

Chinese Tonic Herbs Supporting Herbs

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Achyranthes Root

Products Featuring This Herb:
Supreme Creation
Women's Jing
Imperial Garden
Strength Builder
Profound Essence
Remove Stagnation
Frame Builder
Return to Youth

Other Common Names
Achyranthes Root

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Pharmaceutical Latin
Achyranthes Bidentatae, Radix

Pinyin
Niu Xi (Huai Niu Xi)

Treasures
jing

Treasure Rating
**

Atmospheric Energy
Neutral

Taste
Bitter, Sour,

Organ Meridian Systems
Liver, Kidney

Qualities
Achyranthes Root is frequently used in Yang tonic formulations. It is a mild jing tonic. Achyranthes root is used in many Kidney tonic formulations to improve circulation in the lower part of the body. Its main function generally revolves around its ability to guide other herbs to the Kidneys, genitals, and legs.

Aconite, Prepared

Products Featuring This Herb:
Super Yang Jing Drops

Other Common Names
Aconite, Prepared

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Pharmaceutical Latin
Radix Aconiti Lateralis Praeparata

Pinyin
Fu Zi, shu

Treasures

Yang Jing and Qi

Treasure Rating

Atmospheric Energy
Hot (very)

Taste
Acrid (very) and Sweet

Organ Meridian Systems
Kidney, Spleen, Heart

Part Used and Form
Lateral roots, specially prepared

Primary Functions
To supplement fire of the vital gate to strengthen yang. Aconite warms the interior of the body and dispels cold.

Qualities
Prepared Aconite is a powerful herb which must be used moderately and with care. It is one of the few commonly used tonic herbs which may have toxic qualities if used in too large of quantities. Unprepared, raw Aconite is toxic. It is put through a special process to eliminate this toxicity. However, over-use of Prepared Aconite can result in overheating of the body. It is never used alone — it is always combined with other herbs.

Prepared Aconite is a powerful yang tonic used to rebuild kidney yang when it has been depleted. Kidney yang deficiency is marked by chilliness, cold limbs, and impotence, infertility, frequent urination without pain and some types of arthritis and rheumatism. It is extraordinarily effective at waking up the yang energy, producing heat and warmth and activating metabolism. It is also an extremely potent Kidney and Bladder tonic, and is effective at removing stagnant water due to coldness.

Herbalists in China are not afraid of this herb — they just use it watchfully. I have noticed a definite fear of the herb, however, by many American herbalists because the herb is considered to be very hot. I have found this to be a highly over-rated problem. I have used the herb thousands of times and have rarely regretted it. The times I did regret it were only very minor regrets — the same as I would have if I used too much Ginseng Root, for example. I have never seen a serious overheating. If a person is cold, this is a great and useful herb which I have found to be very safe. However, practitioners who are not comfortable with the herb should use it conservatively until they have a feel for how much to use under various conditions. Aconite should

not be used by the novice herbalist since it can be misused. However, if a novice wants to use Prepared Aconite, they should consult an expert.

Primary Combinations
Never use Prepared Aconite alone, unless it is provided at an herbalists office by the herbalist. Combine with:

1. Rehmannia, Cinnamon bark and Cornus to tonify Kidney yang and the sexual energy
2. Ginseng, Atractylodes, Astragalus and Licorice Root to build Spleen Qi
3. Ginseng, Cinnamon twig and various Heart tonics to strengthen the heart.
4. Astragalus to build Qi in those who are yang deficient and who suffer from spontaneous sweating

Varieties and Grading
Aconite must be prepared in a very specific manner in order to eliminate certain chemical agents that are toxic. Virtually all tonic formulations on the American market which include Aconite use Prepared Aconite.

Contraindications
This herb should not be used by people who are deficient in Yin or are excessive in Yang.

Precautionary Note: Prepared Aconite is a powerful herb which must be used moderately and with care. It is one of the few commonly used tonic herbs which may have some toxic qualities if used in too large of quantities. Over-use of Prepared Aconite can result in overheating of the body. Unprepared, raw Aconite is toxic. Do not use it unless you are a master herbalist. Raw Aconite is put through a special process which eliminates this toxicity. Therefore, if you buy Aconite from an herb shop, be certain that the herbalist understands that you want only Prepared Aconite. Prepared Aconite is a dark, brown slice of the root. Unprepared Aconite tends to be lighter in color or even greenish. If you are not certain which Aconite you have don't use it. Prepared Aconite is never used alone — it is always combined with other herbs and in relatively small quantities. Ron Teeguarden's Herb Garden only uses carefully Prepared Aconite in its tonic formulations.

Acorus Root

Wild Acorus that grows near or under waterfalls was traditionally used by Daoists to open the senses, clear the mind, overcome illusion and to elevate

Spirit. It was used as a tool to help develop intuition. It should be used sparingly by those on a spiritual path.

Products Featuring This Herb:
Ginseng and Zizyphus Combination

Other Common Names
Acorus Root waterfall

Pharmaceutical Latin
Acori Graminei, Rhizoma

Pinyin
Chang Pu (Shi Chang Pu)
Treasures

Treasure Rating

Atmospheric Energy
Slightly Warm,

Organ Meridian Systems
Heart, Liver, Spleen

Actinidia Fruit

Actinidia fruit is a rich source of antioxidants. It is especially rich in vitamin C. It has a heat clearing ability.

Other Common Names
Actinidia, Kiwi Fruit, Mi Monkey Tree Fruit, Monkey Fruit

Pharmaceutical Latin
Actinidiae, Fructus

Pinyin
Mi Hou Tao

Treasures
Qi

Treasure Rating

Atmospheric Energy
cold

Primary Functions
harmonizing the middle jiao and calming the liver

Scientific Data
Actinidia fruit contains vitamin C and actinidine, saccharides, organic acid, fruit acid, tannins, protein and phytochromes

Adenophora Root
Other Common Names
Adenophora Root

Pharmaceutical Latin
Radix Adenophorae

Pinyin
Nan Sha Spirit
Treasures
Yin, Jing

Treasure Rating

Atmospheric Energy
Cool

Taste
Sweet, Bitter, Bland

Organ Meridian Systems
Lung and Stomach

Primary Functions
Tonify Yin: Clear Heat, Expel Phlegm from Lungs

Qualities
Adenophora is used to moisten the Lungs and Stomach. It is commonly used to treat yin deficiency cough (such as dry cough due to smoking, to dry heat, dust or smog). It is also useful for allaying chronic thirst. It is often used in children's cough formulations.

Preparation and Utilization
Adenophora is virtually identical to Glehnia though they originate from different areas of China. They may be used interchangeably. Use with other moistening herbs to tonify the lungs, such as Ophiopogon, American Ginseng, Dendrobium, Schizandra and with other tonics to strengthen the whole body.

Primary Combinations
Combine with:

1. American Ginseng, Schizandra and Asparagus root to tonify Lung yin
2. Ophiopogon and Fritillary bulb for dry cough, dry throat and hoarseness
3. Dendrobium, Ophiopogon, Raw Rehmannia and Polygonatum to build body fluids

Varieties and Grading
Clean, tasty Adenophora is best. Most Adenophora found in herb shops is fine. Good Adenophora should be pliable.

Agaricus Mushroom

Products Featuring This Herb:
Immunity Booster Formula
Protector 2000
Four Kings
Other Common Names
Agaricus Mushroom

Agaricus blazei murill (most commonly known simply as Agaricus) is a mushroom that originated in the rain forests of Brazil. The mushroom thrives in certain tropical areas of China and the Chinese have become the premier growers of

Agaricus for the world. Agaricus is traditionally known as "God's Mushroom" because of its near miraculous curative benefits to a wide range of disorders. People have used it to overcome numerous diseases and disorders relating to the immune system, cardiovascular system, digestion, and for weight management, diabetes, chronic and acute allergies, cataracts, hearing difficulties, stress syndrome, chronic fatigue, diarrhea, constipation, and disorders of the liver.

Several studies have documented this mushroom's ability to very powerfully activate various components of the immune system.

The active constituents were identified as the polysaccharide-protein complexes called Beta-1,6-D-glucan and an almost identical chemical, Beta-1,3-D-glucan. These glucans have been found to be remarkable immune stimulants. They are potent macrophage activators. These glucan polysaccharides work through the "glucan receptor" on the surface of the immensely important immune cells known as macrophages. Macrophages are our first line of defense and play the pivotal role in our immune response to any attack by any intruder. Macrophages are the immune cells that recognize, engulf and destroy any organisms, cells, and substances that don't belong in the body, including viruses, bacteria, fungi, yeast, heavy metals, pollutants, bits of dead tissue, mutated cells, tumor cells, etc. They take on any challenge and further stimulate the immune system to respond.

Macrophages ignite intercellular communication by releasing chemical messengers called cytokines (interferon and interleukin). These cytokines are powerful proteins responsible for catalyzing and regulating several immune responses within the body. Agaricus stimulates the production of cytokines. Macrophages can travel from the site of their first contact with an intruder or toxin to the lymph system, where it communicates with T-cells, activating a specific immune response. Specific antibodies are then built to combat the specific intruder. Agaricus promotes this essential immune response. Beta-1,6-D-glucan and Beta-1,3-D-glucan have been shown to have inhibitory effects on abnormal cell growths. It has been proposed that Beta-1,6-D-glucan and Beta-1,3-D-glucan may stimulate cell lysing (destroying) action in specialized immune system cells.

Thus researchers have found the Agaricus polysaccharide fraction to have significant immune activating power. Agaricus mushroom has also been shown

to have potent chemopreventive activity. Agaricus is now being used clinically all over Asia for numerous diseases and disorders. However, it is also being consumed as a food and as a tonic herb since Agaricus is a gentle, edible mushroom that has no side effects.

Agaricus mushroom is by far the richest natural source of Beta-1,6-D-glucan and Beta-1,3-D-glucan known to mankind. Other immune potentiating herbs that contain similar polysaccharides include Reishi mushroom, Astragalus root, Cordyceps mushroom, Polyporus mushroom and Shitake mushroom. By enhancing the body's natural defenses, this humble mushroom is a powerful protector.

Aged Citrus Peel

Products Featuring This Herb:
Shou Wu Formulation
Profound Essence
Will Power
Ginseng and Astragalus Combination
Ginseng Nutritive Combination
Platyodon and Fritillary

Other Common Names
Aged Citrus (Tangerine) Peel

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Pharmaceutical Latin
Pericarpium Citri Reticulatae

Pinyin
Chen Pi

Treasures

Treasure Rating
*

Atmospheric Energy
Warm

Taste
Pungent and Bitter

Organ Meridian Systems
Spleen, Stomach and Lungs

Part Used and Form
The peel of the ripe tangerines, sun-dried and aged naturally

Primary Functions
Regulates Qi and normalizes the functions of the Spleen and Stomach.

Qualities
Aged Citrus Peel is a digestant. It is most commonly used to help eliminate digestive stagnation and to help relieve abdominal distention, belching and bloating. It falls

into the classical category of "Qi regulating" herbs, that is, herbs that help Qi to move smoothly and to prevent blockage, particularly in the digestive and respiratory systems. It is not a tonic herb, but is often used in tonic formulations to improve their function. Sometimes strong Qi formulas in particular can result in minor stagnation in the digestive tract if a Qi regulating herb is not included in the formula.

It can be useful even if the stagnation reaches the extreme by resulting in nausea, diarrhea and vomiting. Tangerine Peel is used to eliminate problems of excess moisture in the digestive tract. It is often used in combination with Qi tonics such as Ginseng, Codonopsis and Atractylodes to improve digestion and assimilation.

Because of its ability to eliminate dampness, Aged Tangerine Peel is often used to help eliminate phlegm, cough and oppression in the lungs and to help clear the upper respiratory passages.

Primary Combinations
Combine with:

1. Ginseng, Astragalus and Atractylodes to move Qi and prevent stagnation
2. Ginseng, Ginger and Jujube to regulate the Stomach and Spleen

Varieties and Grading
There are many grades of Chen Pi. Generally, the longer it has been aged, the better. Very high quality Chen Pi is pungent, brown in color and has a very fine, crisp citrus aroma when a piece is snapped off and smelled. It is also much more expensive than lower quality. More commonly available low grade Chen Pi tends to still be orange in color and may still be soft in texture.

Contraindications
Chen Pi is not a tonic, so it is included in tonic programs to assure the smooth flow of Qi and to prevent stagnation.

