Bu Zhong Yi Qi Pian (pian means pills)
Bu Zhong Yi Qi Wan (Bu Zhong Yi Qi Pian, Bu Zhong Yi Qi Tang, QiVive™, 补中益气片) is a highly regarded ancient Chinese herbal formula made from a combination of Astragalus and Ginseng. Today, it is widely used to replenish the body's Qi and to promote physical strength. In traditional Chinese medicine, Qi is the principle of vital energy. A diminished Qi can be shown as fatigue, tiredness, shortness of breath, or organ prolapse. Qi weakness can be caused by age, stress, overwork, and chronic illnesses.

In Traditional Chinese Medicine (TCM), Bu Zhong Yi Qi Wan can nourish the spleen and promote Qi due to the Qi deficiency. The central Qi provides the vital energy of the body including the internal organs and physical activities. When Qi is weak, the organs like stomach, uterus, and rectum fail to support themselves and thus droop; the body loses the physical strength and shows fatigue, tiredness, weakness, laziness of speech.

Bu Zhong Yi Qi Wan is indicated in China Pharmacopoeia1 for replenishing Qi, elevating the spleen Yang to cure drooping; for fatigue and lack of physical strength; for prolapse of internal organs such as rectum prolapse, uterus prolapse, and stomach prolapse.

Modern biomedical studies have found many beneficial actions of Bu Zhong Yi Qi Wan that support its traditional use. Bu Zhong Yi Qi Wan can increase the activity of natural killer cells in the blood and increase the serum level of interferon-gamma (IFN-g), which are crucial in our body's defense against pathogens, and thus Bu Zhong Yi Qi Wan enhances the immune function and protects the body from infections of bacteria and virus and from immunosuppression due to radiotherapy, chemotherapy, or stress in animal and human2-5. In controlled human trials, Bu Zhong Yi Qi Wan can significantly improve the symptoms of chronic fatigue syndrome after 8 to 12 weeks of administration, including the intensity and frequency of fatigue occurrence. When Bu Zhong Yi Qi Wan is applied as adjuvant therapy of cancer patients before and after chemotherapy and surgery, the patients showed improved fatigue and tiredness, improved appetite and diarrhea, better spirit and recovery compared to the controls.

A proprietary blend of
Radix Astragali Membranacei (Huang Qi)
Radix Codonopsis Pilosulae (Dang Shen)
Radix Angelicae Sinensis (Dang Gui)
Rhizoma Atractylodis Macrocephalae (Bai Zhu)
Pericarpium Citri Reticulatae (Chen Pi)
Rhizoma Cimicifugae (Sheng Ma)
Radix Bupleuri Chinensis (Chai Hu)
Radix Glycyrrhizae Uralensis (Gan Cao)
Rhizoma Zingiberis Officinalis Recens (Sheng Jiang)
Fructus Jujubae (Da Zao)

At a true 5:1 concentration, both products represent the most potent form of Bu Zhong Yi Qi Pian (Tang/Wan) on the market. One tablet or pill is equal to 1 gram of raw herb. Both tablets and pills have the same formulation.

Bu Zhong Yi Qi Pian tablets are made with 100% natural herbs that are tested for authenticity, quality, and potency. A traditional water decoction is prepared with the herbs to reproduce the time-tested efficacy of the formula, and this water decoction is concentrated with our proprietary technology to form a potent extract that is made into easily absorbed tablets, which are remarkably effective, easy to use, and safe. The tablets are produced by Guang Ci Tang® in our state of the art cGMP-certified facility and imported in accordance with U.S. FDA guidelines. When you choose Guang Ci Tang® products, you are taking advantage of a wonderful fusion of science and tradition that incorporates the highest standards in the field of Chinese medicine today.

Take 5 tablets or pills 2 to 3 times daily. One bottle lasts users about 2 to 3 weeks.

The dose may be doubled for a quicker and stronger response as needed (e.g., in an acute phase or with heavy body weight).
As the herbal formula is a mild tonic, results may only be noticeable after 1 month. It is suggested to take 4 to 6 bottles in full dose as the first regimen. The dose may then be reduced.

**Differentiation in Usage**
Both Bu Zhong Yi Qi Tang and Si Jun Zi Tang are used for replenishing Qi. But Si Jun Zi Tang is more for Spleen Qi deficiency leading to digestive problems like poor appetite and pale face etc whereas Bu Zhong Yi Qi Tang for Qi deficiency leading to fatigue and lack of physical strength etc.
Side Effects
Bu Zhong Yi Qi Wan has been safely used by millions of people with few adverse effects when taken as directed.

Warning

Precaution
1. Do not use it if you are taking cold medicines.
2. Do not use it if you have hypertension.
3. Consult your herbalist or physician before use if you are taking other medicines.
4. If any adverse symptom occurs like headache and dizziness, discontinue use.
5. Keep out of reach of children.

Gui Pi Pian
In Traditional Chinese Medicine (TCM), the heart controls the blood and stores Shen (the spirit), the spleen absorbs the nutrients from food and transport them to the blood. In Traditional Chinese Medicine (TCM), the Heart controls the Blood and stores Shen (the Spirit), and the Spleen absorbs the nutrients from food and transports them to the Blood. When the Heart function is weak, one may develop anemia, insomnia, forgetfulness, palpitations, and a pale complexion. When the Spleen function is weak, digestion is impaired, the Blood is not well nourished and may not be hold well in the blood vessels, which may increase the tendency to bleed.

