7.6%</td>
</tr>
<tr>
<td>Scrophulariae Radix (Scrophularia, Figwort Root / <em>Xuan Shen</em>)</td>
<td>7.6%</td>
</tr>
<tr>
<td>Acanthopanacis Senticosi Radix et Caulis (Eleuthero Root / <em>Wu Jia Shen</em>)</td>
<td>7.6%</td>
</tr>
<tr>
<td>Schisandraceae Fructus (Northern Schisandra Fruit / <em>Wu Wei Zi</em>)</td>
<td>6.3%</td>
</tr>
<tr>
<td>Citri Reticulatae Pericarpium (Tangerine Peel / <em>Chen Pi</em>)</td>
<td>5.6%</td>
</tr>
<tr>
<td>Glycyrrhizae Radix (Chinese Licorice Root / <em>Gan Cao</em>)</td>
<td>5.6%</td>
</tr>
<tr>
<td>Ganoderma (Reishi / <em>Ling Zhi</em>)</td>
<td>3.7%</td>
</tr>
<tr>
<td>Epimedi Herba (Epimedium / <em>Yin Yang Huo</em>)</td>
<td>3.7%</td>
</tr>
<tr>
<td>Cinnamomi Cortex (Cassia Bark, Chinese Cinnamon / <em>Rou Gui</em>)</td>
<td>1.2%</td>
</tr>
</tbody>
</table>

### Chinese Medical Actions

Builds qi, nourishes blood and kidneys, supports wei qi, spleen, and stomach.

### Indications

<table>
<thead>
<tr>
<th>Condition</th>
<th>Treatment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chemotherapy, side effects of</td>
<td>Postpartum fatigue</td>
</tr>
<tr>
<td>Fatigue, chronic</td>
<td>Post-operative fatigue</td>
</tr>
<tr>
<td>Immune deficiency syndromes</td>
<td>Weakness, general</td>
</tr>
<tr>
<td>Immune system impaired</td>
<td></td>
</tr>
</tbody>
</table>

### Contraindications: During pregnancy, consult a health practitioner before taking. This formula can be combined with an appropriate antitoxin formula, like *Viola Clear Fire Formula*, in cases with microbial activity or heat-toxin. It can also be combined with other tonic formulas to build qi, blood, and yin.
Baked Licorice Formula (Zhi Gan Cao Tang) is a qi and blood tonic from the Shang Han Lun that Zhang Zhong-jing used as a principle formula for treating irregularities of the pulse. The typical presentation is one with a history of an external pathogen that has depleted the body of both qi and blood, and most obvious in signs and symptoms related to the heart: irregular pulse, palpitations, and generalized weakness. Today it is a primary formula for treating many types of coronary and cardiac disorders. Baked Licorice Formula is a versatile formula, but is usually considered the most important formula when one of two types of irregular pulses is present: knotted (jié mài) or intermittent (dài mài). The knotted pulse has a slow to moderate rate with an occasional dropped beat at irregular intervals. The intermittent pulse is usually moderate in rate but misses beats at regular intervals. The consumptive disorders that are effectively treated by Baked Licorice Formula are lung atrophy (characterized by a chronic weak pulse in the right cun position with generalized weakness and shortness of breath) and heart qi and blood deficiency.

**Ingredients**
Rehmanniae Radix (Rehmannia, unprocessed / Sheng Di Huang) 28%
Jujubae Fructus (Jujube Date, red / Hong Da Zao) 13%
Glycyrrhizae Radix Preparata (Chinese Licorice Root, honey-fried / Zhi Gan Cao) 12%
Cinnamomi Ramulus (Cassia Twig, Chinese Cinnamon / Gui Zhi) 10%
Ophiopogonis Radix (Ophiopogon Tuber / Mai Men Dong) 8%
Zingiberis Rhizoma Recens (Ginger, fresh / Sheng Jiang) 8%
Polygoni Multiflori Radix (Polygonum Root / He Shou Wu) 7%
Rehmanniae Radix Preparata (Rehmannia, cured / Shu Di Huang) 6%
Lilii Bulbus (Lily Bulb / Bai He) 4%
Ginseng Radix (Asian Ginseng Root / Ren Shen) 4%

**Chinese Medical Actions**
Supplements qi, nourishes blood and yin, restores and regulates pulse.

<table>
<thead>
<tr>
<th>Indications</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Anxiety</td>
<td>Insomnia</td>
</tr>
<tr>
<td>Arrhythmia</td>
<td>Irritability</td>
</tr>
<tr>
<td>Body fluid, damage to, from illness</td>
<td>Myocardial infarction, sequella of</td>
</tr>
<tr>
<td>Breathing, difficulty</td>
<td>Myocarditis, sequella of</td>
</tr>
<tr>
<td>Cardiac insufficiency</td>
<td>Night sweats</td>
</tr>
<tr>
<td>Cardiomyopathy</td>
<td>Palpitations</td>
</tr>
<tr>
<td>Constipation</td>
<td>Shortness of breath</td>
</tr>
<tr>
<td>Cough, dry and weak</td>
<td>Sputum, frothy</td>
</tr>
<tr>
<td>Dry mouth and throat</td>
<td>Sweating, spontaneous</td>
</tr>
<tr>
<td>Heart disease, coronary, hypertensive, pulmonary, or rheumatic</td>
<td>Weight loss, unintended</td>
</tr>
</tbody>
</table>

**Tongue:** Pale and shiny. **Pulse:** Irregular, dropping a beat at regular or irregular intervals, knotted, or intermittent. May also be thin and faint/forceless. In the long atrophy pattern, may be thin and rapid.

**Contraindications:** Do not use if there is severe diarrhea.
BLOOD PALACE FORMULA

Blood Palace Formula (Xue Fu Zhu Yu Tang), also known as “Drive Out Stasis in the Mansion of the Blood Decoction” or “Persica and Carthamus Formula,” is used for blood stasis in the upper part of the body, which results in headaches, pain in the chest and hypochondriac region, and many types of emotional symptoms. It can relieve hypertension and treat mild cardiovascular diseases when blood stasis is part of the pattern.

Ingredients
Persicae Semen (Peach Kernel, Persica Seed / Tao Ren) 14.8%
Carthami Flos (Safflower, Carthamus / Hong Hua) 11.1%
Angelicae Sinensis Radix (Dong Quai Root, Tang Kuei / Dang Gui) 11.1%
Cyathulae Radix (Cyathula Root / Chuan Niu Xi) 11.1%
Rehmanniae Radix (Rehmannia, unprocessed / Sheng Di Huang) 11.1%
Paeoniea Radix, rubra (Chinese Peony, red / Chi Shao) 7.4%
Aurantii Fructus (Bitter Orange / Zhi Ke) 7.4%
Curcumae Radix (Turmeric, Curcuma Tuber / Yu Jin) 7.4%
Chuanxiong Rhizoma (Ligusticum Wallichii Rhizome / Chuan Xiong) 5.6%
Platycodi Radix (Platycodon Root, Balloon Flower Root / Jie Geng) 5.6%
Bupleuri Radix (Bupleurum Root / Chai Hu) 3.7%
Glycyrrhizae Radix (Chinese Licorice Root / Gan Cao) 3.7%

Chinese Medical Actions
Moves blood, dispels blood stasis, spreads liver qi, unblocks the channels, alleviates pain.

Indications

<table>
<thead>
<tr>
<th>Symptom/Condition</th>
<th>Action/Effect</th>
</tr>
</thead>
<tbody>
<tr>
<td>Afternoon fever</td>
<td>Headache, with fixed, piercing pain</td>
</tr>
<tr>
<td>Angina</td>
<td>Hiccough, chronic</td>
</tr>
<tr>
<td>Breast lumps</td>
<td>Hypertension</td>
</tr>
<tr>
<td>Chest, pain or stifling sensation in</td>
<td>Hypochondriac pain</td>
</tr>
<tr>
<td>Coronary heart disease</td>
<td>Insomnia and restless sleep</td>
</tr>
<tr>
<td>Depression, with sensation of warmth in chest</td>
<td>Intercostal neuralgia</td>
</tr>
<tr>
<td>Dry heaves</td>
<td>Irritability</td>
</tr>
<tr>
<td>Emotional outbursts or instability</td>
<td>Palpitations</td>
</tr>
<tr>
<td>Fibromyalgia, with blood stasis</td>
<td>Post-Concussion Syndrome</td>
</tr>
</tbody>
</table>

Tongue: Purple or dark red, with dark or purple spots on sides.
Pulse: Tight, choppy, or wiry.

Contraindications: DO NOT USE DURING PREGNANCY. Do not use in cases with heavy menstrual bleeding or any active hemorrhagic disorder.
Bone & Sinew Formula (Zheng Gu Xu Jin Fang) is a combination of Duhuo and Loranthus Formula (Du Huo Ji Sheng Tang) and Course & Quicken Formula (Shu Jing Huo Xue Tang) with herbs added to supplement the kidneys and knit bones and sinews. It is intended to treat the second and third stages of trauma where initial swelling and inflammation have dissipated and what remains is blood stasis and invasion of wind and dampness. The herbs in this formula center on moving and supplementing blood to dispel blood stasis, supplementing the kidneys to heal bones and sinews, and dispelling wind and dampness to drive out bi and prevent its return. It is ideal for speeding the healing of torn ligaments or tendons, broken bones, or damaged cartilage.

**Ingredients**

<table>
<thead>
<tr>
<th>Herb</th>
<th>Correspondence</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Taxilli Herba (Loranthus, Chinese Mistletoe / Sang Ji Sheng)</td>
<td>10%</td>
<td></td>
</tr>
<tr>
<td>Angelicae Sinensis Radix (Dong Quai Root, Tang Kuei / Dang Gui)</td>
<td>8%</td>
<td></td>
</tr>
<tr>
<td>Lycopodii Herba (Clubmoss, Lycopodium / Shen Jin Cao)</td>
<td>8%</td>
<td></td>
</tr>
<tr>
<td>Acanthopanacis Giraldii Cortex (Acanthopanax Stem Bark / Hong Mao Wu Jia Pi)</td>
<td>8%</td>
<td></td>
</tr>
<tr>
<td>Spatholobi Caulis (Spatholobus / Ji Xue Teng)</td>
<td>8%</td>
<td></td>
</tr>
<tr>
<td>Eucommiae Cortex (Eucommia Bark / Du Zhong)</td>
<td>8%</td>
<td></td>
</tr>
<tr>
<td>Angelicae Pubescentis Radix (Pubescent Angelica Root / Du Huo)</td>
<td>8%</td>
<td></td>
</tr>
<tr>
<td>Drynariae Rhizoma (Drynaria Rhizome / Gu Sui Bu)</td>
<td>7%</td>
<td></td>
</tr>
<tr>
<td>Psoraleae Fructus (Psoralea Fruit / Bu Gu Zhi)</td>
<td>7%</td>
<td></td>
</tr>
<tr>
<td>Dipsaci Radix (Japanese Teasel Root, Japanese Dipsacus / Xu Duan)</td>
<td>7%</td>
<td></td>
</tr>
<tr>
<td>Olibanum (Frankincense / Ru Xiang)</td>
<td>6%</td>
<td></td>
</tr>
<tr>
<td>Myrrha (Myrrh / Mo Yao)</td>
<td>6%</td>
<td></td>
</tr>
<tr>
<td>Notopterygii Rhizoma seu Radix (Notopterygium / Qiang Huo)</td>
<td>5%</td>
<td></td>
</tr>
<tr>
<td>Jujubae Fructus (Jujube Date, red / Hong Zao, Da Zao)</td>
<td>3%</td>
<td></td>
</tr>
<tr>
<td>Pyritum (Pyrite / Zi Ran Tong)</td>
<td>1%</td>
<td></td>
</tr>
</tbody>
</table>

**Chinese Medical Actions**

Dispels wind and dampness, knits bones and sinews, supplements and moves blood, relieves pain.

**Indications**

<table>
<thead>
<tr>
<th>Fractures or broken bones</th>
<th>Ligaments or tendons, torn</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bone weakness or degeneration</td>
<td>Sprains</td>
</tr>
<tr>
<td>Cartilage damage</td>
<td></td>
</tr>
</tbody>
</table>

**Contraindications:** DO NOT USE DURING PREGNANCY.

**Note:** If used for an extended period, it is best to combine this formula with one that addresses the patient’s constitutional imbalance. For example, if yin deficiency is prominent, combine Bone & Sinew Formula with Rehmannia Six Formula, or if liver qi stagnation is an underlying issue, combine with Bupleurum & Tang Kuei Formula or Free & Easy Wanderer Plus.
Bupleurum & Cinnamon Formula (Chai Hu Gui Zhi Tang) is a traditional formula from the Shang Han Lun, and is a combination of Cinnamon Twig Formula (Gui Zhi Tang) and Minor Bupleurum Formula (Xiao Chai Hu Tang). This formula treats simultaneous taiyang and shaoyang disorders. It is used to harmonize the interior and exterior, and in shaoyang disorders, when the exterior has not been completely released. It is commonly used for digestive disorders resulting from disharmony of liver and spleen. This formula can be used for psychological boundary issues seen in socially uncomfortable patients who have hostile outbursts or are passive-aggressive. It is also good for joint pain triggered by an acute or recent virus, distending pain around the xyphoid process, and intercostal neuralgia.

**Ingredients**

Bupleuri Radix (Bupleurum Root / Chai Hu) 23.6%
Codonopsis Radix (Codonopsis / Dang Shen) 17.6%
Pinelliae Rhizoma Preparatum (Pinellia, ginger-cured / Zhi Ban Xia) 11.8%
Cinnamomi Ramulus (Cassia Twig, Chinese Cinnamon / Gui Zhi) 8.8%
Scutellariae Radix (Chinese Skullcap, Scute / Huang Qin) 8.8%
Paeoniae Radix, alba (Chinese Peony, white / Bai Shao) 8.8%
Zingiberis Rhizoma Recens (Ginger, fresh / Sheng Jiang) 8.8%
Jujubae Fructus (Jujube Date, red / Hong Zao, Da Zao) 5.9%
Glycyrrhizae Radix (Chinese Licorice Root / Gan Cao) 5.9%

**Chinese Medical Actions**

Releases muscle layer, expels wind, releases shaoyang-stage disorders, harmonizes interior and exterior, harmonizes nutritive (ying) and protective (wei) qi.

**Indications**

<table>
<thead>
<tr>
<th>Abdominal distension</th>
<th>Joint pain, with crackling sensation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Body aches</td>
<td>Muscular tension</td>
</tr>
<tr>
<td>Chills</td>
<td>Nausea</td>
</tr>
<tr>
<td>Common cold, with chest constriction</td>
<td>Nervous exhaustion</td>
</tr>
<tr>
<td>Constitution, delicate</td>
<td>Neurotic disorders</td>
</tr>
<tr>
<td>Emotional instability</td>
<td>Passive-aggressive behavior</td>
</tr>
<tr>
<td>Fat digestion, poor</td>
<td>Pneumonia</td>
</tr>
<tr>
<td>Flatulence</td>
<td>Psychological boundary issues</td>
</tr>
<tr>
<td>Gallstones</td>
<td>Pulmonary tuberculosis</td>
</tr>
<tr>
<td>Hepatitis</td>
<td>Stomach pain</td>
</tr>
<tr>
<td>Influenza</td>
<td>Vertebral subluxation</td>
</tr>
<tr>
<td>Irritability</td>
<td>Vomiting</td>
</tr>
</tbody>
</table>

**Tongue:** Pale, swollen, with white or yellow coating.
**Pulse:** Wiry (in liver position), weak (in spleen position). May be slippery or floating.

**Note:** Reduce dosage for psychological use by ¼.
Bupleurum & Tang Kuei Formula (Xiao Yao Wan), also known as “Free and Easy Wanderer” or “Rambling Powder,” is an important classical prescription for regulating and harmonizing the energy of the liver and spleen. It is useful for a diverse range of symptoms resulting from liver qi stagnation, deficient liver blood, and liver/spleen disharmony. It is an excellent formula for menstrual and premenstrual disorders when strong signs of heat are not present.

**Ingredients**

Bupleuri Radix (Bupleurum Root / Chai Hu) 16.1%
Angelicae Sinensis Radix (Dong Quai Root, Tang Kuei / Dang Gui) 16.1%
Paeoniae Radix, alba (Chinese Peony, white / Bai Shao) 16.1%
Atractylodis Macrocephalae Rhizoma (White Atractylodes Rhizome / Bai Zhu) 16.1%
Poria (Poria, Hoelen, Tuckahoe / Fu Ling) 16.1%
Glycyrrhizae Radix Preparata (Chinese Licorice Root, honey-fried / Zhi Gan Cao) 8.1%
Zingiberis Rhizoma (Ginger, dried / Gan Jiang) 8.1%
Menthae Haplocalysis Herba (Chinese Mint / Bo He) 3.3%

**Chinese Medical Actions**

Nourishes liver blood and yin, spreads liver qi, strengthens the spleen, harmonizes the liver and spleen.

**Indications**

<table>
<thead>
<tr>
<th>Symptom</th>
<th>Action</th>
</tr>
</thead>
<tbody>
<tr>
<td>Abdominal distension or bloating</td>
<td>Irritability</td>
</tr>
<tr>
<td>Allergies, food</td>
<td>Lactation, insufficient</td>
</tr>
<tr>
<td>Appetite, poor</td>
<td>Menopausal symptoms</td>
</tr>
<tr>
<td>Breast distension or tenderness</td>
<td>Menstrual pain</td>
</tr>
<tr>
<td>Breast lumps, fibrocystic</td>
<td>Menstruation, fatigue after</td>
</tr>
<tr>
<td>Constipation</td>
<td>Menstruation, irregular</td>
</tr>
<tr>
<td>Depression</td>
<td>Mood swings</td>
</tr>
<tr>
<td>Dizziness</td>
<td>Nausea</td>
</tr>
<tr>
<td>Emotional instability</td>
<td>Palpitations</td>
</tr>
<tr>
<td>Fatigue</td>
<td>Premenstrual syndrome</td>
</tr>
<tr>
<td>Hay fever, chronic</td>
<td>Stool, erratic</td>
</tr>
<tr>
<td>Headache</td>
<td>Stress</td>
</tr>
<tr>
<td>Hot flashes</td>
<td>Uterine bleeding, dysfunctional</td>
</tr>
<tr>
<td>Hypochondriac pain</td>
<td>Weight loss, unintended</td>
</tr>
</tbody>
</table>

**Tongue**: Pale body, slightly red, especially on the sides.

**Pulse**: Wiry, thin, rapid.

**Contraindications**: When heat signs are present, use Free & Easy Wanderer Plus instead. Reduce dose if irritability or digestive disturbance increase while taking this formula.
Bupleurum D Formula (Chai Hu Jia Long Gu Mu Li Tang), also known as “Bupleurum Plus Dragon Bone and Oyster Shell Formula,” is a classical Chinese formula used to clear heat and as a sedative. From the Shang Han Lun, this formula is a modification of Minor Bupleurum Formula (Xiao Chai Hu Tang) for improperly treated wind-cold disorders. Over centuries of use, this formula has been expanded to treat a variety of internal and emotional patterns, especially those whose symptoms are marked by fullness in the chest, irritability, and palpitations. Altai anemone (jiu jie chang pu) has been added to aid in transformation of phlegm. This formula is useful for drug and smoking withdrawal, vivid dreaming, and any pattern of excess qi or yang.

Ingredients
Bupleuri Radix (Bupleurum Root / Chai Hu) 17.7%
Codonopsis Radix (Codonopsis / Dang Shen) 17.7%
Pinelliae Rhizoma Preparatum (Pinellia, ginger-cured / Zhi Ban Xia) 8.9%
Scutellariae Radix (Chinese Skullcap, Scute / Huang Qin) 6.7%
Zingiberis Rhizoma Recens (Ginger, fresh / Sheng Jiang) 6.7%
Cinnamomi Ramulus (Cassia Twig, Chinese Cinnamon / Gui Zhi) 6.7%
Poriae Sclerotium Pararadicis (Poria Spirit / Fu Shen) 6.7%
Fossilia Ossis Mastodi (Fossilized Mineral / Long Gu) 6.7%
Rhei Radix et Rhizoma (Chinese Rhubarb / Da Huang) 6.7%
Jujubae Fructus (Jujube Date, red / Hong Zao, Da Zao) 4.4%
Anemones Altaicae Rhizoma (Altai Anemone Rhizome / Jiu jie Chang Pu) 4.4%

Chinese Medical Actions
Unblocks the three yang stages, sedates and calms the spirit (shen), moves liver qi, anchors liver yang, resolves phlegm, clears heat from the liver.

Indications

<table>
<thead>
<tr>
<th>Anxiety</th>
<th>Hypertension</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chest, fullness in</td>
<td>Hypochondriac pain</td>
</tr>
<tr>
<td>Constipation</td>
<td>Insomnia</td>
</tr>
<tr>
<td>Convulsions</td>
<td>Irritability</td>
</tr>
<tr>
<td>Delirium</td>
<td>Mania</td>
</tr>
<tr>
<td>Dream disturbed sleep</td>
<td>Menopausal symptoms</td>
</tr>
<tr>
<td>Drug withdrawal</td>
<td>Palpitations</td>
</tr>
<tr>
<td>Emotional instability</td>
<td>Post-Concussion Syndrome</td>
</tr>
<tr>
<td>Fright, disorders due to</td>
<td>Post-Traumatic Stress Disorder</td>
</tr>
<tr>
<td>Headache</td>
<td>Restlessness</td>
</tr>
<tr>
<td>Heat sensation in head</td>
<td>Smoking withdrawal</td>
</tr>
<tr>
<td>Hot flashes</td>
<td>Urinary difficulty or incontinence</td>
</tr>
</tbody>
</table>

Tongue: Red, with slippery coating. Pulse: Wiry, rapid.

Contraindications: USE CAUTIOUSLY DURING PREGNANCY OR WHILE NURSING. Reduce dose if loose stool occurs.
Capillaris Formula* *(Yin Chen Ling Zhi Fang)* was created by Jake Paul Fratkin, OMD, based on current research in China regarding the treatment of middle-stage Hepatitis C. In this stage, patients exhibit elevated liver enzymes on blood tests and may have the associated symptoms of fatigue, headache, fibromyalgia, and darkening spots on the skin. The formula helps to promote natural immunity, inhibit viral growth, reduce symptoms of fatigue and poor appetite, and is effective for lowering liver enzymes back into the normal range.

**Ingredients**
- Ganoderma (Reishi / Ling Zhi) 9%
- Paeoniae Radix, rubra (Chinese Peony, red / Chi Shao) 9%
- Astragali Radix (Astragalus / Huang Qi) 8%
- Lycii Fructus (Lycium Fruit, Chinese Wolfberry / Gou Qi Zi) 8%
- Salviae Miltiorrhizae Radix (Chinese Salvia Root / Dan Shen) 8%
- Artemisiae Scopariae Herba (Capillaris / Yin Chen Hao) 8%
- Hedyotis Diffusae Herba (Hedyotis, Oldenlandia / Bai Hua She She Cao) 8%
- Bupleuri Radix (Bupleurum Root / Chai Hu) 8%
- Gardeniae Fructus (Gardenia Fruit / Zhi Zi) 8%
- Curcumae Radix (Turmeric, Curcuma Tuber / Yu Jin) 8%
- Polygoni Multiflori Radix Preparata (Fo-Ti / Zhi He Shou Wu) 7%
- Schisandrae Fructus (Northern Schisandra Fruit / Wu Wei Zi) 6%
- Toosendan Fructus (Melia Fruit / Chuan Lian Zi) 5%

**Chinese Medical Actions**
Supplements qi and blood, clears damp-heat, dredges the liver, invigorates blood, clears heat and resolves toxin, relieves pain.

**Indications**

<table>
<thead>
<tr>
<th>Cirrhosis of the liver, early stage</th>
<th>Hepatomegaly</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fatigue, from chronic hepatitis</td>
<td>Jaundice</td>
</tr>
<tr>
<td>Hepatitis, chronic</td>
<td>Liver enzymes elevated</td>
</tr>
</tbody>
</table>

**Contraindications:** USE WITH CAUTION DURING PREGNANCY OR WHILE NURSING.

**Note:** This formula is not effective for end-stage liver cirrhosis.
CHAI HU SHU GAN FORMULA

Chai Hu Shu Gan Formula (Chai Hu Shu Gan Tang) is a primary formula for treating liver qi stagnation patterns. Originally formulated for costal fullness and flank pain—as these are common signs for when the liver qi is stuck in the chest/thorax—it has also become famous for its ability to unbind stuck liver qi that is invading the spleen or lower burner. Where flank pain or costal fullness is usually part of the pattern of liver qi stuck in the upper burner, abdominal distension is the chief sign of the “liver invading the spleen” pattern. Lower burner signs include back pain and dysmenorrhea. Because this formula so effectively frees the liver qi and harmonizes blood circulation, it is now often used to treat such varying conditions as PMS, breast tenderness, costal pain from shingles, gallstones, cold hands and feet, and depression. Common signs of qi stagnation treated by this formula include symptoms that come and go, symptoms made worse with intensified emotional states, and pain that is relieved by activity and worse at night.

Ingredients
Bupleuri Radix (Bupleurum Root / Chai Hu) 14%
Paoniae Radix, Alba (Chinese Peony, white / Bai Shao) 11.7%
Cyperi Rhizoma (Cyperus, Nut Grass / Xiang Fu) 10%
Aurantii Fructus (Bitter Orange / Zhi Ke) 10%
Curcumae Radix (Turmeric, Curcuma Tuber / Yu Jin) 10%
Atractylodis Macrocephalae Rhizoma (White Atractylodes Rhizome / Bai Zhu) 10%
Scutellariae Radix (Chinese Skullcap, Scute / Huang Qin) 10%
Angelicae Sinensis Radix (Dong Quai Root, Tang Kuei / Dang Gui) 10%
Chuanxiong Rhizoma (Ligusticum Wallichii Rhizome / Chuan Xiong) 8.3%
Glycyrrhizae Radix (Chinese Licorice Root / Gan Cao) 6%

Chinese Medical Actions
Soothes the liver, activates the qi, invigorates blood, harmonizes spleen and liver, stops pain.

<table>
<thead>
<tr>
<th>Indications</th>
<th>Gallstones</th>
<th>Gastritis</th>
</tr>
</thead>
<tbody>
<tr>
<td>Abdominal distension or pain</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Anxiety</td>
<td>Gallstones</td>
<td>Gastritis</td>
</tr>
<tr>
<td>Back pain, from qi stagnation</td>
<td>Heartburn</td>
<td>Hepatitis</td>
</tr>
<tr>
<td>Belching</td>
<td>Hepatitis</td>
<td>Hepatomegaly</td>
</tr>
<tr>
<td>Breast tenderness</td>
<td>Cholecystitis</td>
<td>Intercostal neuralgia</td>
</tr>
<tr>
<td>Chills and fever, alternating</td>
<td>Heartburn</td>
<td>Cholecystitis</td>
</tr>
<tr>
<td>PMS</td>
<td>Gallstones</td>
<td>Gastritis</td>
</tr>
<tr>
<td>Costal (rib) pain</td>
<td>Gallstones</td>
<td>Gastritis</td>
</tr>
<tr>
<td>Depression</td>
<td>Gallstones</td>
<td>Gastritis</td>
</tr>
<tr>
<td>Fever and chills, alternating</td>
<td>Gallstones</td>
<td>Gastritis</td>
</tr>
<tr>
<td>Flank pain</td>
<td>Gallstones</td>
<td>Gastritis</td>
</tr>
<tr>
<td>Frustration</td>
<td>Gallstones</td>
<td>Gastritis</td>
</tr>
</tbody>
</table>

Abbreviations:
- CH: Chai Hu Shu Gan Tang
- PMS: Premenstrual Syndrome
- TMJ: Temporomandibular Joint

Page 15
Tongue: Normal, or slightly purple, may have white coating.  
Pulse: Wiry.  
Contraindications: Do not use in extreme deficiency.
Chase Wind, Penetrate Bone Formula (Zhui Feng Tou Gu Wan) is a combination of herbs that dispel wind, cold, and dampness; herbs that move the blood; and herbs that strengthen qi, blood, yin, and yang. It can be used for various types of acute and chronic joint pain, stiffness, and swelling, but is especially effective for treating wind bi or bi syndrome that affects joint in both upper and lower extremities.

**Ingredients**

- Taxilli Herba (Loranthus, Chinese Mistletoe / Sang Ji Sheng) 5.8%
- Cyperi Rhizoma (Cyperus, Nut Grass / Xiang Fu) 5.8%
- Phaseoli Semen (Phaseoli Seed, Adzuki Bean / Chi Xiao Dou) 5.8%
- Notopterygii Rhizoma seu Radix (Notopterygium / Qiang Huo) 5.8%
- Ligustici Rhizoma (Chinese Lovage, Ligusticum / Gao Ben) 5.8%
- Eucommiae Cortex (Eucommia Bark / Du Zhong) 5.8%
- Achyranthis Bidentatae Radix (Achyranthes / Huai Niu Xi) 5.8%
- Speranskiae Herba (Speranskia / Tou Gu Cao) 5.8%
- Paeoniae Radix, alba (Chinese Peony, white / Bai Shao) 5.8%
- Angelicae Dahuricae Radix (Purple Angelica / Bai Zhi) 5.8%
- Dipsaci Radix (Japanese Teasel Root, Japanese Dipsacus / Xu Duan) 5.8%
- Glycyrrhizae Radix (Chinese Licorice Root / Gan Cao) 5.8%
- Notoginseng Radix (Tienqi Ginseng, Pseudoginseng / San Qi, Tian Qi) 5%
- Myrrha (Myrrh / Mo Yao) 4%
- Olibanum (Frankincense / Ru Xiang) 4%
- Poria (Poria, Hoelen, Tuckahoe / Fu Ling) 2.9%
- Angelicae Pubescentis Radix (Pubescent Angelica Root / Du Huo) 2.9%
- Cinnamomi Cortex (Cassia Bark, Chinese Cinnamon / Rou Gui) 2.9%
- Nardostachydis Radix seu Rhizoma (Chinese Nardostachys / Gan Song Xiang) 2.9%
- Gentianae Macrophyllae Radix (Large Leaf Gentian Root / Qin Jiao) 2.9%
- Saposhnikoviae Radix (Siler / Fang Feng) 2.9%

**Chinese Medical Actions**

Removes painful obstruction from wind-cold and wind-dampness, reduces swelling, alleviates pain, moves stagnant qi and blood, disperses liver qi stagnation, strengthens the muscles, supplements qi and blood, liver yin, and kidney yin and yang.

**Indications**

- Arthritis
- Back pain
- Back stiffness, chronic
- Bone degeneration or weakness
- Joint pain, swelling, stiffness
- Knees, weak
- Legs, weak and painful
- Sciatica, chronic

**Contraindications:** DO NOT USE DURING PREGNANCY. Use with caution with excess heat, as this formula is warming. If heat is present (joints swollen or hot to the touch), combine with Curcuma Longa Formula. Modify to smaller dosages in cases of digestive weakness. In cases of severe deficiency, this formula can be combined with a supplementing formula, such as Restorative Formula.
CHILDREN’S CLEAR & RELEASE FORMULA

Children’s Clear & Release Formula (Yin Qiao Gan Mao Fang) combines herbs from two of the most popular formulas for treating early-stage common cold, Yin Qiao San and Gan Mao Ling. The combination of these two formulas plus the addition of pueraria (ge gen), mulberry leaf (sang ye), and scrophularia (xuan shen) expands the application to help (respectively) release wind, dredge the lymph glands, and cool and protect the lungs. Broad in its application, Children’s Clear & Release Formula can treat patterns marked by runny nose or sinus congestion, fever, headache, mild to moderate sore throat, or a slight, unproductive cough. It is most effectively used during the early stages of an external invasion.

Ingredients

Ilicis Pubescentis Radix (Pubescent Holly Root, Ilex / Mao Dong Qing) 17%
Forsythiae Fructus (Forsythia / Lian Qiao) 10%
Lonicerae Flos (Japanese Honeysuckle Flower / Jin Yin Hua) 10%
Chrysanthemi Flos (Chrysanthemum / Ju Hua) 8%
Arctii Fructus (Burdock Fruit / Niu Bang Zi) 7%
Magnoliae Flos (Magnolia Flower / Xin Yi Hua) 7%
Mori Folium (White Mulberry Leaf / Sang Ye) 7%
Phragmitis Rhizoma (Phragmites Rhizome, Common Reed Rhizome / Lu Gen) 7%
Puerariae Radix (Kudzu Root / Ge Gen) 7%
Scrophulariae Radix (Scrophularia, Figwort Root / Xuan Shen) 7%
Viticis Fructus (Simple-Leaf Chaste Tree Fruit, Vitex Fruit / Man Jing Zi) 7%
Glycyrrhizae Radix (Chinese Licorice Root / Gan Cao) 6%

Chinese Medical Actions

Clears heat, resolves toxin, expels wind, benefits the throat, opens the nasal passages, relieves cough, brightens the eyes, diffuses lung qi.

Indications

<table>
<thead>
<tr>
<th>Aches, generalized, from acute illness</th>
<th>Headache</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken pox, early stages</td>
<td>Nasal discharge or congestion</td>
</tr>
<tr>
<td>Common cold, early stages</td>
<td>Roseola, early stages</td>
</tr>
<tr>
<td>Cough, dry</td>
<td>Sore throat</td>
</tr>
<tr>
<td>Fever</td>
<td>Viral diseases, early stages</td>
</tr>
<tr>
<td>Flu, early stages</td>
<td></td>
</tr>
</tbody>
</table>

Tongue: Red on tip, or whole tongue red. Pulse: Rapid, full, floating.

Contraindications: Avoid taking tonic formulas concurrently with this formula, as they can trap exogenous pathogens in the body. Use when heat signs or common cold symptoms are evident. Not appropriate as a preventative; use Children’s Jade Defense Formula instead. If the cold turns into an interior heat-type cough pattern, combine with Children’s Clear Lung Formula.

Dosage: Golden Flower’s children’s formulas are made as flavored syrups
without alcohol extraction. They do not require pre-mixing. For infants, give 1-2 ml/cc. For children age 1-2, give 2-3 ml/cc. For age 3-5, give 4-6 ml (1 ml/cc for each year of age + 1 ml). For children above 5, give 6 ml, or one teaspoon. **Frequency:** For acute conditions, administer every 2-3 hours. Administer 3 times per day during the subacute phase.

**Note:** The best results are obtained in the treatment of external patterns when the formula can be administered during the initial stage of onset. Usually children cannot accurately report all of their symptoms; it is prudent and convenient to have a formula that parents can keep in the medicine cabinet to address a wide range of symptoms associated with early-stage wind-heat or qi-level heat patterns.
Children's Clear Lung Formula *(Xiao Er Zi Qing Fei Fang)*. This formula addresses acute cough presentations from lung fire or phlegm-heat patterns. It is especially appropriate for children, whose coughs tend to progress rapidly from throat tickle to lung fire. In early-stage cough, pathogenic heat quickly causes the body to respond with phlegm in order to protect the lung tissue, after which, the phlegm can become difficult to expel. This formula clears lung heat with belamcanda (*she gan*), scutellaria (*huang qin*) and white mulberry root bark (*sang bai pi*). Herbs that transform phlegm and stop cough include fritillaria (*zhe bei mu*), pinellia (*zhi ban sha*), platycodon (*jie geng*), and peucedanum (*qian hu*). Herbs that stop cough and direct qi downward include armeniaca (*xing ren*), perilla seed (*zi su zi*), and cynanchum (*bai qian*). This is a balanced formula that helps to protect the lungs while correcting the flow of lung qi, draining heat, and resolving phlegm.

**Ingredients**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Belamcandae Rhizoma (Belamcanda, Blackberry Lily / <em>She Gan</em>)</td>
<td>13%</td>
</tr>
<tr>
<td>Fritillariae Thunbergii Bulbus (Sichuan Fritillary / <em>Zhe Bei Mu</em>)</td>
<td>12%</td>
</tr>
<tr>
<td>Peucedani Radix (Peucedanum, Hog Fennel / <em>Qian Hu</em>)</td>
<td>11%</td>
</tr>
<tr>
<td>Cynanchi Stauntonii Rhizoma (Cynanchum Stauntonii Rhizome / <em>Bai Qian</em>)</td>
<td>10%</td>
</tr>
<tr>
<td>Scutellaria Radix (Chinese Skullcap, Scute / <em>Huang Qin</em>)</td>
<td>10%</td>
</tr>
<tr>
<td>Pinelliae Rhizoma Preparatum (Pinellia, ginger-cured / <em>Zhi Ban Xia</em>)</td>
<td>9%</td>
</tr>
<tr>
<td>Mori Cortex (White Mulberry Root Bark / <em>Sang Bai Pi</em>)</td>
<td>9%</td>
</tr>
<tr>
<td>Perillae Fructus (Perilla Seed / <em>Zi Su Zi</em>)</td>
<td>9%</td>
</tr>
<tr>
<td>Platycodi Radix (Platycodon Root, Balloon Flower Root / <em>Jie Geng</em>)</td>
<td>9%</td>
</tr>
<tr>
<td>Armeniaceae Semen (Apricot Seed, Chinese Bitter Almond / <em>Xing Ren</em>)</td>
<td>8%</td>
</tr>
</tbody>
</table>

**Chinese Medical Actions**

Clears heat and drains fire, resolves toxin, expels wind, benefits the throat, relieves cough, brightens the eyes, diffuses lung qi.

**Indications**

<table>
<thead>
<tr>
<th>Condition</th>
<th>Condition</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bronchitis</td>
<td>Croup</td>
</tr>
<tr>
<td>Cough</td>
<td>Pertussis (whooping cough)</td>
</tr>
</tbody>
</table>

**Tongue:** Red tip; possibly a yellow coating.  **Pulse:** Rapid, full.

**Cautions:** Cold and phlegm-resolving substances may cause loose stool as a mechanism for discharging phlegm. This is a normal response, but if diarrhea develops, discontinue or lower the dose.

**Dosage:** See pages 18-19.

**Note:** When accompanied by productive phlegm, or to help relieve harshness, combine with Fritillaria & Pinellia Syrup.
**CHILDREN'S EAR FORMULA**

Children's Ear Formula (*Hai Er Fang*) is a modern formula developed by Jake Paul Fratkin, OMD, to treat ear infections in infants and young children (to 6 years old). *Children's Ear Formula* has proven itself to many practitioners over its many years of use. Given orally, it will usually stop the pain of otitis media (middle ear infection) and otitis externa (outer ear infection) within two hours. It is intended for painful ear infection, but is also appropriate for inflamed or bulging eardrum without pain.

**Ingredients**

Agastaches Herba (Chinese Giant Hyssop / *Huo Xiang*) 10%  
Poria (Poria, Hoelen, Tuckahoe / *Fu Ling*) 10%  
Chrysanthemi Flos (Chrysanthemum / *Ju Hua*) 8%  
Coptidis Rhizoma (Coptis / *Huang Lian*) 8%  
Forsythiae Fructus (Forsythia / *Lian Qiao*) 8%  
Paconiae Radix, rubra (Chinese Peony, red / *Chi Shao*) 8%  
Peucedani Radix (Peucedanum, Hog Fennel / *Qian Hu*) 8%  
Angelicae Dahuricae Radix (Purple Angelica / *Bai Zhi*) 7%  
Bupleuri Radix (Bupleurum Root / *Chai Hu*) 7%  
Fritillariae Thunbergii Bulbus (Sichuan Fritillary / *Zhe Bei Mu*) 7%  
Pinelliae Rhizoma Preparatum (Pinellia, ginger-cured / *Zhi Ban Xia*) 7%  
Viticis Fructus (Simple-Leaf Chaste Tree Fruit, Vitex Fruit / *Man Jing Zi*) 7%  
Zingiberis Rhizoma Recens (Ginger, fresh / *Sheng Jiang*) 5%

**Chinese Medical Actions**

Clears heat, resolves toxin, drains dampness, relieves pain.

**Indications**

<table>
<thead>
<tr>
<th>Ear infection with pain in infants and young children</th>
<th>Ears, congested</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eardrum, inflamed or bulging, without pain</td>
<td>Fever, in children prone to ear infections</td>
</tr>
<tr>
<td></td>
<td>Headache, with phlegm-heat</td>
</tr>
</tbody>
</table>

**Dosage:** See pages 18-19.

**Note:** This formula is to be taken orally, not put in the ear. This formula is an alternative to antibiotics, which can increase the chance of a recurrence of the ear infection within six weeks. If ear infection is not responsive in 24 hours, reevaluate the condition and strategy. Other appropriate formulas may include, *Gentiana Drain Fire Formula* (for damp-heat in the gallbladder channel), or *Neck Formula* (if ears remain plugged after all other symptoms have resolved). *Children's Ear Formula* addresses the branch—the acute symptoms. When pain eases, the root problem should be treated as well.
Children’s Jade Defense Formula (Xiao Er Zi Yu Fang) is a modification of Jade Windscreen Formula (Yu Ping Feng San). Its main uses are to prevent invasion from the exterior and stop spontaneous sweating. It can be helpful to repair and strengthen intestinal epithelium for those who suffer from food allergies. Atractyloides (bai zhu) strengthens spleen qi and resolves the dampness that can impede efficient functioning of the spleen, while astragalus (huang qi) reinforces the wei (protective) qi and helps to radiate it outward to support the exterior. Siler (fang feng) is gentle on the body yet strongly expels wind. Chrysanthemum (ju hua) cools the lungs and liver and is included to compensate for the tendency of exterior invasions in children to turn to heat, and also to compensate for the warming nature of the tonic.

Ingredients
Astragali Radix (Astragalus / Huang Qi) 35%
Saposhnikoviae Radix (Siler / Fang Feng) 25%
Atractylodis Macrocephalae Rhizoma (White Atractylodes Rhizome / Bai Zhu) 20%
Chrysanthemi Flos (Chrysanthemum / Ju Hua) 20%

Chinese Medical Actions
Supplements wei qi, secures the exterior, stops sweating, clears eyes.

<table>
<thead>
<tr>
<th>Indications</th>
<th>Chinese Medical Actions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Allergies</td>
<td>Immune system, weak</td>
</tr>
<tr>
<td>Common cold, prevention</td>
<td>Lethargy</td>
</tr>
<tr>
<td>Fatigue, mild</td>
<td>Wind-cold invasions, frequent</td>
</tr>
</tbody>
</table>

Tongue: Normal, puffy and pale, or moist.  Pulse: Normal, or floating.

Dosage: Golden Flower’s children’s formulas are made as flavored syrups without alcohol extraction. They do not require pre-mixing. For infants give 1-2 ml/cc, twice daily. For children age 1-2, give 2-3 ml/cc, twice daily. For age 3-5, give 4-6 ml (1 ml/cc for each year of age + 1 ml), twice daily. For children above 5, give 6 ml, or one teaspoon, twice daily.
**CHONG RELEASE FORMULA**

**Chong Release Formula** *(Jia Wei Tao Hong Si Wu Tang)* is a modification of the classic formula for nourishing and moving blood, *Tao Hong Si Wu Tang*. It is especially effective in treating menstrual blood stasis. This formula opens the collaterals to eliminate blood stasis and facilitates the complete discharge of the endometrial lining, so that the new endometrial lining can grow on a smooth, clean base.

**Ingredients**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spatholobi Caulis (Spatholobus / Ji Xue Teng)</td>
<td>15%</td>
</tr>
<tr>
<td>Albiziae Cortex (Mimosa Tree Bark, Silk Tree Bark / He Huan Pi)</td>
<td>15%</td>
</tr>
<tr>
<td>Paeoniae Radix, alba (Chinese Peony, white / Bai Shao)</td>
<td>12%</td>
</tr>
<tr>
<td>Codonopsis Radix (Codonopsis / Dang Shen)</td>
<td>12%</td>
</tr>
<tr>
<td>Atractylodis Macrocephalae Rhizoma (White Atractylodes Rhizome / Bai Zhu)</td>
<td>12%</td>
</tr>
<tr>
<td>Angelicae Sinensis Radix (Dong Quai Root, Tang Kuei / Dang Gui)</td>
<td>10%</td>
</tr>
<tr>
<td>Paeoniae Radix, rubra (Chinese Peony, red / Chi Shao)</td>
<td>10%</td>
</tr>
<tr>
<td>Chuanxiong Rhizoma (Ligusticum Wallichii Rhizome / Chuan Xiong)</td>
<td>6%</td>
</tr>
<tr>
<td>Persicae Semen (Peach Kernel, Persica Seed / Tao Ren)</td>
<td>5%</td>
</tr>
<tr>
<td>Carthami Flos (Safflower, Carthamus / Hong Hua)</td>
<td>3%</td>
</tr>
</tbody>
</table>

**Chinese Medical Actions**

Nourishes and invigorates blood, supplements qi to support the generation and movement of blood, calms the spirit *(shen)*.

**Indications**

<table>
<thead>
<tr>
<th>Condition</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Endometriosis</td>
<td>Menstruation with dark blood or dark spotting</td>
</tr>
<tr>
<td>Infertility with lower burner blood stasis</td>
<td>Pelvic congestion</td>
</tr>
<tr>
<td>Menstrual bleeding starts and stops</td>
<td>Premenstrual syndrome</td>
</tr>
<tr>
<td>Menstrual blood clots</td>
<td>Uterine bleeding, dysfunctional</td>
</tr>
<tr>
<td>Menstrual cycles irregular</td>
<td></td>
</tr>
<tr>
<td>Menstrual pain</td>
<td></td>
</tr>
</tbody>
</table>

**Tongue:** Pale, slightly purple body or sides, may have distended veins.

**Pulse:** Wiry, thin, or choppy.

**Contraindications:** DO NOT USE DURING PREGNANCY. Use with Blood Palace Formula for strong blood stasis causing significant menstrual pain. If menstrual bleeding is prolonged or heavy, discontinue use.

**Note:** When treating infertility, use this formula from day one of menstruation until flow has ceased.
CINNAMON & PORIA FORMULA

Cinnamon & Poria Formula is a modification of Gui Zhi Fu Ling Wan with red peony (chi shao), salvia (dan shen), sparganii (san leng) and rhubarb (da huang) added to reinforce the actions of the original formula. This formula is used for blood stasis in the lower abdomen and fixed abdominal masses with abdominal pain, tenderness, and tension. Cinnamon & Poria Formula can also be used by men for prostate problems.

Ingredients
Paeoniae Radix, rubra (Chinese Peony, red / Chi Shao) 13.9%
Pinnamomi Ramulus (Cassia Twig, Chinese Cinnamon / Gui Zhi) 11.1%
Poria (Poria, Hoelen, Tuckahoe / Fu Ling) 11.1%
Moutan Cortex (Tree Peony / Mu Dan Pi) 11.1%
Persicae Semen (Peach Kernel, Persica Seed / Tao Ren) 11.1%
Paeoniae Radix, alba (Chinese Peony, white / Bai Shao) 11.1%
Salviae Miltiorrhizae Radix (Chinese Salvia Root / Dan Shen) 11.1%
Rhei Radix et Rhizoma (Chinese Rhubarb / Da Huang) 11.1%
Sparganii Rhizoma (Sparganium, Bur Reed Rhizome / San Leng) 8.4%

Chinese Medical Actions
Invigorates the blood, transforms blood stasis, reduces fixed abdominal masses.

Indications

<table>
<thead>
<tr>
<th>Abdominal distension</th>
<th>Menstrual pain</th>
</tr>
</thead>
<tbody>
<tr>
<td>Abdominal masses, fixed</td>
<td>Menstruation, irregular</td>
</tr>
<tr>
<td>Abdominal pain, fixed or stabbing</td>
<td>Night sweats</td>
</tr>
<tr>
<td>Abdominal tenderness</td>
<td>Ovarian cysts</td>
</tr>
<tr>
<td>Amenorrhea, with pain or distension</td>
<td>Pelvic Inflammatory Disease, chronic</td>
</tr>
<tr>
<td>Back pain, (lower) from fullness</td>
<td>Prostate enlarged</td>
</tr>
<tr>
<td>Endometriosis</td>
<td>Uterine fibroids, with or without bleeding</td>
</tr>
<tr>
<td>Hemorrhoids</td>
<td>Uterine bleeding, dysfunctional</td>
</tr>
<tr>
<td>Infertility</td>
<td></td>
</tr>
<tr>
<td>Menopausal symptoms</td>
<td></td>
</tr>
</tbody>
</table>

Tongue: Body dark or with purple spots, raised bumps on tongue root.
Pulse: Choppy, tense, and sunken.

Contraindications: DO NOT USE DURING PREGNANCY OR WHILE NURSING. With blood deficiency and stasis, use with Tang Kuei & Salvia Formula.
CINNAMON D FORMULA

Cinnamon D Formula (Gui Zhi Jia Long Gu Mu Li Tang) also known as “Cinnamon plus Dragon Bone and Oyster Shell Formula” is a classical Chinese formula that addresses disharmony of yin and yang, and lack of communication between the heart and kidneys. It is used for physical symptoms arising from chronic constraint, overwork, or sexual excess, as well as for a number of psychological symptoms, including sexual dysfunction or boundary issues.

Ingredients
Cinnamomi Ramulus (Cassia Twig, Chinese Cinnamon / Gui Zhi) 15%
Paeoniae Radix, alba (Chinese Peony, white / Bai Shao) 15%
Zingiberis Rhizoma (Ginger, dried / Gan Jiang) 15%
Jujubae Fructus (Jujube Date, red / Hong Zao, Da Zao) 15%
Fossilia Ossis Mastodi (Fossilized Mineral / Long Gu) 15%
Ostreae Concha (Oyster Shell / Mu Li) 15%
Glycyrrhizae Radix Preparata (Chinese Licorice Root, honey-fried / Zhi Gan Cao) 10%

Chinese Medical Actions
Regulates yin and yang, harmonizes heart and kidneys, restrains jing (essence), harmonizes ying (nutritive) and wei (protective) qi, calms the spirit (shen).

Indications

<table>
<thead>
<tr>
<th>Abdominal contraction</th>
<th>Memory, poor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anxiety</td>
<td>Nervousness</td>
</tr>
<tr>
<td>Cold extremities</td>
<td>Nervous exhaustion from sexual excess</td>
</tr>
<tr>
<td>Coldness in genitals</td>
<td>Neurotic disorders</td>
</tr>
<tr>
<td>Diarrhea</td>
<td>Night sweats</td>
</tr>
<tr>
<td>Dizziness</td>
<td>Nocturnal emissions</td>
</tr>
<tr>
<td>Dream-disturbed sleep</td>
<td>Palpitations</td>
</tr>
<tr>
<td>Emotional instability</td>
<td>Psychological boundary issues</td>
</tr>
<tr>
<td>Hair loss</td>
<td>Sexual intercourse, pain with</td>
</tr>
<tr>
<td>Impotence, with exhaustion</td>
<td>Sexual dysfunction in women</td>
</tr>
<tr>
<td>Insomnia</td>
<td>Sexual exhaustion in men</td>
</tr>
<tr>
<td>Irritability</td>
<td>Sexual dreams</td>
</tr>
<tr>
<td>Mental confusion</td>
<td></td>
</tr>
</tbody>
</table>

Tongue: Pale with a thin, white coating.
Pulse: Hollow, forceless, or thready and floating.

Note: Ted Kaptchuk, OMD, states that this formula is useful for sexual abuse survivors, as well as patients who have difficulty with intimacy, commitment, and sex addiction. Reduce dosage for psychological use by ¼.
**CINNAMON TWIG FORMULA**

Cinnamon Twig Formula (Gui Zhi Tang). This is one of the most commonly modified formulas from the Shang Han Lun. **Cinnamon Twig Formula** is best used in cases where the wei (protective) qi cannot protect the exterior, and the ying (nutritive) qi cannot nourish and stabilize the interior. A common presentation is sweating with invasion from wind-cold, where the sweating does not lead to improvement of the condition and renders the patient more sensitive to the environment. In these cases it is inappropriate to use formulas with ephedra (ma huang) or other strongly diaphoretic, warm herbs, or formulas with cold and bitter herbs. In small doses, this formula can also be used to address psychological boundary issues seen in easily overwhelmed patients who have difficulty holding qi or nourishment. These patients usually have chronic deficiency patterns and progress very slowly. **Cinnamon Twig Formula** gives them some energetic containment, and helps them make effective therapeutic progress.

**Ingredients**

- Cinnamomi Ramulus (Cassia Twig, Chinese Cinnamon / Gui Zhi) 21.4%
- Paeoniae Radix, alba (Chinese Peony, white / Bai Shao) 21.4%
- Zingiberis Rhizoma Recens (Ginger, fresh / Sheng Jiang) 21.4%
- Jujubae Fructus (Jujube Date, red / Hong Zao, Da Zao) 21.4%
- Glycyrrhizae Radix Preparata (Chinese Licorice Root, honey-fried / Zhi Gan Cao) 14.4%

**Chinese Medical Actions**

Regulates the ying (nutritive) and wei (protective) qi, disperses wind-cold from the muscle layer.

**Indications**

<table>
<thead>
<tr>
<th>Allergies</th>
<th>Flushing up of qi</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aversion to wind</td>
<td>Headache</td>
</tr>
<tr>
<td>Chills</td>
<td>Hives</td>
</tr>
<tr>
<td>Cold limbs</td>
<td>Invasion by wind-cold</td>
</tr>
<tr>
<td>Common cold</td>
<td>Itching</td>
</tr>
<tr>
<td>Dry heaves</td>
<td>Neck stiffness</td>
</tr>
<tr>
<td>Eczema</td>
<td>Psychological boundary issues</td>
</tr>
<tr>
<td>Fever, low grade,</td>
<td>Sinus congestion</td>
</tr>
<tr>
<td>unrelieved by</td>
<td>Sweating, spontaneous</td>
</tr>
<tr>
<td>sweating</td>
<td></td>
</tr>
</tbody>
</table>

**Tongue:** Moist, with thin, white coating.  **Pulse:** Floating and weak.

**Contraindications:** Do not use in cases with exterior cold and interior heat (fever with thirst, sore throat, rapid pulse).

**Note:** Reduce dosage for psychological use by ¼.
CITRUS & PINELLIA FORMULA

Citrus & Pinellia Formula (Er Chen Tang). This classical formula is the basis for nearly any formula that is used when phlegm-damp is the underlying pattern. It is used when phlegm-damp from the spleen blocks the flow of qi and interferes with the normal functions of the spleen and stomach. It can be used for clear or white, sticky phlegm in the lungs, as well as many problems of the stomach and spleen caused by phlegm-damp. Its primary action is to rectify the qi so that the qi can transform fluids properly.

Ingredients
Pinelliae Rhizoma Preparatum (Pinellia, ginger-cured / Zhi Ban Xia) 35%
Citri Reticulatae Pericarpium (Tangerine Peel / Chen Pi) 35%
Poria (Poría, Hoelen, Tuckahoe / Fu Ling) 20%
Glycyrrhizae Radix Preparata (Chinese Licorice Root, honey-fried / Zhi Gan Cao) 10%

Chinese Medical Actions
Drains dampness, transforms phlegm, regulates qi, harmonizes the spleen and stomach.

Indications
- Bronchitis, chronic or lingering
- Chest, stifling sensation in
- Complexion, sallow or dull
- Cough, with clear or white sputum
- Diaphragm, stifling sensation in
- Dizziness
- Gastritis, chronic
- Hangover
- Meniere’s disease
- Morning sickness
- Nausea
- Palpitations
- Retention of food or fluids in stomach
- Ulcer, peptic
- Vomiting

Tongue: Swollen, with a thick, white, greasy coating, or excessively moist.
Pulse: Slippery, especially the right cun (lung) and/or guan (spleen) positions.

Contraindications: Do not use with lung yin deficiency; use Lily Preserve Metal Formula or Sheng Mai Formula instead. For phlegm-heat, use Fritillaria & Pinellia Formula.
CLEAR THE HIDDEN 1 FORMULA

Clear the Hidden 1 Formula (Qing Fu Huo 1) is part of a three-formula treatment used for chronic, latent pathogens that are bacterial, viral, or parasitic in nature including: Lyme disease, Bartonella, Babesia, Epstein-Barr Virus, and others. Clear the Hidden 1 Formula has a yin nourishing and antimicrobial function, with a guiding action to the nervous system where these microbes tend to live. Gambir (gou teng) is the chief herb in this formula; it extinguishes wind, sedates fire, and has been shown to calm CNS activation. Sophora (ku shen) guides to the nerves, and is anti-inflammatory and antiviral.

Ingredients

Uncariae Ramulus cum Uncis (Hook Vine, Gambir / Gou Teng) 25%
Sophorae Flavescentis Radix (Shrubby Sophora Root / Ku Shen) 20%
Artemisiae Annuae Herba (Sweet Wormwood / Qing Hao) 10%
Andrographitis Herbs (Andrographis / Chuan Xin Lian) 10%
Scutellariae Radix (Chinese Skullcap, Scute / Huang Qin) 10%
Gynostemmatis Herba (Fiveleaf Gynostemma Herb / Jiao Gu Lan) 5%
Forsythiae Fructus (Forsythia / Lian Qiao) 5%
Carthami Flos (Safflower, Carthamus / Hong Hua) 5%
Schisandraceae Fructus (Northern Schisandra Fruit / Wu Wei Zi) 5%
Salviae Miltiorrhizae Radix (Chinese Salvia Root / Dan Shen) 5%

Chinese Medical Actions

Extinguishes wind, clears heat, purges fire, dries dampness, releases the exterior, eliminates toxin, and tonifies yin.

Indications

<table>
<thead>
<tr>
<th>Condition</th>
<th>Action</th>
</tr>
</thead>
<tbody>
<tr>
<td>Babesia</td>
<td>Irritability</td>
</tr>
<tr>
<td>Bartonella</td>
<td>Joint pain, migrating</td>
</tr>
<tr>
<td>Brain fog</td>
<td>Lyme Disease</td>
</tr>
<tr>
<td>Eyes, red, sensitive to light</td>
<td>Memory loss</td>
</tr>
<tr>
<td>Epstein-Barr Virus</td>
<td>Mood swings</td>
</tr>
<tr>
<td>Fatigue</td>
<td>Night sweats</td>
</tr>
<tr>
<td>Fibromyalgia</td>
<td>Pathogens, chronic latent</td>
</tr>
<tr>
<td>Headaches/Migraines</td>
<td>Ringing in the ear</td>
</tr>
<tr>
<td>Insomnia</td>
<td>Temporomandibular joint (TMJ) disorder</td>
</tr>
</tbody>
</table>

Tongue: May be normal, red, or pale. May be thin, with a white to yellow coating. Pulse: May be thin or thready, especially in the kidney positions. May be wiry in the liver position.

Contraindications: DO NOT USE DURING PREGNANCY.

Note: This formula is recommended to be used in combination with Clear the Hidden 2 Formula and Resolve the Hidden Formula. Clear the Hidden 1 and 2 Formulas are alternated on a weekly basis, while Resolve the Hidden Formula is taken continuously. If the constitution is strong enough, all three formulas can be used simultaneously for maximum effectiveness.
Clear the Hidden 2 Formula (Qing Fu Huo 2) is part of a three-formula treatment used for chronic, latent pathogens that are bacterial, viral, or parasitic in nature including: Lyme disease, Bartonella, Babesia, Epstein-Barr Virus, and others. Clear the Hidden 2 Formula tonifies the yang and focuses on antimicrobial function with a guiding action to the joints. It addresses biofilm and releases the exterior to expel pathogen(s).

Ingredients
Polygoni Cuspidati Rhizoma (Japanese Knotweed Root and Rhizome / Hu Zhang) 25%  
Sophorae Flavescentis Radix (Shrubby Sophora Root / Ku Shen) 20%  
Smilacis Glabrae Rhizoma (Chinese Smilax Rhizome / Tu Fu Ling) 10%  
Houttuyniae Herba (Houttuynia / Yu Xing Cao) 10%  
Astragali Radix (Astragalus / Huang Qi) 10%  
Dipsaci Radix (Japanese Teasel Root, Japanese Dipsacus / Xu Duan) 10%  
Lonicerae Japonicae Flos (Japanese Honeysuckle Flower / Jin Yin Hua) 5%  
Caulis Lonicerae (Japanese Honeysuckle Stem / Ren Dong Teng) 5%  
Zingiberis Rhizoma (Ginger, dried / Gan Jiang) 5%

Chinese Medical Actions
Invigorates blood and breaks up stasis, releases the exterior, eliminates toxin, clears damp heat, and tonifies yang.

<table>
<thead>
<tr>
<th>Indications</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Babesia</td>
<td>Irritability</td>
</tr>
<tr>
<td>Bartonella</td>
<td>Joint pain, migrating</td>
</tr>
<tr>
<td>Brain fog</td>
<td>Lyme Disease</td>
</tr>
<tr>
<td>Eyes, red, sensitive to light</td>
<td>Memory loss</td>
</tr>
<tr>
<td>Epstein-Barr Virus</td>
<td>Mood swings</td>
</tr>
<tr>
<td>Fatigue</td>
<td>Night sweats</td>
</tr>
<tr>
<td>Fibromyalgia</td>
<td>Pathogens, chronic latent</td>
</tr>
<tr>
<td>Headaches/Migraines</td>
<td>Ringing in the ear</td>
</tr>
<tr>
<td>Insomnia</td>
<td>Temporomandibular joint (TMJ) disorder</td>
</tr>
</tbody>
</table>

Tongue: May be normal, red, or pale. May be thin with a white to yellow coating. Pulse: May be thin or thready, especially in the kidney positions. May be wiry in the liver position.

Contraindications: DO NOT USE DURING PREGNANCY.

Note: This formula is recommended to be used in combination with Clear the Hidden 1 Formula and Resolve the Hidden Formula. Clear the Hidden 1 and 2 Formulas are alternated on a weekly basis, while Resolve the Hidden is taken continuously. If the constitution is strong enough, all three formulas can be used simultaneously for maximum effectiveness.
COPTIS RELIEVE TOXICITY FORMULA

Coptis Relieve Toxicity Formula (Huang Lian Jie Du Pian) is based on a classical Chinese formula known as “Coptis and Scute” used to clear heat from the three burners. It is used for symptoms resulting from liver heat, heat in the blood, and heat in the heart. Rhubarb (da huang) and lophatherum (dan zhu ye) have been added to aid in the formula’s ability to drain damp-heat.

Ingredients
Gardeniae Fructus (Gardenia Fruit / Zhi Zi) 26.7%
Coptidis Rhizoma (Coptis / Huang Lian) 20%
Lophatheri Herba (Lophatherum / Dan Zhu Ye) 20%
Scutellariae Radix (Chinese Skullcap, Scute / Huang Qin) 13.3%
Phellodendri Cortex (Phellodendron Bark / Huang Bai) 13.3%
Rhei Radix et Rhizoma (Chinese Rhubarb / Da Huang) 6.7%

Chinese Medical Actions
Drains damp-heat and fire, relieves heat-toxin, cools liver heat, cools blood.

<table>
<thead>
<tr>
<th>Indications</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Acne</td>
<td>Heat rash</td>
</tr>
<tr>
<td>Abscess</td>
<td>Hypertension</td>
</tr>
<tr>
<td>Acid reflux</td>
<td>Incoherent speech</td>
</tr>
<tr>
<td>Bacterial infection</td>
<td>Insomnia</td>
</tr>
<tr>
<td>Bad breath</td>
<td>Irritability</td>
</tr>
<tr>
<td>Bleeding from excess heat</td>
<td>Mania</td>
</tr>
<tr>
<td>Blood in stool or urine</td>
<td>Mumps</td>
</tr>
<tr>
<td>Boils</td>
<td>Nosebleed</td>
</tr>
<tr>
<td>Carbuncles</td>
<td>Palpitations</td>
</tr>
<tr>
<td>Chicken pox</td>
<td>Strep throat (Streptococcus)</td>
</tr>
<tr>
<td>Coughing up or vomiting blood</td>
<td>Sties</td>
</tr>
<tr>
<td>Delirium</td>
<td>Stomach acid, excess</td>
</tr>
<tr>
<td>Diarrhea</td>
<td>Tonsillitis</td>
</tr>
<tr>
<td>Dizziness or vertigo</td>
<td>Toothache</td>
</tr>
<tr>
<td>Dryness of mouth and throat</td>
<td>Ulcer</td>
</tr>
<tr>
<td>Eczema</td>
<td>Urinary tract infection</td>
</tr>
<tr>
<td>Emotional instability</td>
<td>Urination, painful</td>
</tr>
<tr>
<td>Fever</td>
<td>Vaginal discharge, yellow</td>
</tr>
<tr>
<td>Gastritis, acute</td>
<td>Vomiting, with high fever</td>
</tr>
<tr>
<td>Hangover</td>
<td></td>
</tr>
</tbody>
</table>

Tongue: Red, with yellow coating. Pulse: Rapid and strong.

Contraindications: DO NOT USE DURING PREGNANCY OR WHILE NURSING. Not intended for long-term use, as this formula can injure the yin. Reduce dose if diarrhea occurs.
Corydalis Formula (Shao Yao Gan Cao Jia Yan Hu Tang) is a combination of the classical Peony and Licorice Formula (Shao Yao Gan Cao Tang) with corydalis (yan hu suo). Peony and Licorice Formula is traditionally used for pain, cramping, or muscle spasms caused by injury to the liver blood or yin. Corydalis (yan hu suo) is used for pain from stagnation of qi or blood. These herbs together make this a suitable formula for many types of pain, muscle spasms, and cramps.

**Ingredients**
Corydalis Rhizoma (Corydalis Yanhusuo / Yan Hu Suo) 33.4%
Paeoniae Radix, alba (Chinese Peony, white / Bai Shao) 33.3%
Glycyrrhizae Radix (Chinese Licorice Root / Gan Cao) 33.3%

**Chinese Medical Actions**
Moves blood and qi, soothes the liver, relieves pain, relaxes muscles, relieves spasms.

**Indications**

<table>
<thead>
<tr>
<th>Abdominal pain</th>
<th>Menstrual pain</th>
</tr>
</thead>
<tbody>
<tr>
<td>Back pain</td>
<td>Muscular aches and spasms</td>
</tr>
<tr>
<td>Bronchial pain</td>
<td>Pancreatitis, pain from</td>
</tr>
<tr>
<td>Gallbladder spasms</td>
<td>Sciatica</td>
</tr>
<tr>
<td>Headache</td>
<td>Stomach pain</td>
</tr>
<tr>
<td>Herpes zoster (shingles) pain</td>
<td>Toothache</td>
</tr>
<tr>
<td>Insomnia from pain</td>
<td>Urinary bladder pain</td>
</tr>
<tr>
<td>Intestinal cramping</td>
<td>Urination, painful</td>
</tr>
</tbody>
</table>

**Contraindications:** DO NOT USE DURING PREGNANCY. Patients may experience drowsiness when taking this formula and should, therefore, use caution when driving or operating heavy machinery. This formula is not appropriate for pain from wind. Use Chase Wind, Penetrate Bone Formula, Course & Quicken Formula, Duhuo & Loranthus Formula, or Juan Bi Formula instead.
Course & Quicken Formula* (Shu Jing Huo Xue Tang) is a traditional formula also known as “Relax the Channels and Invigorate the Blood Decoction.” It is used for pain caused by wind-dampness and qi and blood stasis in the channels and collaterals.

Ingredients
Paeoniae Radix, alba (Chinese Peony, white / Bai Shao) 11.3%
Angelicae Sinensis Radix (Dong Quai Root, Tang Kuei / Dang Gui) 9%
Rehmanniae Radix (Rehmannia, unprocessed / Sheng Di Huang) 7.5%
Persicae Semen (Peach Kernel, Persica Seed / Tao Ren) 7.5%
Atractylodis Rhizoma (Cang-Zhu Atractylodes Rhizome / Cang Zhu) 7.5%
Achyranthis Bidentatae Radix (Achyranthes / Huai Niu Xi) 7.5%
Gentianae Macrophyllae Radix (Large Leaf Gentian Root / Qin Jiao) 7.5%
Citri Reticulatae Pericarpium (Tangerine Peel / Chen Pi) 7.5%
Poria (Poria, Hoelen, Tuckahoe / Fu Ling) 5.3%
Acanthopanax Cortex (Eleuthero Cortex / Wu Jia Pi) 4.6%
Notopterygii Rhizoma seu Radix (Notopterygium / Qiang Huo) 4.6%
Saposhnikoviae Radix (Siler/ Fang Feng) 4.6%
Gentianae Radix (Manchurian Gentian Root / Long Dan Cao) 4.6%
Angelicae Dahuricae Radix (Purple Angelica / Bai Zhi) 4.6%
Chuanxiong Rhizoma (Ligusticum Wallichii Rhizome / Chuan Xiong) 3.4%
Glycyrrhizae Radix (Chinese Licorice Root / Gan Cao) 3%

Chinese Medical Actions
Dispels wind-dampness, moves blood stasis, moves qi, unblocks and relaxes the channels.

Indications
| Back pain, lower | Movement difficulty |
| Edema | Muscle aches |
| Gout | Numbness, lower extremities |
| Hypertension | Pain, in trunk |
| Joint pain | Postpartum pain |
| Leg pain, radiating | Sciatica |


Contraindications: DO NOT USE DURING PREGNANCY. This formula is for pain with excess; for pain from deficiency, use Duhuo & Loranthus Formula.

*This formula was formerly called Clematis & Stephania Formula
**Curcuma Longa Formula (Jiang Huang Wan)** is designed to manage pain, reduce swelling, and alleviate allergic reactions by reducing inflammation. Systemic inflammation has been found to be a factor in such diverse health disorders as arthritis, atherosclerosis, Alzheimer’s disease, cancer, allergies, and autoimmune disorders. The herbs in **Curcuma Longa Formula** have been shown to exhibit anti-inflammatory, analgesic, antioxidant, hepatoprotective, and immunomodulatory effects. This formula supports the liver and blood vessels, and promotes circulation of blood and qi.

**Ingredients**
Curcumae Longae Rhizoma (Turmeric Rhizome / Jiang Huang) 16%
Polygoni Cuspidati Rhizoma (Japanese Knotweed Root / Hu Zhang) 14%
Ligustri Lucidi Fructus (Ligustrum, Privet Fruit / Nu Zhen Zi) 12%
Olibanum (Frankincense / Ru Xiang) 12%
Scutellariae Radix (Chinese Skullcap, Scute / Huang Qin) 10%
Prunellae Spica (Heal All Spike, Self-Heal Spike / Xia Ku Cao) 8%
Zingiberis Rhizoma Recens (Ginger, fresh / Sheng Jiang) 8%
Cinnamomi Ramulus (Chinese Cinnamon / Gui Zhi) 8%
Camelliae Folium (Green Tea Leaf / Lu Cha) 4%
Citri Reticulatae Pericarpium (Tangerine Peel / Chen Pi) 3%
Glycyrrhizae Radix (Chinese Licorice Root / Gan Cao) 3%
Coptidis Rhizoma (Coptis / Huang Lian) 2%

**Chinese Medical Actions**
Activates blood circulation and invigorates the movement of qi, opens channels and collaterals, stops pain and relieves swelling, clears heat and eliminates toxin.

**Indications**
- Allergies, with inflammation
- Arthritis, rheumatoid
- Asthma, with inflammation
- Atherosclerosis
- Autoimmune disease
- Cancer, inflammation from
- COPD
- Eyes, red, itchy
- Eczema
- Fibromyalgia, with inflammation

**Tongue:** Slightly dusky or deep red, possibly with papillae.
**Pulse:** Choppy, thin, or wiry.

**Dosage:** This formula can be taken in larger doses if necessary (4 tablets, 3 times per day). If prescribing larger doses, or for an extended period of time (longer than 120 days), an assisting formula to prevent possible depletion of
qi or yin may be needed. Some recommended protective formulas include: Astragalus & Ligustrum Formula, Ji Xue Formula, Jing Qi Formula, or Sheng Mai Formula. One tablet per dose of the assisting formula provides sufficient support in most cases.

**Contraindications:** DO NOT USE DURING PREGNANCY. Use caution in patients with spleen qi or blood deficiency, or combine with an appropriate tonic formula such as Ginseng & Longan Formula. Use caution with patients taking anticoagulant/antiplatelet drugs or antidiabetic drugs.
DUHUO & LORANTHUS FORMULA

Duhuo & Loranthus Formula (Du Huo Ji Sheng Tang) is a classical formula for painful obstruction in the lower body with deficiency of the liver and kidney. As described in Chapter 43 of Basic Questions: “Painful obstruction in the bones causes heaviness; in the blood vessels causes coagulations and loss of flow; in the sinews causes contractions with an inability to extend the joints, and in the muscles causes numbness.” This manifests in symptoms such as arthritis, and heavy and painful sensations in the lower back and legs with weakness and stiffness. This formula is based on the strategy of both supporting normal qi and removing obstruction. Safflower (hong hua) was added to augment the pain-relieving properties of the formula.

Ingredients
Taxilli Herba (Loranthus, Chinese Mistletoe / Sang Ji Sheng) 13.6%
Angelicae Pubescentis Radix (Pubescent Angelica Root / Du Huo) 8.1%
Carthami Flos (Safflower, Carthamus / Hong Hua) 8.1%
Speranskiae Herba (Speransksia Herb / Tou Gu Cao) 5.4%
Saposhnikoviae Radix (Siler / Fang Feng) 5.4%
Gentianae Macrophyllae Radix (Large Leaf Gentian Root / Qin Jiao) 5.4%
Eucommiae Cortex (Eucommia Bark / Du Zhong) 5.4%
Achyranthis Bidentatae Radix (Achyranthes / Huai Niu Xi) 5.4%
Cinnamomi Cortex (Cassia Bark, Chinese Cinnamon / Rou Gui) 5.4%
Angelicae Sinensis Radix (Dong Quai Root, Tang Kuei / Dang Gui) 5.4%
Paeoniae Radix, alba (Chinese Peony, white / Bai Shao) 5.4%
Chuanxiong Rhizoma (Ligusticum Wallichii Rhizome / Chuan Xiong) 5.4%
Rehmanniae Radix Preparata (Rehmannia, cured / Shu Di Huang) 5.4%
Poria (Poria, Hoelen, Tuckahoe / Fu Ling) 5.4%
Glycyrrhizae Radix Preparata (Chinese Licorice Root, honey-fried / Zhi Gan Cao) 5.4%

Chinese Medical Actions
Expels wind-dampness, disperses painful obstruction, supplements deficient qi, kidney yang, and liver blood.