Albizzia Bark

Products Featuring This Herb:
Ant Essence Formula
Calmers

Other Common Names
Albizzia Bark

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Pharmaceutical Latin
Cortex Albizia

Pinyin
He Huan Pi

Treasures
Spirit

Treasure Rating
***1/2

Atmospheric Energy
neutral

Organ Meridian Systems
heart and liver

Part Used and Form
Bark (and flower)

Primary Functions
to pacify the spirit, calm the mind and relieve depression

Qualities
The bark or flower of this exotic tree is especially famous among the Chinese for use when one is experiencing emotional problems such as a broken heart and the experience of great loss. The bark of the Albizzia tree is an excellent Spirit stabilizer. It is calming and improves mood. It helps with anxiety, insomnia, irritability, anger, forgetfulness, excessive worry, etc. It is commonly used for any chronic emotional upsets.

The flower of Albizzia is even better than the bark. It has the same Spirit stabilizing ability as the bark but has a much stronger Spirit lifting (mood elevating) ability. It is one of the best herbs to use for people who are severely depressed, very angry, despondent or overly-paranoid. I have used the flower very successfully for numerous cases of broken heart and despair. This is one of the ultimate Spirit tonic herbs.

Primary Combinations
Combine with:

1. Biota, Polygonum stem, Zizyphus and Amber to stabilize Spirit and to treat insomnia caused by anxiety
2. Ganoderma, Wild Red Asparagus Root and Wild Ginseng to develop Spirit

Varieties and Grading
The quality of the bark available is quite stable. Flowers should be highly aromatic and in good condition. Whole flowers should predominate.

Albizzia Flower

Products Featuring This Herb:
Supreme Spirit Drops

Other Common Names

Albizzia flower

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Pharmaceutical Latin
Albizziæ Julibrissin, Flos

Pinyin
He Huan Hua

Treasures
Spirit

Treasure Rating
***1/2

Atmospheric Energy

Qualities

The flower of Albizzia is even better than the bark. It has the same Spirit stabilizing ability as the bark but has a much stronger Spirit lifting (mood elevating) ability. It is one of the best herbs to use for people who are severely depressed, very angry, despondent or overly-paranoid. Both the bark and the flower are considered to have these qualities, but the flower is more rare and is believed to be one of the ultimate Spirit tonics. I have used the flower very successfully for numerous cases of broken heart and despair. This is one of the ultimate Spirit tonic herbs.

Alisma

Products Featuring This Herb:
Rehmannia Six Combination
Poria Five Combination
Gentiana Combination

Other Common Names
Alisma

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Pharmaceutical Latin
Rhizoma Alismatis

Pinyin
Ze Xie

Treasures
Qi

Treasure Rating
*1/2

Atmospheric Energy
Cold

Taste
mildly sweet

Organ Meridian Systems
Kidney and Bladder

Part Used and Form
Tuber, which is sliced, dried in the sunlight, and stir-baked with wheat bran or salt water.

Primary Functions
Expelling dampness, inducing urination, and eliminating pathogenic heat by treating false fire conditions of the Kidney

Qualities
Alisma is a very commonly used herb in Chinese herbalism. It helps strengthen water metabolism, which is a critical bodily function. It rids the body of excess dampness through the urinary tract. It is mild and safe with mild tonic qualities, especially to the Kidney and Bladder, and to the Spleen and Stomach as well. It is an excellent herb to use in a tonic program by those who need to stimulate fluid function, so long as you do not have a cold constitution.

It is used in medicinal herbalism to treat damp heat conditions, which means conditions that are associated with chronic or acute infections. It is one of the primary herbs used to treat damp heat conditions associated with the Kidney and Bladder system, such as leukorrhea, where the discharge is yellow or urinary tract infections. It is also used to treat conditions such as lung congestion where the phlegm is tinged yellow or green are examples. It is often used for obesity, especially for people who carry a lot of water weight and tend to have rosy complexions. It is also commonly used by people who have difficulty urinating and by diabetics. It is used routinely by older men to help clean the prostate gland and improve urinary function. It can be used in large quantities. In fact it usually requires fairly large doses to do its best work.

Primary Combinations
Alisma is always used with other herbs.
Combine with:

1. Poria and Atractylodes (red or white) to move fluids and promote urination
2. Polyporus, Gardenia Flower, Moutan and Raw Rehmannia to treat fire conditions of the Kidney system such as bladder, urinary tract and vaginal infections

Varieties and Grading
It is an inexpensive herb. It comes sliced and dried. But if it sits around too long it loses potency. Buy the freshest Alisma you can find.

Contraindications
Don't use this herb if you are dehydrated. If you are chilled all the time, this is not the right herb for you since it has a cold atmospheric energy and will tend to cool you down further.

Alpinia Fruit

Other Common Names
Alpinia

Pharmaceutical Latin
Fructus Alpiniae Oxyphyllae

Pinyin
Yi Zhi Ren

Treasures
Yang Jing and Qi

Treasure Rating
***1/2

Atmospheric Energy
Warm

Organ Meridian Systems
Kidney and Spleen

Primary Functions
To warm the Kidneys, retain essence and benefit the powers of concentration

Qualities
Alpinia is a Kidney yang tonic used to warm the Kidney and to retain essence. It is used for cold conditions of the Kidney, including impotence, spermatorrhea and dribbling of urine.

Primary Combinations
Combine with:
1. Dioscorea to treat heat conditions of the urinary system

2. Raw Rehmannia, Lycium and Dioscorea to preserve the youthfulness of older men

Varieties and Grading
All Alpinia entering America is of a standard grade

Contraindications
This herb should not be used by people who are deficient in Yin or are excessive in yang. Not to be used by men suffering from spermatorrhea or by women with vaginal discharge or frequent urination.

Amber

Amber is the fossilized remains of the sap of an extinct tree. Amber is used like Dragon Bone as a Spirit stabilizer, but is even more highly prized. It is an excellent sedative and is very useful for those with insomnia.

Other Common Names
Amber

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Pharmaceutical Latin
Succinum

Pinyin
Hu Po

Treasures
Spirit

Treasure Rating
***1/2

Atmospheric Energy
Neutral

Organ Meridian Systems
Heart, Liver, Small Intestine and Bladder

Primary Functions
To stabilize Spirit

Preparation and Utilization
Amber is primarily used in Chinese herbalism to relax the nerves and calm the mind. It is safe and effective as a mild tranquilizer. It is believed that by calming the mind by consuming Amber and other related Spirit stabilizing agents, the mind has the opportunity to rest, regain strength and focus. Amber is thus used in formulas both for calming anxiety and for improving the power of the mind. It is believed therefore to improve concentration, memory and alertness when consumed in moderation over a continuous period of time, especially when combined with other mind strengthening tonics such as Schizandra, Lycium, Polygonatum Sibericum, Deer Antler, Ginseng, Gynostemma, Acanthopanax, etc., and along with other Spirit stabilizers such as Biota, Polygonum Stem and Zizyphus. Amber is always used with other herbs in a formulation.

Amber has excellent effects for people experiencing palpitations due to anxiety, insomnia, excessive dreaming and nightmares. Amber can be especially beneficial to those who suffer excess tension due to stress.

Another use for Amber is to invigorate blood flow. It is sometimes used in formulas which promote menstruation. Such formulas routinely contain Dong Gui and various blood vitalizing herbs

Primary Combinations
Combine with:

1. Spirit Poria, Dragon Bone, Oyster Shell, Zizyphus Seed, Albizia Bark and Polygonum Stem to stabilize Spirit and treat insomnia caused by anxiety

Varieties and Grading
Amber for herbal use comes in a variety of grades. Good herbal Amber is dark brown or reddish in color, and should be free of loose dirt or residue. Wash the Amber before grinding it into powder. Amber will not melt in boiling water, whereas fake "Amber" will. If it does melt, it is not really amber — don't use it. A counterfeit "Amber" made of colophony is sometimes sold in Chinese herb shops. Because Amber will not dissolve in water, it cannot be used in teas. It must be ground into a very fine powder if added to an herb powder (such as the powder used in a pill or capsule).

Contraindications
It should not be used by people with excess heat or who are yin deficient.

American Ginseng

American Ginseng is a true member of the Products Featuring This Herb:
Heaven Drops Wild Ginseng
Earth Drops Wild Ginseng
500 Ginsengs Drops
Supreme Spirit Drops
8 Immortals Adaptogenic Elixir
Golden Air
Young Lungs

Other Common Names
American Ginseng Root

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Pharmaceutical Latin
Panax Quinquifolium

Pinyin
Xi Yang Spirit

Treasures
Yin and Qi

Treasure Rating

Atmospheric Energy
Cool

Taste
Sweet and slightly bitter

Organ Meridian Systems
Lungs, Spleen, Stomach

Primary Functions
An adaptogen, to replenish Qi, to promote

body fluids, to nourish yin and clear heat

Qualities

American Ginseng is a true member of the ginseng family that grows natively in North America. It contains saponins similar to those found in Panax Ginseng (Oriental ginseng). However, American Ginseng is considered to be a Yin tonic herb, especially nourishing to the lungs, skin and stomach. American Ginseng is a powerful adaptogenic herb. It is especially appreciated for its endurance increasing capacity. American Ginseng is extremely popular in China. The wild variety is considered to be far superior to the cultivated.

It is said to moisten and cool the lungs. American Ginseng is highly regarded for its ability to promote the secretion of body fluids. American Ginseng is often used in China to tonify the lungs of people who have dry coughs due to smog, smoking or from other causes. And American Ginseng is considered to be especially strengthening to new mothers.

American Ginseng is not considered to be the same herb as Asian Ginseng. Though it is used in much the same way and with many of the same goals in mind, American Ginseng is different in its actions from the Asian varieties. American Ginseng is an adaptogenic and a Qi tonic. It thus provides energy, adaptability and heightened alertness. It is especially appreciated for its endurance increasing capacity.

American Ginseng is a Yin tonic and is cool in nature. This is in contrast to Asian Ginseng which is a Yang tonic which is generally warm, or even hot in nature. American Ginseng is thus useful for people who are hot but wish to take Ginseng. In other words, people who tend to have lots of energy, high metabolisms, are aggressive, have high blood pressure, have ruddy complexions, etc. can take American Ginseng without overheating. In fact, taking the American Ginseng will help to balance out the system and can correct overheating problems, especially when the excess heat is in the lungs and stomach. American Ginseng is often used in China to tonify the lungs of people who have dry coughs due to smog, smoking or from other causes. It is said to moisten and cool the lungs.

American Ginseng is also extremely popular among people who live in warmer climates. Since it is a cooling herb which replenishes fluids, it is especially beneficial during hot weather. American Ginseng is more widely used in southern China than Chinese Ginseng. However, in the north

where the winters are cold, Chinese Ginseng is still favored. Many people now prefer a blend of American and Asian Ginsengs, with a shift in balance as the seasons turn, utilizing more American Ginseng in the warm months and more Asian Ginseng in the cold months.

In China *Panax quinquefolium* is considered to be the herb of first choice for asthenia of the viscera and as tonic treatments for anemia and for asthma. It is highly regarded for its ability to promote the secretion of body fluids. *Panax quinquefolium* is used for over fifty different disorders and is now being widely used for various disorders associated with obstetrics and gynecology. It is considered to be especially strengthening to pregnant women and beneficial to new mothers. China has used all parts of the plant, including the roots, stems, leaves and fruits to develop many new tonic health products, and these products are distributed as pills, tablets, teas, wine, oral liquids, hair conditioners, beauty creams and cosmetics. American Ginseng is regarded as a true panacea in China.

Scientific Data

Saponins constitute the primary biologically active component of Ginseng. American Ginseng contains the following saponins: Rb1, Rb2, Rc, Rd, Re, Rg1, Rg2, Ro, and F2, among others. The saponin content has been reported to be higher in wild roots and in woods grown roots than in cultivated roots.

Cultivated *Panax quinquefolium* is dominated by Re, Rc and Rb1 and lacks completely Rf. Woods grown American Ginseng is dominated by Re and Rb1. Wild American Ginseng is dominated by Rg1. American Ginseng root fiber contains much higher Rg2 and Rg3 concentrations than Chinese or Korean Ginseng and is dominated by Rc, Re and Rb1. Wild and woods grown American Ginseng has much more Rg1 and Rb1 than cultivated American Ginseng.