Gui Pi Pian (Wan) strengthens the spleen and the heart, nourishes blood and Qi, and calms the mind.† How it acts in modern biochemical terms is not yet understood. Gui Pi Wan has been indicated in China Pharmacopoeia1 for use in heart and spleen deficiency, palpitation, short of breath, insomnia, forgetfulness, difficulty focusing, dizziness, weakness, and poor appetite. † Below are highlights of some applications of Gui Pi Wan from published and unpublished studies.

• Insomnia, forgetfulness, and other complaints due to overwork, study, or mental stress. Subjects may feel overwhelmed by work, have trouble falling asleep, forgetful, difficulty focusing, restless sleep, fatigue, and experience
a loss of appetite. In a clinical study involving 100 such cases, improvement was observed in 91 cases after the subject took Gui Pi Tang.2
• Anemia. In a study, 24 out of 24 aplastic anemia patients showed improved level of hemoglobin.2
• Platelet reduction (Purpura). Platelet counts were restored in 25 out of 35 cases in a study. 2

A proprietary blend* of
Sclerotium Poriae Cocos (Fu Ling)
Rhizoma Atractylodis Macrocephalae (Bai Zhu)
Semen Ziziphi Spinosae (Suan Zao Ren)
Radix Astragali Membranacei (Huang Qi)
Radix Codonopsis Pilosulae (Dang Shen)
Arillus Euphoriae Longanae (Long Yan Rou)
Fructus Jujubae (Da Zao)
Radix Angelicae Sinensis (Dang Gui)
Radix Polygalae Tenuifoliae (Yuan Zhi)
Radix Glycyrrhizae Uralensis (Gan Cao)
Rhizoma Zingiberis Officinalis Recens (Sheng Jiang)
Radix Aucklandiae Lappae (Mu Xiang)

The standard dosage for Gui Pi Pian (Wan) is 6 tablets or pills taken 2 to 3 times daily with or before meals. One bottle lasts users 11 to 17 days.

Gui Pi Pian (Wan) is a mild tonic and therefore it takes time before its effects become apparent. It may take one month or more before symptoms begin to improve. An initial course of treatment is suggested as 4 - 6 bottles taken at the full dose.

**Differentiation in Usage**
Gui Pi Wan is similar to Tian Wang Bu Xin Wan and Te Xiao Zao Ren An Mian Wan in use for insomnia and palpitation. Gui Pi Wan is more suitable when tiredness, pale face, short of breath, or poor appetite also occur. Te Xiao Zao Ren An Mian Wan is more suitable when night sweats or dizziness also occur. Tian Wang Bu Xin Wan is more suitable when dreaminess, emission, constipation, oral ulcer occur.

No precautions noted.
Feng shi xiao tong pian
Feng Shi Xiao Tong Pian (Feng Shi Xiao Tong Wan, ArthritEZ™, 风湿消痛片) is an all natural herbal supplement that dispels Wind and Cold, promotes Blood circulation, and is traditionally used for arthritis and joint pain.†

Jiang ya Pian (hypertensure)
Jiang Ya Pian (Jiang Ya Wan, HypertenSure™, 降压片), is an all natural Chinese herbal supplement that calms the Liver and subdues the Yang to help maintain healthy blood pressure.

Blood pressure is a measure of the force of blood against the walls of the arteries as the heart pumps. It rises when the heart beats and falls when the heart relaxes between beats. Such a pumping cycle normally generates blood pressure at the reading of less than 120/80 mm Hg. However, if the reading goes higher and reaches 140/90 mmHg, it is considered high blood pressure or Hypertension. Most of the time, high blood pressure is asymptomatic. Occasionally there may be headaches, changes in vision, nosebleed, dizziness, nausea or vomiting. Elevated blood pressure is an important risk factor for stroke, heart attack, heart failure, etc. Blood pressure is influenced by many factors including electrolyte balance, hormones, medications, stress, diet, lifestyle and certain medical conditions such as diabetes.

From the perspective of traditional Chinese medicine (TCM), rising blood pressure often falls into a pattern called "Ascendant Liver Yang" or ascendant hyperactivity of liver yang, which is often associated with headaches, dizziness, tinnitus, sensation of swelling in the eyes, irritability, insomnia, or palpitations. The TCM pattern results from an imbalance of Yin and Yang in which Yin is weakened and cannot hold Yang in the Liver in balance and causes the Yang uprising. Therefore, a main principle in TCM to address rising blood pressure is to calm the liver, subdue the errant Yang, and simultaneously enrich the Yin.

HypertenSure™ is Guang Ci Tang's signature formula that works to maintain a healthy blood pressure. This Chinese herbal supplement is recommended for blood pressure elevation due to Liver Yang rising, and in cases where Heat is evident (especially of the Liver) such as a red tongue and a rapid pulse.
Jiang Ya Pian is composed of 11 herbs which act together to calm the liver, subdue the Yang, enrich the Yin, and regulate blood pressure as detailed below.

**Huang Qin** (Scutellaria) clears heat especially from the upper body and has been shown to lower blood pressure by causing dilation of the blood vessels.1 **Zhi Zi** (Gardenia) clears heat and sedates fire and also has anti-hypertensive properties. **Long Dan Cao** (Gentiana) clears heat and anchors Liver Yang. **Zhen Zhu Mu** (Pearl shell) calms the Liver and anchors the Yang. In addition, it settles the Shen (spirit) to help with insomnia and irritability.