<table>
<thead>
<tr>
<th>Indications</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Arthritis</td>
<td>Joint stiffness</td>
</tr>
<tr>
<td>Atrophy, in lower limbs</td>
<td>Knee or leg pain or weakness</td>
</tr>
<tr>
<td>Bi syndrome</td>
<td>Pain in lower body</td>
</tr>
<tr>
<td>Back pain, lower, chronic</td>
<td>Poliomyelitis, sequella of</td>
</tr>
<tr>
<td>Bone weakness or degeneration</td>
<td>Shortness of breath</td>
</tr>
<tr>
<td>Coldness, in back and knees</td>
<td>Walking difficulty</td>
</tr>
<tr>
<td>Eczema, in children</td>
<td></td>
</tr>
</tbody>
</table>

Tongue: May be pale, with white coating. Pulse: Weak, slow, and thin.

Contraindications: USE WITH CAUTION DURING PREGNANCY.
Earth-Harmonizing Formula (He Tu Pian) is designed to treat chronic or recurring disorders of the digestive tract caused by a disharmony between earth and wood. Liver qi invading the spleen or stomach can give rise to a variety of symptoms including: acid reflux, bloating, abdominal distension, epigastric pain, belching, nausea, lack of appetite, foul taste in the mouth, and constipation or diarrhea. This formula addresses both liver qi constraint and deficiency of the spleen and stomach simultaneously. Bupleurum (chai hu), white peony (bai shao), barley sprout (mai ya) and curcuma (yu jin) soothe the liver and relax liver qi constraint. The four herbs, codonopsis (dang shen), white atractylodes (bai zhu), poria (fu ling) and licorice (gan cao)—known together as the “Four Gentlemen Decoction” (Si Jun Zi Tang)—supplement the central burner and harmonize the stomach. Hawthorn (shan zha) and barley sprout (mai ya) disperse food stagnation and accumulation. Further, since stagnation in the digestive tract can give rise to heat, this formula includes a small amount of coptis (huang lian) to clear stomach heat and solomon’s seal (yu zhu) to nourish stomach yin.

**Ingredients**

Paeoniae Radix, alba (Chinese Peony, white / Bai Shao) 13%
Curcumae Radix (Turmeric, Curcuma Tuber / Yu Jin) 12%
Crataegi Fructus (Chinese Hawthorn Fruit / Shan Zha) 12%
Hordei Fructus Germinatus (Barley Sprout / Mai Ya) 12%
Bupleuri Radix (Bupleurum Root / Chai Hu) 10%
Atractylodis Macrocephalae Rhizoma (White Atractylodes Rhizome / Bai Zhu) 8%
Poria (Poria, Hoelen, Tuckahoe / Fu Ling) 8%
Codonopsis Radix (Codonopsis / Dang Shen) 8%
Polygonati Odorati Rhizoma (Aromatic Solomon’s Seal / Yu Zhu) 8%
Glycyrrhizae Radix (Chinese Licorice Root / Gan Cao) 7%
Coptidis Rhizoma (Coptis / Huang Lian) 2%

**Chinese Medical Actions**

Harmonizes liver and stomach, relaxes liver qi constraint, disperses food stagnation, supplements spleen and stomach, clears heat, and regulates the flow of qi.

**Indications**

<table>
<thead>
<tr>
<th>Condition</th>
<th>Ingredient</th>
</tr>
</thead>
<tbody>
<tr>
<td>Abdominal distension or bloating</td>
<td>Diarrhea</td>
</tr>
<tr>
<td>Acid reflux</td>
<td>Digestive discomfort, chronic</td>
</tr>
<tr>
<td>Appetite, lack of</td>
<td>Food stagnation, chronic</td>
</tr>
<tr>
<td>Bad breath or foul taste in mouth</td>
<td>Heartburn, chronic</td>
</tr>
<tr>
<td>Belching</td>
<td>Nausea</td>
</tr>
<tr>
<td>Constipation</td>
<td>Stress</td>
</tr>
</tbody>
</table>

**Tongue:** Thick, yellow coating.  **Pulse:** Wiry or slippery.
Ease Digestion Formula (Jia Wei Kang Ning Wan), is a modification of the popular “Pill Curing” or “Healthy Quiet Pills.” It is useful in the treatment of “stomach flu” (gastroenteritis), hangover, sudden turmoil disorder (concurrent vomiting and diarrhea), and a variety of other digestive complaints. The modifications in this version give it stronger action against mild food poisoning. The glutinous substances have been removed from the original formula so that it is a safe option for patients with gluten intolerance or celiac disease. Ease Digestion Formula is an excellent choice to bring along while traveling or to keep at home in the medicine cabinet.

Ingredients
Poria (Poria, Hoelen, Tuckahoe / Fu Ling) 15%
Agastaches Herba (Chinese Giant Hyssop / Huo Xiang) 10%
Raphani Semen (Radish Seed / Lai Fu Zi) 9%
Setariae Fructus Germinatus (Rice Sprout / Gu Ya) 9%
Magnoliae Officinalis Cortex (Magnolia Bark / Hou Po) 9%
Atractylodis Rhizoma (Cang-Zhu Atractylodes Rhizome / Cang Zhu) 8%
Perillae Folium (Perilla Leaf / Zi Su Ye) 8%
Angelicae Dahuricae Radix (Purple Angelica / Bai Zhi) 8%
Vladimiria Radix (Vladimiria Root / Chuan Mu Xiang) 7%
Pinelliae Rhizoma Preparatum (Pinellia, ginger-cured / Zhi Ban Xia) 7%
Menthae Haplocalysis Herba (Chinese Mint / Bo He) 4%
Citri Reticulatae Exocarpium Rubrum (Tangerine Peel, outer / Ju Hong) 4%
Coptidis Rhizoma (Coptis / Huang Lian) 2%

Chinese Medical Actions
Disperses wind and dampness, resolves spleen dampness, regulates the stomach, and resolves phlegm.

Indications

<table>
<thead>
<tr>
<th>Symptom</th>
<th>Treatment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Abdominal distension</td>
<td>Hangover</td>
</tr>
<tr>
<td>Abdominal pain</td>
<td>Hangover</td>
</tr>
<tr>
<td>Belching</td>
<td>Heartburn</td>
</tr>
<tr>
<td>Constipation</td>
<td>Indigestion</td>
</tr>
<tr>
<td>Concurrent vomiting and diarrhea</td>
<td>Intestinal cramping</td>
</tr>
<tr>
<td>Diarrhea</td>
<td>Morning sickness</td>
</tr>
<tr>
<td>Flatulence</td>
<td>Motion sickness</td>
</tr>
<tr>
<td>Food poisoning</td>
<td>Nausea</td>
</tr>
<tr>
<td>Food stagnation</td>
<td>Stomach pain</td>
</tr>
<tr>
<td>Gastroenteritis</td>
<td>Stool, loose</td>
</tr>
</tbody>
</table>

Tongue: Normal or greasy.
Pulse: Slippery or excess in the right guan (spleen/stomach) position.
Eight Immortals Formula (Ba Xian Chang Shou Wan) is a modification of Rehmannia Six Formula (Liu Wei Di Huang Wan). It can be used to treat many kinds of conditions resulting from deficient yin of the lungs, kidneys, and stomach. Primary pattern includes dry, weak cough, chronic shortness of breath, asthma or wheezing, deficiency sexual dysfunction, or diabetes. The traditional formula has been augmented with dendrobium (shi hu), solomon’s seal (yu zhu), and glehnia (sha shen) to strengthen the cooling and moistening effects of the formula. Use for chronic yin deficiency causing tidal fever, night sweats, ringing in the ears, cough, palpitations, and dizziness.

Ingredients
Rehmanniae Radix (Rehmannia, unprocessed / Sheng Di Huang) 17.7%
Ophiopogonis Radix (Ophiopogon Tuber / Mai Men Dong) 11%
Dendrobii Herba (Dendrobium, Chinese Orchid Stem / Shi Hu) 8.9%
Dioscoreae Rhizoma (Chinese Yam / Shan Yao) 8.9%
Cori Fructus (Asiatic Dogwood Fruit, Asiatic Cornel / Shan Zhu Yu) 8.9%
Polygonati Odorati Rhizoma (Aromatic Solomon’s Seal / Yu Zhu) 8.9%
Glehniae Radix (Glehnia Root / Bei Sha Shen) 8.9%
Alismatis Rhizoma (Asian Water Plantain / Ze Xie) 6.7%
Moutan Cortex (Tree Peony / Mu Dan Pi) 6.7%
Poria (Poria, Hoelen, Tuckahoe / Fu Ling) 6.7%
Schisandrae Fructus (Northern Schisandra Fruit / Wu Wei Zi) 6.7%

Chinese Medical Actions
Supplements kidney qi and yin, supplements lung and stomach yin, moistens dryness, cools lungs, stops cough.

Indications
Asthma or wheezing
Constipation, from dryness
Cough, weak and dry
Coughing up blood
Diabetes mellitus
Dizziness
Ejaculation, premature
Fever, tidal
Impotence
Laryngitis, from dryness
Metabolic Syndrome
Mouth, dry

Nausea
Nephritis, chronic
Night sweats
Palms, hot
Palpitations
Pulmonary tuberculosis
Ringing in the ear
Shortness of breath
Skin, dry
Spontaneous seminal emission
Throat, dry

Tongue: Red, shiny, with little or no coating. Pulse: Thin and rapid.

Contraindications: Do not use with internal or external cold, as this formula is cooling. In cases with yin deficiency fire and dampness, use Rehmannia & Scrophularia Formula instead.


**ELEUTHERO TABLETS**

Eleuthero Tablets *(Wu Jia Shen Pian)* contain the single ingredient eleuthero root *(wu jia shen)*. Modern clinical research has indicated eleuthero to be anti-inflammatory and analgesic, and to inhibit arthritis. In addition, eleuthero contains potent adaptogens, which enable the body to fight fatigue, increase resistance to disease, counter the effects of stress, and restore the organism to balance. It is considered an immune system enhancer and cardiovascular tonic. Eleuthero protects against altitude sickness and helps counter the side effects of radiation and chemotherapy.

**Ingredient**

Acanthopanacis Senticosi Radix et Caulis (Eleuthero Root / *Wu Jia Shen*) 100%

**Chinese Medical Actions**

Supplements the spleen, warms the kidneys, invigorates the blood, unblocks the collaterals, supplements heart qi, calms the spirit (*shen*).

**Indications**

<table>
<thead>
<tr>
<th>Indication</th>
<th>Immune system, weak</th>
</tr>
</thead>
<tbody>
<tr>
<td>Altitude sickness</td>
<td></td>
</tr>
<tr>
<td>Appetite, poor</td>
<td>Impotence</td>
</tr>
<tr>
<td>Back weakness and pain</td>
<td>Joint pain</td>
</tr>
<tr>
<td>Chemotherapy, side effects of</td>
<td>Muscle spasm and weakness</td>
</tr>
<tr>
<td>Circulation, poor, with blood stasis</td>
<td>Nervous exhaustion</td>
</tr>
<tr>
<td>Concentration, poor</td>
<td>Stress</td>
</tr>
<tr>
<td>Fatigue</td>
<td></td>
</tr>
</tbody>
</table>

**Contraindications:** Use with caution in cases of yin deficiency with heat.
ESSENTIAL YANG FORMULA

Essential Yang Formula (Jia Jian Jin Gui Shen Qi Wan) is a modification of the classical Rehmannia Eight Formula or Golden Cabinet Kidney Qi Pill (Jin Gui Shen Qi Wan) used to supplement kidney yang. The yang of the kidney is the root of yang for the entire body. Yang energy allows us the ability to be active, vital, and assertive, and is responsible for function, warmth, and movement. From the traditional formula, aconite has been replaced with the yang tonics morinda (ba ji tian), epimedium (yin yang huo), and psoralea (bu gu zhi) to add warmth and to strengthen the kidneys. Lycium fruit (gou qi zi) has also been added to nourish the yin and supplement the blood.

Ingredients
Rehmanniae Radix Preparata (Rehmannia, cured / Shu Di Huang) 19.8%
Dioscoreae Rhizoma (Chinese Yam / Shan Yao) 9.9%
Lycii Fructus (Lycium Fruit, Chinese Wolfberry / Gou Qi Zi) 9.9%
Morindae Officinalis Radix (Morinda / Ba Ji Tian) 9.9%
Corni Fructus (Asiatic Dogwood Fruit, Asiatic Cornel / Shan Zhu Yu) 9.9%
Epimedii Herba (Epimedium / Yin Yang Huo) 8.4%
Alismatis Rhizoma (Asian Water Plantain / Ze Xie) 7.4%
Moutan Cortex (Tree Peony / Mu Dan Pi) 7.4%
Poria (Poria, Hoelen, Tuckahoe / Fu Ling) 7.4%
Psoraleae Fructus (Psoralea Fruit / Bu Gu Zhi) 7.4%
Cinnamomi Cortex (Cassia Bark, Chinese Cinnamon / Rou Gui) 2.6%

Chinese Medical Actions
Warms and supplements kidney yang, nourishes yin.

<table>
<thead>
<tr>
<th>Indications</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Anemia</td>
<td>Hypotension</td>
</tr>
<tr>
<td>Arthritis</td>
<td>Hypothyroidism</td>
</tr>
<tr>
<td>Asthma, chronic bronchial</td>
<td>Impotence</td>
</tr>
<tr>
<td>Back pain and weakness, lower</td>
<td>Libido, low</td>
</tr>
<tr>
<td>Cataracts</td>
<td>Nephritis</td>
</tr>
<tr>
<td>Cold lower back and legs</td>
<td>Nocturnal emissions</td>
</tr>
<tr>
<td>Complexity, pale</td>
<td>PSA elevated</td>
</tr>
<tr>
<td>Constipation</td>
<td>Scoliosis</td>
</tr>
<tr>
<td>Diabetes</td>
<td>Sweating, spontaneous or at night</td>
</tr>
<tr>
<td>Edema</td>
<td>Urethritis</td>
</tr>
<tr>
<td>Fatigue</td>
<td>Urinary incontinence</td>
</tr>
<tr>
<td>Glaucoma</td>
<td>Urinary tract infection, chronic</td>
</tr>
<tr>
<td>Hypertension, with kidney yang xu</td>
<td>Urination, excessive or nocturnal</td>
</tr>
</tbody>
</table>

Tongue: Pale, may be swollen, with thin, moist, white coating.
Pulse: Empty, weak, and submerged in the kidney position.

Contraindications: Do not use when signs of heat are present (red tongue, rapid pulse). With chronic digestive weakness from yang deficiency, use Sea of Qi Formula.
Five Mushroom Formula (Wu Gu Fang). Mushrooms have been used for their healing properties in Asia for thousands of years. In recent years, Japan and China have conducted extensive research on the medicinal properties of mushrooms. Scientists are particularly focused on the polysaccharides (high molecular weight complex sugars), more specifically the beta-glucans and their immune-enhancing qualities. For this formula, five mushrooms were chosen that contain high levels of beta-glucans, and because of two specific properties that are common to each of them. All five of these mushrooms provide hepatic support in cases of hepatitis (chronic or acute), as well as supporting the immune system by helping the body to produce more NK (Natural Killer) cells, which play a major role in the rejection of tumors. In addition to the above mentioned properties, these mushrooms have other beneficial functions:

**Agaricus subrufescens** (*ji song rong*): eases and promotes digestion, fortifies bones, regulates blood pressure and blood glucose levels.

**Trametes versicolor** (*yun zhi*): treats infection and/or inflammation of the upper respiratory, urinary, and digestive tracts, clears dampness, reduces phlegm.

**Ganoderma lucidum** (*ling zhi / reishi*): calms the spirit (*shen*), nourishes qi and blood, stops cough, alleviates wheezing, dispels phlegm, helps to regulate blood glucose levels; antibacterial, anti-inflammatory, antihypertensive.

**Grifola frondosa** (*hui shu hua / maitake*): antiviral and antibacterial, supports the immune system specifically by preventing helper T-cells from being destroyed, promotes weight loss, regulates blood glucose levels, reduces hyperlipidemia, aids in the treatment of hypertension.

**Cordyceps sinensis** (*dong chong xia cao*): supports the kidneys and *jing*, supplements yang, augments lung yin, transforms phlegm, stops bleeding, regulates blood glucose levels.

**Ingredients**

Agaricus subrufescens (45% polysaccharide concentrate from fruiting body Himematsutake Mushroom / *Ji Song Rong*) 22%

Trametes versicolor (30% polysaccharide concentrate from fruiting body Coriolus, Turkey Tail / *Yun Zhi*) 22%

Ganoderma (Reishi / *Ling Zhi*) 22%

Grifola frondosa (Maitake / *Hui Shu Hua*) 22%

Cordyceps (Cordyceps sinensis mycelium / *Dong Chong Xia Cao*) 12%

**Chinese Medical Actions**

Supplements spleen and kidney qi, promotes *wei* (protective) qi, strengthens the lungs, nourishes liver yin and blood, calms the spirit (*shen*).
**Indications**

<table>
<thead>
<tr>
<th>Condition</th>
<th>Condition</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cancer, adjuvant therapy</td>
<td>Hyperglycemia</td>
</tr>
<tr>
<td>Chemotherapy, support during</td>
<td>Hypertension</td>
</tr>
<tr>
<td>Cholesterol, elevated</td>
<td>Hypoglycemia</td>
</tr>
<tr>
<td>Cough from deficiency</td>
<td>Immune system, weak</td>
</tr>
<tr>
<td>Fatigue</td>
<td>Weakness, general or after illness</td>
</tr>
<tr>
<td>Hepatitis (acute or chronic)</td>
<td>Wheezing, from deficiency</td>
</tr>
</tbody>
</table>

**Contraindications:** Use with caution in patients with excess conditions.
Four Marvel Formula (Si Miao San) is based on Zhu Dan-Xi’s classic damp-heat resolving formula, Two Marvel Formula (Er Miao San). The original formula contains two herbs: phellodendron bark (huang bai), which drains damp-heat in the lower burner and atractylodes (cang zhu), which dries dampness and revitalizes the spleen. Two additional herbs are included: cyathula (chuan niu xi), which leads the formula downward to the legs, and moves and cools blood, and coix (yi yi ren), which supports the damp-dispelling function of the formula. This formula is used to treat a variety of damp-heat issues affecting the lower body, such as weeping leg ulcers, atrophy, gout, and urogenital damp-heat.

Ingredients
Phellodendri Cortex (Phellodendron Bark / Huang Bai) 33%
Coicis Semen (Job’s Tears Seed, Chinese Pearl Barley, Coix / Yi Yi Ren) 33%
Atractylodis Rhizoma (Cang-Zhu Atractylodes Rhizome / Cang Zhu) 17%
Cyathulae Radix (Cyathula Root / Chuan Niu Xi) 17%

Chinese Medical Actions
Clears heat, dries dampness, removes damp-heat obstruction in lower body.

<table>
<thead>
<tr>
<th>Indications</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ankylosing Spondylitis</td>
</tr>
<tr>
<td>Arthritis, rheumatoid</td>
</tr>
<tr>
<td>Atrophy, numbness and</td>
</tr>
<tr>
<td>weakness of lower limbs</td>
</tr>
<tr>
<td>Cervicitis from damp-heat</td>
</tr>
<tr>
<td>Eczema</td>
</tr>
<tr>
<td>Edema, lower body</td>
</tr>
<tr>
<td>Erysipelas (Cellulitis)</td>
</tr>
<tr>
<td>Feet, painful and swollen</td>
</tr>
<tr>
<td>Fungal infection</td>
</tr>
<tr>
<td>Genital sores</td>
</tr>
<tr>
<td>Gout</td>
</tr>
<tr>
<td>Leg qi</td>
</tr>
<tr>
<td>Numbness, lower body</td>
</tr>
<tr>
<td>Skin rash, from damp-heat</td>
</tr>
<tr>
<td>Testicular eczema or swelling</td>
</tr>
<tr>
<td>Urinary tract infection</td>
</tr>
<tr>
<td>Vaginal discharge, yellow</td>
</tr>
<tr>
<td>Vaginitis from damp-heat</td>
</tr>
</tbody>
</table>

Tongue: May be swollen, red, with greasy, yellow coating.
Pulse: Rapid, swollen, tight.

Contraindications: Not to be used alone in cases of lung heat or with liver and kidney deficiency.

Note: With qi deficiency, combine with Six Gentlemen Formula; with blood deficiency, combine with Tang Kuei & Salvia Formula. If there is concurrent qi and blood deficiency, use with Women’s Precious Formula.

In cases of liver and kidney deficiency, use Astragalus & Ligustrum Formula, Rehmannia Six Formula, or Nourish Essence Formula instead. In cases of lung heat, use Mulberry & Lycium Formula.
FREE & EASY WANDERER PLUS

Free & Easy Wanderer Plus (Jia Wei Xiao Yao San) is a modification of Bupleurum and Tang Kuei or Augmented Free and Easy Wanderer, used for easing liver constraint and encouraging the free flow of liver qi. The blood moving component to this formula has been augmented with motherwort (yi mu cao), red peony (chi shao), and curcuma (yu jin). Curcuma also clears the heart and is useful for such emotional symptoms as anxiety and agitation. These herbs have made the formula especially useful for premenstrual syndrome with blood stasis, and painful menstruation with concomitant emotional symptoms, in addition to its other uses.

Ingredients

Bupleuri Radix (Bupleurum Root / Chai Hu) 12.5%
Angelicae Sinensis Radix (Dong Quai Root, Tang Kuei / Dang Gui) 12.5%
Paeoniae Radix, alba (Chinese Peony, white / Bai Shao) 12.5%
Atractylodis Macrocephalae Rhizoma (White Atractylodes Rhizome / Bai Zhu) 12.5%
Poria (Poria, Hoelen, Tuckahoe / Fu Ling) 12.5%
Glycyrrhizae Radix Preparata (Chinese Licorice Root, honey-fried / Zhi Gan Cao) 6.25%
Paeoniae Radix, rubra (Chinese Peony, red / Chi Shao) 6.25%
Moutan Cortex (Tree Peony / Mu Dan Pi) 6.25%
Gardeniae Fructus (Gardenia Fruit / Zhi Zi) 6.25%
Curcumae Radix (Turmeric, Curcuma Tuber / Yu Jin) 6.25%
Leonuri Herba (Chinese Motherwort / Yi Mu Cao) 6.25%

Chinese Medical Actions

Clears heat, cools blood, relaxes constrained liver qi, nourishes and circulates blood and disperses blood stasis, strengthens spleen and transforms phlegm, harmonizes the liver and spleen.

Indications

<table>
<thead>
<tr>
<th>Abdominal distension</th>
<th>Headache</th>
</tr>
</thead>
<tbody>
<tr>
<td>Acid reflux</td>
<td>Hepatitis, chronic</td>
</tr>
<tr>
<td>Anger outbursts or irritability</td>
<td>Herpes, genital</td>
</tr>
<tr>
<td>Anxiety</td>
<td>Infertility</td>
</tr>
<tr>
<td>Appetite, poor</td>
<td>Menopausal symptoms</td>
</tr>
<tr>
<td>Breast distension and pain</td>
<td>Menstruation, irregular</td>
</tr>
<tr>
<td>Breast lumps, fibrocystic</td>
<td>Menstrual pain</td>
</tr>
<tr>
<td>Cirrhosis of the liver</td>
<td>Nausea or vomiting</td>
</tr>
<tr>
<td>Constipation</td>
<td>Nervous exhaustion</td>
</tr>
<tr>
<td>Depression</td>
<td>Premenstrual syndrome</td>
</tr>
<tr>
<td>Dizziness</td>
<td>Restlessness</td>
</tr>
<tr>
<td>Emotional instability</td>
<td>Skin rash</td>
</tr>
<tr>
<td>Eyes, red</td>
<td>Stress</td>
</tr>
</tbody>
</table>

Tongue: Red sides, body may be red or pale. Pulse: Wiry, rapid, thin.

Contraindications: USE WITH CAUTION DURING PREGNANCY. In cases without signs of heat, use Bupleurum & Tang Kuei Formula instead.
Fritillaria & Pinellia Formula (Chuan Bei Ban Xia Tang) is a modification of the prepared formula Qing Qi Hua Tan Tang, for cough caused by phlegm-heat in the lungs. The arisaema and trichosanthes were omitted, and fritillaria (zhe bei mu), momordica (luo han guo), houttuynia (yu xing cao), and bamboo secretions (tian zhu huang) were added—making this formula ideal for treating hot phlegm conditions (with yellow, green, or thick, sticky sputum), such as bronchitis or pneumonia. This formula is also safe and effective for the hot phlegm conditions of children. It is available in both liquid and tablet form.

**Ingredients**

- Pinelliae Rhizoma Preparatum (Pinellia, ginger-cured / Zhi Ban Xia) 11.6%
- Fritillariae Thunbergii Bulbus (Sichuan Fritillary / Zhe Bei Mu) 11.5%
- Mormordicae Fructus (Momordica Fruit / Luo Han Guo) 11.5%
- Houttuyniae Herba (Houttuynia / Yu Xing Cao) 11.5%
- Bambusae Concretio Silicea (Bamboo Secretions / Tian Zhu Huang) 7.7%
- Scutellariae Radix (Chinese Skullcap, Scute / Huang Qin) 7.7%
- Citri Reticulatae Pericarpium (Tangerine Peel / Chen Pi) 7.7%
- Armeniacae Semen (Apricot Seed, Chinese Bitter Almond / Xing Ren) 7.7%
- Aurantii Fructus Immaturus (Bitter Orange, immature fruit / Zhi Shi) 7.7%
- Poria (Poria, Hoelen, Tuckahoe / Fu Ling) 7.7%
- Glycyrrhizae Radix (Chinese Licorice Root / Gan Cao) 7.7%

**Chinese Medical Actions**

Clears lung heat, relieves cough, resolves phlegm, transforms phlegm-heat, promotes downward flow of qi.

**Indications**

| Cough, with yellow or green sputum | Phlegm, thick, sticky |
| Cough, leading to vomiting | Smoker’s cough |
| Chest, fullness in | Snoring, with phlegm |
| | Throat, sore |

**Tongue:** Red with sticky, yellow coating.  **Pulse:** Rapid and full.

**Contraindications:** Do not use for a dry cough without phlegm.
Gan Mao Ling Formula (Gan Mao Ling Pian) is a commonly used formula for the initial onset of external pathogenic wind-heat. It is considered an especially potent remedy for expelling external pathogenic wind, and preventing it from penetrating more deeply into the body. Gan Mao Ling Formula can also be taken preventively for exposure to common cold and flu.

**Ingredients**

Ilicis Pubescentis Radix (Pubescent Holly Root, Ilex / Mao Dong Qing) 25%
Isatidis seu Baphicacanthis Radix (Isatis Root / Ban Lan Gen) 20%
Evodiae Radix (Evodia Root / San Ya Ku) 20%
Chrysanthemi Flos (Chrysanthemum / Ju Hua) 13%
Viticis Fructus (Simple-Leaf Chaste Tree, Vitex Fruit / Man Jing Zi) 12%
Lonicerae Flos (Japanese Honeysuckle Flower / Jin Yin Hua) 10%

**Chinese Medical Actions**

Clears heat, dispels wind-heat, resolves toxin, soothes throat to stop cough, opens nasal passages.

**Indications**

| Common cold | Measles, early stage |
| Ear infection | Neck and shoulders, stiff from acute wind invasion |
| Eyes, red | Sinus congestion or discharge |
| Fever | Sinus infection |
| Headache | Throat sore |
| Influenza | Tonsillitis |
| Lymph nodes, enlarged |

**Contraindications:** Do not use in cases where patient is experiencing strong chills.

**Note:** Take every 2-3 hours as needed at the onset of symptoms of wind invasion.
Gastrodia & Uncaria Formula (Tian Ma Gou Teng Yin) is a traditional formula used to clear heat, extinguish wind, and calm the liver. Water plantain (ze xie) was added to further aid the heat-clearing and downward action of the formula. This formula is indicated when liver yin is deficient and unable to restrain the yang of the liver, causing symptoms such as twitching, spasms, dizziness, headaches, etcetera. This formula can also be used for high blood pressure due to deficiency.

**Ingredients**

Polygoni Multiflori Caulis (Fo-Ti Stem, Fleeceflower Stem / Ye Jiao Teng) 16.8%
Haliotidis Concha (Abalone Shell / Shi Jue Ming) 13.5%
Taxilli Herba (Loranthus, Chinese Mistletoe / Sang Ji Sheng) 13.5%
Uncariae Ramulus cum Uncis (Hook Vine, Gambir / Gou Teng) 8.4%
Poriae Sclerotium Pararadicis (Poria Spirit / Fu Shen) 8.4%
Cyathulae Radix (Cyathula Root / Chuan Niu Xi) 6.7%
Alismatis Rhizoma (Asian Water Plantain / Ze Xie) 6.7%
Gastrodiae Rhizoma (Gastrodia / Tian Ma) 5.6%
Gardeniae Fructus (Gardenia Fruit / Zhi Zi) 5.1%
Scutellariae Radix (Chinese Skullcap, Scute / Huang Qin) 5.1%
Leonuri Herba (Chinese Motherwort / Yi Mu Cao) 5.1%
Eucommiae Cortex (Eucommia Bark / Du Zhong) 5.1%

**Chinese Medical Actions**

Calms the liver, extinguishes internal wind, clears heat, moves the blood, supplements the liver and kidney yin.

**Indications**

<table>
<thead>
<tr>
<th>Symptom</th>
<th>Condition</th>
</tr>
</thead>
<tbody>
<tr>
<td>Convulsions</td>
<td>Lightheadedness</td>
</tr>
<tr>
<td>Dizziness or vertigo</td>
<td>Migraines, menopausal, from wind</td>
</tr>
<tr>
<td>Dream-disturbed sleep</td>
<td>Muscle spasms in limbs</td>
</tr>
<tr>
<td>Emotional instability</td>
<td>Numbness</td>
</tr>
<tr>
<td>Eyes, red or dry</td>
<td>Paralysis</td>
</tr>
<tr>
<td>Headache</td>
<td>Ringing in the ear</td>
</tr>
<tr>
<td>Heat sensation in head</td>
<td>Twitching</td>
</tr>
<tr>
<td>Hypertension</td>
<td>Vision, blurred</td>
</tr>
<tr>
<td>Insomnia</td>
<td></td>
</tr>
</tbody>
</table>

**Tongue:** Red. **Pulse:** Wiry, may be thin and superficial.

**Contraindications:** USE WITH CAUTION DURING PREGNANCY.
General Tonic Formula (Shi Quan Da Bu Wan), also known as “Ginseng and Tang Kuei Ten Formula,” is a common modification of Women’s Precious Formula (Ba Zhen Wan). It is an extremely versatile tonic, as it supplements qi, blood, and yang. The present formula has been augmented with jujube (da zao) to supplement the spleen and stomach and dried ginger (gan jiang) to warm the middle. General Tonic Formula is used for generalized deficiency with signs of cold.

Ingredients
Codonopsis Radix (Codonopsis / Dang Shen) 13.6%
Rehmanniae Radix Preparata (Rehmannia, cured / Shu Di Huang) 13.6%
Paeoniae Radix, alba (Chinese Peony, white / Bai Shao) 11.4%
Angelicae Sinensis Radix (Dong Quai Root, Tang Kuei / Dang Gui) 11.4%
Poria (Poria, Hoelen, Tuckahoe / Fu Ling) 11.4%
Atractylodis Macrocephalae Rhizoma (White Atractylodes Rhizome / Bai Zhu) 9.1%
Astragali Radix (Astragalus / Huang Qi) 6.8%
Jujubae Fructus (Jujube Date, red / Hong Zao, Da Zao) 6.8%
Chuanxiong Rhizoma (Ligusticum Wallichii Rhizome / Chuan Xiong) 4.5%
Glycyrrhizae Radix (Chinese Licorice Root / Gan Cao) 4.5%
Cinnamomi Cortex (Cassia Bark, Chinese Cinnamon / Rou Gui) 4.5%
Zingiberis Rhizoma (Ginger, dried / Gan Jiang) 2.4%

Chinese Medical Actions
Warms and supplements qi and blood, supplements yang, benefits the spleen and heart qi.

<table>
<thead>
<tr>
<th>Indications</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anemia</td>
</tr>
<tr>
<td>Appetite, reduced</td>
</tr>
<tr>
<td>Back weakness</td>
</tr>
<tr>
<td>Cold, aversion to</td>
</tr>
<tr>
<td>Cold hands and feet</td>
</tr>
<tr>
<td>Complexion, pale</td>
</tr>
<tr>
<td>Cough, consumptive or chronic</td>
</tr>
<tr>
<td>Digestion, weak</td>
</tr>
<tr>
<td>Dizziness</td>
</tr>
<tr>
<td>Fatigue</td>
</tr>
<tr>
<td>Legs, weak</td>
</tr>
<tr>
<td>Postpartum weakness</td>
</tr>
<tr>
<td>Shortness of breath</td>
</tr>
<tr>
<td>Sores, chronic, non-healing</td>
</tr>
<tr>
<td>Surgery, debility after</td>
</tr>
<tr>
<td>Weakness, generalized, or after</td>
</tr>
<tr>
<td>surgery or illness</td>
</tr>
</tbody>
</table>

Tongue: Pale with thin, white coating.  Pulse: Thin, weak, thready.

Contraindications: Do not use with signs of heat. If abdominal distension occurs while taking this formula, use Ginseng & Longan Formula instead.
Gentiana Drain Fire Formula (Long Dan Xie Gan Tang) is a modification of a classical formula used to drain fire in the liver and gallbladder channels and damp-heat from the lower burner. The formula was modified by adding coptis (huang lian) and tree peony (mu dan pi) for their heat-clearing and antimicrobial effects, and substituting lophatherum (dan zhu ye) for clematis (mu tong). This formula is useful in the treatment of urinary tract infections and vaginal infections with yellowish discharge, as well as ear and sinus infections when the pattern is damp-heat or fire in the gallbladder channel.

**Ingredients**

- Rehmanniae Radix (Rehmannia, unprocessed / Sheng Di Huang) 13%
- Scutellariae Radix (Chinese Skullcap, Scute / Huang Qin) 10.3%
- Gardeniae Fructus (Gardenia Fruit / Zhi Zi) 10.3%
- Plantaginis Semen (Asian Plantain Seed / Che Qian Zi) 10.3%
- Alismatis Rhizoma (Asian Water Plantain / Ze Xie) 10.3%
- Angelicae Sinensis Radix (Dong Quai Root, Tang Kuei / Dang Gui) 10.3%
- Moutan Cortex (Tree Peony / Mu Dan Pi) 8.6%
- Gentianae Radix (Manchurian Gentian Root / Long Dan Cao) 7.8%
- Pupleuri Radix (Bupleurum Root / Chai Hu) 6.9%
- Glycyrrhizae Radix (Chinese Licorice Root / Gan Cao) 6.2%
- Lophatheri Herba (Lophatherum / Dan Zhu Ye) 3.4%
- Coptidis Rhizoma (Coptis / Huang Lian) 2.6%

**Chinese Medical Actions**

Drains fire from the liver and gallbladder, clears and drains damp-heat from the lower burner.

**Indications**

- Bitter taste in mouth
- Conjunctivitis
- Dizziness
- Ear infection with pus
- Eczema
- Eyes, red and sore
- Gallbladder inflammation
- Gallstones
- Genital itching, swelling, and pain
- Hangover
- Headache
- Herpes, simplex or zoster
- Hyperthyroidism
- Hypochondriac pain
- Irritability
- Jaundice
- Menstrual cycle shortened
- Migraine headache
- Pelvic Inflammatory Disease
- Prostatitis
- Skin rash
- Temporomandibular joint (TMJ) pain
- Tonsillitis
- Urinary tract infection
- Urination, painful
- Vaginal discharge, foul-smelling
- Vaginal yeast infection
- Vaginitis, non-specific

**Tongue:** Red with yellow coating.  
**Pulse:** Wiry, rapid, forceful.

**Contraindications:** DO NOT USE DURING PREGNANCY. Not for long-term use. Use with caution in cases with spleen deficiency.
**Ginkgo Formula**

*Ginkgo Formula (Yin Guo Ye Wan)* is a modern formula in the “healthy brain/tonify brain” category, and a modification of Healthy Brain Pills (*Jian Nao Wan*). Cinnabar (which contains mercury) has been omitted and ginkgo leaf (*yin guo ye*) added. Ginkgo is a cardiovascular and nervous system restorative. It is combined in this formula with other herbs that nourish and support mental functions, open the heart orifices, calm *shen*, and nourish the *jing* (essence).

**Ingredients**

- Ginkgo Folium (Ginkgo Leaf / *Yin Guo Ye*) 23.8%
- Ziziphi Spinosa Semen (Sour Date Seed, Jujube Seed / *Suan Zao Ren*) 15.3%
- Angelicae Sinensis Radix (Dong Quai Root, Tang Kuei / *Dang Gui*) 10.2%
- Dioscoreae Rhizoma (Chinese Yam / *Shan Yao*) 8.5%
- Cistanches Herba (Broomrape, Cistanches / *Rou Cong Rong*) 6.7%
- Lycii Fructus (Lycium Fruit, Chinese Wolfberry / *Gou Qi Zi*) 6.7%
- Schisandraceae Fructus (Northern Schisandra Fruit / *Wu Wei Zi*) 6.7%
- Alpiniae Oxyphyllae Fructus (Black Cardamom, Alpinia Fruit / *Yi Zhi Ren*) 5.1%
- Succinum Resina (Amber / *Hu Po*) 3.4%
- Fossilia Ossis Mastodi (Fossilized Mineral / *Long Gu*) 3.4%
- Ginseng Radix (Asian Ginseng Root / *Ren Shen*) 3.4%
- Anemones Altaicae Rhizoma (Altai Anemone Rhizome / *Jiu Jie Chang Pu*) 3.4%
- Platycladi Semen (Oriental Arborvitae Seed, Biota Seed / *Bai Zi Ren*) 3.4%

**Chinese Medical Actions**

Supplements heart and liver blood, calms the spirit (*shen*), nourishes *jing* (essence), sedates liver fire and wind.

**Indications**

<table>
<thead>
<tr>
<th>Condition</th>
<th>Action</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alzheimer’s Disease</td>
<td>Mental confusion</td>
</tr>
<tr>
<td>Amnesia</td>
<td>Mental fatigue</td>
</tr>
<tr>
<td>Concentration, poor</td>
<td>Multiple Sclerosis</td>
</tr>
<tr>
<td>Dizziness</td>
<td>Palpitations</td>
</tr>
<tr>
<td>Dream-disturbed sleep</td>
<td>Restlessness</td>
</tr>
<tr>
<td>Insomnia</td>
<td>Stroke, sequella of</td>
</tr>
<tr>
<td>Memory, poor</td>
<td></td>
</tr>
</tbody>
</table>

**Contraindications**: Use caution when using coumadin and other blood thinners concurrently with **Ginkgo Formula**.
Ginseng & Astragalus Formula (Bu Zhong Yi Qi Wan), also known as “Support Central Qi Pills,” is a classical formula used to supplement spleen and stomach qi and to raise yang.

**Ingredients**
Astragali Radix (Astragalus / Huang Qi) 32%
Atractylodis Macrocephalae Rhizoma (White Atractylodes Rhizome / Bai Zhu) 14%
Bupleuri Radix (Bupleurum Root / Chai Hu) 12%
Angelicae Sinensis Radix (Dong Quai Root, Tang Kuei / Dang Gui) 10%
Glycyrrhizae Radix (Chinese Licorice Root / Gan Cao) 8%
Citri Reticulatae Pericarpium (Tangerine Peel / Chen Pi) 8%
Ginseng Radix (Asian Ginseng Root / Ren Shen) 8%
Cimicifugae Rhizoma (Chinese Cimicifuga Rhizome / Sheng Ma) 8%

**Chinese Medical Actions**
Replenishes the qi, supplements the qi of the middle burner and raises sunk-en yang.

<table>
<thead>
<tr>
<th>Indications</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Abdominal distension or bloating</td>
<td>Hypotension</td>
</tr>
<tr>
<td>Abdominal pain</td>
<td>Limbs, weak or tired</td>
</tr>
<tr>
<td>Appetite, reduced</td>
<td>Memory, poor</td>
</tr>
<tr>
<td>Bronchitis, chronic</td>
<td>Miscarriage, recurrent</td>
</tr>
<tr>
<td>Cold, aversion to</td>
<td>Night sweats</td>
</tr>
<tr>
<td>Complexion, pale</td>
<td>Postpartum weakness</td>
</tr>
<tr>
<td>Constitution, delicate</td>
<td>Prolapse (deficient qi and yang)</td>
</tr>
<tr>
<td>Curl up, tendency to</td>
<td>Shortness of breath</td>
</tr>
<tr>
<td>Diarrhea, chronic</td>
<td>Sores, slow to heal</td>
</tr>
<tr>
<td>Digestion, weak</td>
<td>Sweating, spontaneous</td>
</tr>
<tr>
<td>Dizziness</td>
<td>Stool, loose and watery</td>
</tr>
<tr>
<td>Fatigue</td>
<td>Thirst, for warm drinks</td>
</tr>
<tr>
<td>Fever, chronic, intermittent or</td>
<td>Uterine bleeding, dysfunctional</td>
</tr>
<tr>
<td>worse with exertion</td>
<td>Weakness, generalized, or after surgery or illness</td>
</tr>
<tr>
<td>Flatulence</td>
<td>Weight loss</td>
</tr>
<tr>
<td>Headache</td>
<td></td>
</tr>
<tr>
<td>Hypoglycemia</td>
<td></td>
</tr>
</tbody>
</table>

**Tongue:** Pale, slightly swollen, with white coating.
**Pulse:** Deficient, especially in the spleen position.

**Contraindications:** Do not use in cases of fever (heat) from yin deficiency. If abdominal distension occurs while taking this formula, use Ginseng & Longan Formula instead.
Ginseng & Longan Formula (Gui Pi Tang), also known as “Restore the Spleen Decoction,” is a popular formula that is used when excessive or obsessive mental activity injures both the spleen and the heart causing insomnia, palpitations, inability to concentrate, memory loss, anxiety, or phobias. Injury to the spleen impairs its ability to generate and control blood. When the blood is deficient, the heart is not nourished. This affects the heart’s ability to store the shen (spirit) and the spleen’s ability to store the yi (intelligence). This formula can be used in place of Ginseng & Astragalus Formula or General Tonic Formula in patients who experience abdominal distension when taking those formulas.

**Ingredients**

- Astragali Radix (Astragalus / Huang Qi) 11.2%
- Atractylodis Macrocephalae Rhizoma (White Atractylodes Rhizome / Bai Zhu) 11.2%
- Poria (Poria, Hoelen, Tuckahoe / Fu Ling) 11.2%
- Ziziphi Spinosa Semen (Sour Date Seed, Jujube Seed / Suan Zao Ren) 11.2%
- Longan Arillis (Longan Fruit / Long Yan Rou) 11.2%
- Angelicae Sinensis Radix (Dong Quai Root, Tang Kuei / Dang Gui) 11.2%
- Polygalae Radix (Polygala / Yuan Zhi) 11.2%
- Ginseng Radix (Asian Ginseng Root / Ren Shen) 5.6%
- Vladimiria Radix (Vladimiria Root / Chuan Mu Xiang) 5.6%
- Jujubae Fructus (Jujube Date, red / Hong Zao, Da Zao) 5.6%
- Glycyrrhizae Radix Preparata (Chinese Licorice Root, honey-fried / Zhi Gan Cao) 2.7%
- Zingiberis Rhizoma Recens (Ginger, fresh / Sheng Jiang) 2.1%

**Chinese Medical Actions**

Supplements qi, supplements heart blood, strengthens spleen and heart qi.

**Indications**

<table>
<thead>
<tr>
<th>Anxiety</th>
<th>Nervous exhaustion</th>
</tr>
</thead>
<tbody>
<tr>
<td>Appetite, poor</td>
<td>Night sweats</td>
</tr>
<tr>
<td>Bruises, easily</td>
<td>Palpitations</td>
</tr>
<tr>
<td>Concentration, poor</td>
<td>Phobias</td>
</tr>
<tr>
<td>Constitution, delicate</td>
<td>Post-Concussion Syndrome</td>
</tr>
<tr>
<td>Dream-disturbed sleep</td>
<td>Post-Traumatic Stress Disorder</td>
</tr>
<tr>
<td>Fever, from deficiency</td>
<td>Uterine bleeding</td>
</tr>
<tr>
<td>Fright</td>
<td>Vaginal discharge</td>
</tr>
<tr>
<td>Insomnia</td>
<td>Weakness, generalized, or after surgery or illness</td>
</tr>
<tr>
<td>Memory, poor</td>
<td>Weight loss</td>
</tr>
<tr>
<td>Menstrual bleeding, excessive</td>
<td></td>
</tr>
</tbody>
</table>

**Tongue:** Pale with a thin, white coating. May be swollen.  
**Pulse:** Thin or thready and weak.
Ginseng Endurance Formula (Ren Shen Pian) is designed to enhance athletic performance and improve stamina. Most of the herbs in this formula, in addition to their Chinese medical actions, are also classified by modern pharmacology as “adaptogens.” Adaptogens can decrease the pathophysiological effects that physical and emotional stress can have upon the body, thus facilitating the body’s return to homeostasis. Collectively, the substances in this formula increase blood oxygen availability, increase breathing capacity, increase stamina, reduce the volume of toxic metabolic byproduct from the stress to the muscles, and more. Eleuthero root (wu jia shen) is one of the most thoroughly studies of all adaptogenic substances. It can sharpen mental focus, invigorate blood flow, and tonify the qi of the spleen and stomach. Ginseng (ren shen), atracylodes (bai zhu), and licorice root (gan cao) supplement the qi and increase the production of body fluids to help compensate for electrolyte loss. Schisandra (wu wei zi) supports the lung and heart functions and retains the essence. Rhodiola (hong jing tian) invigorates the blood and has been shown to increase arterial oxygen. Tang kuei (dang gui) supplements and invigorates the blood. Ganoderma (ling zhi) is used to supplement blood and vital qi. Cordyceps (dong chong xia cao) is a famous yang tonic that has been used by Olympic athletes to enhance performance.

Ingredients
Astragali Radix (Astragalus / Huang Qi) 18%
Acanthopanacis Senticosi Radix et Caulis (Eleuthero Root / Wu Jia Shen) 16%
Rhodiola Herba (Rhodiola / Hong Jing Tian) 15%
Ginseng Radix (Asian Ginseng Root / Ren Shen) 9%
Angelicae Sinensis Radix (Dong Quai Root, Tang Kuei / Dang Gui) 8%
Schisandrae Fructus (Northern Schisandra Fruit / Wu Wei Zi) 7%
Atractylodis Macrocephalae Rhizoma (White Atractylodes Rhizome / Bai Zhu) 7%
Ganoderma (Reishi / Ling Zhi) 7%
Poria (Poria, Hoelen, Tuckahoe / Fu Ling) 5%
Glycyrrhizae Radix (Chinese Licorice Root / Gan Cao) 4%
Cordyceps (Cordyceps sinensis mycelium / Dong Chong Xia Cao) 4%

Chinese Medical Actions
Supplements qi, blood, and yang, invigorates blood.

<table>
<thead>
<tr>
<th>Indications</th>
<th>Chinese Medical Actions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Appetite, loss of</td>
<td>Recovery after illness</td>
</tr>
<tr>
<td>Breathing, labored</td>
<td>Shortness of breath</td>
</tr>
<tr>
<td>Breathing, shallow</td>
<td>Weakness, generalized or</td>
</tr>
<tr>
<td>Fatigue</td>
<td>after surgery or illness</td>
</tr>
<tr>
<td>Immune system, weak</td>
<td></td>
</tr>
</tbody>
</table>

Contraindications: Not to be taken with fever or an acute wind condition, or with heat from yin deficiency.

Note: Can be taken 30 minutes to 1 hour prior to a workout or athletic activity.
Ginseng Nourishing Formula (Ren ShenYang Ying Wan) is a tonic for the heart as well as the qi and blood of the spleen. It is used as a general tonic for patients whose qi and blood are deficient or who also show signs of deficiency-type shen disturbance, such as anxiety or nervous exhaustion. It is also a common formula to give for postsurgical or postpartum weakness, or for debility after a long illness.

**Ingredients**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Paeoniae Radix, alba (Chinese Peony, white / Bai Shao)</td>
<td>19.9%</td>
</tr>
<tr>
<td>Angelicae Sinensis Radix (Dong Quai Root, Tang Kuei / Dang Gui)</td>
<td>6.9%</td>
</tr>
<tr>
<td>Citri Reticulatae Pericarpium (Tangerine Peel / Chen Pi)</td>
<td>6.9%</td>
</tr>
<tr>
<td>Astragali Radix (Astragalus / Huang Qi)</td>
<td>6.9%</td>
</tr>
<tr>
<td>Cinnamomi Cortex (Cassia Bark, Chinese Cinnamon / Rou Gui)</td>
<td>6.9%</td>
</tr>
<tr>
<td>Ginseng Radix (Asian Ginseng Root / Ren Shen)</td>
<td>6.9%</td>
</tr>
<tr>
<td>Atractylodis Macrocephalae Rhizoma (White Atractylodes Rhizome / Bai Zhu)</td>
<td>6.9%</td>
</tr>
<tr>
<td>Glycyrrhizae Radix Preparata (Chinese Licorice Root, honey-fried / Zhi Gan Cao)</td>
<td>6.9%</td>
</tr>
<tr>
<td>Jujubae Fructus (Jujube Date, red / Hong Zao, Da Zao)</td>
<td>6.9%</td>
</tr>
<tr>
<td>Schisandrae Fructus (Northern Schisandra Fruit / Wu Wei Zi)</td>
<td>6.9%</td>
</tr>
<tr>
<td>Poriae Sclerotium Pararadicis (Poria Spirit / Fu Shen)</td>
<td>5.5%</td>
</tr>
<tr>
<td>Rehmanniae Radix Preparata (Rehmannia, cured / Shu Di Huang)</td>
<td>5.5%</td>
</tr>
<tr>
<td>Polygalae Radix (Polygala / Yuan Zhi)</td>
<td>4.2%</td>
</tr>
<tr>
<td>Zingiberis Rhizoma Recens (Ginger, fresh / Sheng Jiang)</td>
<td>2.8%</td>
</tr>
</tbody>
</table>

**Chinese Medical Actions**

Supplements qi and blood, nourishes the heart, calms the spirit (shen), sharpens the memory.

**Indications**

<table>
<thead>
<tr>
<th>Symptom</th>
<th>Effect</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amnesia</td>
<td>Nervousness</td>
</tr>
<tr>
<td>Anemia</td>
<td>Night sweats</td>
</tr>
<tr>
<td>Anxiety</td>
<td>Palpitations</td>
</tr>
<tr>
<td>Appetite poor</td>
<td>Postpartum fatigue</td>
</tr>
<tr>
<td>Constitution, delicate</td>
<td>Premature ejaculation</td>
</tr>
<tr>
<td>Diarrhea, chronic</td>
<td>Restlessness</td>
</tr>
<tr>
<td>Digestion, weak</td>
<td>Shortness of breath</td>
</tr>
<tr>
<td>Emotional instability</td>
<td>Sleep, restless</td>
</tr>
<tr>
<td>Fatigue</td>
<td>Sores, chronic, non-healing</td>
</tr>
<tr>
<td>Hair loss, from injury to the blood</td>
<td>Stool, loose</td>
</tr>
<tr>
<td>Hypothyroidism</td>
<td>Sweating, spontaneous or profuse</td>
</tr>
<tr>
<td>Insomnia</td>
<td>Weakness, chronic</td>
</tr>
<tr>
<td>Memory, poor</td>
<td>Weakness, after surgery or illness</td>
</tr>
<tr>
<td>Mental fatigue or exhaustion</td>
<td>Weight loss</td>
</tr>
<tr>
<td>Muscle spasms</td>
<td></td>
</tr>
</tbody>
</table>

**Tongue:** Pale.  **Pulse:** Weak, soft.
Hawthorn & Fennel Formula (Shan Zha Xiao Hui Xiang Fang) is designed to promote safe and healthy weight loss. This formula aims to increase metabolism, adjust the digestive system, promote the metabolism of fats and lipids, and aid water metabolism. It is appropriate for all types of overweight persons and safe for long-term use. Coix (yi yi ren) supplements the spleen, transforms dampness, and regulates water metabolism. Astragalus (huang qi) supplements qi and blood, promotes urination, and reduces edema. Immature bitter orange (zhi shi) regulates qi in the digestive system, directs qi downward, and disperses food accumulation. It is currently used as a “fat buster” in the natural foods industry. Hawthorn (shan zha), another “fat buster,” disperses stagnation, improves digestion of fat, and reduces cholesterol. Lotus leaf (he ye) is a digestive stimulant and, in modern times, is used as a safe diuretic that mildly clears heat. Atractylodes (bai zhu) supplements qi, transforms phlegm and dampness, and disperses water retention. Fennel (xiao hui xiang) reduces the appetite and regulates digestive function. Cassia seed (jue ming zi) moistens and unblocks the intestines and improves lipid metabolism. Water plantain (ze xie) promotes urination and lowers cholesterol. Rhubarb (da huang) purges the intestines and lowers cholesterol. Radish seed (lai fu zi) transforms phlegm and disperses accumulations of stagnant food. Green tea (lu cha) increases lipid metabolism and stimulates the central nervous system. It also contains antioxidants and is considered a tool in cancer prevention. Cinnamon twig (gui zhi) promotes circulation and is used for edema. Licorice root (gan cao) is included to supplement qi and harmonize the characteristics of the other ingredients.

Ingredients
Coicis Semen (Job’s Tears Seed, Chinese Pearl Barley, Coix / Yi Yi Ren) 14%
Astragali Radix (Astragalus / Huang Qi) 12%
Aurantii Fructus Immaturus (Bitter Orange, immature fruit / Zhi Shi) 10%
Crataeagi Fructus (Chinese Hawthorn Fruit / Shan Zha) 9%
Nelumbinis Folium (Lotus Leaf / He Ye) 8%
Atractylodis Macrocephalae Rhizoma (White Atractylodes Rhizome / Bai Zhu) 8%
Foeniculi Fructus (Fennel Fruit / Xiao Hui Xiang) 7%
Cassiae Semen (Sickle-pod Senna / Jue Ming Zi) 6%
Alismatis Rhizoma (Asian Water Plantain / Ze Xie) 6%
Rhei Radix et Rhizoma (Chinese Rhubarb / Da Huang) 5%
Raphani Semen (Radish Seed / Lai Fu Zi) 5%
Camelliae Folium (Green Tea Leaf / Lu Cha) 4%
Cinnamomi Ramulus (Cassia Twig, Chinese Cinnamon / Gui Zhi) 3%
Glycyrrhizae Radix (Chinese Licorice Root / Gan Cao) 3%

Chinese Medical Actions
Transforms dampness, moves qi and blood, disperses food stagnation, moves stool, supplements the spleen, clears liver heat, regulates the appetite, adjusts metabolism.
**Contraindications:** DO NOT USE DURING PREGNANCY OR WHILE NURSING. Discontinue use or decrease dose if diarrhea occurs.

**Note:** Can be combined with an appropriate constitutional formula such as Women’s Precious Formula, Sea of Qi Formula, Tang Kuei & Salvia Formula, Free & Easy Wanderer Plus, Essential Yang Formula, etcetera. Best taken 30 minutes before meals. More effective weight loss will be experienced if the patient drinks 8 glasses of water per day. Healthy weight loss occurs gradually. It is important to recommend that patients establish a routine of consistent and regular aerobic exercise and to make healthy choices in their eating habits.

<table>
<thead>
<tr>
<th>Indications</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Abdominal distension or bloating</td>
<td>Metabolic Syndrome</td>
</tr>
<tr>
<td>Cholesterol, elevated</td>
<td>Obesity</td>
</tr>
<tr>
<td>Constipation</td>
<td>Phlegm</td>
</tr>
<tr>
<td>Digestion, weak</td>
<td>Stagnation, in digestive system</td>
</tr>
<tr>
<td>Edema</td>
<td>Toxicity, feeling of</td>
</tr>
<tr>
<td>Food stagnation</td>
<td></td>
</tr>
</tbody>
</table>
He Shou Wu Tablets (Shou Wu Pian) contain the single ingredient radix polygoni multiflori (he shou wu or fo-ti), which supplements the liver and kidneys and nourishes the blood, yin, and essence (jing). It also moistens the bowel and enriches the hair. “Zhi” he shou wu is the prepared form, which makes it easier to digest and more effective for strengthening sinews and bones. Clinical research has shown that he shou wu decreases blood cholesterol levels, raises serum glucose levels, and increases liver glycogen content.

**Ingredient**
Polygoni Multiflori Radix Preparata (Fo-Ti / Zhi He Shou Wu) 100%

**Chinese Medical Actions**
Supplements the liver and kidneys, nourishes the blood and yin, benefits and retains the essence, stops leakage, detoxifies, moistens the intestines and moves the stool, expels wind from the skin by nourishing the blood.

**Indications**

<table>
<thead>
<tr>
<th>Back weakness, lower</th>
<th>Insomnia</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blood deficiency patterns</td>
<td>Knees, weak</td>
</tr>
<tr>
<td>Carbuncles</td>
<td>Limbs, sore</td>
</tr>
<tr>
<td>Cholesterol, elevated</td>
<td>Nocturnal emissions</td>
</tr>
<tr>
<td>Constipation, with blood deficiency</td>
<td>Ringing in the ear, from blood deficiency</td>
</tr>
<tr>
<td>Dizziness</td>
<td>Skin rash, from blood deficiency</td>
</tr>
<tr>
<td>Dryness</td>
<td>Sores</td>
</tr>
<tr>
<td>Eczema</td>
<td>Vaginal discharge</td>
</tr>
<tr>
<td>Hair, premature graying</td>
<td>Vision, blurred or spots in</td>
</tr>
<tr>
<td>Hypertension</td>
<td></td>
</tr>
<tr>
<td>Hypoglycemia</td>
<td></td>
</tr>
</tbody>
</table>

**Tongue:** Pale, may be dry.  **Pulse:** Weak, thin.

**Contraindications:** Do not use in cases with phlegm, or with diarrhea from spleen deficiency. Do not use if the patient has liver disease or is taking strong pharmaceuticals that tax the liver, such as chemotherapy or oral antifungal medication.
Head Relief Formula (Tou Pian) was created by Jake Paul Fratkin, OMD, as an herbal alternative to over-the-counter analgesics such as aspirin and acetaminophen. It is indicated for headache, and can also be used for sinus pain, toothache, and pain due to TMJ (temporomandibular joint) disorder. Over-the-counter analgesics carry a price: acetaminophen can be toxic to the liver, especially when combined with alcohol. Aspirin and ibuprofen can damage the lining of the small intestine, aggravating leaky gut syndrome or causing intestinal bleeding. Head Relief Formula is safe and can be used as needed.

Ingredients
Saposhnikoviae Radix (Siler / Fang Feng) 10%
Ligustici Rhizoma (Chinese Lovage, Ligusticum / Gao Ben) 10%
Menthae Haplocalysis Herba (Chinese Mint / Bo He) 10%
Carthami Flos (Safflower, Carthamus / Hong Hua) 10%
Angelicae Dahuricae Radix (Purple Angelica / Bai Zhi) 9%
Salviae Miltiorrhizae Radix (Chinese Salvia Root / Dan Shen) 9%
Uncariae Ramulus cum Uncis (Hook Vine, Gambir / Gou Teng) 9%
Viticis Fructus (Simple-Leaf Chaste Tree Fruit, Vitex Fruit / Man Jing Zi) 9%
Bupleuri Radix (Bupleurum Root / Chai Hu) 8%
Scutellariae Radix (Chinese Skullcap, Scute / Huang Qin) 8%
Paeoniae Radix, rubra (Chinese Peony, red / Chi Shao) 8%

Chinese Medical Actions
Dispels pathogenic wind, frees the channels and collaterals, moves blood, relieves pain.

Indications
| Headache due to wind, muscle tension, or trauma | Sinus pain or headache |
| Hangover | Temporomandibular joint (TMJ) pain |
| Ringing in the ear | Toothache |

Tongue: Normal, purple, or red. Pulse: Excess.

Contraindications: DO NOT USE DURING PREGNANCY. Not effective for headache due to deficiency of qi, blood, or yin.

Dosage: This formula can be taken every three hours as needed. Reduce dose in children.

Note: For sinus headache, it is most effective to combine with Xanthium Nasal Formula.
HEAVENLY EMPEROR’S FORMULA

Heavenly Emperor’s Formula (Tian Wang Bu Xin Dan), also known as “Emperor’s Tea” or “Ginseng and Zizyphus Formula,” is from the “calm the spirit” category of formulas and is used nourish the heart and kidney, clear heat, and generate body fluids. It calms the spirit (shen) and restores tissues that have atrophied due to lack of body fluids. It is an excellent herbal alternative to tranquilizers or sleeping pills. This version of the formula does not contain cinnabar (zhu sha).

Ingredients
Rehmanniae Radix (Rehmannia, unprocessed / Sheng Di Huang) 29.7%
Codonopsis Radix (Codonopsis / Dang Shen) 7.4%
Asparagi Radix (Chinese Asparagus Tuber / Tian Men Dong) 7.4%
Ophiopogonis Radix (Ophiopogon Tuber / Mai Men Dong) 7.4%
Angelicae Sinensis Radix (Dong Quai Root, Tang Kuei / Dang Gui) 7.4%
Schisandras Radix (Chinese Schizandra / Wu Wei Zi) 7.4%
Platycladi Semen (Oriental Arborvitae Seed, Biota Seed / Bai Zi Ren) 7.4%
Ziziphi Spinosa Semen (Sour Date Seed, Jujube Seed / Suan Zao Ren) 7.4%
Scrophulariae Radix (Chinese Figwort Root / Xuan Shen) 3.7%
Salviae Miltiorrhizae Radix (Chinese Salvia Root / Dan Shen) 3.7%
Poriae Sclerotium Pararadicis (Poria Spirit / Fu Shen) 3.7%
Polygalae Radix (Polygala / Yuan Zhi) 3.7%
Platycodi Radix (Balloon Flower Root / Jie Geng) 3.7%

Chinese Medical Actions
Nourishes yin, nourishes blood, generates body fluids, supplements the heart, calms the spirit (shen), strengthens the will.

Indications

<table>
<thead>
<tr>
<th>Symptom</th>
<th>Action</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anxiety</td>
<td>Itching, painful</td>
</tr>
<tr>
<td>Concentration, poor</td>
<td>Memory, poor</td>
</tr>
<tr>
<td>Conjunctivitis, chronic</td>
<td>Mental confusion</td>
</tr>
<tr>
<td>Dream-disturbed sleep</td>
<td>Menopausal symptoms</td>
</tr>
<tr>
<td>Dryness</td>
<td>Nervousness</td>
</tr>
<tr>
<td>Emotional instability</td>
<td>Nocturnal emissions</td>
</tr>
<tr>
<td>Hives</td>
<td>Palpitations</td>
</tr>
<tr>
<td>Hyperthyroidism</td>
<td>Skin, dry</td>
</tr>
<tr>
<td>Insomnia</td>
<td>Sleep, restless</td>
</tr>
<tr>
<td>Irritability</td>
<td>Vaginal atrophy or dryness</td>
</tr>
</tbody>
</table>

Tongue: Red, with little coating. Pulse: Thin, rapid.

Contraindications: Do not use in cases of spleen deficiency with dampness.
Immortal Valley Formula (Xian Gu Fang) treats a variety of gynecological problems, such as cervical dysplasia and vaginal discharge with dampness and heat in the lower burner. Honeysuckle (jin yin hua), oldenlandia (bai hua she she cao), and phellodendron (huang bai) clear heat and toxin and are effective in treating the human papillomavirus (HPV) infection often associated with cervical cancer. Oldenlandia (bai hua she she cao) and paris (chong lou) clear heat-toxin and are antineoplastic herbs. Coix (yi yin ren), smilax (tu fu ling), and polyporus (zhu ling) also have antineoplastic properties, and together clear dampness and heat-toxin. Dioscorea (shan yao) supplements the spleen and kidney, while white peony (bai shao) softens and nourishes the liver. Zedoary (e zhu) is antineoplastic and works synergistically with achyranthes (huai niu xi) to invigorate and enliven, where stagnation of blood and congestion of dampness and heat lead to poor blood circulation and unhealthy tissue.

Ingredients
Hedyotis Diffusae Herba (Hedyotis, Oldenlandia / Bai Hua She She Cao) 12%
Coicis Semen (Job’s Tears Seed, Chinese Pearl Barley, Coix / Yi Yi Ren) 10%
Smilacis Glabrae Rhizoma (Chinese Smilax Rhizome / Tu Fu Ling) 10%
Lonicerae Flos (Japanese Honeysuckle Flower / Jin Yin Hua) 10%
Dioscoreae Rhizoma (Chinese Yam / Shan Yao) 9%
Paeaniae Radix, alba (Chinese Peony, white / Bai Shao) 9%
Phellodendri Cortex (Phellodendron Bark / Huang Bai) 8%
Polyporus (Polyporus Umbellatus / Zhu Ling) 8%
Achyranthis Bidentatae Radix (Achyranthes / Huai Niu Xi) 7%
Paridis Rhizoma (Paris / Chong Lou) 7%
Curcumae Rhizoma (Zedoary Rhizome / E Zhu) 5%
Sargentodoxae Caulis (Sargentodoxa / Hong Teng) 5%

Chinese Medical Actions
Soothes and relaxes the liver, mildly supplements spleen, clears damp-heat and heat-toxin in lower burner, dispels blood stasis.

Indications
<table>
<thead>
<tr>
<th>Abdominal distension, lower</th>
<th>Pelvic Inflammatory Disease</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cervical dysplasia</td>
<td>Uterine bleeding, dysfunctional</td>
</tr>
<tr>
<td>Cervicitis</td>
<td>Vaginal discharge, yellow, odoruous</td>
</tr>
<tr>
<td>Herpes, genital</td>
<td>Vaginitis</td>
</tr>
<tr>
<td>HPV</td>
<td>Vulvar itching and pain</td>
</tr>
<tr>
<td>Menstrual bleeding, abnormal</td>
<td>Yeast infections</td>
</tr>
</tbody>
</table>

Tongue: Pale, purple, or reddish body; may have red sides and yellow coating at the back.  Pulse: Slippery, maybe slightly rapid, often wiry.

Contraindications: DO NOT USE DURING PREGNANCY. Do not use with cold signs or yang deficiency. For heat in the blood (with postcoital bleeding or bleeding during ovulation), use Yin Valley Formula instead.
Intestinal Fungus Formula (Chang Mei Jun Fang) was developed by Jake Paul Fratkin, OMD, to treat candida yeast infection of the large and small intestines. Candida albicans and other opportunistic organisms develop and grow in the intestines following antibiotic therapy or the ingestion of antibiotics from meat sources. These organisms disrupt the normal bacterial flora as well as irritate and inflame the intestinal lining, contributing to “Leaky Gut Syndrome”—the infiltration of intestinal toxins into the blood. Leaky gut contributes to many health problems, including fatigue, fibromyalgia, headache, and lowered immunity. This formula directly attacks heat-toxin resulting from intestinal microbes (yeast, fungal, viral, bacterial, and protozoan) with the herbs coptis (huang lian), phellodendron (huang bai), pulsatilla (bai tou weng) and capillaris (yin chen hao). The other herbs, poria (fu ling), coix (yi yi ren) and pinellia (ban xia) dispel dampness and mucus. The formula can also be used for acute food poisoning, giardia, and “stomach flu” (gastroenteritis).

**Ingredients**

- Poria (Poria, Hoelen, Tuckahoe / Fu Ling) 15%
- Coicis Semen (Job’s Tears Seed, Chinese Pearl Barley, Coix / Yi Yi Ren) 15%
- Pinelliae Rhizoma Preparatum (Pinellia, ginger-cured / Zhi Ban Xia) 14%
- Coptidis Rhizoma (Coptis / Huang Lian) 14%
- Phellodendri Cortex (Phellodendron Bark / Huang Bai) 14%
- Pulsatillae Radix (Chinese Pulsatilla Root / Bai Tou Weng) 14%
- Artemisiae Scopariae Herba (Capillaris / Yin Chen Hao) 14%

**Chinese Medical Actions**

Clears heat, resolves toxin, drains dampness.

**Indications**

- Abdominal distension or bloating
- Candida infection, intestinal
- Diarrhea
- Flatulence
- Food poisoning
- Gastroenteritis
- Giardia
- Immunity, lowered
- Intestinal cramping
- Irritable Bowel Syndrome
- Parasites
- Rectal itching
- Stool, loose or erratic
- Skin problems

**Tongue:** A white or yellow, greasy coating at proximal root.

**Pulse:** Normal, or rapid and slippery.

**Contraindications:** Can cause loose stool, if so, reduce dose.

**Note:** When intestinal epithelia have been damaged or inflamed, combine with Pulsatilla Intestinal Formula. When treating patients diagnosed with candida, it is recommended to change herbal therapies every 30 days. Alternate with Oregano Oil Formula.
Jade Defense Plus Formula (Jia Wei Yu Ping Feng San) is an important herbal strategy for immune defense. It is especially useful when little is known about the nature of the pathogen other than it causes heat signs to develop in the areas governed by the lung. The foundation is the ancient formula, Jade Windscreen (Yu Ping Feng San), which is here augmented with Yin Qiao San. Jade Windscreen (Yu Ping Feng San) provides a base of wei qi protection from exterior invasion, while the ingredients from the Yin Qiao San strategy clear heat and eliminate toxin in order to prevent their transformation into a more severe presentation. This combination has a dual function of boosting qi defense on the one hand, and eliminating warm pathogens and resolving toxin on the other. Because of this, it can be used as a preventative, as a treatment for early stage onset, or as a strategy for carriers who may be asymptomatic. Houttuynia (yu xing cao) replaces lonicera flower (jin yin hua) in this version for several reasons. Besides being more readily available, houttuynia (yu xing cao) is not as cold as lonicera flower (jin yin hua), yet it still has a strong action to clear heat and resolve toxin. The action of lonicera flower (jin yin hua) is spread out through the lung, stomach, large intestine and skin, while houttuynia (yu xing cao) focuses its action on the lung. Additionally, houttuynia (yu xing cao) strongly disperses phlegm-heat that blocks the lung and prevents swellings in the lung tissue. This formula can be used during early onset of wind-heat viral symptoms, during the full-blown stages when the pattern is “toxic heat attacking the lungs,” or during the recovery phase of wind-heat when the individual no longer feels ill, but there are lingering heat signs in the respiratory tract.

Ingredients
Astragali Radix (Astragalus / Huang Qi) 20%
Atractylodis Macrocephalae Rhizoma (White Atractylodes Rhizome / Bai Zhu) 20%
Sapashnikoviae Radix (Siler / Fang Feng) 16%
Citri Reticulatae Pericarpium (Tangerine Peel / Chen Pi) 10%
Houttuyniae Herba (Houttuynia / Yu Xing Cao) 8%
Forsythiae Fructus (Forsythia / Lian Qiao) 8%
Platycodi Radix (Platycodon Root, Balloon Flower Root / Jie Geng) 8%
Phragmitis Rhizoma (Phragmites Rhizome / Lu Gen) 6%
Glycyrrhizae Radix (Chinese Licorice Root / Gan Cao) 4%

Chinese Medical Actions
Supplements qi to reinforce and stabilize the exterior. Expels wind-heat, resolves toxin and swellings, cools the lung.
<table>
<thead>
<tr>
<th>Indications</th>
</tr>
</thead>
<tbody>
<tr>
<td>Body aches</td>
</tr>
<tr>
<td>Bronchitis</td>
</tr>
<tr>
<td>Chills</td>
</tr>
<tr>
<td>Common cold, with chest constriction</td>
</tr>
<tr>
<td>Constitution, delicate</td>
</tr>
<tr>
<td>Cough</td>
</tr>
<tr>
<td>Dermatitis, wind-heat</td>
</tr>
<tr>
<td>Fever, acute, mild</td>
</tr>
<tr>
<td>Hives, wind-heat type</td>
</tr>
<tr>
<td>Influenza</td>
</tr>
<tr>
<td>Itching, wind-heat</td>
</tr>
<tr>
<td>Measles</td>
</tr>
<tr>
<td>Pneumonia</td>
</tr>
<tr>
<td>Psychological boundary issues</td>
</tr>
<tr>
<td>Pulmonary abscess</td>
</tr>
<tr>
<td>Pulmonary tuberculosis</td>
</tr>
<tr>
<td>Sinus congestion, with lung or throat signs</td>
</tr>
<tr>
<td>Throat, sore or scratchy</td>
</tr>
<tr>
<td>Viral infection, respiratory, prevention of</td>
</tr>
</tbody>
</table>

**Tongue:** May be normal. If heat pathogen has already invaded, tongue tip may be red and coating may be dry and thin.

**Pulse:** Normal or slightly weak, if using as preventative. If treating active warm pathogen, pulse will be rapid and floating or simply rapid.

**Contraindications:** Do not use in the presence of damp-heat or wind-dampness. If chills increase while using this formula and there are no pronounced heat signs, consider using Apricot Seed & Perilla Formula instead.
**Jade Screen & Xanthium Formula**

Jade Screen & Xanthium Formula (Yu Ping Feng Jia Cang Er San) is an augmentation of the classical formula Jade Windscreen Powder (Yu Ping Feng San), used to supplement the wei (protective) qi, which defends the body from invasion by external pathogens. Magnolia flower (xin yi hua), xanthium (cang er zi), and angelica dahurica (bai zhi) have been added to address symptoms of chronic or allergic rhinitis, open the sinuses, relieve sinus headache, and disperse wind and dampness. In addition, red peony (chi shao) and forsythia (lian qiao) have been included. These herbs, according to modern research in China, address allergic inflammation. **Jade Screen & Xanthium Formula** is extremely effective for airborne or environmental allergies. It both stabilizes the exterior and supplements the qi to strengthen the body’s defenses. It is an excellent choice for hypertensive patients with allergies or other persons who cannot tolerate formulas that contain ephedra (ma huang).