Rg1 has shown mild CNS (Central Nervous System) stimulant activity and anti-fatigue action. However, large doses of the same substance depresses the CNS. Rb1, another Ginseng saponin, has shown CNS-depressant activity, is anticonvulsant, analgesic, antipyretic and is antipsychotic. This antagonistic activity of the various saponins probably explains much of the regulating, adaptogenic activity associated with Ginseng.

Ginseng is considered to be the quintessential adaptogenic herb. Laboratory animals as well as humans that are consuming Ginseng have been found to adapt to dark and light more easily,

handle high and low temperatures more easily, perform work more efficiently, and in general adapt to a wide range of stresses more effectively. Anti-fatigue activity has been demonstrated in both animal and human models. The mechanism by which Ginseng helps humans cope with stress is being studied intensively, but it is believed to be due to peripheral and neurogenic stimulation of the adrenal cortex, among other mechanism.

American Ginseng, like Asian Ginseng, has a double-direction mechanism by which it regulates the CNS and endocrine system. Ginseng tends to stimulate weakened or exhausted animals while it has a sedating effect on hyperactive animals. It is also dose dependent.

In spite of its long history in America, modern research into American Ginseng has only just begun — in fact, it is still in its infancy even though it has become a major economic crop. Most research on Ginseng has been done in Asia and Europe on Asian species. Much needs to be done to explain the actions of this powerful tonic herb, the only Chinese tonic herb that comes exclusively from America.

Preparation and Utilization

Use as you would Ginseng for energy. American Ginseng comes in a multitude of varieties. Raw roots can be cooked with other herbs, either Yin tonics or Yang tonics as desired. If you like, combine it with other varieties of Ginseng to create a balanced Ginseng blend that suits your constitution and condition. Fresh roots are sometimes available from herb shops in the Fall for a short period of time. These may be consumed by eating several small slices per day, up to 1/2 or even one ginseng root per day. Or one or two fresh roots may be placed in a bottle of fine alcohol (32% or higher) and extracted for a month or longer before consuming one ounce per day, or less often if desired, as a tonic.

Primary Combinations

Combine with:

1. Asparagus Root and *Ophiopogon* to strengthen the Lungs, generate yin and to clear the mind
2. *Schizandra* Fruit to build yin, tonify the Lungs and strengthen the mind
3. Licorice Root and Jujube Date to tonify the yin of the Stomach
4. *Dendrobium* and Raw *Rehmannia* to relieve thirst and shortness of breath due to Qi and yin exhaustion

Varieties and Grading

There are three major categories of American Ginseng: 1. wild, 2. woods grown; and 3. cultivated.

Wild American Ginseng roots are much more common than Asian Ginseng roots. They can be expensive, but not nearly so expensive as their Asian relatives. High quality American roots that have grown in the remote mountainous regions of upstate New York and in Canada can be very powerful and therefore can be expensive. Old roots are of course considered to be the best. Very expensive American roots often are allowed to keep their rootlets. But most wild American Ginseng roots are carefully clipped down to the main root. This is unfortunate, because the rootlets contain a very high concentration of ginsenosides. At some herb shops, you can purchase these wild Ginseng rootlets. They contain almost twice as much ginsenoside as do the roots. However, the root contains the ginsenosides in the optimum ratios and also contain other active components that makes it the main part of the herb.

Personally, I do not like very pretty, perfectly manicured Ginseng, wild or cultivated. I like the gnarly, twisted ones that nobody else wants. I especially like the ones that have been attacked by an insect or seems to have been damaged in some other way. Sung Jin Park taught me that the best Ginseng is Ginseng that had to struggle to survive. In its own struggle it had to adapt, and in adapting it had to produce more ginsenosides and other substances that helped to survive. My friends are often surprised when we get in a new batch of Ginseng how I select the ugliest root for myself. They all think I am being very humble, but actually I'm picking out the premium root for myself. Besides, nobody else would want such an ugly root, and if you try to sell it or give it away, people think you're nasty. Once they're dried and cleaned, and ultimately boiled, who cares? Actually a study conducted at the Philadelphia College of Pharmacy and Science discovered (to their surprise) that "roots which were diseased (moldy or burned) when harvested were generally higher in total ginsenosides than were their healthy counterparts.

Woods grown American Ginseng is often sold as wild ginseng. It is less expensive than wild but looks very similar, and in fact is chemically almost identical. Woods grown Ginseng is grown from wild seed by casting the seeds in the forest. Just like Chinese and Korean forest grown Ginseng, this Ginseng is superb.

Cultivated American Ginseng is inexpensive but of generally fine quality. The difference in quality and price will generally depend upon the region the roots were grown in and the age of the roots. Older roots are better. In cultivated American Ginseng, larger roots are not necessarily better. Check the head for notches. The more notches the better, because it indicates the root is older. Also, roots that appear to have had a rougher life are often more potent. If there are any striations, it is a higher than average quality cultivated root. Cultivated American Ginseng almost always comes carefully manicured, that is, without any rootlets or side roots. The root hairs have more ginsenosides than the roots, so pick the root hairs up separately if they are available.

There is another species of American Ginseng that appears on the market, known as Pearl Ginseng, or Dwarf Ginseng. Its official name is *Panax trifolius*. Pearl Ginseng comes in a wide variety of qualities depending on its source. Low grade Pearl Ginseng (which sells for around \$20 per ounce) is very poor quality and very low in ginsenosides. Higher priced Pearl Ginseng (selling price around \$160 per ounce), on the other hand is superb and highly prized. The difference is in the source and the age. Pearl Ginseng must grow in a place where the winters are very cold, and they must be at least eight years old to be worth the price.

History
Panax Quinquefolium has been used by Native-Americans since prehistoric times. Numerous legends describe the use of Ginseng in America. It was used by the Seneca elders to give strength and as medicine. Crow women used it to promote a relatively painless and quick childbirth. The Seminole used it to stop nosebleed, to treat shortness of breath and as a aphrodisiac. The Penobscots, who ironically called it "Man Root," used it to increase the fertility of women. However, it was never as highly esteemed by Native-Americans as it long since has been by the people of Asia.

American Ginseng was first observed by a non-native American in 1716 who was working among the Mohawks, a forest-dwelling tribe, north of Montreal when he found the root growing in Canadian virgin forest. He had recently read a report on Asian Ginseng in China, which had opened up during the reign of Emperor Kang (1661-1722) An accomplished cartographer, drew for the emperor the first accurate map of Manchuria, or northern China. While in the northern region, he observed Ginseng growing and speculated

that the same plant could likely be growing in Canada due to the similarity of the forested regions. An active search began for the same herb in the Canadian forests. After several months of searching, he found a Ginseng plant growing near his new house in a forested region. He showed the roots to Chinese merchants, who were extremely excited at the "discovery." They taught him how they wanted the roots prepared, and exportation of American Ginseng to China commenced in 1717.

These earliest exports went to China the long way — via France or England. Commerce expanded rapidly, and by the 1770's a brisk trade was established.

There is a record of 55 tons being shipped to China out of Boston in 1773 on a single ship. The first recorded direct shipment to China took place out of New York in 1784, on the *Empress of China* with a cargo made up entirely of Ginseng, which it subsequently exchanged for silk and tea. As the Northwest Territory was explored, Ginseng was found to be growing profusely. During the late 1700's, records indicate that about 70 tons per year of American Ginseng was shipped to China out of New England, and much more was shipped out of New France (Canada). The trade apparently dried up for unknown reasons during the first two decades of the 19th century, but picked up again prior to the U.S. Civil War, and in 1858 over 180 tons was shipped to China. Between 1820 and 1903, 17 million pounds of Ginseng was exported. The vast majority of the Ginseng collected and cultivated in America continued to be exported to China, where American Ginseng had become highly coveted, in many cases even more so than the Asian species.

Many people made large fortunes trading in Ginseng. Even Daniel Boone was a Ginseng trader. Records show that in the winter of 1787-88, Daniel Boone, his sons and a number of employed hands spent most of the winter camped out in the hills of western Virginia (now West Virginia) and eastern Kentucky and collected nearly 15 tons of wild Ginseng. However, the boat carrying the Ginseng to market overturned and was ruined. The next year Boone repeated his collecting, but records indicate that he had to sell his Ginseng at a low price because he had not prepared the Ginseng properly.

The white settlers in America exploited this incredible resource without consciousness or ecological caution, as they did with so many resources during that period, and by the end of the nineteenth century the supply of wild American

Ginseng had virtually dried up. However, the demand in China for American Ginseng remained. In the 1870's Abraham Whisman, a Virginian, became the first American to cultivate American Ginseng, and by the end of the century American Ginseng was being widely cultivated. However in 1904 a fungus attacked the entire American Ginseng crop and virtually wiped out the industry. It did not recover for many years. And the fungus, along with mismanagement of the wild resource eliminated wild Ginseng from many of its natural habitats throughout America. It took decades for the wild crop to recover sufficiently to once again become the object of commerce.

By the 1980's, American Ginseng had once again become a major export product, and it is now the most valuable legal cash crop in America. In 1989, 1800 tons of cultivated American Ginseng was exported to China by the U.S. and Canada at a value of over \$75 million and over 150 tons of wild ginseng was exported at a value of over \$30 million.

In spite of the herbs name, "American" Ginseng, *Panax quinquefolium* is now being widely grown in China. Since 1975, when it became popular in Hong Kong, and ultimately in mainland China, *Panax quinquefolium* has been grown in twenty of China's provinces, and in particular in five northeastern regions. For example, one Canadian variety of *Panax quinquefolium* which the Chinese call Wu Long Ginseng, has been successfully grown on a large scale in the far northeast of China in Heilongjiang province. China has currently equaled the production scale and output of America and Canada combined. Most of this Chinese-grown American Ginseng is sold in the Chinese domestic market, in Hong Kong and throughout Southeast Asia. Some of this Ginseng has entered into the world market in various Chinese products, where it is generally referred to simply as *Panax Ginseng*. China has openly stated its policy and goal of becoming the world's largest producer of *Panax quinquefolium*.

Amolo

Amolo is a fruit that aids digestion. It is very tart because it is extremely rich in vitamin C.

Products Featuring This Herb:
Amolo Tea

Other Common Names
Amolo, *Phyllanthus*

Pharmaceutical Latin

Phyllanthus emblica, Fructus Phyllanthi,

Pinyin
Yu Gan Zi

Treasures

Treasure Rating

Atmospheric Energy
Warm

Taste
Sour, sweet, pungent, bitter

Organ Meridian Systems
Liver, Stomach, Intestine, Lungs, Heart

Primary Functions
Rejuvenating and regenerative, antioxidant, anti-inflammatory. Stimulating to the brain, the liver and metabolism. Immune restorative.

Scientific Data
Research indicates that Phyllanthus contains approximately 30% vitamin C (approximately 3000 mg. per fruit) and 480 units of SOD per gram. Amolo has been shown to enhance production and secretion of interferon and corticosteroids. Increases blood cell count and regulates blood sugar. The thermostability of the vitamin C in Amolo is very important. The thermostability of the vitamin is due to the way the vitamin is bound up with certain tannins that make it nearly impervious to dissolution after drying, aging or subjection to heat.

Primary Combinations
Alone for obesity. Terminalia for diarrhea. Schizandra for bronchitis.

Ant

Products Featuring This Herb:
Chinese Mountain Ant Extract
Ant Essence Formula

Other Common Names
black ant or red ant

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Pharmaceutical Latin
Polyrachis

Pinyin
ma yi

Treasures
Jing, Qi and Spirit

Treasure Rating

Atmospheric Energy
neutral

Organ Meridian Systems
Kidney, Liver, Spleen and Heart

Part Used and Form
Whole dried ants

Primary Functions
Promotes, maintains and prolongs life, replenishes Qi, nourishes blood, increases vitality, adaptogenic, regulates yin and yang, antiaging, enhances immunocompetence (bipolar immune regulation), improves sexual function and increases virility and fertility, strengthens musculoskeletal system, calms anxiety, promotes sound sleep, improves digestion and assimilation

Qualities
Ant tonics are widely consumed in Asia to promote strength, sexual vigor and as a powerful antiaging agent. Over 70 years of research has proven that ants are highly nutritious and have powerful medicinal effects. As a matter of fact, ant is considered a premium adaptogenic substance in the same ranks as Ginseng, Acanthopanax, Schizandra, Cordyceps, Astragalus, Ganoderma and Gynostemma, the superstars of Chinese tonic herbalism.