**Xia Ku Cao** (Prunella) clears Liver fire and acts as an anti-hypertensive by inducing vasodilation,2 similar to Huang Qin. **Huai Mi** (Sophora) is used here in conjunction with Xia Ku Cao to sedate Liver fire, and it also lowers cholesterol and possesses anti-hypertensive properties.

**Mu Dan Pi** (Mouton) clears heat due to Yin deficiency or heat in the blood level and also treats Liver Yang rising/Liver fire. Studies show that Mu Dan Pi is empirically effective at lowering blood pressure.3 **Dan Shen** (Salvia root) is a key blood invigorating herb which regulates blood circulation, cools the blood and is prized for its ability to treat chest pain.4 It is also shown to regulate blood pressure. Similarly, **Niu Xi** (Achyranthis root) nourishes the Liver and Kidneys, activates the blood and eliminates stasis but has the added effect of directing fire downwards and reducing blood pressure.

**Zhi Mu** (Anemarrhena) clears heat and sedates fire but also nourishes Yin and protects fluids, and clears deficiency fire. **Sheng Di Huang** (Rehmannia root) nourishes Yin, Blood and Essence (Jing) and has a marked effect at lowering blood pressure and cholesterol. Their inclusion in the formula is also very suitable for those who undergo menopause.

7 pills two or three times daily before meals

Patients with severe hypertension should be referred to an MD.

**JING KUI SHEN QI PIAN**
Also known as ba wei di huang and Rehmannia eight

Very important formula for the elderly men.

Rehmannia eight, 金匮肾气片) is among the most regarded ancient Chinese herbal formulas. Today, it is most widely used to nourish Yang of
the Yin-Yang principles. In traditional Chinese medicine, Yang is the masculine and positive principle of Yin-Yang whereas Yin is the feminine and negative principle. A robust interaction and balance of Yin-Yang forms the basis of good health. A diminished Yang can exhibit itself as soreness in the lower back, cold feeling in the lower part of the body, pale complexion, impotence, premature ejaculation, etc. Yang declines with age, sexual activity, or chronic disease. It was originally prescribed for very young children with developmental disorders.

A proprietary blend of
Radix Rehmanniae Preparata (Shu Di Huang)
Fructus Corni officinalis (Shan Zhu Yu)
Rhizoma Dioscoreae Oppositae (Shan Yao)
Cortex Moutan Radicis (Mu Dan Pi)
Sclerotium Poriae Cocos (Fu Ling)
Rhizoma Alismatis Orientalis (Ze Xie)
Cortex Cinnamomi Cassiae (Rou Gui)
Radix Aconiti Lateralis Preparata (Zhi Fu Zi)
Radix Achyranthis Bidentatae (Niu Xi)
Radix Polygoni Multiflori (He Shou Wu)
Fructus Lycii Chinensis (Gou Qi Zi)
Fructus Schisandrae Chinensis (Wu Wei Zi)

This version is augmented with the addition of the last four herbs.

Take 5 tablets 2 or 3 times daily.

Do not use during pregnancy

Precaution
1. Do not use it if dry mouth, thirst, or dry stool occurs as a symptom in your applicable conditions of diabetes, nephritis, hypertension, or heart disease.
2. Consult your herbalist or physician before use if you are taking other medicines.
3. If any adverse symptom occurs like appetite loss, discontinue use.

Kang Zhong Pian (Tumoclear)
Michael’s experience: It may be had to believe that a small bottle consisting of a few herbs can actually be an effective treatment for cancer. I have been giving it to a patient with diagnosed lymphomas that have appeared at several areas of her body. This formula along with ganoderma has shrunk or resolved most of the lumps where they are of no more concern – this is based on her oncologist’s evaluation as well as our own.

HOWEVER ONE CAN GET INTO SERIOUS TROUBLE TREATING CANCER. WE NEED TO VIEW OUR ROLE AS COMPLEMENTARY AND STRONGLY RECOMMEND PATIENTS TO BE UNDER THE CARE OF A MEDICAL DOCTOR OR ONCOLOGIST. I RECOMMEND AS A LOCAL DOCTOR, DR. RESNICK SANNES 438-5222 LOCATED IN SCOTT’S VALLEY. Feel free to recommend anyone you may know but having an md referrals. referral is essential to our work.

Be Sure that you write on their intake that you recommended them to a medical doctor. This is a good idea to do for any condition that appears life threateningly serious.

Tumoclear™ (Kang Zhong Pian, 抗肿片) is a Chinese herbal medicine specially formulated for tumor defense. The herbal remedy is composed of multiple Chinese herbs that have been shown in studies to support the body’s ability to fight various tumors.†

In Traditional Chinese Medicine (TCM), many Chinese herbs have been reported to treat tumor cells in various clinical settings. Tumoclear has a unique combination of the following Chinese herbs.