**Ingredients**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Astragali Radix (Astragalus / Huang Qi)</td>
<td>16.8%</td>
</tr>
<tr>
<td>Atractylodis Macrocephalae Rhizoma (White Atractylodes Rhizome/ Bai Zhu)</td>
<td>13.3%</td>
</tr>
<tr>
<td>Saposhnikoviae Radix (Siler / Fang Feng)</td>
<td>13.3%</td>
</tr>
<tr>
<td>Paeoniae Radix, rubra (Chinese Peony, red / Chi Shao)</td>
<td>13.3%</td>
</tr>
<tr>
<td>Forsythiae Fructus (Forsythia / Lian Qiao)</td>
<td>11.1%</td>
</tr>
<tr>
<td>Xanthii Fructus (Xanthium Fruit, Siberian Cocklebur / Cang Er Zi)</td>
<td>11.1%</td>
</tr>
<tr>
<td>Magnoliae Flos (Magnolia Flower / Xin Yi Hua)</td>
<td>11.1%</td>
</tr>
<tr>
<td>Angelicae Dahuricae Radix (Purple Angelica / Bai Zhi)</td>
<td>10%</td>
</tr>
</tbody>
</table>

**Chinese Medical Actions**

Supplements qi, stops sweating, stabilizes the exterior, expels wind and dampness, reduces swelling, opens and clears nasal passages.

**Indications**

<table>
<thead>
<tr>
<th>Condition</th>
<th>Unconditioned</th>
</tr>
</thead>
<tbody>
<tr>
<td>Allergies</td>
<td>Sinus discharge</td>
</tr>
<tr>
<td>Eyes, red, dry, or itchy</td>
<td>Sinus inflammation</td>
</tr>
<tr>
<td>Facial swelling</td>
<td>Sinus pain</td>
</tr>
<tr>
<td>Headache</td>
<td>Skin rashes from allergies</td>
</tr>
<tr>
<td>Sinus congestion</td>
<td>Throat, sore</td>
</tr>
</tbody>
</table>

**Pulse:** Floating and weak.

**Contraindications:** Patients with yin or blood deficiency may require the simultaneous use of an appropriate tonic formula.
Jade Source Formula (Jia Jian Yu Quan Wan) is a modification of Yu Quan Wan used to treat yin deficiency fire that has damaged both qi and fluids. The name of this formula, “Jade Source,” refers to the fluids of the mouth and the function of making fluids flow. One of the major signs is extreme thirst. This version of the formula contains Chinese yam (shan yao) to strengthen the spleen and stomach and lung yin, and Solomon’s seal (yu zhu) to nourish yin and moisten dryness. This formula is most frequently associated with the treatment of xiao ke (wasting and thirsting syndrome), which is frequently identified with diabetes mellitus. While Jade Source Formula is designed to treat disorders of any of the three burners, it is most effective for upper burner patterns, or in cases that are not yet extreme.

Ingredients
Astragali Radix (Astragalus / Huang Qi) 15%
Ophiopogonis Radix (Ophiopogon Tuber / Mai Men Dong) 12%
Trichosanthis Radix (Trichosanthes Root / Tian Hua Fen) 12%
Puerariae Radix (Kudzu Root / Ge Gen) 12%
Dioscoreae Rhizoma (Chinese Yam / Shan Yao) 10%
Polygonati Odorati Rhizoma (Aromatic Solomon’s Seal / Yu Zhu) 10%
Poria (Poria, Hoelen, Tuckahoe / Fu Ling) 10%
Ginseng Radix, dried (White Ginseng / Bai Ren Shen) 8%
Mume Fructus (Mume Fruit, Japanese Apricot / Wu Mei) 6%
Glycyrrhizae Radix (Chinese Licorice Root / Gan Cao) 5%

Chinese Medical Actions
Boosts qi, clears heat, generates fluids, supplements yin.

Indications
Appetite, increased
Diabetes insipidus
Diabetes mellitus
Dryness, post-illness
Irritability
Metabolic Syndrome
Mouth and tongue, dry
Restlessness
Thirst, extreme
Urination, frequent
Weight loss, unintended or abnormal

Tongue: Dry, red, may have red spots. Pulse: Rapid.

Note: This formula can help patients taking insulin to reduce their dosage, and aid those attempting to control their glucose levels with diet and exercise. This should be done only under the supervision of a qualified health-care provider.
Jade Windscreen Formula (Yu Ping Feng San) is a classical formula used to increase the wei qi. It is used for people whose immune system is weak, leaving them susceptible to catching colds. It can also be used for acute attacks of wind-cold in patients who are too weak to tolerate dispersing formulas. When taken in advance of the cold season, it can prevent colds, or in extremely weak patients, result in less frequent or less severe colds.

**Ingredients**
Atractylodis Macrocephalae Rhizoma (White Atractylodes Rhizome / Bai Zhu) 40%
Saposhnikoviae Radix (Siler / Fang Feng) 40%
Astragali Radix (Astragalus / Huang Qi) 20%

**Chinese Medical Actions**
Supplements qi, stabilizes the exterior, stops sweating.

**Indications**

<table>
<thead>
<tr>
<th>Condition</th>
<th>Condition</th>
</tr>
</thead>
<tbody>
<tr>
<td>Allergies, seasonal and food</td>
<td>Facial Paralysis /Bell’s Palsy</td>
</tr>
<tr>
<td>Bronchitis, chronic or frequent</td>
<td>Hay Fever</td>
</tr>
<tr>
<td>Bronchitis, mild, in children</td>
<td>Hives</td>
</tr>
<tr>
<td>Constitution, delicate</td>
<td>Immune system, weak</td>
</tr>
<tr>
<td>Common cold, recurrent</td>
<td>Meniere’s disease</td>
</tr>
<tr>
<td>Cough, chronic or recurrent</td>
<td>Rhinitis, allergic</td>
</tr>
<tr>
<td>Complexion, pale</td>
<td>Sinus discharge, chronic</td>
</tr>
<tr>
<td>Dermatitis, allergic</td>
<td>Sinus inflammation, chronic</td>
</tr>
<tr>
<td>Emotional Boundary Issues</td>
<td>Sweating, spontaneous or profuse</td>
</tr>
<tr>
<td>Environmental sensitivities</td>
<td>Viral infection, protection from</td>
</tr>
</tbody>
</table>

**Tongue:** Pale, with a thin, white coating.  **Pulse:** Floating, weak.

**Note:** Patients taking this formula to prevent colds should take for one to three months in advance of the cold season.
Ji Xue Formula* (Huang Qi Ji Xue Wan) is a major restorative formula that protects the blood from damage and helps to restore circulation to the microvessels, while supplementing the middle and gently eliminating toxin. It is especially effective in the treatment of various senile diseases and as an aid to patients undergoing chemotherapy. The formula is based on two branches of modern Chinese research. The first, *fu zheng pei ben* theory, demonstrates that when the qi and blood are properly supported, strength and vitality return, organ function is restored, and *zheng* qi (upright or righteous qi) is restored. The second, *heng fa*, “balancing method,” emphasizes stasis transformation as an essential component of any treatment for aging or debilitation. Spatholobus (*ji xue teng*) builds both red and white blood cells while transforming stasis and invigorating blood flow in the minute collaterals. Astragalus (*huang qi*) is widely studied for increasing immunity and building spleen and lung qi. The rest of the formula includes substances to promote digestion, support the kidney and liver, and gently guide out accumulations of damp, food, and toxin.

**Ingredients**
Spatholobi Caulis (Spatholobus / Ji Xue Teng) 20%
Astragali Radix (Astragalus / Huang Qi) 14%
Coicis Semen (Job’s Tears Seed, Chinese Pearl Barley, Coix / Yi Yi Ren) 11%
Polygoni Multiflori Radix Preparata (Fo-Ti / Zhi He Shou Wu) 8%
Angelicae Sinensis Radix (Dong Quai Root, Tang Kuei / Dang Gui) 8%
Cordyceps (Cordyceps sinensis mycelium / Dong Chong Xia Cao) 8%
Paonaeae Radix, rubra (Chinese Peony, red / Chi Shao) 8%
Massa Fermentata (Fermented Leaven / Shen Qu) 8%
Rehmanniae Radix Preparata (Rehmannia, cured / Shu Di Huang) 5%
Schisandrae Fructus (Northern Schisandra Fruit / Wu Wei Zi) 4%
Aurantii Fructus (Bitter Orange / Zhi Ke) 3%
Gardeniae Fructus (Gardenia Fruit / Zhi Zi) 3%

**Chinese Medical Actions**
Supplements blood and qi, nourishes essence, invigorates blood and promotes the smooth flow of qi, promotes healthy digestion, drains damp, resolves toxin, secures qi and essence.

**Indications**

| Appetite, poor | Dizziness |
| Blood damage, from toxic exposure | Exhaustion, after illness or chemo |
| Body temperature, elevated | Fatigue, chronic |
| Chemotherapy support | Fibromyalgia |
| Concentration, poor | Hair loss, from chemotherapy |
| Depression | Neuropathy |
| Digestion, weak | Weakness, after illness or chemo |

**Tongue:** Pale or light purple, may have papillae.
**Pulse:** Deficient, thin, may be rapid and/or choppy.
**JING QI FORMULA**

**Jing Qi Formula (Jing Qi Pian)** is designed for persons who have depleted themselves through excessive stress, work, or sexual activity and who present with kidney and liver yin deficiency, spleen qi deficiency, and slight liver qi constraint. It can be used over a long term to rebuild exhausted qi and jing (essence).

**Ingredients**

Ligustri Lucidi Fructus (Ligustrum, Privet Fruit / **Nu Zhen Zi**) 13%
Ecliptae Herba (Eclipta / **Han Lian Cao**) 13%
Dioscoreae Rhizoma (Chinese Yam / **Shan Yao**) 13%
Codonopsis Radix (Codonopsis / **Dang Shen**) 13%
Poria (Poria, Hoelen, Tuckahoe / **Fu Ling**) 9%
Atractylodis Macrocephalae Rhizoma (White Atractylodes Rhizome / **Bai Zhu**) 6%
Lycii Fructus (Lycium Fruit, Chinese Wolfberry / **Gou Qi Zi**) 6%
Schisandraceae Fructus (Northern Schisandra Fruit / **Wu Wei Zi**) 5%
Glycyrrhizae Radix (Chinese Licorice Root / **Gan Cao**) 5%
Bupleuri Radix (Bupleurum Root / **Chai Hu**) 4%
Citri Reticulatae Pericarpium (Tangerine Peel / **Chen Pi**) 4%
Cyperi Rhizoma (Cyperus, Nut Grass / **Xiang Fu**) 3%
Vladimiria Radix (Vladimiria Root / **Chuan Mu Xiang**) 2%
Zingiberis Rhizoma Recens (Ginger, fresh / **Sheng Jiang**) 2%
Amomi Fructus Rotundus (Chinese Cardamom / **Bai Dou Kou**) 2%

**Chinese Medical Actions**

Nourishes jing (essence), supplements and regulates qi, nourishes kidney and liver yin, moves liver qi stagnation.

**Indications**

<table>
<thead>
<tr>
<th>Anxiety</th>
<th>Mental fatigue</th>
</tr>
</thead>
<tbody>
<tr>
<td>Appetite, lack of</td>
<td>Nervous exhaustion</td>
</tr>
<tr>
<td>Chemotherapy, recovery from</td>
<td>Night sweats</td>
</tr>
<tr>
<td>Digestive weakness</td>
<td>Sperm count, low</td>
</tr>
<tr>
<td>Dizziness</td>
<td>Sweating, spontaneous</td>
</tr>
<tr>
<td>Fatigue</td>
<td>Vision, blurred</td>
</tr>
<tr>
<td>Impotence</td>
<td>Visual acuity, decreased</td>
</tr>
<tr>
<td>Insomnia</td>
<td>Weakness, general or after illness</td>
</tr>
</tbody>
</table>

**Tongue:** Peeled, shiny, slightly red. **Pulse:** Thin, rapid.

**Contraindications:** Do not use with signs of heat or acute wind invasion. With deficiency fire symptoms, use **Rehmannia & Scrophularia Formula** instead.
Juan Bi Formula (Juan Bi Tang) or “Remove Painful Obstruction Decoction,” is a modification of the traditional formula. This version of the formula has added turmeric (jiang huang) and acanthopanax stem bark (hong mao wu jia pi), and omitted caulis piperis (hai feng teng). Used for pain caused by wind, dampness, cold, and blood stasis, this formula is specific for pain, heaviness, or numbness in the upper body.

**Ingredients**

Notopterygii Rhizoma seu Radix (Notopterygium / Qiang Huo) 14.8%
Curcumae Longae Rhizoma (Turmeric Rhizome / Jiang Huang) 14.8%
Mori Ramulus (White Mulberry Twig / Sang Zhi) 14.8%
Angelicae Sinensis Radix (Dong Quai Root, Tang Kuei / Dang Gui) 14.8%
Acanthopanacis Giraldii Cortex (Acanthopanax Stem Bark / Hong Mao Wu Jia Pi) 14.8%
Angelicae Pubescentis Radix (Pubescent Angelica Root / Du Huo) 4.9%
Gentianae Macrophyllae Radix (Large Leaf Gentian Root / Qin Jiao) 4.9%
Olibanum (Frankincense / Ru Xiang) 3.9%
Vladimiria Radix (Vladimiria Root / Chuan Mu Xiang) 3.9%
Chuanxiong Rhizoma (Ligusticum Wallichii Rhizome / Chuan Xiong) 3.4%
Cinnamomi Ramulus (Cassia Twig, Chinese Cinnamon / Gui Zhi) 2.5%
Glycyrrhizae Radix Preparata (Chinese Licorice Root, honey-fried / Zhi Gan Cao) 2.5%

**Chinese Medical Actions**

Removes wind-dampness in the upper body, invigorates blood, alleviates painful obstruction.

**Indications**

<table>
<thead>
<tr>
<th>Arthritis</th>
<th>Pain, upper body, moving</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bursitis</td>
<td>Pain, worse with cold</td>
</tr>
<tr>
<td>Joint pain, in upper body</td>
<td>Shoulder pain</td>
</tr>
<tr>
<td>Neck pain, arthritic</td>
<td></td>
</tr>
</tbody>
</table>

**Tongue:** White coating, may have purple body. **Pulse:** Slow, may be slippery.

**Contraindications:** DO NOT USE DURING PREGNANCY. For pain in the lower body, use **Duhuo & Loranthus Formula.**
**LILY PRESERVE METAL FORMULA**

*Lily Preserve Metal Formula* (*Bai He Gu Jin Tang*) is used for treating dryness of the lungs caused by damage to the yin of the lung and kidney. American ginseng root (*xi yang shen*) has been added to the traditional formula to further nourish the lungs and to clear fire from deficiency. It can be used to nourish lung yin in a dry climate, during fire season, or after a respiratory illness.

**Ingredients**

- Lilii Bulbus (Lily Bulb / *Bai He*) 22.2%
- Rehmanniæ Radix Preparata (Rehmannia, cured / *Shu Di Huang*) 16.6%
- Rehmanniæ Radix (Rehmannia, unprocessed / *Sheng Di Huang*) 11%
- Panacis Quinquefolii Radix (American Ginseng Root / *Xi Yang Shen*) 8.3%
- Ophiopogonis Radix (Ophiopogon Tuber / *Mai Men Dong*) 8.3%
- Fritillariae Cirrhosae Bulbus (Sichuan Fritillary / *Chuan Bei Mu*) 5.6%
- Angelicae Sinensis Radix (Dong Quai Root, Tang Kuei / *Dang Gui*) 5.6%
- Paeoniae Radix, alba (Chinese Peony, white / *Bai Shao*) 5.6%
- Glycyrrhizae Radix (Chinese Licorice Root / *Gan Cao*) 5.6%
- Scrophulariae Radix (Scrophularia, Figwort Root / *Xuan Shen*) 5.6%
- Platycodi Radix (Platycodon Root, Balloon Flower Root / *Jie Geng*) 5.6%

**Chinese Medical Actions**

Nourishes the yin, moistens the lungs, transforms phlegm, stops cough.

**Indications**

<table>
<thead>
<tr>
<th>Asthma or wheezing</th>
<th>Night sweats</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bronchitis, chronic</td>
<td>Nose, dry</td>
</tr>
<tr>
<td>Cough, blood-streaked or sticky sputum</td>
<td>Palms and soles, hot</td>
</tr>
<tr>
<td>Cough, dry</td>
<td>Pharyngitis</td>
</tr>
<tr>
<td>Dryness, of mouth and lips</td>
<td>Pneumothorax, spontaneous</td>
</tr>
<tr>
<td>Influenza, post-illness with damage to yin</td>
<td>Throat, sore and dry</td>
</tr>
</tbody>
</table>

**Tongue:** Red with little coating.  **Pulse:** Thin and rapid.

**Contraindications:** This formula is used for chronic conditions or conditions that arise from external invasion, but do not resolve. For the acute stages of exterior conditions, use an appropriate surface-relieving formula. Do not use in cases of dampness or copious phlegm. In cases with accompanying diarrhea and indigestion, add a formula to strengthen the spleen and regulate the qi such as *Six Gentlemen Formula.*
Ling Zhi Lung Formula (Ling Zhi Fei Pian) is the result of multiple trials comparing different formulations to effectively treat asthma without using ephedra (ma huang). This formula helps to calm breathing, resolve phlegm, and descend lung qi. Especially effective for rectifying wheezing from allergies, Ling Zhi Lung Formula can be used in combination with other formulas to treat most forms of asthma. This formula is primarily supplementing and secondarily sedating, making it effective after just one or two doses, yet safe for long-term (seasonal) application.

Ingredients
Ganoderma (Reishi / Ling Zhi) 46%
Sophorae Flavescentis Radix (Shrubby Sophora Root / Ku Shen) 21%
Lepidii Semen / Descurainiae Semen (Lepidium, Descurainia Seed / Ting Li Zi) 13%
Jujubae Fructus (Jujube Date, red / Hong Zao, Da Zao) 13%
Glycyrrhizae Radix (Chinese Licorice Root / Gan Cao) 7%

Chinese Medical Actions
Rectifies lung qi, supplements lungs, assists kidneys in grasping the qi, resolves phlegm, stops cough, arrests wheezing, calms the spirit (shen).

Indications

<table>
<thead>
<tr>
<th>Asthma or wheezing</th>
<th>Influenza, post-illness with damage to qi</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breathing, labored with exertion</td>
<td></td>
</tr>
<tr>
<td>Cough</td>
<td></td>
</tr>
</tbody>
</table>

Tongue: Normal or thick coating.
Pulse: May be superficial, slightly rapid, or slightly tight and slow.

Contraindications: Do not use if condition is due to lung fire, or if the wheezing is due to pneumonia.

Dosage: This formula is safer to take in larger doses than formulas containing ephedra (ma huang).

Acute Conditions: For adults, 3-5 tablets as needed, up to five doses in 24 hours. Reduce frequency to three times daily after symptoms have abated by 50% or more. If condition does not noticeably improve within the first 24 hours, re-evaluate the diagnosis or refer to appropriate medical professional.

Sub-acute or Chronic Conditions: At the first signs of a developing asthmatic condition, take 3-5 tablets as needed, 2-3 times per day, until resolved (up to three weeks).

Note: Use Ling Zhi Lung Formula by itself to treat most types of asthmatic breathing without fever.
Combine with **Lily Preserve Metal Formula** if symptoms began as an acute febrile condition and the wheezing is due to yin damage sustained during the acute stage, which has developed into a chronic condition. When this combination is appropriate, there is likely to be dry throat with thirst, a geographic or scanty tongue coating, and a fine, slightly rapid pulse. Cough is often more prominent than wheezing, and may be streaked with blood. Use 2 tablets of each formula as a starting point for dosage.

Combine with **Yin Chiao Formula, Viola Clear Fire Formula, or Zhong Gan Ling Formula** if asthma or wheezing is triggered by a sudden viral invasion in the wind-cold or wind-heat stage of penetration. This combination works best if administered within the first day of an external invasion.

Combine with **Poria Five Formula** if wheezing is due primarily to water retention. This condition is not common, but if the water metabolism problem leads to wheezing, this combination will work well. In such cases, **Poria Five Formula** will be the main formula and **Ling Zhi Lung Formula** will act as assistant. Accompanying signs and symptoms include urinary difficulty or retention, possible mild fever, and some clear sign of water metabolism dysfunction. (See **Poria Five Formula**.)
Linking Formula (Yi Guan Jian). This classic formula was designed to treat liver qi stagnation that is secondary to yin deficiency. Yin deficiency by itself can diminish the liver’s ability to regulate the qi, but when the lack of yin has allowed the development of constrained fire, the coursing and regulating function of the liver becomes even more compromised. This can create a cycle of yin deficiency—>stagnation—>fire—>yin deficiency. The resulting fire constraint can eventually cause the liver to transversely attack the stomach causing pain, acid regurgitation, and ulceration. To the classic formula, white peony (bai shao) and licorice (gan cao) have been added, to further enhance its ability to reduce pain, especially resulting from ulcers. Today, Linking Formula is often used to treat stomach and duodenal ulcers and reflux caused by yin deficiency as well as chronic hepatitis. It is, however, appropriate to use whenever the patient presents with yin deficiency signs concurrent with qi stagnation.

Ingredients
Rehmanniae Radix (Rehmannia, unprocessed / Sheng Di Huang) 26%
Lycii Fructus (Lycium Fruit, Chinese Wolfberry / Gou Qi Zi) 14%
Glehniae Radix (Glehnia Root / Bei Sha Shen) 14%
Ophiopogonis Radix (Ophiopogon Tuber / Mai Men Dong) 14%
Angelicae Sinensis Radix (Dong Quai Root, Tang Kuei / Dang Gui) 12%
Toosendan Fructus (Melia Fruit / Chuan Lian Zi) 10%
Paoniae Radix, alba (Chinese Peony, white / Bai Shao) 5%
Glycyrrhizae Radix (Chinese Licorice Root / Gan Cao) 5%

Chinese Medical Actions
Nourishes liver and kidney yin, supplements liver blood, clears heat and gently spreads liver qi.

Indications
| Abdominal distension or pain | Insomnia |
| Acid regurgitation or vomiting | Intercostal neuralgia |
| Bitter taste in mouth | Mouth, dry |
| Chemo or radiation, side effects | Nervous exhaustion |
| Cirrhosis of the liver | Orchitis, chronic |
| Epigastric or flank pain | Palms and soles, hot |
| Gastritis, chronic | Restless leg syndrome |
| Hepatitis, chronic | Stomachache |
| Hypochondriac pain | Stress |
| Hot flashes | Thirst |
| Hypertension, essential or gestational | Throat, dry |
| Hyperthyroidism | Ulcer, stomach and duodenal |
| | Vomiting of sour fluid |

Tongue: Red, with dry or scanty coating.
Pulse: Thin, weak or wiry, may be rapid.
Contraindications: Do not use with pain due to dampness or phlegm.
LUNG DEFENSE FORMULA

Lung Defense Formula (*Fei Wei Fang*) has two functional categories. The first addresses issues of labored breathing and dry cough from altitude sickness or heat damage to the lung; the second works as preventative against and recovery from pulmonary fibrosis. The two strategies work together to defend the lung tissue from warm pathogen damage and also to help the lungs recover when a febrile disease has left the individual with labored breathing, lingering dry cough, or lung scarring. The foundation formula is derived from strategies for the treatment and prevention of altitude sickness. Added to this are herbs that cool blood, generate fluids, expel heat and toxin, and break up blood stasis in the lungs. Several of the ingredients in this formula help to increase blood oxygen. The formula is designed to be gentle enough for long-term use, which may be necessary during the recovery phase.

**Ingredients**

- Astragali Radix (Astragalus / *Huang Qi*) 12%
- Rhodiola Herba (Rhodiola / *Hong Jing Tian*) 12%
- Polygoni Cuspidati Rhizoma (Japanese Knotweed Root & Rhizome / *Hu Zhang*) 12%
- Houttuyniae Herba (Houttuynia / *Yu Xing Cao*) 12%
- Mori Cortex (White Mulberry Root Bark / *Sang Bai Pi*) 10%
- Salviae Miltiorrhizae Radix (Chinese Salvia Root / *Dan Shen*) 10%
- Glycyrrhizae Radix (Chinese Licorice Root / *Gan Cao*) 10%
- Platycodi Radix (Platycodon Root, Balloon Flower Root / *Jie Geng*) 8%
- Trichosanthis Radix (Trichosanthes Root / *Tian Hua Fen*) 8%
- Cordyceps (Cordyceps sinensis mycelium) / *Dong Chong Xia Cao*) 6%

**Chinese Medical Actions**

Supplements qi, disperses constrained heat and toxin from the lung, frees the chest, cools and invigorates blood, breaks up stasis, cools the lungs and generates fluids, stops dry cough and labored breathing.

<table>
<thead>
<tr>
<th>Indications</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Altitude sickness</td>
<td>Fatigue</td>
<td></td>
</tr>
<tr>
<td>Amenorrhea, with lung qi deficiency</td>
<td>Hypoxia</td>
<td></td>
</tr>
<tr>
<td>Breathing, diffulty</td>
<td>Lightheadedness</td>
<td></td>
</tr>
<tr>
<td>Cough, chronic or lingering</td>
<td>Pulmonary abscess</td>
<td></td>
</tr>
<tr>
<td>Cough, dry</td>
<td>Pulmonary edema*</td>
<td></td>
</tr>
<tr>
<td>Dizziness</td>
<td>Pulmonary fibrosis, prevention or</td>
<td>recovery from</td>
</tr>
<tr>
<td>Edema, peripheral, with lung</td>
<td></td>
<td>Shortness of breath</td>
</tr>
<tr>
<td>deficiency</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Tongue:** Dry, possibly pale or purple, with red tip. **Pulse:** Rapid, thin.

**Contraindications:** DO NOT USE DURING PREGNANCY. Not appropriate for cold trapped in the lungs. Not appropriate by itself for acute/severe conditions without combining with other formulas (see Notes below).
Notes: For acute altitude sickness or low SVO₂ or VO₂ max, combine with **Eleuthero Tablets** to improve results.

For acute, severe respiratory infection with damp-heat obstructing the lungs, combine with **Reed & Seed Formula**.

For acute, severe respiratory infection from warm pathogen where there is scanty or clear sputum, combine with **Mulberry & Lycium Formula**.

*For Pulmonary edema, combine with **Ling Zhi Lung Formula**.
Luo Bu Ma Formula (Luo Bu Ma Pian). This formula is commonly used to treat high blood pressure due to the excitation of liver fire. The chief herb of this formula, apocynum (luo bu ma), comprising almost half of the formula, is sometimes used as a stand-alone herb for its ability to lower the blood pressure and reduce cholesterol. Luo Bu Ma Formula is designed to treat excess patterns, as opposed to Gastrodia & Uncaria Formula (Tian Ma Gou Teng Yin), which treats high blood pressure by nourishing the yin to anchor the yang. Cassia seed (jue ming zi) has been substituted for the margarita (zheng zhu mu) to further promote the cholesterol-lowering aspect of the formula.

Ingredients
Apocyni Veneti Folium (Dogbane Leaf / Luo Bu Ma) 45%
Prunellae Spica (Heal All Spike, Self-Heal Spike / Xia Ku Cao) 10%
Uncariae Ramulus cum Uncis (Hook Vine, Gambir / Gou Teng) 10%
Cassiae Semen (Sickle-pod Senna / Jue Ming Zi) 10%
Chrysanthemi Flos (Chrysanthemum / Ju Hua) 7%
Alismatis Rhizoma (Asian Water Plantain / Ze Xie) 6%
Cyathulae Radix (Cyathula Root / Chuan Niu Xi) 6%
Crataegi Fructus (Chinese Hawthorn Fruit / Shan Zha) 6%

Chinese Medical Actions
Calms the liver and extinguishes wind, clears liver heat, eliminates dampness by promoting urination, transforms phlegm, subdues yang, benefits the heart, slightly moistens the intestine.

Indications
<table>
<thead>
<tr>
<th>Condition</th>
<th>Treatment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cholesterol, elevated</td>
<td>Hypertension</td>
</tr>
<tr>
<td>Dizziness or vertigo</td>
<td>Insomnia</td>
</tr>
<tr>
<td>Edema</td>
<td>Irritability</td>
</tr>
<tr>
<td>Eyes, painful, red, swollen, or</td>
<td>Restlessness</td>
</tr>
<tr>
<td>pressure behind</td>
<td>Stool, dry</td>
</tr>
<tr>
<td>Face, flushed</td>
<td>Urination, difficult</td>
</tr>
<tr>
<td>Headache</td>
<td></td>
</tr>
</tbody>
</table>

Tongue: Red, swollen, may have a thick, yellow coating.  Pulse: Rapid, full.

Contraindications: DO NOT USE DURING PREGNANCY. Do not use if patient has low blood pressure, diarrhea from spleen qi deficiency, or is taking diuretic drugs.
Lysimachia GB Formula (Xiao Chai Hu Jia Jin Qian Cao Pian) is a modification of Minor Bupleurum Formula (Xiao Chai Hu Tang) designed to address gallstones and gallbladder inflammation. The formula contains lysimachia (jin qian cao) to clear damp-heat from the liver and gallbladder and expel gallstones, curcuma (yu jin) to invigorate qi and blood, clear heat, cool blood and benefit the gallbladder, and capillaris (yin chen hao) to clear damp-heat from the liver and gallbladder. In addition, bamboo shavings (zhu ru) cool blood, clear heat and phlegm-heat; gardenia fruit (zhi zi) drains damp-heat and moves constrained liver and gallbladder qi; white peony (bai shao) softens the liver to stop painful spasms in the abdomen; and melia fruit (chuan lian zi) moves liver qi stagnation and stops pain. These modifications make this formula specific for gallbladder inflammation, damp-heat, and gallstones.

Ingredients
Lysimachiae Herba (Lysimachia / Jin Qian Cao) 15%
Curcumae Radix (Turmeric, Curcuma Tuber / Yu Jin) 10%
Bupleuri Radix (Bupleurum Root / Chai Hu) 9%
Scutellariae Radix (Chinese Skullcap, Scute / Huang Qin) 9%
Codonopsis Radix (Codonopsis / Dang Shen) 8%
Artemisiae Scopariae Herba (Capillaris / Yin Chen Hao) 8%
Bambusae Caulis in Taeniam (Bamboo Shavings / Zhu Ru) 8%
Gardeniae Fructus (Gardenia Fruit / Zhi Zi) 8%
Paeoniae Radix, alba (Chinese Peony, white / Bai Shao) 8%
Toosendan Fructus (Melia Fruit / Chuan Lian Zi) 5%
Jujubae Fructus (Jujube Date, red / Hong Zao, Da Zao) 5%
Glycyrrhizae Radix Preparata (Chinese Licorice Root, honey-fried / Zhi Gan Cao) 4%
Zingiberis Rhizoma Recens (Ginger, fresh / Sheng Jiang) 3%

Chinese Medical Actions
Drains damp-heat in the liver and gallbladder, cools blood, expels gallstones, moves constrained liver and gallbladder qi and liver blood, harmonizes the middle burner.

Indications

<table>
<thead>
<tr>
<th>Indications</th>
<th>Chinese Medical Actions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cholecystitis</td>
<td>Hepatitis</td>
</tr>
<tr>
<td>Gallbladder inflammation</td>
<td>Jaundice</td>
</tr>
<tr>
<td>Gallstones</td>
<td>Vomiting</td>
</tr>
<tr>
<td>Gallbladder spasms</td>
<td></td>
</tr>
</tbody>
</table>

Tongue: May be red or have red spots, scalloped sides, yellow coating.
Pulse: Wiry and/or tight.

Contraindications: Do not use in the absence of damp-heat. Patients suspected of having gallstones require close medical supervision.
**Margarita Complexion Formula**

Margarita Complexion Formula (*Zhen Zhu Yu Rong Fang*). Margarita (*zhen zhu*) is considered a beauty tonic for the skin, especially the face. This formula is used for facial acne in adolescents and adults. It addresses the main causes of acne by clearing heat from the blood and drying dampness. It can also be used for red rashes, pimples, itchiness, eczema, hives from heat in the blood or stomach heat, and thyroid nodules.

**Ingredients**

- Hedyotis Diffusae Herba (*Hedyotis, Oldenlandia / Bai Hua She She Cao*) 13%
- Scrophulariae Radix (*Scrophularia, Figwort Root / Xuan Shen*) 10%
- Paeoniae Radix, rubra (*Chinese Peony, red / Chi Shao*) 10%
- Margarita (*Pearl, ground / Zhen Zhu*) 9%
- Lonicerae Flos (*Japanese Honeysuckle Flower / Jin Yin Hua*) 9%
- Eriobotryae Folium (*Loquat Leaf / Pi Pa Ye*) 9%
- Rhei Radix et Rhizoma (*Chinese Rhubarb / Da Huang*) 8%
- Rehmanniae Radix (*Rehmannia, unprocessed / Sheng Di Huang*) 8%
- Glehniae Radix (*Glehnia Root / Sha Shen*) 7%
- Phellodendri Cortex (*Phellodendron Bark / Huang Bai*) 7%
- Ginseng Radix, dried (*White Ginseng / Bai Ren Shen*) 5%
- Sophorae Flavescentis Radix (*Shrubby Sophora Root / Ku Shen*) 5%

**Chinese Medical Actions**

Clears heat, cools blood, resolves toxin, breaks accumulations, dries dampness.

**Indications**

<table>
<thead>
<tr>
<th>Acne, adolescent and adult</th>
<th>Hives</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boils</td>
<td>Pimples, raised</td>
</tr>
<tr>
<td>Cysts</td>
<td>Skin rashes, red or itchy</td>
</tr>
<tr>
<td>Eczema</td>
<td>Thyroid, nodules on</td>
</tr>
<tr>
<td>Furuncles</td>
<td></td>
</tr>
</tbody>
</table>

**Tongue:** Red and scalloped, red on the edge or tip, yellow or white coating.

**Pulse:** Big, rapid, rolling.

**Contraindications:** DO NOT USE DURING PREGNANCY OR WHILE NURSING. With liver qi stagnation, use in combination with *Free & Easy Wanderer Plus*.

**Note:** Patients should avoid spicy foods or foods with a high content of fats and sugars. These foods create dampness and heat, which can exacerbate acne.
MING MU FORMULA

Ming Mu Formula (Ming Mu Di Huang Wan), also known as “Improve Vision Pill with Rehmannia,” is an augmented formula based on Rehmannia Six Formula (Liu Wei Di Huang Wan). This formula is used to treat eye disorders and improve vision in cases where there is liver and kidney weakness or liver heat and internal wind.

Ingredients
Rehmanniae Radix Preparata (Rehmannia, cured / Shu Di Huang) 14.9%
Bupleuri Radix (Bupleurum Root / Chai Hu) 7.4%
Angelicae Sinensis Radix (Dong Quai Root, Tang Kuei / Dang Gui) 7.4%
Lycii Fructus (Lycium Fruit, Chinese Wolfberry / Gou Qi Zi) 7.4%
Rehmanniae Radix (Rehmannia, unprocessed / Sheng Di Huang) 7.4%
Dioscoreae Rhizoma (Chinese Yam / Shan Yao) 7.4%
Corni Fructus (Asiatic Dogwood Fruit, Asiatic Cornel / Shan Zhu Yu) 7.4%
Alismatis Rhizoma (Asian Water Plantain / Ze Xie) 7.4%
Moutan Cortex (Tree Peony / Mu Dan Pi) 7.4%
Poria (Poria, Hoelen, Tuckahoe / Fu Ling) 7.4%
Schisandraceae Fructus (Northern Schisandra Fruit / Wu Wei Zi) 7.4%
Tribuli Fructus (Tribulus, Puncturevine Fruit, Caltrop / Bai Ji Li) 7.4%
Chrysanthemi Flos (Chrysanthemum / Ju Hua) 3.7%

Chinese Medical Actions
Nourishes the liver and kidneys, nourishes liver blood, sedates liver fire, dispels liver wind, improves vision, benefits the eyes.

Indications
- Cataracts
- Glaucoma
- Eyes, excessive tearing
- Palms and soles, hot
- Eyes, dry, red, or itchy
- Vision, blurred
- Eyes, sensitive to light
- Vision, weak

Tongue: Red, may have red spots. Pulse: Thin, rapid, may be tight.

Contraindications: Patients taking this formula should avoid eating turnips (Scheid, Bensky, Ellis, and Barolet, 2009).
Minor Bupleurum Formula (Xiao Chai Hu Tang) is a classical formula used to harmonize shaoyang-stage disorders (where the pathogenic qi is half-exterior, half-interior or when there are alternating chills and fever). It is helpful in cases where the symptoms of a cold or flu may linger for weeks after the initial acute phase of the illness is over. This formula helps the patient resolve the illness more quickly. It is highly effective for the treatment of ear infections, mumps, and tonsillitis in children. In Japan, this formula is used as an immune system stimulant to prevent the common cold.

**Ingredients**

- Bupleuri Radix (Bupleurum Root / Chai Hu) 22%
- Pinelliae Rhizoma Preparatum (Pinellia, ginger-cured / Zhi Ban Xia) 21%
- Codonopsis Radix (Codonopsis / Dang Shen) 17%
- Scutellariae Radix (Chinese Skullcap, Scute / Huang Qin) 12%
- Zingiberis Rhizoma Recens (Ginger, fresh / Sheng Jiang) 12%
- Glycyrrhizae Radix Preparata (Chinese Licorice Root, honey-fried / Zhi Gan Cao) 8%
- Jujubae Fructus (Jujube Date, red / Hong Zao, Da Zao) 8%

**Chinese Medical Actions**

Harmonizes and releases shaoyang-stage disorders. Clears heat, releases pathogenic qi, transforms phlegm, harmonizes the middle burner, supports normal qi.

**Indications**

<table>
<thead>
<tr>
<th>Condition</th>
<th>Indication</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asthma</td>
<td>Headache</td>
</tr>
<tr>
<td>Bitter or sour taste in mouth</td>
<td>Head cold that goes to chest</td>
</tr>
<tr>
<td>Bronchitis, acute or chronic</td>
<td>Heartburn</td>
</tr>
<tr>
<td>Chest, fullness in</td>
<td>Herpes zoster (shingles)</td>
</tr>
<tr>
<td>Chills and fever, alternating</td>
<td>Irritability</td>
</tr>
<tr>
<td>Common cold, lingering</td>
<td>Jaundice</td>
</tr>
<tr>
<td>Constipation</td>
<td>Liver enzymes, elevated</td>
</tr>
<tr>
<td>Cough</td>
<td>Lymph nodes, enlarged</td>
</tr>
<tr>
<td>Diaphragm, fullness in</td>
<td>Meniere's disease</td>
</tr>
<tr>
<td>Diarrhea</td>
<td>Nausea</td>
</tr>
<tr>
<td>Dizziness</td>
<td>Pancreatitis</td>
</tr>
<tr>
<td>Ear infection</td>
<td>Stomachache</td>
</tr>
<tr>
<td>Fatigue, chronic, with latent</td>
<td>Throat, dry</td>
</tr>
<tr>
<td>pathogen</td>
<td>Tonsillitis</td>
</tr>
<tr>
<td>Fever, lingering</td>
<td>Vomiting</td>
</tr>
<tr>
<td>Flank pain</td>
<td>Vision, blurred</td>
</tr>
<tr>
<td>Gallbladder inflammation or spasms</td>
<td></td>
</tr>
</tbody>
</table>

**Tongue:** Thin, with white or yellow coating. **Pulse:** Wiry, especially in the liver/gallbladder positions. Spleen position may be weak.

**Contraindications:** Do not use in cases of liver fire rising with yin deficiency. discontinue if headache, dizziness, or gum bleeding occur.
MOBILIZE ESSENCE FORMULA

Mobilize Essence Formula (Fu Ren Bu Yin Pian) is commonly used during the ovulation phase of the menstrual cycle to support fertility. Once the follicle ruptures, a quick transition from yin to yang must occur. The earlier phase requires a build up of yin and blood. During the second phase, the yin still requires gentle support, but the yang is engaged and the blood mobilized so that the follicle can undergo its rapid transformation. Ligustrum (nu zhen zi) supports the yin without being cloying; cuscuta (tu si zi) and dipsacus (xu duan) encourage proper movement of the yang. The scope of this formula is not restricted to treating infertility. It is appropriate whenever gentle yin-yang balancing is needed while invigorating the blood.

Ingredients
Albiziae Cortex (Mimosa Tree Bark, Silk Tree Bark / He Huan Pi) 12%
Spatholobi Caulis (Spatholobus / Ji Xue Teng) 11%
Angelicae Sinensis Radix (Dong Quai Root, Tang Kuei / Dang Gui) 9%
Salviae Miltiorrhizae Radix (Chinese Salvia Root / Dan Shen) 9%
Ligustri Lucidi Fructus (Ligustrum, Privet Fruit / Nu Zhen Zi) 9%
Cuscutae Semen (Chinese Dodder Seed, Chinese Cuscuta / Tu Si Zi) 9%
Dipsaci Radix (Japanese Teasel Root, Japanese Dipsacus / Xu Duan) 9%
Paeoniae Radix, alba (Chinese Peony, white / Bai Shao) 8%
Poria (Poria, Hoelen, Tuckahoe / Fu Ling) 7%
Paeoniae Radix, rubra (Chinese Peony, red / Chi Shao) 7%
Chuanxiong Rhizoma (Ligusticum Wallichii Rhizome / Chuan Xiong) 5%
Carthami Flos (Safflower, Carthamus / Hong Hua) 5%

Chinese Medical Actions
Invigorates blood, opens the collaterals, supplements yin, blood, and yang, calms the spirit (shen).

Indications

<table>
<thead>
<tr>
<th>Abdominal pain, premenstrual</th>
<th>Menopausal symptoms</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basal body temperature, slow rise at ovulation</td>
<td>Menstrual pain</td>
</tr>
<tr>
<td>Headaches, mid-menstrual cycle</td>
<td>Menstruation, scanty or absent</td>
</tr>
<tr>
<td>Infertility caused by dysfunction during ovulation</td>
<td>Ovarian cysts</td>
</tr>
<tr>
<td></td>
<td>Ovulation, late</td>
</tr>
<tr>
<td></td>
<td>Ovulation, pain with</td>
</tr>
</tbody>
</table>

Tongue: Pale, slightly purple, may have distended veins.
Pulse: Thin or weak, wiry.

Contraindication: DO NOT USE DURING PREGNANCY.

Note: Use with Cinnamon & Poria Formula or Phlegm-Transforming Formula, for phlegm-damp accumulation. Use with Nourish Ren & Chong Formula for concurrent yin and blood deficiency. When treating ovulation, begin 3 days before ovulation and take for 6 days.
Mulberry & Lycium Formula (Xie Bai San) is a modified version of what Li Shi-zhen referred to as the exemplar formula for draining the lung. Its primary action is to disperse constrained heat, latent heat, or smoldering fire in the lung. Originally designed as a pediatric formula to treat cough and wheezing due to lung heat, this version is made stronger through the omission of the large percentage of rice, and is widely used to treat both children and adults. Lophatherum (dan zhu ye) has been added to augment the heat-clearing action and to address the restlessness that often accompanies this pattern. Anemarrhena (zhi mu) and prepared soybean (xiang dou qi) have been added to intensify the heat dispersing action, to help protect the lung yin, and to restore the vital essence. This formula is indispensable for treating full-blown influenza when there is scanty or no phlegm.

Ingredients
Mori Cortex (White Mulberry Root Bark / Sang Bai Pi) 25%
Lycii Cortex (Lycium Root Bark, Chinese Boxthorn Rootbark / Di Gu Pi) 25%
Lophatheri Herba (Lophatherum / Dan Zhu Ye) 14%
Glycyrrhizae Radix (Chinese Licorice Root / Gan Cao) 13%
Sojae Semen Preparatum (Soybean, prepared / Xiang Dou Chi) 13%
Anemarrhenae Rhizoma (Anemarrhena Rhizome / Zhi Mu) 10%

Chinese Medical Actions
Disperses and eliminates constrained and latent heat and fire in the lungs, stops cough and wheezing.

<table>
<thead>
<tr>
<th>Indications</th>
<th>Chinese Medical Actions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bad breath</td>
<td>Influenza, acute</td>
</tr>
<tr>
<td>Body aches, severe</td>
<td>Measles, initial stage</td>
</tr>
<tr>
<td>Bronchial asthma</td>
<td>Mouth, dry</td>
</tr>
<tr>
<td>Bronchitis</td>
<td>Nosebleed</td>
</tr>
<tr>
<td>Chest, stifling sensation in</td>
<td>Pertussis (whooping cough)</td>
</tr>
<tr>
<td>Conjunctivitis</td>
<td>Pneumonia</td>
</tr>
<tr>
<td>Cough</td>
<td>Pulmonary tuberculosis</td>
</tr>
<tr>
<td>Coughing up blood</td>
<td>Rosacea</td>
</tr>
<tr>
<td>Fever, afternoon</td>
<td>Shortness of breath</td>
</tr>
<tr>
<td>Fever, after acute illness</td>
<td>Skin, steaming heat in</td>
</tr>
<tr>
<td>Flu-like symptoms, with lung</td>
<td>Wheezing</td>
</tr>
<tr>
<td>heat or fire</td>
<td></td>
</tr>
</tbody>
</table>

Tongue: Red body or tip, possibly with yellow fur. Pulse: Rapid, fine.

Contraindications: Do not use in cases of wind-cold invasion or in the early stage of wind-heat.

Note: If there is high fever or wind-heat skin lesions, use Siler & Platycodon Formula instead.
Neck Formula (Bai Zhi Ge Gen Wan) is designed to relieve afflictions of the head, neck, upper back, and shoulders from acute wind-cold, wind-damp, or wind-cold-damp. It can be used for chronic pain in these areas if caused by wind-cold-damp bi syndrome. This formula can also be used as a replacement for Pueraria Formula (Ge Gen Tang) for treating wind-cold invasion with no sweating.

**Ingredients**
- Angelicae Dahuricae Radix (Purple Angelica / Bai Zhi) 43%
- Puerariae Radix (Kudzu Root / Ge Gen) 20%
- Notopterygii Rhizoma seu Radix (Notopterygium / Qiang Huo) 17%
- Chuanxiong Rhizoma (Ligusticum Wallichii Rhizome / Chuan Xiong) 15%
- Glycyrrhizae Radix (Chinese Licorice Root / Gan Cao) 5%

**Chinese Medical Actions**
Releases the exterior, raises yang, releases the muscle layer of the head and neck, releases the taiyang and yangming channels in the upper body, dispels wind, damp, and cold, opens nasal passages.

**Indications**
- Arthritic pain, neck or shoulder
- Back pain, from wind-cold-damp
- Chills, mild
- Common cold
- Headache, wind-cold or tension
- Neck pain or stiffness

<table>
<thead>
<tr>
<th>Indication</th>
<th>Symptom</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arthritic pain, neck or shoulder</td>
<td>Shoulder, frozen</td>
</tr>
<tr>
<td>Back pain, from wind-cold-damp</td>
<td>Sinuses, blocked</td>
</tr>
<tr>
<td>Chills, mild</td>
<td>Stiffness, upper body</td>
</tr>
<tr>
<td>Common cold</td>
<td>Supraorbital pain</td>
</tr>
<tr>
<td>Headache, wind-cold or tension</td>
<td>Sweating, absence of</td>
</tr>
<tr>
<td>Neck pain or stiffness</td>
<td>Wind, aversion to</td>
</tr>
</tbody>
</table>

**Tongue:** Normal body, white coating.  **Pulse:** Floating and tight.

**Contraindications:** This formula is to be used for acute patterns or during an acute flare up of a chronic condition. If taking for extended period of time, a supplementing formula that address the particular constitutional deficiencies of the patient should also be prescribed. If a person has chronic blood heat, this formula may exacerbate lesions; to avoid this complication, take with Rehmannia Cool Blood Formula.
Nourish Essence Formula (Zi Jing Di Huang Wan) is based on Rehmannia Six (Liu Wei Di Huang Wan), a classical formula for deficient kidney and liver yin. Added to the base formula are polygonum (gou qi zi), yin herbs that nourish the blood; cistanches (rou cong rong), cynomorium (suo yang), and cuscuta (tu si zi), herbs that supplement yang and jing (essence); and schisandra (wu wei zi) and palm leaf raspberry (fu pen zi), astringent herbs that help retain jing (essence). It supplements kidney yin and yang, as well as liver yin.

Ingredients
Rehmanniae Radix Preparata (Rehmannia, cured / Shu Di Huang) 14%
Dioscoreae Rhizoma (Chinese Yam / Shan Yao) 9%
Polygoni Multiflori Radix Preparata (Fo-Ti / Zhi He Shou Wu) 9%
Cistanches Herba (Broomrape, Cistanches / Rou Cong Rong) 9%
Cuscutae Semen (Chinese Dodder Seed, Chinese Cuscuta / Tu Si Zi) 8%
Lycii Fructus (Lycium Fruit, Chinese Wolfberry / Gou Qi Zi) 8%
Corni Fructus (Asiatic Dogwood Fruit, Asiatic Cornel / Shan Zhu Yu) 7%
Poria (Poria, Hoelen, Tuckahoe / Fu Ling) 7%
Rubii Fructus (Palm-leaf Raspberry / Fu Pen Zi) 7%
Moutan Cortex (Tree Peony / Mu Dan Pi) 6%
Schisandrae Fructus (Northern Schisandra Fruit / Wu Wei Zi) 6%
Alismatis Rhizoma (Asian Water Plantain / Ze Xie) 5%
Cynomorii Herba (Cynomorium / Suo Yang) 5%

Chinese Medical Actions
Supplements kidney yin and yang, supplements liver yin, builds blood and qi, benefits and retains jing (essence).

Indications
<table>
<thead>
<tr>
<th>Back (lower), weak and sore</th>
<th>Lightheadedness</th>
</tr>
</thead>
<tbody>
<tr>
<td>Constipation (from deficiency)</td>
<td>Miscarriage, habitual</td>
</tr>
<tr>
<td>Dizziness</td>
<td>Mouth, dry</td>
</tr>
<tr>
<td>Exhaustion</td>
<td>Night sweats</td>
</tr>
<tr>
<td>Fatigue</td>
<td>Nocturnal emissions</td>
</tr>
<tr>
<td>Hair, premature graying</td>
<td>Post-nasal drip, chronic</td>
</tr>
<tr>
<td>Hearing loss</td>
<td>Premature ejaculation</td>
</tr>
<tr>
<td>Hypothyroidism</td>
<td>Ringing in ear</td>
</tr>
<tr>
<td>Infertility</td>
<td>Sexual energy, low</td>
</tr>
<tr>
<td>Kidney function, weak</td>
<td>Urination, frequent or nocturnal</td>
</tr>
<tr>
<td>Knees, weak</td>
<td></td>
</tr>
</tbody>
</table>
Nourish Ren & Chong Formula (Jia Wei Gui Shao Di Huang Wan) nourishes the yin and blood to support the reproductive functions of the ren and chong vessels during the first phase of a woman’s menstrual cycle. During the first phase of the cycle, it is important to support follicle growth and to prepare for ovulation. This support is accomplished by strongly nourishing the yin and blood, and by gently removing heat in the heart and liver that might lead to stasis or emotional imbalance. The scope of the formula extends beyond its application for infertility. It is an appropriate formula whenever there is a pattern of blood and yin deficiency with mild build up of heat.

Ingredients
Dioscoreae Rhizoma (Chinese Yam / Shan Yao) 12%
Angelicae Sinensis Radix (Dong Quai Root, Tang Kuei / Dang Gui) 12%
Paeoniae Radix, alba (Chinese Peony, white / Bai Shao) 12%
Rehmanniae Radix Preparata (Rehmannia, cured / Shu Di Huang) 10%
Corni Fructus (Asiatic Dogwood Fruit, Asiatic Cornel / Shan Zhu Yu) 9%
Lycii Fructus (Chinese Wolfberry / Gou Qi Zi) 9%
Salviae Miltiorrhizae Radix (Chinese Salvia Root / Dan Shen) 8%
Gardeniae Fructus (Gardenia Fruit / Zhi Zi) 8%
Moutan Cortex (Tree Peony / Mu Dan Pi) 5%
Poria (Poria, Hoelen, Tuckahoe / Fu Ling) 5%
Alismatis Rhizoma (Asian Water Plantain / Ze Xie) 5%
Citri Reticulatae Pericarpium (Tangerine Peel / Chen Pi) 5%

Chinese Medical Actions
Nourishes blood and yin, clears heat and stagnation in the heart and liver, mildly invigorates the blood.

<table>
<thead>
<tr>
<th>Indications</th>
<th>Menopausal problems, premature</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amenorrhea, post OCP</td>
<td>Menstrual blood, pale</td>
</tr>
<tr>
<td>Cervical mucus, scanty or dry</td>
<td>Menstrual cycle, long</td>
</tr>
<tr>
<td>Endometrial lining, poor</td>
<td>Menstruation, light</td>
</tr>
<tr>
<td>Fatigue, general or after menses</td>
<td>Ovarian follicle quality, poor</td>
</tr>
<tr>
<td>Follicular phase problems</td>
<td>Ovulation, late</td>
</tr>
<tr>
<td>Infertility with yin and blood deficiency</td>
<td>Post-menstrual headaches</td>
</tr>
<tr>
<td>Lightheadedness, after menses</td>
<td>Post-miscarriage deficiencies</td>
</tr>
<tr>
<td>Menarche, late</td>
<td>Premature ovarian failure</td>
</tr>
</tbody>
</table>

Tongue: Pale or slightly reddish body, scanty or no coating, may have red tip or sides. Pulse: Thin or weak in liver and kidney positions.

Note: In cases of spleen deficiency, use in conjunction with an appropriate formula. Use with True Yin Formula if stronger kidney/liver yin support is desired. Use with Salvia Ten Formula for concurrent spleen qi deficiency with liver-heart stagnation.
Oregano Oil Formula (Jia Wei Tu Yin Chen You Jiao Nang) is a liquid concentrate in vegetable cellulose capsules. This formula combines wild Mediterranean oregano oil extract (tu yin chen)—standardized to a minimum of 70% carvacrol—with coptis (huang lian), quisqualis (shi jun zi), and mume (wu mei). Oregano oil has a history of medical use that dates back to ancient Greece. The essential oil is a blend of phenolic compounds with broad-spectrum, antimicrobial actions and immune-building properties. It is combined with Chinese herbs to increase effectiveness for bacterial infection, candida, worms, and other parasites. Oregano Oil Formula can also be used externally. This is an excellent formula to take while traveling in places where intestinal parasites are common.

Ingredients
Quisqualis Fructus (Quisqualis Fruit / Shi Jun Zi) 48%
Oil of Origanum Vulgare (Oregano Oil / Tu Yin Chen) 25%
Mume Fructus (Mume Fruit, Japanese Apricot / Wu Mei) 19%
Coptidis Rhizoma (Coptis / Huang Lian) 8%

Chinese Medical Actions
Clears acute damp-heat, resolves fire-toxin, expels parasites.

Indications

<table>
<thead>
<tr>
<th>Athlete’s foot (use topically)</th>
<th>Nail fungus (use topically)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bacterial Infection</td>
<td>Parasites</td>
</tr>
<tr>
<td>Candida</td>
<td>Skin infection (use topically)</td>
</tr>
<tr>
<td>Dysentery</td>
<td>Throat, sore</td>
</tr>
<tr>
<td>Food poisoning</td>
<td>Ulcer, from helicobacter pylori</td>
</tr>
<tr>
<td>Giardia</td>
<td>Worms</td>
</tr>
</tbody>
</table>

Note: When treating patients diagnosed with candida, it is recommended to change herbal therapies every 30 days. This formula is ideal to alternate with Intestinal Fungus Formula.
Peaceful Spirit Formula is known in China as Yang Xin Ning Shen Wan. It is an excellent formula for nervous exhaustion, anxiety, and for emotional disorders due to stress. Peaceful Spirit Formula emphasizes support of the qi—almost half the formula is comprised of qi tonics—but it also nourishes the heart and calms the spirit (shen).

**Ingredients**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Codonopsis Radix (Codonopsis / Dang Shen)</td>
<td>21.3%</td>
</tr>
<tr>
<td>Jujubae Fructus (Jujube Date, red / Hong Zao, Da Zao)</td>
<td>14.3%</td>
</tr>
<tr>
<td>Dioscoreae Rhizoma (Chinese Yam / Shan Yao)</td>
<td>10.9%</td>
</tr>
<tr>
<td>Longan Arillis (Longan Fruit / Long Yan Rou)</td>
<td>10.9%</td>
</tr>
<tr>
<td>Salviae Miltiorrhizae Radix (Chinese Salvia Root / Dan Shen)</td>
<td>9.9%</td>
</tr>
<tr>
<td>Dioscoreae Rhizoma (Chinese Yam / Shan Yao)</td>
<td>10.9%</td>
</tr>
<tr>
<td>Longan Arillis (Longan Fruit / Long Yan Rou)</td>
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</tr>
<tr>
<td>Longan Arillis (Longan Fruit / Long Yan Rou)</td>
<td>10.9%</td>
</tr>
<tr>
<td>Salviae Miltiorrhizae Radix (Chinese Salvia Root / Dan Shen)</td>
<td>9.9%</td>
</tr>
</tbody>
</table>

**Chinese Medical Actions**

Supplements qi, nourishes the heart, calms the spirit (shen), nourishes blood.

**Indications**

<table>
<thead>
<tr>
<th>Indication</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Anxiety</td>
<td>Mental fatigue</td>
</tr>
<tr>
<td>Dizziness</td>
<td>Nervous exhaustion</td>
</tr>
<tr>
<td>Insomnia</td>
<td>Palpitations</td>
</tr>
<tr>
<td>Irritability</td>
<td>Post-Traumatic Stress Disorder</td>
</tr>
<tr>
<td>Melancholy, excessive</td>
<td>Restlessness</td>
</tr>
<tr>
<td>Memory, poor</td>
<td>Stress</td>
</tr>
</tbody>
</table>

**Tongue:** Pale, may be shaky, with thin, white coating.

**Pulse:** Weak or thin, especially in upper and middle positions.

**Contraindications:** Do not use in excess conditions or with signs of heat. In cases where there are also signs of heat from yin deficiency, use Heavenly Emperor’s Formula or Zizyphus Formula instead.
PEONY & ATRACTYLODES FORMULA

Peony & Atractylodes Formula (Tong Xie Yao Fang) is one of the most popular formulas in China for treating Irritable Bowel Syndrome (IBS) with marked diarrhea. It is especially effective at relieving pain. The formula is safe for infants with diarrhea and for long-term use. The traditional symptomology addressed by this formula describes abdominal pain that is relieved after the individual passes stool. The stool is characteristically small in volume and remarkably loose.

Ingredients
Atractylodis Macrocephalae Rhizoma (White Atractylodes Rhizome, dry-fried / Chao Bai Zhu) 36%
Paeoniae Radix, alba (Chinese Peony, white, dry-fried / Chao Bai Shao) 23%
Saposhnikoviae Radix (Siler / Fang Feng) 23%
Citri Reticulatae Pericarpium (Tangerine Peel, dry-fried / Chao Chen Pi) 18%

Chinese Medical Actions
Supplements spleen, relaxes the liver, expels dampness, arrests diarrhea, and reduces pain.

Indications

<table>
<thead>
<tr>
<th>Abdominal pain, lower</th>
<th>Hiccough, post-operative</th>
</tr>
</thead>
<tbody>
<tr>
<td>Colitis</td>
<td>Irritable Bowel Syndrome (IBS)</td>
</tr>
<tr>
<td>Constipation, chronic from spleen qi deficiency</td>
<td>Infant diarrhea</td>
</tr>
<tr>
<td>Cramping, abdominal</td>
<td>Meniere’s disease</td>
</tr>
<tr>
<td>Diarrhea, painful</td>
<td>Ulcer, gastric, discomfort from</td>
</tr>
</tbody>
</table>

Tongue: Often normal; can be slightly purple or have a thick, white coating.
Pulse: Wiry and moderate, or wiry and thin.

Contraindications: Do not use if diarrhea is from food stagnation. If patient has toxic dampness or damp-heat type diarrhea from acute infection, use Wu Hua Formula instead.
**PERSICA & CISTANCHES FORMULA**

**Persica & Cistanches Formula (Tao Ren Cong Rong Wan)** This formula moistens the intestines to encourage regular bowel movements. It is used for constipation from exhaustion of fluids or dryness, and good for patients who are weak or debilitated, especially if they are blood deficient.

**Ingredients**

- Cistanches Herba (Broomrape, Cistanches / Rou Cong Rong) 16.2%
- Rhei Radix et Rhizoma (Chinese Rhubarb / Da Huang) 13.5%
- Angelicae Sinensis Radix (Dong Quai Root, Tang Kuei / Dang Gui) 13.5%
- Platycladi Semen (Oriental Arborvitae Seed, Biota Seed / Bai Zi Ren) 10.9%
- Aurantii Fructus Immaturus (Bitter Orange, immature fruit / Zhi Shi) 8.1%
- Magnoliae Officinalis Cortex (Magnolia Bark / Hou Po) 8.1%
- Persicae Semen (Peach Kernel, Persica Seed / Tao Ren) 8.1%
- Armeniacae Semen (Apricot Seed, Chinese Bitter Almond / Xing Ren) 5.4%
- Paeoniae Radix, alba (Chinese Peony, white / Bai Shao) 5.4%
- Aurantii Fructus (Bitter Orange / Zhi Ke) 5.4%
- Glycyrrhizae Radix (Chinese Licorice Root / Gan Cao) 5.4%

**Chinese Medical Actions**

Moistens and unblocks the intestines, nourishes blood, promotes the movement of qi.

**Indications**

| Bowel movement, incomplete or painful | Constipation |
| Stool, hard or difficult to pass      |

**Tongue:** Dry, with yellow coating.

**Pulse:** Submerged, rapid, floating, or choppy.

**Contraindications:** DO NOT USE DURING PREGNANCY OR WHILE NURSING. Use cautiously with patients with spleen qi deficiency or spleen dampness. Not recommended for children under age six.
Phlegm-Transforming Formula (Xia Ku Hua Tan Pian) is a modern formula for patterns of phlegm accumulation. It addresses the qi stagnation, blood stasis, heat-toxin, spleen and kidney deficiency, and yin and blood deficiency that often accompany chronic phlegm patterns. Originally developed as a gynecological formula for ovarian cysts, this formula may also be used for any long-term phlegm-accumulation disorders.

**Ingredients**
- Prunellae Spica (Heal All Spike, Self-Heal Spike / Xia Ku Cao) 12%
- Salviae Miltiorrhizae Radix (Chinese Salvia Root / Dan Shen) 10%
- Astragali Radix (Astragalus / Huang Qi) 10%
- Coicis Semen (Job’s Tears Seed, Chinese Pearl Barley, Coix / Yi Yi Ren) 10%
- Patriniae Herba (Patrinia, Snow Thistle / Bai Jiang Cao) 10%
- Gleditsiae Spina (Gleditsia Thorn / Zao Jiao Ci) 7%
- Eckloniae Thallus (Kelp, Kombu / Kun Bu) 5%
- Scrophulariae Radix (Scrophularia, Figwort Root / Xuan Shen) 5%
- Scutellariae Radix (Chinese Skullcap, Scute / Huang Qin) 5%
- Citri Reticulatae Pericarpium (Tangerine Peel / Chen Pi) 5%
- Cyperi Rhizoma (Cyperus, Nut Grass / Xiang Fu) 5%
- Paeoniae Radix, alba (Chinese Peony, white / Bai Shao) 5%
- Angelicae Sinensis Radix (Dong Quai Root, Tang Kuei / Dang Gui) 5%
- Cinnamomi Cortex (Cassia Bark, Chinese Cinnamon / Rou Gui) 3%
- Dipsaci Radix (Japanese Teasel Root, Japanese Dipsacus / Xu Duan) 3%

**Chinese Medical Actions**
Transforms phlegm, disperses phlegm nodules, moves blood, regulates qi, clears heat and toxin, eliminates dampness, nourishes yin and blood, supports the spleen and kidneys.

**Indications**

<table>
<thead>
<tr>
<th>Abdominal masses, from phlegm</th>
<th>Lymph nodes, enlarged</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breast lumps</td>
<td>Menopausal symptoms</td>
</tr>
<tr>
<td>Bronchitis, chronic</td>
<td>Ovarian cysts</td>
</tr>
<tr>
<td>Endometriosis with phlegm patterns</td>
<td>Thyroid tumors, benign</td>
</tr>
<tr>
<td>Ganglionic cysts</td>
<td>Uterine bleeding, dysfunctional</td>
</tr>
<tr>
<td>Goiter</td>
<td>Uterine fibroids</td>
</tr>
<tr>
<td>Infertility</td>
<td></td>
</tr>
</tbody>
</table>

**Tongue:** Swollen, with thick, greasy coating.  **Pulse:** Slippery

**Contraindications:** DO NOT USE DURING PREGNANCY.
Pinellia & Magnolia Bark Formula (Ban Xia Hou Po Tang) is a classical Chinese formula. This version has been augmented with cyperus (xiang fu) and green tangerine peel (qing pi) to aid in the movement of stagnant qi. This formula is appropriate in cases of constrained qi with phlegm. This condition is classically known as “plum pit qi” (mei he qi), which usually results from emotional upset or stress. The patient will most commonly experience a sensation of something caught in the throat that can neither be coughed up nor swallowed, or a stifling feeling in the chest and hypochondriac region. Pinellia & Magnolia Bark Formula is also highly effective for treating bronchitis and chronic sub-acute phlegm issues in the upper and middle burners when there is little or no heat.

**Ingredients**
Zingiberis Rhizoma Recens (Ginger, fresh / Sheng Jiang) 23.1%
Pinelliae Rhizoma Preparatum (Pinellia, ginger-cured / Zhi Ban Xia) 18.5%
Poriae Sclerotium Pararadicis (Poria Spirit / Fu Shen) 18.5%
Magnoliae Officinalis Cortex (Magnolia Bark / Hou Po) 13.8%
Perillae Folium (Perilla Leaf / Zi Su Ye) 9.2%
Citri Reticulatae Viride Pericarpium (Tangerine Peel, green / Qing Pi) 9.2%
Cyperi Rhizoma (Cyperus, Nut Grass / Xiang Fu) 7.7%

**Chinese Medical Actions**
Promotes the movement of qi, directs rebellious qi downward, dissipates clumps, transforms phlegm.

**Indications**
- Acid regurgitation or reflux
- Breathing, difficulty
- Bronchitis
- Chest, stifling sensation in
- Cough, with profuse sputum
- Emotional instability
- Gastrointestinal disorders, functional
- Laryngitis, chronic
- Meniere’s disease
- Morning sickness
- Motion sickness
- Snoring
- Swallowing, difficulty
- Throat, feeling of something caught in
- Wheezing
- Vomiting

**Tongue:** Moist or greasy, with white coating.
**Pulse:** Wiry and slow or slippery.

**Contraindications:** Do not use with patients with a flushed face, bitter taste in mouth, or red tongue with scanty coating. This formula contains drying and dispersing herbs, which can injure the yin and fluids if not used correctly.
Polyporus & Dianthus Formula (Zhu Ling Qu Mai Tang) is a modification of Polyporus Formula, a traditional Shang Han Lun formula used to treat pathogenic influences which have transformed into heat in the interior. It is one of the most commonly used formulas for treating urinary tract infections. The traditional formula was modified by adding lophatherum (dan zhu ye), dianthus (qu mai), anemarrhena (zhi mu), andrographis (chuan xin lian), and phellodendron (huang bai). These herbs augment the heat-clearing and dampness-removing properties of the formula. The talcum in the original formula has been replaced with pyrrosia leaf (shi wei).

Ingredients
Lophatheri Herba (Lophatherum / Dan Zhu Ye) 16%
Dianthi Herba (Chinese Pink, Dianthus / Qu Mai) 16%
Poria (Poria, Hoelen, Tuckahoe / Fu Ling) 12%
Polyporus (Polyporus Umbellatus / Zhu Ling) 10%
Alismatis Rhizoma (Asian Water Plantain / Ze Xie) 10%
Anemarrhenae Rhizoma (Anemarrhena Rhizome / Zhi Mu) 10%
Andrographitis Herba (Andrographis / Chuan Xin Lian) 10%
Phellodendri Cortex (Phellodendron Bark / Huang Bai) 10%
Pyrrosiae Folium (Pyrrosia Leaf / Shi Wei) 6%

Chinese Medical Actions
Disinhibits urine and leaches out dampness, drains heat from urinary tract, protects the yin of the lower burner.

<table>
<thead>
<tr>
<th>Indications</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Abdominal pain (lower), acute</td>
<td>Glomerulonephritis</td>
</tr>
<tr>
<td>Ascites</td>
<td>Irritability</td>
</tr>
<tr>
<td>Benign Prostatic Hypertrophy</td>
<td>Herpes, genital</td>
</tr>
<tr>
<td>Blood in urine (hematuria)</td>
<td>Nephritis, acute</td>
</tr>
<tr>
<td>Cardiogenic edema</td>
<td>Prostatitis, acute</td>
</tr>
<tr>
<td>Cervical erosion</td>
<td>Pyelonephritis</td>
</tr>
<tr>
<td>Chlamydia</td>
<td>Ulcerative colitis</td>
</tr>
<tr>
<td>Cystitis, acute or chronic</td>
<td>Urinary tract infections</td>
</tr>
<tr>
<td>Dermatitis, atopic</td>
<td>Urination, painful or difficult</td>
</tr>
<tr>
<td>Diabetes insipidus</td>
<td>Urethral calculus</td>
</tr>
<tr>
<td>Diarrhea</td>
<td>Urine, dark or hot</td>
</tr>
<tr>
<td>Eczema</td>
<td>Uterine bleeding</td>
</tr>
<tr>
<td>Edema, yang-type</td>
<td>Vaginitis</td>
</tr>
</tbody>
</table>

Tongue: Dry, red, may have dark, yellow coating.
Pulse: Superficial and rapid.

Contraindications: DO NOT USE DURING PREGNANCY.
PORIA & BAMBOO FORMULA

Poria & Bamboo Formula (Wen Dan Tang) dates back to the 7th century. It was originally intended for treatment of post-wind-cold exterior patterns leading to stomach/gallbladder disharmony. This results in accumulation of phlegm that stagnates qi and combines with heat. Phlegm-heat and stagnation hinder the rising of clear yang, resulting in dizziness or vertigo. Also, phlegm-heat can become rebellious, causing nausea or vomiting. Furthermore, phlegm-heat can disturb the chest and heart, manifesting as irritability, insomnia, palpitations, and anxiety. Because stomach/gallbladder disharmony can produce such varying symptoms, this formula can treat many different disorders. The patient will present with phlegm in the middle burner, resulting in symptoms such as heart or shen disturbance or counterflow of stomach qi. Polygala (yuan zhi) has been added to further assist in dispelling phlegm and calming the spirit.

Ingredients
Citri Reticulatae Pericarpium (Tangerine Peel / Chen Pi) 21%
Bambusae Caulis in Taeniam (Bamboo Shavings / Zhu Ru) 17%
Pinelliae Rhizoma Preparatum (Pinellia, ginger-cured / Zhi Ban Xia) 14%
Aurantii Fructus Immaturus (Bitter Orange, immature fruit / Zhi Shi) 14%
Poria (Poria, Hoelen, Tuckahoe / Fu Ling) 11%
Glycyrrhizae Radix (Chinese Licorice Root / Gan Cao) 6%
Zingiberis Rhizoma Recens (Ginger, fresh / Sheng Jiang) 6%
Polygalae Radix (Polygala / Yuan Zhi) 5%
Jujubae Fructus (Jujube Date, red / Hong Zao, Da Zao) 4%
Coptidis Rhizoma (Coptis / Huang Lian) 2%

Chinese Medical Actions
Regulates qi, transforms phlegm, clears the gallbladder, harmonizes the stomach, calms the spirit (shen).

Indications

| Anxiety or fright | Hiccough |
| Bitter taste in mouth | Hepatitis, chronic |
| Bronchitis, chronic | Insomnia |
| Chemotherapy, thoracic oppression and nausea from | Irritability |
| Convulsions | Mania |
| Depression | Meniere's disease |
| Dizziness or vertigo | Morning sickness |
| Gallbladder inflammation | Nausea |
| Gallstones | Palpitations |
| Gastritis | Ulcer, duodenal |
| | Vomiting |

Tongue: Greasy, yellow coating. Pulse: Rapid and slippery or wiry.

Contraindications: Use only with clear signs of phlegm. This formula is drying; use caution with yin deficiency.
PORIA FIFTEEN FORMULA

Poria Fifteen Formula (Shi Wu Wei Fu Ling Pian) was originally designed to help treat obesity. It improves digestion, increases elimination, aids in lipid metabolism, reduces serum cholesterol, phlegm, and water excess. Suitable for all types of overweight persons, this formula is balanced and safe for long-term use. It is appropriate, not just for obesity, but whenever there is damp accumulation in the lower and middle burner.

Ingredients
Alismatis Rhizoma (Asian Water Plantain / Ze Xie) 11%
Cassiae Semen (Sickle-pod Senna / Jue Ming Zi) 9.2%
Atractylodis Macrocephalae Rhizoma (White Atractylodes Rhizome / Bai Zhu) 9.2%
Poria (Poria, Hoelen, Tuckahoe / Fu Ling) 9.2%
Cinnamomi Ramulus (Cassia Twig, Chinese Cinnamon / Gui Zhi) 7.3%
Aurantii Fructus Immaturus (Bitter Orange, immature fruit / Zhi Shi) 7.3%
Citri Reticulatae Pericarpium (Tangerine Peel / Chen Pi) 7.3%
Crataegi Fructus (Chinese Hawthorn Fruit / Shan Zha) 7.3%
Rhei Radix et Rhizoma (Chinese Rhubarb / Da Huang) 7.3%
Raphani Semen (Radish Seed / Lai Fu Zi) 6.1%
Cistanches Herba (Broomrape, Cistanches / Rou Cong Rong) 6.1%
Glycyrrhizae Radix (Chinese Licorice Root / Gan Cao) 5.4%
Vladimiria Radix (Vladimiria Root / Chuan Mu Xiang) 4.9%
Pharbitidis Semen (Morning Glory Seed / Qian Niu Zi) 2.4%

Chinese Medical Actions
Drains dampness, moves qi and blood, relieves food stagnation, moves stool, benefits the spleen and kidneys, clears the liver.