Polyrachis is widely used to boost the immune system, or to maintain already strong immune functions. It has been established to have double-direction benefits on the immune system, so it is used by anyone with any immune disorder to regulate immune functions.

Polyrachis is widely believed to prevent common symptoms associated with aging, such as lumbago, memory loss, joint problems, fatigue, climacteric symptoms, cardiovascular disease, etc. Ant strengthens the entire Kidney system, including the sexual functions, skeletal structures and renal system. It also strengthens the nervous system, digestive functions, detoxification functions and muscular system. Therefore ant products have become extremely popular with middle aged and elderly consumers in Asia. Ants are being called the "forever young" nutritional supplement.

Young people in China seem to be major advocates of ant as well. Young men and women use it to increase energy on a daily, as well as long-term basis. Both physical and mental energy seems to be supplemented by consuming ant. Ants can carry a load of 100 times their own

weight, and people have long felt that consuming non-toxic varieties of ants can increase physical and mental strength. Students in particular have made ant elixirs a virtual craze in cities like Shanghai, Hong Kong and Beijing. It is commonly used by those who have become fatigued or exhausted due to excess workloads or other forms of stress, including mental sources. Ant is noticeably energizing when consumed for a short period of time and builds long-term energy if used continuously for awhile.

Because of its long and short term energy boosting quality, ant tonics are becoming popular as pre-workout elixirs in Hong Kong and Taiwan, where many adults visit health clubs regularly. Ant is an ideal tonic for athletes, especially when combined with Ginseng, Acanthopanax and other similar tonics.

Ant has a big reputation in Asia for increasing libido and virility. Both men and women claim that after using ant for even a short time that their interest in sex increases significantly and that their sexual performance improves in numerous ways. This reputation has contributed to the explosion of ant products available in the Taiwanese, Hong Kong, Southeast Asian and Japanese markets.

As a result of modern technology and vastly improved manufacturing capabilities previously not possible, ant is now being widely used in Asia for the first time. There has been a genuine explosion of interest in ant tonic products now that it is, for the first time, not a product reserved just for emperors, rich nobles and their wives and families.

Scientific Data
Ants are extremely rich in nutrients, including significant amounts of vitamins B1, B2, B12, D and E. Ant contains more than 42% protein and provide 8 essential amino acids. It contains enzymes and other active substances. The ATP in ants can provide energy directly to the human body. Ants are rich in more than 20 trace elements such as magnesium, calcium, phosphorus, iron, selenium, and especially zinc.

Polyrachis is extremely rich in zinc. The zinc content of Polyrachis is the highest among all known living organisms. Every gram of dried ants contains 180 mg. of zinc. This undoubtedly explains part of ant's strong beneficial influence on sexuality, as zinc is a critical element in the human sexual function. In Japan, Zinc has been called "harmony element" because it creates harmony between

couples — it is a powerful sex-improving element. These chemicals seem to have an influence on the way that zinc is utilized. Studies have shown that regular use of ant tonics can prevent and treat disorders associated with zinc deficiency, including senile cataract, night blindness, incontinence, and sexual dysfunction, including impotence, spermatorrhea and premature ejaculation in men and menorrhagia, frigidity and climacteric symptoms in women.

Ant has a bipolar (double-direction) immuno-regulatory activity. It thus fortifies a weakened immune system and modifies an overactive immune system. Ant can have a very beneficial effect on auto immune disorders such as osteoarthritis, rheumatoid arthritis, gouty arthritis, ankylosing spondylitis, scleroderma, psoriasis, and some studies indicate significant tumor reducing effects when ant is consumed in therapeutic dosages. Ant has been used clinically for the following disorders in China and other Asian nations: rheumatoid and other forms of arthritis, sciatic neuralgia, hepatitis B, neurosis, insomnia, diabetes mellitus, tuberculosis, asthma, dermatomyositis, tumor, hypertension, and more.

Polyrachis vicina, *Polyrachis lamellidns* and other species of nutritional ant have been demonstrated to have liver protective activity by lowering the activity of O, a liver enzyme (detail). It can also, to a certain degree, prevent liver cells from turning into fat. *Polyrachis* has been demonstrated to be very useful in the treatment of both acute and chronic hepatitis B. Recent research indicates that hepatitis B, both chronic and acute, is due to immune deficiency and that the hepatitis virus is itself opportunistic. Therefore, strengthening the immune system as a whole is essential and invaluable in treating hepatitis B. Ant serves this role very effectively because of its dual role as an immune tonic and a liver protector.

Polyrachis also has anxiolytic, anti-cough, analgesic, anti-spasmodic, anti-asthmatic, anti-inflammatory, anti-bacterial, anti-fungal, anti-oncologic and anti-arthritis functions in studies done throughout Asia.

Recent research demonstrated that *Polyrachis* can promote the growth, and prevent the shrinkage, of the thymus gland, which generally shrinks as one grows older. The thymus is one of the important immune system organs of the body. Ants can stimulate the production of lymphocytes when the body is under microbial attack, and can improve replica-

tion of the lymphocytes. Ants increase the amount of active immune cells. Extensive research now verifies that ant has a bipolar immune function.

Ant can increase the amount of DNA and RNA inside of human cells. This is believed to slow down aging and to aid in the regeneration, and even rejuvenation of tissue.

A unique set of aldehyde compounds found in all edible species of *Polyrachis* has been demonstrated to have a stronger tonic action than ginseng, and it has thus far been impossible to synthesize this chemical. These aldehyde compounds include geraninaldehyde (C₁₀H₁₆O) and formaldehyde (HCHO, C₁₀H₁₄O). It is believed to be a result of these and several similar aldehydes, as well as some other chemicals in ant, that give ants their enormous physical strength — and ultimately give the consumers of ant the well-established increase in strength.

Polyrachis is not a source of hormones and are absolutely free of synthetic chemicals.

Some facts about ants: Ants can lift up to 400 times their own weight and pull up to 1700 times their own weight, making them the world champions in terms of strength. Ant contains 8-13 times the protein of milk, chicken, duck, beef, mutton and fish.

Primary Combinations

Ant may be consumed by itself or may be combined with other herbs. Combine with:

1. Ginseng Root and *Astragalus* to build Qi
2. *Astragalus* and *Ganoderma* to fortify the defensive Qi
3. Dang Gui, White Peony and *Rehmannia* (steamed) to build blood, regulate and fortify the female reproductive system
4. Deer Antler, *Cordyceps* and Placenta to tonify the original Qi and to fortify the Kidney yin and yang
5. Silk moth, *Gejie*, Sea Dragon, Sea Horse, *Morinda*, *Cuscuta*, *Epimedium*, etc. to tonify male sexual functions

Varieties and Grading

Several varieties of ants are used in Chinese tonic herbalism, all with virtually the same attributes. These different varieties come from different regions in China. Each region claims that its ants are superior. Both black ants (primarily from southern and central China) and red ants (primarily from northeastern China) are used. Ants from high, pristine mountain

ranges such as the Himalayas in southern China and Tibet, or the Changbai Mountains in northeastern China are considered the finest and most potent. Most of the tonic ants are large ants.

A primary concern in using ant as a tonic supplement is that the ants or ant product is from a reputable company that specializes in ant tonic preparation. The ants must be collected from, or raised in, a pure, pristine environment. Certainly, using ants that have been exposed to Raid is not a good idea. In other words, it is not a good idea to try collecting your own from the basement or back yard. The ants used in Chinese tonic supplements are raised in sealed ant farms and are absolutely chemical free. Ant is rare in raw form in the United States, but is extremely valuable if you can obtain it. It should be light in weight, dark and consistent in color, and fluffy, with no obvious impurities, degradation or discoloration. Most sources of ant as a tonic supplement will be ant products made by a number of ant specialty houses out of China. Ant tonics come in both capsules and oral liquid elixirs. At this writing all the ant products I have tested have been excellent and have met my every expectation. The ant industry is extremely heavily regulated in China and there is no indication that less than quality ant products are now being produced in mainland China.

Contraindications

Polyrachis vicina is non-toxic and without clinically significant side-effect.

However, minor side effects are sometimes noticed by users who are extremely allergic or debilitated, in which case there may be minor abdominal distention, diarrhea, skin rash, etc. after initial use. Experts in China recommend that if this occurs, you should stop taking ant for 1 or 2 days, and start taking it again after the symptoms subside. Take a lower dose for a few days and then increase to a full dosage. In almost all cases, the reaction will not repeat itself.

Those who have taken hormone type drugs (steroidal compounds such as birth control pills, cortisone, anabolic steroids, etc.) for a prolonged period of time will not experience the overt benefits of ant for a period of from 1 to 3 months, although the ant will be helping the body to reestablish its healthy hormone balance during this period. Do not withdraw yourself from steroids abruptly and without the supervision of a physician.

Ant is considered to be very safe and, in Asia, large quantities are often consumed

by those seeking extra benefit. Always consume extra water immediately after consuming ant.

History

Ant has been widely used and very highly regarded in China as a tonic for over 3000 years. Ant has been referred to in a number of famous Chinese medicinal classics, including Li Shi Chen's Ben Cao Gang Mu, where the great master praised ants as a superior tonic with excellent curative powers. It has been universally touted as a superb Liver and Kidney tonic of the highest order. Its name, which it received in ancient times, means "black horse." Imperial records indicate that numerous emperors and other noblemen have consumed ant tonics to promote sexuality and to increase longevity. Ant has been historically considered a superior herb of the highest order. In fact, it has been said that "Ginseng may be the King of Herbs, but Ant is the Herb of Kings!".

Asparagus Root

Products Featuring This Herb:

Supreme Spirit Drops

Yin Replenisher

Essence Restorative

Super Essence Restorative

Golden Air

Will Power

Ginseng and Zizyphus Combination

Platycondon and Fritillary

Other Common Names

Asparagus Root

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Pharmaceutical Latin

Asparagi Radix /Tuber

Pinyin

Tian Men Dong

Treasures

Yin Jing, Qi and Spirit

Treasure Rating

Atmospheric Energy

Cold

Taste

Sweet and Bitter

Organ Meridian Systems

Lung, Kidney and Heart

Primary Functions

Nourish Yin and Clear Heat. Moisten the

Lungs and Nourish the Kidney.

Qualities

Use of wild Asparagus root is said to lead to a happy, mild manner, excellent vitality and beautiful skin. It is said to strike a balance into the internal functions of the body.

Wild Asparagus root is highly revered by Taoists who use the tonic herbs to help them on their paths to radiant health and to spiritual awareness. It has many attributes that make it one of the greatest health promoting herbs.

It has long been one of the most highly prized Spirit tonic herbs consumed by the holy men living in the various mountainous regions of China and Korea. Wild Asparagus is said to open up the Heart Center, allowing Spirit to flourish, manifesting as feelings of love, good will, patience and peace of mind. Regular consumption of good quality Asparagus root seems to lift a person's spirits in a way that is consistent with the Taoist philosophy of attaining happiness. If you take it for some time, you tend to see things from a broader view, indeed almost an unlimited view. Taoists mention that by consuming wild Asparagus root a person gains the ability to fly. This flying is really the ability to rise above things that are limited and mundane, even if they seem very important at the moment. From above, we see things in their true light, having ups and downs, and unifying the notions of good and bad, right and wrong, which are always only relative and ephemeral. The Spirit quality of wild Asparagus root effects the Heart of a man or woman. This spiritual ability to "fly" is in fact the freedom of spirit one experiences when one has attained harmony with Tao and is guided by universal love. Those who are seeking spiritual attainment should consume good wild Asparagus whenever it is available.

Wild Asparagus root is also an important Lung tonic. In common Chinese herbalism, this is the quality most often referred to when discussing this herb. Asparagus root moistens and purifies the lungs, aiding in our breathing, removing toxins from the respiratory tract and improving all respiratory functions. It increases the lung's ability to extract Qi from the air we breath. Asparagus root is especially useful for those who are exposed to smoke, to dry or smoggy air or who otherwise are experiencing dryness of the lungs and upper respiratory passages.

The skin is traditionally considered to be a part of the Lung function, and sure enough wild Asparagus root has wonderful

benefits for the skin. Prolonged consumption will make the skin soft, supple and smooth. In the art of radiant health, this kind of skin is a sure sign of attainment. Beautiful skin is the result of pure blood and healthy lungs. Asparagus root is useful for those who are experiencing dry skin due to a dry environment or due to internal dryness. Asparagus root is matched by only a couple of other herbs in its skin improving ability.