Herba Sarcandrae (Zhong jie feng, Cao shan hu, Sarcandra glabra): Sarcandra has been used traditionally to disperse pathogenic wind and remove blood stasis. Modern studies have revealed its antitumor properties.† It was shown to modestly inhibit the growth of the implanted S180 sarcoma or HepA tumor in mice and prolong their survival. When administered together with chemotherapy drugs like CTX, 5-Fu, ADM or radiotherapy 60Co, Sarcandra can increase their antitumor efficacy in the range of 11.17% to 39.80%. In a small clinical trial of 14 acute leukemia patients with Sarcandra, 4 patients had a complete remission and 6 a partial remission. Relapse was observed after the withdrawal of Sarcandra.
No significant side effect was noticed during the trial. In a separate trial of 373 patients with various late stage tumors using Sarcandra, 53.9% patients showed improvement, of which 15.7% showed marked improvement. Among the types of cancers that better responded to the treatment are pancreatic cancer, colon cancer, liver cancer, esophageal cancer, and leukemia.

Herba Scutellariae Barbatae (Ban zhi lian, Portulaca grandiflora): The Chinese herb Ban zhi lian has been long used to treat various tumors in Chinese Medicine. In recent years it has been shown to inhibit the growth of several lines of tumour cells in implanted mice and in petri dish. In clinical studies, Chinese herbal formulas that include Ban zhi lian as a major ingredient have been used with various successes in treating many types of malignant tumours such as liver cancer, stomach cancer, colon cancer, lung cancer, esophageal cancer, malignant ascites, and breast cancer in Chinese hospitals.

For example, in a trial involving 136 breast cysts, 44 (32%) showed remission, 42 (31%) marked improvement, 30 (22%) improvement, 20 (15%) had no improvement. No significant side effect was noticed. In USA, a Ban zhi lian herbal preparation is now being approved by FDA for phase II trial of stage IV metastatic breast cancer, as reported in an Oct 15, 2007 Time magazine article.

Herba Salviae Chinensis (Shi jian chuan): Salvia chinensis is another Chinese herb that is often used in Chinese herbal medicines for treatment of cancers in China. It is normally included in combination with other Chinese herbs. The types of cancers treated include liver cancer, stomach cancer, colon cancer, lung cancer, esophageal cancer, and nasopharynx cancer. For example, in one study of 158 late stage stomach cancer, one Salvia chinensis-containing herbal formula was used along with chemotherapy for 1 to 2 years, the 3, 5, and 10 years' survival rate are 41.07%, 30.36% and 12.5% in the first group of 56 patients, and the 3 years' survival rate is over 50% in the second group of 102 patients with the best result seen in the combination with 5-Fu chemotherapy.

Semen Coicis Lachryma-Jobi (Yi yi ren, Job's tears, semen coicis): Coix is a maize-like seed traditionally consumed in China and is often a component of anticancer Chinese herbal formulas in China. A Coix preparation named Kanglaite is now among the best selling anticancer drugs in China. The
Coix preparation has been approved by FDA for a phase II trial to test its efficacy in treating non-small-cell lung cancer in USA. Studies have suggested that the Coix preparation may enhance the efficacy of chemotherapy and reduce side effects such as fatigue, nausea, and hair loss, as discussed by a Science magazine news focus. 4 †

Case Reports
(Case reports are provided to have a better understanding of the product. Please be aware that the info was received from acupuncturists/ Chinese medicine doctors and was not reviewed by FDA. Drs. Gu from California and Lei from Arkansas contributed to the cases).†
1. Female breast cancer patient, 45 years old. Blood test indicates a cancer cell index was as high as 22. Patient came to my office for TCM treatment because she does not want to go through surgery and chemotherapy treatment. I prescribed Tumoclear tablets for her to take orally and provided acupuncture and Qi-gong treatments. Her tumor was reduced in size significantly and the cancer cell index went down from 22 to 8. She has not undergone the excision surgery to date. Her condition is under the control completely.†
2. Late stage lung cancer patient, Female, 70 years old. Patient was diagnosed to have only 3-month time to live by Western medicine doctors. She had to take morphine to reduce the agonizing pain but with unsatisfactory results. After visiting our place, taking Tumoclear tablets and receiving acupuncture and Qi-Gong treatments, she reported her pain was reduced greatly. Tumoclear does have the analgesic and stabilizing effects. The patient eventually died after 9 months. Her family was grateful that her pain was reduced and she passed away very peacefully.†
3. Male patient, with metastatic Nasopharyngeal Carcinoma spreading to the brain. He was diagnosed by Western medicine doctors to have a 6-month survival time. Prescribed a large dose of Tumoclear from the start of the treatment. It has been more than two years since and his cancer is under control. He has been taking Tumoclear continuously under my supervision.†
4. Female patient, 20 years old at the time of visit, had Pharyngeal cancer. Patient had gone through chemotherapy but the cancer relapsed. She had a whole body edema, accompanied by the jaundice. Prescribed Tumoclear at large doses from the start of the treatment in conjunction with Guang Ci Tang’s Qin Dan Hua Shi Pian. Also provided acupuncture and Qigong treatments. Now at age of 24, her cancer is completely under control.†
5. Male, 45-year old, with pancreatic cancer. He had gone through chemotherapy treatment for approximately half a year without achieving apparent results. The size of the tumor was not reduced and at about 1.5cm. After coming to my clinic, she had since stopped the chemotherapy. Prescribed Tumoclear and Reishi (Ganoderma japonicum) in conjunction with acupuncture treatment. After three weeks treatment, the tumor had been reduced in size from 1.5cm to 0.3cm.†

6. Female, 55 years old, with metastatic lung cancer spreading to the cerebrum. She did not undergo chemotherapy or radiotherapy and instead chose to receive TCM treatment at my clinic. Prescribed Tumoclear and Reishi (Ganoderma japonicum) in conjunction with acupuncture treatment. After five weeks treatment, the brain tumor had disappeared from a size of 0.9cm at the onset.†

Dose: 6 tablets 2 to 3 times daily

It may occasionally cause loose stool

**Precaution**

1. Because of the nature of the underlying concern, we strongly suggest customers consult your herbalist or physician before use. In order to make an informed decision and make it an option of alternative treatment, please present all the information for discussion.
2. Strongly suggest the use under the supervision of your physician or acupuncturist.