Indications
<table>
<thead>
<tr>
<th>Abdominal distension or bloating</th>
<th>Metabolic Syndrome</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cholesterol, elevated</td>
<td>Obesity</td>
</tr>
<tr>
<td>Constipation</td>
<td>Phlegm</td>
</tr>
<tr>
<td>Edema</td>
<td>Toxicity, feeling of</td>
</tr>
<tr>
<td>Food stagnation</td>
<td>Urination, difficult</td>
</tr>
<tr>
<td>Heaviness, generalized body</td>
<td></td>
</tr>
</tbody>
</table>

Contraindications: DO NOT USE DURING PREGNANCY OR WHILE NURSING. Decrease dose if diarrhea occurs.

Note: Can be combined with an appropriate constitutional formula such as, Women’s Precious Formula, Sea of Qi Formula, Tang Kuei & Salvia Formula, etcetera.
Poria Five Formula (Wu Ling San), also known as “Hoelen Five Formula,” is a classical formula from the *Shang Han Lun*. It is used to treat water metabolism dysfunction with urinary retention or edema. The causes of this condition can be varied: pathogenic influences from a taiyang stage disorder which have penetrated into the urinary bladder, spleen deficiency which results in accumulation of water in the muscles and skin, or retention of congested fluids in the lower burner.

**Ingredients**

Alismatis Rhizoma (Asian Water Plantain / Ze Xie) 32.4%

Poria (Poria, Hoelen, Tuckahoe / Fu Ling) 18.5%

Polyporus (Polyporus Umbellatus / Zhu Ling) 18.5%

Atractylodis Macrocephalae Rhizoma (White Atractylodes Rhizome / Bai Zhu) 18.5%

Cinnamomi Ramulus (Cassia Twig, Chinese Cinnamon / Gui Zhi) 12.1%

**Chinese Medical Actions**

Drains dampness, promotes urination, warms yang, strengthens the spleen, transforms qi.

**Indications**

<table>
<thead>
<tr>
<th>Ascites</th>
<th>Preeclampsia</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cardiac edema</td>
<td>Premenstrual bloating</td>
</tr>
<tr>
<td>Cough, from fluid retention</td>
<td>Prostatitis, early stages</td>
</tr>
<tr>
<td>Diarrhea</td>
<td>Renal failure, chronic</td>
</tr>
<tr>
<td>Dizziness or vertigo</td>
<td>Scrotal edema</td>
</tr>
<tr>
<td>Edema</td>
<td>Shortness of breath</td>
</tr>
<tr>
<td>Fever</td>
<td>Toxemia of pregnancy</td>
</tr>
<tr>
<td>Gastroenteritis, with congested fluids</td>
<td>Umbilicus, throbbing sensations below</td>
</tr>
<tr>
<td>Genitourinary infections</td>
<td>Urinary retention</td>
</tr>
<tr>
<td>Headache</td>
<td>Urination, difficult</td>
</tr>
<tr>
<td>Hypertension</td>
<td>Vomiting</td>
</tr>
<tr>
<td>Meniere’s disease</td>
<td>Water retention</td>
</tr>
<tr>
<td>Motion sickness</td>
<td></td>
</tr>
<tr>
<td>Nephritis, acute and chronic</td>
<td></td>
</tr>
</tbody>
</table>

**Tongue:** Swollen, wet.  **Pulse:** Slippery, may be superficial and rapid.

**Contraindications:** Use with caution in patients with spleen and kidney qi deficiency. Overuse may cause dizziness, vertigo, lack of appetite, and a bland taste in the mouth. In cases of urinary difficulty with yin deficiency, use with *True Yin Formula*. 
**Prostate Formula (Qiang Lie Xian Fang)** is designed to promote healthy function of the prostate. From the perspective of Oriental medicine, the prostate gland is primarily nourished by the spleen, kidney, and liver channels. With modern lifestyles and advancing years, certain patterns occur which affect the prostate gland. Decline of spleen yang can bring about an accumulation of dampness in the lower burner. Further decline of kidney yang, a normal occurrence with aging and stress, diminishes urinary function and sexual energy. This formula treats dampness and stasis in the lower burner brought about by deficiency of spleen and kidney yang. This condition is characterized by sexual dysfunction, or frequent or inhibited urination. In Western medicine, this often corresponds to Benign Prostatic Hypertrophy (BPH) or enlarged prostate. For many men, these symptoms begin around age 40. **Prostate Formula** supplements the yang and drains accumulated dampness to protect against the effects of aging on the prostate.

**Ingredients**

Cuscutae Semen (Chinese Dodder Seed, Chinese Cuscuta / **Tu Si Zi**) 11.9%
Epimedii Herba (Epimedium / **Yin Yang Huo**) 11.9%
Serenoae Fructus (Saw Palmetto Berry) 11.9%
Codonopsis Radix (Codonopsis / **Dang Shen**) 11.9%
Angelicae Sinensis Radix (Dong Quai Root, Tang Kuei / **Dang Gui**) 9.6%
Dioscoreae Hypoglaucae Rhizoma (Tokoro Yam Rhizome / **Bi Xie**) 9.6%
Poria (Poria, Hoelen, Tuckahoe / **Fu Ling**) 7.1%
Paeoniae Radix, rubra (Chinese Peony, red / **Chi Shao**) 7.1%
Alpiniae Oxyphyllae Fructus (Black Cardamom, Alpinia Fruit / **Yi Zhi Ren**) 7.1%
Linderae Radix (Lindera Tuber, Chinese Allspice / **Wu Yao**) 7.1%
Glycyrrhizae Radix (Chinese Licorice Root / **Gan Cao**) 4.8%

**Chinese Medical Actions**

Supports spleen and kidney yang, drains dampness, moves blood.

<table>
<thead>
<tr>
<th>Indications</th>
<th>Prostate, throbbing in</th>
<th>Urination, frequent, or difficulty starting and stopping</th>
</tr>
</thead>
<tbody>
<tr>
<td>Backache</td>
<td>Prostate, throbbing in</td>
<td></td>
</tr>
<tr>
<td>Erectile dysfunction</td>
<td>Urination, frequent, or difficulty</td>
<td></td>
</tr>
<tr>
<td>Libido, loss of</td>
<td>starting and stopping</td>
<td></td>
</tr>
</tbody>
</table>

**Contraindications:** If heat is present, clear heat before using this formula. With yin deficiency fire, use Rehmannia & Scrophularia Formula. With yin deficiency, use True Yin Formula. For acute prostatitis, use Gentiana Drain Fire Formula. For severe swelling, use Cinnamon & Poria Formula.

**Note:** The American Institute for Cancer Research considers diets high in fat, salt, animal products, alcohol, and tobacco to be detrimental to prostate health.
**Pu Ji Formula (Pu Ji Xiao Du Yin)** treats acute toxin attacking the head, face, neck and throat. It can dredge heat-toxin from the lymph in the head and neck that causes swelling and pain.

**Ingredients**

- Forsythia Fructus (Forsythia / Lian Qiao) 10%
- Isatidis seu Baphicacanthis Radix (Isatis Root / Ban Lan Gen) 9%
- Bupleuri Radix (Bupleurum Root / Chai Hu) 7.7%
- Scrophulariae Radix (Scrophularia, Figwort Root / Xuan Shen) 7.7%
- Arctii Fructus (Burdock Fruit / Niu Bang Zi) 7.7%
- Scutellariae Radix (Chinese skullcap, Scute / Huang Qin) 7.7%
- Bupleuri Radix (Bupleurum Root / Chai Hu) 7.7%
- Platycodi Radix (Platycodon Root, Balloon Flower Root / Jie Geng) 7.2%
- Calvatia (Puffball / Ma Bo) 7.2%
- Coptidis Rhizoma (Coptis / Huang Lian) 6%
- Cimicifugae Rhizoma (Chinese Cimicifuga Rhizome / Sheng Ma) 5.1%
- Menthae Haplocalysis Herba (Chinese Mint / Bo He) 5.1%
- Citri Reticulatae Pericarpium (Tangerine Peel / Chen Pi) 4.5%
- Moutan Cortex (Tree Peony / Mu Dan Pi) 4.5%
- Glycyrrhizae Radix (Chinese Licorice Root / Gan Cao) 2.9%

**Chinese Medical Actions**

Clears heat, resolves toxin, dispels pathogenic wind, cools the blood, and reduces throat pain.

**Indications**

<table>
<thead>
<tr>
<th>Condition</th>
<th>Indication</th>
</tr>
</thead>
<tbody>
<tr>
<td>Carbuncles, upper body</td>
<td>Myocarditis, acute viral</td>
</tr>
<tr>
<td>Cellulitis, submaxillary</td>
<td>Mumps</td>
</tr>
<tr>
<td>Fever</td>
<td>Parotiditis</td>
</tr>
<tr>
<td>Furuncles, upper body</td>
<td>Strep throat (Streptococcus)</td>
</tr>
<tr>
<td>Headache</td>
<td>Thirst, with fever</td>
</tr>
<tr>
<td>Lymphadenitis</td>
<td>Throat, sore</td>
</tr>
<tr>
<td>Mononucleosis, acute</td>
<td>Tonsillitis</td>
</tr>
</tbody>
</table>

**Tongue:** Red or red tip.  **Pulse:** Large, rapid, often floating.

**Contraindications:** This formula contains several cold or cool herbs. Prolonged use may cause stomach upset or loose stool.
Pulsatilla Intestinal Formula (Bai Tou Weng Li Chang Fang) is a modern formula developed by Jake Paul Fratkin, OMD, to treat epithelial inflammation in the small intestine. This inflammation can result from microbial infection (yeast, bacterial, viral, fungal, or protozoan) or food allergies, and contributes to “Leaky Gut Syndrome.” In prolonged intestinal inflammation, chemical and physical toxins are absorbed into the blood stream and can cause lowered immunity, chronic fatigue, and fibromyalgia. It is often the underlying cause of a number of disorders, including: eczema, asthma, sinusitis, dysmenorrhea, and premenstrual syndrome.

Ingredients
Poria (Poria, Hoelen, Tuckahoe / Fu Ling) 17%
Pulsatillae Radix (Chinese Pulsatilla Root / Bai Tou Weng) 15%
Phellodendri Cortex (Phellodendron Bark / Huang Bai) 14%
Atractylodis Rhizoma (Cang-Zhu Atractylodes Rhizome / Cang Zhu) 14%
Paeoniae Radix, alba (Chinese Peony, white / Bai Shao) 12%
Coptidis Rhizoma (Coptis / Huang Lian) 12%
Vladimiria Radix (Vladimiria Root / Chuan Mu Xiang) 8%
Glycyrrhizae Radix (Chinese Licorice Root / Gan Cao) 8%

Chinese Medical Action
Clears heat, resolves toxin, drains dampness, and promotes tissue growth.

<table>
<thead>
<tr>
<th>Indications</th>
</tr>
</thead>
<tbody>
<tr>
<td>Abdominal pain or cramping</td>
</tr>
<tr>
<td>Crohn’s Disease</td>
</tr>
<tr>
<td>Diarrhea</td>
</tr>
<tr>
<td>Fatigue</td>
</tr>
<tr>
<td>Food allergies</td>
</tr>
<tr>
<td>Intestinal inflammation</td>
</tr>
<tr>
<td>Irritable Bowel Syndrome</td>
</tr>
<tr>
<td>Leaky Gut Syndrome</td>
</tr>
<tr>
<td>Stool, loose or erratic</td>
</tr>
<tr>
<td>Skin problems</td>
</tr>
</tbody>
</table>

Tongue: Normal or red, with a yellow, greasy coating.
Pulse: Normal, or rapid and slippery.

Contraindications: Reduce dose if loose stool occur while taking this formula.

Note: With Leaky Gut Syndrome, attention should also be paid to liver stagnation. Chronic cases may need kidney support. In cases of irritation due to fungal, bacterial, or protozoan sources, combine with Intestinal Fungus Formula or Oregano Oil Formula.
Rabdosia Prostate Formula (Dong Ling Cao Fang). A number of the herbs in this formula have been used in China in recent years to treat patients with prostate cancer. Rabdosia (dong ling cao), barbed skullcap (ban zhi lian), oldenlandia (bai hua she she cao), isatis (da qing ye), moutan (mu dan pi), zedoary (e zhu), and amber (hu po) are used in traditional Chinese herbal medicine to treat cancer and tumors. Licorice (gan cao) and ganoderma (ling zhi) support qi and the body’s immune function. Lindera (wu yao) and cyathula (chuan niu xi) relieve pain in the lower abdomen. According to modern research, saw palmetto reduces inflammation and supports prostate health.

**Ingredients**

<table>
<thead>
<tr>
<th>Herb</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rabdosiae Herba (Rabdosia / Dong Ling Cao)</td>
<td>24.1%</td>
</tr>
<tr>
<td>Hedyotis Diffusae Herba (Hedyotis, Oldenlandia / Bai Hua She She Cao)</td>
<td>13.8%</td>
</tr>
<tr>
<td>Isatidis Folium (Isatis Leaf, Indigo Woad Leaf / Da Qing Ye)</td>
<td>6.9%</td>
</tr>
<tr>
<td>Scutellaria barbatae Herba (Barbed Skullcap / Ban Zhi Lian)</td>
<td>6.2%</td>
</tr>
<tr>
<td>Moutan Cortex (Tree Peony / Mu Dan Pi)</td>
<td>6.2%</td>
</tr>
<tr>
<td>Paridis Rhizome (Paris Rhizome / Chong Lou)</td>
<td>6.2%</td>
</tr>
<tr>
<td>Glycyrrhizeae Radix (Chinese Licorice Root / Gan Cao)</td>
<td>6.2%</td>
</tr>
<tr>
<td>Cyathulae Radix (Cyathula Root / Chuan Niu Xi)</td>
<td>6.2%</td>
</tr>
<tr>
<td>Curcumae Rhizoma (Zedoary Rhizome / E Zhu)</td>
<td>6.2%</td>
</tr>
<tr>
<td>Linderae Radix (Lindera Tuber, Chinese Allspice / Wu Yao)</td>
<td>6.2%</td>
</tr>
<tr>
<td>Serenoae Fructus (Saw Palmetto Berry)</td>
<td>5.6%</td>
</tr>
<tr>
<td>Succinum Resina (Amber / Hu Po)</td>
<td>3.4%</td>
</tr>
<tr>
<td>Ganoderma (Reishi / Ling Zhi)</td>
<td>2.8%</td>
</tr>
</tbody>
</table>

**Chinese Medical Actions**

Clears heat and damp-heat, cools and invigorates blood, disperses swelling, resolves toxin.

<table>
<thead>
<tr>
<th>Indications</th>
</tr>
</thead>
<tbody>
<tr>
<td>Elevated PSA (Prostate Specific Antigen) count</td>
</tr>
<tr>
<td></td>
</tr>
</tbody>
</table>

**Tongue:** May be swollen, purple, or red, with yellow coating.

**Pulse:** Rapid, wiry.

**Contraindications:** Use caution in cases where there is an absence of heat.
**REED & SEED FORMULA**

**Reed & Seed Formula** (*San Ren Wei Jing Tang*) is a combination of two traditional formulas: Three Nut Decoction (*San Ren Tang*) and Reed Decoction (*Wei Jing Tang*). The former is the representative formula from the *Wen Bing* School for warm epidemic patterns of damp-heat; the latter is a much older formula, utilized extensively by the *Wen Bing* School, to clear heat-toxin that is clogging the lung with hot clumped phlegm that leads to blood stasis, which can transform into pulmonary abscess. This formula can treat damp-heat pathogens (even epidemic damp-heat) in any of the three burners. Note that damp-heat presentations can be caused by either viral or bacterial infections or a combination of the two.

**Ingredients**

- Phragmitis Rhizoma (Phragmites Rhizome / *Lu Gen*) 19%
- Coicis Semen (Job’s Tears Seed / *Yi Yi Ren*) 17%
- Benincasae Semen (Winter Melon Seed / *Dong Gua Zi*) 16%
- Armeniacae Semen (Apricot Seed, Chinese Bitter Almond / *Xing Ren*) 10%
- Polygoni Cuspidati Rhizoma (Japanese Knotweed Root & Rhizome / *Hu Zhang*) 10%
- Amomi Fructus Rotundus (Chinese Cardamom / *Bai Dou Kou*) 8%
- Magnoliae Officinalis Cortex (Magnolia Bark / *Hou Po*) 7%
- Lophatheri Herba (Lophatherum / *Dan Zhu Ye*) 6%
- Citri grandis Exocarpium Rubrum (Pomelo Rind / *Hua Ju Hong*) 4%
- Nelumbinis Plumula (Lotus Plumule / *Lian Zi Xin*) 3%

**Chinese Medical Actions**

Expels heat-toxin and pus from the lungs. Diffuses qi and restores qi mechanism. Disinhibits and transforms dampness and clears heat. Drives out blood stasis and clumped phlegm from the lungs.

**Indications**

<table>
<thead>
<tr>
<th>Indication</th>
<th>Action</th>
</tr>
</thead>
<tbody>
<tr>
<td>Abscess, pulmonary</td>
<td>Gastritis, acute</td>
</tr>
<tr>
<td>Appetite, loss of, acute</td>
<td>Gastroenteritis</td>
</tr>
<tr>
<td>Asthma, viral</td>
<td>Headache, with heavy sensation</td>
</tr>
<tr>
<td>Body aches</td>
<td>Heaviness, in chest or body</td>
</tr>
<tr>
<td>Bronchiectasis</td>
<td>Hepatitis, acute</td>
</tr>
<tr>
<td>Bronchitis</td>
<td>Influenza</td>
</tr>
<tr>
<td>Brucellosis</td>
<td>Nephritis, bacterial</td>
</tr>
<tr>
<td>Chest oppression or constriction</td>
<td>Pertussis (whooping cough)</td>
</tr>
<tr>
<td>Chills</td>
<td>Phlegm, blood-streaked</td>
</tr>
<tr>
<td>Colitis, acute with pronounced</td>
<td>Pneumonia</td>
</tr>
<tr>
<td>dampness</td>
<td>Respiratory infection</td>
</tr>
<tr>
<td>Common cold, severe</td>
<td>Skin, dry from lung obstruction</td>
</tr>
<tr>
<td>Constipation, from dampness</td>
<td>Smell, loss of, acute</td>
</tr>
<tr>
<td>Cough, with foul-smelling sputum</td>
<td>Taste, loss of, acute</td>
</tr>
<tr>
<td>Eyes, red, irritated and exudative</td>
<td>Urination, inhibited or blocked</td>
</tr>
<tr>
<td>Fever, low-grade to moderate</td>
<td>Vaginal discharge</td>
</tr>
</tbody>
</table>
**Tongue:** Red, with thick, white or greasy, yellow coating.  
**Pulse:** Slippery and rapid or thin, slippery, and wiry.  

**Contraindications:** DO NOT USE DURING PREGNANCY. Do not use in the absence of dampness.  

**Note:** Tongue coating will be an important sign for differentiation. Patient will also likely have a heavy sensation in the head and/or body and a stifling sensation in the chest. Note that when there is abscess in the lungs and the qi dynamic is finally freed up, it is not an abnormal response for the patient to vomit up pus and blood. This should only happen once or twice and is a sign of recovery.
Rehmannia & Scrophularia Formula (Zhi Bai Di Huang Wan) is a modification of Anemarrhena, Phellodendron, and Rehmannia Formula (Zhi Bai Di Huang Wan), with the addition of lycium root bark (di gu pi) and scrophularia (xuan shen). Based on Rehmannia Six Formula (Liu Wei Di Huang Wan), a kidney yin tonic, this formula is used specifically to address yin deficiency with fire, internal heat, or “bone-steaming” heat. It is excellent for feelings of “burn out” or exhaustion with heat, and is one of the most commonly used formulas for controlling hot flashes.

**Ingredients**
- Rehmanniae Radix (Rehmannia, unprocessed / Sheng Di Huang) 20.3%
- Scrophulariae Radix (Scrophularia, Figwort Root / Xuan Shen) 14.6%
- Dioscoreae Rhizoma (Chinese Yam / Shan Yao) 9.8%
- Alismatis Rhizoma (Asian Water Plantain / Ze Xie) 9.8%
- Moutan Cortex (Tree Peony / Mu Dan Pi) 9.8%
- Poria (Poria, Hoelen, Tuckahoe / Fu Ling) 9.8%
- Lycii Cortex (Lycium Root Bark, Chinese Boxthorn Rootbark / Di Gu Pi) 9.8%
- Corni Fructus (Asiatic Dogwood Fruit, Asiatic Cornel / Shan Zhu Yu) 6.5%
- Phellodendri Cortex (Phellodendron Bark / Huang Bai) 4.8%
- Anemarrhenae Rhizoma (Anemarrhena Rhizome / Zhi Mu) 4.8%

**Chinese Medical Actions**
Nourishes the yin and the kidneys, clears heat, quells fire.

**Indications**

<table>
<thead>
<tr>
<th>Back pain</th>
<th>Night sweats</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dizziness or vertigo</td>
<td>Palms and soles, hot</td>
</tr>
<tr>
<td>Face, red</td>
<td>Pain, in back or at midline</td>
</tr>
<tr>
<td>Fever, low grade, afternoon, or tidal</td>
<td>Premature ejaculation</td>
</tr>
<tr>
<td>Hot flashes</td>
<td>Restlessness</td>
</tr>
<tr>
<td>Hyperthyroidism</td>
<td>Spontaneous seminal emission</td>
</tr>
<tr>
<td>Insomnia</td>
<td>Toothache, from deficiency fire</td>
</tr>
<tr>
<td>Impotence</td>
<td>Throat, sore and dry</td>
</tr>
<tr>
<td></td>
<td>Urinary difficulty</td>
</tr>
</tbody>
</table>

**Tongue:** Dry, red or red sides, glossy.

**Pulse:** Rapid and thin, may be large in the kidney position.

**Contraindications:** Do not use with internal or external cold. If heat signs are not present, use Rehmannia Six Formula or True Yin Formula instead.
**REHMANNIA COOL BLOOD FORMULA**

Rehmannia Cool Blood Formula (*Tu Fu Ling Sheng Di Huang Wan*) clears heat from the blood without the use of animal parts, such as rhinoceros horn or its substitute, water buffalo horn. In *Wen Bing* theory, the blood level is the deepest of the four levels of disease. Heat in the blood can cause bleeding disorders such as nosebleed, vomiting blood, blood in the urine and stool, and various types of skin rashes. **Rehmannia Cool Blood Formula** can also be used to destroy bacteria that has entered the blood.

**Ingredients**

Smilacis Glabrae Rhizoma (Chinese Smilax Rhizome / *Tu Fu Ling*) 14.5%
Rehmanniae Radix (Rehmannia, unprocessed / *Sheng Di Huang*) 14.5%
Nelumbinis Folium (Lotus Leaf / *He Ye*) 7.5%
Lonicerae Flos (Japanese Honeysuckle Flower / *Jin Yin Hua*) 7.5%
Sanguisorbae Radix (Sanguisorba Root, Long-Leaf Burnet Root / *Di Yu*) 7%
Gypsum Fibrosum (Gypsum / *Shi Gao*) 7%
Glauberitum (Calcitum / *Han Shui Shi*) 7%
Dictamni Cortex (Dictamus Root Bark, Dense-Fruit Dittany / *Bai Xian Pi*) 5%
Moutan Cortex (Tree Peony / *Mu Dan Pi*) 5%
Paeoniae Radix, rubra (Chinese Peony, red / *Chi Shao*) 5%
Carthami Flos (Safflower, Carthamus / *Hong Hua*) 5%
Glehniae Radix (Glehnia Root / *Sha Shen*) 5%
Ophiopogonis Radix (Ophiopogon Tuber / *Mai Men Dong*) 5%
Scrophulariae Radix (Scrophularia, Figwort Root / *Xuan Shen*) 5%

**Chinese Medical Actions**

Clears heat and cools blood, drains fire, removes toxin, nourishes yin, moves blood stasis, stops bleeding.

**Indications**

<table>
<thead>
<tr>
<th>Blood in stool or urine</th>
<th>Mania</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boils</td>
<td>Mouth sores</td>
</tr>
<tr>
<td>Carbuncles</td>
<td>Nosebleed</td>
</tr>
<tr>
<td>Chicken pox</td>
<td>Psoriasis</td>
</tr>
<tr>
<td>Delirium</td>
<td>Restlessness</td>
</tr>
<tr>
<td>Eczema</td>
<td>Skin rash, red with intense itching</td>
</tr>
<tr>
<td>Heat, aversion to</td>
<td>Sores, painful</td>
</tr>
<tr>
<td>Hives</td>
<td>Stool, dry</td>
</tr>
<tr>
<td>Incoherent speech</td>
<td>Thirst, with no desire to swallow</td>
</tr>
<tr>
<td>Irritability</td>
<td>Throat, sore or dry</td>
</tr>
<tr>
<td>Itching</td>
<td>Urine, yellow or scanty</td>
</tr>
</tbody>
</table>

**Tongue:** Red or purplish, with thin, yellow, or white coating.

**Pulse:** Rapid.

**Contraindications:** DO NOT USE DURING PREGNANCY. Do not use in cases with cold, or with fire from deficiency.
Rehmannia Six Formula (Liu Wei Di Huang Wan) is the famous, classical Chinese herbal formula used to treat kidney and liver yin deficiency. By supplementing the yin of the kidney and liver, this formula helps to support the root yin of the whole body. Originally from a pediatric text, Rehmannia Six Formula was developed to treat children with slow development or failure to thrive. Essence-building herbs—cured rehmannia (shu di huang) and corni (shan zhu yu)—are combined with alismatis (ze xie) and moutan (mu dan pi) to drain fire, poria (fu ling) to drain dampness, and dioscorea (shan yao) to strengthen the spleen. Thus, it is a well-balanced formula, appropriate for long-term use to build yin and drain deficiency fire.

**Ingredients**
Rehmanniae Radix Preparata (Rehmannia, cured / Shu Di Huang) 32%
Corni Fructus (Asiatic Dogwood Fruit, Asiatic Cornel / Shan Zhu Yu) 16%
Dioscoreae Rhizoma (Chinese Yam / Shan Yao) 16%
Moutan Cortex (Tree Peony / Mu Dan Pi) 12%
Poria (Poria, Hoelen, Tuckahoe / Fu Ling) 12%
Alismatis Rhizoma (Asian Water Plantain / Ze Xie) 12%

**Chinese Medical Actions**
Supplements yin, nourishes kidneys and liver, builds and stabilizes essence.

<table>
<thead>
<tr>
<th>Indications</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Back (lower), weak and sore</td>
<td>Mouth, dry, chronic</td>
</tr>
<tr>
<td>Children, slow development in</td>
<td>Night sweats</td>
</tr>
<tr>
<td>Constitution, delicate</td>
<td>Nocturnal emissions</td>
</tr>
<tr>
<td>Diabetes mellitus</td>
<td>Palms and soles, hot</td>
</tr>
<tr>
<td>Dizziness or vertigo</td>
<td>Premature ejaculation</td>
</tr>
<tr>
<td>Fatigue</td>
<td>Ringing in the ear</td>
</tr>
<tr>
<td>Hearing loss</td>
<td>Tidal fever</td>
</tr>
<tr>
<td>Impotence</td>
<td>Throat, dry, chronic</td>
</tr>
<tr>
<td>Knees weak</td>
<td>Urinary tract infection, chronic</td>
</tr>
<tr>
<td>Menopause, premature</td>
<td>Vision blurred</td>
</tr>
</tbody>
</table>

**Tongue:** Red, with thin coating, dry. **Pulse:** Thready and rapid.

**Contraindications:** Rehmannia Six Formula should be used with caution in cases where the patient has weak digestion, loose stool due to spleen deficiency, or a white, greasy tongue coating.
Rejuvenation Formula (Huan Shao Dan) is a popular formula for treating conditions associated with the common deficiencies of aging, especially premature aging. It is a major formula for treating a decline in the various basic desires and appetites that are the conventional hallmarks of vitality, specifically, loss of interest in food and sex. It is commonly used to treat impotence, premature ejaculation, and diminishing hearing and/or eyesight, as well as chronic fatigue.

Ingredients
Dioscoreae Rhizoma (Chinese Yam / Shan Yao) 10%
Cyathulae Radix (Cyathula Root / Chuan Niu Xi) 9%
Cistanches Herba (Broomrape / Rou Cong Rong) 8%
Corni Fructus (Asiatic Dogwood Fruit, Asiatic Cornel / Shan Zhu Yu) 7%
Lycii Fructus (Lycium Fruit / Gou Qi Zi) 7%
Poria (Poria, Hoelen, Tuckahoe / Fu Ling) 7%
Morindae Officinalis Radix (Morinda / Ba Ji Tian) 6.5%
Eucommiae Cortex (Eucommia / Du Zhong) 6.5%
Polygalae Radix (Polygala / Yuan Zhi) 5.5%
Rehmanniae Radix Preparata (Rehmannia, cured / Shu Di Huang) 5.5%
Schisandrae Fructus (Northern Schisandra Fruit / Wu Wei Zi) 5.5%
Broussonetiae Fructus (Broussonetia Fruit / Chu Shi Zi) 5.5%
Foeniculi Fructus (Fennel Fruit / Xiao Hui Xiang) 5.5%
Cuscutae Semen (Chinese Dodder / Tu Si Zi) 5.5%
Jujubae Fructus (Jujube Date, red / Hong Da Zao) 3%
Anemones Altaicae Rhizoma (Altai Anemone Rhizome / Jiu Jie Chang Pu) 3%

Chinese Medical Actions
Augments the qi of the kidneys and spleen, nourishes the heart, nourishes yin, supplements blood, supports yang.

<table>
<thead>
<tr>
<th>Indications</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Abdomen, cold</td>
<td>Impotence</td>
</tr>
<tr>
<td>Aging, premature</td>
<td>Libido, low</td>
</tr>
<tr>
<td>Appetite, loss of</td>
<td>Night sweats</td>
</tr>
<tr>
<td>Back, heavy feeling in</td>
<td>Spontaneous seminal emission</td>
</tr>
<tr>
<td>Ejaculation, premature</td>
<td>Teeth, loosening</td>
</tr>
<tr>
<td>Emaciation</td>
<td>Vaginal discharge, white</td>
</tr>
<tr>
<td>Fatigue, chronic</td>
<td>Vision, decline of</td>
</tr>
<tr>
<td>Hearing loss</td>
<td>Weight loss, unintended</td>
</tr>
</tbody>
</table>

Tongue: Pale or normal. Pulse: Weak or moderate.

Contraindications: Do not use with an excess pattern.
Resolve the Hidden Formula (Jie Fu Huo) is part of a three-formula treatment used for chronic latent pathogens that are bacterial, viral, or parasitic in nature including: Lyme disease, Bartonella, Babesia, Epstein-Barr Virus, and others. Chronic latent infections can be challenging to resolve due in part to the presence of persister cells. Persister cells are tolerant of antimicrobial agents and can cause infections to continue to regenerate again and again after treatment. Cryptolepis sanguinolenta has been shown in research to effectively target and eradicate persister cells. Black walnut is an antimicrobial and has been shown to reduce the effects of lipopolysaccharide (LPS), an endotoxin released by the cell wall of bacteria. Ashwagandha and rhodiola together help to build internal resources while addressing some of the most prominent symptoms seen in people with chronic latent pathogens, including anxiety and fatigue.

**Ingredients**
- Cryptolepsis sanguinolenta (Cryptolepsis 60% ethanol extraction) 65%
- Juglans nigra L. (Black Walnut 60% ethanol extraction) 10%
- Withania somnifera (Ashwaganda) 10%
- Rhodiola Herba (Rhodiola Rosea / Hong Jing Tian) 10%
- Lavandula latifolia (Lavender Oil) 5%

**Chinese Medical Actions**
Clears heat and toxin, dries dampness, resolves phlegm, moves blood, and tonifies kidney yin and yang.

**Indications**

<table>
<thead>
<tr>
<th>Symptoms</th>
<th>Actions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Babesia</td>
<td>Irritability</td>
</tr>
<tr>
<td>Bartonella</td>
<td>Joint pain, migrating</td>
</tr>
<tr>
<td>Brain fog</td>
<td>Lyme Disease</td>
</tr>
<tr>
<td>Eyes, red, sensitive to light</td>
<td>Memory loss</td>
</tr>
<tr>
<td>Epstein-Barr Virus</td>
<td>Mood swings</td>
</tr>
<tr>
<td>Fatigue</td>
<td>Night sweats</td>
</tr>
<tr>
<td>Fibromyalgia</td>
<td>Pathogens, chronic latent</td>
</tr>
<tr>
<td>Headaches/Migraines</td>
<td>Ringing in the ear</td>
</tr>
<tr>
<td>Insomnia</td>
<td>Temporomandibular joint (TMJ) disorder</td>
</tr>
</tbody>
</table>

**Tongue:** May be normal, red or pale. May be thin with a white to yellow coating. **Pulse:** May be thin or thready, especially in the kidney positions. May be wiry in the liver position.

**Contraindications:** DO NOT USE DURING PREGNANCY.

**Note:** This formula is recommended to be used in combination with Clear the Hidden 1 and Clear the Hidden 2 Formulas. Clear the Hidden 1 and 2 Formulas are alternated on a weekly basis, while Resolve the Hidden is taken continuously. If the constitution is strong enough, all three formulas can be used simultaneously for maximum effectiveness.
Resolve the Middle Formula (Jia Wei Ping Wei Fang) is a modified version of Ping Wei San, which treats damp turbidity causing stagnation in the middle burner. This formula is best applied when spleen qi deficiency is secondary to the accumulation of damp. The spleen is easily susceptible to the encumbrance of damp from the occasional overindulgence in food or alcohol, or from the long-standing habit of an improper diet. This causes the spleen to become compromised in its transportation and transformation function, leading to damp stagnation with pain, indigestion, bloating and abdominal discomfort after meals, chronic loose or irregular stool, irregular appetite, dulling of taste, and lethargy. The traditional formula has been modified to include coix (yi yin ren), poria (fu ling), and ammonium (sha ren) to help disinhibit dampness and support the spleen, immature bitter orange (zhi shi) and hawthorn (shan zha) to disperse digestive stagnation, and vladimiria (chuan mu xiang) to promote the downward flow of qi through the digestive tract and relieve abdominal distension. Codonopsis (dang shen) is included to supplement the qi of the spleen and stomach. This formula can be helpful in patients on a weight loss regimen who are experiencing damp encumbrance. Often, these patients will have such an overwhelming amount of dampness that it is necessary to use this formula initially before the root conditions can be addressed.

**Ingredients**

- Atractylodes Rhizoma (Cang-Zhu Atractylodes Rhizome / Cang Zhu) 14%
- Coicis Semen (Job’s Tears Seed, Chinese Pearl Barley, Coix / Yi Yi Ren) 12%
- Crataegi Fructus (Chinese Hawthorn Fruit / Shan Zha) 11%
- Magnoliae Officinalis Cortex (Magnolia Bark / Hou Po) 9%
- Citri Reticulatae Pericarpium (Tangerine Peel / Chen Pi) 8%
- Aurantii Fructus Immaturus (Bitter Orange, immature fruit / Zhi Shi) 8%
- Vladimiria Radix (Vladimiria Root / Chuan Mu Xiang) 7%
- Fructus Amomi (Amomi Fruit / Sha Ren) 7%
- Codonopsis Radix (Codonopsis / Dang Shen) 6%
- Poria (Poria, Hoelen, Tuckahoe / Fu Ling) 6%
- Zingiberis Rhizoma Recens (Ginger, fresh / Sheng Jiang) 4%
- Glycyrrhizae Radix Preparata (Chinese Licorice Root, honey-fried / Zhi Gan Cao) 4%
- Jujubae Fructus (Jujube Date, Chinese Black Date / Hei Zao) 4%

**Chinese Medical Actions**

Dries dampness, promotes the spleen’s transportation and transformation functions, moves qi and transforms accumulation, harmonizes the stomach, promotes digestion.
**Indications**

<table>
<thead>
<tr>
<th>Acid regurgitation or reflux</th>
<th>Food stagnation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Abdominal and epigastric</td>
<td>Gastritis</td>
</tr>
<tr>
<td>distension and fullness</td>
<td>Hangover</td>
</tr>
<tr>
<td>Appetite, loss of</td>
<td>Heaviness, in limbs</td>
</tr>
<tr>
<td>Belching</td>
<td>Indigestion</td>
</tr>
<tr>
<td>Constipation</td>
<td>Intestinal cramping</td>
</tr>
<tr>
<td>Diarrhea</td>
<td>Nausea</td>
</tr>
<tr>
<td>Fatigue, with increased desire to sleep</td>
<td>Stool, erratic</td>
</tr>
<tr>
<td>Flatulence</td>
<td>Taste, loss of sense of</td>
</tr>
<tr>
<td></td>
<td>Vomiting</td>
</tr>
</tbody>
</table>

**Tongue:** Swollen, possibly with teeth marks, and with a thick, white, greasy coating.

**Pulse:** Moderate or slippery.

**Contraindications:** USE WITH CAUTION DURING PREGNANCY. This is a drying formula and should not be used with those who are severely yin or blood deficient unless coupled with an appropriate formula.

**Note:** This formula is best applied in the short term to overcome damp encumbrance.
Restful Sleep Formula (An Xin Pian) is a modification of Baked Licorice Decoction (Zhi Gan Cao Tang), traditionally used for heart qi and blood deficiency. This version has been modified with biota (bai zi ren) to nourish the heart and calm the shen (spirit); longan (long yan rou) to supplement the heart and spleen, nourish the blood, and calm the shen; and mimosa (he huan hua) to calm the shen. This formula is used for chronic sleep disorders. The state of the shen is responsible for the quantity and quality of sleep. The shen is housed in the heart and is supported by heart blood. After a sleepless night, the qi becomes depleted. A pattern of chronic sleeplessness leads to a deficiency of heart blood and yin. As the deficiency becomes more pronounced, it becomes increasingly more difficult to sleep. Restful Sleep Formula helps to break this cycle and restore normal sleep patterns. This is an excellent formula for insomnia in older patients with chronic deficiency patterns.

Ingredients
Platycladi Semen (Oriental Arborvitae Seed, Biota Seed / Bai Zi Ren) 20%
Longan Arillis (Longan Fruit / Long Yan Rou) 13%
Albiziae Flos (Mimosa Tree Flower, Silk Tree Flower / He Huan Hua) 13%
Ophiopogonis Radix (Ophiopogon Tuber / Mai Men Dong) 10%
Jujuabe Fructus (Jujube Date, red / Hong Zao, Da Zao) 9%
Rehmanniae Radix (Rehmannia, unprocessed / Sheng Di Huang) 9%
Glycyrrhizae Radix Preparata (Chinese Licorice Root, honey-fried / Zhi Gan Cao) 8%
Ginseng Radix (Asian Ginseng Root / Ren Shen) 6%
Zingiberis Rhizoma Recens (Ginger, fresh / Sheng Jiang) 6%
Cinnamomi Ramuluses (Cassia Twig, Chinese Cinnamon / Gui Zhi) 6%

Chinese Medical Actions
Supplements qi and heart blood, calms the shen (spirit), clears heat, aids sleep.

Indications

| Appetite, poor | Insomnia |
| Complexion, pale | Memory, poor |
| Constipation, with dry stool | Palpitations |
| Fatigue, from sleeplessness | Sleep, restless or disturbed |


Note: This formula should be taken consistently over a period of time to address deficiency of qi and heart blood created by a pattern of sleeplessness. It will be important to address other possible causes for insomnia, such as pain or other patterns of disharmony. For insomnia due to liver yin deficiency, use Zizyphus Formula. In cases with liver fire, use Bupleurum D Formula. For heart and kidney yin deficiency, use Heavenly Emperor’s Formula. For insomnia with depression, use Salvia Ten Formula. With shen disturbance or heart qi and yin deficiency, use An Mien Formula.
Restorative Formula (Yang Xue Zhuang Jin Jian Bu Wan) is a versatile anti-aging tonic that addresses mild to moderate chronic pain from deficiency. Most formulas designed to treat pain primarily use herbs that regulate and invigorate qi and blood. Restorative Formula differs in that it not only moves blood and qi, but also focuses on supplementing qi, blood, yin, and yang. This makes it ideal for patients whose presentation is more related to deficiency than stasis. The balanced nature of the formula allows it to transform damp without damaging yin, thus making it ideal as a general tonic for aging patients.

Ingredients
Rehmanniae Radix Preparata (Rehmannia, cured / Shu Di Huang) 9.4%
Achyranthis Bidentatae Radix (Achyranthes / Huai Niu Xi) 6%
Eucommiae Cortex (Eucommia Bark / Du Zhong) 6%
Angelicae Sinensis Radix (Dong Quai Root, Tang Kuei / Dang Gui) 6%
Phellodendri Cortex (Phellodendron Bark / Huang Bai) 6%
Atractylodis Rhizoma (Cang-Zhu Atractylodes Rhizome / Cang Zhu) 6%
Codonopsis Radix (Codonopsis / Dang Shen) 6%
Psoraleae Fructus (Psoralea Fruit / Bu Gu Zhi) 5.2%
Dioscoreae Rhizoma (Chinese Yam / Shan Yao) 5.2%
Schisandrae Fructus (Northern Schisandra Fruit / Wu Wei Zi) 5.2%
Lycii Fructus (Lycium Fruit, Chinese Wolfberry / Gou Qi Zi) 5.2%
Cuscutae Semen (Chinese Dodder Seed, Chinese Cuscuta / Tu Si Zi) 5.2%
Atractylodis Macrocephalae Rhizoma (White Atractylodes Rhizome / Bai Zhu) 5.2%
Paeoniae Radix, alba (Chinese Peony, white / Bai Shao) 5.2%
Astragali Radix (Astragalus / Huang Qi) 5.2%
Saposhnikoviae Radix (Siler / Fang Feng) 2.6%
Notopterygii Rhizoma seu Radix (Notopterygium / Qiang Huo) 2.6%
Spatholobi Caulis (Spatholobus / Ji Xue Teng) 2.6%
Plantaginis Semen (Asian Plantain Seed / Che Qian Zi) 2.6%
Trachelospermum Caulis (Star Jasmine Stem / Luo Shi Teng) 2.6%

Chinese Medical Actions
Nourishes qi, yin, and blood, dispels wind and dampness, frees the connecting vessels to relieve pain, secures essence, regulates rising and descending of yin and yang.

Indications

<table>
<thead>
<tr>
<th>Indications</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arthritis</td>
<td>Limbs, tired or aching</td>
</tr>
<tr>
<td>Chronic pain in the elderly or in</td>
<td>Nerve pain</td>
</tr>
<tr>
<td>patients weakened by illness</td>
<td>Pain in the muscles, tendons, and joints</td>
</tr>
<tr>
<td>Fibromyalgia</td>
<td></td>
</tr>
</tbody>
</table>

Tongue: Pale, with a thin, white coating, or small and dark red.
Pulse: Weak and thin.
Restore the Lung Formula (Bu Fei Tang) treats chronic cough that has arisen from depleted lung qi following an acute or prolonged illness. The original formulation is a modification of Sheng Mai Formula, which is for restoring the pulse after prolonged or severe illness. Instead of ophiopogon (mai men dong), Restore the Lung Formula contains prepared rehmannia (shu di huang) because the emphasis is not so much on moistening as it is on restoring a strong relationship between lung and kidney. The source formula includes mulberry bark (sang bai pi) and aster (zi wan) to relieve cough. Platycodon (jie geng) has been added to enhance the formula’s ability to resolve phlegm and stop cough.

Ingredients
Astragali Radix (Astragalus / Huang Qi) 20%
Rehmanniae Radix Preparata (Rehmannia, cured / Shu Di Huang) 20%
Codonopsis Radix (Codonopsis / Dang Shen) 15%
Mori Cortex (White Mulberry Root Bark / Sang Bai Pi) 15%
Asteris Radix (Tartarian Aster Root / Zi Wan) 12%
Platycodi Radix (Platycodon Root, Balloon Flower Root / Jie Geng) 10%
Schisandraceae Fructus (Northern Schisandra Fruit / Wu Wei Zi) 8%

Chinese Medical Actions
Revitalizes lung qi, harmonizes lung and kidney, resolves phlegm, relieves cough.

Indications
| Bronchitis, chronic or post-acute | Shortness of breath |
| Cough, chronic (dry or phlegmatic) | Sweating, spontaneous |
| Fatigue                          |                        |

Tongue: Pale, may be slightly red at tip. Pulse: Large, empty.

Note: The application of this formula is similar to that of Lily Preserve Metal Formula. The main difference is that Lily Preserve Metal Formula restores the lung that has sustained damage primarily to its fluids; Restore the Lung Formula revitalizes the lung qi that has been depleted.
**Salvia Ten Formula** (*Dan Shen Jia Si Jun Zi Pian*) is based on a formula used in modern China for the treatment of depression. The original formula emphasizes the promotion of blood flow and the balancing of the heart. To the basic formula, the traditional Six Gentlemen Formula (*Liu Jun Zi Wan*) has been added to support the general vitality, which is often diminished in chronic depression. When appropriate, this formula can be useful for patients who are undergoing psychotherapy, as it helps lighten and free the emotions while providing support.

**Ingredients**

Salviae Miltiorrhizae Radix (Chinese Salvia Root / **Dan Shen** 13.3%
Curcumae Radix (Turmeric, Curcuma Tuber / **Yu Jin**) 13.3%
Paeoniae Radix, rubra (Chinese Peony, red / **Chi Shao**) 10.6%
Albiziae Flos (Mimosa Tree Flower, Silk Tree Flower / **He Huan Hua**) 10.6%
Codonopsis Radix (Codonopsis / **Dang Shen**) 10.6%
Poria (Poria, Hoelen, Tuckahoe / **Fu Ling**) 10.6%
Atractylodis Macrocephalae Rhizoma (White Atractylodes Rhizome / **Bai Zhu**) 10.6%
Citri Reticulatae Pericarpium (Tangerine Peel / **Chen Pi**) 8.9%
Glycyrrhizae Radix (Chinese Licorice Root / **Gan Cao**) 6.2%
Pinelliae Rhizoma Preparatum (Pinellia, ginger-cured / **Zhi Ban Xia**) 5.3%

**Chinese Medical Actions**

Circulates qi and blood, cools the blood, resolves phlegm, builds qi, supplements the spleen and stomach, calms the spirit (*shen*), soothes the nerves.

<table>
<thead>
<tr>
<th>Indications</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anxiety</td>
</tr>
<tr>
<td>Appetite, loss of</td>
</tr>
<tr>
<td>Depression</td>
</tr>
<tr>
<td>Digestion, weak</td>
</tr>
<tr>
<td>Fatigue</td>
</tr>
<tr>
<td>Insomnia</td>
</tr>
</tbody>
</table>

**Contraindications:** DO NOT USE DURING PREGNANCY. Use cautiously in cases of deficient blood. In cases of blood deficiency, use **Peaceful Spirit Formula** or **Ginseng Nourishing Formula**.
San Qi Formula (San Qi Pian). This formula combines several potent, blood-stanching herbs to treat bleeding from internal disorders or from external trauma.

**Ingredients**
Notoginseng Radix (Tienqi Ginseng, Pseudoginseng / San Qi, Tian Qi) 45%
Agrimoniae Herba (Agrimony / Xian He Cao) 20%
Celosiae Cristatae Flos (Cockscomb Flower / Ji Guan Hua) 15%
Imperatae Rhizoma (Imperata Rhizome / Bai Mao Gen) 10%
Platycladi Cacumen (Oriental Arborvitae Leaf and Stem / Ce Bai Ye) 10%

**Chinese Medical Actions**
Stops bleeding, dispels blood stasis.

**Indications**

| Bleeding, internal or external, from trauma or heat | Menstrual bleeding, excessive |
| Blood in the urine or stool | Nosebleed |
| Coughing up blood | Phlebitis |
| Crohn’s disease, acute | Rectal bleeding |
| Gums, bleeding | Ulcers, bleeding |
| Hemorrhoids | Uterine bleeding |
| | Vomiting blood |

**Contraindications:** DO NOT USE DURING PREGNANCY.

**Note:** For bleeding from a constitutional imbalance, it may be appropriate to combine with a formula to treat the root disorder. For example, bleeding due to heat in the blood can be addressed with **Rehmannia Cool Blood Formula**. Qi deficiency bleeding can be addressed by using **San Qi Formula** with **Ginseng & Astragalus Formula**. Bleeding from blood-heat (especially uterine bleeding) precipitated by liver qi stagnation can be treated by combining **San Qi Formula** with **Free & Easy Wanderer Plus**.
Sea of Qi Formula (Qi Hai Yao Fang) is designed to strengthen the dantien or hara by vitalizing the yang of the kidney and spleen. It is useful for patients with kidney deficiency who also have weak spleen yang and lack the digestive fire to process kidney tonics alone.

**Ingredients**

Cuscutae Semen (Chinese Dodder Seed, Chinese Cuscuta / Tu Si Zi) 11.5%
Atractylodis Macrocephalae Rhizoma (White Atractylodes Rhizome / Bai Zhu) 9.2%
Poria (Poria, Hoelen, Tuckahoe / Fu Ling) 9.2%
Dioscoreae Rhizoma (Chinese Yam / Shan Yao) 9.2%
Cori Fructus (Asiatic Dogwood Fruit, Asiatic Cornel / Shan Zhu Yu) 9.2%
Alismatis Rhizoma (Asian Water Plantain / Ze Xie) 9.2%
Zingiberis Rhizoma (Ginger, dried / Gan Jiang) 7.6%
Psoraleae Fructus (Psoralea Fruit / Bu Gu Zhi) 7.6%
Citri Reticulatae Pericarpium (Tangerine Peel / Chen Pi) 6.9%
Ginseng Radix (Asian Ginseng Root / Ren Shen) 5.3%
Glycyrrhizae Radix (Chinese Licorice Root / Gan Cao) 5.3%
Vladimiria Radix (Vladimiria Root / Chuan Mu Xiang) 5.3%
Cinnamomi Cortex (Cassia Bark, Chinese Cinnamon / Rou Gui) 4.5%

**Chinese Medical Actions**

Warms and supplements the middle burner, warms the kidneys, supplements qi and yang, strengthens spleen and kidney yang.

**Indications**

<table>
<thead>
<tr>
<th>Abdomen, cold sensation in</th>
<th>Impotence</th>
</tr>
</thead>
<tbody>
<tr>
<td>Appetite, loss of</td>
<td>Lassitude</td>
</tr>
<tr>
<td>Cold hands and feet</td>
<td>Menstruation, prolonged</td>
</tr>
<tr>
<td>Cold, sensitivity to</td>
<td>Urinary incontinence</td>
</tr>
<tr>
<td>Complexion, pale</td>
<td>Urination, excessive</td>
</tr>
<tr>
<td>Cough, with white sputum</td>
<td>Vaginal discharge, white or clear</td>
</tr>
<tr>
<td>Diarrhea</td>
<td>Weak limbs</td>
</tr>
<tr>
<td>Dizziness</td>
<td>Weakness, generalized</td>
</tr>
<tr>
<td>Fatigue</td>
<td></td>
</tr>
</tbody>
</table>

**Tongue:** Pale, may be swollen.  **Pulse:** Slow and weak.

**Contraindications:** USE WITH CAUTION DURING PREGNANCY. Do not use in the absence of yang deficiency.
Seven Treasures Formula (Jin Hua Mei Ran Wan). The traditional formula upon which this tablet is based treats a broad range of symptoms that result from deficient kidney yin and essence (jing), and deficient liver blood and yin. The Chinese name of this formula can be translated as “Seven Treasures Elixir for Beautiful Hair.” In contemporary times, it has been commonly used to treat thinning or graying hair, even though the source text makes only a passing reference to this symptom. The formula presented here has been modified with drynaria (gu sui bu) to further supplement the kidney and liver, red peony (chi shao) to cool and invigorate blood, and licorice root (gan cao) to harmonize and supplement qi.

Ingredients
Polygoni Multiflori Radix Preparata (Fo-Ti / Zhi He Shou Wu) 20%
Drynariae Rhizoma (Drynaria Rhizome / Gu Sui Bu) 12%
Lycii Fructus (Lycium Fruit, Chinese Wolfberry / Gou Qi Zi) 11%
Achyranthis Bidentatae Radix (Achyranthes / Huai Niu Xi) 10%
Angelicae Sinensis Radix (Dong Quai Root, Tang Kuei / Dang Gui) 10%
Cuscutae Semen (Chinese Dodder Seed, Chinese Cuscuta / Tu Si Zi) 10%
Psoraleae Fructus (Psoralea Fruit / Bu Gu Zhi) 10%
Poria (Poria, Hoelen, Tuckahoe / Fu Ling) 8%
Paeoniae Radix, rubra (Chinese Peony, red / Chi Shao) 6%
Glycyrrhizae Radix (Chinese Licorice Root / Gan Cao) 3%

Chinese Medical Actions
Replenishes yin and essence (jing) of the kidney, nourishes liver blood and yin, supports kidney yang.

Indications
| Back (lower), weak and sore | Knees, weak and sore |
| Hair, premature graying | Nocturnal emissions |
| Hair loss or thinning | Thirst |
| Infertility from kidney deficiency | Vaginal discharge, profuse |

Tongue: Pale, thin, shiny, or lacking a tongue coating.
Pulse: Thin, weak, may also be tight.

Contraindications: Use with caution with patients who have a thick tongue coating or loose stool. May be combined with qi supplementing formulas when appropriate. Do not use during the course of an external wind invasion.
Formula (Sheng Mai San), also known as “Generate the Pulse Powder,” is a classical formula used to strengthen the pulse by strengthening the qi and yin of the lungs. It is used for injury to the yin from summer heat or in cases of chronic weakness caused by lung qi or yin deficiency. It can also be used after trauma or shock, or whenever the pulse has become remarkably deficient after an external invasion. Today, this formula is also frequently used to treat a wide range of cardiovascular conditions.

Ingredients
Ginseng Radix (Asian Ginseng Root / Ren Shen) 37.5%
Ophiopogonis Radix (Ophiopogon Tuber / Mai Men Dong) 37.5%
Schisandrae Fructus (Northern Schisandra Fruit / Wu Wei Zi) 25%

Chinese Medical Actions
Builds qi and yin, replenishes fluids, stops excessive sweating, revitalizes the pulse.

Indications
<table>
<thead>
<tr>
<th>Altitude sickness</th>
<th>Hyperthermic shock</th>
</tr>
</thead>
<tbody>
<tr>
<td>Angina pectoris</td>
<td>Hypotension</td>
</tr>
<tr>
<td>Anxiety</td>
<td>Insomnia</td>
</tr>
<tr>
<td>Arrhythmia</td>
<td>Myocardial infarction (recovery from)</td>
</tr>
<tr>
<td>Asthma, chronic</td>
<td>Myocarditis, viral (recovery from)</td>
</tr>
<tr>
<td>Bronchitis, chronic</td>
<td>Palpitations</td>
</tr>
<tr>
<td>Cerebral infarction, sequella of</td>
<td>Post-bypass (recovery phase)</td>
</tr>
<tr>
<td>Chemistry support</td>
<td>Pulmonary tuberculosis</td>
</tr>
<tr>
<td>Chest, stifling sensation in</td>
<td>(adjunct therapy)</td>
</tr>
<tr>
<td>Cough, chronic with difficult to expectorate sputum</td>
<td>Rheumatic heart disease</td>
</tr>
<tr>
<td>Coronary artery disease</td>
<td>SARS (recovery phase)</td>
</tr>
<tr>
<td>Dizziness</td>
<td>Shock, acute</td>
</tr>
<tr>
<td>Dryness</td>
<td>Shortness of breath</td>
</tr>
<tr>
<td>Fatigue</td>
<td>Sweating, profuse</td>
</tr>
<tr>
<td>Forgetfulness</td>
<td>Thirst</td>
</tr>
<tr>
<td>Heart disease</td>
<td>Urination, dark and scanty from excessive sweating</td>
</tr>
<tr>
<td>Heat disease</td>
<td>Weakness</td>
</tr>
<tr>
<td>Heat exhaustion</td>
<td></td>
</tr>
<tr>
<td>Hemorrhagic and/or cardiogenic shock</td>
<td></td>
</tr>
</tbody>
</table>

Tongue: Dry, or red with dry coating.
Pulse: Weak and rapid, or weak and thin, or large and scattered

Contraindications: Do not use with a high fever, in initial stages of summer flu, or with unresolved conditions from external pathogenic factors.
**SHU GAN FORMULA**

*Shu Gan Formula* (*Shu Gan Wan*), also known as “Soothe Liver Pill,” is a popular formula used to treat congestion of liver qi which affects the digestion. It is generally used for acute conditions of liver invading the middle burner.

**Ingredients**

- Cyperi Rhizoma (Cyperus, Nut Grass / *Xiang Fu*) 10%
- Paeoniae Radix, alba (Chinese Peony, white / *Bai Shao*) 10%
- Bupleuri Radix (Bupleurum Root / *Chai Hu*) 8%
- Crataegi Fructus (Chinese Hawthorn Fruit / *Shan Zha*) 8%
- Aurantii Fructus (Bitter Orange / *Zhi Ke*) 7%
- Amomi Fructus (Amomi Fruit / *Sha Ren*) 7%
- Citri Reticulatae viride Pericarpium (Tangerine Peel, green / *Qing Pi*) 6%
- Citri Reticulatae Pericarpium (Tangerine Peel / *Chen Pi*) 6%
- Magnoliae Officinalis Cortex (Magnolia Bark / *Hou Po*) 6%
- Curcumae Radix (Turmeric, Curcuma Tuber / *Yu Jin*) 6%
- Amomi Fructus Rotundus (Chinese Cardamom / *Bai Dou Kou*) 6%
- Vladimiria Radix (Vladimiria Root / *Chuan Mu Xiang*) 6%
- Citri Sarcodactylis Fructus (Fresh-Finger Citron Fruit / *Fo Shou*) 5%
- Glycyrrhizae Radix (Chinese Licorice Root / *Gan Cao*) 4%
- Curcumae Longae Rhizoma (Turmeric Rhizome / *Jiang Huang*) 3%
- Zingiberis Rhizoma Recens (Ginger, fresh / *Sheng Jiang*) 2%

**Chinese Medical Actions**

Soothes the liver, regulates the stomach, moves qi, breaks up stagnation, dries dampness, and transforms phlegm.

**Indications**

| Abdominal distension or bloating | Hiccough |
| Abdominal pain | Hypoglycemia |
| Acid regurgitation | Hypochondriac pain |
| Appetite, poor | Indigestion |
| Bitter or sour taste in mouth | Intestinal cramping |
| Belching | Irritable Bowel Syndrome |
| Digestion, weak | Stomachache |
| Flatulence | Stool, erratic |
| Heartburn | Stress |
| Hepatitis | Vomiting |

**Tongue:** Normal, or with a thin, greasy coating.

**Pulse:** Excess or wiry in liver and stomach positions.
Siler & Platycodon Formula (Fang Feng Tong Sheng San) was designed to treat excess heat simultaneously occurring in the interior and the exterior. Because it clears both deep-lying and superficial heat and includes substances that unblock all of the major pathways out of the body: it vents the upper body and releases excess heat, wind, and dampness to the exterior; it unblocks the bowel, and disinhibits urination. The two most common patterns are 1) an exterior heat pathogen that has penetrated to the interior without leaving the exterior, and 2) an exterior heat pattern that attacks where there is a preexisting internal heat pattern. The most common applications today are the resolution of heat-type influenza and acute, hot skin disorders. The formula is balanced between purgative/heat-clearing substances and exterior-releasing substances. In addition, Siler & Platycodon Formula supplements qi and blood.

**Ingredients**

Glycyrrhizae Radix (Chinese Licorice Root / Gan Cao) 21%
Alismatis Rhizoma (Asian Water Plantain / Ze Xie) 12%
Platycodi Radix (Platycodon Root, Balloon Flower Root / Jie Geng) 10%
Malvae Semen (Malva Seed, Whorled Mallow Fruit / Dong Kui Zi) 10%
Scutellariae Radix (Chinese Skullcap, Scute / Huang Qin) 8%
Saposhnikoviae Radix (Siler / Fang Feng) 4%
Rhei Radix et Rhizoma (Chinese Rhubarb / Da Huang) 4%
Menthae Haplocalysis Herba (Chinese Mint / Bo He) 4%
Forsythiae Fructus (Forsythia / Lian Qiao) 4%
Schizonepetae Herba (Schizonepeta / Jing Jie) 4%
Anemarrhenae Rhizoma (Anemarrhena Rhizome / Zhi Mu) 4%
Chuanxiong Rhizoma (Ligusticum Wallichii Rhizome / Chuan Xiong) 3%
Angelicae Sinensis Radix (Dong Quai Root, Tang Kuei / Dang Gui) 3%
Paeoniae Radix, alba (Chinese Peony, white / Bai Shao) 3%
Atractylodis Macrocephalae Rhizoma (White Atractylodes Rhizome / Bai Zhu) 2%
Gardeniae Fructus (Gardenia Fruit / Shan Zhi Zi) 2%
Zingiberis Rhizoma Recens (Ginger, fresh / Sheng Jiang) 2%

**Chinese Medical Actions**

Expels exogenous wind-heat, drains internal heat, supplements qi and blood.

<table>
<thead>
<tr>
<th>Indications</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Acne</td>
<td>Hives</td>
</tr>
<tr>
<td>Bitter taste in mouth</td>
<td>Itching</td>
</tr>
<tr>
<td>Boils, carbuncles</td>
<td>Infection, viral</td>
</tr>
<tr>
<td>Bronchitis, acute</td>
<td>Influenza</td>
</tr>
<tr>
<td>Common cold, with high fever</td>
<td>Sinus infections, with fever</td>
</tr>
<tr>
<td>Conjunctivitis</td>
<td>Skin rashes, hot</td>
</tr>
<tr>
<td>Constipation</td>
<td>Sores, red, hot</td>
</tr>
<tr>
<td>Cough</td>
<td>Sties</td>
</tr>
<tr>
<td>Eyes, red and painful</td>
<td>Throat, sore</td>
</tr>
<tr>
<td>Fever</td>
<td>Urination, dark, rough, or inhibited</td>
</tr>
<tr>
<td>Hemorrhoids or rectal bleeding</td>
<td>Warts, flat</td>
</tr>
</tbody>
</table>
**Tongue:** Red at tip, with yellow coating.

**Pulse:** Rapid and flooding, rapid and wiry, or rapid and rolling.

**Contraindications:** This formula is designed for acute conditions and is contraindicated for long-term use.

**Note:** In respiratory disorders with no exterior heat signs, such as simultaneous chills and fever, or aversion to wind or cold, *Mulberry & Lycium Formula* may be a more appropriate strategy.
Six Gentlemen Formula (Liu Jun Zi Tang), also known as “Major Six Formula,” is a classical Chinese formula used to supplement the qi. It is a combination of the Four Gentleman Formula (Si Jun Zi Tang) for spleen qi deficiency with Citrus and Pinellia Formula or “Two-Cured Decoction,” a formula to dry dampness, transform phlegm and rectify the qi.

### Ingredients
- Codonopsis Radix (Codonopsis / Dang Shen) 19.7%
- Poria (Poria, Hoelen, Tuckahoe / Fu Ling) 19.7%
- Atractylodis Macrocephalae Rhizoma (White Atractylodes Rhizome/ Bai Zhu) 19.7%
- Pinelliae Rhizoma Preparatum (Pinellia, ginger-cured / Zhi Ban Xia) 14.7%
- Citri Reticulatae Pericarpium (Tangerine Peel / Chen Pi) 14.7%
- Glycyrrhizae Radix (Chinese Licorice Root / Gan Cao) 11.5%

### Chinese Medical Actions
Supplements the qi, strengthens the spleen, transforms phlegm and dampness.

### Indications
<table>
<thead>
<tr>
<th>Acid regurgitation</th>
<th>Fatigue</th>
</tr>
</thead>
<tbody>
<tr>
<td>Appetite, loss of</td>
<td>Mental disorders from phlegm</td>
</tr>
<tr>
<td>Cough, with thin white sputum</td>
<td>Nausea</td>
</tr>
<tr>
<td>Diarrhea</td>
<td>Nervous exhaustion</td>
</tr>
<tr>
<td>Digestion, weak</td>
<td>Shortness of breath</td>
</tr>
<tr>
<td>Dizziness</td>
<td>Vomiting</td>
</tr>
</tbody>
</table>

**Tongue:** Pale, slightly swollen. **Pulse:** Weak, especially in the spleen position.

**Contraindications:** The overuse of this formula can lead to dry mouth and excessive thirst. Unless used in conjunction with another appropriate formula, this formula should not be used in cases where there is deficiency heat, high fever, or irritability, thirst, and constipation.
**STASIS-TRANSFORMING FORMULA**

*Stasis-Transforming Formula (Dan Shen Hua Yu Pian)* is a modern formula for treating patterns of blood stasis in the lower burner. Since chronic blood stasis usually presents with qi stagnation, phlegm nodulation, heat-toxin, and/or spleen/kidney deficiency, this formula addresses each of these. Originally developed as a gynecology formula for endometriosis and dysmenorrhea, this formula may also be used for men’s health, and for any long-term blood stasis disorder.

**Ingredients**

- Salviae Miltiorrhizae Radix (Chinese Salvia Root / **Dan Shen**) 10%
- Astragali Radix (Astragalus / **Huang Qi**) 9%
- Sargentodoxae Caulis (Sargentodoxa / **Hong Teng**) 8%
- Cyperi Rhizoma (Cyperus, Nut Grass / **Xiang Fu**) 8%
- Patriniae Herba (Patrinia, Snow Thistle / **Bai Jiang Cao**) 8%
- Angelicae Sinensis Radix (Dong Quai Root, Tang Kuei / **Dang Gui**) 8%
- Myrrha (Myrrh / **Mo Yao**) 8%
- Sparganii Rhizoma (Sparganium, Bur Reed Rhizome / **San Leng**) 8%
- Curcumae Rhizoma (Zedoary Rhizome / **E Zhu**) 8%
- Prunellae Spica (Heal All Spike, Self-Heal Spike / **Xia Ku Cao**) 6%
- Gleditsiae Spina (Gleditsia Thorn / **Zao Jiao Ci**) 6%
- Chuanxiong Rhizoma (Ligusticum Wallichii Rhizome / **Chuan Xiong**) 4%
- Cimicifugae Rhizoma (Chinese Cimicifuga Rhizome / **Sheng Ma**) 3%
- Bupleuri Radix (Bupleurum Root / **Chai Hu**) 3%
- Cinnamomi Cortex (Cassia Bark, Chinese Cinnamon / **Rou Gui**) 3%

**Chinese Medical Actions**

Moves blood, regulates qi, eliminates dampness, transforms stasis, disperses nodules, clears heat-toxin, alleviates pain, supports the spleen and kidneys.

<table>
<thead>
<tr>
<th>Indications</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Abdominal pain, lower</td>
<td>Menstrual pain</td>
</tr>
<tr>
<td>Amenorrhea</td>
<td>Menstruation, irregular</td>
</tr>
<tr>
<td>Constipation</td>
<td>Ovarian cysts</td>
</tr>
<tr>
<td>Endometriosis</td>
<td>Pelvic Inflammatory Disease</td>
</tr>
<tr>
<td>Endometritis</td>
<td>Prostatitis, chronic, with blood stasis</td>
</tr>
<tr>
<td>Fibromyalgia with blood stasis</td>
<td>Sexual dysfunction, male, with blood stasis and damp-heat</td>
</tr>
<tr>
<td>Infertility with blood stasis</td>
<td>Uterine bleeding, dysfunctional</td>
</tr>
<tr>
<td>Menopausal symptoms</td>
<td></td>
</tr>
</tbody>
</table>

**Tongue:** Purple or dark red, with dark or purple spots.

**Pulse:** Deep, choppy, or wiry.

**Contraindications:** DO NOT USE DURING PREGNANCY. Do not use in cases with heavy menstrual bleeding or any active hemorrhagic disorder.
STOMACH-HARMONIZING FORMULA

Stomach-Harmonizing Formula (Jia Jian Bao He Wan), a modification of Harmony-Preserving Pills (Bao He Wan), is intended to treat acute upset of the digestive tract with belching, acid reflux, a full feeling in the stomach, bloating, nausea, a foul taste in the mouth, abdominal cramping, and diarrhea or constipation. Whether from overeating, poor food combining, weak digestion, or other factors such as emotional upset, acute gastric distress is often characterized by stagnation of qi and food and counterflow of stomach qi. This formula can relieve the discomfort of overeating and the stagnation of damp-heat associated with hangover from drinking too much alcohol. It is a strong formula for correcting reflux.

Ingredients
Crataegi Fructus (Chinese Hawthorn Fruit / Shan Zha) 18%
Paeoniae Radix, alba (Chinese Peony, white / Bai Shao) 12%
Massa Fermentata (Fermented Leaven / Shen Qu) 12%
Forsythiae Fructus (Forsythia / Lian Qiao) 12%
Pinelliae Rhizoma Preparatum (Pinellia, ginger-cured / Zhi Ban Xia) 10%
Poria (Poria, Hoelen, Tuckahoe / Fu Ling) 10%
Citri Reticulatae Pericarpium (Tangerine Peel / Chen Pi) 7%
Toosendan Fructus (Melia Fruit / Chuan Lian Zi) 5%
Zingiberis Rhizoma Recens (Ginger, fresh / Sheng Jiang) 5%
Raphani Semen (Radish Seed / Lai Fu Zi) 5%
Coptidis Rhizoma (Coptis / Huang Lian) 4%

Chinese Medical Actions
Disperses accumulation and stagnation of food, clears heat, directs qi downward, rectifies qi flow, harmonizes the stomach and intestines.

Indications
<table>
<thead>
<tr>
<th>Abdominal cramping</th>
<th>Constipation or diarrhea</th>
</tr>
</thead>
<tbody>
<tr>
<td>Abdominal distension, acute</td>
<td>Flatulence</td>
</tr>
<tr>
<td>Acid reflux, acute</td>
<td>Food stagnation</td>
</tr>
<tr>
<td>Appetite, reduced</td>
<td>GERD</td>
</tr>
<tr>
<td>Bad breath</td>
<td>Hangover</td>
</tr>
<tr>
<td>Belching sour, foul-tasting fluid</td>
<td>Nausea or vomiting</td>
</tr>
</tbody>
</table>

Tongue: Thick, with yellow coating. Pulse: Slippery, possibly rapid.

Note: For short-term use only. Once food stagnation is relieved, a formula to supplement the spleen such as Six Gentlemen Formula is usually appropriate. If this pattern recurs frequently, the root disharmony must be addressed by other formulas such as Earth-Harmonizing Formula, Bupleurum & Tang Kuei Formula, or Free & Easy Wanderer Plus.
**TANG KUEI & PEONY FORMULA**

*Tang Kuei & Peony Formula (Dang Gui Shao Yao San)* is a classical formula for treating liver/spleen disharmony caused by blood deficiency. It is an excellent tonic for pregnancy and postpartum, or to regulate menses. It is a balanced, mild formula that can be used long-term as a women’s tonic in cases where there is liver blood deficiency and spleen deficiency with stagnation from dampness.

**Ingredients**

- Paeoniae Radix, alba (Chinese Peony, white / Bai Shao) 25%
- Poria (Poria, Hoelen, Tuckahoe / Fu Ling) 16.6%
- Atractylodis Macrocephalae Rhizoma (White Atractylodes Rhizome / Bai Zhu) 16.6%
- Alismatis Rhizoma (Asian Water Plantain / Ze Xie) 16.6%
- Angelicae Sinensis Radix (Dong Quai Root, Tang Kuei / Dang Gui) 12.6%
- Chuanxiong Rhizoma (Ligusticum Wallichii Rhizome / Chuan Xiong) 12.6%

**Chinese Medical Actions**

Supplements and invigorates blood, increases vitality, strengthens the spleen, spreads liver qi, resolves dampness.

**Indications**

<table>
<thead>
<tr>
<th>Condition</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Abdominal pain, mild, constant</td>
<td>Miscarriage, habitual or threatened</td>
</tr>
<tr>
<td>Back weakness and numbness</td>
<td>Nephritis, chronic</td>
</tr>
<tr>
<td>Back pain, lower</td>
<td>Pelvic Inflammatory Disease</td>
</tr>
<tr>
<td>Edema</td>
<td>Postpartum weakness</td>
</tr>
<tr>
<td>Hemorrhoids</td>
<td>Pregnancy, weakness during</td>
</tr>
<tr>
<td>Hypotension</td>
<td>Premenstrual syndrome</td>
</tr>
<tr>
<td>Leg weakness</td>
<td>Toxemia of pregnancy</td>
</tr>
<tr>
<td>Menstrual pain</td>
<td>Urination, difficult</td>
</tr>
<tr>
<td>Menstruation, irregular</td>
<td></td>
</tr>
</tbody>
</table>

*Tongue:* Pale, may be normal.  *Pulse:* Slightly slippery, may be wiry.
Tang Kuei & Salvia Formula (Jia Wei Si Wu Tang) is an augmentation of the classical formula known as “Four-Substance Decoction” (Si Wu Tang) or “Tang Kuei Four,” used for building blood. Four-Substance Decoction is the primary formula used for addressing chronic blood deficiency. Polygonum (he shou wu) has been added to nourish the blood and strengthen the liver. Salvia (dan shen) has been included to augment the formula’s ability to invigorate or move the blood, thereby addressing the blood stasis often found in chronic blood deficiency.

**Ingredients**

- Rehmanniae Radix Preparata (Rehmannia, cured / Shu Di Huang) 25.9%
- Paeoniae Radix, alba (Chinese Peony, white / Bai Shao) 18.5%
- Polygoni Multiflori Radix Preparata (Fo-Ti / Zhi He Shou Wu) 18.5%
- Angelicae Sinensis Radix (Dong Quai Root, Tang Kuei / Dang Gui) 14.8%
- Salviae Miltiorrhizae Radix (Chinese Salvia Root / Dan Shen) 14.8%
- Chuanxiong Rhizoma (Ligusticum Wallichii Rhizome / Chuan Xiong) 7.5%

**Chinese Medical Actions**

Supplements and moves blood, nourishes the liver.