Since the Chinese say that "wisdom comes from the lungs," it is clear to see why Taoists believe that wild Asparagus root aids in the development of wisdom. The Lung function, as it affects our psyche, allows a person to extract the truth and wisdom out of life's experiences. It also allows us to let go of that which is useless and of no lasting value. Throughout life, we have experiences that are full of lessons. When the Lung power is strong, we can pass through these experiences and then let them go. But the greatness of the experience is in the wisdom we gain. This is the nature of growth and attainment. Whether an experience is good or bad in the short run, what is more important is what we gain on the wisdom plane as we proceed. In this way our life becomes great. Wild Asparagus is respected at a level unsurpassed by any other herb in aiding this ability to let go of the dross of life, emotional waste, and in allowing us to expand our view of life with each passing day.

Wild Asparagus root promotes the production of Kidney Yin, and prolonged use is beneficial for sexual weakness. Even though its greatest value is in its "love tonic" attributes, wild Asparagus root is often used in tonics designed to overcome impotence or frigidity on the physical level. Wild Asparagus root has slight diuretic action and removes heat and pains in the feet, chest and neck.

Taoists emphasize that wild Asparagus root will strike a balance in the internal functions of the body. It is said that one who consumes wild Asparagus root for a long time will feel so light that they can fly. This not only refers to the spiritual qualities of this amazing herb, but also to the energy and natural buoyancy it provides.

Scientific Data

Asparagus root has been found to induce interferon production in human beings.

Preparation and Utilization

Eat one or two wild Asparagus roots each day, raw. Eat it slowly — almost let it melt in your mouth. Chew well and breathe deeply. Or cook it with your choice of

tonic herbs.

Primary Combinations

Wild Asparagus root may be eaten raw. Otherwise it is generally used in combination with other tonic herbs. Combine with:

1. American Ginseng and Ophiopogon to tonify the Lung and Heart Yin and generate fluids

2. Lycium and/or Rehmannia (steamed) to tonify blood and Kidney yin

3. Anemarrhena, Raw Rehmannia and Philodendron to relieve false fire in the upper Warmer

4. Ganoderma, Pearl and Polygonum stem to nurture Spirit

Varieties and Grading

Wild Asparagus is collected in the mountains of Northern China and Korea. After collecting it, the roots are cleaned and dried. However, they generally remain moist, in fact, gummy. Good quality Asparagus root is soft, chewy, pleasant tasting and mildly sweet. Although wild Asparagus root is readily available in almost all Chinese herb shops, really good wild Asparagus root is quite rare. Most wild Asparagus root is yellow, and this is excellent, so long as it is clean, moist and sweet. Connoisseurs tend to buy up entire batches of the really good stuff quickly. But occasionally you can find red wild Asparagus root. This is a treasure — it is the herb that the Taoists call "the flying herb." Buy as much as you can when you see it, because it probably won't be there when you go back to the herb shop again.

Contraindications

Do not use this herb if you do not want to have flying dreams. Do not use this herb if you don't want to become wise.

Astragalus Root

Products Featuring This Herb:
Super Yang Jing Drops
Supreme Protector

Essence Restorative

Super Essence Restorative
Strength Builder

Golden Air
Profound Essence

Tao in a Bottle

Will Power

Super Adaptogen

Immunity Booster Formula

Cardiovascular Protector

Ginseng and Astragalus Combination

Ten Complete Supertonic Combination

Ginseng and Longan Combination

Ginseng Nutritive Combination

Astragalus

Other Common Names
Astragalus

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Pharmaceutical Latin
Astragali, Radix

Pinyin
Huang Qi

Treasures
Qi and Blood

Treasure Rating

Atmospheric Energy
Slightly Warm

Organ Meridian Systems
Spleen, Lungs and Three Burning Spaces

Primary Functions
Tonify Qi, regulate immune functions, strengthen resistance, build blood, strengthen "upright Qi,"

Qualities
Astragalus ranks as one of the most potent health tonics in the world. For over two thousand years, it has been one of the most popular tonic herbs used in the Orient, and remains so. Astragalus is said to strengthen the primary energy of the body and to tonify the three burning spaces, or in other words, to strengthen all metabolic, respiratory and eliminative functions. As an energizer, Astragalus is famed for its strengthening effects on the outside of the body, in particular to the musculature. It is therefore beneficial in particular to younger adults, who tend to be physically active and require external abundant energy. In China, Astragalus is sometimes considered superior to Ginseng as an energizer for younger people. Astragalus is used to strengthen the legs and arms, and is commonly used by people who work outdoors, especially in the cold, because of its strengthening and warming nature.

Astragalus is said to have another effect on the "surface" of the body — that is, it is used to tonify the "protective Qi," known as Wei Qi in Chinese. Wei Qi is a yang energy and is the yang counterpart to the yin (nutritional) energy flowing through the meridian system, nourishing our tissues and organs. This nutritional energy flowing in the meridians is known as Ying Qi. Both Wei Qi and Ying Qi are generated in the Lungs after the Lungs

have extracted Qi from the air we are breathing, and after the Stomach and Spleen have extracted Qi from the food we have eaten. The air and food energies are united in the Lungs to generate the "essential energy."

Ying and Wei are the two components of the essential energy. Wei Qi circulates in the subcutaneous tissues providing suppleness to the flesh and adaptive energy to the skin. This function is considered essential to life to Asian health practitioners. It is believed that this adaptive energy at the surface of the body is our first line of defense against the offensive forces of nature.. It is the Wei Qi which provides the energy of the flesh to perspire, produce goose bumps or to shiver. The Wei Qi controls the opening and closing of the pores. If Wei Qi is deficient, exhausted or blocked, environmental forces such as heat, cold, dampness and wind (the so-called "vicious energies") can easily penetrate through the flesh and injure the tissues lying below, including the blood and inner organs. If the Wei Qi is sufficient, strong and unblocked, the body's resistance is formidable and one can easily adapt to difficult environmental conditions. Astragalus, by tonifying the Lungs, helps the body generate an abundance of free flowing Wei Qi, thus fortifying the defense energy of the body. Consistent consumption of Astragalus is thus used to protect the body and has traditionally been called "the Great Protector."

Astragalus helps regulate several other important functions. It is used as a blood tonic and is quite effective when combined with primary blood tonic herbs such as Dang Gui, San Qi, Polygonum, etc. Astragalus helps to regulate fluid metabolism, and those who consume it regularly are said to rarely suffer from fluid retention and bloating. Combined with Licorice root, Astragalus helps regulate blood sugar levels.

An important effect of Astragalus is in its ability to fortify the "Upright Qi." Upright Qi is the energy allocated by the body to maintain upright posture and to maintain the position of the organs in their healthy position in their battle with gravity. As one gets older, or if one experiences chronic fatigue or exhaustion, or during illness, this Upright Qi is easily depleted resulting in the sinking, or "prolapse," of organs. This can happen almost anywhere in the body, but it is common in the abdominal and pelvic cavities where organs tend to sink. Astragalus provides an abundance of this Upright Qi. Thus Astragalus is used for such conditions as hernias and prolapse of

the uterus and stomach, as well as the inability to stand straight due to fatigue.

Astragalus enhances the function of the skin to eliminate toxins. It is commonly used to help sores in the skin to come to a head and suppurate, and thus to heal more quickly and effectively. Astragalus is used by Chinese doctors to help slow-healing sores and wounds heal more quickly. All this activity is related to the Wei Qi which is circulating in the skin, which also improves blood circulation according to the rule of "Qi leads Blood."

Astragalus has a mild diuretic action and helps to relieve excessive sweating. It is helpful in treating loose stools, chronic diarrhea and chronic or recurring colds. If a cold lasts too long it can cause a general fatigue syndrome that can itself become chronic. Astragalus is very useful for people who just can't seem to shake a cold, and Astragalus can replace the Qi necessary to regain full strength. In China, there are patent medicines consisting solely or primarily of Astragalus which are targeted specifically at treating low grade chronic colds.

Scientific Data

Astragalus, like many of the major tonic herbs, has a very complex constituent profile. Primarily, the active constituents of Astragalus consist of triterpene glycosides, polysaccharides and flavonoids. Astragalus also contains numerous amino acids, trace elements and various other components.

Astragalus extracts have been proven to have potent immunomodulating effects in both animals and humans. Water extracts of Astragalus significantly enhance macrophage activity and reduce the activity of suppressor T-cells. The herbal extract significantly increases natural killer cell cytotoxicity. It significantly helps antibody response and increases T-helper cell activity. Studies conducted at the M.D. Anderson Cancer Research Center at the University of Houston, the world's largest cancer research institute, demonstrated clearly that Astragalus improves the immune response in humans undergoing radiation and chemotherapy as a treatment for cancer. The FDA, however, has not approved the use of Astragalus for this purpose, although it is approved for exactly that purpose in many other countries. It tends to protect the white cells from leucopenia (destruction of white blood cells due to the chemotherapy or radiation) and maintains the healthy activity of these immune cells. Patients taking Astragalus during such treatment tend to have far fewer side effects and to recover at a higher rate.

Astragalus is often used with *Ganoderma*, *Siberian Ginseng*, *Cordyceps* and/or *Gynostemma* in this fu zheng therapy.

Astragalus extracts have been demonstrated to have significant hematopoietic (red blood cell-building) activity.

The primary active constituents of Astragalus, the triterpene glycosides, are saponins similar to the saponins in *Ginseng* and *Gynostemma*, though all of the Astragalus saponins (triterpene glycosides) have their own chemical identities. There are over 30 such saponins in *Astragalus membranaceus*, for example, of which many are unique to that species. The "total Astragaloside" fraction of Astragalus is an extremely potent health agent. Studies have demonstrated that the total Astragaloside fraction, known by its trademarked name of TA-70, has a bipolar, biphasic, double direction activity. It is an extremely potent immune modulator, capable of building the immune response while suppressing excessive immune activity, as occurs in auto immune conditions (including allergies and arthritis). In addition, the total Astragaloside fraction has an extremely potent antioxidant activity, hundreds of times stronger than vitamin E, and stronger than that of grape seed extract, *Ginkgo biloba* and pine bark extract. New extraction technology allows this total Astragaloside fraction to be extracted. The new high potency Astragalus extract known as TA-70 is without doubt among the most potent health tonics in the world today.

The polysaccharides found in Astragalus are also extremely potent immune enhancers. However, these polysaccharides have been shown to be poorly absorbed in the intestines and therefore have a low bioavailability. Pharmacological studies have shown that injected polysaccharides and injected Astragalus glycosides have approximately equivalent potency relating to the immune system. However, the glycoside component is five times more potent than the polysaccharides when consumed orally.

Both polysaccharide and saponin fractions have shown liver protective action. However, the liver protective action of the saponin fraction is more powerful due to higher bioavailability.

Astragalus contains GABA (g-aminobutyric acid) and has been shown to have a corresponding hypotensive effect as a direct result of that component.

An interesting new area of research on Astragalus concerns its potential as a male fertility agent. Seventy Chinese

herbs were studied to determine their effect on sperm motility. Only Astragalus proved to stimulate this activity.

Astragalus is rich in zinc and selenium. They form components of molecules which have shown powerful anti-cancer activity. They are also responsible for Astragalus's ability to treat osteoarthritis deformis. Astragalus is used clinically to treat cancer and osteoarthritis in China.

Astragalus has been found to induce the production in human beings of both b and g-interferon.

Preparation and Utilization

Astragalus may be added to almost any tonic formulation designed to strengthen the entire body. It is superb for young or old people, male or female. It can be the main ingredient or a secondary ingredient. My recommendation here is to consume Astragalus every day, to some degree or another.

Primary Combinations Combine with:

1. *Ginseng Root* and *Licorice Root* to tonify the primal Qi
2. *Dang Gui* to tonify blood and to improve blood circulation at the surface of the body
3. *Cinnamon* to fortify the flesh, prevent excessive sweating and beautify the skin
4. *Dang Gui* and *Licorice Root* strengthen menstrual functions, relieve menstrual and other lower abdominal pain
5. *Schizandra* and *Ophiopogon* to tonify the Lung Qi and yin
6. *Ganoderma* to tonify the Lungs, Spleen, Heart and Liver and to protect the body from invasion — this is the premier protection entity in Chinese herbalism

Varieties and Grading

Astragalus is one of the premium Chinese tonic herbs that has been a staple of traditional Chinese herbalism for three thousand years. Thus many varieties are available at any Chinese herb shop, ranging in quality and price from very inexpensive to relatively expensive. Prices range from a few dollars per pound up to around \$60 a pound for the best sliced Astragalus. The Astragalus we get in America has been sliced and pressed, which makes it appear bigger than it actually was in the ground, and also makes it easier to cook or otherwise extract.