**Si Wu Tang (Dang Gui four)**

One of the most frequently used formulas it tonifies blood while Four Gentlemen (si junza tang) tonifies qi. Often the two are taken together and the formula is combination is called ba zhen wan) or 8 precious herbs. Si Wu Tang Pian (Si Wu Tang Wan, Tonics4™, 四物汤片) is a well regarded ancient Chinese medicine used to enrich the Blood and regulate menstruation.† The herbal supplement is a fundamental Blood tonic formula that is prized throughout East Asia. From the perspective of Traditional Chinese Medicine (TCM), general signs of blood deficiency include dry skin, pale complexion, insomnia, irregular menstrual cycles with scanty flow, dizziness, vertigo, constipation and/or
fatigue. Blood deficiency is particularly common in women due to the loss of menstrual blood. Si Wi Tang Pian strongly addresses blood deficiency, with emphasis on Liver blood.

The Liver in TCM is responsible for maintaining a normal menstrual cycle. Si Wu Tang Pian is particularly suited to cases of chronic blood deficiency with menstrual irregularities, which may even include infertility. Si Wu Tang Pian regulates the Chong Mai and Ren Mai, major meridians associated with fertility. The Heart also depends on sufficient nourishment from Liver blood, whose deficiency is often the cause of palpitations and insomnia. Si Wu Tang Pian is an important formula in cases presenting with the above symptoms and a pale tongue and a thin pulse. Blood stasis commonly develops in cases of blood deficiency, and may be evidenced by a thin-choppy or thin-wiry pulse. With the appropriate presentation, this formula may be used for such conditions as anemia, menorrhagia, postpartum fatigue/weakness, threatened miscarriage, insufficient lactation, periumbilical pain and generalized muscle tension.

Si Wu Tang Pian is an elegant, foundational blood tonic formula composed of just four Chinese herbs. The herbs in this formula fall into two groups, based on the role they play in the formula. The first group, consisting of Shu Di Huang (Rehmannia root) and Bai Shao (Peony), directly tonify the blood. Shu Di Huang has a powerful tonifying effect on the blood and Yin, particularly of the Liver and Kidneys. Shu Di Huang also tonifies the Jing or essence, and is therefore an important substance used in the treatment of infertility. Bai Shao also nourishes the Liver and has been shown to alleviate pain and muscle spasms.

The second group of herbs, consisting of Dang Gui (Chinese Angelica Root) and Chuan Xiong (Szechuan Lovage Root) regulate the Qi of the blood to dispel and prevent blood stasis, which often develops from chronic blood deficiency. Dang Gui tonifies the blood without cloying and even invigorates the blood, a rare combination for herbs in the blood tonic category. Chuan Xiong is a blood-invigorating herb, well known for its ability to address issues of irregular or painful menstruation associated with insufficient Qi and blood circulation. Animal studies have shown Chuan Xiong to have safe anticoagulant effects.
Together, these four medicinals compose an elegant, well balanced and highly regarded Classical formula for the treatment of conditions associated with chronic blood deficiency.

Radix Rehmanniae Preparata (Shu Di Huang)  
Radix Paeoniae Lactiflorae (Bai Shao)  
Radix Angelicae Sinensis (Dang Gui)  
Rhizoma Ligustici Chuanxiong (Chuan Xiong)

4 tablets 2 or 3 times daily with or before meals. One bottle lasts 17 to 25 days.

Jing Gu Die Da Wan (Bruise Mender)  
A remarkably effective formula for bruises and injuries. Used for martial arts injuries.  
Jin Gu Die Da Pian (Jin Gu Die Da Wan, 筋骨跌打片) is a Chinese herbal medicine that promotes blood circulation to remove Blood stasis, and strengthens bones and tendons to speed recovery from injury.

Radix Notoginseng (San Qi)  
Radix Angelicae Sinensis (Dang Gui)  
Radix Paeoniae Lactiflorae (Bai Shao)  
Radix Paeoniae Rubra (Chi Shao)  
Semen Pruni Persicae (Tao Ren)  
Flos Carthami Tinctorii (Hong Hua)  
Herba Siphonostegiae (Bei Liu Ji Nu)  
Rhizoma Drynariae (Gu Sui Bu)  
Radix Dipsaci Asperi (Xu Duan)  
Lignum Sappan (Su Mu)  
Cortex Moutan Radicis (Mu Dan Pi)  
Resina Boswelliae Carterii (Ru Xiang)  
Resina Commiphorae Myrrhae (Mo Yao)  
Rhizoma Curcumaee Longae (Jiang Huang)  
Rhizoma Sparganii Stoloniferi (San Leng)  
Radix Saposnikoviae Divaricatae (Fang Feng)  
Semen Melo (Tian Gua Zi)  
Fructus Aurantii Immaturus (Zhi Shi)  
Radix Platycodi Grandiflori (Jie Geng)  
Radix Glycyrhizae Uralensis (Gan Cao)  
Caulis Akebiae Trifoliatae (San Ye Mu Tong)
Pyritum
EupolyPhaga seu Steleophaga

5 tablets 2 or 3 times daily with or before meals. One bottle lasts 2 to 3 weeks. The dose may be doubled for quicker and stronger response as needed.
Do not use during pregnancy

Precaution
1. Use with caution during mense and lactation.
2. Use with caution for old and weak people.
3. Avoid oily, cold food.
4. Not recommended for a long term use.
5. Consult your herbalist or physician before use if you have hypertension, diabetes, and other chronic kidney, liver or heart diseases.
6. Consult your herbalist or physician before use if you are taking other medicines.