**Indications**

<table>
<thead>
<tr>
<th>Abdominal masses, fixed</th>
<th>Menstrual pain</th>
</tr>
</thead>
<tbody>
<tr>
<td>Abdominal pain</td>
<td>Menstruation, irregular</td>
</tr>
<tr>
<td>Amenorrhea</td>
<td>Nails, brittle</td>
</tr>
<tr>
<td>Anemia</td>
<td>Ovulation, bleeding during</td>
</tr>
<tr>
<td>Complexion, lusterless</td>
<td>Palpitations</td>
</tr>
<tr>
<td>Constipation</td>
<td>Post-menstrual fatigue</td>
</tr>
<tr>
<td>Dizziness</td>
<td>Postpartum fatigue</td>
</tr>
<tr>
<td>Fatigue</td>
<td>Skin, dry</td>
</tr>
<tr>
<td>Hair, dry and brittle</td>
<td>Umbilical pain</td>
</tr>
<tr>
<td>Hives</td>
<td>Uterine bleeding, dysfunctional</td>
</tr>
<tr>
<td>Itching</td>
<td>Vision, blurred or spots in</td>
</tr>
<tr>
<td>Lactation, insufficient</td>
<td>Weakness, generalized</td>
</tr>
</tbody>
</table>

**Tongue:** Pale. **Pulse:** Thin, wiry and/or choppy.

**Contraindications:** Not for severe cases of blood deficiency with severe weakness, labored breathing, and diarrhea. In cases with deficiency of spleen yang with loose stool, add an appropriate formula to strengthen the spleen, such as Six Gentlemen Formula, Sea of Qi Formula or Ginseng & Astragalus Formula.
Tang Kuei & Tribulus Formula (Dang Gui Yin Zi) is from the Teachings of Zhu Dan-Xi and is ideal for skin disorders such as eczema, hives, dermatitis, and psoriasis arising from blood deficiency. Angelica (dang gui) and ligusticum (chuan xiong) nourish and invigorate the blood. Rehmannia (sheng di huang) cools the blood and moistens dryness. Polygonum (zhi he shou wu) and white peony (bai shao) nourish the blood, especially liver blood. Tribulus (bai ji li), schizonepeta (jing jie), and siler (fang feng) dispel wind and relieve itching. Spirodela (fu ping) has been added to vent rashes as well as stop itching. Astragalus (huang qi) tonifies the spleen and wei (protective) qi. Licorice (gan cao) supports the qi, as well as slightly clearing heat and eliminating toxin. This formula is especially good for the elderly or physically weak persons and is suitable for long-term use.

**Ingredients**

Tribuli Fructus (Tribulus, Puncturevine Fruit, Caltrop / Bai Ji Li) 15%
Rehmanniae Radix (Rehmannia, unprocessed / Sheng Di Huang) 11%
Paeoniae Radix, alba (Chinese Peony, white / Bai Shao) 11%
Polygoni Multiflori Radix Preparata (Fo-Ti / Zhi He Shou Wu) 10%
Schizonepetae Herba (Schizonepeta / Jing Jie) 10%
Saposhnikoviae Radix (Siler / Fang Feng) 10%
Angelicae Sinensis Radix (Dong Quai Root, Tang Kuei / Dang Gui) 8%
Paeoniae Radix, rubra (Chinese Peony, red / Chi Shao) 7%
Astragali Radix (Astragalus / Huang Qi) 5%
Chuanxiong Rhizoma (Ligusticum Wallichii Rhizome / Chuan Xiong) 5%
Glycyrrhizae Radix (Chinese Licorice Root / Gan Cao) 4%
Spirodelae Herba (Spirodela / Fu Ping) 4%

**Chinese Medical Actions**

Nourishes blood, moistens blood dryness, dispels wind, relieves itching.

**Indications**

<table>
<thead>
<tr>
<th>Condition</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dermatitis</td>
<td>Psoriasis</td>
</tr>
<tr>
<td>Eczema</td>
<td>Skin, dry and itchy due to blood deficiency and blood dryness</td>
</tr>
<tr>
<td>Hives</td>
<td>Skin rash, red with itching</td>
</tr>
<tr>
<td>Itching</td>
<td></td>
</tr>
</tbody>
</table>

**Tongue:** Pale, with a dry coating, may have a red tip.

**Pulse:** Thin, weak, and deep.

**Contraindications:** DO NOT USE DURING PREGNANCY. In some cases it may be necessary initially to combine this formula with another formula to treat the root symptoms. For instance, if there is a red, itchy rash due to liver qi stagnation with heat, combine with the **Free & Easy Wanderer Plus**. As the symptoms improve, combine with a constitutional formula such as **Bupleurum & Tang Kuei Formula**.
Tieh Ta Formula (Die Da Wan) is based on traditional formulas used in the martial arts for traumatic injury. It moves the qi and blood, reduces pain and swelling, and aids in the rapid resolution of many types of injury. It can be used in the first or second stage of trauma and is an excellent formula to keep in the household medicine chest.

**Ingredients**
Notoginseng Radix (Tienqi Ginseng, Pseudoginseng / San Qi, Tian Qi) 14.35%
Angelicae Sinensis Radix (Dong Quai Root, Tang Kuei / Dang Gui) 14.35%
Curcumae Radix (Turmeric, Curcuma Tuber / Yu Jin) 9.5%
Amomi Fructus Rotundus (Chinese Cardamom / Bai Dou Kou) 9.5%
Rhei Radix et Rhizoma (Chinese Rhubarb / Da Huang) 9.5%
Carthami Flos (Safflower, Carthamus / Hong Hua) 7.1%
Achyranthis Bidentatae Radix (Achyranthes / Huai Niu Xi) 7.1%
Dipsaci Radix (Japanese Teasel Root, Japanese Dipsacus / Xu Duan) 7.1%
Drynariae Rhizoma (Drynaria Rhizome / Gu Sui Bu) 7.1%
Cyperi Rhizoma (Cyperus, Nut Grass / Xiang Fu) 4.8%
Olibanum (Frankincense / Ru Xiang) 4.8%
Myrrha (Myrrh / Mo Yao) 4.8%

**Chinese Medical Actions**
Moves blood, transforms blood stasis, reduces swelling, alleviates pain.

**Indications**

<table>
<thead>
<tr>
<th>Indications</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Bruises</td>
<td>Post-operative pain</td>
</tr>
<tr>
<td>Fractures or broken bones</td>
<td>Sports injury</td>
</tr>
<tr>
<td>Joint dislocations</td>
<td>Sprains</td>
</tr>
<tr>
<td>Ligaments, torn</td>
<td>Temporomandibular joint (TMJ) pain</td>
</tr>
<tr>
<td>Muscle strains</td>
<td>Traumatic injury</td>
</tr>
<tr>
<td>Pain and distension from injury</td>
<td></td>
</tr>
</tbody>
</table>

**Contraindications:** DO NOT USE DURING PREGNANCY OR WHILE NURSING.
Trauma 1 Formula (Die Da 1 Hao Fang) is for the first stage of traumatic injury. Immediately after a trauma, the site of the injury is subject to swelling, heat, and pain. Modern medicine calls this inflammation and sees it as the body’s reaction to trauma. The treatment principle for this stage of trauma is to clear heat from inflammation, reduce swelling so that healing is not hindered, relieve pain, and quicken blood movement so that stasis is minimized. This formula uses herbs such as honeysuckle (jin yin hua) to clear heat and resolve toxin, and forsythia (lian qiao) to disperse accumulation and swelling combined with agents to move blood and relieve pain. This is Chinese medicine’s approach to helping the body to get rid of damaged tissue and to rebuild the tissue injured by trauma.

**Ingredients**

- Persicae Semen (Peach Kernel, Persica Seed / Tao Ren) 12%
- Forsythiae Fructus (Forsythia / Lian Qiao) 12%
- Lonicerae Flos (Japanese Honeysuckle Flower / Jin Yin Hua) 12%
- Carthami Flos (Safflower, Carthamus / Hong Hua) 10%
- Olibanum (Frankincense / Ru Xiang) 9%
- Myrrha (Myrrh / Mo Yao) 9%
- Scutellariae Radix (Chinese Skullcap, Scute / Huang Qin) 8%
- Angelicae Sinensis Radix (Dong Quai Root, Tang Kuei / Dang Gui) 8%
- Bupleuri Radix (Bupleurum Root / Chai Hu) 8%
- Rhei Radix et Rhizoma (Chinese Rhubarb / Da Huang) 5%
- Angelicae Dahuricae Radix (Purple Angelica / Bai Zhi) 4%
- Glycyrrhizae Radix (Chinese Licorice Root / Gan Cao) 3%

**Chinese Medical Actions**

Clears heat, resolves toxin, relieves pain, moves blood, dispels stasis.

**Contraindications:** DO NOT USE DURING PREGNANCY OR WHILE NURSING.

**Note:** The first stage of trauma can last from several hours to a week or so depending on the severity of the injury. As long as redness, heat, and swelling exist, one can assume that the injury is still in the first stage of recovery.
**TRAUMA 2 FORMULA**

Trauma 2 Formula (*Die Da 2 Hao Fang*) is intended to treat the second stage of trauma. After the inflammation and swelling associated with first-stage trauma have receded, the injured area experiences stasis of the blood that left the vessels at the time of the initial trauma. This, combined with congestion of fluids and qi at the site, causes stiffness and pain and sets the stage for the invasion of wind and dampness. The formula aims to dispel blood stasis, relieve pain, dispel wind and dampness, and clear any heat remaining from the body’s inflammatory response to the trauma. It can be used for any second-stage trauma when bleeding is not a factor.

**Ingredients**

- Angelicae Sinensis Radix (Dong Quai Root, Tang Kuei / *Dang Gui*) 9%
- Olibanum (Frankincense / *Ru Xiang*) 9%
- Myrrha (Myrrh / *Mo Yao*) 9%
- Cyathulae Radix (Cyathula Root / *Chuan Niu Xi*) 9%
- Saphoshnikoviae Radix (Siler / *Fang Feng*) 9%
- Spatholobus Caulis (Spatholobus / *Ji Xue Teng*) 9%
- Paeoniae Radix, rubra (Chinese Peony, red / *Chi Shao*) 9%
- Poria (Poria, Hoelen, Tuckahoe / *Fu Ling*) 8%
- Carthami Flos (Safflower, Carthamus / *Hong Hua*) 8%
- Sappan Lignum (Sappanwood / *Su Mu*) 6%
- Angelicae Dahuricae Radix (Purple Angelica / *Bai Zhi*) 6%
- Notoginseng Radix (Tienqi Ginseng, Pseudoginseng / *San Qi, Tian Qi*) 5%
- Rhei Radix et Rhizoma (Chinese Rhubarb / *Da Huang*) 4%

**Chinese Medical Actions**

Moves blood, relieves pain, clears heat, dispels stasis, wind, and dampness.

**Indications**

<table>
<thead>
<tr>
<th>Bruises</th>
<th>Ligaments or tendons, torn</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cartilage damage</td>
<td>Sprains</td>
</tr>
<tr>
<td>Fractures or broken bones</td>
<td>Traumatic injury (second stage), with stiffness and pain</td>
</tr>
<tr>
<td>Jammed fingers or toes</td>
<td></td>
</tr>
</tbody>
</table>

**Contraindications:** DO NOT USE DURING PREGNANCY OR WHILE NURSING.

**Note:** Second-stage trauma can start from two days to ten days after the injury and could last from several days to several weeks. The time frame depends on the extent of the injury and the healing capacity of the patient.
True Yin Formula (Zuo Gui Jia Er Zhi Wan) is a combination of two classical Chinese formulas: Restore the Left Kidney Decoction (Zuo Gui Wan) and the Two Ultimate Pill (Er Zhi Wan). The left kidney is considered by some texts to be the root of the true or source yin. Yin energy allows us the ability to be calm, quiet, receptive, and stable. This formula is excellent for treating deficiency of yin, which arises from the demands and stresses of modern life or from excessive sexual activity. It directly supplements the yin of the liver and kidneys, the reservoir of yin for the entire body. True Yin Formula is commonly combined as a yin protector with formulas that could damage yin.

**Ingredients**

- Rehmanniae Radix Preparata (Rehmannia, cured / Shu Di Huang) 20.2%
- Ligustri Lucidi Fructus (Ligustrum, Privet Fruit / Nu Zhen Zi) 12.7%
- Ecliptae Herba (Eclipta / Han Lian Cao) 12.7%
- Dioscoreae Rhizoma (Chinese Yam / Shan Yao) 10.1%
- Lycii Fructus (Lycium Fruit, Chinese Wolfberry / Gou Qi Zi) 10.1%
- Poria (Poria, Hoelen, Tuckahoe / Fu Ling) 10.1%
- Corni Fructus (Asiatic Dogwood Fruit, Asiatic Cornel / Shan Zhu Yu) 10.1%
- Schisandrae Fructus (Northern Schisandra Fruit / Wu Wei Zi) 8.9%
- Glycyrrhizae Radix Preparata (Chinese Licorice Root, honey-fried / Zhi Gan Cao) 5.1%

**Chinese Medical Actions**

Nourishes the yin, benefits and supplements the liver and kidneys.

<table>
<thead>
<tr>
<th>Indications</th>
</tr>
</thead>
<tbody>
<tr>
<td>Back weakness and soreness</td>
</tr>
<tr>
<td>Dizziness</td>
</tr>
<tr>
<td>Dream-disturbed sleep</td>
</tr>
<tr>
<td>Dry mouth</td>
</tr>
<tr>
<td>Hair, premature graying</td>
</tr>
<tr>
<td>Hair loss</td>
</tr>
<tr>
<td>Hearing loss</td>
</tr>
<tr>
<td>Insomnia</td>
</tr>
<tr>
<td>Knees, weak</td>
</tr>
<tr>
<td>Legs, weak</td>
</tr>
<tr>
<td>Memory, poor</td>
</tr>
<tr>
<td>Night sweats</td>
</tr>
<tr>
<td>Spontaneous seminal emission</td>
</tr>
<tr>
<td>Thirst</td>
</tr>
<tr>
<td>Throat, dry</td>
</tr>
<tr>
<td>Vision, blurred or spots in</td>
</tr>
</tbody>
</table>

**Tongue:** Peeled, shiny. **Pulse:** Thin, rapid.

**Contraindications:** This formula is for cases of yin deficiency without signs of fire. In cases with fire, use Rehmannia & Scrophularia Formula instead. With spleen or stomach deficiency, supplement with an appropriate formula.
TWIN SHIELDS FORMULA

Twin Shields Formula (Shuang Dun Fang) was designed to treat mild to moderate thyroid issues. The strategy employed in this formula assumes that many mild cases and early stages of thyroid disorders are not due to true deficiency but rather localized congestion in one or both lobes of the thyroid. The theory is this: when one lobe becomes congested and begins to decline in production, the hypothalamus detects this and produces more TSH, causing the healthier lobe to make up for the production loss. This scenario can lead to an apparent hypothyroidism (and sometimes apparent hyperthyroidism) that in many cases can be completely rectified through a dual strategy of support and dredging.

**Ingredients**

Ginseng Radix, Dried (White Ginseng / Bai Ren Shen) 16%
Dipsaci Radix (Japanese Teasel Root, Japanese Dipsacus / Xu Duan) 16%
Salvia Miltiorrhizae Radix (Chinese Salvia Root / Dan Shen) 13%
Dendrobii Herba (Dendrobium, Chinese Orchid Stem / Shi Hu) 12%
Fritillariae Thunbergii Bulbus (Sichuan Fritillary Bulb / Zhe Bei Mu) 12%
Eckloniae Thallus (Kombu, Kelp / Kun Bu) 12%
Scutellaria Barbatae Herba (Barbed Skullcap / Ban Zhi Lian) 12%
Ostreae Concha (Oyster Shell / Mu Li) 7%

**Chinese Medical Actions**

Augments qi, supplements kidney and spleen, opens collaterals, invigorates blood, nourishes yin, gently clears heat, resolves phlegm, softens nodules, decongests thyroid.

**Indications**

| Bradycardia | Hashimoto’s disease** |
| Brain fog | Lethargy |
| Cold, feelings of or sensitivity to | Memory, impaired |
| Constipation from deficiency | Mental focus, poor |
| Depression from deficiency | Muscle stiffness or aches |
| Face, puffy | Nails, thin or brittle |
| Fatigue, chronic | Skin, dry or thin |
| Goiter | TSH, elevated |
| Grave’s disease* | Weight gain |
| Hair loss | |

**Tongue:** Normal or pale; may be slightly purple.

**Pulse:** Can be moderate and weak, or deep, thin and tense.

**Contraindications:** Do not take during acute illness or if there is excess cold in the middle burner.

**Notes:** 1) *When using this formula to treat Grave’s disease, it is advisable to reduce the dosage by half and use only in combination with another
appropriate formula, such as, Rehmanni and Scrophularia Formula, Phlegm-Transforming Formula, or Margarita Complexion Formula.

2) Use with caution when taking for Hashimoto's disease. Some patients with Hashimoto's disease are believed to react to the iodine in the thallus (kun bu). When treating Hashimoto’s disease, consider combining small doses (2 tablets twice a day) of Twin Shields Formula with scrophularia (xuan shen) and forsythia (lian qiao) to manage the inflammation.

3) Dosage varies greatly among patients. Many will improve with 2 tablets three times a day, some will only need to take 2 tablets twice a day, and others may not show significant improvement if they take less than 4 tablets per dose. For hyperthyroid, combine with Baked Licorice Formula.

4) Some patients report gas and bloating when taking this formula. This is often remedied by reducing dosage for a while and then slowly building back up to the patient's full dose. Thus, if weak digestion is part of the patient’s pattern, it is advisable to begin with smaller doses and build up.
Two Immortals Formula (Jia Jian Er Xian Tang) is a modification of the traditional formula Er Xian Tang developed to treat problems common in menopause. These problems are associated with a deficiency of the ren and chong vessels and a decline of the energy of the kidney, with a flaring up of fire. This produces such symptoms as hypertension, hot flashes, sweating, fatigue, insomnia, and emotional imbalances. Two Immortals Formula is the most popular Chinese herbal formula for generalized symptoms of menopause. It is often used as a base formula for menopause and combined with another formula to address specific symptoms.

Ingredients
Salviae Miltiorrhizae Radix (Chinese Salvia Root / Dan Shen) 11.7%
Polygoni Multiflori Radix Preparata (Fo-Ti / Zhi He Shou Wu) 11.7%
Epimedi Herba (Epimedium / Yin Yang Huo) 9.4%
Moutan Cortex (Tree Peony / Mu Dan Pi) 9.4%
Angelicae Sinensis Radix (Dong Quai Root, Tang Kuei / Dang Gui) 9.4%
Morindae Officinalis Radix (Morinda / Ba Ji Tian) 9.4%
Cistanches Herba (Broomrape, Cistanches / Rou Cong Rong) 9.4%
Cuscutae Semen (Chinese Dodder Seed, Chinese Cuscuta / Tu Si Zi) 7.75%
Poria (Poria, Hoelen, Tuckahoe / Fu Ling) 7.75%
Curculiginis Rhizoma (Curculigo Rhizome / Xian Mao) 4.7%
Anemarrhenae Rhizoma (Anemarrhena Rhizome / Zhi Mu) 4.7%
Phellodendri Cortex (Phellodendron Bark / Huang Bai) 4.7%

Chinese Medical Actions
Replenishes kidney yin and yang, regulates the ren and chong vessels, harmonizes the blood, drains fire.

Indications

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Anxiety</td>
<td>Irritability</td>
</tr>
<tr>
<td>Amenorrhea</td>
<td>Melancholy, excessive</td>
</tr>
<tr>
<td>Depression</td>
<td>Mood swings</td>
</tr>
<tr>
<td>Dizziness</td>
<td>Night sweats</td>
</tr>
<tr>
<td>Emotional instability</td>
<td>Palpitations</td>
</tr>
<tr>
<td>Fatigue</td>
<td>Psoriasis, improves in pregnancy, worse after childbirth</td>
</tr>
<tr>
<td>Hot flashes</td>
<td>Urinary tract infection, chronic</td>
</tr>
<tr>
<td>Hypertension, menopausal</td>
<td>Urination, frequent</td>
</tr>
<tr>
<td>Infertility</td>
<td></td>
</tr>
<tr>
<td>Insomnia</td>
<td></td>
</tr>
</tbody>
</table>

Tongue: Pale, with thin coating; may be swollen, with teeth marks.
Pulse: Thready, rapid.
Viola Clear Fire Formula (Di Ding Qing Huo Pian). The herbs in this formula, according to modern pharmacological and clinical research, have inhibitory effects against many viruses, bacteria, and fungi. In the years that this formula was tested clinically, it was found effective against a variety of infections, especially respiratory infections. It is safe for long-term use in the management or elimination of deep-seated or stubborn viruses such as Epstein-Barr, HIV, and herpes.

**Ingredients**

- Hedyotis Diffusae Herba (Hedyotis, Oldenlandia / Bai Hua She She Cao) 18%
- Houttuyniae Herba (Houttuynia / Yu Xing Cao) 16%
- Violae Herba (Viola, Tokyo Violet / Zi Hua Di Ding) 12%
- Isatidis Folium (Isatis Leaf, Indigo Woad Leaf / Da Qing Ye) 8%
- Isatidis seu Baphicacanthis Radix (Isatis Root / Ban Lan Gen) 8%
- Andrographitis Herba (Andrographis / Chuan Xin Lian) 8%
- Lonicerae Flos (Japanese Honeysuckle Flower / Jin Yin Hua) 7%
- Prunellae Spica (Heal All Spike, Self-Heal Spike / Xia Ku Cao) 6%
- Forsythiae Fructus (Forsythia / Lian Qiao) 6%
- Citri Reticulatae Pericarpium (Tangerine Peel / Chen Pi) 4%
- Glycyrrhizae Radix (Chinese Licorice Root / Gan Cao) 4%
- Coptidis Rhizoma (Coptis / Huang Lian) 3%

**Chinese Medical Actions**

Eliminates toxin, drains heat, cools the blood.

### Indications

<table>
<thead>
<tr>
<th>AIDS/HIV heat-toxin</th>
<th>Lymph nodes, enlarged</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bronchitis</td>
<td>Mononucleosis</td>
</tr>
<tr>
<td>Chicken pox</td>
<td>Pneumonia</td>
</tr>
<tr>
<td>Cough</td>
<td>Respiratory infection</td>
</tr>
<tr>
<td>Diarrhea, from damp-heat</td>
<td>Shingles</td>
</tr>
<tr>
<td>Fever</td>
<td>Sinus infection</td>
</tr>
<tr>
<td>Genital sores</td>
<td>Strep throat (Streptococcus)</td>
</tr>
<tr>
<td>Herpes, any type</td>
<td>Throat, sore</td>
</tr>
<tr>
<td>Kidney infection</td>
<td>Tonsillitis</td>
</tr>
<tr>
<td>Laryngitis</td>
<td>Urinary tract infection</td>
</tr>
</tbody>
</table>

**Tongue:** Red.  **Pulse:** Rapid.

**Contraindications:** Do not use in the absence of heat.

**Dosage:** Can range according to the symptoms and the intensity. Patients on higher doses should be monitored and decrease dose as symptoms abate.

**Note:** Can be used safely over a long period of time. Can be combined with an appropriate tonic formula, ideally, Astragalus & Ligustrum Formula. Viola Clear Fire Formula, in combination with Minor Bupleurum Formula, has been found to be effective in the treatment of acute or chronic mononucleosis.
VITAL TREASURE FORMULA

Vital Treasure Formula (Zhen Bao Fang) is designed to support the yang aspects of male function. It is especially appropriate as men age and the yang qi naturally declines. Since the kidney is the source of all yang, the primary herbs in this formula are herbs that supplement the yang of the kidney: epimedium (yin yang huo), cuscuta (tu si zi), morinda (ba ji tian) and psoralea (bu gu zhi). Ginseng (ren shen) is used to supplement the central qi. Ophiopogon (mai men dong) and broussonetia (chu shi zi) are yin-supplementing herbs that help to prevent overheating from yang supplementation. White peony (bai shao) is used to supplement the blood and curcuma (yu jin) invigorates and cools liver blood. Rhodiola (hong jing tian) invigorates blood and has been shown to increase arterial oxygen. Asian plantain seed (che qian zi) guides excess heat out of the body though the urinary bladder. These herbs make this an excellent yang support for men while also supporting qi and yin and preventing the excessive build-up of fire.

Ingredients
Epimedi Herba (Epimedium / Yin Yang Huo) 12%
Cuscutae Semen (Chinese Dodder Seed, Chinese Cuscuta / Tu Si Zi) 12%
Morindae Officinalis Radix (Morinda / Ba Ji Tian) 12%
Psoraleae Fructus (Psoralea Fruit / Bu Gu Zhi) 10%
Rhodiola Herba (Rhodiola / Hong Jing Tian) 10%
Ophiopogonis Radix (Ophiopogon Tuber / Mai Men Dong) 8%
Paeoniae Radix, alba (Chinese Peony, white / Bai Shao) 8%
Ginseng Radix (Asian Ginseng Root / Ren Shen) 8%
Broussonetiae Fructus (Broussonetia Fruit / Chu Shi Zi) 8%
Curcumae Radix (Turmeric, Curcuma Tuber / Yu Jin) 8%
Plantagini Semen (Asian Plantain Seed / Che Qian Zi) 4%

Chinese Medical Actions
Supplements kidney yang and preserves essence, supplements qi and yin, invigorates and supplements liver blood.

Indications

<table>
<thead>
<tr>
<th>Indications</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Circulation, poor</td>
<td>Impotence</td>
</tr>
<tr>
<td>Cold limbs</td>
<td>Premature ejaculation</td>
</tr>
<tr>
<td>Fatigue</td>
<td>Sexual dysfunction, male</td>
</tr>
<tr>
<td>Hypothyroidism</td>
<td>Weakness, in lower back and knees</td>
</tr>
<tr>
<td>Hypotension</td>
<td></td>
</tr>
</tbody>
</table>

Contraindications: Do not take this formula when signs of heat are present (red tongue and rapid pulse). WOMEN SHOULD USE CAUTION TAKING THIS FORMULA DURING PREGNANCY.
Women’s Precious Formula *(Ba Zhen Tang)* is a modification of Motherwort Eight Precious Pills—motherwort (*yi mu cao*) plus a combination of Four Gentlemen (a qi supplementing formula) with the Soup of Four Things (a blood supplementing formula). Four additional herbs, useful for life in modern times, have been added: polygonum (*zhi he shou wu*) and mori (*sang shen*) to nourish essence; tangerine peel (*chen pi*) to move the qi and prevent the qi stagnation that can occur from taking tonic formulas; and fresh ginger (*sheng jiang*) to nourish the spleen and stomach and aid digestion. This formula can be used by both men and women for qi and blood deficiency. It is an effective aid in postpartum recovery.

**Ingredients**

- Codonopsis Radix (Codonopsis / Dang Shen) 11.3%
- Rehmanniae Radix Preparata (Rehmannia, cured / Shu Di Huang) 11.3%
- Atractylodis Macrocephalae Rhizoma (White Atractylodes Rhizome / Bai Zhu) 9%
- Poria (Poria, Hoelen, Tuckahoe / Fu Ling) 9%
- Angelicae Sinensis Radix (Dong Quai Root, Tang Kuei / Dang Gui) 9%
- Paeoniae Radix, alba (Chinese Peony, white / Bai Shao) 9%
- Polygoni Multiflori Radix Preparata (Fo-Ti / Zhi He Shou Wu) 9%
- Chuanxiong Rhizoma (Ligusticum Wallichii Rhizome / Chuan Xiong) 6%
- Mori Fructus (White Mulberry Fruit / Sang Shen) 6%
- Leonuri Herba (Chinese Motherwort / Yi Mu Cao) 5.3%
- Citri Reticulatae Pericarpium (Tangerine Peel / Chen Pi) 5.3%
- Zingiberis Rhizoma Recens (Ginger, fresh / Sheng Jiang) 5.3%
- Glycyrrhizae Radix (Chinese Licorice Root / Gan Cao) 4.5%

**Chinese Medical Actions**

Builds and nourishes qi and blood, supplements yin and essence, moves blood and qi, drains damp, strengthens stomach and spleen.

**Indications**

<table>
<thead>
<tr>
<th>Abdominal distension</th>
<th>Menstrual pain</th>
</tr>
</thead>
<tbody>
<tr>
<td>Appetite disorders</td>
<td>Menstruation, irregular or scanty</td>
</tr>
<tr>
<td>Back soreness, lower</td>
<td>Miscarriage, habitual</td>
</tr>
<tr>
<td>Breast distension</td>
<td>Palpitations</td>
</tr>
<tr>
<td>Complexion, pale</td>
<td>Postpartum recovery</td>
</tr>
<tr>
<td>Dizziness</td>
<td>Premenstrual abdominal pain</td>
</tr>
<tr>
<td>Fatigue</td>
<td>Skin rash or dryness, with blood xu</td>
</tr>
<tr>
<td>Labor, difficult</td>
<td>Uterine bleeding, dysfunctional</td>
</tr>
<tr>
<td>Lactation, insufficient</td>
<td>Vaginal discharge</td>
</tr>
<tr>
<td>Menarche, late</td>
<td>Weakness</td>
</tr>
</tbody>
</table>

**Tongue:** Pale with white coating.  **Pulse:** Thin, weak.

**Contraindications:** DO NOT USE DURING PREGNANCY. Use Tang Kuei & Peony Formula instead. Modify to smaller doses if diarrhea or stomach upset occur. Do not use in cases with heat from yin deficiency.
Wu Hua Formula (Wu Hua Tang) is a Chinese formula used to treat dysentery, diarrhea, gastrointestinal inflammation, intestinal parasites, or skin disorders from heat in the blood. It is also used in Asia to treat “hot qi” syndrome in children. The primary symptoms are weepy or dry eyes, sore throat, bad breath, constipation, and irritability. These symptoms may or may not be accompanied at times by sneezing, congestion, wheezing, and skin rashes. The action of this formula is strong and rapid, yet it is gentle and safe for children since it does not contain cold, bitter, downward draining herbs it will not further damage their tender yin and spleen qi. It is an excellent formula to take along while traveling in places where dysentery or gastrointestinal disorders are prevalent.

**Ingredients**
Lonicerae Flos (Japanese Honeysuckle Flower / Jin Yin Hua) 40%
Hibisci Flos (Hibiscus Flower / Mu Jin Hua) 20%
Celosiae Cristatae Flos (Cockscomb Flower / Ji Guan Hua) 20%
Magnoliae Officinalis Flos (Magnolia Flower / Hou Po Hua) 10%
Puerariae Flos (Pueraria Flower / Ge Hua) 10%

**Chinese Medical Actions**
Removes damp-heat, clears heat-toxin, cools blood, stops diarrhea, promotes urination, disperses swellings.

**Indications**

<table>
<thead>
<tr>
<th>Condition</th>
<th>Symptom</th>
</tr>
</thead>
<tbody>
<tr>
<td>Appendicitis</td>
<td>“Hot qi” syndrome in children</td>
</tr>
<tr>
<td>Bad breath</td>
<td>Intestinal abscess</td>
</tr>
<tr>
<td>Bleeding, from heat-toxin or damp-heat toxin</td>
<td>Nosebleed</td>
</tr>
<tr>
<td>Blood in the stool</td>
<td>Over consumption of alcohol or fried fatty foods</td>
</tr>
<tr>
<td>Boils and furuncles</td>
<td>Parasites, intestinal</td>
</tr>
<tr>
<td>Constipation</td>
<td>Pinworms, in children</td>
</tr>
<tr>
<td>Diarrhea</td>
<td>Rectal bleeding, with heat-toxin</td>
</tr>
<tr>
<td>Dysentery</td>
<td>Skin rash, red and raised</td>
</tr>
<tr>
<td>Eczema</td>
<td>Throat, sore</td>
</tr>
<tr>
<td>Eyes, weepy or dry</td>
<td>Vomiting blood</td>
</tr>
<tr>
<td>Gastrointestinal inflammation</td>
<td>Wounds, suppurative, from toxic qi or damp-heat</td>
</tr>
<tr>
<td>Hemorrhoids</td>
<td></td>
</tr>
</tbody>
</table>

**Tongue:** Red, or with red spots.  **Pulse:** Rapid, big.

**Contraindications:** Do not take in cases of deficiency cold.
**Xanthium & Magnolia Formula**

**Xanthium & Magnolia Formula** (*Jia Wei Xin Yi San*) is a modified combination of Xanthium Combination (*Cang Er Zi San*) and Magnolia Flower Combination (*Xin Yi San*) to treat severe sinus congestion with constant or copious, clear nasal discharge or post-nasal drip. Tetrapanax (*tong cao*) has been added to assist in guiding fluids downward. Red peony (*chi shao*) has been added to invigorate blood and reduce swelling. These two herbs also moderate the warmth of the other herbs in the formula. Ideally, **Xanthium & Magnolia Formula** should be used for a short duration due to the acrid and warm nature of the formula. It is important that the underlying constitutional issues be addressed, as these symptoms could be due to chronic deficiency of the kidney, lung, or spleen.

**Ingredients**

- Angelicae Dahuricae Radix (Purple Angelica / *Bai Zhi*) 30%
- Xanthii Fructus (Xanthium Fruit, Siberian Cocklebur / *Cang Er Zi*) 12%
- Magnoliae Flos (Magnolia Flower / *Xin Yi Hua*) 12%
- Paeoniae Radix, rubra (Chinese Peony, red / *Chi Shao*) 10%
- Ligustici Rhizoma (Chinese Lovage, Ligusticum / *Gao Ben*) 8%
- Chuanxiong Rhizoma (Ligusticum Wallichii Rhizome / *Chuan Xiong*) 8%
- Tetrapanacis Medulla (Tetrapanax, Rice Paper Plant Pith / *Tong Cao*) 6%
- Puerariae Radix (Kudzu Root / *Ge Gen*) 6%
- Glycyrrhizae Radix (Chinese Licorice Root / *Gan Cao*) 4%
- Camelliae Folium (Green Tea Leaf / *Lu Cha*) 4%

**Chinese Medical Actions**

Dispels wind, dries dampness, frees the nasal passages.

**Indications**

<table>
<thead>
<tr>
<th>Condition</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Allergies</td>
<td>Sinus discharge, clear and profuse or persistent</td>
</tr>
<tr>
<td>Earaches</td>
<td>Sinus inflammation, acute or chronic</td>
</tr>
<tr>
<td>Headache, from wind-cold</td>
<td>Smell, loss of</td>
</tr>
<tr>
<td>Post-nasal drip</td>
<td></td>
</tr>
<tr>
<td>Rhinitis, acute or chronic</td>
<td></td>
</tr>
<tr>
<td>Sinus congestion and pain</td>
<td></td>
</tr>
</tbody>
</table>

**Tongue:** Normal, or may have a thick, white coating.

**Pulse:** May be floating or slippery.

**Contraindications:** DO NOT USE DURING PREGNANCY.
**XANTHIUM NASAL FORMULA**

**Xanthium Nasal Formula** (*Jia Wei Cang Er Pian*) is a modification of Xanthium Combination (*Cang Er Zi San*) used for treating heat and phlegm in the upper burner and head, with congestion of the sinuses and nasal passages. This type of condition is generally acute and can be the result of either an exterior invasion or an internal disharmony. The formula centers on clearing heat and transforming dampness. Scutellaria (*huang qin*) clears heat in the upper burner, red peony (*chi shao*) cools blood and also moves blood in the nasal passages. Pueraria (*ge gen*) clears heat and guides the formula to the upper body. Xanthium (*cang er zi*), angelica (*bai zhi*), and magnolia (*xin yi hua*) dry dampness, dispel turbidity, and open the nasal passages. Mint (*bo he*) helps with this latter function and also clears heat pathogens that linger in the exterior. Ilex (*ku ding cha*) clears heat, resolves toxin, and leads the herbs to the head.

**Ingredients**

- Scutellariae Radix (Chinese Skullcap, Scute / *Huang Qin*) 20%
- Paeoniae Radix, rubra (Chinese Peony, red / *Chi Shao*) 15%
- Xanthii Fructus (Xanthium Fruit, Siberian Cocklebur / *Cang Er Zi*) 13%
- Angelicae Dahuricae Radix (Purple Angelica / *Bai Zhi*) 13%
- Magnoliae Flos (Magnolia Flower / *Xin Yi Hua*) 13%
- Menthae Haplocalysis Herba (Chinese Mint / *Bo He*) 10%
- Ilicis Folium (Ilex Leaf / *Ku Ding Cha*) 10%
- Puerariae Radix (Kudzu Root / *Ge Gen*) 6%

**Chinese Medical Actions**

Clears heat, resolves toxin, moves and cools blood, transforms phlegm, dries dampness, frees the nasal passages.

**Indications**

<table>
<thead>
<tr>
<th>Allergies</th>
<th>Sinus congestion</th>
</tr>
</thead>
<tbody>
<tr>
<td>Feeling of pressure in head</td>
<td>Sinus discharge, yellow or green</td>
</tr>
<tr>
<td>Headache or sinus pain</td>
<td>Sinus infection, acute</td>
</tr>
</tbody>
</table>

**Tongue:** Yellow coating.  **Pulse:** Rapid.

**Contraindications:** This formula is too drying for those with pronounced yin deficiency. It is also not appropriate for long-term use to treat chronic conditions, although it may be applied to acute infections related to long-term sinus disorders.

**Note:** For sinus headache, combine with **Head Relief Formula**.
**Yin Chiao Formula** *(Yin Qiao San)*, also known as “Honeysuckle and Forsythia,” is a popular Chinese formula used for treating invasion by wind-heat. It is very effective when taken at the onset of common cold or flu and in cases where the patient has a sore throat, fever, or signs of external heat. **Yin Chiao Formula** was originally developed to treat chicken pox and can be used to treat acute viral infections that include skin lesions.

**Ingredients**

- Lonicerae Flos (Japanese Honeysuckle Flower / Jin Yin Hua) 15.6%
- Forsythiae Fructus (Forsythia / Lian Qiao) 15.6%
- Phragmitis Rhizoma (Phragmites Rhizome, Common Reed Rhizome / Lu Gen) 15.6%
- Arctii Fructus (Burdock Fruit / Niu Bang Zi) 12.4%
- Schizonepetae Herba (Schizonepeta / Jing Jie) 9.3%
- Platycodi Radix (Platycodon Root, Balloon Flower Root / Jie Geng) 6.3%
- Menthae Haplocalysis Herba (Chinese Mint / Bo He) 6.3%
- Sojae Semen Preparatum (Soybean, prepared / Dan Dou Chi) 6.3%
- Lophatheri Herba (Lophatherum / Dan Zhu Ye) 6.3%
- Glycyrrhizae Radix (Chinese Licorice Root / Gan Cao) 6.3%

**Chinese Medical Actions**

Expels wind-heat from the exterior, clears heat, relieves toxicity.

**Indications**

<table>
<thead>
<tr>
<th>Indications</th>
</tr>
</thead>
<tbody>
<tr>
<td>Body aches</td>
</tr>
<tr>
<td>Chicken pox</td>
</tr>
<tr>
<td>Common cold</td>
</tr>
<tr>
<td>Conjunctivitis</td>
</tr>
<tr>
<td>Cough</td>
</tr>
<tr>
<td>Fever, with or without chills</td>
</tr>
<tr>
<td>Gastritis, acute</td>
</tr>
<tr>
<td>Headache, from wind-heat</td>
</tr>
<tr>
<td>Hives</td>
</tr>
</tbody>
</table>

**Tongue:** White or yellow coating, may have a red tip.  
**Pulse:** Rapid, floating.

**Note:** This formula is most effective when taken during the early stages of the symptoms. The dose can be increased to every 3 hours during the first day of the symptoms, and then taken every 4-5 hours as needed. Some imported versions of this formula contain sugar, caffeine, and Western drugs.
YIN TRANSITION FORMULA

Yin Transition Formula (Geng Nian An Wan) is a powerful supplementing and astringing formula primarily used to help ease the symptoms of menopause, especially abnormal sweating. It can be used for most patterns involving deficiency fire when sweating is present, including tuberculosis, AIDS, spontaneous seminal emission, and deficiency fever.

Ingredients

Margaritiferae Concha Usta (Mother of Pearl / Zhen Zhu Mu) 18%
Rehmanniae Radix (Rehmannia, unprocessed / Sheng Di Huang) 11%
Lycii Cortex (Lycium Root Bark, Chinese Boxthorn Rootbark / Di Gu Pi) 9%
Artemisiae Scopariae Herba (Capillaris / Yin Chen Hao) 9%
Scrophulariae Radix (Scrophularia / Xuan Shen) 7%
Curculiginis Rhizoma (Curculigo Rhizome / Xian Mao) 7%
Ophiopogonis Radix (Ophiopogon Tuber / Mai Men Dong) 7%
Phellodendri Cortex (Phellodendron Bark / Huang Bai) 7%
Anemarrhenae Rhizoma (Anemarrhena Rhizome / Zhi Mu) 7%
Scutellariae Radix (Chinese Skullcap, Scute / Huang Qin) 7%
Lycii Fructus (Lycium Fruit, Chinese Wolfberry / Gou Qi Zi) 6%
Schisandraceae Fructus (Northern Schisandra Fruit / Wu Wei Zi) 5%

Chinese Medical Actions

Tonifies and astringes kidney qi, supplements kidney yin and jing, stops sweating.

<table>
<thead>
<tr>
<th>Indications</th>
</tr>
</thead>
<tbody>
<tr>
<td>AIDS, sweating from</td>
</tr>
<tr>
<td>Anxiety</td>
</tr>
<tr>
<td>Dizziness</td>
</tr>
<tr>
<td>Fatigue</td>
</tr>
<tr>
<td>Fever, from deficiency</td>
</tr>
<tr>
<td>Flushing</td>
</tr>
<tr>
<td>Hot flashes</td>
</tr>
<tr>
<td>Hypertension, menopausal</td>
</tr>
<tr>
<td>Insomnia</td>
</tr>
<tr>
<td>Memory, poor</td>
</tr>
<tr>
<td>Night sweats</td>
</tr>
<tr>
<td>Ringing in the ear</td>
</tr>
<tr>
<td>Sleep, restless</td>
</tr>
<tr>
<td>Spontaneous seminal emission</td>
</tr>
<tr>
<td>Sweating, night or abnormal</td>
</tr>
<tr>
<td>Tuberculosis, sweating from</td>
</tr>
</tbody>
</table>

Tongue: Red, thin, glossy, no coating, or geographic coating.

Pulse: Rapid, thin, may be forceful.

Contraindications: Do not use if sweating is caused by excess fire.
**YIN VALLEY FORMULA**

**Yin Valley Formula (Yin Gu Fang)** treats a variety of gynecological conditions presenting with yin deficiency, dryness, and heat, including cervical dysplasia, vaginal irritation or discharge, and abnormal uterine bleeding. Ophiopogon (mai men dong), lycium (gou qi zi), and polygonatum (yu zhu) moisten and nourish the liver and kidney yin. Eclipta (han lian cao) cools, nourishes yin, and stops bleeding. Pseudostellaria (tai zi shen) strengthens the spleen and generates fluids. Solanum (long kui), phellodendron (huang bai), honeysuckle (jin yin hua), sargentodoxa (hong teng), and oldenlandia (bai hua she she cao) clear heat and toxin, and are effective in treating the human papillomavirus (HPV) infection that is often associated with cervical cancer. Solanum (long kui) and oldenlandia (bai hua she she cao) are antineoplastic herbs, as is zedoary (e zhu), which is also used to invigorate and enliven where dryness and congestion have led to poor blood circulation and unhealthy tissues.

**Ingredients**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Solani Nigri Herba (Black Nightshade / Long Kui)</td>
<td>12%</td>
</tr>
<tr>
<td>Pseudostellariae Radix (Pseudostellaria Root / Tai Zi Shen)</td>
<td>11%</td>
</tr>
<tr>
<td>Hedyotis Diffusae Herba (Hedyotis, Oldenlandia / Bai Hua She She Cao)</td>
<td>11%</td>
</tr>
<tr>
<td>Ophiopogonis Radix (Ophiopogon Tuber / Mai Men Dong)</td>
<td>10%</td>
</tr>
<tr>
<td>Lonicerae Flos (Japanese Honeysuckle Flower / Jin Yin Hua)</td>
<td>10%</td>
</tr>
<tr>
<td>Polygonati Odorati Rhizoma (Aromatic Solomon’s Seal / Yu Zhu)</td>
<td>9%</td>
</tr>
<tr>
<td>Phellodendri Cortex (Phellodendron Bark / Huang Bai)</td>
<td>9%</td>
</tr>
<tr>
<td>Lycii Fructus (Lycium Fruit, Chinese Wolfberry / Gou Qi Zi)</td>
<td>9%</td>
</tr>
<tr>
<td>Ecliptae Herba (Eclipta / Han Lian Cao)</td>
<td>8%</td>
</tr>
<tr>
<td>Sargentodoxae Caulis (Sargentodoxa / Hong Teng)</td>
<td>6%</td>
</tr>
<tr>
<td>Curcumae Rhizoma (Zedoary Rhizome / E Zhu)</td>
<td>5%</td>
</tr>
</tbody>
</table>

**Chinese Medical Actions**

Nourishes liver and kidney yin, clears heat and toxin in the lower burner, cools heat in the blood, invigorates blood to remove stasis.

**Indications**

<table>
<thead>
<tr>
<th>Symptom</th>
<th>Symptom</th>
</tr>
</thead>
<tbody>
<tr>
<td>Back pain, lower</td>
<td>Night sweats</td>
</tr>
<tr>
<td>Bleeding, post-coital</td>
<td>Ovulation, light bleeding during</td>
</tr>
<tr>
<td>Cervical dysplasia</td>
<td>Restlessness</td>
</tr>
<tr>
<td>Cervicitis</td>
<td>Seminal emissions</td>
</tr>
<tr>
<td>Genital itching and swelling</td>
<td>Sexual intercourse, pain with</td>
</tr>
<tr>
<td>HPV</td>
<td>Vaginal discharge (scanty, yellow, brownish, or blood streaked)</td>
</tr>
<tr>
<td>Menstrual bleeding (bright red or brown in color)</td>
<td>Vaginal dryness or irritation</td>
</tr>
<tr>
<td>Menstrual cycle shortened, with scanty bleeding</td>
<td>Vaginitis</td>
</tr>
</tbody>
</table>

**Tongue:** Dry, cracked, or reddish tongue body.

**Pulse:** Thin or thready, rapid, weak in kidney position.
**Contraindications:** DO NOT USE DURING PREGNANCY. Not to be used when there are cold signs or yang deficiency. In cases with damp-heat, use **Immortal Valley Formula** instead.

**Note:** In the treatment of cervical dysplasia, this formula should be taken along with **Rehmannia & Scrofularia Formula** when there is kidney yin deficiency with empty heat signs, or with **True Yin Formula** for yin deficiency without empty heat. In cases where there is concern for the development of cervical cancer, **Five Mushroom Formula** may be added for further immune support.
Yuan Support Formula (Jia Wei Jian Gu Tang) includes codonopsis (dang shen), white atractylodes (bai zhu), poria (fu ling), and Chinese yam (shan yao) to supplement and invigorate spleen qi, as well as cuscuta (tu si zi), dipsacus (xu duan), and eucommia (du zhong) to support the yang. When supporting the menstrual cycle by phases, it is appropriate to support the qi and yang in the luteal phase, as these substances are dominant in the second half of the cycle. Dang gui, white peony (bai shao), and lycium (gou qi zi) nourish the blood to provide a strong foundation for the yang. Bupleurum (chai hu) moves stagnant liver qi and polygonum vine (ye jiao teng) nourishes and calms the heart spirit. Yuan Support Formula is useful for infertility with deficient qi and yang, as well as for lumbar weakness with concurrent qi and blood deficiency. It has also been used successfully for support during menopause.

Ingredients
Polygoni Multiflori Caulis (Fo-Ti Stem, Fleeceflower Stem / Ye Jiao Teng) 10%
Dioscoreae Rhizoma (Chinese Yam / Shan Yao) 10%
Cuscutae Semen (Chinese Dodder Seed, Chinese Cuscuta / Tu Si Zi) 10%
Angelicae Sinensis Radix (Dong Quai Root, Tang Kuei / Dang Gui) 9%
Dipsaci Radix (Japanese Teasel Root, Japanese Dipsacus / Xu Duan) 9%
Paeoniae Radix, alba (Chinese Peony, white / Bai Shao) 9%
Codonopsis Radix (Codonopsis / Dang Shen) 8%
Atractylodis Macrocephalae Rhizoma (White Atractylodes Rhizome / Bai Zhu) 8%
Poria (Poria, Hoelen, Tuckahoe / Fu Ling) 8%
Eucommiae Cortex (Eucommia Bark / Du Zhong) 7%
Lycii Fructus (Lycium Fruit, Chinese Wolfberry / Gou Qi Zi) 6%
Bupleuri Radix (Bupleurum Root / Chai Hu) 6%

Chinese Medical Actions
Supplements spleen qi and kidney yang, nourishes blood, moves liver qi stagnation, nourishes and calms the shen (spirit).

Indications
| Abdomen, lower, cold | Infertility, with deficient qi and yang |
| Anemia | Libido, low |
| Back weakness, lower | Low back, pain and weakness |
| Basal body temperature, drops in luteal phase | Luteal phase insufficiency |
| Cold, whole body | Miscarriage, early recurrent |
| Endometrium, too thin | Postpartum weakness |
| Fatigue | Progesterone, low |
| Hypotension | Spotting, prior to menses |
| | Weight gain, easy |

Tongue: Pale, may be swollen or with teeth marks.
Pulse: Empty, weak, especially in spleen and kidney positions.

Note: Use with Bupleurum & Tang Kuei Formula as needed for significant premenstrual liver qi stagnation.
Zheng Qi Support Formula (Zheng Qi Fang) is an essential formula for any immune support formulary. Zheng qi is not identical to wei (protective) qi; wei qi is only one part of zheng qi. There are three components that make up the zheng qi: yang, wei qi, and jin (thin fluids). When these three “substances” are in sufficient supply and working harmoniously, pathogenic qi cannot penetrate deeply into the body. In order to produce, maintain, and balance these three components, the middle burner must efficiently transform our food and drink into qi, we need adequate yang which can be smoothly transformed into wei qi, and our jin (thin fluids) must be sufficient enough to convey the wei qi. This formula effectively and economically addresses all these actions, while also astringing qi to prevent loss and gently regulating the qi to prevent stagnation. Zheng Qi Support Formula can be taken as a preventative or for recovery.

**Ingredients**

- Astragali Radix (Astragalus / Huang Qi) 25%
- Dioscoreae Rhizoma (Chinese Yam / Shan Yao) 20%
- Puerariae Radix (Kudzu Root / Ge Gen) 14%
- Glycyrrhizae Radix (Chinese Licorice Root / Gan Cao) 10%
- Galla Chinensis (Gallnut of Chinese Sumac / Wu Bei Zi) 10%
- Panacis Quinquefolii Radix (American Ginseng Root / Xi Yang Shen) 7%
- Cordyceps (Cordyceps sinensis mycelium / Dong Chong Xia Cao) 7%
- Aurantii Fructus (Bitter Orange / Zhi Ke) 7%

**Chinese Medical Actions**

Supports zheng qi by supporting yang qi, central qi, wei qi and jin (thin fluids). Astringes lung qi and regulates qi in chest.

**Indications**

<table>
<thead>
<tr>
<th>Allergies</th>
<th>Immune system, weak</th>
</tr>
</thead>
<tbody>
<tr>
<td>Appetite, reduced</td>
<td>Limbs, weak or tired</td>
</tr>
<tr>
<td>Cold, aversion to</td>
<td>Recovery after illness</td>
</tr>
<tr>
<td>Common cold, recurrent</td>
<td>Respiratory illness, recurrent</td>
</tr>
<tr>
<td>Constitution, delicate</td>
<td>Smell, loss of</td>
</tr>
<tr>
<td>Digestion, weak</td>
<td>Sores, slow to heal</td>
</tr>
<tr>
<td>Dizziness, from qi deficiency</td>
<td>Stool, chronic loose</td>
</tr>
<tr>
<td>Dry eyes, nose, skin</td>
<td>Thirst, chronic</td>
</tr>
<tr>
<td>Fatigue</td>
<td>Viral infection, protection from</td>
</tr>
<tr>
<td>Fever, lingering low-grade</td>
<td></td>
</tr>
</tbody>
</table>

**Tongue:** Normal. Possibly dry if deficient fluids, wet if yang deficiency. Pale if qi deficiency. **Pulse:** Normal or weak, possibly thin.

**Cautions/Contraindications:** Use with caution if there is yin deficiency with empty heat, or signs of strong damp accumulation such as abdominal fullness. Don’t use with acute fever from external pathogen. Reduce dosage or cease use if abdominal distension develops.
**Zhong Gan Ling Formula** *(Zhong Gan Ling Pian)* is a Chinese prepared formula for common cold or flu with fever from wind-heat. Isatis *(da qing ye)* and oldenlandia *(bai hua she she cao)* have been added to augment the formula’s ability to clear heat-toxin. Since pueraria *(ge gen)* leads the action of the formula to the head, **Zhong Gan Ling Formula** is especially useful when wind-heat affects the *taiyang* zone of the head.

**Ingredients**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ilicis Pubescentis Radix (Pubescent Holly Root, Ilex / Mao Dong Qing)</td>
<td>19.6%</td>
</tr>
<tr>
<td>Puerariae Radix (Kudzu Root / Ge Gen)</td>
<td>19.6%</td>
</tr>
<tr>
<td>Isatidis Folium (Isatis Leaf, Indigo Woad Leaf / Da Qing Ye)</td>
<td>14.6%</td>
</tr>
<tr>
<td>Verbenae Herba (Verbena / Ma Bian Cao)</td>
<td>13%</td>
</tr>
<tr>
<td>Hedyotis Diffusae Herba (Hedyotis, Oldenlandia / Bai Hua She She Cao)</td>
<td>13%</td>
</tr>
<tr>
<td>Isatidis seu Baphicacanthis Radix (Isatis Root / Ban Lan Gen)</td>
<td>10.1%</td>
</tr>
<tr>
<td>Artemisiae Annuae Herba (Sweet Wormwood / Qing Hao)</td>
<td>5%</td>
</tr>
<tr>
<td>Gypsum Fibrosum (Gypsum / Shi Gao)</td>
<td>2.9%</td>
</tr>
<tr>
<td>Notopterygii Rhizoma seu Radix (Notopterygium / Qiang Huo)</td>
<td>2.2%</td>
</tr>
</tbody>
</table>

**Chinese Medical Actions**

Drains heat, relieves toxicity, cools blood, unblocks collaterals, releases the muscle layer, dredges lymph nodes, benefits throat.

<table>
<thead>
<tr>
<th>Indications</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Body aches</td>
<td>Lymph nodes, enlarged</td>
</tr>
<tr>
<td>Bronchitis</td>
<td>Neck and shoulders, sore</td>
</tr>
<tr>
<td>Common cold, severe</td>
<td>Skin lesions, from heat in blood</td>
</tr>
<tr>
<td>Cough</td>
<td>Sores, toxic</td>
</tr>
<tr>
<td>Fever</td>
<td>Strep throat (Streptococcus)</td>
</tr>
<tr>
<td>Headache</td>
<td>Throat, sore</td>
</tr>
<tr>
<td>Influenza</td>
<td>Urination, blocked</td>
</tr>
</tbody>
</table>

**Tongue:** Red, or red tip.  **Pulse:** Rapid, forceful, and superficial.

**Contraindications:** Do not use in cases where patient is cold or experiencing strong chills.

**Dosage:** Can range according to the symptoms and the intensity. Can be taken up to every two hours, in the acute phase of infection.
Zizyphus Formula (Suan Zao Ren Tang) is a classical formula for irritability and insomnia caused by deficiency heat from deficient liver, heart blood, and yin. Schisandra (wu wei zi) was added for night sweats and to further calm the spirit. It is an effective formula for insomnia due to deficiency and aging.

**Ingredients**
Ziziphi Spinosa Semen (Sour Date Seed, Jujube Seed / Suan Zao Ren) 39.3%
Poriae Sclerotium Pararadicis (Poria Spirit / Fu Shen) 17.6%
Schisandrae Fructus (Northern Schisandra Fruit / Wu Wei Zi) 17.6%
Anemarrhenae Rhizoma (Anemarrhena Rhizome / Zhi Mu) 11.8%
Chuanxiong Rhizoma (Ligusticum Wallichii Rhizome / Chuan Xiong) 7.8%
Glycyrrhizae Radix (Chinese Licorice Root / Gan Cao) 5.9%

**Chinese Medical Actions**
Nourishes heart yin and liver blood, calms the spirit (shen), soothes irritability, aids sleep.

**Indications**

<table>
<thead>
<tr>
<th>Symptom</th>
<th>Indication</th>
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</thead>
<tbody>
<tr>
<td>Dizziness</td>
<td>Night sweats</td>
</tr>
<tr>
<td>Dream-disturbed sleep</td>
<td>Palpitations</td>
</tr>
<tr>
<td>Fright</td>
<td>Restlessness</td>
</tr>
<tr>
<td>Hot flashes</td>
<td>Sleep, disturbed or restless</td>
</tr>
<tr>
<td>Insomnia</td>
<td>Throat, dry</td>
</tr>
<tr>
<td>Irritability</td>
<td>Vision, blurred</td>
</tr>
<tr>
<td>Mouth, dry</td>
<td></td>
</tr>
</tbody>
</table>

**Tongue:** Dry, pale, with red tip.  **Pulse:** Thin or wiry, rapid.

**Contraindications:** With kidney yin deficiency with heat use **Heavenly Emperor’s Formula** instead. When no signs of heat are present, use **Peaceful Spirit Formula**.
APPENDICES
ENGLISH / PIN YIN (TRADITIONAL NAMES)

Agastache Tummy Syrup
Amber Stone-Transforming Formula
Andrographis Formula
An Mien Formula
Apricot Seed & Perilla Formula
Astragalus Formula
Astragalus & Ligustrum Formula
Baked Licorice Formula
Blood Palace Formula
Bone & Sinew Formula
Bupleurum & Cinnamon Formula
Bupleurum & Tang Kuei Formula
Bupleurum D Formula
Capillaris Formula
Chai Hu Shu Gan Formula
Chase Wind, Penetrate Bone Formula
Children's Clear & Release Formula
Children's Clear Lung Formula
Children's Ear Formula
Children's Jade Defense
Chong Release Formula
Cinnamon & Poria Formula
Cinnamon D Formula
Cinnamon Twig Formula
Citrus & Pinellia Formula
Clear the Hidden 1 Formula
Clear the Hidden 2 Formula
Coptis Relieve Toxicity Formula
Corydalis Formula

Course & Quicken Formula
Curcuma Longa Formula
Duhuo & Loranthus Formula
Earth-Harmonizing Formula
Ease Digestion Formula
Eight Immortals Formula
Eleuthero Tablets
Essential Yang Formula
Five Mushroom Formula
Four Marvel Formula
Free & Easy Wanderer Plus
Fritillaria & Pinellia Formula
Gan Mao Ling Formula
Gastrodia & Uncaria Formula

Huo Xiang Zheng Qi Gao
Hu Po Hua Shi Pian
Chuan Xin Lian Kang Yan Pian
An Mien Pian
Xing Su Yin
Huang Qi Jian Zhong Tang
Huang Qi Dong Qing Pian
Zhi Gan Cao Tang
Xue Fu Zhu Yu Tang
Zheng Gu Xu Jin Fang
Chai Hu Gui Zhi Tang
Xiao Yao Wan
Chai Hu Jia Long Gu Mu Li Tang
Yin Chen Ling Zhi Fang
Chai Hu Shu Gan Tang
Zhui Feng Tou Gu Wan
Yin Qiao Gan Mao Fang
Xiao Er Zi Qing Fei Fang
Hai Er Fang
Xiao Er Zi Yu Fang
Jia Wei Tao Hong Si Wu Tang
Gui Zhi Fu Ling Wan
Gui Zhi Jia Long Gu Mu Li Tang
Gui Zhi Tang
Er Chen Tang
Qing Fu Huo 1
Qing Fu Huo 2
Huang Lian Jie Du Pian
Shao Yao Gan Cao Jia Yan Hu Tang
Shu Jing Huo Xue Tang
Jiang Huang Wan
Du Huo Ji Sheng Tang
He Tu Pian
Jia Wei Kang Ning Wan
Ba Xian Chang Shou Wan
Wu Jia Shen Pian
Jia Jian Jin Gui Shen Qi Wan
Wu Gu Fang
Si Miao San
Jia Wei Xiao Yao San
Chuan Bei Ban Xia Tang
Gan Mao Ling Pian
Tian Ma Gou Teng Yin
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<td>Ginkgo Formula</td>
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<tr>
<td>Ginseng &amp; Astragalus Formula</td>
<td>Ginseng &amp; Astragalus Formula</td>
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<td>Ginseng Endurance Formula</td>
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Pu Ji Formula
Pulsatilla Intestinal Formula
Rabdosia Prostate Formula
Reed & Seed Formula
Rehmannia & Scrophularia Formula
Rehmannia Cool Blood Formula
Rehmannia Six Formula
Rejuvenation Formula
Resolve the Hidden Formula
Resolve the Middle Formula
Restful Sleep Formula
Restorative Formula

Restore the Lung Formula
Salvia Ten Formula
San Qi Formula
Sea of Qi Formula
Seven Treasures Formula
Sheng Mai Formula
Shu Gan Formula
Siler & Platycodon Formula
Six Gentlemen Formula
Stasis-Transforming Formula
Stomach-Harmonizing Formula
Tang Kuei & Peony Formula
Tang Kuei & Salvia Formula
Tang Kuei & Tribulus Formula
Tieh Ta Formula
Trauma 1 Formula
Trauma 2 Formula
True Yin Formula
Twin Shields Formula
Two Immortals Formula
Viola Clear Fire Formula
Vital Treasure Formula
Women's Precious Formula
Wu Hua Formula
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Xanthium Nasal Formula
Yin Chiao Formula
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Zizyphus Formula

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Die Da 2 Hao Fang
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Zhen Bao Fang
Ba Zhen Tang
Wu Hua Tang
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Jia Wei Cang Er Pian
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Geng Nian An Wan
Yin Gu Fang
Jia Wei Jian Gu Tang
Zheng Qi Fang
Zhong Gan Ling Pian
Suan Zao Ren Tang
PIN YIN (TRADITIONAL NAMES) / ENGLISH

An Mien Pian  An Mien Formula
An Xin Pian  Restful Sleep Formula
Ba Xian Chang Shou Wan  Eight Immortals Formula
Ba Zhen Tang  Women's Precious Formula
Bai He Gu Jin Tang  Lily Preserve Metal Formula
Bai Tou Weng Li Chang Fang  Pulsatilla Intestinal Formula
Bai Zhi Ge Gen Wan  Neck Formula
Ban Xia Hou Po Tang  Pinellia & Magnolia Bark Formula
Bu Fei Tang  Restore the Lung Formula
Bu Zhong Yi Qi Wan  Ginseng & Astragalus Formula
Chai Hu Gui Zhi Tang  Bupleurum & Cinnamon Formula
Chai Hu Jia Long Gu Mu Li Tang  Bupleurum D Formula
Chai Hu Shu Gan Tang  Chai Hu Shu Gan Formula
Chang Mei Jun Fang  Intestinal Fungus Formula
Chuan Bei Ban Xia Tang  Fritillaria & Pinellia Formula
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Tou Pian
Tu Fu Ling Sheng Di Huang Wan
Wen Dan Tang
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Wu Jia Shen Pian
Wu Ling San
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Xing Su Yin
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Yu Ping Feng Jia Cang Er San
Yu Ping Feng San
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Zhen Zhi Yu Rong Fang
Zheng Gu Xu Jin Fang
Zheng Qi Fang
Zhi Bai Di Huang Wan
Zhi Gan Cao Tang
Zhong Gan Ling Pian
Zhu Ling Qu Mai Tang
Zhuui Feng Tou Gu Wan
Zi Jing Di Huang Wan
Zuo Gui Jia Er Zhi Wan

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Zhong Gan Ling Formula
Polyphorus & Dianthus Formula
Chase Wind, Penetrate Bone Formula
Nourish Essence Formula
True Yin Formula
This index lists formulas by their most appropriate energetic category.