If you compare the best Astragalus with

the low end material, it is easy to note a fineness to the quality of the better root slices. Slices that are supple and pliable are more desirable than dry, brittle slices. It usually indicates that the herb is fresher and was more carefully prepared. High quality Astragalus has an inner core which is distinctly earthy-yellow. Lesser grades are characterized by a non-distinct whitish-beige core and rough texture. However, some unscrupulous suppliers actually dye this inside core yellow. The yellow core is essential, but make sure it is natural (it won't turn a wet tissue Ritz yellow).

Good quality Astragalus has a sweet flavor that is pleasant when cooked in tea. Lower grade Astragalus is bland or tasteless, and has a starchy taste.

My recommendation: buy middle or high priced Astragalus. Herb shops don't sell the poor quality stuff for high prices because too many people are experts in Astragalus. At least buy a middle grade, and preferably buy the best — you'll notice the difference.

Contraindications

Being in the legume family, it tends to produce flatulence in those who are prone to this distressing symptom when they eat legumes such as peas. If this is the case, use less and try adding herbs like cardamom to the tea. It should not be used during the acute phase of the flu. There are no known side effects associated with TA-70, the high technology standardized Astragalus extract.

History

Astragalus has been used in China as a tonic herb since deep antiquity. It was described as a superior herb in the Spirit Farmer's Materia Medica, where it was described as an herb which prolonged the years of life without aging." Since that time, Astragalus has been one of the most popular and highly respected tonic herbs, in the class of Ginseng and Ganoderma, though more commonly available.

Astragalus Seed

Products Featuring This Herb:
Microcosmic Orbit
Eagle Vision

Other Common Names
Astragalus seed

Pharmaceutical Latin
Astragali, Semen

Pinyin
Sha Yuan Ji Li

Treasures

Treasure Rating

Atmospheric Energy
Warm

Organ Meridian Systems
Liver, Kidney

Primary Functions
Astringe Jing

Qualities
Astragalus seed is used in Chinese herbalism to astringe Jing. In other words, it prevents the leaking out of vital essence. It is considered to be a longevity herb.

Atractylodes, White

Atractylodes is an important and great energy (Qi) tonic which is famous for regulating the digestive functions and as a powerful energy booster. This tonic variety of Atractylodes is known as "White Atractylodes." It is widely used in China by athletes and martial artists, and in weight control programs. It has a mild diuretic action. Atractylodes may be used by anyone wishing to increase vitality.

Products Featuring This Herb:
Profound Essence
Super Adaptogen
Frame Builder
Ginseng and Astragalus Combination
Ten Complete Supertonic Combination
Ginseng and Longan Combination
Ginseng Nutritive Combination
Poria Five Combination
Bupleurum and Peony Combination

Other Common Names
Atractylodes, White
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Pharmaceutical Latin
Atractylodis Macrocephalae, Rhizoma

Pinyin
Bai Shu

Treasures
Qi

Treasure Rating

Atmospheric Energy
Warm

Taste
Bitter, Sweet and Pungent

Organ Meridian Systems
Spleen and Stomach

Part Used and Form
Thick slices of the sun dried rhizome

Primary Functions
Qi tonic. Aids digestion. Invigorates the Yang.

Qualities
Atractylodes is one of the most important and commonly used herbs used in Chinese tonic herbalism. It is found in the majority of formulations that are designed to build Qi. Though the herb is not rare and therefore is not expensive, it is highly regarded.

White Atractylodes is a powerful Qi tonic, almost in the same category of importance with other Qi tonics such as Astragalus and Codonopsis. In some ways, it may be more powerful even than Ginseng as an energy tonic. Many people find that Atractylodes provides more energy more quickly than Panax Ginseng. The point is somewhat moot however, since the two herbs are almost always used together. While rapidly and effectively building Qi, White Atractylodes also invigorates the Yang energy of the body, providing power and strength to the body. In particular, it invigorates the Yang energy of the Spleen so that digestion is more efficient.

It is widely used to strengthen digestion and assimilation and to move moisture through the body. It is capable of regulating the appetite by increasing the appetite of those who are weak and by reducing appetite in those who overzealous. In either case, White Atractylodes will help improve digestive efficiency. Hard physical activity performed while consuming White Atractylodes will result in muscle growth. It has a reputation as one of the primary herbs to be used by athletes to build powerful muscle and to provide endurance. This is perhaps in most popular usage in this era of tonic herbalism. In addition, White Atractylodes, because of its Yang invigorating quality, can be used for weak sexual drive and is sometimes used with Yang tonics for this purpose..

People with weak digestive systems will generally benefit greatly, and quickly, from this herb. It will be useful for people who tend to experience diarrhea, bloating, abdominal pain, vomiting and fatigue, especially during the summer or in hot climates. It is commonly used in formulas for edema, phlegm retention and vertigo as well, all of which are associated with poor fluid movement in the body, a condition that White Atractylodes will help rectify.

White *Atractylodes* is one of the herbs widely consumed in China by pregnant women in order to protect the fetus and to strengthen the mother. It is especially useful for women who are low in Qi and thus experience fatigue, digestive problems and anemia.

The herb has been shown to be effective for constipation after childbirth or gynecological operation when combined with Prepared *Rehmannia* in a 2:1 ratio.

White *Atractylodes* can help relieve excessive fetal movement. In case of weakness due to Qi or blood deficiency, it can be combined with *Ginseng* and/or *Eucommia* bark. In case of heat syndrome, it should be combined with *Scutellaria*. In the case of cold syndrome, it should be combined with *Artemisia*

Scientific Data

A wide range of pharmacological studies have been conducted to determine the tonic action of *Atractylodes macrocephala* and *Atractylodes ovata*. *Atractylodes* increased the body weight and swimming endurance of mice. The herb increases the phagocytic function of the reticuloendothelial system. It increases leukocytes in patients with leukopenia. *Atractylodes macrocephala* increases the lymphocyte transformation and rosette formation rates, promoting cellular immunity and markedly increases serum IgG. These results taken together support the traditional classification of *Atractylodes macrocephala* rhizome as a Spleen tonic which fortifies Qi, strengthening the body constitution and increasing the resistance to disease.

Pharmacological and human clinical studies have shown that the herb has a diuretic action in patients with edema, but has little or no diuretic action in normal subjects. It has been shown to have mild hypoglycemic and liver protective action in pharmacological studies.

It has been shown to have no effect on the central nervous system, a characteristic which distinguishes the tonic herb from its relative *Atractylodes lancea* (Red *Atractylodes*). Red *Atractylodes* is commonly used in Chinese herbalism as a potent diuretic, but not as a tonic herb.

White *Atractylodes* has been found to induce the production in human beings of α -interferon.

Primary Combinations

White *Atractylodes* is never used alone. Combine with:

1. *Ginseng* Root, *Codonopsis*, *Licorice* Root and *Astragalus* to tonify the Spleen, build Qi

2. *Ginseng* and *Poria* to tonify the Spleen's water transformation and transportation activities

3. *Ginseng* Root and Dried *Ginger* for cold Stomach manifesting as indigestion

Varieties and Grading

There is just a small range of quality in White *Atractylodes*. Large, clean, light colored slices rich in aroma are best. Be sure not to get White *Atractylodes* confused with Red *Atractylodes*, which usually is smaller the White *Atractylodes* and is a brick red-brownish color. Red *Atractylodes* (*Atractylodes lancea*) does not have the tonic action of White *Atractylodes*. Red *Atractylodes* is a powerful diuretic used widely in medicinal Chinese herbalism.

Contraindications

Do not use excessively if dehydrated.

Biota Seed

Products Featuring This Herb:

Lights Out
Ginseng and *Zizyphus* Combination

Other Common Names

Biota

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Pharmaceutical Latin
Semen Biotae Orientalis

Pinyin
Bai Zi Ren

Treasures
Spirit

Treasure Rating
***1/2

Atmospheric Energy
Neutral

Organ Meridian Systems
Heart, Kidney and Large Intestine

Part Used and Form
Ripe kernel of the *Arborvitae* tree

Primary Functions
Nourishing the Heart to Develop Spirit.
Tranquilizing to the Mind.

Qualities

Biota seed is most commonly used in

Chinese tonic herbalism as a component in Spirit tonic formulations. It is calming and sedative. It can be used to help allay fear, anxiety and insomnia. When combined with *Zizyphus*, *Schizandra* and *Poria*, Biota is believed to be nourishing to the heart. Because of the oily nature of the herb, it can help with constipation.

Primary Combinations

Combine with:

1. *Zizyphus* Seed, *Albizia* Bark, Spirit *Poria*, *Polygonum* Stem, Dragon Bone and Oyster Shell to stabilize Spirit and treat insomnia caused by anxiety

Varieties and Grading

The kernels should be clean, light colored and oily. Be sure that they are fresh and not rancid (because of their oily, nutritious nature, they can easily spoil).

Contraindications

Do not used excessively if experiencing loose stool. However, this herb is usually used in small quantities in combination with other herbs.

Bird's Nest

Bird's Nest is a Yin tonic. It promotes beautiful skin, shiny hair and radiant eyes.

Products Featuring This Herb:

Other Common Names
Bird's Nest

Pinyin
yan wo

Black Sesame Seed

Products Featuring This Herb:
Small Volcano
Daily Regulator

Other Common Names
Sesame

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Pharmaceutical Latin
Semen Sesami Indici

Pinyin
Hei Zhi Ma

Treasures
Yin Jing and Blood

Treasure Rating

Atmospheric Energy
Neutral

Organ Meridian Systems
Kidney and Liver

Primary Functions
To tonify Yin Jing and blood, to benefit the skin, and to moisten the intestines and promote bowel movement

Qualities
Black sesame seed is a very good tonic herb. It builds Yin Jing, and therefore it is a longevity herb. In fact, Polygonum, when it is dug up from the ground, is boiled in Black sesame seed soup, which is why Polygonum is dark brown. Raw Polygonum is nearly white underneath its thin, dark skin. To build essence (Yin Jing), Sesame may be combined with Lycium, Polygonum, Ligustrum, Steamed Rehmannia, Eucommia, Placenta or any other combination of Jing tonics.

In addition to its essence-building capacity, Black Sesame also builds blood. It acts in much the same way as Polygonum. As a component of a blood tonic formula, it may be combined with Longan, Dang Gui, Polygonum and/or Lycium. However, since it is generally used in food, it is most often combined with Longan fruit

Black sesame seed is moistening to the intestines and helps move the bowels. It prevents and relieves constipation due to dryness of the intestines. It is combined with Dang Gui, Cistanche, Polygonum and Biota to achieve the best result.

Black sesame seed is extremely rich in calcium, containing 85 milligrams per gram of seeds. It is also high in protein, phosphorous, iron and magnesium.

Primary Combinations
Combine with:

1. Polygonum to keep the hair youthful and dark
2. Hemp seed and Dang Gui to tonify the yin of the intestines and to promote healthy bowel movements

Varieties and Grading
Like any oily seed, sesame ages by becoming rancid. Select sesame that looks, smells and tastes fresh and sweet.

Contraindications
Not to be used in cases of diarrhea.

Bupleurum Root

Products Featuring This Herb:
Easy Qi (formerly Smooth Flowing Qi)

Strong Bones
Ginseng and Astragalus Combination
Bupleurum and Rehmannia Combination
Gentiana Combination
Bupleurum & Cyperus Combination
Bupleurum and Dragon Bone Combination
Bupleurum and Peony Combination
Activated Minor Bupleurum

Other Common Names
Bupleurum

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Pharmaceutical Latin
Bupleuri, Radix

Pinyin
Chai Hu

Treasures
None

Treasure Rating

Atmospheric Energy
Cold

Organ Meridian Systems
Liver and Gall Bladder

Part Used and Form
Sliced roots

Primary Functions
Harmonizing. Relieves liver tension and discharges surface heat.

Qualities
Bupleurum is one of the most important herbs used in Chinese herbalism. It is not a tonic herb, but it is useful in the tonic system because of its ability to relieve Liver tension and digestive disturbances, and because it is detoxifying and anti-microbial. Bupleurum has the ability, when combined with other herbs to clear stagnation virtually anywhere in the body. It can be used to relieve spasms, muscle tension, lumps, bleeding due to heat and menstrual irregularity. The essential oil in Bupleurum is responsible for its ability to relieve surface heat.