Te Xiao zhao ren an mian wan (Sleepeace)
Mt – insomnia is a condition created throughout the day so that insomnia formulas need to be taken during the day. They don’t cause drowsiness An extra dose can be taken a half hour before retiring.

Te Xiao Zao Ren An Mian Pian (Te Xiao Zao Ren An Mian Wan, Sleepeace™, 特效枣仁安眠片) is an all natural herbal supplement that acts as a sleep aid. Sleepeace? nourishes the blood to calm the mind, prevent insomnia, and promote quality sleep.†
According to Traditional Chinese Medicine (TCM), the blood must nourish the Heart in order for the Shen (spirit) to remain calm. When there is insufficient blood (most often of the Heart and/or Liver), the Spirit may become distressed or restless, resulting in insomnia or emotional instability.

Te Xiao Zao Ren An Mian Wan nourishes blood to calm the mind, and relaxes the body. Te Xiao Zao Ren An Mian Wan is also helpful for depression, anxiety, convulsion, frequent dreaming and tachycardia (rapid heart beat).†
Te Xiao Zao Ren An Mian Pian contains medicinal herbs that calm the Shen (spirit), nourish Yin and blood and stop tremors. Many of these herbs have marked sedative effects, but are not tranquilizing. This is a very calming formula used most frequently for the management of insomnia. **Gou Teng** (Uncaria hook) extinguishes Liver wind, relieves spasms, has a suppressive effect on the central nervous system and calms the spirit. Gou Teng is also an anti-hypertensive (lowers blood pressure).1 **Yuan Zhi** (Polygala root) calms the Heart and spirit but also strengthens Heart Qi, disperses stagnation from the Heart and clears the orifices. Yuan Zhi has sedative and anti-seizure effects. Hu Po Fen (Amber) stops tremors and calms the spirit. **Suan Zao Ren** (Sour Jujube seed) is one of the most commonly used herbs for the treatment of insomnia. Suan Zao Ren nourishes the Heart and calms the spirit and also stops sweating when combined with **Wu Wei Zi** (Schisandra seed). Wu Wei Zi calms the heart and spirit and treats anxiety and insomnia with dream-disturbed sleep (which are signs of Yin and blood failing to nourish the heart). Wu Wei Zi and Suan Zao Ren are combined with **Bai Zi Ren** (Platycladus seed) for insomnia and palpitations. Bai Zi Ren also nourishes heart and calms the spirit to treat insomnia due to Heart blood deficiency. **Shou Wu Teng** (Polygonum vine), also known as Ye Jiao Teng nourishes the Heart and calms the spirit due to general blood deficiency while also clearing the meridian pathways. Shou Wu Teng is often used together with Suan Zao Ren and Bai Zi Ren. **Dan Shen** (Salvia root) regulates blood circulation, calms the spirit and dispels heat from the Heart. Dan Shen also nourishes blood to treat palpitations and insomnia. Studies have shown Dan Shen to have a marked sedative effect.2 **Zhi Mu** (Anemarrhena) clears heat, nourishes Liver and Kidney Yin and moistens dryness.

The standard dosage for Sleepeace™ is 5 tablets or pills taken 2 to 3 times daily with or before meals. One bottle lasts users 2 to 3 weeks.

Not for use during pregnancy otherwise not adverse effects or contraindications.

**Xiang Sha Liu Jun Zi Pian (STOMAKINDER)**

Xiang Sha Liu Jun Zi Pian (Xiang Sha Liu Jun Zi Wan, Xiang Sha Liu Jun Zi Tang, Stomakinder™, 香砂六君子片) is an all natural Chinese herbal
supplement used to strengthen the Spleen, harmonize the Stomach, regulate Qi, and alleviate pain.†
Xiang Sha Liu Jun Zi Pian is indicated in cases of Spleen and Stomach Qi deficiency with damp-cold stagnation affecting the middle jiao (middle burner). Signs and symptoms may include reduced appetite, anorexia, abdominal distension or pain, general indigestion, bloating after eating, nausea, vomiting or diarrhea. There may be fatigue, a stifling sensation in the chest and coughing of copious, thin and white sputum.