**CHINESE ENERGETIC INDEX**

**FORMULAS THAT RELEASE THE EXTERIOR**

**Formulas that Release Exterior Wind-Cold**
- Apricot Seed & Perilla Formula (Xing Su Yin)
- Children’s Jade Defense (Xiao Er Zi Yu Fang)
- Cinnamon Twig Formula (Gui Zhi Tang)
- Neck Formula (Bai Zhi Ge Gen Wan)
- Xanthium & Magnolia Formula (Jia Wei Xin Yi San)

**Formulas that Release Exterior Wind-Heat**
- Children’s Clear & Release Formula (Yin Qiao Gan Mao Fang)
- Gan Mao Ling Formula (Gan Mao Ling Pian)
- Jade Defense Plus Formula (Jia Wei Yu Ping Feng San)
- Siler & Platycodon Formula (Fang Feng Tong Sheng San)
- Yin Chiao Formula (Yin Qiao San)
- Zhong Gan Ling Formula (Zhong Gan Ling Pian)

**Formulas that Release Exterior Disorders with Head and Neck Symptoms**
- Head Relief Formula (Tou Pian)
- Jade Screen & Xanthium Formula (Yu Ping Feng Jia Cang Er San)
- Neck Formula (Bai Zhi Ge Gen Wan)
- Xanthium Nasal Formula (Jia Wei Cang Er Pian)

**FORMULAS THAT CLEAR HEAT**

**Formulas that Clear Heat from the Nutritive Level and Cool the Blood**
- Rehmannia Cool Blood Formula (Tu Fu Ling Sheng Di Huang Wan)

**Formulas that Clear Heat and Relieve Toxicity**
- Andrographis Formula (Chuan Xin Lian Kang Yan Pian)
- Children’s Ear Formula (Hai Er Fang)
- Clear the Hidden 1 Formula (Qing Fu Huo 1)
- Clear the Hidden 2 Formula (Qing Fu Huo 2)
- Coptis Relieve Toxicity Formula (Huang Lian Jie Du Pian)
- Curcuma Longa Formula (Jiang Huang Wan)
- Margarita Complexion Formula (Zhen Zhu Yu Rong Fang)
- Pu Ji Formula (Pu Ji Xiao Du Yin)
- Rabdosia Prostate Formula (Dong Ling Cao Fang)
- Resolve the Hidden Formula (Jie Fu Huo)
- Siler & Platycodon Formula (Fang Feng Tong Sheng San)
- Viola Clear Fire Formula (Di Ding Qing Huo Pian)
- Wu Hua Formula (Wu Hua Tang)
- Xanthium Nasal Formula (Jia Wei Cang Er Pian)
- Yin Valley Formula (Yin Gu Fang)

**Formulas that Clear Heat from the Organs**
- Capillaris Formula (Yin Chen Ling Zhi Fang)
- Children’s Clear Lung Formula (Xiao Er Zi Qing Fei Fang)
GENTIANA DRAIN FIRE FORMULA (LONG DAN XIE GAN TANG)
INTESTINAL FUNGUS FORMULA (CHANG MEI JUN FANG)
LUNG DEFENSE FORMULA (FEI WEI FANG)
LUO BU MA FORMULA (LUO BU MA PIAN)
MULBERRY & LYCIUM FORMULA (XIE BAI SAN)
OREGANO OIL FORMULA (JIA WEI TU YIN CHEN YOU JIAO NANG)
PULSATILLA INTESTINAL FORMULA (BAI TOU WENG LI CHANG FANG)
FORMULAS THAT CLEAR HEAT FROM DEFICIENCY
LINKING FORMULA (YI GUAN JIAN)
REHMANNIA & SCROPHULARIA FORMULA (ZHI BAI DI HUANG WAN)
FORMULAS THAT DRAIN DOWNWARD
FORMULAS THAT DRIVE OUT EXCESS WATER AND UNBLOCK THE BOWELS
HAWTHORN & FENNEL FORMULA (SHAN ZHA XIAO HUI XIANG FANG)
PORIA FIFTEEN FORMULA (SHI WU WEI FU LING PIAN)
FORMULAS THAT MOISTEN THE INTESTINES AND UNBLOCK THE BOWELS
PERSICA & CISTANCES FORMULA (TAO REN CONG RONG WAN)
FORMULAS THAT HARMONIZE
FORMULAS THAT HARMONIZE LESSER YANG-STAGE DISORDERS
Bupleurum & Cinnamon Formula (CHAI HU GUI ZHI TANG)
MINOR BUPLEURUM FORMULA (XIAO CHAI HU TANG)
FORMULAS THAT REGULATE AND HARMONIZE THE LIVER AND SPLEEN
Bupleurum & Tang Kuei Formula (XIAO YAO WAN)
CHAI HU SHU GAN FORMULA (CHAI HU SHU GAN TANG)
EARTH-HARMONIZING FORMULA (HE TU PIAN)
FREE & EASY WANDERER PLUS (JIA WEI XIAO YAO SAN)
IMMORTAL VALLEY FORMULA (XIAN GU FANG)
PEONY & ATRACTYLODES FORMULA (TONG XIE YAO FANG)
FORMULAS THAT REGULATE AND HARMONIZE THE LIVER AND STOMACH
EARTH-HARMONIZING FORMULA (HE TU PIAN)
SHU GAN FORMULA (SHU GAN WAN)
FORMULAS THAT TREAT DRYNESS
HE SHOU WU TABLETS (SHOU WU PIAN)
FORMULAS THAT ENRICH THE YIN AND MOISTEN DRYNESS
EIGHT IMMORTALS FORMULA (BA XIAN CHANG SHOU WAN)
LILY PRESERVE METAL FORMULA (BAI HE GU JIN TANG)
FORMULAS THAT ENRICH THE YIN, GENERATE FLUIDS, AND CLEAR HEAT
JADE SOURCE FORMULA (JIA JIAN YU QUAN WAN)
FORMULAS THAT EXPEL DAMPNESS
FORMULAS THAT TRANSFORM DAMPNESS AND HARMONIZE THE STOMACH
AGASTACHE TUMMY SYRUP (HUO XIANG ZHENG QI GAO)
FORMULAS THAT PROMOTE URINATION AND LEACH OUT DAMPNESS
HAWTHORN & FENNEL FORMULA (SHAN ZHA XIAO HUI XIANG FANG)
POLYPORUS & DIANTHUS FORMULA (ZHU LING QU MAI TANG)
Formulas that Transform Damp Turbidity

Reed & Seed Formula (San Ren Wei Jing Tang)
Resolve the Middle Formula (Jia Wei Ping Wei Fang)

Formulas that Clear Damp-Heat

Four Marvel Formula (Si Miao San)
Gentiana Drain Fire Formula (Long Dan Xie Gan Tang)
Immortal Valley Formula (Xian Gu Fang)
Rabdosia Prostate Formula (Dong Ling Cao Fang)
Reed & Seed Formula (San Ren Wei Jing Tang)
Wu Hua Formula (Wu Hua Tang)

Formulas that Clear Damp-Heat and Expel Stones

Amber Stone-Transforming Formula (Hu Po Hua Shi Pian)
Lysimachia GB Formula (Xiao Chai Hu Jia Jin Qian Cao Pian)

Formulas that Dispel Wind-Dampness

Bone & Sinew Formula (Zheng Gu Xu Jin Fang)
Chase Wind, Penetrate Bone Formula (Zhu Fen Tou Gu Wan)
Duhuo & Loranthus Formula (Du Huo Ji Sheng Tang)
Ease Digestion Formula (Jia Wei Kang Ning Wan)
Eleuthero Tablets (Wu Jia Shen Pian)
Juan Bi Formula (Juan Bi Tang)
Neck Formula (Bai Zhi Ge Gen Wan)

FORMULAS THAT WARM INTERIOR COLD

Formulas that Warm the Middle and Dispel Cold

Astragalus Formula (Huang Qi Jian Zhong Tang)
General Tonic Formula (Shi Quan Da Bu Wan)
Sea of Qi Formula (Qi Hai Yao Fang)

FORMULAS THAT SUPPLEMENT

Formulas that Supplement the Qi

Eleuthero Tablets (Wu Jia Shen Pian)
Five Mushroom Formula (Wu Gu Fang)
Ginseng & Astragalus Formula (Bu Zhong Yi Qi Wan)
Ginseng Endurance Formula (Ren Shen Pian)
Restore the Lung Formula (Bu Fei Tang)
Sea Of Qi Formula (Qi Hai Yao Fang)
Sheng Mai Formula (Sheng Mai San)
Six Gentlemen Formula (Liu Jun Zi Tang)

Formulas that Supplement the Blood

He Shou Wu Tablets (Shou Wu Pian)
Ji Xue Formula (Huang Qi Ji Xue Wan)
Seven Treasures Formula (Jin Hua Mei Ran Wan)
Tang Kuei & Peony Formula (Dang Gui Shao Yao San)
FORMULAS THAT SUPPLEMENT THE BLOOD AND YIN

- Nourish Ren & Chong Formula (Jia Wei Gui Shao Di Huang Wan)

FORMULAS THAT SUPPLEMENT THE Qi AND BLOOD

- Astragalus & Ligustrum Formula (Huang Qi Dong Qing Pian)
- Baked Licorice Formula (Zhi Gan Cao Tang)
- General Tonic Formula (Shi Quan Da Bu Wan)
- Ginseng & Longan Formula (Gui Pi Tang)
- Ginseng Nourishing Formula (Ren Shen Yang Ming Wan)
- Restorative Formula (Yang Xue Zhuang Jin Jian Bu Wan)
- Twin Shields Formula (Shuang Dun Fang)
- Women’s Precious Formula (Ba Zhen Tang)

FORMULAS THAT SUPPLEMENT THE Qi AND FLUIDS

- Jade Source Formula (Jia Jian Yu Quan Wan)
- Zheng Qi Support Formula (Zheng Qi Fang)

FORMULAS THAT NOURISH THE Qi AND YIN

- Jing Qi Formula (Jing Qi Pian)
- Sheng Mai Formula (Sheng Mai San)
- Yin Transition Formula (Geng Nian An Wan)

FORMULAS THAT NOURISH AND SUPPLEMENT THE YIN

- Eight Immortals Formula (Ba Xian Chang Shou Wan)
- Lily Preserve Metal Formula (Bai He Gu Jin Tang)
- Linking Formula (Yi Guan Jian)
- Ming Mu Formula (Ming Mu Di Huang Wan)
- Rehmannia & Scrophularia Formula (Zhi Bai Di Huang Wan)
- Rehmannia Six Formula (Liu Wei Di Huang Wan)
- Seven Treasures Formula (Jin Hua Mei Ran Wan)
- True Yin Formula (Zuo Gui Jia Er Zhi Wan)
- Yin Valley Formula (Yin Gu Fang)

FORMULAS THAT NOURISH YIN AND YANG

- Mobilize Essence Formula (Fu Ren Bu Yin Pian)
- Nourish Essence Formula (Zi Jing Di Huang Wan)
- Rejuvenation Formula (Huan Shao Dan)
- Two Immortals Formula (Jia Jian Er Xian Tang)

FORMULAS THAT WARM AND SUPPLEMENT THE YANG

- Essential Yang Formula (Jia Jian Jin Gui Shen Qi Wan)
- Sea of Qi Formula (Qi Hai Yao Fang)
- Vital Treasure Formula (Zhen Bao Fang)
- Yuan Support Formula (Jia Wei Jian Gu Tang)

FORMULAS THAT REGULATE THE Qi

- Chai Hu Shu Gan Formula (Chai Hu Shu Gan Tang)
- Pinellia & Magnolia Bark Formula (Ban Xia Hou Po Tang)

FORMULAS THAT NOURISH YIN AND QI

- Rehmannia SiX Formula (Liu WEi Di huang Wan)
- Rhenannia & Scrophularia Formula (Zhi Bai Di huang Wan)

FORMULAS THAT WARM AND SUPPLEMENT THE Qi

- Rehmannia Formula (Zhi Bai Di Huang Wan)
- Stomach Formula (Shao Yang Pian)
- True Yang Formula (Zuo Gu Jia Er Zhi Wan)
- Two Immortals Formula (Jia Jian Er Xian Tang)

FORMULAS THAT MOBILIZE THE Qi

- Shou Su Tang (Shou Su Tang)
- Tung Black Formula (Tung He Tang)

FORMULAS THAT溫 AND SUPPLEMENT THE Qi

- Essential Qi Formula (Zhen She Shou Dan)
- Sea of Qi Formula (Qi Hai Yao Fang)
- Vital Treasure Formula (Zhen Bao Fang)
- Yuan Support Formula (Jia Wei Jian Gu Tang)

FORMULAS THAT WARM AND SUPPLEMENT THE Qi

- Essential Yang Formula (Jia Jian Jin Gui Shen Qi Wan)
- Sea of Qi Formula (Qi Hai Yao Fang)
- Vital Treasure Formula (Zhen Bao Fang)
- Yuan Support Formula (Jia Wei Jian Gu Tang)
Formulas that Direct Rebellious Qi Downward
- Ling Zhi Lung Formula (Ling Zhi Fei Pian)
- Restore the Lung Formula (Bu Fei Tang)
- Shu Gan Formula (Shu Gan Wan)
- Stomach-Harmonizing Formula (Jia Jian Bao He Wan)

FORMULAS THAT INVIGORATE THE BLOOD

Formulas that Transform Blood Stasis
- Blood Palace Formula (Xue Fu Zhu Yu Tang)
- Course & Quicken Formula (Shu Jing Huo Xue Tang)
- Mobilize Essence Formula (Fu Ren Bu Yin Pian)
- San Qi Formula (San Qi Pian)
- Stasis-Transforming Formula (Dan Shen Hua Yu Pian)

Formulas that Warm the Menses and Dispel Blood Stasis
- Chong Release Formula (Jia Wei Tao Hong Si Wu Tang)
- Cinnamon & Poria Formula (Gui Zhi Fu Ling Wan)

Formulas that Invigorate the Blood for Treatment of Traumatic Injury
- Corydalis Formula (Shao Yao Gan Cao Jia Yan Hu Tang)
- Tieh Ta Formula (Die Da Wan)
- Trauma 1 Formula (Die Da 1 Hao Fang)
- Trauma 2 Formula (Die Da 2 Hao Fang)

FORMULAS THAT STOP BLEEDING
- San Qi Formula (San Qi Pian)

FORMULAS THAT STABILIZE AND BIND

Formulas that Stabilize the Exterior and the Lungs
- Children’s Jade Defense (Xiao Er Zi Yu Fang)
- Jade Defense Plus Formula (Jia Wei Yu Ping Feng San)
- Jade Screen & Xanthium Formula (Yu Ping Feng Jia Cang Er San)
- Jade Windscreen Formula (Yu Ping Feng San)

Formulas that Stabilize the Kidneys
- Cinnamon D Formula (Gui Zhi Jia Long Gu Mu Li Tang)
- Prostate Formula (Qiang Lie Xian Fang)

FORMULAS THAT CALM THE SPIRIT

Formulas that Nourish the Heart and Calm the Spirit
- An Mien Formula (An Mien Pian)
- Ginkgo Formula (Yin Guo Ye Wan)
- Heavenly Emperor’s Formula (Tian Wang Bu Xin Dan)
- Peaceful Spirit Formula (Yang Xin Ning Shen Wan)
- Restful Sleep Formula (An Xin Pian)
- Yuan Support Formula (Jia Wei Jian Gu Tang)
- Zizyphus Formula (Suan Zao Ren Tang)
Formulas that Sedate and Calm the Spirit
Bupleurum D Formula (Chai Hu Jia Long Gu Mu Li Tang)
Salvia Ten Formula (Dan Shen Jia Si Jun Zi Pian)

FORMULAS THAT EXPEL WIND

Formulas that Extinguish Internal Wind
Gastrodia & Uncaria Formula (Tian Ma Gou Teng Yin)
Luo Bu Ma Formula (Luo Bu Ma Pian)

FORMULAS THAT TREAT PHLEGM

Formulas that Dry Dampness and Expel Phlegm
Citrus & Pinellia Formula (Er Chen Tang)
Formulas that Clear Heat and Transform Phlegm
Fritillaria & Pinellia Formula (Chuan Bei Ban Xia Tang)
Poria & Bamboo Formula (Wen Dan Tang)
Formulas that Moisten Dryness and Transform Phlegm
Lily Preserve Metal Formula (Bai He Gu Jin Tang)
Formulas that Transform Phlegm and Dissipate Nodules
Phlegm-Transforming Formula (Xia Ku Hua Tan Pian)
Twin Shields Formula (Shuang Dun Fang)

FORMULAS THAT REDUCE FOOD STAGNATION
Ease Digestion Formula (Jia Wei Kang Ning Wan)
Hawthorn & Fennel Formula (Shan Zha Xiao Hui Xiang Fang)
Poria Fifteen Formula (Shi Wu Wei Fu Ling Pian)
Resolve the Middle Formula (Jia Wei Ping Wei Fang)
Stomach-Harmonizing Formula (Jia Jian Bao He Wan)

FORMULAS THAT EXPEL PARASITES
Clear the Hidden 1 Formula (Qing Fu Huo 1)
Clear the Hidden 2 Formula (Qing Fu Huo 2)
Oregano Oil Formula (Jia Wei Tu Yin Chen You Jiao Nang)
Resolve the Hidden Formula (Jie Fu Huo)
Wu Hua Formula (Wu Hua Tang)
ZANG-FU INDEX

LUNG

Releases Wind-Cold from the Lung
APRICOT SEED & PERILLA FORMULA (XING SU YIN)

Clears Heat and Transforms Phlegm
XANTHIUM NASAL FORMULA (JIA WEI CANG ER PIAN)

Redirects Lung Qi
LING ZHI LUNG FORMULA (LING ZHI FEI PIAN)
RESTORE THE LUNG FORMULA (BU FEI TANG)

Release Heat from Lung
CHILDREN’S CLEAR & RELEASE FORMULA (YIN QIAO GAN MAO FANG)
CHILDREN’S CLEAR LUNG FORMULA (XIAO ER ZI QING FEI FANG)
CHILDREN’S EAR FORMULA (HAI ER FANG)
GAN MAO LING (GAN MAO LING PIAN)
LUNG DEFENSE FORMULA (FEI WEI FANG)
MULBERRY & LYCIUM FORMULA (XIE BAI SAN)
PU JI FORMULA (PU JI XIAO DU YIN)
RESTORE THE LUNG FORMULA (BU FEI TANG)
VIOLA CLEAR FIRE FORMULA (DI DING QING HUO PIAN)
YIN CHIAO FORMULA (YIN QIAO SAN)
ZHONG GAN LUNG FORMULA (ZHONG GAN LING PIAN)

Supplements Lung Yin
EIGHT IMMORTALS FORMULA (BA XIAN CHANG SHOU WAN)
LILY PRESERVE METAL FORMULA (BAI HE GU JIN TANG)
SHENG MAI FORMULA (SHENG MAI SAN)

Supplements Lung Qi
GINSENG & ASTRAGALUS FORMULA (BU ZHONG YI QI WAN)
SHENG MAI FORMULA (SHENG MAI SAN)
SIX GENTLEMEN FORMULA (LIU JUN ZI TANG)

Supplements Lung Qi and Stabilizes the Exterior
CHILDREN’S JADE DEFENSE (XIAO ER ZI YU FANG)
JADE DEFENSE PLUS FORMULA (JIA WEI YU PING FENG SAN)
JADE SCREEN & XANTHIUM FORMULA (YU PING FENG JIA CANG ER SAN)
JADE WINDSCREEN FORMULA (YU PING FENG SAN)

Transforms Phlegm-Heat
FRIITILLARIA & PINELLIA FORMULA (CHUAN BEI BAN XIA TANG)
REED & SEED FORMULA (SAN REN WEI JING TANG)

Transforms Phlegm-Damp
CITRUS & PINELLIA FORMULA (ER CHEN TANG)
REED & SEED FORMULA (SAN REN WEI JING TANG)
LARGE INTESTINE

Clears Damp Heat from Large Intestine
Andrographis Formula (Chuan Xin Lian Kang Yan Pian)
Coptis Relieve Toxicity Formula (Huang Lian Jie Du Pian)
Intestinal Fungus Formula (Chang Mei Jun Fang)
Oregano Oil Formula (Jia Wei Tu Yin Chen You Jiao Nang)
Pulsatilla Intestinal Formula (Bai Tou Weng Li Chang Fang)
Wu Hua Formula (Wu Hua Tang)

Moistens and Unblocks the Large Intestine
Persica & Cistanches Formula (Tao Ren Cong Rong Wan)

Moves Stagnant Qi in the Large Intestine
Hawthorn & Fennel Formula (Shan Zha Xiao Hui Xiang Fang)
Poria Fifteen Formula (Shi Wu Wei Fu Ling Pian)

STOMACH

Clears Fire from the Stomach
Andrographis Formula (Chuan Xin Lian Kang Yan Pian)
Coptis Relieve Toxicity Formula (Huang Lian Jie Du Pian)
Wu Hua Formula (Wu Hua Tang)

Harmonizes the Stomach and Liver
Earth-Harmonizing Formula (He Tu Pian)
Shu Gan Formula (Shu Gan Wan)

Transforms Dampness and Harmonizes the Stomach
Agastache Tummy Syrup (Huo Xiang Zheng Qi Gao)

Moves Stagnant Qi of the Stomach
Ease Digestion Formula (Jia Wei Kang Ning Wan)
Poria & Bamboo Formula (Wen Dan Tang)
Resolve the Middle Formula (Jia Wei Ping Wei Fang)
Stomach-Harmonizing Formula (Jia Jian Bao He Wan)

Supplements Stomach Yin
Eight Immortals Formula (Ba Xian Chang Shou Wan)
Sheng Mai Formula (Sheng Mai San)

SPLEEN

Dispels Spleen Dampness
Citrus & Pinellia Formula (Er Chen Tang)
Hawthorn & Fennel Formula (Shan Zha Xiao Hui Xiang Fang)
Phlegm-Transforming Formula (Xia Ku Hua Tan Pian)
Poria Fifteen Formula (Shi Wu Wei Fu Ling Pian)
Resolve the Middle Formula (Jia Wei Ping Wei Fang)

Supplements Spleen Qi
Astragalus & Ligustrum Formula (Huang Qi Dong Qing Pian)
Bupleurum & Tang Kuei Formula (Xiao Yao Wan)
General Tonic Formula (Shi Quan Da Bu Wan)
Ginseng & Astragalus Formula (Bu Zhong Yi Qi Wan)
Ginseng & Longan Formula (Gui Pi Tang)
Ginseng Endurance Formula (Ren Shen Pian)
Ginseng Nourishing Formula (Ren Shen Yang Ying Wan)
Jade Source Formula (Jia Jian Yu Quan Wan)
Ji Xue Formula (Huang Qi Ji Xue Wan)
Peaceful Spirit Formula (Yang Xin Ning Shen Wan)
Peony & Atractyloides Formula (Tong Xie Yao Fang)
Rejuvenation Formula (Huan Shao Dan)
Salvia Ten Formula (Dan Shen Jia Si Jun Zi Pian)
Six Gentlemen Formula (Liu Jun Zi Tang)
Women’s Precious Formula (Ba Zhen Tang)
Zheng Qi Support Formula (Zheng Qi Fang)

Supplements and Warms Spleen Qi
Jade Source Formula (Huang Qi Jia Quan Wan)

Supplements Spleen Yang
Ginseng & Astragalus Formula (Bu Zhong Yi Qi Wan)
Prostate Formula (Qiang Lie Xian Fang)
Sea of Qi Formula (Qi Hai Yao Fang)

HEART
Clears Heat from the Heart
Bupleurum D Formula (Chai Hu Jia Long Gu Mu Li Tang)

Harmonizes Heart and Kidneys
Cinnamon D Formula (Gui Zhi Jia Long Gu Mu Li Tang)
Heavenly Emperor’s Formula (Tian Wang Bu Xin Dan)

Moves Heart Blood
Blood Palace Formula (Xue Fu Zhu Yu Tang)

Moves Heart Blood and Supplements Heart Blood
Tang Kuei & Salvia Formula (Jia Wei Si Wu Tang)

Supplements Heart Blood
Ginkgo Formula (Yin Guo Ye Wang)
Ginseng & Longan Formula (Gui Pi Tang)
Zizyphus Formula (Suan Zao Ren Tang)

Supplements Heart Qi and Blood
Baked Licorice Formula (Zhi Gan Cao Tang)
Ginseng & Longan Formula (Gui Pi Tang)
Ginseng Nourishing Formula (Ren Shen Yang Ying Wan)
Peaceful Spirit Formula (Yang Xin Ning Shen Wan)
Restful Sleep Formula (An Xin Pian)

Supplements Heart Yin
An Mien Formula (An Mien Pian)
Heavenly Emperor’s Formula (Tian Wang Bu Xin Dan)
Zizyphus Formula (Suan Zao Ren Tang)
SMALL INTESTINE

For Pain along the Channel
CHASE WIND, PENETRATE BONE FORMULA (ZHU FENG TOU GU WAN)
CURCUMA LONGA FORMULA (JIANG HUANG WAN)
JUAN BI FORMULA (JUAN BI TANG)
NECK FORMULA (BAI ZHI GE GEN WAN)

For Functional Weakness of Small Intestine, See Spleen

URINARY BLADDER

Drains Damp-Heat
ANDROGRAPHIS FORMULA (CHUAN XIN LIAN KANG YAN PIAN)
POLYPORUS & DIANTHUS FORMULA (ZHU LING QU MAI TANG)
RABDOSIA PROSTATE FORMULA (DONG LING CAO FANG)

Drains Dampness
PORIA FIVE FORMULA (WU LING SAN)

Expels Stones and Drains Damp-Heat
AMBER STONE-TRANSFORMING FORMULA (HU PO HUA SHI PIAN)

For Functional Weakness of Urinary Bladder, See Kidney

KIDNEY

Harmonizes Kidneys and Heart
CINNAMON D FORMULA (GUI ZHI JIA LONG GU MU LI TANG)
HEAVENLY EMPEROR’S FORMULA (TIAN WANG BU XIN DAN)
REJUVENATION FORMULA (HUAN SHAO DAN)

Supplements Kidney Yang
BONE & SINEW FORMULA (ZHENG GU XU JIN FANG)
ESSENTIAL YANG FORMULA (JIA JIAN JIN GU SHEN QI WAN)
PROSTATE FORMULA (QIANG LIE XIAN FANG)
SEA OF QI FORMULA (QI HAI YAO FANG)
TWO IMMORTALS FORMULA (JIA JIAN ER XIAN TANG)
VITAL TREASURE FORMULA (ZHEN BAO FANG)
YUAN SUPPORT FORMULA (JIA WEI JIAN GU TANG)
ZHENG QI SUPPORT FORMULA (ZHENG QI FANG)

Supplements Kidney Yin
EIGHT IMMORTALS FORMULA (BA XIAN CHANG SHOU WAN)
HE SHOU WU TABLETS (SHOU WU PIAN)
JING QI FORMULA (JING QI PIAN)
MING MU FORMULA (MING MU DI HUANG WAN)
NOURISH REN & CHONG FORMULA (JIA WEI GUI SHAO DI HUANG WAN)
REHMANNIA & SCROPHULARIA FORMULA (ZHI BAI DI HUANG WAN)
REHMANNIA SIX FORMULA (LIU WEI DI HUANG WAN)
SEVEN TREASURES FORMULA (JIN HUA MEI RAN WAN)
TRUE YIN FORMULA (ZUO GUI JIA ER ZHI WAN)
TWIN SHIELDS FORMULA (SHUANG DUN FANG)
YIN TRANSITION FORMULA (GENG NIAN AN WAN)
Supplements Kidney Yin and Yang
- Eleuthero Tablets (*Wu Jia Shen Pian*)
- Essential Yang Formula (*Jia Jian Jin Gui Shen Qi Wan*)
- Nourish Essence Formula (*Zi Jing Di Huang Wan*)
- Rejuvenation Formula (*Huan Shao Dan*)
- Two Immortals Formula (*Jia Jian Er Xian Tang*)

Expels Stones
- Amber Stone-Transforming Formula (*Hu Po Hua Shi Pian*)

LIVER

Calms the Liver and Extinguishes Internal Wind
- Gastrodia & Uncaria Formula (*Tian Ma Gou Teng Yin*)
- Luo Bu Ma Formula (*Luo Bu Ma Pian*)
- Tang Kuei & Tribulus Formula (*Dang Gui Yin Zi*)

Drains Fire from the Liver
- Capillaris Formula (*Yin Ch’en Ling Zhi Fang*)
- Gentiana Drain Fire Formula (*Long Dan Xie Gan Tang*)
- Luo Bu Ma Formula (*Luo Bu Ma Pian*)
- Margarita Complexion Formula (*Zhen Zhu Yu Rong Fang*)
- Yin Valley Formula (*Yin Gu Fang*)

Moves Stagnant Liver Blood
- Chong Release Formula (*Jia Wei Tao Hong Si Wu Tang*)
- Cinnamon & Poria Formula (*Gui Zhi Fu Ling Wan*)
- Stasis-Transforming Formula (*Dan Shen Hua Yu Pian*)
- Tang Kuei & Salvia Formula (*Jia Wei Si Wu Tang*)

Moves Stagnant Liver Qi
- Bupleurum & Tang Kuei Formula (*Xiao Yao Wan*)
- Free & Easy Wanderer Plus (*Jia Wei Xiao Yao San*)
- Immortal Valley Formula (*Xian Gu Fang*)
- Pinellia & Magnolia Bark Formula (*Ban Xia Hou Po Tang*)
- Yuan Support Formula (*Jia Wei Jian Gu Tang*)

Soothes the Liver and Regulates the Stomach
- Earth-Harmonizing Formula (*He Tu Pian*)
- Shu Gan Formula (*Shu Gan Wan*)

Spreads Liver Qi
- Chai Hu Shu Gan Formula (*Chai Hu Shu Gan Tang*)
- Linking Formula (*Yi Guan Jian*)
- Tang Kuei & Peony Formula (*Dang Gui Shao Yao San*)

Supplements Liver Blood
- Chong Release Formula (*Jia Wei Tao Hong Si Wu Tang*)
- He Shou Wu Tablets (*Shou Wu Pian*)
- Ji Xue Formula (*Huang Qi Ji Xue Wan*)
- Seven Treasures Formula (*Jin Hua Mei Ran Wan*)
- Tang Kuei & Salvia Formula (*Jia Wei Si Wu Tang*)
- Tang Kuei & Tribulus Formula (*Dang Gui Yin Zi*)
WOMEN’S PRECIOUS FORMULA (BA ZHEN TANG)
ZIZYPHUS FORMULA (SUAN ZAO REN TANG)

Supplements Liver Yin
HE SHOU WU TABLETS (SHOU WU PIAN)
LINKING FORMULA (YI GUAN JIAN)
MING MU FORMULA (MING MU DI HUANG WAN)
TRUE YIN FORMULA (ZUO GUI JIA ER ZHI WAN)
YIN VALLEY FORMULA (YIN GU FANG)
ZIZYPHUS FORMULA (SUAN ZAO REN TANG)

GALLBLADDER

Drains Fire from the Gallbladder
GENTIANA DRAIN FIRE FORMULA (LONG DAN XIE GAN TANG)
PORIA & BAMBOO FORMULA (WEN DAN TANG)

Harmonizes and Releases Shaoyang Stage Disorders
BUPLEURUM & CINNAMON FORMULA (CHAI HU GUI ZHI TANG)
LYSIMACHIA GB FORMULA (XIAO CHAI HU JIA JIN QIAN CAO PIAN)
MINOR BUPLEURUM FORMULA (XIAO CHAI HU TANG)

Expels Stones
LYSIMACHIA GB FORMULA (XIAO CHAI HU JIA JIN QIAN CAO PIAN)
SYMPTOM INDEX

A

ABDOMINAL DISTENSION OR BLOATING
AgAstache Tummy Syrup (with cold and dampness)
Bupleurum & Cinnamon Formula (with liver/spleen disharmony or shaoyang stage disorders)
Bupleurum & Tang Kuei Formula (with liver qi stagnation)
Chai Hu Shu Gan Formula (from liver qi stagnation)
Cinnamon & Poria Formula (with blood stasis)
Earth-Harmonizing Formula (with liver/stomach disharmony, food stagnation, and heat)
Ease Digestion Formula (acute, wind, damp, stomach phlegm, or food stagnation)
Free & Easy Wanderer Plus (with liver qi stagnation and heat)
Ginseng & Astragalus Formula (with spleen/stomach qi deficiency)
Hawthorn & Fennel Formula (with food stagnation)
Immortal Valley Formula (with dampness, heat, and blood stasis in lower abdomen)
Intestinal Fungus Formula (with heat-toxin and dampness)
Poria Fifteen Formula (with food stagnation)
Resolve the Middle Formula (with damp turbidity and stagnation in the middle burner)
Sea of Qi Formula (with spleen yang and kidney yang deficiency)
Shu Gan Formula (with liver qi stagnation)
Six Gentlemen Formula (with spleen and stomach qi deficiency and phlegm or dampness)
Stomach-Harmonizing Formula (acute, with food stagnation and heat)
Women’s Precious Formula (with qi and blood deficiency)

ABDOMINAL MASSES
Cinnamon & Poria Formula (with blood stasis)
Phlegm-Transforming Formula (with phlegm accumulation)
Tang Kuei & Salvia Formula (with blood deficiency and stagnation)

ABDOMINAL PAIN
Agastache Tummy Syrup (with cold and dampness)
Amber Stone-Transforming Formula (from bladder or kidney stones)
Astragalus Formula (with cold accumulation in the middle burner)
Cinnamon & Poria Formula (fixed or stabbing, from blood stasis)
Corydalis Formula (analgesic, for spasms or colicky pain)
Ease Digestion Formula (from wind, damp, stomach phlegm, or food stagnation)
Ginseng & Astragalus Formula (with spleen/stomach qi deficiency)
Linking Formula (with yin deficiency, qi stagnation, and heat)
Mobilize Essence Formula (premenstrual, with blood stasis)
Peony & Atractylodes Formula (with spleen qi deficiency, dampness, and liver qi stagnation)
Polyporus & Dianthus Formula (lower, acute with heat in the interior or
damp-heat)
Poria & Bamboo Formula (with stomach/gallbladder disharmony, phlegm-heat and stagnation)
Pulsatilla Intestinal Formula (with intestinal inflammation from heat-toxin)
Resolve the Middle Formula (with damp turbidity and stagnation in the middle burner)
Shu Gan Formula (with liver qi stagnation)
Stasis-Transforming Formula (chronic, with qi and blood stasis, and damp-heat)
Stomach-Harmonizing Formula (cramping, acute, with food stagnation and heat)
Tang Kuei & Peony Formula (mild, constant, with liver blood and spleen qi deficiency and dampness)
Tang Kuei & Salvia Formula (with blood deficiency and stagnation)
Women’s Precious Formula (with qi and blood deficiency)

ABSCESSES
Coptis Relieve Toxicity Formula (with more severe heat)
Reed & Seed Formula (pulmonary, or damp-heat in any of the three burners)
Viola Clear Fire Formula (with heat-toxin)

ACID REGURGITATION OR REFLUX
Coptis Relieve Toxicity Formula (with fire)
Earth-Harmonizing Formula (with liver/stomach disharmony, food stagnation, and heat)
Ease Digestion Formula (from wind, damp, stomach phlegm, or food stagnation)
Free & Easy Wanderer Plus (with liver/spleen disharmony)
Pinellia & Magnolia Bark Formula (with constrained qi and phlegm)
Resolve the Middle Formula (with damp turbidity and stagnation in the middle burner)
Six Gentlemen Formula (with spleen and stomach qi deficiency and phlegm or dampness)
Shu Gan Formula (with liver qi stagnation)
Stomach-Harmonizing Formula (acute, foul-tasting or sour)

ACNE
Coptis Relieve Toxicity Formula (with liver heat, heat in the blood, or damp-heat)
Margarita Complexion Formula (adolescent or adult, with heat in the blood or stomach heat)
Siler & Platycodon Formula (with heat and toxin in the interior)

ADRENAL FATIGUE
Eleuthero Tablets (with stress, kidney and spleen deficiency, and stagnation)
Ginseng Endurance Formula (with qi, blood, and yang deficiency)
Rejuvenation Formula (white, with kidney and spleen qi deficiency, and deficiency of yin, blood, and yang)

AFTERNOON FEVER (See FEVER)

AIDS/HIV
Astragalus & Ligustrum Formula (for deficiency)
Ji Xue Formula (with qi and blood deficiency and stagnation, heat-toxin, and dampness)
Viola Clear Fire Formula (with heat-toxin)
AGING, PREMATURE

Blood Palace Formula (with blood stasis)
Jing Qi Formula (with kidney, liver yin, and spleen qi deficiency, and constrained liver qi)
Rejuvenation Formula (with kidney and spleen qi deficiency, and deficiency of yin, blood, and yang)

ALLERGIES (See also FOOD ALLERGIES)

Children’s Jade Defense Formula (with weak wei qi)
Astragalus Formula (chronic, with cold in the middle burner)
Bupleurum & Tang Kuei Formula (chronic, with liver/spleen disharmony)
Cinnamon Twig Formula (with disharmony between ying and wei)
Jade Screen & Xanthium Formula (general, or with wind-heat)
Jade Windscreen Formula (with weak wei qi)
Xanthium Nasal Formula (acute sinus congestion, with heat, dampness, or phlegm)
Xanthium & Magnolia Formula (acute, sinus congestion or post-nasal drip, with cold)
Zheng Qi Support Formula (with weak wei qi, central qi and/or jin fluids)

ALTITUDE SICKNESS

Eleuthero Tablets
Ginseng & Astragalus Formula (with deficient qi of the middle burner)
Ginseng Endurance Formula (with qi, blood, and yang deficiency)
Ji Xue Formula (with qi and blood deficiency and stagnation)
Lung Defense Formula (with lung qi deficiency or heat damage to the lungs)

ANEMIA (See BLOOD DEFICIENCY PATTERNS)

ANGER OUTBURSTS (See IRRITABILITY)

ANXIETY AND NERVOUSNESS

An Mien Formula (with deficiency, heat, and phlegm in heart, lung, and/or stomach)
Baked Licorice Formula (with qi, blood, and yin deficiency)
Bupleurum D Formula (with liver qi stagnation, phlegm and disturbed shen)
Cinnamon D Formula (with heart/kidney disharmony)
Free & Easy Wanderer Plus (with liver qi stagnation or liver/spleen disharmony)
Ginseng & Longan Formula (with spleen qi, heart qi, and blood deficiency)
Ginseng Nourishing Formula (with qi and blood deficiency, and unstable shen)
Heavenly Emperor’s Formula (with heart yin deficiency)
Jing Qi Formula (with kidney, liver yin, and spleen qi deficiency, and constrained liver qi)
Peaceful Spirit Formula (with spleen qi and heart qi and blood deficiency)
Poria & Bamboo Formula (with stomach/gallbladder disharmony, phlegm-
heat and stagnation
*SALVIA TEN FORMULA* (with depression)
*TWO IMMORTALS FORMULA* (with kidney yin and yang deficiency, and flaring-up of fire)
*YIN TRANSITION FORMULA* (for sweating from, with deficient kidney qi and *jing*)

**APPENDICITIS**
*PULSATILLA INTESTINAL FORMULA* (with intestinal inflammation from heat-toxin)
*WU HUA FORMULA* (with damp-heat)

**APPETITE, INCREASED**
*COPTIS RELIEVE TOXICITY FORMULA* (with stomach fire)
*JADE SOURCE FORMULA* (with yin deficiency fire and deficient fluids)

**APPETITE, POOR, REDUCED, OR LOSS OF**
*AGASTACHE TUMMY SYRUP* (with cold and dampness)
*ASTRAGALUS FORMULA* (with cold and deficiency in the middle burner)
*BUPLEURUM & TANG KUEI FORMULA* (with liver/spleen disharmony)
*ELEUTHERO TABLETS* (with spleen and kidney deficiency, and stagnation)
*EARTH-HARMONIZING FORMULA* (with liver/stomach disharmony, food stagnation, and heat)
*FREE & EASY WANDERER PLUS* (with liver/spleen disharmony and heat)
*GENERAL TONIC FORMULA* (with qi and blood deficiency, and internal cold)
*GINSENG & ASTRAGALUS FORMULA* (with deficient qi of the middle burner)
*GINSENG & LONGAN FORMULA* (with spleen qi, heart qi, and blood deficiency)
*GINSENG ENDURANCE FORMULA* (with qi, blood, and yang deficiency)
*GINSENG NOURISHING FORMULA* (with qi, blood, and yang deficiency)
*JI XUE FORMULA* (with qi and blood deficiency and stagnation, heat-toxin, and dampness)
*JING QI FORMULA* (with kidney, liver yin, and spleen qi deficiency, and constrained liver qi)
*MINOR BUPLEURUM FORMULA* (with *shaoyang* stage disorders)
*PORIA & BAMBOO FORMULA* (with stomach/gallbladder disharmony, phlegm-heat and stagnation)
*REJUVENATION FORMULA* (with kidney and spleen qi deficiency, and deficiency of yin, blood, and yang)
*REED & SEED FORMULA* (acute, with damp-heat in any of the three burners)
*RESOLVE THE MIDDLE FORMULA* (with damp turbidity and stagnation in the middle burner)
*SALVIA TEN FORMULA* (from depression with spleen qi deficiency)
*SEA OF QI FORMULA* (with spleen yang and kidney yang deficiency)
*SHU GAN FORMULA* (with liver qi stagnation)
*SIX GENTLEMEN FORMULA* (with spleen and stomach qi deficiency and phlegm or dampness)
*STOMACH-HARMONIZING FORMULA* (with food stagnation and heat)
*WOMEN’S PRECIOUS FORMULA* (with qi and blood deficiency)
*ZHENG QI SUPPORT FORMULA* (with weak *wei* qi, central qi and/or *jin* fluids)

**ARMS AND LEGS (See LIMBS)**
ARRHYTHMIA

Baked Licorice Formula (with qi, blood, and yin deficiency)
Sheng Mai Formula (with lung yin and qi deficiency)

ARTHRITIS OR JOINT PAIN

Bupleurum & Cinnamon Formula (with crackling sensation or shaoyang disorders)
Chase Wind, Penetrate Bone Formula (with wind-cold, wind-damp, qi and blood stasis)
Clear the Hidden 1 Formula (migrating, from latent pathogens)
Clear the Hidden 2 Formula (migrating, from latent pathogens)
Course & Quicken Formula (with wind-damp and qi and blood stasis)
Curcuma Longa Formula (with qi and blood stasis, and heat)
Du Huo & Loranthus Formula (lower body with kidney and liver deficiency)
Eleuthero Tablets (with spleen and kidney deficiency, and stagnation)
Essential Yang Formula (with kidney yang deficiency)
Four Marvel Formula (with dampness and heat in the lower burner)
Juan Bi Formula (upper body, with wind-damp, cold, and blood stasis)
Neck Formula (in neck and shoulders, with wind, cold, and dampness)
Rehmannia & Scrophularia Formula (with kidney yin deficiency heat)
Resolve the Hidden Formula (migrating, from latent pathogens)
Restorative Formula (with qi, blood, yin and yang deficiency, wind, and dampness)

ASTHMA

Apricot Seed & Perilla Formula (with wind-cold)
Baked Licorice Formula (with qi and blood, and irregular pulse)
Eight Immortals Formula (with lung, kidney, and stomach yin deficiency)
Essential Yang Formula (chronic, with kidney yang deficiency)
Fritillaria & Pinellia Formula (with phlegm-heat)
Lily Preserve Metal Formula (chronic, with lung yin deficiency)
Ling Zhi Lung Formula (for kidneys not grasping lung qi, with phlegm)
Minor Bupleurum Formula (liver/spleen disharmony with phlegm)
Mulberry & Lycium Formula (with lung heat or fire)
Pinellia & Magnolia Bark Formula (with constrained qi and phlegm)
Reed & Seed Formula (acute, with damp-heat in the lung)

ATELELE'S FOOT

Oregano Oil Formula (topically)

ATHELETIC PERFORMANCE

Ginseng Endurance Formula (with qi, blood, and yang deficiency)

ATROPHY

Four Marvel Formula (with dampness and heat in the lower burner)
Du Huo & Loranthus Formula (lower limbs, with kidney and liver deficiency)
Ji Xue Formula (with qi and blood deficiency and poor circulation)

BABESIA

Clear the Hidden 1 Formula (part of a three-formula treatment strategy)
Clear the Hidden 2 Formula (part of a three-formula treatment strategy)
Resolve the Hidden Formula (part of a three-formula treatment strategy)

**BACK PAIN OR STIFFNESS**
- **Amber Stone-Transforming Formula** (lower, from bladder or kidney stones)
- **Chase Wind, Penetrate Bone Formula** (with wind-cold and wind-damp, qi and blood stasis)
- **Chai Hu Shu Gan Formula** (for flank pain from liver qi stagnation)
- **Cinnamon & Poria Formula** (lower, with blood stasis)
- **Corydalis Formula** (muscle spasms)
- **Course & Quicken Formula** (lower, with wind-damp and qi and blood stasis)
- **Du Huo & Loranthis Formula** (lower, with kidney and liver deficiency)
- **Eleuthero Tablets** (with spleen and kidney deficiency, and stagnation)
- **Essential Yang Formula** (chronic, with kidney yang deficiency)
- **Prostate Formula** (with prostate symptoms)
- **Rehmannia & Scrophularia Formula** (with kidney yin deficiency heat)
- **Rehmannia Six Formula** (with kidney and liver yin deficiency)
- **Seven Treasures Formula** (lower, with deficient jing and kidney and liver yin, and deficient blood)
- **Tang Kuei & Peony Formula** (with gynecological symptoms, liver blood deficiency and dampness)
- **True Yin Formula** (with kidney and liver yin deficiency)
- **Women’s Precious Formula** (with gynecological symptoms, qi and blood deficiency)
- **Yin Valley Formula** (with yin deficiency dryness and heat)

**BACK SPASMS**
- **Astragalus Formula** (with cold and deficiency in the middle burner)
- **Corydalis Formula** (for pain from)

**BACK WEAKNESS**
- **Du Huo & Loranthis Formula** (lower, with kidney and liver deficiency)
- **Eleuthero Tablets** (with stress, kidney and spleen deficiency, and stagnation)
- **Essential Yang Formula** (with kidney yang deficiency)
- **General Tonic Formula** (with qi and blood deficiency, and internal cold)
- **He Shou Wu Tablets** (with deficient blood, and kidney/liver yin deficiency)
- **Nourish Essence Formula** (with kidney yin and yang deficiency, and liver yin deficiency)
- **Rehmannia Six Formula** (with kidney and liver yin deficiency)
- **Rejuvenation Formula** (heavy feeling in, with kidney and spleen qi deficiency, and deficiency of yin, blood, and yang)
- **Seven Treasures Formula** (lower, with deficient jing and kidney and liver yin, and deficient blood)
- **Tang Kuei & Peony Formula** (with liver blood deficiency, spleen deficiency and dampness)
- **True Yin Formula** (with kidney and liver yin deficiency)
- **Vital Treasure Formula** (with kidney yang deficiency, qi and yin deficiency)
- **Yuan Support Formula** (with spleen qi, kidney yang, and blood deficiency)

**BACTERIAL INFECTION**
- **Andrographis Formula** (with heat-toxin)
- **Coptis Relieve Toxicity Formula** (with more severe heat)
- **Oregano Oil Formula** (antimicrobial)
**Polyporus & Dianthus Formula** (urinary)
**Viola Clear Fire Formula** (respiratory)
**Wu Hua Formula** (gastrointestinal, with damp-heat)

**BAD BREATH**
**Coptis Relieve Toxicity Formula** (acute, with liver heat, heat in the blood, or damp-heat)
**Earth-Harmonizing Formula** (chronic, with liver/stomach disharmony, food stagnation, and heat)
**Mulberry & Lycium Formula** (with constrained heat in the lung)
**Stomach-Harmonizing Formula** (acute, with food stagnation and stomach heat)
**Wu Hua Formula** (with damp-heat)

**Bartonella**
**Clear the Hidden 1 Formula** (part of a three-formula treatment strategy)
**Clear the Hidden 2 Formula** (part of a three-formula treatment strategy)
**Resolve the Hidden Formula** (part of a three-formula treatment strategy)

**Basal Temperature Low**
**YuAn Support Formula** (with spleen qi, kidney yang, and blood deficiency)

**Belching**
**Chai Hu Shu Gan Formula** (from liver qi stagnation or liver/spleen disharmony)
**Earth-Harmonizing Formula** (with liver/stomach disharmony, food stagnation, and heat)
**Ease Digestion Formula** (from wind, damp, stomach phlegm or food stagnation)
**Resolve the Middle Formula** (with damp turbidity and stagnation in the middle burner)
**Six Gentlemen Formula** (with spleen and stomach qi deficiency and phlegm or dampness)
**Shu Gan Formula** (with liver qi stagnation)
**Stomach-Harmonizing Formula** (of sour, foul-tasting liquid, acute)

**Blistering Syndrome (See Arthritis)**

**Bitter Taste in Mouth** (See TASTE IN MOUTH, BITTER, SOUR, OR BAD)

**Bladder Stones**
**Amber Stone-Transforming Formula** (acute or chronic)

**Bleeding**
**Coptis Relieve Toxicity Formula** (from excess heat)
**San Qi Formula** (internal or external)
**Yin Valley Formula** (with yin deficiency dryness and heat in the blood)

**Bloating (See Abdominal Distension)**

**Blood Deficiency Patterns**
**General Tonic Formula** (with qi and blood deficiency and internal cold)
**Ginseng & Longan Formula** (with spleen qi, heart qi, and blood deficiency)
**Ginseng Nourishing Formula** (with qi, blood, and yang deficiency)
**He Shou Wu Tablets** (with deficiency of liver and kidney yin)
**Ji Xue Formula** (with qi and blood deficiency and stagnation, heat-toxin, and dampness)
**Nourish Essence Formula** (with kidney yin and yang deficiency, liver yin deficiency)
**Nourish Ren & Chong Formula** (with deficient blood and yin, and heat and stagnation in liver and heart)
SEVEN TREASURES FORMULA (with deficient jing and kidney and liver yin, and deficient blood)
TANG KUEI & PEONY FORMULA (with spleen deficiency and dampness)
TANG KUEI & SALVIA FORMULA (with blood stasis)
TANG KUEI & TRIBULUS FORMULA (with blood deficiency and dryness)
WOMEN’S PRECIOUS FORMULA (with qi and blood deficiency)
YUAN SUPPORT FORMULA (with spleen qi, kidney yang, and blood deficiency)

BLOOD IN STOOL
COPTIS RELIEVE TOXICITY FORMULA (with liver heat, heat in the blood, or damp-heat)
REHMANNIA COOL BLOOD FORMULA (with heat in the blood)
SAN QI FORMULA (controls bleeding)
WU HUA FORMULA (with dysentery from damp-heat)

BLOOD IN URINE
AMBER STONE-TRANSFORMING FORMULA (from bladder or kidney stones)
COPTIS RELIEVE TOXICITY FORMULA (with liver heat, heat in the blood, or damp-heat)
POLYPORUS & DIANTHUS FORMULA (with damp-heat)
REHMANNIA COOL BLOOD FORMULA (with heat in the blood)
SAN QI FORMULA (controls bleeding)

BLOOD STASIS
BLOOD PALACE FORMULA (upper body)
CHONG RELEASE FORMULA (with blood deficiency)
CHAI HU SHU GAN FORMULA (with liver qi stagnation and cold extremities)
CINNAMON & PORIA FORMULA (lower body)
COURSE & QUICKEN FORMULA (with wind-dampness and qi and blood stasis)
CURCUMA LONGA FORMULA (with inflammation, qi and blood stasis and heat)
JI XUE FORMULA (with qi and blood deficiency and stagnation, heat-toxin, and dampness)
MOBILIZE ESSENCE FORMULA (with yin and yang deficiency)
SALVIA TEN FORMULA (with depression and spleen qi deficiency)
SAN QI FORMULA (controls bleeding)
STASIS-TRANSFORMING FORMULA (with qi and blood stasis, and damp-heat)
TANG KUEI & SALVIA FORMULA (with blood deficiency)
TIEH TA FORMULA (from traumatic injury)
TRAUMA 1 FORMULA (first stage traumatic injury)
TRAUMA 2 FORMULA (second stage traumatic injury)

BLURRED VISION (See VISION, BLURRED)

BODY ACHES
APRICOT SEED & PERILLA FORMULA (with wind-cold)
BUPLEURUM & CINNAMON FORMULA (with liver/spleen disharmony; use low dose)
JADE DEFENSE PLUS FORMULA (with wind-heat)
MULBERRY & LYCIUM FORMULA (with constrained heat in the lung)
REED & SEED FORMULA (with damp-heat in any of the three burners)
YIN CHIAO FORMULA (early stages of illness, wind-heat)
ZHONG GAN LING FORMULA (with wind-heat)

BODY FLUIDS (See FLUIDS)
BOILS
Andrographis Formula (with heat-toxin)
Coptis Relieve Toxicity Formula (with liver heat, heat in the blood, or damp-heat)
Margarita Complexion Formula (with heat in the blood, or stomach heat)
Rehmannia Cool Blood Formula (with heat in the blood)
Siler & Platycodon Formula (for wind-heat with heat in the interior)
Wu Hua Formula (with damp-heat)

BONE BREAKS (See FRACTURES)

BONE DEGENERATION OR WEAKNESS
Bone & Sinew Formula (second and third stage trauma)
Chase Wind, Penetrate Bone Formula (with kidney yin and yang deficiency and painful obstruction)
Du Huo & Loranthus Formula (lower body, with kidney and liver deficiency)
Eleuthero Tablets (with kidney and spleen deficiency and stagnation)
Essential Yang Formula (with kidney yang deficiency)

BOUNDARY ISSUES, PSYCHOLOGICAL
Bupleurum & Cinnamon Formula (with liver/spleen disharmony; use low dose)
Cinnamon D Formula (with heart/kidney disharmony; use low dose)
Cinnamon Twig Formula (regulates wei qi and ying qi; use low dose)
Jade Defense Plus Formula (with weak wei qi and heat; use low dose)

BRAIN FOG (See also MENTAL FATIGUE AND EXHAUSTION and CONCENTRATION, POOR)
Clear the Hidden 1 Formula (from latent pathogens)
Clear the Hidden 2 Formula (from latent pathogens)
Resolve the Hidden Formula (from latent pathogens)
Twin Shields Formula (from poor thyroid function)

BREAST DISTENSION, PAIN OR TENDERNESS
Chai Hu Shu Gan Formula (from liver qi stagnation and blood stasis)
Bupleurum & Tang Kuei Formula (with liver qi stagnation, and liver blood and yin deficiency)
Free & Easy Wanderer Plus (same as above, but with heat)
Women’s Precious Formula (with qi and blood deficiency and stagnation)

BREAST LUMPS, FIBROCYSTIC
Blood Palace Formula (with blood stasis in upper body)
Bupleurum & Tang Kuei Formula (with liver qi stagnation)
Free & Easy Wanderer Plus (with liver qi stagnation, and heat)
Phlegm-Transforming Formula (with phlegm accumulation, deficiency, and qi or blood stasis)

BREATHING DIFFICULTY (See ASTHMA)

BREATHING LABORED UPON EXERTION
Baked Licorice Formula (with qi, blood, and yin deficiency)
Ginseng Endurance Formula (with qi deficiency)
Ling Zhi Lung Formula (for kidneys not grasping lung qi, with phlegm)

BREATHING SHALLOW (See SHORTNESS OF BREATH)
BRONCHIECTASIS
Reed & Seed Formula (with damp-heat and clumped phlegm in the lung)

BRONCHITIS
Andrographis Formula (acute, with heat-toxin)
Children’s Clear Lung Formula (acute, with lung fire or phlegm-heat)
Citrus & Pinellia Formula (chronic, with phlegm-damp, and clear or white sputum)
Fritillaria & Pinellia Formula (with lung heat or phlegm-heat, and yellow or green sputum)
Ginseng & Astragalus Formula (chronic, with deficient middle qi)
Jade Defense Plus Formula (with wind-heat or toxic heat attacking the lungs)
Jade Windscreen Formula (mild, in children with no fever)
Lily Preserve Metal Formula (chronic, with lung yin deficiency)
Ling Zhi Lung Formula (with wheezing, phlegm, and no fever)
Minor Bupleurum Formula (acute shaoyang stage, or chronic)
Mulberry & Lycium Formula (with constrained qi and phlegm)
Poria & Bamboo Formula (with stomach/gallbladder disharmony, phlegm-heat and stagnation)
Phlegm-Transforming Formula (chronic, with phlegm accumulation, deficiency, and qi or blood stasis)
Reed & Seed Formula (with damp-heat and clumped phlegm in the lung)
Restore the Lung Formula (chronic, with lung qi deficiency)
Siler & Platycodon Formula (for wind-heat with heat in the interior)
Viola Clear Fire Formula (with heat-toxin)
Zhong Gan Ling Formula (with wind-heat)

BRONCHIAL ASTHMA (See ASTHMA)

BRUCELLOSIS
Andrographis Formula (with damp-heat in any of the three burners)

BRUISES
Ginseng & Longan Formula (chronic, or bruises easily)
Tieh Ta Formula (late first or early second stage trauma, with little or no heat)
Trauma 1 Formula (first stage trauma, with swelling, heat, and pain)
Trauma 2 Formula (second stage trauma, with stasis, stiffness, and pain)

BURSITIS
Juan Bi Formula (upper body, with wind-damp, cold and blood stasis)

C
CANDIDA INFECTION (See YEAST)

CARBUNCLES
Andrographis Formula (with heat-toxin)
Coptis Relieve Toxicity Formula (with heat in the liver, heart, or blood)
He Shou Wu Tablets (with deficient blood, and kidney/liver yin deficiency)
Pu Ji Formula (upper body, with heat-toxin)
Rehmannia Cool Blood Formula (with heat in the blood)

CARDIAC INSUFFICIENCY
Baked Licorice Formula (with qi, blood, and yin deficiency)
CARDIOMYOPATHY
Baked Licorice Formula (with qi, blood, and yin deficiency)

CARTILAGE DAMAGE
Bone & Sinew Formula (second and third stage trauma)
Trauma 1 Formula (first stage trauma, with swelling, heat, and pain)
Trauma 2 Formula (second stage trauma, with stasis, stiffness, and pain)

CATARACTS
Essential Yang Formula (with kidney yang deficiency)
Ming Mu Formula (liver and kidney deficiency, with liver heat or internal wind)

CELLULITIS
Coptis Relieve Toxicity Formula (with heat in the liver, heart, or blood)
Pu Ji Formula (submaxillary, with heat-toxin and external wind)
Blood Palace Formula (with blood stasis)

CERVICAL DYSPLASIA
Immortal Valley Formula (with dampness, heat, and blood stasis)
Yin Valley Formula (with yin deficiency dryness and heat)

CERVICAL MUCUS, DRY OR SCANTY
Nourish Ren & Chong Formula (with deficient blood and yin, and heat and stagnation in liver and heart)

CERVICITIS
Immortal Valley Formula (with dampness, heat, and blood stasis)
Yin Valley Formula (with yin deficiency dryness and heat)

CHEMOTHERAPY, RECOVERY FROM, OR SIDE EFFECTS OF
Astragalus & Ligustrum Formula (with deficiency of normal qi)
Eleuthero Tablets (with kidney and spleen deficiency, and stagnation)
Five Mushroom Formula (general tonic for lung, kidney, liver, spleen, and immune system)
Ji Xue Formula (with qi and blood deficiency and stagnation, heat-toxin, and dampness)
Jing Qi Formula (with kidney, liver yin, and spleen qi deficiency, and constrained liver qi)
Poria & Bamboo Formula (with stomach/gallbladder disharmony, phlegm-heat and stagnation)

CHEST PAIN
Blood Palace Formula (with blood stasis in upper body)
Sheng Mai Formula (with lung yin and qi deficiency)

CHEST, FULLNESS, CONSTRICTION, OR STIFLING SENSATION IN
Agastache Tummy Syrup (with cold and dampness)
Blood Palace Formula (with blood stasis in upper body)
Bupleurum D Formula (with liver qi stagnation, phlegm and disturbed shen)
Citrus & Pinellia Formula (with phlegm-damp)
Fritillaria & Pinellia Formula (with lung heat or phlegm-heat)
Minor Bupleurum Formula (with shaoyang stage disorders)
Mulberry & Lycium Formula (with constrained heat in the lung)
Pinellia & Magnolia Bark Formula (with constrained qi and phlegm)
Poria & Bamboo Formula (with stomach/gallbladder disharmony, phlegm-
heat and stagnation
*Reed & Seed Formula* (with damp-heat and clumped phlegm in the lung)
*Six Gentlemen Formula* (with spleen and stomach qi deficiency and phlegm or dampness)
*Sheng Mai Formula* (with lung qi or yin deficiency or with injury to yin from summer heat)

**CHICKEN POX**
*Andrographis Formula* (with heat-toxin)
*Children’s Clear & Release Formula* (early stage, with heat-toxin)
*Coptis Relieve Toxicity Formula* (with high fever)
*Rehmannia Cool Blood Formula* (with intense itching)
*Viola Clear Fire Formula* (with heat-toxin)
*Yin Chiao Formula* (to vent rash)

**CHILDREN, POOR HEALTH IN**
*Astragalus Formula* (with cold and deficiency in the middle burner)
*Children’s Jade Defense Formula* (with weak wei qi, frequent colds)
*Jade Windscreen Formula* (with weak wei qi, frequent colds)
*Minor Bupleurum Formula* (chronic ear infections)
*Rehmannia Six Formula* (slow development)

**CHILLS**
*Apricot Seed & Perilla Formula* (from wind-cold, without sweating)
*Bupleurum & Cinnamon Formula* (with concurrent taiyang and shaoyang patterns)
*Chai Hu Shu Gan Formula* (alternating with mild fever, and constrained qi)
*Cinnamon Twig Formula* (with fever unrelieved by sweating, from wind-cold)
*Jade Defense Plus Formula* (with wind-heat)
*Minor Bupleurum Formula* (alternating with fever, shaoyang stage)
*Neck Formula* (mild, in upper back and neck with external wind-cold)
*Reed & Seed Formula* (with damp-heat and clumped phlegm in the lung)

**CHOLECYSTITIS (See GALLBLADDER INFLAMMATION)**

**CHOLESTEROL, ELEVATED**
*Hawthorn & Fennel Formula* (with obesity and chronic food stagnation)
*He Shou Wu Tablets* (with deficient blood, and kidney/liver yin deficiency)
*Luo Bu Ma Formula* (with liver heat or fire and dampness or phlegm)
*Poria Fifteen Formula* (with obesity and chronic food stagnation)

**CHRONIC FATIGUE SYNDROME**
*Astragalus & Ligustrum Formula* (for deficiency)
*Clear the Hidden 1 Formula* (from latent pathogens)
*Clear the Hidden 2 Formula* (from latent pathogens)
*Ji Xue Formula* (with qi and blood deficiency and stagnation, heat-toxin and dampness)
*Minor Bupleurum Formula* (from latent pathogens)
*Release the Hidden Formula* (from latent pathogens)
*Clear the Hidden 2 Formula* (from latent pathogens)
*Viola Clear Fire Formula* (with active pathogenic factor)

**CIRCULATION, POOR (See BLOOD STASIS)**

**CIRRHOSIS OF THE LIVER**
**COLD, AVERSION OR SENSITIVITY TO**

- **Agastache Tummy Syrup** (with cold and dampness)
- **General Tonic Formula** (with qi and blood deficiency, and internal cold)
- **Ginseng & Astragalus Formula** (with spleen and stomach qi deficiency)
- **Neck Formula** (with external wind-cold)
- **Sea of Qi Formula** (with spleen yang and kidney yang deficiency)
- **Yuan Support Formula** (with spleen qi, kidney yang, and blood deficiency)
- **Zheng Qi Support Formula** (with weak wei qi, central qi and/or jin fluids)

**COLD LIMBS OR EXTREMITIES**

- **Astragalus Formula** (with cold and deficiency in the middle burner)
- **Chai Hu Shu Gan Formula** (from liver qi stagnation, blood stasis or liver/spleen disharmony)
- **Cinnamon Twig Formula** (from wind-cold)
- **Cinnamon D Formula** (with heart/kidney disharmony)
- **Du Huo & Loranthus Formula** (lower body, with kidney and liver deficiency)
- **Essential Yang Formula** (with kidney yang deficiency)
- **General Tonic Formula** (with qi and blood deficiency, and internal cold)
- **Sea of Qi Formula** (with spleen yang and kidney yang deficiency)
- **Vital Treasure Formula** (with kidney yang deficiency, qi and yin deficiency)
- **Yuan Support Formula** (with spleen qi, kidney yang, and blood deficiency)

**COLITIS**

- **Peony & Atractylodes Formula** (with spleen qi deficiency, dampness, and liver qi stagnation)
- **Pulsatilla Intestinal Formula** (with dampness and heat-toxin)
- **Reed & Seed Formula** (acute, with pronounced damp-heat)
- **San Qi Formula** (for pain and bleeding)

**COMMON COLD**

- **Andrographis Formula** (with heat-toxin)
- **Apricot Seed & Perilla Formula** (from wind-cold)
- **Bupleurum & Cinnamon Formula** (with concurrent taiyang and shaoyang patterns, with chest constriction)
- **Children’s Clear & Release Formula** (from wind-heat)
- **Children’s Jade Defense Formula** (frequent, with weak wei qi, or for prevention)
- **Cinnamon Twig Formula** (from wind-cold)
- **Gan Mao Ling Formula** (from wind-heat)
- **Jade Defense Plus Formula** (with wind-heat and chest constriction)
- **Jade Windscreen Formula** (frequent, or in weak patients, or for prevention)
- **Minor Bupleurum Formula** (with lingering fever, or goes into chest, shaoyang stage)
- **Neck Formula** (from wind-cold, with neck and shoulder stiffness)
- **Reed & Seed Formula** (severe, with damp-heat and clumped phlegm in the lung)
- **Siler & Platycodon Formula** (for wind-heat with heat in the interior)
- **Yin Chiao Formula** (early stages, wind-heat)
- **Zheng Qi Support Formula** (recurrent, with weak wei qi, central qi and/or jin fluids)
fluids)
ZHONG GAN LING FORMULA (from wind-heat)

COMPLEXION, LUSTERLESS, PALE, OR SALLOW
ASTRAGALUS FORMULA (with cold in the middle burner)
ESSENTIAL YANG FORMULA (with kidney yang deficiency)
GENERAL TONIC FORMULA (with qi and blood deficiency, and internal cold)
GINSENG & ASTRAGALUS FORMULA (with spleen qi and yang deficiency)
JADE WINDSCREEN FORMULA (with weak wei qi)
JI XUE FORMULA (with qi and blood deficiency and stagnation, heat-toxin, and dampness)
RESTFUL SLEEP FORMULA (with insomnia, deficient qi and heart blood, and heat)
SEA OF QI FORMULA (with spleen yang and kidney yang deficiency)
TANG KUEI & SALVIA FORMULA (with blood deficiency and stagnation)
WOMEN’S PRECIOUS FORMULA (with qi and blood deficiency)

CONCENTRATION, POOR
ELEUTHERO TABLETS
GINKO FORMULA (with liver fire or wind, and heart and liver blood deficiency)
GINSEN & LONGAN FORMULA (with spleen qi, heart qi, and blood deficiency)
HEAVENLY EMPEROR’S FORMULA (with heart and kidney yin deficiency)
JI XUE FORMULA (with qi and blood deficiency and stagnation, heat-toxin and dampness)

CONCUSSION (See POST-CONCUSSION SYNDROME)

CONJUNCTIVITIS
COPTIS RELIEVE TOXICITY FORMULA (acute, with heat, or damp-heat)
GENTIANA DRAIN FIRE FORMULA (acute, with damp-heat in liver or liver fire)
HEAVENLY EMPEROR’S FORMULA (chronic, with heart and kidney yin deficiency fire)
SILER & PLATYCODON FORMULA (for wind-heat with heat in the interior)
YIN CHIAO FORMULA (with wind-heat)

CONSTIPATION
BAKED LICORICE FORMULA (with qi, blood, and yin deficiency)
BUPLEURUM & TANG KUEI FORMULA (with liver/spleen disharmony)
BUPLEURUM D FORMULA (with liver qi stagnation, phlegm and irritability)
EARTH-HARMONIZING FORMULA (with liver/stomach disharmony, food stagnation, and heat)
EASE DIGESTION FORMULA (from wind, damp, stomach phlegm or food stagnation)
EIGHT IMMORTALS FORMULA (from dryness with lung, kidney, and stomach yin deficiency)
ESSENTIAL YANG FORMULA (with kidney yang deficiency)
FREE & EASY WANDERER PLUS (with liver/spleen disharmony and heat)
GINSENG & ASTRAGALUS FORMULA (with spleen and stomach qi deficiency)
HAWTHORN & FENNEL FORMULA (with obesity and chronic food stagnation)
HE SHOU WU TABLETS (with deficient blood, and kidney/liver yin deficiency)
MINOR BUPLEURUM FORMULA (with shaoyang stage disorders)
NOURISH ESSENCE FORMULA (with kidney yin and yang deficiency, liver yin deficiency)
PERSICA & CISTANCHES FORMULA (with dry, hard or difficult to pass stool)
Poria Fifteen Formula (with obesity and chronic food stagnation)
Reed & Seed Formula (mild, from damp-heat)
Resolve the Middle Formula (with damp turbidity and stagnation in the middle burner)
Restful Sleep Formula (dry stool, with insomnia, deficient qi and heart blood, and heat)
Siler & Platycodon Formula (for wind-heat with heat in the interior)
Stasis-Transforming Formula (with qi and blood stasis, and damp-heat)
Stomach-Harmonizing Formula (acute, with food stagnation and heat)
Tang Kuei & Salvia Formula (from blood deficiency and stagnation)
Twin Shields Formula (from deficiency and dryness, with poor thyroid function)

Constitution, Delicate
Astragalus Formula (in children)
Children’s Jade Defense Formula (frequent colds and weak wei qi)
Bupleurum & Cinnamon Formula (harmonizes nutritive and protective qi)
Ginseng & Astragalus Formula (with spleen and stomach qi deficiency)
Ginseng & Longan Formula (with spleen qi, heart qi, and blood deficiency)
Ginseng Endurance Formula (with qi, blood, and yang deficiency)
Ginseng Nourishing Formula (with qi, blood, and yang deficiency)
Jade Defense Plus Formula (with wind-heat)
Jade Windscreen Formula (recurrent colds or flu)
Rehmannia Six Formula (with kidney and liver yin deficiency)
Zheng Qi Support Formula (with weak wei qi, central qi and/or jin fluids)

Convulsions
Bupleurum D Formula (with liver qi stagnation and phlegm)
Gastrodia & Uncaria Formula (with liver yang rising and liver wind)

Coronary Heart Disease
Baked Licorice Formula (with qi, blood, and yin deficiency)
Blood Palace Formula (with blood stasis in upper body)
San Qi Formula (with blood stasis)

Cough
Apricot Seed & Perilla Formula (with wind-cold)
Baked Licorice Formula (dry and weak, with qi, blood, and yin deficiency)
Children’s Clear & Release Formula (dry, from wind-heat)
Children’s Clear Lung Formula (croupy, with phlegm heat)
Citrus & Pinellia Formula (with sticky, clear or white sputum)
Eight Immortals Formula (chronic, with lung, kidney, and stomach yin deficiency)
Five Mushroom Formula (chronic, general tonic for lung, kidney, liver, spleen, and immune system)
Fritillaria & Pinellia Formula (thick, sticky, yellow or green sputum from lung-heat or phlegm-heat)
General Tonic Formula (chronic, with qi and blood deficiency, and internal cold)
Jade Defense Plus Formula (with wind-heat)
Lily Preserve Metal Formula (dry, blood streaked or sticky sputum from lung yin deficiency)
LUNG DEFENSE FORMULA (chronic, lingering, or dry, with lung qi deficiency or constrained heat in the lungs)
LING ZHI LUNG FORMULA (with wheezing and phlegm)
MINOR BUPLEURUM FORMULA (with shaoyang stage disorders)
MULBERRY & LYCIUM FORMULA (with lung heat or fire)
PINELLA & MAGNOLIA BARK FORMULA (with constrained qi and profuse sputum)
PORIA FIVE FORMULA (with fluid retention)
REED & SEED FORMULA (with damp-heat and foul smelling sputum)
RESTORE THE LUNG FORMULA (with lung qi deficiency)
SEA OF QI FORMULA (with white sputum, spleen and kidney yang deficiency)
SHENG MAI FORMULA (chronic, with difficult to expectorate sputum and lung qi or yin deficiency)
SILER & PLATYCODON FORMULA (for wind-heat with heat in the interior)
SIX GENTLEMEN FORMULA (with copious thin, white sputum, middle qi deficiency)
VIOLA CLEAR FIRE FORMULA (respiratory infection, heat-toxin)
YIN CHIAO FORMULA (from initial stage wind-heat)
ZHONG GAN LING FORMULA (from severe wind-heat)

COUGHING UP BLOOD
COPTIS RELIEVE TOXICITY FORMULA (with heat)
EIGHT IMMORTALS FORMULA (with lung, kidney, and stomach yin deficiency)
MULBERRY & LYCIUM FORMULA (with lung heat or fire)
SAN QI FORMULA (controls bleeding)

CROHN’S DISEASE
PEONY & ATRACTYLODES FORMULA (with spleen qi deficiency, dampness, and liver qi stagnation)
PULSATILLA INTESTINAL FORMULA (with intestinal inflammation from heat-toxin)
SAN QI FORMULA (acute attacks)

CYSTITIS (See URINARY TRACT INFECTION)
CYSTS, GANGLIONIC (See GANGLIONIC CYSTS)
CYSTS, OVARIAN (See OVARIAN CYSTS)

D
DEBILITY (See WEAKNESS)
DELIRIUM
BUPLEURUM D FORMULA (with liver qi stagnation, phlegm, and disturbed shen)
COPTIS RELIEVE TOXICITY FORMULA (with fire or heat)
GINKGO FORMULA (with liver fire or wind, and heart and liver blood deficiency)
REHMANNIA COOL BLOOD FORMULA (with heat in the blood)

DEPRESSION
AN MIEI FORMULA (with deficiency, heat, and phlegm in heart, lung, and/or stomach)
BLOOD PALACE FORMULA (with blood stasis in upper body, and a sensation of warmth in chest)
BUPLEURUM & TANG KUEI FORMULA (with liver qi stagnation)
CHAI HU SHU GAN FORMULA (from liver qi stagnation invading spleen or lower burner)
FREE & EASY WANDERER PLUS (with liver qi stagnation and heat)
Ji Xue Formula (with qi and blood deficiency and stagnation, heat-toxin and dampness)

Poria & Bamboo Formula (with stomach/gallbladder disharmony, phlegm-heat and stagnation)

Salvia Ten Formula (with spleen qi deficiency)

Twin Shields Formula (from poor thyroid function or deficiency)

Two Immortals Formula (with kidney yin and yang deficiency and flaring-up of fire)

DERMATITIS (See SKIN RASH)

DIABETES

Eight Immortals Formula (with lung, kidney, and stomach yin deficiency)

Essential Yang Formula (with kidney yang deficiency)

Jade Source Formula (with yin deficiency fire and deficient fluids)

Rehmannia & Scrophularia Formula (with kidney yin deficiency heat)

Rehmannia Six Formula (with kidney and liver yin deficiency)

DIARRHEA OR LOOSE STOOL

Agastache Tummy Syrup (with cold and dampness)

Andrographis Formula (acute, with heat-toxin)

Cinnamon D Formula (with heart/kidney disharmony)

Coptis Relieve Toxicity Formula (with blood in stool from heat)

Earth-Harmonizing Formula (with liver/stomach disharmony, food stagnation, and heat)

Ease Digestion Formula (from wind, damp, stomach phlegm or food stagnation)

Ginseng & Astragalus Formula (chronic, with spleen and stomach qi deficiency)

Ginseng Nourishing Formula (chronic, with qi, blood, and yang deficiency)

Intestinal Fungus Formula (with heat-toxin and dampness)

Minor Bupleurum Formula (with shaoyang stage disorders)

Peony & Atractyloides Formula (with spleen qi deficiency, dampness, and liver qi stagnation)

Poria Five Formula (acute, with vomiting and heaviness or edema)

Pulsatilla Intestinal Formula (with intestinal inflammation from heat-toxin)

Resolve the Middle Formula (with damp turbidity and stagnation in the middle burner)

Sea of Qi Formula (chronic, with spleen yang and kidney yang deficiency)

Six Gentlemen Formula (with spleen and stomach qi deficiency and phlegm or dampness)

Stomach-Harmonizing Formula (acute, with heat and food stagnation)

Viola Clear Fire Formula (from damp-heat)

Wu Hua Formula (with damp-heat or heat-toxin)

DIGESTIVE DISCOMFORT, CHRONIC

Earth-Harmonizing Formula (with liver/stomach disharmony, food stagnation, and heat)

Linking Formula (with yin deficiency, qi stagnation, and heat)

DIGESTION, WEAK

Astragalus Formula (with cold in the middle burner, especially in children)

General Tonic Formula (with qi and blood deficiency, and internal cold)

Ginseng & Astragalus Formula (with spleen and stomach qi deficiency)
GINSENG NOURISHING FORMULA (with qi, blood, and yang deficiency)
HAWTHORN & FENNEL FORMULA (with food stagnation)
JI XUE FORMULA (with qi and blood deficiency and stagnation, heat-toxin and dampness)
JING Qi FORMULA (with kidney, liver yin, and spleen qi deficiency, and constrained liver qi)
PORIA FIFTEEN FORMULA (with food stagnation)
SALVIA TEN FORMULA (with depression)
SEA OF Qi FORMULA (with kidney and spleen yang deficiency)
SHU GAN FORMULA (with liver qi stagnation)
SIX GENTLEMEN FORMULA (with spleen and stomach qi deficiency and phlegm or dampness)
ZHENG Qi SUPPORT FORMULA (with weak wei qi, central qi and/or jin fluids)

DIZZINESS
AGASTACHE TUMMY SYRUP (with cold and dampness)
BUPLEURUM & TANG KUEI FORMULA (with liver qi stagnation, liver blood deficiency)
CINNAMON D FORMULA (with heart/kidney disharmony)
CITRUS & PINELLIJA FORMULA (with phlegm-damp)
COPTIS RELIEVE TOXICITY FORMULA (with fire or heat-toxin)
EIGHT IMMORTALS FORMULA (with lung, kidney, and stomach yin deficiency)
FREE & EASY WANDERER PLUS (with liver qi stagnation, liver blood deficiency and heat)
GASTRODIA & UNCARIA FORMULA (with liver yang rising and liver wind)
GENERAL TONIC FORMULA (with qi and blood deficiency, and internal cold)
GENTIANA DRAIN FIRE FORMULA (with liver fire, damp-heat)
GINKG FORMULA (with poor mental functioning)
GINSENG & ASTRAGALUS FORMULA (with spleen and stomach qi deficiency)
HE SHOU WU TABLETS (with deficient blood, and kidney/liver yin deficiency)
JI XUE FORMULA (with qi and blood deficiency and stagnation, heat-toxin and dampness)
JING Qi FORMULA (with kidney, liver yin, and spleen qi deficiency, and constrained liver qi)
LUNG DEFENSE FORMULA (with lung qi deficiency or constrained heat in the lungs)
LUO BU MA FORMULA (with liver heat or fire and dampness or phlegm)
MINOR BUPLEURUM FORMULA (with shaoyang stage disorders)
NOURISH ESSENCE FORMULA (with kidney yin and yang deficiency, liver yin deficiency)
NOURISH REN & CHONG FORMULA (with deficient blood and yin and heat and stagnation in liver and heart)
PEACEFUL SPIRIT FORMULA (with spleen qi and heart qi and blood deficiency)
PORIA & BAMBOO FORMULA (with stomach/gallbladder disharmony, phlegm-heat and stagnation)
PORIA FIVE FORMULA (with retention of fluids)
REHMANNIA & SCROPHULARIA FORMULA (with kidney yin deficiency heat)
REHMANNIA SIX FORMULA (with kidney and liver yin deficiency)
SEA OF Qi FORMULA (with spleen yang and kidney yang deficiency)
SHENG MAI FORMULA (with lung qi or yin deficiency, or with injury to yin from
summer heat)

**Six Gentlemen Formula** (due to stomach phlegm accumulation)

**Tang Kuei & Salvia Formula** (with blood deficiency and stagnation)

**True Yin Formula** (with kidney and liver yin deficiency)

**Two Immortals Formula** (with kidney yin and yang deficiency, and flaring up of fire)

**Women’s Precious Formula** (with qi and blood deficiency)

**Yin Transition Formula** (with deficient kidney qi, yin, and jing)

**Zheng Qi Support Formula** (from qi deficiency, weak wei qi, central qi and/or jin fluids)

### Dream-Disturbed Sleep

**An Mien Formula** (with deficiency, heat, and phlegm in heart, lung, and/or stomach)

**Bupleurum D Formula** (with liver qi stagnation, phlegm, and disturbed shen)

**Cinnamon D Formula** (with heart/kidney disharmony)

**Gastrodia & Uncaria Formula** (with liver yang rising and liver wind)

**Ginkgo Formula** (with poor mental functioning, liver fire or wind, and heart and liver blood deficiency)

**Ginseng & Longan Formula** (with spleen qi, heart qi, and blood deficiency)

**Heavenly Emperor’s Formula** (with heart and kidney yin deficiency fire)

**Peaceful Spirit Formula** (with spleen qi and heart qi and blood deficiency)

**True Yin Formula** (with kidney and liver yin deficiency)

### Drug Withdrawal

**Bupleurum D Formula** (with liver qi stagnation, phlegm, and disturbed shen)

### Dry Heaves

**Blood Palace Formula** (with blood stasis in upper body)

**Cinnamon Twig Formula** (from wind-cold, or disharmony of ying and wei)

### Dryness

**Baked Licorice Formula** (of mouth and throat with qi, blood, and yin deficiency and damage to the fluids)

**Coptis Relieve Toxicity Formula** (mouth and throat, with fire)

**Eight Immortals Formula** (skin, mouth or throat, with lung, kidney, and stomach yin deficiency)

**He Shou Wu Tablets** (with deficient blood, and kidney/liver yin deficiency)

**Heavenly Emperor’s Formula** (with yin and blood)

**Jade Source Formula** (of mouth and tongue, with yin deficiency fire and deficient fluids)

**Lily Preserve Metal Formula** (lips, mouth, nose, with lung yin deficiency)

**Linking Formula** (with yin deficiency, qi stagnation, and heat)

**Mulberry & Lycium Formula** (mouth, with lung heat or fire)

**Nourish Essence Formula** (mouth, with kidney yin and yang deficiency, liver yin deficiency)

**Reed & Seed Formula** (skin, from lung obstruction)

**Rehmannia & Scrophularia Formula** (throat, with kidney yin deficiency heat)

**Rehmannia Cool Blood Formula** (with heat in the blood)

**Rehmannia Six Formula** (with kidney and liver yin deficiency)

**Sheng Mai Formula** (with lung yin deficiency)
TANG KUEI & SALVIA FORMULA (hair, skin, nails, from blood deficiency)
TANG KUEI & TRIBULUS FORMULA (with blood deficiency and dryness)
TRUE YIN FORMULA (of mouth and throat, with kidney and liver yin deficiency)
TWIN SHIELDS FORMULA (nails and skin, from poor thyroid function)
WOMEN’S PRECIOUS FORMULA (hair, skin and nails, with blood and qi deficiency)
ZHENG QI SUPPORT FORMULA (eyes, nose, skin, with weak wei qi, central qi and/or jin fluids)
ZIZYPHUS FORMULA (mouth and throat, with liver and heart blood and yin deficiency, and heat)

DYSENTERY
ANDROGRAPHIS FORMULA (bacterial with heat-toxin)
OREGANO OIL FORMULA (antimicrobial, clears heat-toxin)
WU HUA FORMULA (with damp-heat or heat-toxin)

DYSMENORRHEA (See MENSTRUAL PAIN)

E
EARACHES, OR EAR INFECTIONS
ANDROGRAPHIS FORMULA (with heat-toxin)
ASTRAGALUS FORMULA (chronic)
CHILDREN’S EAR FORMULA (acute)
GAN MAO LING FORMULA (from wind-heat)
GENTIANA DRAIN FIRE FORMULA (with liver/gallbladder fire)
MINOR BUPLEURUM FORMULA (with shaoyang stage disorders)
XANTHIUM & MAGNOLIA FORMULA (with sinus congestion)