Bupleurum is the primary herb in dozens of classical formulations which serve a wide variety of harmonizing and decongesting activities. For example, Bupleurum and Dragon Bone Combination, a classical formula, is superb as a Spirit stabilizing anti-stress formula. It is used extensively in Japan to reduce tension and anxiety. Bupleurum and Peony Combination and Bupleurum and Tang Kuei Combination are the primary formulations for women who suffer from hormonal imbalances result-

ing in syndromes such as premenstrual syndrome (PMS) and menopausal distress. Bupleurum and Cyperus Combination is a powerful digestive regulating formula and Bupleurum and Rehmannia Combination is a powerful detoxifying formula which is especially useful when there is blockage in the lymph glands. A formula known as Minor Bupleurum Combination is the most widely used formula in the Japanese Kampo system of herbalism. Kampo is the government certified Chinese herbal system used by millions of patients in the national health care system of Japan. Minor Bupleurum Combination is used in Kampo for a wide range of problems, including hepatitis B, the flu, liver cancer and more, all approved by the Japanese Health Ministry. A slightly modified version has been shown to block HIV replication and is thus being tested in Japan for use by HIV infected individuals. Initial studies have proven very favorable (See the discussion of Scutellaria for more about this therapy). It is even more widely used by health conscious people of Japan to prevent flues, especially during the flu season, and during recovery from the flu to speed up recovery and to prevent relapses.

Bupleurum is a powerful, cold, detoxifying herb. It is not a tonic herb. Therefore it has the potential to have side effects if not used carefully. The primary side effect is excessive detoxification in too short a period of time. For this reason, Bupleurum should never be used without being combined either with White Peony or Scutellaria, both of which detoxify the blood and eliminate heat. They tend to prevent over-zealous detoxifying. The toxins will be released more or less unnoticed by the bowels and through perspiration and urination. Excessive intake of Bupleurum without the appropriate amount of Scutellaria or Peony sometimes causing a "toxic headache," a common sign of detoxifying. Chinese herbalism does not generally condone detoxifying so rapidly as to cause a headache. Use more Peony or Scutellaria in your formula if you discharge toxins so rapidly that it causes discomfort. A tea of White Peony Root and Licorice Root can rapidly counteract the toxic discharge and its symptoms caused by Bupleurum. The toxins are not reabsorbed, they are simply rerouted out by the proper means.

There are many such Bupleurum based formulations, all of which regulate body energy, allowing it to flow freely and in a balanced manner, and for relieving blockages in the body and then discharging the toxin safely out of the system. Bupleurum formulas are extremely useful

at the early stages of tonic use in helping to establish radiant health. They serve the purposes of relieving blocks, imbalances and tension while eliminating toxins. Bupleurum formulas are useful when taking tonics because they assure that the newly abundant energy will flow freely through the body. As time goes by, these formulas become less and less necessary until eventually they only need to be used occasionally, if at all. These formulas will be discussed in some detail in a later section dealing with common imbalances.

Primary Combinations

Combine with:

1. Scutellaria to relieve the surface, dredge and soothe the Liver, purge heat, clear fever, and detoxify the body

2. White Peony Root to do the same thing as Scutellaria, but not as strongly (White Peony is usually used for chronic conditions and Scutellaria is used for acute conditions with raging fire. Peony moderates the release of heat and pent-up tension that may result from the detoxification)

3. Pinellia to relieve Lung congestion

Varieties and Grading

Larger Bupleurum is usually considered to be stronger.

Contraindications

Use under to care of an herbalist. May cause rapid detoxification, with symptoms such as headache and anger. In cases of severe toxicity and improperly balanced Bupleurum administration, skin sores can arise.

Chrysanthemum Flower

Products Featuring This Herb:

Eagle Vision

Other Common Names

Chrysanthemum Flower

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Pinyin
ju hua

Treasures
none

Treasure Rating
none

Atmospheric Energy
cool

Qualities

The flower of a special variety of Chrysanthemum is used in China to improve the circulation in the head and face and is thus traditionally used for headaches and sinus conditions. Since it has a cooling action, it is used to relieve red, swollen eyes such as that caused by smog and summer heat.

Cibotium

Other Common Names

Cibotium

Pharmaceutical Latin
Rhizoma Cibotii Barometz

Pinyin
Gou Ji

Treasures
Yang Jing

Treasure Rating

Atmospheric Energy
Warm

Taste
Bitter and Sweet

Organ Meridian Systems
Liver, Kidney

Part Used and Form
Sliced Rhizome

Primary Functions
Kidney and Liver Tonic

Qualities

Cibotium is a perfect example of a basic Yang tonic herb. It strengthens the Yang of the Liver and Kidney and relieves pain and spasms. Cibotium is mostly used in formulations, combined with Kidney yang tonics to strengthen the back and sexual organs. The same Kidney yang tonic herbs, with the addition of a couple of other ingredients, such as Cinnamon Twig and Gentiana, may be used to relieve aches, pains and stiffness in the lumbar region of the back, and to relieve pain in the knees.

Primary Combinations
Combine with:

1. Eucommia, Dipsacus and Drynaria to strengthen fortify Kidney yang and to strengthen the lower back and knees

2. Cinnamon Twig and Gentiana plus above mentioned Kidney yang tonics treat low back, knee pain and other joint pain due to rheumatism

Varieties and Grading

Cibotium available in Chinese herb shops in America is consistently of good quality.

Contraindications

Do not use in case of dehydration resulting in diminished or deep yellow urine and in dry mouth.

Cinnamon Bark

Chinese Cinnamon bark is a strong essence tonic that promotes good circulation and powerful internal energy. It is sweet and spicy, and is considered to have a very hot energy. Cinnamon bark is said to increase the Yang energy and sexual vitality. The best Cinnamon bark in the world comes from Southeast Asia from trees where the bark is, at its best, almost a half inch thick and over twenty years old.

Products Featuring This Herb:

Ten Complete Supertonic Combination

Other Common Names

Cinnamon Bark

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Pharmaceutical Latin
Cortex Cinnamomi Cassiae

Pinyin
Rou Gui

Treasures
Yang Jing, Qi and Blood

Treasure Rating
****1/2

Atmospheric Energy
Hot

Taste
Acrid and Sweet

Organ Meridian Systems
Primarily Kidney and Circulation-Sex, but also Spleen, Heart, and Liver

Part Used and Form
The shade-dried inner bark of the trunk and thick branches, from which the outer cork has been scraped of.

Primary Functions
Supplementing fire of the vital gate to strengthen Yang, dispelling cold to relieve pain, warming up and clearing the channels.

Qualities

Chinese Cinnamon bark is one of the most warming of all herbs. It is a strong Yang tonic which may be used to correct

syndromes of Kidney Yang deficiency, which will generally present itself by an aversion to cold, cold hands and feet, weak kidneys, backache and lack of sexual energy. It is widely usually combined with Yin and Yang Jing tonic herbs and with Qi tonics to build energy and to fire up sexual energy.

Cinnamon bark promotes good circulation and enables Qi to circulate freely. It has a hot energy which warms the body at its core. Cinnamon bark is used to warm up cold visceral organs and to calm the nerves. However, its energy is said to "move upwards and float." In moving upwards it disperses energy blocks in the neck and shoulders and thus relieves tension in this area. In moving outward ("floating"), it warms the flesh. Prolonged use is said to result in a more youthful, rosy cheeked complexion, and will help clear the skin of blemishes. It is also used medicinally to treat headaches, abdominal pain (especially when combined with licorice root), and to promote menstruation.

Cinnamon bark will open the energy channels of the abdomen and it can dispel even severe chills. If used when a person experiences "flushing up," a condition where heat rises in the body making the upper part of the body hot and the lower part cold, it will help regulate the energy so that heat becomes distributed properly.

One other feature of cinnamon bark is its antipyretic activity. An antipyretic is a substance that lowers surface body heat when the surface is abnormally hot and unable to release the heat. When you first consume cinnamon bark, you may feel warm, but over a very short time it can actually help to cool you down if you are too hot. It is sometimes used in Chinese medicine to reduce fevers.

Cinnamon Bark also generates Qi and Blood, especially when combined with Qi and Blood tonics such as Astragalus. Use with Tang Kuei for menstrual pain due to poor circulation.

Scientific Data

Extracts from cinnamon bark have shown in vitro anti-fungal and antibacterial activity and the volatile oil from cinnamon has shown anti-viral activity. The volatile oil, which is responsible for cinnamon's flavor, has also shown cardiovascular effects which can lower blood pressure in cases of high blood pressure. Cinnamaldehyde, one of the main active ingredients in cinnamon bark, has been shown to have sedative activity in mice, and has shown hypothermic and anti-

pyretic (fever reducing) activity as well.

Preparation and Utilization

Because of the extreme power and spiciness of cinnamon bark, it is usually used in conjunction with other tonic herbs which are milder. Use very small amounts of cinnamon bark, as its flavor and effects are very powerful. Its taste becomes bitter if boiled and the important volatile oils are evaporated off. So cinnamon bark is not added to boiling concoctions except at the very end, for the last few minutes unless the cooking is taking place in a closed system where the oils can be trapped and retained.

So when making a tea which includes cinnamon bark, it is best to use a ginseng cooker, since the herb brew will not quite boil and yet the essence of the herbs will be thoroughly extracted. If you use an herb cooker, you may add the cinnamon for the last fifteen minutes of cooking. If you are not using a ginseng cooker and are simmering a brew in a regular pot, add the cinnamon bark for the last ten minutes, but only after you have turned the flame down to the very lowest so that the brew is no longer boiling. And keep the lid on.

Primary Combinations

Combine with:

1. Ginger and Aconite to warm up the body in case of chill
2. Peony to relieve blood stasis
3. Ginseng Root and Deer Antler to tonify and stimulate the primal yang

Varieties and Grading

Cinnamon is a very highly prized herb and premium grades can be very expensive. China produces a wide range of qualities of Cinnamon bark, so the consumer has to be alert to what they are buying. The Cinnamon is grown in the very southern areas of China the border on Vietnam, Laos and Myanmar (Burma). This is hot, tropical territory which produces superb Cinnamon. Most Cinnamon bark sold will be in small broken pieces that are thin, almost like a potato chip. This low grade Cinnamon bark is inexpensive and is of only moderate quality because it is too young. The very best Cinnamon bark comes in large pieces that is perhaps 1/4 inch thick. It will always be sold with some fanfare because great Cinnamon bark is rare. The taste will be very hot, but also very pleasantly sweet. It is usually possible to sample a little piece before buying — do it.

Frankly, even middle grade cinnamon bark is very powerful and delicious to chew on.

Often you can buy wonderful Cinnamon bark that is old and thick but that is broken into small chunks. This is an excellent buy because it is very delicious, very effective and not very expensive — a great value all the way around. Just remember, the hotter and sweeter, the better. The real greatness in the expensive premium varieties is in the effect on the Kidney function and on how it warms the body. Consuming good cinnamon bark is by no means just a taste sensation — it makes you feel good. It warms your flesh and has a relaxing effect on the nerves that is very pleasant. That is one reason why people like it. The very finest cinnamon bark, according to all the Asian connoisseurs, comes from Southeast Asia, especially from Vietnam. These specimens will be the most expensive and have the most powerful effect. But high grade common Chinese cinnamon bark will suffice for all your real tonic needs.

Contraindications

This herb should not be used by those who have a hot constitution or feverish condition

Cinnamon Twig

Products Featuring This Herb:

Easy Qi (formerly Smooth Flowing Qi)
Imperial Garden
Ginseng Nutritive Combination
Poria Five Combination
Cinnamon and Poria Combination
Bupleurum and Dragon Bone Combination

Other Common Names
Cinnamon Twig

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Pharmaceutical Latin
Cinnamomi Cassiae, Ramulus

Pinyin
Gui Zhi

Treasures

Treasure Rating
none

Atmospheric Energy
Warm

Taste
Acrid, Sweet

Organ Meridian Systems
Heart, Lung, Urinary Bladder

Part Used and Form

young cinnamon branches

Qualities

Cinnamon Twig, the young cinnamon branches, strengthens the body and is said to result in a more youthful complexion. Cinnamon Twig can be used to relax neck and shoulder tension. It is categorized as a warm herb, capable of warming the entire body, and is primarily used in Chinese herbalism to open blood channels and thus to improve circulation. However, the twig lacks the deep Yang tonifying effect of the aged bark.