Xiang Sha Liu Jun Zi Tang is a phenomenally effective formula for regulating the digestion in Spleen Qi deficiency cases with predominate damp-cold stagnation affecting the middle jiao. By examining the origin of Xiang Sha Lui Jun Zi Tang, we can understand its basic function of tonifying the Qi energy and its particular strength at expelling damp, transforming phlegm and alleviating abdominal pain and digestive disorders.
Xiang Sha Liu Jun Zi Pian is considered a modification of Liu Jun Zi Tang (Six Gentleman Decoction). Mu Xiang (Aucklandia) and Sha Ren (Cardamom seed) are added to the base formula. Both Chinese herbs aromatically transform dampness and promote the movement of Qi, respectively. They are warming in nature and reinforce the base formula's effect of strengthening the Qi of the middle jiao. Mu Xiang specifically resolves stagnant Qi of the Spleen, Stomach and Intestines, thereby alleviating abdominal pain and discomfort. Sha Ren is particularly effective in reducing nausea and is commonly used to treat morning sickness. Recent studies demonstrate Sha Ren's ability to relieve abdominal bloating, spasms and pain.1
Liu Jun Zi Tang itself is a modification of Si Jun Zi Tang (Four Gentleman Decoction). The "four gentlemen" of Traditional Chinese herbology are Ren Shen (Ginseng) or Dang Shen (Codonopsis root), Bai Zhu (Atractylodes rhizome), Fu Ling (Poria) and Zhi Gan Cao (Processed Licorice). These herbs are fairly mild and harmonious when combined and are frequently used in Qi tonifying formulas. Bai Zhu and Fu Ling not only tonify Qi but also dispel dampness and phlegm which often result from long-standing Spleen Qi deficiency. Si Jun Zi Tang becomes Liu Jun Zi Tang with the addition of Chen Pi (Tangerine peel) and Ban Xia (Pinellia tuber) which constitute Er Chen Tang and transform dampness and phlegm more aggressively.
Xiang Sha Lui Jun Zi Tang combines the properties of this family of formulas to effectively treat cases of chronic Spleen and Stomach Qi deficiency which has lead to cold-damp stagnation affecting the middle jiao.

(Tu Mu Xiang) Radix Inulae (Sha Ren) Fructus Amomi (Bai Zhu) Radix Codonopsis Pilosulae (Fu Ling) Rhizoma Atractylodis Macrocephalae (Zhi Gan Cao) Sclerotium Poriae Cocos (Chen Pi) Radix Glycyrrhizae Preparata (Zhi Ban Xia) Pericarpium Citri Reticulatae

The standard dosage for Stomakinder™ is 6 tablets taken 2 to 3 times daily with or before meals. One bottle lasts users about 11 to 16 days.

**Warning**

1. Not for use during pregnancy.

**Precaution**

1. Avoid greasy and difficult to digest foods for best results.
2. Not for use in cases of acute gastrointestinal disorders.
3. Not for use in cases with signs of heat or dryness such as thirst, dry stool or fever.
4. Consult your herbalist or physician before use if you are taking other medications or receiving other medical treatments.
5. Discontinue use if allergic reaction occurs.

XUE FU ZHU YU PIAN (Blood Stasis Clear)
MT This is the major formula for blood stagnation.
Xue Fu Zhu Yu Pian (Xue Fu Zhu Yu Wan, Xue Fu Zhu Yu Tang, Blood Stasisclear™, 血府逐瘀片) is a reputed Chinese medicine that has been used for centuries to invigorate Blood flow, reduce chest pain, and remove Blood stasis.

From the perspective of traditional Chinese medicine (TCM), Xue Fu Zhu Yu Wan promotes circulation of blood and Liver Qi to alleviate pain. It is particularly well suited for blood stasis which affects the upper body (above
the diaphragm) such as angina pectoris, coronary artery disease, hypertension, intercostal neuralgia, stabbing headache, migraine, trigeminal neuralgia, or even hiccups. Because Xue Fu Zhu Yu Wan effectively regulates the movement of Liver Qi and powerfully dispels blood stasis, it can also be used in cases of menstrual irregularities or dysmenorrhea. Chronic blood stasis and Qi stagnation tend to lead to heat and eventually fire, which may result in additional signs such as palpitations, irritability, insomnia, evening tidal fever or what is known as "5-center heat," a sensation of heat in the palms, soles of the feet and chest. Xue Fu Zhu Yu Wan may also be used for menopausal syndrome.

The tongue and pulse will reflect the underlying blood and Qi stasis. The tongue may be dark red or dusky and have dark spots, particularly on the sides. The lips may even be purplish. The pulse will be tight and wiry or choppy. Note: Chest pain may be the sign of a serious and potentially life threatening condition. Consult your physician before using this or any other product to address acute chest pain.

Xue Fu Zhu Yu Pian is composed of 11 medicinal herbs. It is essentially a combination of Si Ni San (Frigid Extremities Powder) and Tao Hong Si Wu Tang (Four-Substance with Safflower and Peach Pit Decoction). The chief herbs of this formula are substances which profoundly invigorate blood and relieve pain: Tao Ren (Peach seed), Hong Hua (Safflower) and Chuan Xiong (Sichuan Lovage root). These herbs improve circulation and stop pain, particularly in the upper body. Deputy herbs Dang Gui (Angelica Sinensis) and Chi Shao (Red Peony root) also invigorate blood and alleviate pain, but their action is strongest in the lower body. Similarly, Niu Xi (Achyranthes) encourages the downward movement of blood. Niu Xi is a potent blood-mover and is renowned for its use in gynecological disorders such as dysmenorrhea. In such cases, Niu Xi is often combined with Dang Gui and Tao Ren, as it is here. Dang Gui has been studied for its effect on contraction and relaxation of the smooth muscle of the uterus. Sheng Di Huang (Rehmanniae root) cools the blood and clears heat and works with Dang Gui to protect the body's Yin and nourish the blood. Chai Hu (Bupleurum) is a flag-ship medicinal herb for regulating Liver Qi. Here, it is used in combination with Jie Geng (Platycodon root) and Zhi Qiao (Bitter Orange) to relieve constraint in the chest and promote the free movement of Qi, which of course promotes the free movement of blood. The use of
Chai Hu (which has an up-bearing nature) with Nui Xi (which has a down-bearing nature) helps this formula to restore proper balance and movement of Qi and blood throughout the body. Gan Cao (Licorice root) harmonizes the actions of the other 10 herbs.