EAR DRUM INFLAMED OR BULGING
CHILDREN’S EAR FORMULA
GENTIANA DRAIN FIRE FORMULA (with damp-heat, liver fire)

ECZEMA
CINNAMON TWIG FORMULA (from wind-cold, or disharmony of ying and wei)
COPTIS RELIEVE TOXICITY FORMULA (with heat or fire)
CURCUMA LONGA FORMULA (with inflammation, qi and blood stasis and heat)
DU HUO & LORANTHUS FORMULA (in children)
FOUR MARVEL FORMULA (lower body, with damp-heat)
GENTIANA DRAIN FIRE FORMULA (with damp-heat, liver fire)
HE SHOU WU TABLETS (with deficient blood, and kidney/liver yin deficiency)
MARGARITA COMPLEXION FORMULA (with heat in the blood or stomach heat)
REHMANNIA COOL BLOOD FORMULA (with heat in the blood)
TANG KUEI & TRIBULUS FORMULA (with blood deficiency and dryness)
WU HUA FORMULA (with damp-heat, heat in the blood, or heat-toxin)

EDEMA
COURSE & QUICKEN FORMULA (with wind-damp, and qi and blood stasis)
ESSENTIAL YANG FORMULA (with kidney yang deficiency)
FOUR MARVEL FORMULA (lower body, with damp-heat)
HAWTHORN & FENNEL FORMULA (with obesity)
LUNG DEFENSE FORMULA (peripheral, with lung qi deficiency)
LUO BU MA FORMULA (with liver heat or fire and dampness or phlegm)
PORIA FIFTEEN FORMULA (with obesity)
PORIA FIVE FORMULA (from taiyang disorders, spleen deficiency, or congestion of fluids in the lower burner)
SEA OF Qi FORMULA (with spleen yang and kidney yang deficiency)
TANG KUEI & PEONY FORMULA (with liver blood and spleen deficiency and dampness)

EMACIATION (See WEIGHT LOSS, UNDESIRED)

EMOTIONAL INSTABILITY
ASTRAGALUS FORMULA (lack of sense of self, with cold in the middle burner)
BLOOD PALACE FORMULA (outbursts or extreme mood swings, with blood stagnation in upper body)
BUPLEURUM & CINNAMON FORMULA (with liver/spleen disharmony)
BUPLEURUM & TANG KUEI FORMULA (with liver qi stagnation, liver blood deficiency)
BUPLEURUM D FORMULA (with liver qi stagnation, phlegm, and disturbed shen)
CINNAMON D FORMULA (with heart/kidney disharmony)
CLEAR THE HIDDEN 1 FORMULA (from latent pathogens)
CLEAR THE HIDDEN 2 FORMULA (from latent pathogens)
COPTIS RELIEVE TOXICITY FORMULA (with liver heat or fire)
FREE & EASY WANDERER PLUS (with liver qi stagnation, liver blood deficiency and heat)
GASTRODIA & UNCARIA FORMULA (with liver yang rising and wind)
GINSENG NOURISHING FORMULA (with qi and blood deficiency)
HEAVENLY EMPEROR’S FORMULA (with heart and kidney yin deficiency fire)
RESOLVE THE HIDDEN FORMULA (from latent pathogens)
TWO IMMORTALS FORMULA (perimenopausal, with kidney yin and yang deficiency, and flaring-up of fire)

ENDOMETRIOSIS
CHONG RELEASE FORMULA (with blood deficiency and stagnation)
CINNAMON & PORIA FORMULA (with blood stasis)
PHLEGM-TRANSFORMING FORMULA (with phlegm accumulation, deficiency, and qi or blood stasis)
STASIS-TRANSFORMING FORMULA (with qi and blood stasis, and damp-heat)

ENDOMETRITIS
STASIS-TRANSFORMING FORMULA (with qi and blood stasis, and damp-heat)

ENDOMETRIOUM TOO THIN
YUAN SUPPORT FORMULA (with spleen qi, kidney yang, and blood deficiency)

ENERGY LOW (See FATIGUE)

EPIGASTRIC PAIN (See STOMACHACHE)

EPISTAXIS (See NOSEBLEED)

EPSTEIN-BARR VIRUS (EBV)
ASTRAGALUS & LIGUSTRUM FORMULA (for deficiency)
CLEAR THE HIDDEN 1 FORMULA (with latent pathogenic factor)
CLEAR THE HIDDEN 2 FORMULA (with latent pathogenic factor)
MINOR BUPLEURUM FORMULA (with latent pathogenic factor)
PU JI FORMULA (acute, with heat-toxin)
RESOLVE THE HIDDEN FORMULA (with latent pathogenic factor)
VIOLA CLEAR FIRE FORMULA (with active pathogenic factor)

ERECTILE DYSFUNCTION (See SEXUAL DYSFUNCTION, MALE)
ESOPHAGEAL CONSTRICTION, NEUROTIC
Pinellia & Magnolia Bark Formula (with constrained qi and phlegm)

EXHAUSTION (See FATIGUE)

EYES DRY, RED, ITCHY, PAINFUL, OR SENSITIVE TO LIGHT
Clear the Hidden 1 Formula (from latent pathogens)
Clear the Hidden 2 Formula (from latent pathogens)
Curcuma Longa Formula (with inflammation, qi and blood stasis and heat)
Free & Easy Wanderer Plus (with liver qi stagnation, liver blood deficiency, and heat)
Gan Mao Ling Formula (red, from wind-heat)
Gastrodia & Uncaria Formula (with liver yang rising and liver wind)
Gentiana Drain Fire Formula (with more severe heat and fullness)
Jade Screen & Xanthium Formula (with allergy symptoms)
Luo Bu Ma Formula (with liver heat or fire and dampness or phlegm)
Ming Mu Formula (with kidney deficiency and liver blood deficiency)
Reed & Seed Formula (red, itchy or exudative, with damp-heat)
Resolve the Hidden Formula (from latent pathogens)
Siler & Platycodon Formula (for wind-heat with heat in the interior)
Yin Chiao Formula (with wind-heat)

F

FACIAL SWELLING
Jade Screen & Xanthium Formula (with allergy symptoms)
Poria Five Formula (with water metabolism dysfunction)
Twin Shields Formula (from poor thyroid function)

FATIGUE
Astragalus & Ligustrum Formula (with deficiency of normal qi)
Astragalus Formula (with cold and deficiency in the middle burner)
Bupleurum & Tang Kuei Formula (with liver qi stagnation, liver blood and yin deficiency)
Capillaris Formula (with chronic hepatitis)
Children’s Jade Defense Formula (with weak wei qi, frequent illness)
Clear the Hidden 1 Formula (from latent pathogens)
Clear the Hidden 2 Formula (from latent pathogens)
Resolve the Hidden Formula (from latent pathogens)
Eleuthero Tablets (with stress, kidney and spleen deficiency, and stagnation)
Essential Yang Formula (with kidney yang deficiency)
General Tonic Formula (with qi and blood deficiency, and internal cold)
Ginseng & Astragalus Formula (with spleen and stomach qi deficiency, and sunken yang)
Ginseng Endurance Formula (with qi, blood, and yang deficiency)
Ginseng Nourishing Formula (with qi and blood deficiency, and emotional symptoms)
Ji Xue Formula (with qi and blood deficiency and stagnation, heat-toxin and dampness)
Jing Qi Formula (with kidney, liver yin, and spleen qi deficiency, and slight
liver qi constraint)
Lung Defense Formula (with lung qi deficiency or constrained heat in the lungs)
Nourish Essence Formula (with kidney yin and yang deficiency, liver yin deficiency)
Nourish Ren & Chong Formula (with deficient blood and yin, and heat and stagnation in liver and heart)
Pulsatilla Intestinal Formula (with intestinal inflammation from heat-toxin)
Rehmannia Six Formula (with kidney and liver yin deficiency)
Rejuvenation Formula (with kidney and spleen qi deficiency, and deficiency of yin, blood, and yang)
Resolve the Hidden Formula (from latent pathogens)
Resolve the Middle Formula (with damp turbidity and stagnation in the middle burner)
Restful Sleep Formula (from insomnia, with deficient qi and heart blood, and heat)
Restore the Lung Formula (with lung qi deficiency)
Salvia Ten Formula (with depression and spleen qi deficiency)
Sea of Qi Formula (with spleen yang and kidney yang deficiency)
Sheng Mai Formula (with lung qi or yin deficiency or with injury to yin from summer heat)
Six Gentlemen Formula (with spleen and stomach qi deficiency and phlegm or dampness)
Tang Kuei & Salvia Formula (with blood deficiency and stagnation)
Twin Shields Formula (from poor thyroid function)
Two Immortals Formula (with kidney yin and yang deficiency, and flaring-up of fire)
Vital Treasure Formula (with kidney yang deficiency, qi and yin deficiency)
Women’s Precious Formula (with qi and blood deficiency)
Yin Transition Formula (with deficient kidney qi, yin, and jing)
Yuan Support Formula (with spleen qi, kidney yang, and blood deficiency)
Zheng Qi Support Formula (with weak wei qi, central qi and/or jin fluids)

Fever
Agastache Tummy Syrup (mild, with cold and dampness)
Andrographis Formula (with heat-toxin)
Apricot Seed & Perilla Formula (low grade, with wind-cold)
Astragalus Formula (low grade or occasional)
Blood Palace Formula (afternoon, with blood stasis in upper body)
Chai Hu Shu Gan Formula (alternating with chills, shaoyang stage)
Children’s Clear & Release Formula (acute wind-heat)
Children’s Ear Formula (in children prone to ear infections)
Cinnamon Twig Formula (unrelieved by sweating, from wind-cold)
Coptis Relieve Toxicity Formula (high fever)
Eight Immortals Formula (tidal, with lung, kidney, and stomach yin deficiency)
Gan Mao Ling Formula (from wind-heat invasion)
Ginseng & Astragalus Formula (chronic, intermittent, worse with exertion)
Ginseng & Longan Formula (chronic, from deficiency, with spleen qi and heart qi and blood deficiency)
JADE DEFENSE PLUS FORMULA (with wind-heat)

JI XUE FORMULA (low-grade, with qi and blood deficiency and stagnation, heat-toxin, and dampness)

MINOR BUPLEURUM FORMULA (with alternating chills, shaoyang stage, or lingering)

MULBERRY & LYCIUM FORMULA (with lung heat or fire)

POLYPORUS & DIANTHUS FORMULA (with urinary tract infections)

PORIA FIVE FORMULA (taiyang stage, with water accumulation)

PU JI FORMULA (with heat-toxin and external wind)

REHMANNIA & SCROPHULARIA FORMULA (low grade, afternoon or tidal, with kidney yin deficiency)

REHMANNIA SIX FORMULA (with kidney and liver yin deficiency)

REED & SEED FORMULA (low grade to moderate, with damp-heat in any of the three burners)

SILER & PLATYCODON FORMULA (for wind-heat with heat in the interior)

VIOLA CLEAR FIRE FORMULA (with heat-toxin)

YIN CHIAO FORMULA (with wind-heat)

YIN TRANSITION FORMULA (with deficient kidney qi, yin, and jing)

ZHENG QI SUPPORT FORMULA (lingering, low-grade, with weak wei qi, central qi and/or jin fluids)

ZHONG GAN LING FORMULA (from severe wind-heat)

FIBROIDS, UTERINE (See UTERINE FIBROIDS)

FIBROMYALGIA (See also PAIN)

BLOOD PALACE FORMULA (with blood stasis in upper body)

CLEAR THE HIDDEN 1 FORMULA (from latent pathogens)

CLEAR THE HIDDEN 2 FORMULA (from latent pathogens)

JI XUE FORMULA (with qi and blood deficiency and stagnation, heat-toxin, and dampness)

RESOLVE THE HIDDEN FORMULA (from latent pathogens)

RESTORATIVE FORMULA (with qi, blood, yin and yang deficiency, wind, and dampness)

STASIS-TRANSFORMING FORMULA (with qi and blood stasis, and damp-heat)

FLANK PAIN

CHAI HU SHU GAN FORMULA (from liver qi stagnation)

LINKING FORMULA (from yin deficiency with liver qi stagnation)

MINOR BUPLEURUM FORMULA (with shaoyang stage disorders, or liver/spleen disharmony)

FLATULENCE

BUPLEURUM & CINNAMON FORMULA (with liver/spleen disharmony)

EASE DIGESTION FORMULA (from wind-damp, stomach phlegm, or food stagnation)

GINSENG & ASTRAGALUS FORMULA (with spleen and stomach qi deficiency)

INTESTINAL FUNGUS FORMULA (with heat-toxin and dampness)

RESOLVE THE MIDDLE FORMULA (with damp turbidity and stagnation in the middle burner)

SEA OF QI FORMULA (with spleen yang and kidney yang deficiency)

SHU GAN FORMULA (with liver qi stagnation)
Stomach-Harmonizing Formula (with and food stagnation)

FLU (See INFLUENZA)

FLUIDS, DAMAGE TO

Baked Licorice Formula (with qi, blood, and yin deficiency)
Sheng Mai Formula (with lung yin and qi deficiency)

FOOD ALLERGIES

Bupleurum & Tang Kuei Formula (with liver qi stagnation, liver blood and yin deficiency)
Ease Digestion Formula (acute, with wind and dampness, stomach phlegm, or food stagnation)
Pulsatilla Intestinal Formula (with intestinal inflammation from heat-toxin)

FOOD POISONING

Coptis Relieve Toxicity Formula (with liver heat or fire)
Ease Digestion Formula (with wind, dampness, or stomach phlegm)
Intestinal Fungus Formula (with heat-toxin and dampness)
Oregano Oil Formula (antimicrobial)
Wu Hua Formula (with damp-heat)

FOOD STAGNATION

Citrus & Pinellia Formula (with disharmony of stomach or spleen from phlegm-damp)
Earth-Harmonizing Formula (chronic, with liver/stomach disharmony and heat)
Ease Digestion Formula (acute, with wind, dampness, or stomach phlegm)
Hawthorn & Fennel Formula (chronic)
Poria Fifteen Formula (chronic)
Resolve the Middle Formula (with damp turbidity and stagnation in the middle burner)
Stomach-Harmonizing Formula (acute with heat)

FORGETFULNESS (See MEMORY, POOR)

FRACTURES

Bone & Sinew Formula (second and third stage)
Curcuma Longa Formula (with inflammation and pain)
Tieh Ta Formula (late first/early second stage with little or no heat)
Trauma 1 Formula (first stage trauma, with swelling, heat, and pain)
Trauma 2 Formula (second stage trauma, with stasis, stiffness, and pain)

FRAGILITY, EMOTIONAL FEELING OF

An Mien Formula (with deficency, heat, and phlegm in heart, lung, and/or stomach)
Cinnamon D Formula (with heart/kidney disharmony; use low dose)
Peaceful Spirit Formula (with spleen qi and heart qi and blood deficiency)

FRIGHT

Astragalus Formula (in children, with cold and deficiency in middle burner)
Bupleurum D Formula (with liver qi stagnation, phlegm, and disturbed shen)
Ginseng & Longan Formula (with spleen qi, heart qi, and blood deficiency)
Poria & Bamboo Formula (with stomach/gallbladder disharmony, phlegm-heat and stagnation)
Zizyphus Formula (with liver and heart blood and yin deficiency, disturbed
sleep)

FRUSTRATION (See IRRITABILITY)

GALLBLADDER INFLAMMATION

Gentiana Drain Fire Formula (with liver and gallbladder fire, and/or damp-heat)
Lysimachia GB Formula (with damp-heat and constrained qi in the liver and gallbladder and pain)
Minor Bupleurum Formula (with shaoyang stage disorders)
Poria & Bamboo Formula (with stomach/gallbladder disharmony, phlegm-heat and stagnation)

GALLBLADDER SPASMS

Chai Hu Shu Gan Formula (from liver qi stagnation)
Corydalis Formula (for pain)
Lysimachia GB Formula (with damp-heat and constrained qi in the liver and gallbladder, and pain)
Minor Bupleurum Formula (with shaoyang stage disorders)

GALLSTONES

Bupleurum & Cinnamon Formula (with liver/spleen disharmony in weaker patients)
Chai Hu Shu Gan Formula (pain from liver qi stagnation)
Gentiana Drain Fire Formula (with damp-heat or fire in gallbladder)
Lysimachia GB Formula (with damp-heat and constrained qi in the liver and gallbladder and pain)
Minor Bupleurum Formula (with shaoyang stage disorders)

GANGLIONIC CYSTS

Phlegm-Transforming Formula (with phlegm accumulation, deficiency, and qi or blood stasis)

GAS (See BELCHING, BLOATING, OR FLATULENCE)

GASTRITIS (See also STOMACHACHE OR PAIN)

Chai Hu Shu Gan Formula (from liver qi stagnation)
Coptis Relieve Toxicity Formula (with liver heat or fire)
Curcuma Longa Formula (with inflammation, qi and blood stasis and heat)
Linking Formula (with yin deficiency, qi stagnation, and heat)
Poria & Bamboo Formula (with stomach/gallbladder disharmony, phlegm-heat and stagnation)
Reed & Seed Formula (acute, with damp-heat)
Resolve the Middle Formula (with damp turbidity and stagnation in the middle burner)

GASTROENTERITIS (STOMACH FLU)

Agastache Tummy Syrup (with cold and dampness)
Andrographis Formula (with heat-toxin)
Ease Digestion Formula (from wind, damp, stomach phlegm or food stagnation)
Intestinal Fungus Formula (with heat-toxin and dampness)
Poria Five Formula (taiyang stage, with water accumulation)
Reed & Seed Formula (with damp-heat)
Wu Hua Formula (with damp-heat)

GASTROINTESTINAL INFLAMMATION
CURCUMA LONGA FORMULA (with inflammation, qi and blood stasis and heat)

INTESTINAL FUNGUS FORMULA (with heat-toxin and dampness)

PULSATILLA INTESTINAL FORMULA (with intestinal inflammation from heat-toxin)

WU HUA FORMULA (with damp-heat or heat-toxin)

GIARDIA

INTESTINAL FUNGUS FORMULA (with heat-toxin and dampness)

OREGANO OIL FORMULA (with damp-heat and heat-toxin, antimicrobial)

GLAUCOMA

ESSENTIAL YANG FORMULA (with kidney yang deficiency)

MING MU FORMULA (liver/kidney deficiency with liver heat or internal wind)

GLANDS, SWOLLEN (See LYMPH NODES, ENLARGED)

GENITAL ITCHING AND SWELLING

FOUR MARVEL FORMULA (from damp-heat)

GENTIANA DRAIN FIRE FORMULA (damp-heat in the liver/gallbladder)

IMMORTAL VALLEY FORMULA (with dampness, heat, and blood stasis in lower abdomen)

YIN VALLEY FORMULA (with yin deficiency dryness and heat)

GENITAL PAIN, MALE

FOUR MARVEL FORMULA (from damp-heat)

GENTIANA DRAIN FIRE FORMULA (damp-heat in the liver/gallbladder)

RADOSA PROSTATE FORMULA (with heat or damp-heat and prostate symptoms)

GENITALS, COLDNESS IN

CINNAMON D FORMULA (with heart/kidney disharmony)

GENITAL SORES

FOUR MARVEL FORMULA (with dampness and heat in the lower burner)

GENTIANA DRAIN FIRE FORMULA (damp-heat in the liver/gallbladder)

IMMORTAL VALLEY FORMULA (with dampness, heat, and blood stasis in lower abdomen)

VIOLA CLEAR FIRE FORMULA (with heat-toxin)

GOITER

PHLEGM-TRANSFORMING FORMULA (with phlegm accumulation, deficiency, and qi or blood stasis)

TWIN SHIELDS FORMULA (with thyroid congestion)

GOUT

COURSE & QUICKEN FORMULA (with wind-damp, and qi and blood stasis)

CURCUMA LONGA FORMULA (anti-inflammatory, qi and blood stasis and heat)

FOUR MARVEL FORMULA (with dampness and heat in the lower burner)

JUAN BI FORMULA (upper body, with wind-damp, cold and blood stasis)

GRAVE’S DISEASE

TWIN SHIELDS FORMULA (see notes for this formula on pages 130-131)

GUMS BLEEDING

SAN QI FORMULA (controls bleeding)

GUM INFECTIONS

ANDROGRAPHIS FORMULA (with heat-toxin)

COPTIS RELIEVE TOXICITY FORMULA (with liver heat or fire)
HAIR, DRY OR BRITTLE (See DRYNESS)

HAIR LOSS
- Cinnamon D Formula (with heart/kidney disharmony)
- Ginseng Nourishing Formula (from injury to blood)
- Ji Xue Formula (from chemotherapy, with qi and blood deficiency and stagnation, heat-toxin, and dampness)
- Seven Treasures Formula (with deficient jing and kidney and liver yin, and deficient blood)
- True Yin Formula (with kidney and liver yin deficiency)

HAIR, PREMATURE GRAYING
- He Shou Wu Tablets (with deficient blood, and kidney/liver yin deficiency)
- Nourish Essence Formula (with kidney yin and yang deficiency, liver yin deficiency)
- Seven Treasures Formula (with deficient jing and kidney and liver yin, and deficient blood)
- True Yin Formula (with kidney and liver yin deficiency)

HANGOVER
- Citrus & Pinellia Formula (with phlegm-damp)
- Coptis Relieve Toxicity Formula (with liver heat or fire)
- Ease Digestion Formula (with digestive upset and dampness or phlegm)
- Gentiana Drain Fire Formula (damp-heat in the liver/gallbladder)
- Head Relief Formula (from wind or muscle tension)
- Resolve the Middle Formula (with damp turbidity and stagnation in the middle burner)
- Stomach-Harmonizing Formula (with digestive upset and heat)

HASHIMOTO’S DISEASE
- Twin Shields Formula (see notes for this formula on pages 130-131)

HAY FEVER (See ALLERGIES)

HEADACHE
- Agastache Tummy Syrup (with cold and dampness)
- Apricot Seed & Perilla Formula (from wind-cold)
- Blood Palace Formula (fixed, piercing pain, with blood stasis in upper body)
- Bupleurum & Tang Kuei Formula (with liver qi stagnation, liver blood and yin deficiency)
- Bupleurum D Formula (with liver qi stagnation, phlegm, and disturbed shen)
- Children’s Clear & Release Formula (from viral infection, acute wind-heat)
- Cinnamon Twig Formula (with wind-cold invasion)
- Clear the Hidden 1 Formula (from latent pathogens)
- Clear the Hidden 2 Formula (from latent pathogens)
- Corydalis Formula (for pain or muscle tension)
- Free & Easy Wanderer Plus (with liver qi stagnation, liver blood deficiency, and heat)
- Gan Mao Ling Formula (from wind-heat)
- Gastrodia & Uncaria Formula (with liver yang rising and wind)
- Gentiana Drain Fire Formula (with liver/gallbladder fire)
- Ginseng & Astragalus Formula (with spleen and stomach qi deficiency)
HEAD RELIEF FORMULA (from wind-cold, muscle tension, or trauma)
HE SHOU WU TABLETS (with blood deficiency)
JADE SCREEN & XANTHIUM FORMULA (from allergies)
LUO BU MA FORMULA (with liver heat or fire and dampness or phlegm)
MINOR Bupleurum FORMULA (with shaoyang stage disorders)
MOBILIZE ESSENCE FORMULA (mid-menstrual cycle)
NECK FORMULA (from wind, cold, dampness, or tension)
NOURISH REN & CHONG FORMULA (with deficient blood and yin, and heat and stagnation in liver and heart)
PORIA FIVE FORMULA (taiyang stage, with water accumulation)
REED & SEED FORMULA (heavy, with damp-heat)
RESOLVE THE HIDDEN FORMULA (from latent pathogens)
TANG KUEI & SALVIA FORMULA (with blood deficiency and stagnation)
XANTHIUM & MAGNOLIA FORMULA (with sinus congestion or post-nasal drip)
XANTHIUM NASAL FORMULA (acute sinus congestion, with heat, dampness, or phlegm)
YIN CHIAO FORMULA (from wind-hea)
ZHONG GAN LING FORMULA (from wind-hea)

HEARING LOSS
GENTIANA DRAIN FIRE FORMULA (acute, from fever with liver fire)
NOURISH ESSENCE FORMULA (with kidney yin and yang deficiency, liver yin deficiency)
REHMANNIA SIX FORMULA (with kidney and liver yin deficiency)
REJUVENATION FORMULA (with kidney and spleen qi deficiency, and deficiency of yin, blood, and yang)
TRUE YIN FORMULA (with kidney and liver yin deficiency)

HEARTBURN
CHAI HU SHU GAN FORMULA (from liver qi stagnation)
COPTIS RELIEVE TOXICITY FORMULA (with liver heat or fire)
EASE DIGESTION FORMULA (from wind, damp, phlegm, or food stagnation)
EARTH-HARMONIZING FORMULA (chronic, with liver/stomach disharmony, food stagnation, and heat)
MINOR Bupleurum FORMULA (with shaoyang stage disorders)
SHU GAN FORMULA (with liver qi invading the middle burner)
STOMACH-HARMONIZING FORMULA (from overeating)

HEART DISEASE
AN MIEN FORMULA (with deficiency, heat, and phlegm in heart or cardiac insufficiency)
BAKED LICORICE FORMULA (with qi, blood, and yin deficiency)
BLOOD PALACE FORMULA (with blood stasis)
CURCUMA LONGA FORMULA (with inflammation, qi and blood stasis and heat)
GINSENG & LONGAN FORMULA (with spleen qi, heart qi, and blood deficiency)
SHENG MAI FORMULA (with lung qi or yin deficiency, or with injury to yin from summer heat)

HEART PALPITATIONS (See Palpitations)
HEAT, AVERSION TO
REHMANNIA & SCROPHULARIA FORMULA (in menopause, with kidney yin deficiency
and fire)

Rehmannia Cool Blood Formula (with heat in the blood)

HEAT EXHAUSTION
Sheng Mai Formula

HEAT RASH (See SKIN RASH)

HEAT SENSATION IN HEAD
Bupleurum D Formula (with liver qi stagnation, phlegm, and disturbed shen)
Gastrodia & Uncaria Formula (with liver yang rising and liver wind)

HEAVINESS, GENERALIZED BODY
Poria Fifteen Formula (chronic, with obesity)
Poria Five Formula (with spleen deficiency and water accumulation)
Reed & Seed Formula (in chest or body, with damp-heat)
Resolve the Middle Formula (with damp turbidity and stagnation in the middle burner)

HEMATURIA (See BLOOD, IN URINE)
HEMOPTYSIS (See COUGHING UP BLOOD)

HEMORRHOIDS
Astragalus Formula (with cold and deficiency in the middle burner)
Ginseng & Astragalus Formula (with spleen and stomach qi deficiency, and sunken yang)
San Qi Formula (controls bleeding)
Tang Kuei & Peony Formula (with liver blood and spleen deficiency, and dampness)
Wu Hua Formula (with damp-heat)

HEPATITIS
Andrographis Formula (acute, with heat-toxin)
Bupleurum & Cinnamon Formula (acute, type A, with liver/spleen disharmony or shaoyang stage disorders)
Capillaris Formula (chronic)
Chai Hu Shu Gan Formula (from liver qi stagnation)
Five Mushroom Formula (general tonic for lung, kidney, liver, spleen, and immune system)
Free & Easy Wanderer Plus (chronic, Type B or C)
Gentiana Drain Fire Formula (acute, with liver fire, damp-heat)
Linking Formula (with yin deficiency, qi stagnation, and heat)
Lysimachia GB Formula (acute, with damp-heat and constrained qi in the liver and gallbladder)
Minor Bupleurum Formula (chronic, Type A or B)
Poria & Bamboo Formula (with stomach/gallbladder disharmony, phlegm-heat and stagnation)
Reed & Seed Formula (acute, with damp-heat)
Shu Gan Formula (acute, with liver qi stagnation and phlegm)

HEPATOMEGALY
Chai Hu Shu Gan Formula (from liver qi stagnation)
Capillaris Formula

HERNIA
Ginseng & Astragalus Formula
HERPES SIMPLEX

Andrographis Formula (for herpes simplex 1)
Coptis Relieve Toxicity Formula (for herpes simplex 1)
Gentiana Drain Fire Formula (for herpes simplex 2)
Immortal Valley Formula (for herpes simplex 2)
Viola Clear Fire Formula (for either 1 or 2)

HERPES ZOSTER (SHINGLES)

Andrographis Formula (with heat-toxin)
Chai Hu Shu Gan Formula (with liver qi stagnation)
Corydalis Formula (for pain from)
Gentiana Drain Fire Formula (with liver fire, damp-heat)
Minor Bupleurum Formula (with shaoyang stage disorders)
Viola Clear Fire Formula (with heat-toxin)

HICCOUGH

Blood Palace Formula (chronic, with blood stasis in upper body)
Chai Hu Shu Gan Formula (with liver qi stagnation)
Peony & Atractylodes Formula (with spleen qi deficiency, dampness, and liver qi stagnation)
Poria & Bamboo Formula (with stomach/gallbladder disharmony, phlegm-heat and stagnation)
Shu Gan Formula (with liver qi stagnation and phlegm)

HIVES

Cinnamon Twig Formula (with wind-cold invasion)
Heavenly Emperor’s Formula (with heart and kidney yin deficiency fire)
Jade Defense Plus Formula (with wind-heat)
Margarita Complexion Formula (with heat in the blood or stomach heat)
Rehmannia Cool Blood Formula (with heat in the blood)
Siler & Platycodon Formula (for wind-heat with heat in the interior)
Tang Kuei & Salvia Formula (with blood deficiency)
Tang Kuei & Tribulus Formula (with blood deficiency and dryness)
Wu Hua Formula (with damp-heat)
Yin Chiao Formula (from wind-heat invasion)

HOARSENESS

Eight Immortals Formula (with lung, kidney, and stomach yin deficiency)
Viola Clear Fire Formula (with heat-toxin)

HOT FLASHERS

Bupleurum & Tang Kuei Formula (with liver qi stagnation, liver blood and yin deficiency)
Bupleurum D Formula (with liver qi stagnation, phlegm, and disturbed shen)
Free & Easy Wanderer Plus (with liver qi stagnation, liver blood and yin deficiency, and heat)
Heavenly Emperor’s Formula (with heart and kidney yin deficiency fire)
Rehmannia & Scrophularia Formula (with kidney yin deficiency and fire)
Sea of Qi Formula (with spleen yang and kidney yang deficiency)
Two Immortals Formula (with deficiency of ren and chong channels, and kidney deficiency)
Women’s Precious Formula (with qi and blood deficiency)
Yin Transition Formula (with deficient kidney qi, yin, and jing)
Zizyphus Formula (with liver and heart blood and yin deficiency, and heat)

HUMAN PAPILLOMAVIRUS (HPV) INFECTION
Immortal Valley Formula (with dampness, heat, and blood stasis in lower abdomen)
Yin Valley Formula (with yin deficiency dryness and heat)

HYPERGLYCEMIA
Hawthorn & Fennel Formula (with dampness and stagnation)
Five Mushroom Formula (regulates blood glucose)

HYPERLIPIDEMIA (See CHOLESTEROL, ELEVATED)

HYPERTENSION
Baked Licorice Formula (heart disease from, with qi, blood, and yin deficiency)
Blood Palace Formula (with blood stasis in upper body)
Bupleurum D Formula (with liver qi stagnation, phlegm, and disturbed shen)
Chase Wind, Penetrate Bone Formula (with arthritis and kidney qi deficiency)
Coptis Relieve Toxicity Formula (with liver heat or fire)
Course & Quicken Formula (with wind-damp, and qi and blood stasis)
Essential Yang Formula (from kidney yang deficiency)
Five Mushroom Formula (general tonic for lung, kidney, liver, spleen, and immune system)
Gastrodia & Uncaria Formula (with liver yang rising and liver wind)
He Shou Wu Tablets (with deficient blood, and kidney/liver yin deficiency)
Luo Bu Ma Formula (with liver heat or fire and dampness or phlegm)
Tang Kuei & Peony Formula (during pregnancy, with liver blood and spleen qi deficiency, and dampness)
Two Immortals Formula (menopausal, with kidney yin and yang deficiency)
Yin Transition Formula (menopausal, with deficient kidney qi, yin, and jing)

HYPERTHYROIDISM
Gentiana Drain Fire Formula (with liver fire)
Heavenly Emperor’s Formula (with heart and kidney yin deficiency fire)
Rehmannia & Scrophularia Formula (with kidney yin deficiency heat)
Twin Shields Formula (see notes for this formula on pages 130-131)

HYPOCHONDRIAC PAIN
Blood Palace Formula (with blood stasis in upper body)
Bupleurum & Tang Kuei Formula (with liver qi stagnation)
Bupleurum D Formula (with liver qi stagnation, phlegm, and disturbed shen)
Corydalis Formula (analgesic)
Free & Easy Wanderer Plus (with liver qi stagnation and heat)
Gentiana Drain Fire Formula (with liver/gallbladder fire, damp-heat)
Linking Formula (with yin deficiency, qi stagnation, and heat)
Minor Bupleurum Formula (with shaoyang stage disorders)
Shu Gan Formula (with liver qi stagnation)

HYPOGLYCEMIA
Five Mushroom Formula (regulates blood glucose)
Ginseng & Astragalus Formula (with spleen and stomach qi deficiency)
He Shou Wu Tablets (with deficient blood, and kidney/liver yin deficiency)
MINOR BUPLEURUM FORMULA (for liver/spleen disharmony)
SHU GAN FORMULA (with liver qi stagnation)

HYPOXIA
LUNG DEFENSE FORMULA (with lung qi deficiency or constrained heat in the lungs)

HYPOTENSION
GINSENG & ASTRAGALUS FORMULA (with spleen and stomach qi deficiency)
ESSENTIAL YANG FORMULA (with kidney yang deficiency)
TANG KUEI & PEONY FORMULA (liver/spleen disharmony)
VITAL TREASURE FORMULA (with kidney yang deficiency, qi and yin deficiency)

HYPOTHYROIDISM
ESSENTIAL YANG FORMULA (with kidney yang deficiency)
GINSENG & ASTRAGALUS FORMULA (with spleen and stomach qi deficiency)
GINSENG NOURISHING FORMULA (with qi and blood deficiency, and emotional symptoms)
NOURISH ESSENCE FORMULA (with kidney yin and yang deficiency, liver yin deficiency)
TWIN SHIELDS FORMULA (with thyroid congestion)
VITAL TREASURE FORMULA (with kidney yang deficiency, qi and yin deficiency)

HYSTERIA (See EMOTIONAL INSTABILITY)

I

IMMUNE SYSTEM IMPAIRED OR WEAK
ASTRAGALUS FORMULA (with cold and deficiency in the middle burner)
ASTRAGALUS & LIGUSTRUM FORMULA (to support normal qi)
CHILDREN’S JADE DEFENSE FORMULA (weak wei qi or frequent illness in children)
ELEUTHERO TABLETS (with stress, kidney and spleen deficiency, and stagnation)
FIVE MUSHROOM FORMULA (general tonic for lung, kidney, liver, spleen, and immune system)
GINSENG ENDURANCE FORMULA (with qi, blood, and yang deficiency)
GINSENG NOURISHING FORMULA (with qi and blood deficiency, recovery from long illness)
INTESTINAL FUNGUS FORMULA (with intestinal heat-toxin and dampness)
JADE SCREEN & XANTHIUM FORMULA (with allergies, to supplement wei qi)
JADE WINDSCREEN FORMULA (to supplement wei qi)
JI XUE FORMULA (with qi and blood deficiency and stagnation, heat-toxin, and dampness)
MINOR BUPLEURUM FORMULA (to support normal qi)
ZHENG QI SUPPORT FORMULA (with weak wei qi, central qi and/or jin fluids, recovery from illness)

IMPOTENCE
BUPLEURUM D FORMULA (with liver qi stagnation, phlegm, and disturbed shen)
CINNAMON D FORMULA (with heart/kidney disharmony and exhaustion)
ELEUTHERO TABLETS (with stress, kidney and spleen deficiency, and stagnation)
ESSENTIAL YANG FORMULA (with kidney yang deficiency)
GINSENG NOURISHING FORMULA (with qi and blood deficiency, calms shen)
JING QI FORMULA (with kidney, liver yin, and spleen qi deficiency, and constrained liver qi)
NOURISH ESSENCE FORMULA (with kidney yin and yang deficiency, liver yin deficiency)
REHMANNIA SIX FORMULA (with kidney and liver yin deficiency)
REHMANNIA & SCROPHULARIA FORMULA (with kidney yin deficiency heat)
REJUVENATION FORMULA (with kidney and spleen qi deficiency, and deficiency of yin, blood, and yang)
SEA OF QI FORMULA (with spleen yang and kidney yang deficiency)
VITAL TREASURE FORMULA (with kidney yang deficiency, qi and yin deficiency)

INCOHERENT SPEECH
COPTIS RELIEVE TOXICITY FORMULA (with fire)
REHMANNIA COOL BLOOD FORMULA (with heat in the blood)

INCONTINENCE (See URINARY INCONTINENCE)

INDIGESTION
Bupleurum & Tang Kuei Formula (with liver qi stagnation)
Earth-Harmonizing Formula (chronic, with liver/stomach disharmony, food stagnation, and heat)
Ease Digestion Formula (from wind, damp, stomach phlegm, or food stagnation)
Resolve the Middle Formula (with damp turbidity and stagnation in the middle burner)
Six Gentlemen Formula (with spleen and stomach qi deficiency, and phlegm or dampness)
Stomach-Harmonizing Formula (acute, with food stagnation and heat)
Shu Gan Formula (with liver qi stagnation)

INFERTILITY
Chong Release Formula (menstrual phase, with blood deficiency and stagnation)
Cinnamon & Poria Formula (with blood stasis)
Essential Yang Formula (with kidney yang deficiency and low libido)
Free & Easy Wanderer Plus (with liver qi stagnation, liver blood deficiency, and heat)
Jing Qi Formula (male, low sperm count)
Mobilize Essence Formula (ovulatory phase, with blood stasis and yin/yang deficiency)
Nourish Essence Formula (with kidney yin and yang deficiency, liver yin deficiency)
Nourish Ren & Chong Formula (follicular phase, with deficient blood and yin, and heat and stagnation in liver and heart)
Phlegm-Transforming Formula (with phlegm accumulation, deficiency, and qi or blood stasis)
Seven Treasures Formula (with yin and jing deficiency)
Stasis-Transforming Formula (with qi and blood stasis, and damp-heat)
Tang Kuei & Peony Formula (with liver blood and spleen qi deficiency, and dampness)
Tang Kuei & Salvia Formula (with blood deficiency and stagnation)
Two Immortals Formula (with deficiency of ren and chong channels, and deficient kidney yin and yang)
Yuan Support Formula (luteal phase, with spleen qi, kidney yang, and blood
deficiency, and liver qi stagnation)

Women’s Precious Formula (with qi and blood deficiency)

INFLAMMATION, SYSTEMIC

Curcuma Longa Formula

INFLUENZA (FLU)

Andrographis Formula (with heat-toxin)
Bupleurum & Cinnamon Formula (with simultaneous taiyang and shaoyang patterns)
Children’s Clear & Release Formula (acute wind-heat)
Ease Digestion Formula (from wind-damp, with stomach phlegm or food stagnation)
Gan Mao Ling Formula (from wind-heat)
Jade Defense Plus Formula (with wind-heat)
Lily Preserve Metal Formula (post-illness, with lung yin deficiency)
Minor Bupleurum Formula (with shaoyang stage disorders)
Mulberry & Cinnamon Formula (with lung heat or lung fire)
Reed & Seed Formula (with damp-heat and clumped phlegm in the lung)
Restore the Lung Formula (post-illness, with lung qi deficiency)
Siler & Platycodon Formula (for wind-heat with heat in the interior)
Viola Clear Fire Formula (with heat-toxin)
Yin Chiao Formula (for wind-heat, initial stages)
Zhong Gan Ling Formula (from severe wind-heat)

INSOMNIA

An Mien Formula (with deficiency, heat, and phlegm in heart, lung, and/or stomach)
Baked Licorice Formula (with qi, blood, and yin deficiency)
Blood Palace Formula (with blood stasis in upper body)
Bupleurum D Formula (with liver qi stagnation, phlegm, and disturbed shen)
Cinnamon D Formula (with heart/kidney disharmony)
Clear the Hidden 1 Formula (from latent pathogens)
Clear the Hidden 2 Formula (from latent pathogens)
Coptis Relieve Toxicity Formula (with liver heat or fire)
Corydalis Formula (from pain)
Gastrodia & Uncaria Formula (with liver yang rising and liver wind)
Ginkgo Formula (with poor mental functioning)
Ginseng & Longan Formula (with spleen qi, heart qi, and blood deficiency)
Ginseng Nourishing Formula (with qi and blood deficiency, and emotional symptoms)
Heavenly Emperor’s Formula (with heart and kidney yin deficiency fire)
He Shou Wu Tablets (with deficient blood, and kidney/liver yin deficiency)
Jing Qi Formula (with kidney, liver yin, and spleen qi deficiency, and constrained liver qi)
Linking Formula (with yin deficiency, qi stagnation, and heat)
Luo Bu Ma Formula (with liver heat or fire and dampness or phlegm)
Peaceful Spirit Formula (with spleen qi and heart qi and blood deficiency)
Rehmannia & Scrophularia Formula (with kidney yin deficiency heat)
Resolve the Hidden Formula (from latent pathogens)
RESTFUL SLEEP FORMULA (with deficient qi and heart blood, and heat)
SALVIA TEN FORMULA (with depression and spleen qi deficiency)
TRUE YIN FORMULA (with kidney and liver yin deficiency)
TWO IMMORTALS FORMULA (with kidney yin and yang deficiency, and fire)
YIN TRANSITION FORMULA (with deficient kidney qi, yin, and jing)
ZIZYPHUS FORMULA (with liver and heart blood and yin deficiency, and heat)

INTERCOSTAL NEURALGIA
BLOOD PALACE FORMULA (with blood stasis in upper body)
CHAI HU SHU GAN FORMULA (from liver qi stagnation)
LINKING FORMULA (with yin deficiency, qi stagnation, and heat)

INTESTINAL ABSCCESS
INTESTINAL FUNGUS FORMULA (with heat-toxin and dampness)
WU HUA FORMULA (with blood heat or heat-toxin)

INTESTINAL CRAMPING
CORYDALIS FORMULA (for pain from)
EASE DIGESTION FORMULA (from wind, damp, stomach phlegm, or food stagnation)
INTESTINAL FUNGUS FORMULA (with heat-toxin and dampness)
RESOLVE THE MIDDLE FORMULA (with damp turbidity and stagnation in the middle burner)
SHU GAN FORMULA (with liver qi stagnation)
WU HUA FORMULA (from dysentery or damp-heat)

IRRITABILITY
BAKED LICORICE FORMULA (with qi, blood, and yin deficiency)
BLOOD PALACE FORMULA (with blood stasis in upper body)
BUPLEURUM & CINNAMON FORMULA (with liver/spleen disharmony or shaoyang stage disorders)
BUPLEURUM & TANG KUEI FORMULA (with liver qi stagnation, liver blood and yin deficiency)
BUPLEURUM D FORMULA (with liver qi stagnation, phlegm, and disturbed shen)
CHAI HU SHU GAN FORMULA (from liver qi stagnation)
CINNAMON D FORMULA (with heart/kidney disharmony)
CLEAR THE HIDDEN 1 FORMULA (from latent pathogens)
CLEAR THE HIDDEN 2 FORMULA (from latent pathogens)
COPTIS RELIEVE TOXICITY FORMULA (with internal heat or fire)
FREE & EASY WANDERER PLUS (with liver qi stagnation, liver blood deficiency, and heat)
GENTIANA DRAIN FIRE FORMULA (with liver/gallbladder fire)
HEAVENLY EMPEROR’S FORMULA (with heart and kidney yin deficiency fire)
LUO BU MA FORMULA (with liver heat or fire and dampness or phlegm)
MINOR BUPLEURUM FORMULA (with shaoyang stage disorders)
PEACEFUL SPIRIT FORMULA (with spleen qi and heart qi and blood deficiency)
POLYPORUS & DIANTHUS FORMULA (with heat in the interior or damp-heat)
PORIA & BAMBOO FORMULA (with stomach/gallbladder disharmony, phlegm-heat and stagnation)
REHMANNIA COOL BLOOD FORMULA (with heat in the blood)
RESOLVE THE HIDDEN FORMULA (from latent pathogens)
SALVIA TEN FORMULA (with depression)
TWO IMMORTALS FORMULA (with kidney yin and yang deficiency, and fire)
ZIZYPHUS FORMULA (with liver and heart blood and yin deficiency, and heat)

IRRITABLE BOWEL SYNDROME
INTESTINAL FUNGUS FORMULA (with heat-toxin and dampness)
PEONY & ATRACTYLODES FORMULA (with spleen qi deficiency, dampness, and liver qi stagnation)
PULSATILLA INTESTINAL FORMULA (with intestinal inflammation from heat-toxin)
SHU GAN FORMULA (with liver qi stagnation)

ITCHING
CINNAMON TWIG FORMULA (from wind-cold invasion or ying/wei disharmony)
COPTIS RELIEVE TOXICITY FORMULA (with internal heat)
FOUR MARVEL FORMULA (lower body, from damp-heat)
HEAVENLY EMPEROR’S FORMULA (painful, with heart and kidney yin deficiency fire)
JADE DEFENSE PLUS FORMULA (with wind-heat)
JADE SCREEN & XANTHIIUM FORMULA (from allergies)
REHMANNIA COOL BLOOD FORMULA (with heat in the blood)
SILER & PLATYCODON FORMULA (for wind-heat with heat in the interior)
TANG KUEI & TRIBULUS FORMULA (with blood deficiency and dryness)
TANG KUEI & SALVIA FORMULA (with blood deficiency and stagnation)
WU HUA FORMULA (from damp-heat)
YIN CHIAO FORMULA (due to wind-hea)

JAUNDICE
CAPILLARIS FORMULA (chronic)
GENTIANA DRAIN FIRE FORMULA (with damp-heat or liver heat)
LYSIMACHIA GB FORMULA (with damp-heat and constrained qi in the liver and gallbladder, and pain)
MINOR BUPLEURUM FORMULA (with heat and phlegm in the middle burner)

JOINT DISLOCATIONS
BONE & SINEW FORMULA (second and third stage trauma)
CURCUMA LONGA FORMULA (for inflammation with qi and blood stasis and heat)
TIEH TA FORMULA (for pain, with little or no heat)
TRAUMA 1 FORMULA (first stage trauma, with swelling, heat, and pain)
TRAUMA 2 FORMULA (second stage trauma, with stasis, stiffness, and pain)

JOINT PAIN, STIFFNESS OR SWELLING (See ARTHRITIS)

KIDNEY INFECTION
ANDROGRAPHIS FORMULA (with heat-toxin)
POLYPORUS & DIANTHUS FORMULA (with heat in the interior or damp-heat)
VIOLA CLEAR FIRE FORMULA (with heat-toxin)

KIDNEY STONES
AMBER STONE-TRANSFORMING FORMULA (acute or chronic)

KNEE PAIN
CHASE WIND, PENETRATE BONE FORMULA (from wind, cold, or dampness)
CURCUMA LONGA FORMULA (for inflammation with qi and blood stasis and heat)
DU HUO & LORANTHUS FORMULA (with kidney and liver deficiency)
**Seven Treasures Formula** (with deficient jing and kidney and liver yin, and deficient blood)

**Knees, Weak**
- **Chase Wind, Penetrate Bone Formula** (with wind, cold, or dampness)
- **Du Huo & Loranthus Formula** (with kidney and liver deficiency)
- **Essential Yang Formula** (with kidney yang deficiency)
- **He Shou Wu Tablets** (with deficient blood, and kidney/liver yin deficiency)
- **Nourish Essence Formula** (with kidney yin and yang deficiency, liver yin deficiency)
- **Rehmannia Six Formula** (with kidney and liver yin deficiency)
- **Seven Treasures Formula** (with deficient jing and kidney and liver yin, and deficient blood)
- **True Yin Formula** (with kidney and liver yin deficiency)
- **Vital Treasure Formula** (with deficient kidney yang, qi, and yin)

**Labor, Difficult**
- **Ginseng & Astragalus Formula** (slow to start, with middle qi deficiency)
- **Women’s Precious Formula** (with qi and blood deficiency)

**Lactation, Insufficient**
- **Bupleurum & Tang Kuei Formula** (with liver qi stagnation, liver blood and yin deficiency)
- **Tang Kuei & Salvia Formula** (with blood deficiency and stagnation)
- **Women’s Precious Formula** (with qi and blood deficiency)

**Laryngitis**
- **Andrographis Formula** (with heat-toxin)
- **Eight Immortals Formula** (from chronic dryness, with lung, kidney, and stomach yin deficiency)
- **Lily Preserve Metal Formula** (chronic, with lung yin deficiency)
- **Pinellia & Magnolia Bark Formula** (chronic, with constrained qi and phlegm)
- **Viola Clear Fire Formula** (acute, from heat-toxin)
- **Yin Chiao Formula** (from wind-heat)
- **Zhong Gan Ling Formula** (acute, from wind-heat)

**Lassitude (See Fatigue)**

**Latent Pathogens (Bacterial, Viral, or Parasitic)**
- **Astragalus & Ligustrum Formula** (with deficiency, to support normal qi)
- **Clear the Hidden 1 Formula** (Lyme disease, Bartonella, Babesia, Epstein-Barr Virus)
- **Clear the Hidden 2 Formula** (Lyme disease, Bartonella, Babesia, Epstein-Barr Virus)
- **Resolve the Hidden Formula** (Lyme disease, Bartonella, Babesia, Epstein-Barr Virus)
- **Viola Clear Fire Formula** (with heat-toxin)

**Leaky Gut Syndrome**
- **Intestinal Fungus Formula** (with heat-toxin and dampness caused by intestinal microbes)
- **Pulsatilla Intestinal Formula** (with intestinal inflammation from heat-toxin)
LEGS (See LIMBS)
LEUKORRHEA (See VAGINAL DISCHARGE)

LIBIDO, LOW

- **Essential Yang Formula** (with kidney yang deficiency)
- **Prostate Formula** (with spleen and kidney yang deficiency, and dampness)
- **Rejuvenation Formula** (with kidney and spleen qi deficiency, and deficiency of yin, blood, and yang)
- **Yuan Support Formula** (with spleen qi, kidney yang, and blood deficiency)

LIGAMENTS, TORN

- **Bone & Sinew Formula** (second and third stage trauma)
- **Tieh Ta Formula** (for pain, with little or no heat)
- **Trauma 1 Formula** (first stage trauma, with swelling, heat, and pain)
- **Trauma 2 Formula** (second stage trauma, with stasis, stiffness, and pain)

LIGHTHEADEDNESS (See DIZZINESS)

LIMBS, COLD (See COLD LIMBS)

LIMBS, TIRED, WEAK, AND ACHING

- **Chase Wind, Penetrate Bone Formula** (with wind-cold and damp painful obstruction)
- **Course & Quicken Formula** (with wind-damp, and qi and blood stasis)
- **Du Huo & Loranthis Formula** (lower, with kidney and liver deficiency)
- **Essential Yang Formula** (lower, with kidney yang deficiency)
- **Ginseng & Astragalus Formula** (upper, with middle qi deficiency)
- **General Tonic Formula** (with qi and blood deficiency, and internal cold)
- **He Shou Wu Tablets** (with deficient blood, and kidney/liver deficiency)
- **Ji Xue Formula** (with qi and blood deficiency and stagnation, heat-toxin and dampness)
- **Restorative Formula** (with qi, blood, yin and yang deficiency, wind, and dampness)
- **Sea of Qi Formula** (with spleen yang and kidney yang deficiency)
- **Tang Kuei & Peony Formula** (lower, with liver blood and spleen deficiency, and dampness)
- **True Yin Formula** (with kidney and liver yin deficiency)
- **Women’s Precious Formula** (with qi and blood deficiency)
- **Zheng Qi Support Formula** (with weak wei qi, central qi and/or jin fluids)

LIPS DRY (See DRYNESS)

LIVER ENZYMES ELEVATED

- **Capillaris Formula** (with heat-toxin in the liver)
- **Free & Easy Wanderer Plus** (with liver/spleen disharmony and heat)
- **Minor Bupleurum Formula** (with shaoyang stage disorders)

LOOSE STOOL (See DIARRHEA)

LYME DISEASE

- **Clear the Hidden 1 Formula** (part of a three-formula treatment strategy)
- **Clear the Hidden 2 Formula** (part of a three-formula treatment strategy)
- **Resolve the Hidden Formula** (part of a three-formula treatment strategy)

LYMPH NODES, ENLARGED

- **Andrographis Formula** (with heat-toxin)
- **Curcuma Longa Formula** (for inflammation with qi and blood stasis and heat)
GAN MAO LING FORMULA (from wind-heat)
MINOR BUPLEURUM FORMULA (chronic, or with shaoyang stage disorders)
PHLEGM-TRANSFORMING FORMULA (chronic, with phlegm accumulation, deficiency, and qi or blood stasis)
VIOLA CLEAR FIRE FORMULA (from heat-toxin)
YIN CHIAO FORMULA (from wind-heat)
ZHONG GAN LING FORMULA (from severe wind-heat)

MANIA
BUPLEURUM D FORMULA (with liver qi stagnation, phlegm, and disturbed shen)
COPTIS RELIEVE TOXICITY FORMULA (with fire or heat)
PORIA & BAMBOO FORMULA (with stomach/gallbladder disharmony, phlegm-heat and stagnation)
REHMANNA COOL BLOOD FORMULA (with heat in the blood)
MASTITIS (See BREAST DISTENTION, PAIN OR TENDERNESS)

MEASLES
ANDROGRAPHIS FORMULA (early stage with heat-toxin)
GAN MAO LING FORMULA (early stage with wind-heat)
JADE DEFENSE PLUS FORMULA (from wind-heat)
MULBERRY & LYCIUM FORMULA (with lung heat or fire)
YIN CHIAO FORMULA (from wind-heat)
ZHONG GAN LING FORMULA (from wind-heat)

MELANCHOLY, EXCESSIVE (See also DEPRESSION)
PEACEFUL SPIRIT FORMULA (with spleen qi and heart qi and blood deficiency)
SALVIA TEN FORMULA (with depression and spleen qi deficiency)
TWO IMMORTALS FORMULA (with kidney yin and yang deficiency, and flaring-up of fire)

MEMORY, POOR OR LOSS OF
CINNAMON D FORMULA (with heart/kidney disharmony)
CLEAR THE HIDDEN 1 FORMULA (from latent pathogens)
CLEAR THE HIDDEN 2 FORMULA (from latent pathogens)
GINGKO FORMULA (with liver wind or fire and heart and liver blood deficiency)
GINSENG & ASTRAGALUS FORMULA (with middle qi deficiency)
GINSENG & LONGAN FORMULA (with spleen qi, heart qi, and blood deficiency)
GINSENG NOURISHING FORMULA (with qi and blood deficiency, and emotional symptoms)
HEAVENLY EMPEROR’S FORMULA (with heart and kidney yin deficiency fire)
JI XUE FORMULA (with qi and blood deficiency and stagnation, heat-toxin and dampness)
PEACEFUL SPIRIT FORMULA (with spleen qi and heart qi and blood deficiency)
RESOLVE THE HIDDEN FORMULA (from latent pathogens)
RESTFUL SLEEP FORMULA (with insomnia, deficient qi and heart blood, and heat)
TRUE YIN FORMULA (with kidney and liver yin deficiency)
TWIN SHIELDS FORMULA (from poor thyroid function)
YIN TRANSITION FORMULA (with deficient kidney qi, yin, and jing)

MENARCHE, LATE
NOURISH REN & CHONG FORMULA (with deficient blood and yin, and heat and stagnation in liver and heart)

WOMEN’S PRECIOUS FORMULA (with qi and blood deficiency)

MENIERE’S DISEASE
CITRUS & PINELLA FORMULA (with phlegm-damp)
JADE WINDSCREEN FORMULA (with weak wei qi)
MINOR BUPLEURUM FORMULA (with shaoyang stage disorders)
PEONY & ATRACHTYLODES FORMULA (with spleen qi deficiency, dampness, and liver qi stagnation)
PORIA & BAMBOO FORMULA (with stomach/gallbladder disharmony, phlegm-heat and stagnation)
PORIA FIVE FORMULA (with spleen deficiency and congestion of fluids)

MENOPAUSAL SYMPTOMS (See also HOT FLASHES)
BUPLEURUM & TANG KUEI FORMULA (with liver qi stagnation, liver blood and yin deficiency)
BUPLEURUM D FORMULA (with liver qi stagnation, phlegm, and disturbed shen)
CINNAMON & PORIA FORMULA (with blood stasis)
FREE & EASY WANDERER PLUS (with liver qi stagnation, liver blood deficiency, and heat)
HEAVENLY EMPEROR’S FORMULA (with heart or kidney yin deficiency fire)
MOBILIZE ESSENCE FORMULA (with blood stasis and yin and yang deficiency)
PHLEGM-TRANSFORMING FORMULA (with phlegm accumulation, deficiency, and qi or blood stasis)
REHMANNIA & SCROPHULARIA FORMULA (with kidney yin deficiency)
STASIS-TRANSFORMING FORMULA (with qi and blood stasis, and damp-heat)
TWO IMMORTALS FORMULA (with kidney yin and yang deficiency, and flaring-up of fire)
WOMEN’S PRECIOUS FORMULA (with qi and blood deficiency)
ZIZYPHUS FORMULA (insomnia, with liver and heart blood and yin deficiency, and heat)

MENOPAUSE, PREMATURE
NOURISH REN & CHONG FORMULA (with deficient blood and yin, and heat and stagnation in liver and heart)
REHMANNIA SIX FORMULA (with kidney and liver yin deficiency)

MENSTRUAL BLEEDING, EXCESSIVE OR ABNORMAL
CHONG RELEASE FORMULA (with blood deficiency and stagnation)
GINKGO & LONGAN FORMULA (with spleen qi, heart qi, and blood deficiency)
IMMORTAL VALLEY FORMULA (with dampness, heat, and blood stasis in lower abdomen)
SAN QI FORMULA (controls bleeding)

MENSTRUAL CYCLE, SHORTENED
GENTIANA DRAIN FIRE FORMULA (with damp-heat or liver heat)
YIN VALLEY FORMULA (with yin deficiency dryness, heat, and blood stasis)

MENSTRUAL PAIN
BUPLEURUM & TANG KUEI FORMULA (with liver qi stagnation, liver blood and yin deficiency)
CHONG RELEASE FORMULA (with blood deficiency and stagnation)
CINNAMON & PORIA FORMULA (with blood stasis)
CORYDALIS FORMULA (for pain from)
FREE & EASY WANDERER PLUS (with liver qi stagnation, liver blood and yin deficiency, and heat)
MOBILIZE ESSENCE FORMULA (during ovulation, with blood stasis and yin and yang deficiency)
STASIS-TRANSFORMING FORMULA (with qi and blood stasis, and damp-heat)
TANG KUEI & PEONY FORMULA (with liver blood and spleen deficiency and dampness)
TANG KUEI & SALVIA FORMULA (with blood deficiency and stagnation)
WOMEN’S PRECIOUS FORMULA (with qi and blood deficiency)

MENSTRUATION, FATIGUE AFTER
BUPLEURUM & TANG KUEI FORMULA (with liver qi stagnation, liver blood and yin deficiency)
NOURISH REN & CHONG FORMULA (with deficient blood and yin, and heat and stagnation in liver and heart)
TANG KUEI & SALVIA FORMULA (with blood deficiency and stagnation)
WOMEN’S PRECIOUS FORMULA (with qi and blood deficiency)

MENSTRUATION, IRREGULAR
BUPLEURUM & TANG KUEI FORMULA (with liver qi stagnation, liver blood and yin deficiency)
CHONG RELEASE FORMULA (with blood deficiency and stagnation)
CINNAMON & PORIA FORMULA (with blood stasis)
FREE & EASY WANDERER PLUS (with liver qi stagnation, liver blood deficiency, and heat)
STASIS-TRANSFORMING FORMULA (with qi and blood stasis, and damp-heat)
TANG KUEI & PEONY FORMULA (with liver blood and spleen deficiency and dampness)
TANG KUEI & SALVIA FORMULA (with blood deficiency and stagnation)
WOMEN’S PRECIOUS FORMULA (with qi and blood deficiency)
YUAN SUPPORT FORMULA (with spleen qi, kidney yang, and blood deficiency)

MENSTRUATION, PROLONGED
GINKGO & ASTRAGALUS FORMULA (with spleen and stomach qi deficiency)
GINKGO & LONGAN FORMULA (with spleen qi and blood deficiency)
SEA OF QI FORMULA (with spleen yang and kidney yang deficiency)

MENSTRUATION, SCANTY OR ABSENT
CINNAMON & PORIA FORMULA (with blood stasis)
HE SHOU WU TABLETS (with deficient blood, and kidney/liver yin deficiency)
LUNG DEFENSE FORMULA (with lung qi deficiency)
MOBILIZE ESSENCE FORMULA (perimenopausal, with blood stasis and yin and yang deficiency)
NOURISH REN & CHONG FORMULA (with deficient blood and yin, and heat and stagnation in liver and heart)
STASIS-TRANSFORMING FORMULA (with qi and blood stasis, and damp-heat)
TANG KUEI & SALVIA FORMULA (with blood deficiency and stagnation)
TWO IMMORTALS FORMULA (with kidney yin and yang deficiency, and flaring-up of fire)
Mental Confusion

- *Yin Valley Formula* (with yin deficiency dryness, heat, and blood stasis)
- *Women’s Precious Formula* (with qi and blood deficiency)

**Mental Confusion**

- *Cinnamon D Formula* (with heart/kidney disharmony)
- *Ginkgo Formula* (with liver wind or fire, and heart and liver blood deficiency)
- *Heavenly Emperor’s Formula* (with heart and kidney yin deficiency fire)

**Mental Disorders**

- *Astragalus Formula* (lack of sense of self, with cold in the middle burner)
- *Blood Palace Formula* (outbursts or extreme mood swings, with blood stagnation in upper body)
- *Bupleurum & Cinnamon Formula* (passive-aggressive behavior, boundary issues, with liver/spleen disharmony)
- *Bupleurum & Tang Kuei Formula* (with liver qi stagnation, liver blood deficiency)
- *Cinnamon D Formula* (neurotic disorders, with heart/kidney disharmony)
- *Cinnamon Twig Formula* (boundary issues, use low dose)
- *Coptis Relieve Toxicity Formula* (with liver heat or fire)
- *Free & Easy Wanderer Plus* (with liver qi stagnation, liver blood deficiency, and heat)
- *Gastrodia & Uncaria Formula* (with liver yang rising and wind)
- *Ginseng & Longan Formula* (personality disorders, phobias, with heart blood and spleen and heart qi deficiency)
- *Ginseng Nourishing Formula* (with qi and blood deficiency)
- *Heavenly Emperor’s Formula* (with heart and kidney yin deficiency fire)
- *Peaceful Spirit Formula* (with spleen qi and heart qi and blood deficiency)
- *Pinellia & Magnolia Bark Formula* (with constrained qi and phlegm)
- *Salvia Ten Formula* (with depression)
- *Six Gentlemen Formula* (with spleen and stomach qi deficiency and phlegm or dampness)
- *Restful Sleep Formula* (with restlessness, deficient qi and heart blood, and heat)
- *Yuan Support Formula* (with spleen qi, kidney yang, and blood deficiency)
- *Zizyphus Formula* (with insomnia, liver and heart blood and yin deficiency, and heat)

**Mental Fatigue or Exhaustion**

- *Ginkgo Formula* (with liver wind or fire and heart and liver blood deficiency)
- *Ginseng Nourishing Formula* (with qi and blood deficiency)
- *Jing Qi Formula* (with kidney, liver yin, and spleen qi deficiency, and constrained liver qi)
- *Peaceful Spirit Formula* (with spleen and heart qi deficiency)
- *Twin Shields Formula* (from poor thyroid function)

**Metabolic Syndrome**

- *Eight Immortals Formula* (with lung, kidney, and stomach yin deficiency)
- *Hawthorn & Fennel Formula* (with deficient qi)
- *Jade Source Formula* (with yin deficiency fire and deficient fluids)
- *Poria Fifteen Formula* (with dampness, deficiency, and stagnation)

**Migraine Headache** *(See Headache)*

**Miscarriage, Threatened or Habitual**
ESSENTIAL YANG FORMULA (with kidney yang deficiency)
GINSENG & ASTRAGLALUS FORMULA (habitual, with middle qi deficiency)
NOURISH ESSENCE FORMULA (habitual, with kidney yin and yang deficiency,
  liver yin deficiency)
TANG KUEI & PEONY FORMULA (threatened or habitual, with liver blood and
  spleen deficiency, and dampness)
WOMEN’S PRECIOUS FORMULA (with qi and blood deficiency)
YUAN SUPPORT FORMULA (with spleen qi, kidney yang, and blood deficiency)
MONONUCLEOSIS (See EPSTEIN-BARR VIRUS)
MOOD SWINGS (See EMOTIONAL INSTABILITY)
MORNING SICKNESS
  AGASTACHE TUMMY SYRUP (with cold and dampness)
  CITRUS & PINELLIA FORMULA (with phlegm-damp)
  EASE DIGESTION FORMULA (from wind, damp, stomach phlegm or food stagnation)
  PINELLIA & MAGNOLIA BARK FORMULA (with constrained qi and phlegm)
  SHU GAN FORMULA (with liver qi stagnation)
MOTION SICKNESS
  EASE DIGESTION FORMULA (from wind, damp, stomach phlegm or food stagnation)
  PINELLIA & MAGNOLIA BARK FORMULA (with constrained qi and phlegm)
  PORIA FIVE FORMULA (with water accumulation)
MOUTH SORES
  ANDROGRAPHIS FORMULA (with heat-toxin)
  COPTIS RELIEVE TOXICITY FORMULA (with liver heat or damp-heat)
  REHMANNIA COOL BLOOD FORMULA (with heat in the blood)
MOVEMENT DIFFICULTY
  COURSE & QUICKEN FORMULA (with wind-damp, and qi and blood stasis)
  CURCUMA LONGA FORMULA (for inflammation with qi and blood stasis and heat)
  DU HUO & LORANTHUS FORMULA (lower body with kidney and liver deficiency)
MUMPS
  ANDROGRAPHIS FORMULA (with heat-toxin)
  COPTIS RELIEVE TOXICITY FORMULA (with liver heat or damp-heat)
  PU JI FORMULA (for swelling and pain, with heat-toxin and external wind)
  VIOLA CLEAR FIRE FORMULA (with heat or fire)
MUSCLE ACHES OR PAIN
  CORYDALIS FORMULA (for pain relief)
  COURSE & QUICKEN FORMULA (with wind-damp, and qi and blood stasis)
  JUAN BI FORMULA (upper body, with wind-damp, cold, and blood stasis)
  RESTORATIVE FORMULA (with qi, blood, yin and yang deficiency, wind, and
  dampness)
  TWIN SHIELDS FORMULA (from poor thyroid function)
MUSCLE SPASM
  CHASE WIND, PENETRATE BONE FORMULA (with wind-cold and damp painful
  obstruction)
  CORYDALIS FORMULA (for pain from)
  ELEUTHERO TABLETS (with stress, kidney and spleen deficiency, and stagnation)
  GASTRODIA & UNCARIA FORMULA (with liver yang rising and liver wind)
Ginseng Nourishing Formula (with qi and blood deficiency, and emotional symptoms)

Muscle Strains

Tieh Ta Formula

Muscle Tension

Bupleurum & Cinnamon Formula (with liver/spleen disharmony or concurrent t'aiyang and shaoyang patterns)

Bupleurum & Tang Kuei Formula (with liver qi stagnation, liver blood and yin deficiency)

Corydalis Formula (for pain)

Head Relief Formula (in head and neck, from wind-cold, muscle tension, or trauma)

Minor Bupleurum Formula (with shaoyang stage disorders)

Muscle Weakness (See Weakness)

Myalgia (See Body Aches)

Myocardial Infarction, Sequella Of

Baked Licorice Formula (with qi, blood, and yin deficiency)

Myocarditis, Acute Viral

Pu Ji Formula (with heat-toxin)

Myocarditis, Sequella Of

Baked Licorice Formula (with qi, blood, and yin deficiency)

Nail Fungus

Oregano Oil Formula (topically)

Nails, Dry or Brittle (See Dryness)

Nasal Congestion (See Sinus Congestion)

Nasal Discharge (See Sinus Discharge)

Nausea

Agastache Tummy Syrup (with cold and dampness)

Apricot Seed & Perilla Formula (from wind-cold invasion)

Bupleurum & Cinnamon Formula (with liver/spleen disharmony or concurrent t'aiyang and shaoyang patterns)

Bupleurum & Tang Kuei Formula (with liver/spleen disharmony)

Chai Hu Shu Gan Formula (from liver qi stagnation)

Citrus & Pinellia Formula (with stomach or spleen disharmony from phlegm-damp)

Eight Immortals Formula (with lung, kidney, and stomach yin deficiency)

Earth-Harmonizing Formula (with liver/stomach disharmony, food stagnation, and heat)

Ease Digestion Formula (from wind, damp, stomach phlegm or food stagnation)

Free & Easy Wanderer Plus (with liver/spleen disharmony and heat)

Ji Xue Formula (from chemotherapy, with qi and blood deficiency and stagnation, heat-toxin and dampness)

Minor Bupleurum Formula (with shaoyang stage disorders)

Poria & Bamboo Formula (with stomach/gallbladder disharmony, phlegm-heat and stagnation)
RESOLVE THE MIDDLE FORMULA (with damp turbidity and stagnation in the middle burner)

SALVIA TEN FORMULA (with depression)

SHU GAN FORMULA (with liver qi stagnation)

SIX GENTLEMEN FORMULA (with spleen and stomach qi deficiency and phlegm or dampness)

STOMACH-HARMONIZING FORMULA (acute, with food stagnation and heat)

NECK STIFF AND ACHING

CHASE WIND, PENETRATE BONE FORMULA (with chronic wind-cold and damp painful obstruction)

CINNAMON TWIG FORMULA (from wind-cold, when ephedra is contraindicated)

CORYDALIS FORMULA (for pain)

CURCUMA LONGA FORMULA (for inflammation, with qi and blood stasis and heat)

GAN MAO LING FORMULA (from wind-heat)

HEAD RELIEF FORMULA (from wind-cold)

JUAN BI FORMULA (from wind-damp)

MINOR BUPLEURUM FORMULA (with shaoyang stage disorders)

NECK FORMULA (in neck and shoulders, with wind, cold, and dampness)

ZHONG GAN LING FORMULA (from wind-heat)

NEPHRITIS

EIGHT IMMORTALS FORMULA (chronic, with lung, kidney, and stomach yin deficiency)

ESSENTIAL YANG FORMULA (chronic, with kidney yang deficiency)

NOURISH ESSENCE FORMULA (chronic, with kidney yin and yang deficiency, liver yin deficiency)

POLYPORUS & DIANTHUS FORMULA (acute, with heat in the interior or damp-heat)

PORIA FIVE FORMULA (with impaired water metabolism)

REED & SEED FORMULA (bacterial, with damp-heat)

TANG KUEI & PEONY FORMULA (chronic, with liver blood and spleen deficiency and dampness)

NERVOUSNESS (See ANXIETY)

NERVOUS EXHAUSTION

BUPLEURUM & CINNAMON FORMULA (with liver/spleen disharmony)

CINNAMON D FORMULA (from sexual excess, with heart/kidney disharmony)

ELEUTHERO TABLETS (with stress, kidney and spleen deficiency, and stagnation)

GINSENG & LONGAN FORMULA (with spleen qi, heart qi, and blood deficiency)

GINSENG NOURISHING FORMULA (with qi and blood deficiency, and emotional symptoms)

JI XUE FORMULA (with qi and blood deficiency and stagnation, heat-toxin and dampness)

JING QI FORMULA (with kidney, liver yin, and spleen qi deficiency, and constrained liver qi)

PEACEFUL SPIRIT FORMULA (with spleen and heart qi deficiency and blood deficiency)

NEURASTHENIA (See NERVOUS EXHAUSTION)

NEUROPATHY

CURCUMA LONGA FORMULA (for inflammation, with qi and blood stasis and heat)
Ji Xue Formula (from chemotherapy, with qi and blood deficiency and stagnation, heat-toxin, and dampness)

NEUROTIC DISORDER (See MENTAL DISORDERS)

NIGHTMARES (See DREAM-DISTURBED SLEEP)

NIGHT SWEATS

ASTRAGALUS Formula (with cold and deficiency in the middle burner)

ASTRAGALUS & LIGUSTRUM Formula (to support normal qi)

BAKED LICORICE Formula (with qi, blood, and yin deficiency)

BLOOD PALACE Formula (with blood stasis in upper body)

CINNAMON D Formula (with heart/kidney disharmony)

CLEAR THE HIDDEN 1 Formula (from latent pathogens)

CLEAR THE HIDDEN 2 Formula (from latent pathogens)

EIGHT IMMORTALS Formula (with lung, kidney, and stomach yin deficiency)

ESSENTIAL YANG Formula (with kidney yang deficiency)

GINSENG & ASTRAGALUS Formula (with spleen and stomach qi deficiency)

GINSENG & LONGAN Formula (with spleen qi, heart qi, and blood deficiency)

GINSENG NOURISHING Formula (with qi and blood deficiency and emotional symptoms)

HEAVENLY EMPEROR’S Formula (with heart and kidney yin deficiency fire)

JING QI Formula (with kidney, liver yin, and spleen qi deficiency, and constrained liver qi)

LILY PRESERVE METAL Formula (with lung yin deficiency)

NOURISH ESSENCE Formula (with kidney yin and yang deficiency, liver yin deficiency)

REHMANNIA & SCROPHULARIA Formula (with kidney yin deficiency heat)

REHMANNIA SIX Formula (with kidney and liver yin deficiency)

REJUVENATION Formula (with kidney and spleen qi deficiency, and deficiency of yin, blood, and yang)

RESOLVE THE HIDDEN Formula (from latent pathogens)

TRUE YIN Formula (with kidney and liver yin deficiency)

TWO IMMORTALS Formula (with kidney yin and yang deficiency, and flaring-up of fire)