The standard dosage for Blood StasisClear™ is 6 tablets taken 2 to 3 times daily with or before meals. One bottle lasts users 11 to 17 days. The dose may be doubled for a quicker and stronger response as needed (e.g., in an acute phase).

**Warning**
1. Not for use during pregnancy.

**Precaution**
1. Not for use with excessive menstrual bleeding or any hemorrhagic disorder.
2. Consult your herbalist or physician before use if you are taking other medications or receiving other medical treatments.
3. Discontinue use if allergic reaction occurs.

**Xiao huo luo pian MeridianClear**

MT This formula, like Du huo ji sheng tang is a major formula for arthritis (both osteo and RA). It can be used interchangeably but this formula is more targets to eliminating phlegm stagnation as the major cause while Du Huo is for blood stagnation. They both treat wind cold.

Xiao Huo Luo Pian (Xiao Huo Luo Wan, Xiao Huo Luo Dan, MeridianClear™, 小活络片) is an all natural herbal supplement traditionally used to alleviate numbness and chronic pain, especially of the joints in the lower extremities due to obstruction of the channels.†

Xiao Huo Luo Pian invigorates the blood, unblocks the channels, dispels wind and dampness and transforms phlegm to relieve numbness and/or chronic pain, including following a stroke (Zhong Feng or "wind stroke" in TCM). Xiao Huo Luo Pian is also particularly useful in relieving joint pain due to wind-cold-damp painful obstruction ("bi syndrome" in TCM). In both cases, symptoms are aggravated by cold and there is reduced range of motion. Frequently, these symptoms are most severe in the lower body.
The tongue is typically moist and white, reflecting interior cold. Since cold is the predominating pathogenic factor in such patterns, pain is usually the most prominent symptom although numbness is quite common as well. Xiao Huo Luo Pian is a warming formula and dispersing formula, therefore it is contraindicated in cases of Yin deficiency, weak constitution and pregnancy.

Today, Xiao Huo Luo Pian may be used for certain biomedically defined disorders such as hemiplegia (one-sided paralysis), rheumatoid arthritis or osteoarthritis with the appropriate TCM pattern presentation. Xiao Huo Luo Pian is an important classical formula for releasing wind, cold and dampness from the body and restoring proper physiological function to the channels.

Xiao Huo Luo Pian is composed of six herbal medicinals which powerfully warm the channels, dispel wind-cold-dampness and alleviate pain. The chief herbs are Zhi Chuan Wu (prepared mother root of common monkshood) and Zhi Cao Wu (prepared wild monkshood root). Chuan Wu and Cao Wu are among the most effective herbs in the Chinese materia medica for warming the channels and dispersing cold and dampness. Studies involving Chuan Wu have shown marked anti-inflammatory and analgesic effects which may be even stronger than aspirin.

Dan Nan Xing (Arisaema pulvis) is a deputy herb in this formula whose primary functions are in dispelling wind and dissolving phlegm. Dan Nan Xing is cool in nature and somewhat mitigates the hot nature of the other herbs in the formula.

The two assistant herbs Mo Yao (Myrrh) and Ru Xiang (Boswellia resin) invigorate the blood, relieve pain and increase flow in the meridians. Both herbs have scientifically demonstrated analgesic effects. Finally, Di Long (earthworm) opens the channels and extinguishes wind. Di Long is frequently found in formulas which address Bi / painful-obstruction syndrome as it is extremely effective at unblocking the meridians.

Together, these six medicinal herbs form Xiao Huo Luo Pian and are profoundly effective at relieving pain and numbness in cases with the appropriate clinical presentation. This is a warming and dispersing formula and is therefore contraindicated in cases of Yin deficiency, conditions aggravated by heat and/or constitutional weakness.
I must insist that everyone working and prescribing in the free clinics, read and study the indications for these formulas. To incentivize this, I will post a short quiz mostly based on the basic indications for these formulas. All participants should take before the next free clinic.

In addition to these I have ordered er chen tang and Ban Zia Bai Zhu Tang from Bio essence. Er chen is the based formula for dampness. Ban Zia Bai Zhu tang is useful for hypertension caused by phlegm.

I’ve purchased all of these for the free clinic. Additionally, Maureen has sent a requisition for a large number of Planetary products.

I’ve also just finished making extracts of rehmannia, eucommia and glycerite of codonopsis

Currently, with Beverly having to take an extended leave of absence we are working through some logistic problems regarding the services we offer. It is for us to be able to practice and learn but it is also providing a service that the underserved and underprivileged have come to depend upon.

Maureen has agreed to step in an oversee things with my assistance. Something for which we should all be very grateful. I hope we can all make ourselves receptive to her as needed.

Michael Tierra

I hope you appreciate these notes on the products and read them over so you can have more command over the products you are prescribing.