YIN TRANSITION Formula (with deficient kidney qi, yin, and jing)

YIN VALLEY Formula (with yin deficiency dryness, heat, and blood stasis)

ZIZYPHUS Formula (with liver and heart blood and yin deficiency, and heat)

NOCTURNAL EMISSIONS

CINNAMON D Formula (with heart/kidney disharmony)

ESSENTIAL YANG Formula (with kidney yang deficiency)

HEAVENLY EMPEROR’S Formula (with heart and kidney yin deficiency fire)

HE SHOU WU Tablets (with deficient blood, and kidney/liver yin deficiency)

NOURISH ESSENCE Formula (with kidney yin and yang deficiency, liver yin deficiency)

REHMANNIA SIX Formula (with kidney and liver yin deficiency)

REJUVENATION Formula (with kidney and spleen qi deficiency, and deficiency of yin, blood, and yang)

SEVEN TREASURES Formula (with deficient jing and kidney and liver yin, and deficient blood)
Yin Transition Formula (with deficient kidney qi, yin, and jing)
Yin Valley Formula (with yin deficiency dryness, heat, and blood stasis)

NOCTURNAL URINATION (See URINATION, NOCTURNAL)
NOSE DRY (See DRYNESS)
NOSEBLEED
Coptis Relieve Toxicity Formula (with heat or fire)
Mulberry & Lycium Formula (with lung heat or fire)
Rehmannia Cool Blood Formula (with heat in the blood)
San Qi Formula (controls bleeding)

NUMBNESS
Course & Quicken Formula (lower extremities, with wind-damp and qi and blood stasis)
Four Marvel Formula (lower body, from damp-heat)
Gastrodia & Uncaria Formula (with liver yang rising and liver wind)
Ji Xue Formula (with qi and blood deficiency and stagnation, heat-toxin and dampness)

O
OBESITY
Hawthorn & Fennel Formula (with deficient qi)
Poria Fifteen Formula (with dampness, deficiency, and stagnation)
Resolve the Middle Formula (with more severe damp turbidity and stagnation in the middle burner)
Twin Shields Formula (from poor thyroid function)
Yuan Support Formula (with spleen qi, kidney yang, and blood deficiency)

OTITIS MEDIA
Children’s Ear Formula (in infants and children)
Gentiana Drain Fire Formula (with pus)
Minor Bupleurum Formula (with shaoyang stage disorders)

OVARIAN CYSTS
Cinnamon & Poria Formula (with blood stasis)
Mobilize Essence Formula (with blood stasis and yin and yang deficiency)
Phlegm-Transforming Formula (with phlegm accumulation, deficiency, and qi or blood stasis)
Stasis-Transforming Formula (with qi and blood stasis, and damp-heat)

OVARIAN FOLLICLE, POOR
Nourish Ren & Chong Formula (with deficient blood and yin, and heat and stagnation in liver and heart)

OVULATION, BLEEDING DURING
Tang Kuei & Salvia Formula (with blood deficiency and stagnation)
Yin Valley Formula (with yin deficiency dryness, heat, and blood stasis)

OVULATION, LATE OR PAIN WITH
Mobilize Essence Formula (with blood stasis and yin and yang deficiency)
Nourish Ren & Chong Formula (with deficient blood and yin, and heat and stagnation in liver and heart)
PAIN (See also BACK PAIN, HEADACHE, MENSTRUAL PAIN, etcetera)

Blood Palace Formula (fibromyalgia, with blood stasis in upper body)
Chase Wind, Penetrate Bone Formula (with wind-cold and wind-damp painful obstruction)
Cinnamon & Poria Formula (in lower abdomen, with blood stasis)
Corydalis Formula (analgesic)
Course & Quicken Formula (in trunk, legs, or postpartum, with wind-damp, and qi and blood stasis)
Curcuma Longa Formula (from inflammation, with qi and blood stasis and heat)
Du Huo & Loranthus Formula (lower body with kidney and liver deficiency)
Eleuthero Tablets (in loins, kidney and spleen deficiency, and stagnation)
Juan Bi Formula (upper body, with wind-damp, cold, and blood stasis)
Rehmannia & Scrophularia Formula (in back or at midline, with kidney yin deficiency)
Restorative Formula (chronic, in elderly or patients weakened by illness)
Tang Kuei & Salvia Formula (lower abdomen, with blood deficiency and stagnation)
Tieh Ta Formula (from trauma or injury)
Trauma 1 Formula (first stage trauma, with swelling, heat, and pain)
Trauma 2 Formula (second stage trauma, with stagnation, stiffness, and pain)

PALLOR (See COMPLEXION, PALE)

Palms and/or soles, hot

Eight Immortals Formula (with lung, kidney, and stomach yin deficiency)
Heavenly Emperor's Formula (with kidney and heart yin deficiency)
Lily Preserve Metal Formula (with lung yin deficiency)
Linking Formula (with yin deficiency, qi stagnation, and heat)
Ming Mu Formula (with concurrent weakening of vision, liver and kidney deficiency with liver heat or internal wind)
Rehmannia & Scrophularia Formula (with kidney yin deficiency)
Rehmannia Six Formula (with kidney and liver yin deficiency)

PALPITATIONS

An Mien Formula (with deficency, heat, and phlegm in heart, lung, and/or stomach)
Baked Licorice Formula (with qi, blood, and yin deficiency)
Blood Palace Formula (with blood stasis in upper body)
Bupleurum & Tang Kuei Formula (with liver qi stagnation, and liver blood and yin deficiency)
Bupleurum D Formula (with liver qi stagnation, phlegm, and disturbed shen)
Cinnamon D Formula (with heart/kidney disharmony)
Citrus & Pinellia Formula (with phlegm-damp)
Coptis Relieve Toxicity Formula (with heat or fire)
Eight Immortals Formula (with lung, kidney, and stomach yin deficiency)
Free & Easy Wanderer Plus (with liver qi stagnation, liver blood deficiency, and heat)
GINKGO FORMULA (with poor mental functioning, liver fire or wind, and heart and liver blood deficiency)
GINSENG & LONGAN FORMULA (with spleen qi, heart qi, and blood deficiency)
GINSENG NOURISHING FORMULA (with qi and blood deficiency, and emotional symptoms)
HEAVENLY EMPEROR’S FORMULA (with heart and kidney yin deficiency fire)
PEACEFUL SPIRIT FORMULA (with spleen qi and heart qi and blood deficiency)
PORIA & BAMBOO FORMULA (with stomach/gallbladder disharmony, phlegm-heat and stagnation)
RESTFUL SLEEP FORMULA (with insomnia, deficient qi and heart blood, and heat)
SALVIA TEN FORMULA (with depression and spleen qi deficiency)
SHENG MAI FORMULA (with lung qi or yin deficiency, or with injury to yin from summer heat)
TANG KUEI & SALVIA FORMULA (with blood deficiency)
TWO IMMORTALS FORMULA (with kidney yin and yang deficiency, and flaring-up of fire)
WOMEN’S PRECIOUS FORMULA (with qi and blood deficiency)
ZIZYPHUS FORMULA (with liver and heart blood and yin deficiency, and heat)

PANCREATITIS
CORYDALIS FORMULA (pain from)
MINOR BUPLEURUM FORMULA (for pathogenic qi and heat in the middle burner)

PANIC ATTACKS (See ANXIETY)

PARASITES
INTESTINAL FUNGUS FORMULA (candida)
OREGANO OIL FORMULA (candida, worms, and dysentery)
WU HUA FORMULA (dysentery)

PASSIVE-AGGRESSIVE BEHAVIOR
BUPLEURUM & CINNAMON FORMULA (with liver/spleen disharmony)

PELVIC INFLAMMATORY DISEASE
ANDROGRAPHIS FORMULA (with heat-toxin)
CINNAMON & PORIA FORMULA (chronic, with blood stasis)
FREE & EASY WANDERER PLUS (with liver qi stagnation, liver blood deficiency, and heat)
GENTIANA DRAIN FIRE FORMULA (with damp-heat or liver heat)
IMMORTAL VALLEY FORMULA (with dampness, heat, and blood stasis in lower abdomen)
STASIS-TRANSFORMING FORMULA (with qi and blood stasis, and damp-heat)
TANG KUEI & PEONY FORMULA (with liver blood and spleen deficiency and dampness)

PELVIC CONGESTION
CHONG RELEASE FORMULA (with blood deficiency and stagnation)

PERTUSSIS
CHILDREN’S CLEAR LUNG FORMULA (with lung fire or phlegm-heat)
MULBERRY & LYCIUM FORMULA (with lung heat or fire)
REED & SEED FORMULA (with damp-heat and clumped phlegm in the lung)
PHARYNGITIS
Andrographis Formula (with heat-toxin)
Eight Immortals Formula (chronic, with yin deficiency)
Lily Preserve Metal Formula (with lung and kidney yin deficiency)
Viola Clear Fire Formula (with heat-toxin)
Yin Chiao Formula (with wind-heat)
Zhong Gan Ling Formula (from severe wind-heat)

PHLEBITIS
San Qi Formula

PHLEGM, IN DIGESTIVE SYSTEM
Citrus & Pinellia Formula (with disharmony of stomach or spleen from phlegm-damp)
Ease Digestion Formula (acute)
Hawthorn & Fennel Formula (chronic, with obesity and deficient qi)
Intestinal Fungus Formula (with intestinal heat-toxin and dampness)
Poria Fifteen Formula (chronic, with obesity)
Resolve the Middle Formula (with damp turbidity and stagnation in the middle burner)
Six Gentlemen Formula (chronic, with spleen and stomach qi deficiency)

PHOBIAS
Ginseng & Longan Formula (with spleen qi, heart qi, and blood deficiency)

PIMPLES (See ACNE)

PINWORMS (See WORMS)

PNEUMONIA
Bupleurum & Cinnamon Formula (with concurrent taiyang and shaoyang stage disorders)
Fritillaria & Pinellia Formula (with lung heat or phlegm-heat)
Jade Defense Plus Formula (with wind-heat or toxic heat attacking the lungs)
Ling Zhi Lung Formula (with wheezing and fluid in the lungs)
Minor Bupleurum Formula (shaoyang stage disorders)
Mulberry & Lycium Formula (with lung heat or fire)
Reed & Seed Formula (with damp-heat and clumped phlegm in the lung)
Viola Clear Fire Formula (with heat-toxin)

PNEUMOTHORAX, SPONTANEOUS
Lily Preserve Metal Formula (with lung and kidney yin deficiency)

POLIOMYELITIS, SEQUELAE OF
Du Huo & Loranthus Formula (lower body, with kidney and liver deficiency)

POST-CONCUSSION SYNDROME
Blood Palace Formula (with blood stasis in upper body)
Bupleurum D Formula (with liver qi stagnation, phlegm, and disturbed shen)
Ginseng & Longan Formula (with spleen qi and heart qi and blood deficiency)

POST-NASAL DRIP
Nourish Essence Formula (chronic, with kidney yin and yang deficiency, liver yin deficiency)
Xanthium & Magnolia Formula (acute)
POST-OPERATIVE FATIGUE
ASTRAGALUS & LIGUSTRUM FORMULA (to support normal qi)
ASTRAGALUS FORMULA (with cold and deficiency in the middle burner)
GENERAL TONIC FORMULA (with qi and blood deficiency, and internal cold)
GINSENG & ASTRAGALUS FORMULA (with spleen and stomach qi deficiency)
GINSENG & LONGAN FORMULA (with spleen qi and heart qi and blood deficiency)
GINSENG NOURISHING FORMULA (with qi and blood deficiency)

POST-OPERATIVE PAIN
ASTRAGALUS FORMULA (with cold and deficiency in the middle burner)
CORYDALIS FORMULA (for pain)
TIEH TA FORMULA (for musculo-skeletal pain)

POSTPARTUM PAIN (See PAIN)
POSTPARTUM WEAKNESS, DEFICIENCY, OR FATIGUE
ASTRAGALUS & LIGUSTRUM FORMULA (to support normal qi)
GENERAL TONIC FORMULA (with qi and blood deficiency, and internal cold)
GINSENG & ASTRAGALUS FORMULA (with spleen and stomach qi deficiency)
GINSENG NOURISHING FORMULA (with qi and blood deficiency, and emotional symptoms)
JI XUE FORMULA (with qi and blood deficiency and stagnation, heat-toxin and dampness)
TANG KUEI & PEONY FORMULA (with liver blood and spleen deficiency and dampness)
TANG KUEI & SALVIA FORMULA (with blood deficiency)
WOMEN’S PRECIOUS FORMULA (with qi and blood deficiency)
YUAN SUPPORT FORMULA (with spleen qi, kidney yang, and blood deficiency)

POST-TRAUMATIC STRESS DISORDER
BUPLEURUM D FORMULA (with liver qi stagnation, phlegm, and disturbed shen)
GINSENG & LONGAN FORMULA (with spleen qi, heart qi, and blood deficiency)
PEACEFUL SPIRIT FORMULA (with spleen qi and heart qi and blood deficiency)
SHENG MAI FORMULA (for shock, with lung qi or yin deficiency)

PRE-ECLAMPSIA (See TOXEMIA OF PREGNANCY)
PRENANCY, GENERAL TONIC FOR
TANG KUEI & PEONY FORMULA

PREMATURE EJACULATION
HEAVENLY EMPEROR’S FORMULA (with heart and kidney yin deficiency fire)
NOURISH ESSENCE FORMULA (with kidney yin and yang deficiency, and liver yin deficiency)
REHMANNIA & SCROPHULARIA FORMULA (with kidney yin deficiency heat)
REHMANNIA SIX FORMULA (with kidney and liver yin deficiency)
REJUVENATION FORMULA (with kidney and spleen qi deficiency, and deficiency of yin, blood, and yang)
TRUE YIN FORMULA (with kidney and liver yin deficiency)
VITAL TREASURE FORMULA (with kidney yang deficiency or qi deficiency)

PREMENSTRUAL SYNDROME
BUPLEURUM & TANG KUEI FORMULA (with liver qi stagnation, liver blood and yin deficiency)
CHAI HU SHU GAN FORMULA (from liver qi stagnation)
CHONG RELEASE FORMULA (with blood deficiency and stagnation)
FREE & EASY WANDERER PLUS (with liver qi stagnation, liver blood and yin deficiency, and heat)
MOBILIZE ESSENCE FORMULA (pain from, with blood stasis and yin and yang deficiency)
TANG KUEI & PEONY FORMULA (with liver blood and spleen deficiency and dampness)
WOMEN’S PRECIOUS FORMULA (with qi and blood deficiency)

PREMENSTRUAL WATER RETENTION
TANG KUEI & PEONY FORMULA (with liver blood and spleen deficiency and dampness)
PORIA FIVE FORMULA (with spleen deficiency and congestion of fluids)

PROLAPSE
GINSENG & ASTRAGLALUS FORMULA

PROSTATE, SWOLLEN OR PAINFUL
CINNAMON & PORIA FORMULA (with blood stasis)
PROSTATE FORMULA (with spleen and kidney yang deficiency, and dampness)
RABDOSSIA PROSTATE FORMULA (with heat or damp-heat)

PROSTATITIS
CINNAMON & PORIA FORMULA (with blood stasis)
GENTIANA DRAIN FIRE FORMULA (acute with heat)
GINSENG & ASTRAGLALUS FORMULA (chronic, with spleen and stomach qi deficiency)
PROSTATE FORMULA (with spleen and kidney yang deficiency, and dampness)
STASIS-TRANSFORMING FORMULA (with qi and blood stasis, and damp-heat)
RABDOSSIA PROSTATE FORMULA (with heat or damp-heat)

PSA (PROSTATE SPECIFIC ANTIGEN) ELEVATED
ESSENTIAL YANG FORMULA (with kidney yang deficiency)
RABDOSSIA PROSTATE FORMULA (with heat or damp-heat)

PSORIASIS
COPTIS RELIEVE TOXICITY FORMULA (with internal heat)
REHMANNIA COOL BLOOD FORMULA (with heat in the blood)
TANG KUEI & TRIBULUS FORMULA (with blood deficiency and dryness)
TWO IMMORTALS FORMULA (improves in pregnancy, worse after childbirth)

PSYCHOLOGICAL DISORDERS (See EMOTIONAL INSTABILITY or MENTAL DISORDERS)
PULMONARY ABSCESS
JADE DEFENSE PLUS FORMULA (with wind-heat or toxic heat attacking the lungs)
LUNG DEFENSE FORMULA (with lung qi deficiency or constrained heat in the lungs)
REED & SEED FORMULA (with damp-heat in lung)

PULMONARY EDEMA
LUNG DEFENSE FORMULA (with lung qi deficiency or constrained heat in the lungs. Combine with LING ZHI LUNG FORMULA)

PULMONARY FIBROSIS
LUNG DEFENSE FORMULA (prevention or recovery from, with lung qi deficiency or constrained heat in the lungs)
PULMONARY HEART DISEASE
Baked Licorice Formula (with qi, blood, and yin deficiency)
PULMONARY TUBERCULOSIS (See TUBERCULOSIS)

RASHES (See SKIN RASH)

RECTAL BLEEDING
San Qi Formula (controls bleeding)
Wu Hua Formula (with damp-heat)

RECTAL ITCHING
Intestinal Fungus Formula (with intestinal heat-toxin and dampness)

RESPIRATORY INFECTION
Andrographis Formula (with heat-toxin)
Fritillaria & Pinellia Formula (lung heat or phlegm-heat)
Gan Mao Ling Formula (early stage, from wind-heat)
Jade Defense Plus Formula (prevention of, and for wind-heat or toxic heat attacking the lungs)
Ling Zhi Lung Formula (with wheezing and fluid in the lungs)
Minor Bupleurum Formula (with shaoyang stage disorders)
Mulberry & Lycium Formula (with lung heat or fire)
Reed & Seed Formula (with damp-heat, blood streaked phlegm, or clumped phlegm in the lung)
Viola Clear Fire Formula (with heat-toxin)
Yin Chiao Formula (initial stage upper respiratory, from wind-heat)
Zheng Qi Support Formula (recurrent or recovery from, with weak wei qi, central qi and/or jin fluids)
Zhong Gan Ling Formula (from severe wind-heat)

RESTLESSNESS
An Mien Formula (with deficiency, heat, and phlegm in heart, lung, and/or stomach)
Bupleurum D Formula (with liver qi stagnation, phlegm, and disturbed shen)
Free & Easy Wanderer Plus (with liver qi stagnation, liver blood deficiency, with heat)
Ginkgo Formula (with poor mental functioning, liver fire or wind, and heart and liver blood deficiency)
Ginseng Nourishing Formula (with qi and blood deficiency, and emotional symptoms)
Luo Bu Ma Formula (with liver heat or fire and dampness or phlegm)
Peaceful Spirit Formula (with spleen qi and heart qi and blood deficiency)
Rehmannia & Scrophularia Formula (with kidney yin deficiency heat)
Rehmannia Cool Blood Formula (with heat in the blood)
Salvia Ten Formula (with depression)
Yin Valley Formula (with yin deficiency dryness, heat, and blood stasis)
Zizyphus Formula (with liver and heart blood and yin deficiency, and heat)

RHEUMATIC HEART DISEASE
Baked Licorice Formula (with qi, blood, and yin deficiency)

RHEUMATISM (See ARTHRITIS)
RHINITIS, ALLERGIC (See SINUS INFLAMMATION)
RINGING IN THE EAR (TINNITUS)
   Bupleurum D Formula (with liver qi stagnation, phlegm)
   Children’s Ear Formula (acute, with phlegm and fever)
   Eight Immortals Formula (with lung, kidney, and stomach yin deficiency)
   Gastrodia & Uncaria Formula (with liver yang rising and liver wind)
   Head Relief Formula (from pathogenic wind, muscle tension, or trauma)
   Nourish Essence Formula (with kidney yin and yang deficiency, and liver yin deficiency)
   Poria & Bamboo Formula (with phlegm-heat and stagnation)
   Rehmannia & Scrophularia Formula (with kidney yin deficiency heat)
   Rehmannia Six Formula (with kidney and liver yin deficiency)
   Yin Transition Formula (with deficient kidney qi, yin, and jing)

ROSEOLA
   Children’s Clear & Release Formula (with heat-toxin)
   Viola Clear Fire Formula (with heat-toxin, in patients over 4 year old)

RUNNY NOSE (See SINUS DISCHARGE)

S
SCATICA
   Chase Wind, Penetrate Bone Formula (with wind-cold or damp painful obstruction)
   Corydalis Formula (for pain from)
   Course & Quicken Formula (with wind-damp, and qi and blood stasis)
   Du Huo & Loranthus Formula (with kidney and liver deficiency)
   Essential Yang Formula (with kidney yang deficiency)

SCOLIOSIS
   Essential Yang Formula (with kidney yang deficiency)

SCROTAL ECZEMA
   Four Marvel Formula (with dampness and heat in the lower burner)
   Gentiana Drain Fire Formula (with damp-heat in the lower burner or liver heat)

SCROTAL EDEMA
   Poria Five Formula

SEXUAL DREAMS
   Cinnamon D Formula (with heart/kidney disharmony)

SEXUAL DYSFUNCTION, FEMALE
   Cinnamon D Formula (with heart/kidney disharmony)
   Rejuvenation Formula (with kidney and spleen qi deficiency, and deficiency of yin, blood, and yang)
   Yuan Support Formula (with spleen qi, kidney yang, and blood deficiency)

SEXUAL DYSFUNCTION, MALE
   Essential Yang Formula (with kidney yang deficiency)
   Prostate Formula (with prostate symptoms)
   Rejuvenation Formula (with kidney and spleen qi deficiency, and deficiency of yin, blood, and yang)
   Stasis-Transforming Formula (with qi and blood stasis, and damp-heat)
   Vital Treasure Formula (with kidney yang deficiency, qi and yin deficiency)
SEXUAL EXHAUSTION, MALE
Cinnamon D Formula (with heart/kidney disharmony)
Ginseng Nourishing Formula (with qi and blood deficiency, and emotional symptoms)
Jing Qi Formula (with kidney, liver yin, and spleen qi deficiency, and constrained liver qi)
Nourish Essence Formula (with kidney yin and yang deficiency, and liver yin deficiency)
Rejuvenation Formula (with kidney and spleen qi deficiency, and deficiency of yin, blood, and yang)
True Yin Formula (with kidney and liver yin deficiency)

SEXUAL INTERCOURSE, PAIN WITH
Cinnamon D Formula (with heart/kidney disharmony)
Yin Valley Formula (with yin deficiency dryness, heat, and blood stasis)

SHEN UNSTABLE OR DISTURBED (See also PSYCHOLOGICAL DISORDERS)
An Mien Formula (with deficiency, heat, and phlegm in heart, lung, and/or stomach)
Cinnamon D Formula (with heart/kidney disharmony)

SHINGLES (See HERPES ZOSTER)

SHOCK
Sheng Mai Formula (with lung qi or yin deficiency, or with injury to yin from summer heat)

SHORTNESS OF BREATH
Astragalus Formula (with cold and deficiency in the middle burner)
Baked Licorice Formula (with qi, blood, and yin deficiency)
Du Huo & Loranthus Formula (with kidney and liver deficiency)
Eight Immortals Formula (from dryness with yin deficiency)
Essential Yang Formula (with kidney yang deficiency)
General Tonic Formula (with qi and blood deficiency, and internal cold)
Ginseng & Astragalus Formula (with spleen and stomach qi deficiency)
Ginseng Endurance Formula (with qi, blood, and yang deficiency)
Ginseng Nourishing Formula (with qi and blood deficiency, and emotional symptoms)
Lung Defense Formula (with lung qi deficiency or constrained heat in the lungs)
Mulberry & Lycium Formula (with lung heat or lung fire)
Poria Five Formula (with congestion of fluids)
Restore the Lung Formula (with lung qi deficiency)
Sheng Mai Formula (with lung qi or yin deficiency, or with injury to yin from summer heat)
Six Gentlemen Formula (with spleen and stomach qi deficiency and phlegm or dampness)

SHOULDERS SORE OR STIFF
Bupleurum D Formula (with liver qi stagnation, phlegm, and disturbed shen)
Gan Mao Ling Formula (from wind-heat)
Juan Bi Formula (with wind-damp, cold, and blood stasis)
Minor Bupleurum Formula (with shaoyang stage disorders)
Neck Formula (including frozen shoulder, with wind, cold, and dampness)
Zhong Gan Ling Formula (from wind-heat)
SINUS CONGESTION
- **Apricot Seed & Perilla Formula** (with wind-cold)
- **Children’s Clear and Release Formula** (with heat-toxin)
- **Children’s Ear Formula** (with congested ears)
- **Cinnamon Twig Formula** (from wind-cold)
- **Gan Mao Ling Formula** (from wind-heat)
- **Jade Defense Plus Formula** (from wind-heat, with lung or throat symptoms)
- **Jade Screen & Xanthium Formula** (from allergies, and wind-damp)
- **Neck Formula** (with wind, cold, and dampness)
- **Xanthium & Magnolia Formula** (acute, from wind-cold)
- **Xanthium Nasal Formula** (acute, with heat, dampness, or phlegm)
- **Yin Chiao Formula** (from wind-heat)

SINUS DISCHARGE
- **Children’s Clear and Release Formula** (with heat-toxin)
- **Gan Mao Ling Formula** (from wind-heat)
- **Jade Screen & Xanthium Formula** (from allergies, and wind-damp)
- **Jade Windscreen Formula** (chronic, from allergies)
- **Nourish Essence Formula** (with kidney yin and yang deficiency, liver yin deficiency)
- **Viola Clear Fire Formula** (yellow or green, with heat-toxin)
- **Xanthium & Magnolia Formula** (acute, from wind-cold)
- **Xanthium Nasal Formula** (acute, with heat, dampness, or phlegm)

SINUS INFECTION
- **Andrographis Formula** (with heat-toxin)
- **Gan Mao Ling Formula** (early stage, from wind-heat)
- **Siler & Platycodon Formula** (for wind-heat with heat in the interior)
- **Viola Clear Fire Formula** (with heat-toxin)
- **Xanthium Nasal Formula** (acute, with heat, dampness, or phlegm)
- **Zhong Gan Ling Formula** (from severe wind-heat)

SINUS INFLAMMATION AND PAIN
- **Andrographis Formula** (with heat-toxin)
- **Curcuma Longa Formula** (chronic, with qi and blood stasis and heat)
- **Head Relief Formula** (from wind-cold)
- **Jade Screen & Xanthium Formula** (from allergies and wind-damp)
- **Neck Formula** (suborbital pain, with wind, cold, and dampness)
- **Xanthium Nasal Formula** (acute, with heat, dampness, or phlegm)

SKIN DRY (See DRYNESS)

SKIN RASH
- **Andrographis Formula** (with heat-toxin)
- **Cinnamon Twig Formula** (with disharmony of ying and wei)
- **Coptis Relieve Toxicity Formula** (with internal heat)
- **Four Marvel Formula** (with dampness and heat in the lower burner)
- **Free & Easy Wanderer Plus** (liver blood deficiency and blood heat)
- **Gentiana Drain Fire Formula** (with damp-heat)
- **He Shou Wu Tablets** (with deficient blood, and kidney/liver yin deficiency)
- **Intestinal Fungus Formula** (with intestinal heat-toxin and dampness)
- **Jade Defense Plus Formula** (with wind-heat)
Jade Screen & Xanthium Formula (from allergic reaction)
Margarita Complexion Formula (red or itchy, with heat in the blood or stomach heat)
Mulberry & Lycium Formula (with lung heat or fire)
Oregano Oil Formula (topically, for skin infection)
Pulsatilla Intestinal Formula (with intestinal inflammation from heat-toxin)
Rehmannia Cool Blood Formula (red, with intense itching from heat in the blood)
Siler & Platycodon Formula (for wind-heat with heat in the interior)
Tang Kuei & Salvia Formula (with blood deficiency)
Tang Kuei & Tribulus Formula (with blood deficiency and dryness)
Women’s Precious Formula (with qi and blood deficiency)
Wu Hua Formula (with damp-heat)
Yin Chiao Formula (with wind-heat)

SLEEP, DISTURBED OR RESTLESS (See INSOMNIA)
SMELL, LOSS OF
Reed & Seed Formula (acute, with damp-heat in lung)
Zheng Qi Support Formula (after illness, with weak wei qi, central qi and/or jin fluids)

SMOKING WITHDRAWAL
Bupleurum D Formula (with liver qi stagnation, phlegm, and disturbed shen)
Lily Preserve Metal Formula (with lung yin deficiency)

SNORING
Fritillaria & Pinellia Formula (lung heat or phlegm-heat)
Minor Bupleurum Formula (with shaoyang stage disorders)
Pinellia & Magnolia Bark Formula (with constrained qi and phlegm)

SORES
Coptis Relieve Toxicity Formula (with internal heat)
Four Marvel Formula (oozing in legs, with dampness and heat in the lower burner)
General Tonic Formula (chronic, with qi and blood deficiency, and internal cold)
Ginseng & Astragalus Formula (slow to heal, with spleen and stomach qi deficiency)
Ginseng Nourishing Formula (chronic, with qi and blood deficiency)
He Shou Wu Tablets (with deficient blood, and kidney/liver yin deficiency)
Rehmannia Cool Blood Formula (painful, with heat in the blood)
Siler & Platycodon Formula (for wind-heat with heat in the interior)
Wu Hua Formula (with damp-heat)
Zheng Qi Support Formula (slow to heal, with weak wei qi, central qi and/or jin fluids)

SORE THROAT (See THROAT, SORE)
SOUR TASTE IN MOUTH (See TASTE IN MOUTH, BITTER, SOUR, OR BAD)
SPONTANEOUS SEMINAL EMISSION (See also NOCTURNAL EMISSIONS)
Jing Qi Formula (with kidney, liver yin, and spleen qi deficiency, and constrained liver qi)
Nourish Essence Formula (with kidney yin and yang deficiency, liver yin deficiency)
**SPOTS IN VISION** (See VISION, SPOTS IN)

**SPRAINS OR STRAINS**
- **Bone & Sinew Formula** (second and third stage trauma)
- **Tieh Ta Formula** (for pain, with little or no heat)
- **Trauma 1 Formula** (first stage trauma, with swelling, heat, and pain)
- **Trauma 2 Formula** (second stage trauma, with stagnation, stiffness, and pain)

**SPUTUM, FROTHY**
- **Baked Licorice Formula** (with qi, blood, and yin deficiency)
- **Poria Five Formula** (with retention of fluids)

**STIES**
- **Coptis Relieve Toxicity Formula** (with heat or fire)
- **Gentiana Drain Fire Formula** (with damp-heat)
- **Siler & Platycodon Formula** (for wind-hea with heat in the interior)

**STOMACHACHE OR PAIN** (See also GASTRITIS)
- **Agastache Tummy Syrup** (with cold and dampness)
- **Bupleurum & Cinnamon Formula** (with liver/spleen disharmony or concurrent taiyang and shaoyang patterns)
- **Bupleurum & Tang Kuei Formula** (with liver/spleen disharmony)
- **Bupleurum D Formula** (acute, burning with liver invading stomach)
- **Chai Hu Shu Gan Formula** (from liver qi stagnation)
- **Corydalis Formula** (for pain from)
- **Ease Digestion Formula** (from wind, damp, stomach phlegm or food stagnation)
- **Free & Easy Wanderer Plus** (with liver/spleen disharmony and heat)
- **Linking Formula** (with yin deficiency, qi stagnation, and heat)
- **Minor Bupleurum Formula** (with shaoyang stage disorders)
- **Poria & Bamboo Formula** (with stomach/gallbladder disharmony, phlegm-heat and stagnation)
- **Shu Gan Formula** (with liver qi stagnation)
- **Stomach-Harmonizing Formula** (acute, with food stagnation and heat)

**STOMACH FLU** (See GASTROENTERITIS)

**STOOL, DRY, HARD, OR DIFFICULT TO PASS** (See CONSTIPATION)
- **He Shou Wu Tablets** (with deficient blood, and kidney/liver yin deficiency)
- **Luo Bu Ma Formula** (with liver heat or fire and dampness or phlegm)
- **Persica & Cistanches Formula** (moistens and unblocks the intestines)
- **Rehmannia Cool Blood Formula** (with heat in the blood)
- **Tang Kuei & Salvia** (with blood deficiency and stagnation)

**STOOL, ERRATIC**
- **Bupleurum & Tang Kuei Formula** (with liver/spleen disharmony)
- **Ease Digestion Formula** (from wind, damp, stomach phlegm or food stagnation)
- **Ginseng & Astragalus Formula** (with spleen and stomach qi deficiency)
- **Intestinal Fungus Formula** (with heat-toxin and dampness)
Pulsatilla Intestinal Formula (with intestinal inflammation from heat-toxin)
Resolve the Middle Formula (with damp turbidity and stagnation in the middle burner)
Shu Gan Formula (with liver qi stagnation and phlegm)

Stool, Loose (See Diarrhea)
Andrographis Formula (with heat-toxin)
Coptis Relieve Toxicity Formula (with heat or fire)
Oregano Oil Formula (antimicrobial)
Pu Ji Formula (with heat-toxin and external wind)
Viola Clear Fire Formula (with heat-toxin)
Zheng Qi Support Formula (chronic, with central qi and/or jin fluids)
Zhong Gan Ling Formula (from wind-heat)

Stress
Bupleurum & Tang Kuei Formula (with liver/spleen disharmony)
Chai Hu Shu Gan Formula (from liver qi stagnation)
Eleuthero Tablets (with kidney and spleen deficiency, and stagnation)
Earth-Harmonizing Formula (with liver/stomach disharmony, food stagnation, and heat)
Free & Easy Wanderer Plus (with liver/spleen disharmony and heat)
Jing Qi Formula (with kidney, liver yin, and spleen qi deficiency, and constrained liver qi)
Linking Formula (with yin deficiency, qi stagnation, and heat)
Shu Gan Formula (with liver qi stagnation and phlegm)
Peaceful Spirit Formula (with spleen qi and heart qi and blood deficiency)

Suicide, Thoughts of (See Depression)

Summer Heat Stroke
Agastache Tummy Syrup (with cold and dampness)
Sheng Mai Formula (with profuse sweating and injury to qi and yin)

Surgery, Recovery From (See Post-Operative Fatigue)

Swallowing, Difficulty
Eight Immortals Formula (from dryness with yin deficiency)
Pinellia & Magnolia Bark Formula (with constrained qi and phlegm)

Sweating, Nocturnal (See Night Sweats)

Sweating, Spontaneous or Profuse
Agastache Tummy Syrup (with cold and external dampness)
Astragalus Formula (with cold and deficiency in the middle burner)
Baked Licorice Formula (with qi, blood, and yin deficiency)
Cinnamon Twig Formula (with wind-cold invasion)
Essential Yang Formula (with kidney yang deficiency)
Ginseng & Astragalus Formula (with spleen and stomach qi deficiency)
Ginseng Nourishing Formula (with qi and blood deficiency and emotional symptoms)
Jade Windscreen Formula (with weak wei qi)
Jing Qi Formula (with kidney, liver yin, and spleen qi deficiency, and constrained liver qi)
Rehmannia Six Formula (with kidney and liver yin deficiency)
Restore the Lung Formula (with lung qi deficiency)
SHENG MAI FORMULA (profuse with lung qi, or yin deficiency or with injury to
yin from summer heat)
YIN TRANSITION FORMULA (with deficient kidney qi, yin, and jing)
SWOLLEN GLANDS (See LYMPH NODES, ENLARGED)

T
TASTE IN MOUTH, BITTER, SOUR, OR BAD
EARTH-HARMONIZING FORMULA (with liver/stomach disharmony, food stagnation,
and heat)
GENTIANA DRAIN FIRE FORMULA (with liver and/or gallbladder fire)
LINKING FORMULA (with yin deficiency, qi stagnation, and heat)
MINOR Bupleurum FORMULA (with shaoyang stage disorders, liver/spleen
disharmony)
PORIA & BAMBOO FORMULA (with stomach/gallbladder disharmony, phlegm-
heat and stagnation)
SHU GAN FORMULA (with liver qi stagnation)
SILER & PLATYCodon FORMULA (for wind-heat with heat in the interior)
TASTE, LOSS OF SENSE OF
AGASTACHE TUMMY SYRUP (with cold and dampness)
REED & SEED FORMULA (acute, with damp-heat)
RESOLVE THE MIDDLE FORMULA (with damp turbidity and stagnation in the
middle burner)
TEETH, LOOSENING
REJUVENATION FORMULA (white, with kidney and spleen qi deficiency, and
deficiency of yin, blood, and yang)
TEMPOROMANDIBULAR JOINT (TMJ) DISORDER OR PAIN
CHAI HU SHU GAN FORMULA (from liver qi stagnation)
CLEAR THE HIDDEN 1 FORMULA (part of a three-formula treatment strategy)
CLEAR THE HIDDEN 2 FORMULA (part of a three-formula treatment strategy)
GENTIANA DRAIN FIRE FORMULA (with damp-heat)
HEAD RELIEF FORMULA (from wind-cold, muscle tension, or trauma)
RESOLVE THE HIDDEN FORMULA (part of a three-formula treatment strategy)
TIEH TA FORMULA (for pain, with little or no heat)
THINKING, MUDDLED OR UNCLEAR (See MENTAL CONFUSION)
TENDONS, TORN
BONE & SINew FORMULA (second and third stage trauma)
TIEH TA FORMULA (for pain, with little or no heat)
TRAUMA 1 FORMULA (first stage trauma, with swelling, heat, and pain)
TRAUMA 2 FORMULA (second stage trauma, with stagnation, stiffness, and pain)
TESTICLES, SWOLLEN
FOUR MARVEL FORMULA (with dampness and heat in the lower burner)
GENTIANA DRAIN FIRE FORMULA (with damp-heat)
PORIA FIVE FORMULA (with retention of fluids)
THIRST
ANDROGRAPHIS FORMULA (with heat-toxin)
COPTIS RELIEVE TOXICITY FORMULA (with heat or fire)
EIGHT IMMORTALS FORMULA (with lung, kidney, and stomach yin deficiency)
**Ginseng & Astragalus Formula** (for warm drinks, with spleen and stomach qi deficiency)

**Jade Source Formula** (extreme, with yin deficiency fire and deficient fluids)

**Linking Formula** (with yin deficiency, qi stagnation, and heat)

**Pu Ji Formula** (with heat-toxin and external wind)

**Rehmannia & Scrophularia Formula** (with kidney yin deficiency heat)

**Rehmannia Cool Blood Formula** (with heat in the blood and no desire to swallow)

**Seven Treasures Formula** (lower, with deficient yin, jing and blood)

**Sheng Mai Formula** (with lung qi or yin deficiency or with injury to yin from summer heat)

**True Yin Formula** (with kidney and liver yin deficiency)

**Yin Chiao Formula** (with wind-heat)

**Zheng Qi Support Formula** (chronic, with weak central qi and/or jin fluids)

**THROAT, SENSATION OF SOMETHING CAUGHT IN**

**Pinellia & Magnolia Bark Formula** (with constrained qi and phlegm)

**THROAT, SORE**

**Andrographis Formula** (with heat-toxin)

**Apricot Seed & Perilla Formula** (tickle, with wind-cold and no swelling or heat)

**Children’s Clear & Release Formula** (with heat-toxin)

**Coptis Relieve Toxicity Formula** (with heat or fire)

**Eight Immortals Formula** (dry, with lung, kidney, and stomach yin deficiency)

**Fritillaria & Pinellia Formula** (with lung heat or phlegm-heat)

**Gan Mao Ling Formula** (from wind-heat)

**Heavenly Emperor’s Formula** (with heart and kidney yin deficiency fire)

**Jade Defense Plus Formula** (from wind-heat)

**Jade Screen & Xanthium Formula** (from allergies)

**Lily Preserve Metal Formula** (and dry, with lung yin deficiency)

**Minor Bupleurum Formula** (with shaoyang stage disorders)

**Oregano Oil Formula** (antimicrobial)

**Pu Ji Formula** (with heat-toxin and external wind)

**Rehmannia & Scrophularia Formula** (or dry, with kidney yin deficiency heat)

**Rehmannia Cool Blood Formula** (and dry, with heat in the blood)

**True Yin Formula** (and dry, with kidney and liver yin deficiency)

**Viola Clear Fire Formula** (with heat-toxin)

**Yin Chiao Formula** (from wind-heat)

**Zhong Gan Ling Formula** (from wind-heat)

**THYROID TUMORS, BENIGN**

**Phlegm-Transforming Formula** (with phlegm accumulation, deficiency, and qi or blood stasis)

**TIDAL FEVER** (See FEVER)

**TINNITUS** (See RINGING IN THE EAR)

**TIREDNESS** (See FATIGUE)

**TONSILLITIS**

**Andrographis Formula** (with heat-toxin)

**Coptis Relieve Toxicity Formula** (with heat or fire)

**Gan Mao Ling Formula** (with wind-heat)
Gentiana Drain Fire Formula (from liver fire)
Minor Bupleurum Formula (shaoyang stage)
Pu Ji Formula (with heat-toxin and external wind)
Viola Clear Fire Formula (with heat-toxin)
Yin Chiao Formula (with wind-heat)
Zhong Gan Ling Formula (with severe wind-heat)

TOOTHACHE
Coptis Relieve Toxicity Formula (with heat or fire)
Corydalis Formula (for pain)
Head Relief Formula (from wind-cold, muscle tension, or trauma)
Rehmannia Six Formula (with kidney and liver yin deficiency fire)

TOXEMIA OF PREGNANCY (PRE-ECLAMPSIA)
Poria Five Formula (with retention of fluids)
Tang Kuei & Peony Formula (with liver blood and spleen deficiency and dampness)

TOXICITY, FEELING OF
Coptis Relieve Toxicity Formula (with heat or fire, damp-heat or heat in blood)
Free & Easy Wanderer Plus (with liver qi stagnation and heat)
Hawthorn & Fennel Formula (with obesity, phlegm, and food stagnation)
Ji Xue Formula (with qi and blood deficiency and stagnation, heat-toxin, and dampness)
Poria Fifteen Formula (with obesity, phlegm, and food stagnation)
Resolve the Middle Formula (with damp turbidity and stagnation in the middle burner)
Siler & Platycodon Formula (for wind-heat with heat in the interior)

TRAUMATIC INJURY
Bone & Sinew Formula (second and third stage trauma)
Chase Wind, Penetrate Bone Formula (chronic stage, with wind-cold and wind-damp, with qi and blood stasis)
Curcuma Longa Formula (inflammation, with qi and blood stasis and heat)
San Qi Formula (controls bleeding)
Tieh Ta Formula (acute stage)
Trauma 1 Formula (first stage trauma, with swelling, heat, and pain)
Trauma 2 Formula (second stage trauma, with stagnation, stiffness, and pain)

TSH ELEVATED
Twin Shields Formula

TUBERCULOSIS, PULMONARY
Bupleurum & Cinnamon Formula (with concurrent taiyang and shaoyang patterns)
Eight Immortals Formula (with lung, kidney, and stomach yin deficiency)
Jade Defense Plus Formula (with wind-heat or toxic heat attacking the lungs)
Mulberry & Lycium Formula (with lung heat or fire)
Yin Transition Formula (sweating from, with deficient kidney qi, yin, and jing)
ULCER

ASTRAGALUS FORMULA (gastric, peptic or duodenal, with cold and deficiency in the middle burner)

BUPLEURUM & CINNAMON FORMULA (gastric or duodenal, from liver/spleen disharmony with mixed signs of heat and cold)

BUPLEURUM & TANG KUEI FORMULA (peptic, with liver/spleen disharmony)

BUPLEURUM D FORMULA (pre-ulcer, with liver qi stagnation, and liver invading stomach)

COPTIS RELIEVE TOXICITY FORMULA (with heat or fire)

EASE DIGESTION FORMULA (acute symptoms)

LINKING FORMULA (with yin deficiency, qi stagnation, and heat)

MINOR BUPLEURUM FORMULA (with shaoyang stage patterns)

OREGANO OIL FORMULA (for helicobacter pylori)

PEONY & ATRACTYLODES FORMULA (with spleen qi deficiency, dampness, and liver qi stagnation)

PORIA & BAMBOO FORMULA (with stomach/gallbladder disharmony, phlegm-heat and stagnation)

SAN QI FORMULA (controls bleeding)

TANG KUEI & PEONY FORMULA (with blood and spleen deficiency and liver/spleen disharmony)

UPPER RESPIRATORY INFECTION (See RESPIRATORY INFECTION)

URINARY BLADDER PAIN

CORYDALIS FORMULA (analgesic)

URINARY INCONTINENCE

ESSENTIAL YANG FORMULA (with kidney yang deficiency)

NOURISH ESSENCE FORMULA (with kidney yin and yang deficiency, liver yin deficiency)

SEA OF QI FORMULA (with spleen yang and kidney yang deficiency)

URINARY RETENTION

ESSENTIAL YANG FORMULA (with kidney yang deficiency)

HAWTHORN & FENNEL FORMULA (with obesity)

POLYPORUS & DIANTHUS FORMULA (with heat in the interior, or damp-heat)

PORIA FIFTEEN FORMULA (with obesity)

PORIA FIVE FORMULA (with retention of fluids)

REED & SEED FORMULA (inhibited or blocked, with damp-heat)

REHMANNIA & SCROPHULARIA FORMULA (with kidney yin deficiency heat)

REHMANNIA SIX FORMULA (with kidney and liver yin deficiency fire)

URINARY TRACT INFECTION

AMBER STONE-TRANSFORMING FORMULA (from bladder or kidney stones)

ANDROGRAPHIS FORMULA (with heat-toxin)

COPTIS RELIEVE TOXICITY FORMULA (with heat or fire)

ESSENTIAL YANG FORMULA (chronic, with kidney yang deficiency)

FOUR MARVEL FORMULA (with dampness and heat in the lower burner)

GENTIANA DRAIN FIRE FORMULA (acute, damp-heat)

POLYPORUS & DIANTHUS FORMULA (with heat in the interior, or damp-heat)

REHMANNIA & SCROPHULARIA FORMULA (with kidney yin deficiency heat)
Rehmannia Six Formula (with kidney and liver yin deficiency fire)
Two Immortals Formula (chronic, with kidney yin and yang deficiency, and flaring-up of fire)
Viola Clear Fire Formula (with heat-toxin)

Urination, Difficult
Bupleurum D Formula (with liver qi stagnation and cold in the lower burner)
Eleuthero Tablets (with stress, kidney and spleen deficiency, and stagnation)
Essential Yang Formula (with kidney yang deficiency)
Free & Easy Wanderer Plus (with liver qi stagnation and heat)
Hawthorn & Fennel Formula (with obesity)
Luo Bu Ma Formula (with liver heat or fire and dampness or phlegm)
Polyporus & DiAnthus Formula (dark, hot, with heat in the interior or damp-heat)
Poria Fifteen Formula (with obesity)
Poria Five Formula (with retention of fluids)
Prostate Formula (with prostate symptoms)
Reed & Seed Formula (inhibited, with damp-heat in any of the three burners)
Rehmannia & Scrophularia Formula (with kidney yin deficiency heat)
Rehmannia Cool Blood Formula (scanty, yellow, with heat in the blood)
Siler & Platycodeon Formula (for wind-heat with heat in the interior)
Tang Kuei & Peony Formula (with liver blood and spleen deficiency and dampness)

Urination, Excessive or Frequent
Essential Yang Formula (with kidney yang deficiency)
Jade Source Formula (with yin deficiency fire and deficient fluids)
Nourish Essence Formula (with kidney yin and yang deficiency, liver yin deficiency)
Prostate Formula (with prostate symptoms)
Sea of Qi Formula (with spleen yang and kidney yang deficiency)
Two Immortals Formula (with kidney yin and yang deficiency, and flaring-up of fire)

Urination, Nocturnal
Essential Yang Formula (with kidney yang deficiency)
Nourish Essence Formula (with kidney yin and yang deficiency, liver yin deficiency)
Prostate Formula (with prostate symptoms)
Sea of Qi Formula (with spleen yang and kidney yang deficiency)

Urination, Pain With (See also Urinary Tract Infection)
Amber Stone-Transforming Formula (from bladder or kidney stones)
Corydalis Formula (for pain and spasms)

Urticaria (See Hives)

Uterine Bleeding, Dysfunctional
Bupleurum & Tang Kuei Formula (with liver qi stagnation, liver blood and yin deficiency)
Chong Release Formula (with blood deficiency and stagnation)
Cinnamon & Poria Formula (with blood stasis)
General Tonic Formula (with qi and blood deficiency, and internal cold)
Ginseng & Astragalus Formula (with spleen and stomach qi deficiency)
Ginseng & Longan Formula (with spleen qi, heart qi, and blood deficiency)
Immortal Valley Formula (with dampness, heat, and blood stasis in lower abdomen)
Phlegm-Transforming Formula (with phlegm accumulation, deficiency, and qi or blood stasis)
Polyporus & Dianthus Formula (with heat in the interior or damp-heat)
San Qi Formula (stops bleeding)
Stasis-Transforming Formula (with qi and blood stasis, and damp-heat)
Tang Kuei & Salvia Formula (with blood deficiency and stagnation)
Women’s Precious Formula (with qi and blood deficiency)

Uterine Fibroids
Cinnamon & Poria Formula (with blood stasis)
Phlegm-Transforming Formula (with phlegm accumulation, deficiency, and qi or blood stasis)
Stasis-Transforming Formula (with qi and blood stasis, and damp-heat)

Vaginal Discharge
Astragalus Formula (clear or white, with cold and deficiency of middle burner)
Bupleurum & Tang Kuei Formula (white, with liver qi stagnation)
Coptis Relieve Toxicity Formula (with heat or fire)
Four Marvel Formula (with dampness and heat in the lower burner)
Free & Easy Wanderer Plus (yellowish, with liver qi stagnation and heat)
Ginseng & Astragalus Formula (with spleen and stomach qi deficiency)
Ginseng & Longan Formula (with spleen qi, heart qi, and blood deficiency)
Gentiana Drain Fire Formula (yellowish and/or foul-smelling, with damp-heat)
Immortal Valley Formula (with dampness, heat, and blood stasis in lower abdomen)
Reed & Seed Formula (yellowish and/or foul-smelling, with damp-heat)
Rejuvenation Formula (white, with kidney and spleen qi deficiency, and deficiency of yin, blood, and yang)
Sea of Qi Formula (clear or white, with spleen yang and kidney yang deficiency)
Seven Treasures Formula (profuse, white, or clear, with deficient jing and kidney and liver yin, and deficient blood)
Tang Kuei & Peony Formula (with liver blood and spleen deficiency, and dampness)
Women’s Precious Formula (with qi and blood deficiency)
Yin Valley Formula (with yin deficiency dryness, heat, and blood stasis)

Vaginal Yeast Infections (See Yeast Infection)
Vaginitis, Non-Specific
Four Marvel Formula (with dampness and heat in the lower burner)
Gentiana Drain Fire Formula (with damp-heat in liver)
Immortal Valley Formula (with dampness, heat, and blood stasis in lower abdomen)
Yin Valley Formula (with yin deficiency dryness, heat, and blood stasis)
VERTEBRAL SUBLUXATION
Bupleurum & Cinnamon Formula (with shaoyang patterns)

VERTIGO (See DIZZINESS)

VISION, BLURRED
Gastrodia & Uncaria Formula (with liver yang rising and liver wind)
He Shou Wu Tablets (with deficient blood, and kidney/liver yin deficiency)
Jing Qi Formula (with kidney, liver yin, and spleen qi deficiency, and liver qi stagnation)
Ming Mu Formula (liver and kidney deficiency with liver heat or internal wind)
Minor Bupleurum Formula (with shaoyang patterns)
Rehmannia Six Formula (with kidney and liver yin deficiency)
Tang Kuei & Salvia Formula (with blood deficiency)
True Yin Formula (with kidney and liver yin deficiency)
Zizyphus Formula (with liver and heart blood and yin deficiency)

VISION, SPOTS IN
Blood Palace Formula (with blood stasis in upper body)
He Shou Wu Tablets (with deficient blood, and kidney/liver yin deficiency)
Ming Mu Formula (liver and kidney deficiency, with liver heat or internal wind)
Tang Kuei & Salvia Formula (with blood deficiency)
True Yin Formula (with kidney and liver yin deficiency)
Women’s Precious Formula (with qi and blood deficiency)

VISUAL ACUITY, DECREASED
Jing Qi Formula (with kidney, liver yin and spleen qi deficiency, and constrained liver qi)
Ming Mu Formula (liver and kidney deficiency, with liver heat or internal wind)
Rejuvenation Formula (with kidney and spleen qi deficiency, and deficiency of yin, blood, and yang)

VOMITING
Agastache Tummy Syrup (with cold and dampness)
Bupleurum & Cinnamon Formula (with liver/spleen disharmony or concurrent taiyang and shaoyang patterns)
Chai Hu Shu Gan Formula (from liver qi stagnation)
Citrus & Pinella Formula (with phlegm-damp)
Coptis Relieve Toxicity Formula (with heat or fire)
Ease Digestion Formula (from wind, damp, stomach phlegm, or food stagnation)
Free & Easy Wanderer Plus (with liver/spleen disharmony, and heat)
Ji Xue Formula (from chemotherapy, with qi and blood deficiency and stagnation, heat-toxin, and dampness)
Linking Formula (of sour fluid, with yin deficiency, qi stagnation, and heat)
Lysimachia GB Formula (with damp-heat and constrained qi in the liver and gallbladder)
Minor Bupleurum Formula (with shaoyang stage patterns)
Pinella & Magnolia Bark Formula (with qi stagnation in stomach)
Poria Five Formula (immediately after drinking or with retention of fluids)
Poria & Bamboo Formula (with stomach/gallbladder disharmony, phlegm-heat and stagnation)
Resolve the Middle Formula (with damp turbidity and stagnation in the middle burner)
Shu Gan Formula (acute, with liver qi stagnation and phlegm)
Six Gentlemen Formula (with spleen and stomach qi deficiency, and phlegm or dampness)
Stomach-Harmonizing Formula (with food stagnation and heat)

VOMITING BLOOD
Coptis Relieve Toxicity Formula (with heat or fire)
Rehmannia Cool Blood Formula (with heat in the blood)
San Qi Formula (controls bleeding)

VULVAR ITCHING (See GENITAL ITCHING)

W
WALKING, DIFFICULTY
Course & Quicken Formula (with wind-dampness and blood stasis)
Du Huo & Loranthus Formula (with kidney and liver deficiency)
Ji Xue Formula (from neuropathy, with qi and blood deficiency and stagnation, heat-toxin, and dampness)

WARTS
Siler & Platycodon Formula (for wind-heat with heat in the interior)

WATER RETENTION (See EDEMA)
WEAKNESS, GENERALIZED OR AFTER SURGERY OR ILLNESS
Astragalus & Ligustrum Formula (to support normal qi)
Astragalus Formula (with cold and deficiency in the middle burner)
Eleuthero Tablets (with stress, kidney and spleen deficiency, and stagnation)
Essential Yang Formula (with kidney yang deficiency)
Five Mushroom Formula (general tonic for lung, kidney, liver, spleen, and immune system)
General Tonic Formula (with qi and blood deficiency, and internal cold)
Ginseng & Astragalus Formula (with spleen and stomach qi deficiency)
Ginseng & Longan Formula (with spleen qi, heart qi, and blood deficiency)
Ginseng Endurance Formula (with qi, blood, and yang deficiency)
Ginseng Nourishing Formula (chronic, with qi and blood deficiency, and emotional symptoms)
He Shou Wu Tablets (with deficient blood, and kidney/liver yin deficiency)
Ji Xue Formula (with qi and blood deficiency and stagnation, heat-toxin, and dampness)
Jing Qi Formula (with kidney, liver yin, and spleen qi deficiency, and liver qi stagnation)
Nourish Essence Formula (with kidney yin and yang deficiency, liver yin deficiency)
Sea of Qi Formula (with spleen yang and kidney yang deficiency)
Sheng Mai Formula (with lung qi or yin deficiency or with injury to yin from summer heat)
TANG KUEI & PEONY FORMULA (during pregnancy, with blood and spleen deficiency and dampness)
TANG KUEI & SALVIA FORMULA (with blood deficiency and stagnation)
WOMEN’S PRECIOUS FORMULA (with qi and blood deficiency)
ZHENG QI SUPPORT FORMULA (with weak wei qi, central qi and/or jin fluids)

WEIGHT GAIN (See OBESITY)

WEIGHT LOSS, UNINTENDED OR ABNORMAL
Baked Licorice Formula (with qi, blood, and yin deficiency)
Ginseng & Astragalus Formula (with spleen and stomach qi deficiency)
Ginseng Nourishing Formula (with qi and blood deficiency and emotional symptoms)
Jade Source Formula (with yin deficiency fire and deficient fluids)
Rejuvenation Formula (white, with kidney and spleen qi deficiency, and deficiency of yin, blood, and yang)
Salvia Ten Formula (with depression)

WHEEZING (See also ASTHMA)
Apricot Seed & Perilla Formula (from wind-cold)
Five Mushroom Formula (general tonic for lung, kidney, liver, spleen, and immune system)
Lily Preserve Metal Formula (with lung yin deficiency)
Ling Zhi Lung Formula (for kidneys not grasping lung qi, with phlegm)
Mulberry & Lycium Formula (with lung heat or fire)
Pinellia & Magnolia Bark Formula (with constrained qi and phlegm)
Restore the Lung Formula (with lung qi deficiency)

WHOOPING COUGH (See PERTUSSIS)

WORMS
Oregano Oil Formula

Y

YEAST INFECTION
Gentiana Drain Fire Formula (vaginal)
Intestinal Fungus Formula (intestinal)
Oregano Oil Formula (vaginal or intestinal)
Immortal Valley Formula (with dampness, heat, and blood stasis in lower abdomen)
GLOSSARY OF CHINESE MEDICAL TERMS USED

BLOOD DEFICIENCY—Clinical manifestations include: pale or sallow complexion, pale lips, dizziness, poor memory, dry eyes, blurring of vision, poor night vision, palpitations, insomnia, numbness of hands and feet, absent or scanty menstruation, a pale tongue and thready pulse.

BLOOD STASIS OR STAGNATION—Manifests in symptoms such as fixed, boring or stabbing pain, mass tumors which do not move, hemorrhage with dark blood and clots, purple lips and nails, purple blotches or bruises on skin, purple tongue and wiry, choppy or knotted pulse.

CHONG CHANNEL—Also called the Penetrating Vessel. Has a regulating effect on all twelve regular channels and regulates menstruation. Symptoms of this channel include menstrual irregularities, miscarriage, uterine bleeding, insufficient lactation, lower abdominal pain, and in men, seminal emission, impotence, prostatitis.

COLD—Caused by cold pathogenic factor or diminished vital function. Marked by intolerance of cold, fondness for warmth, loose bowels, pale tongue with white coating, slow pulse, etcetera.

COLD IN THE MIDDLE BURNER—Usually refers to cold in the spleen and stomach. Marked by cold and pain over the stomach, anorexia, abdominal fullness, belching, vomiting thin fluid, diarrhea, lassitude and cold limbs.

CONSTRAINED HEAT—Refers to heat generated by a heat pathogen that is lodged in a specific tissue. Clearing/draining actions are usually not enough. Constrained heat requires substances that disperse heat.

CONSTRAINED LIVER—(See LIVER QI STAGNATION)

DAMPNESS—Caused externally by damp pathogenic factor or internally by a dysfunction of the lung, spleen and/or kidney in promoting water circulation and distribution. Symptoms include heaviness in the limbs, headache as if the head were tightly bound, fullness in the chest, joint pains and swelling, diarrhea, abdominal fullness, sallow face, edema of the lower limbs, turbid discharges, etcetera.

DAMP-HEAT—A combination of dampness and heat, which produces varying symptoms depending on the part of the body affected. Symptoms include loss of appetite, nausea, vomiting, bitter taste and stickiness in the mouth, heaviness of the body and limbs, fullness of the chest, lassitude, jaundice, loose stool or diarrhea with blood or mucus, offensive odor of stool, burning in anus, abdominal pain and distension, eczema, swelling and burning pain in the testes, yellow foul-smelling leukorrhea, scanty yellow urine, frequency and/or urgency of urination, burning pain in the urethra, dribbling urination, turbid, deep yellow urine, red tongue with a sticky, yellow coating, and a rapid and slippery pulse.

DEFICIENCY—A general term referring to deficiency of vital energy and lowered body resistance. Some deficiency symptoms include: emaciation, listlessness, lassitude, shortness of breath, pallor, insomnia, poor memory, spontaneous and night sweating, nocturnal enuresis, pain alleviated by pressure, pale tongue, and a weak and thready pulse.

DEFICIENCY HEAT OR FIRE—Caused by a deficiency of yin; symptoms include afternoon or low grade fever, malar flush, dry mouth, insomnia with mental restlessness, anxiety, feverish sensations in the palms and soles, night sweats, constipation, concentrated urine, etcetera, red tongue with little coating, and a rapid, thready, and/or empty pulse.
**DISPERSION**–The action of scattering a concentration of a pathogen or dislodging the pathogen so it can be cleared out.

**DISTURBED OR UNSTABLE SHEN**–*Shen* is translated as “spirit.” It refers to the mind, consciousness, the force of the personality, and the connection to the spiritual aspects of humanness. When *shen* is disturbed or unstable, symptoms arise such as insomnia, unclear or muddled thinking, poor memory, restlessness, hysteria, incoherent speech, delirium, and mania.

**DRYNESS**–One of the six pathogenic factors which prevails in autumn or in dry climates. Dryness causes consumption of body fluids with symptoms such as red eyes, dry nose and throat, dry cough, dry skin, constipation, reduced urination, etcetera. Also an internal condition caused by impairment of yin.

**ENCUMBRANCE**–Refers to an accumulation, usually of dampness, damp-heat, or phlegm, which restricts the normal functioning of an organ.

**EXTERIOR (See also INTERIOR)**–Refers to the depth of disease. Exterior syndromes are caused by invasion of the six pathogenic factors, which first attack the superficial portions of the body. In general, these syndromes are of sudden onset and short duration. Chief symptoms include intolerance to cold or wind, fever, headache, nasal obstruction, and superficial pulse.

**ESSENCE (also known as Jing)**–Refers to the combination of the energy which makes up a person’s inherited constitution and the energy derived from food. It resides mostly in the kidneys and is the basis of growth, reproduction, and development. It is also the source of kidney qi and of constitutional strength. Deficiency of essence results in variety of symptoms such as stunted growth, poor bone development or bone deterioration, infertility, habitual miscarriage, loose teeth, hair falling out or prematurely graying, poor sexual function, impotence, weakness of knees, ringing in the ears, poor memory, poor concentration, dizziness, lowered body resistance, and chronic allergies.

**FIRE**–A severe form of internal heat. Fire is always associated with a specific organ (e.g., heart/pericardium, liver/gallbladder, lung, stomach, or spleen) and always flares upward. Manifestations include: high fever, restlessness, insomnia, mania, delirium, thirst, sweating, mouth and tongue ulcers, swollen and painful gums, headache, and congestion of the eyes.

**FOOD STAGNATION**–Symptom pattern includes: stomach pain and distension, loss of appetite, foul belching, acid regurgitation, vomiting. Tongue may have a thick, sticky coating.

**HEART BLOOD DEFICIENCY**–Symptom pattern includes: palpitations, giddiness, pallor, insomnia, forgetfulness, pale, thin tongue and a fine and weak pulse.

**HEART QI DEFICIENCY**–Symptom pattern includes: palpitations, shortness of breath on exertion, spontaneous sweating, pale, thin tongue, and a fine, weak or irregular pulse.

**HEART YIN DEFICIENCY**–Symptom pattern includes: mental irritability, palpitations, low fever, night sweats, flushed cheeks, thirst, dry, red tongue, and a fine, rapid pulse.

**HEAT**–Caused by pathogenic heat or by excessive vital function. Marked by feverishness, flushed face, thirst, craving for cold drinks, constipation, red tongue with yellow coating, rapid pulse.
HEAT IN THE BLOOD—Marked by restlessness or mania, feeling of heat, skin diseases with red eruptions, ecchymosis, mouth ulcers, itching, excessive menstrual bleeding, hemorrhage, dry mouth, red tongue, rapid pulse.

HEAT-TOXIN—Refers to toxic heat generated by viral or bacterial infection.

INTERIOR (See also EXTERIOR)—Refers to the depth of the disease. Interior syndromes are mostly severe or chronic and deep. In interior diseases the pathogenic factors are on the interior of the body and attack the organs.

JING (See ESSENCE)

KIDNEY YANG DEFICIENCY—Symptom pattern includes: pallor, lassitude, aversion to cold, cold limbs, soreness and weakness of the lumbar region and knee joints, nocturnal urination, impotence, infertility, dizziness, ringing in the ears, a pale tongue with white coating, and a deep, weak pulse.

KIDNEY YIN DEFICIENCY—Symptom pattern includes: low back pain, weak knees, lassitude, general weakness, vertigo, ringing in the ears, thirst, flushed cheeks, insomnia, mental irritability, afternoon fever, night sweats, hot flashes, nocturnal emissions, yellow urine, constipation, red tongue with little coating, and a thready, rapid pulse.

LARGE INTESTINE DAMP-HEAT—When damp-heat invades the large intestine there is hot, foul smelling diarrhea that may also contain blood and/or mucus. It is an acute condition usually arising from contaminated food or water.

LIVER BLOOD DEFICIENCY—Symptom pattern includes: sallow face, blurring of vision, dry eyes, spasms of muscles and tendons, dizziness, mental irritability, insomnia, absent or scanty menstruation, prolonged menstrual cycle, pale tongue or lips, and a thready or choppy pulse.

LIVER FIRE—Symptom pattern includes: dizziness, headache, flushed face, red eyes, bitter taste in the mouth, mental irritability, and anger outbursts. In severe cases, symptoms include: mania, nosebleed, blood in the urine or coughing blood, a scarlet red tongue on tip and sides, with yellow coating, and a wiry and rapid pulse.

LIVER HEAT—Marked by mental irritability, bitter taste in mouth, thirst, etcetera. Similar to Fire but not as severe.

LIVER QI STAGNATION—Clinical manifestations include: irritability, tendency to anger, dizziness, abdominal and hypochondriac pain and distension, fullness in chest, excessive sighing, breast distension, belching, loss of appetite, nausea, sensation of a foreign body in throat, menstrual disorders, and a wiry pulse.

LIVER/SPLEEN DISHARMONY—Pattern includes: abdominal pain and distension, diarrhea or loose stool, belching, vomiting, and acid regurgitation.

LIVER WIND—Usually resulting from liver fire or deficient blood, symptoms include: dizziness and vertigo, convulsions, tremors, spasms and numbness.

LIVER YANG RISING—Clinical manifestations include: headache with distending sensation in the head, dizziness and vertigo, ringing in the ears, flushed face, red eyes, irritability, insomnia with dream-disturbed sleep, palpitations, poor memory, red tongue, and a tight and rapid pulse.

LIVER YIN DEFICIENCY—Symptom pattern includes: dizziness, headache, ringing in the ears, blurred vision, dry eyes, insomnia, night sweats, feverishness in palms and soles, thirst, dry throat, red tongue with little coating, and a thready and taut pulse.

LUNG HEAT—Marked by cough with thick or yellow phlegm, pain in the chest, and shortness of breath.
LUNG QI DEFICIENCY—Often manifests as chronic weakness in the lungs with weak cough, weak voice, and is often associated with a low immune system. Lung qi deficiency can be congenital, the result of long-term or severe illness that has taxed the qi, or it can be part of a generalized qi deficiency.

LUNG YIN DEFICIENCY—Clinical manifestations include symptoms such as: dry or blood tinged cough, or cough with a small amount of sticky sputum, dryness of the mouth and throat, afternoon fever, malar flush, night sweats, feverishness in palms and soles, red tongue with little coating, and a thready and rapid pulse.

MIDDLE QI DEFICIENCY (Also called Deficiency of the Middle Burner)—Refers to deficiency of qi of the spleen and stomach, resulting in hypo-function of those organs, digestive disorders, weakness etcetera. (See also SPLEEN AND STOMACH QI DEFICIENCY)

NORMAL QI—Body energy made up of qi inherited from parents, qi from food, and qi from air. Responsible for the movement, functioning and warmth of the body, and for protection from disease.

PAINFUL OBSTRUCTION—Obstruction of vital energy and blood flow, usually bringing on pains, specifically arthritis; due to wind, cold, and dampness blocking the channels of the limbs.

PATHOGENIC FACTORS—The causes of disease. Pathogenic factors include wind, cold, dampness, heat, dryness, and fire. These can be of exterior origin (related to extreme or sudden climatic changes such as invasion by wind-cold) or they can be internally generated, such as liver-wind.

PHLEGM—Results from an accumulation of bodily fluids due to a dysfunction of the lung, spleen, and kidney and impairment of water metabolism. Clinical manifestations are many and vary depending on the area of the body affected. Symptoms can include cough with profuse sputum, wheezing, fullness in the chest, palpitations, coma, manic-depressive disorders, lymph node swelling, nodules under the skin, dizziness, blurred vision, sensation of a foreign body in the throat, edema, general body aching and heaviness, nausea, vomiting of sticky fluid, borborygmus, stomach and abdominal discomfort.

PHLEGM-HEAT—Often seen in lung or stomach patterns, clinical manifestations include: yellow-sticky phlegm, barking cough with profuse yellow or green sputum, fullness in the chest, wheezing, dry mouth and lips, restlessness, red tongue with a sticky, yellow coating, and a rapid and slippery pulse.

PROTECTIVE QI (See WEI QI)

QI DEFICIENCY—Symptoms include: general weakness, lethargy, shortness of breath, weak voice, spontaneous sweating, loss of appetite, abdominal distension, loose stool, frequent urination, palpitations, pale tongue, and an empty pulse.

REN CHANNEL—Also known as the Conception Vessel, this channel has a regulating effect on all yin channels of the body. It regulates menstruation and nurtures the fetus. Symptoms of the ren channel include menstrual irregularities, white vaginal discharge, miscarriage, infertility, abdominal masses, enuresis.

SHAOYANG STAGE DISORDER—Refers to an intermediate stage of an illness where the pathogenic factors remain between the exterior and the interior. Pathological manifestations include: alternating chills and fever, fullness in the costal and hypochondriac regions, lack of appetite, mental restlessness, vomiting, bitter taste in mouth, dry throat, blurring of vision, and a tight pulse.
**SHEN** (See DISTURBED OR UNSTABLE SHEN)

**SPLEEN DAMPNESS**—Symptoms include: lack of appetite, sticky taste in the mouth or loss of sense of taste, nausea, fullness in the chest and abdomen, feeling of heaviness, loose stool, headache as if head were bound, sticky tongue coating, and a slippery pulse.

**SPLEEN QI DEFICIENCY**—Clinical manifestations include: sallow complexion, emaciation, tiredness, dislike of speaking, reduced appetite, abdominal distension, loose stool, prolapse, pale tongue with a thin, white coating, and an empty, weak, or thready pulse.

**SPLEEN YANG DEFICIENCY**—Symptom pattern includes: abdominal distension which is worse after eating, dull abdominal pain which improves with warmth and pressure, loose stool, pallor, cold limbs, poor appetite, pale tongue with white coating, and a deep and slow pulse.

**STOMACH FIRE**—Refers to two very different phenomena: 1) It is the warming and transforming power that the stomach contributes to digestion; 2) it is a pathological condition of organ fire that cause bleeding gums and or toothache. This second condition can be accompanied by other heat signs and even shen disturbance.

**STOMACH PHLEGM**—Symptoms include: nausea, vomiting of sticky fluid, stomach and abdominal fullness and discomfort, borborygmus, sticky tongue coating, and a slippery pulse.

**STOMACH QI DEFICIENCY**—Clinical manifestations include: uncomfortable feeling in the stomach, no appetite, lack of taste sensation, loose stool, tiredness (especially in the morning), weak limbs, pale tongue, and a weak and empty pulse (especially in the middle position of the right hand).

**STOMACH YIN DEFICIENCY**—Refers specifically to a deficiency of stomach fluids. When these fluids are deficient, signs and symptoms may include chronic digestive disturbance in the epigastrium, and dry mouth and throat. There will typically be scant dry coating on the tongue or no coating at all, since the tongue coating is generated by the stomach qi and consists of stomach yin.

**SUMMER HEAT**—One of the six pathogenic factors. Pathogenic summer heat is caused by prolonged exposure to blazing sun on hot days or to a hot room with poor ventilation. Summer heat consumes qi and yin and may disturb the mind. Symptoms include: excessive sweating, thirst, shortness of breath, lassitude, and concentrated urine; and in extreme cases, fever, restlessness, red, dry skin, and delirium or coma. May combine with damp to produce dizziness, heaviness in the head, stifling sensation in the chest, nausea, poor appetite, diarrhea, and general sluggishness.

**TURBIDITY**—Murky fluids due to weak transformation/transportation function of the spleen or to ingestion of spoiled food, too much alcohol, etcetera. Often associated with dampness.

**WEI QI**—Refers to defensive energy, which protects the body from invasion by external pathogenic factors.

**WIND**—One of the six pathogenic factors. External wind is usually combined with one of the other pathogenic factors (cold, heat, dampness, and dryness), which depend on wind to invade the body. Symptoms of external wind include: headache, stiff neck, nasal obstruction, sneezing, itching or pain in the throat, facial puffiness, aversion to wind, joint pains, and a superficial pulse. Internal or endogenous wind
causes symptoms such as headaches, stiff neck, irritability, dizziness, fainting, high fever, delirium, coma, convulsions, tremors, tics, blurred vision, numbness, facial paralysis, and wandering pains.

**WIND-COLD**—Symptoms include: aversion to cold, shivering, sneezing, cough, runny nose with watery or white discharge, slight fever or no fever, neck pain and stiffness, normal tongue (normal color, thin, white coating), and a tight and superficial pulse.

**WIND-HEAT**—Symptoms are similar to those above except with symptoms of heat such as fever, yellow mucus, sore throat, swollen tonsils, thirst, sweating, tongue is red on the tip or sides, with a thin, white, or yellowish coating, and pulse is floating and rapid.

**WIND-DAMP**—Symptoms include: itchy skin, rashes, hives, fever, aversion to cold, sweating, neck pain and stiffness, body aches and heaviness, swollen joints, and a superficial and slippery pulse.

**GLOSSARY SOURCES**


**REFERENCES**