Cistanches

Products Featuring This Herb:

Super Yang Jing Drops
Supreme Creation
Imperial Garden
Return to Youth

Other Common Names

Cistanches, Salty pulpy mushroom,
Chinese broomrape

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Pharmaceutical Latin
Herba Cistanches

Pinyin
Rou Cong Rong

Treasures
Jing (Yang and Yin), Blood

Treasure Rating

Atmospheric Energy
Warm

Taste
Sweet and Salty

Organ Meridian Systems
Kidney, Large Intestine

Part Used and Form
Thick slices of the pulpy stem

Primary Functions
tonifying the kidney, reinforcing yang,
replenishing vital essence and blood,
moistening the bowels

Qualities

Cistanches is one of the more popular, and more potent, Yang tonic herbs and is found in many formulas designed to strengthen sexual function, treat impotence, and strengthen the back and knees. It is used not only in men's sexual formulas but also in women's, particularly to

increase fertility.

It is widely reported, by men who have taken Cistanches for more than a few weeks, that when a man consumes Cistanches consistently for some time his sexual prowess will increase noticeably. The highly regarded tenth century imperial manual on health and sexual conduct, *The Essence of Medical Prescriptions*, compiled by a Chinese physician living in Japan by the name of Tamba Yasuyori, described numerous formulations which would enhance male potency. Cistanches was included in 80% of these formulas. The ancient classics indicate that Cistanches increases both the flow of Yang energy and blood flow to the genitals.

Youthfulness is very much associated with sexual vigor, whether or not one uses this sexual vigor sexually, or converts the energy to other creative outlets. When the Kidney Yin and Yang are strong, a person can flourish. They will be full of energy, high in spirit, creative, and strong minded. They will appear radiantly healthy to others and will be attractive to the opposite sex.

Cistanches has a secondary benefit, in that it improves the function of the bowels, resulting in healthy bowel movements. This is a result of increased Qi in the Large Intestine.

Primary Combinations
Combine with:

1. Deer Antler, Ginseng Root, Epimedium, Rehmannia (steamed), Cuscuta and Cnidium to tonify the male sexual organs and fortify the male Kidney system
2. Dang Gui, Polygonum and Hemp seed (or Flax seed) to tonify blood, yin and encourage bowel movement
3. Deer Antler, Placenta and Rehmannia for frigidity and infertility
4. Eucommia Bark and Morinda for pain in the lower back

Varieties and Grading
Large, dark, moist slices of Cistanches are generally of the highest quality.

Contraindications
Not to be used excessively by people with excessive sexual drive, by those with deficiency of yin, or by people with chronic loose stool.

Cnidium Seed

Other Common Names
Cnidium Seeds

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203

Pharmaceutical Latin
Semen Cnidii

Pinyin
She Chuang Zi

Treasures
Jing

Treasure Rating
***1/2

Atmospheric Energy
Warm

Taste
Pungent and Bitter

Organ Meridian Systems
Kidney and Spleen

Primary Functions
Tonifies Yang, Warms the Kidneys

Qualities

The small fruit is considered to be a superb tonic to the primal Yang essence and is thus used in many tonics for both men and women. It is widely believed in the Orient to be a superb longevity herb and an excellent sexual tonic and stimulant. It is said to strengthen the bones. Cnidium seed has been very commonly used in formulations designed to warm the Kidneys and strengthen Yang energy. It is primarily used for the purpose of overcoming sexual malaise and strengthening sexual potency. The classics repeatedly mention it as an aphrodisiac. It was used almost routinely in imperial formulas designed specifically for the emperor. Cnidium seed was often used in combination with Cuscuta seed in aphrodisiac formulations, since the two herbs are believed to work synergistically together and to enhance one another. It is also used to increase fertility in both men and women. Cnidium has some astringent quality, which means that it will help prevent premature ejaculation in men. Furthermore, Cnidium seed has disinfectant qualities and may be used externally as a wash on sores, particularly in the genital region.

Primary Combinations
Combine with:

1. Cuscuta and Schizandra to treat infertility, impotence and premature ejaculation

Varieties and Grading

Fresh seed with an aroma is best.

Contraindications

Not to be used for heat syndromes.

Codonopsis

Products Featuring This Herb:

Magu's Treasure

Magu's Secret

Essence Restorative

Super Essence Restorative

Easy Qi (formerly Smooth Flowing Qi)

Golden Air

Will Power

Immunity Booster Formula

Ginseng and Astragalus Combination

Ten Complete Supertonic Combination

Ginseng and Longan Combination

Ginseng and Zizyphus Combination

Bupleurum and Dragon Bone Combination

Other Common Names

Codonopsis

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Pharmaceutical Latin

Codonopsis Pilosulae, Radix

Pinyin

Dang Spirit

Treasures

Qi and Blood

Treasure Rating

****1/2

Atmospheric Energy

Neutral

Organ Meridian Systems

Spleen, Lungs

Part Used and Form

Sun-dried Root

Primary Functions

Qi and Blood tonic. Tonifies Spleen and Lungs and mildly invigorates Yang.

Qualities

Codonopsis is one of the most famous and widely used Chinese tonic herbs. It is very mild and without any side effects, yet it is a superb Qi tonic. It invigorates the Spleen and Lung functions so that Qi is replenished and it promotes the production of body fluids. Codonopsis is also an excellent blood tonic and a major immune system tonic.

For many centuries, Codonopsis has been one of China's favorite tonic herbs. It is believed to have an action similar to that of Ginseng, but milder. It is often used in

place of Ginseng in formulas that actually call for Ginseng to be used as a main Qi tonic, especially when the purpose of the formula is to invigorate the Spleen and Lung functions. This is totally acceptable in the Chinese herbal system. Although high quality Codonopsis is a relatively expensive herb, it is still called "poor man's Ginseng" because it is less expensive than Ginseng and serves the same primary role in a Ginseng-based Qi tonic formula. However, recent studies have shown that Ginseng and Codonopsis do not share the same chemical basis for their Qi building activity. Codonopsis does not contain any saponins similar to the ginsenosides found in Ginseng. Therefore, it is not advisable to consider Codonopsis to be a true substitute for Ginseng in all instances. They both can be used in an herbal program to build Qi. However, Ginseng possesses a very different type of adaptogenic activity. Ginseng's action in formulations associated with Ginseng's powerful Yang power cannot be substituted for by Codonopsis. Codonopsis does possess mild Yang energy suited well to women and men who possess excessive Yang energy already.

Codonopsis can always be used as the main Qi tonic in a person's program when Ginseng is not desired but a Qi tonic is desired. Its blood building quality makes it especially good for people who are weakened due to illness, and Codonopsis is extremely effective at relieving chronic fatigue. Many women use it to build blood and the Chinese consider Codonopsis to be an herb specifically suited to pregnant women and nursing mothers, holding that Codonopsis helps produce milk and that the nutrients in Codonopsis are especially nourishing to babies.

Codonopsis is also useful for those who wish to strengthen their digestive and respiratory functions. It is especially useful for people who tend to become short winded or cough easily due to deficient lung energy and for people who become congested after a meal or who digest inefficiently.

Codonopsis is an excellent herb for children. It is mild yet has powerful strengthening effects, especially on the digestive and respiratory systems and upon the immune system. It builds strong muscle in children. Babies can start chewing on clean Codonopsis roots as soon as they have teeth and know how to hold the root to their mouth. It is an excellent teething herb.

Scientific Data

Traditional Chinese herbalism has featured Codonopsis as an herb that could be

substituted for Ginseng whenever Ginseng is called for in a formulation. However, the chemical constituents of Radix Codonopsis have turned out to be very different from Ginseng. In particular, Codonopsis root has only a small saponin content. Codonopsis contains taraxeryl acetate, friedelin and taraxerol. d-spinasterol, D7-stigmastanol and their glucosides have also been identified. In addition, the root contains sucrose, glucose, inulin, starch, traces of alkaloids and resins.

Codonopsis contains immune-stimulating polysaccharides. It is therefore being used clinically in Japan and China to build resistance of cancer patients in Fu Zheng Therapy. Codonopsis has been found to induce the production in human beings of a-interferon.

Primary Combinations

Codonopsis is not commonly used by itself, though it certainly could be. It may be combined with:

1. Astragalus, White Atractylodes, Poria and Licorice Root to strengthen the Spleen and to build Qi.
2. Dang Gui to build blood
3. Schizandra and Astragalus to tonify the Lung Qi

Varieties and Grading

Codonopsis is one of the herbs that comes in a very wide range of grades. All Codonopsis grows in the north of China, but the best grows in the mountains of Gansu and Shaanxi Provinces. Two kinds of Codonopsis are available: the wild one, which is called Tai Dang Spirit, and the cultivated, which is called Lu Dang Spirit. Wild is superior, and it is more expensive, although it may be somewhat smaller than the cultivated variety. Ye Spirit Dang Spirit, which is collected from the wild in Gansu Province, is highly favored and available in some Chinese herb shops. Cultivated Codonopsis can also be of very high quality, and most of the Codonopsis available in herb shops in America is cultivated. Three varieties of cultivated Codonopsis are particularly favored: Tianshui Dang Spirit (from Tianshui District, Gansu Province), Luzhou Dang Spirit (from Shanxi Province) and Wen Dang Spirit (from Gansu Province)

Tonic herbalists can easily recognize high quality Codonopsis. Larger roots are the best. They should be straight and clean, without signs of insect, mold or fungus contamination. It should be dry on the surface, yet flexible and moist when a piece is chewed. It should be a light tan.

High quality Codonopsis is sweet tasting and pleasant. The sweetness in the taste develops after you have chewed on the root for several seconds. Once you've gotten into the tonic herbs a bit, good Codonopsis will taste very pleasant when eaten raw. Low grade Codonopsis is much less tasty and poor Codonopsis has almost no flavor. Because low grade Codonopsis will sell for less, the suppliers spend less time cleaning and preparing it, so it might still be quite dirty. Remember, if you eat an herb like Codonopsis raw, it is best to wash it first to get any remnants of China's good earth off it. Always get the best Codonopsis you can obtain. Poor quality Codonopsis is of little value to one's health while high quality Codonopsis is a major tonic herb.

Codonopsis is one of the herbs now regarded to possess significant immunostimulating properties. It is rich in immune stimulating polysaccharides which are extremely valuable in helping the body fight off microbial invasion, especially in the early stages. These same polysaccharides have been shown to be useful in supporting the immune systems of people with cancer who are using the herbs in conjunction with conventional cancer therapies (Fu Zheng Therapy). Codonopsis has been demonstrated to have radiation protection activity and can be effective in protecting cancer patients receiving radiation therapy from the side effects without diminishing its benefits. Codonopsis also has interferon-inducing activity that may be of importance in many immune deficiency conditions, including HIV infection.

Codonopsis can be taken safely by anyone wishing to gently but assuredly build Qi, to strengthen their immune system, to nourish their blood and to strengthen digestion and respiration. It can be taken in large or small dosages without side effect. It is an extremely reliable herb which maintains its position as one of the great herbs of the world.

History

Qian Long, the most famous and longest ruling Emperor of the Qing Dynasty, consumed Codonopsis every day. Qian Long was the longest living Emperor of the modern era (the last three hundred years). He lived to be eighty nine years old, despite the fact that he had three thousand concubines. Emperors usually lived a short life because of too many concubines. (Note: when he became sixty-one, he started taking Ginseng every day as well).

Coix

Other Common Names

Coix

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Pharmaceutical Latin
Semen Coix

Pinyin
Yi Yi Ren
(Spiritg Yi Mi)

Treasures
Qi

Treasure Rating

Atmospheric Energy
Slightly Cold

Taste
Bland and slightly Sweet

Organ Meridian Systems
Spleen and Lung

Primary Functions
Tonic to Spleen and Skin, Promoting the flow of moisture

Qualities

Coix, also known as "Job's Tears," is a food-herb that many people get confused with barley. It is used as a general health tonic, primarily benefiting the functions of the Spleen, Lungs and skin. It improves the flow of water throughout the body, so it can therefore be used by those who are experiencing water stagnancy, abdominal bloating, and edema (excessive water weight). Puffed Coix (just like puffed oats, corn or wheat — "shot out of cannons!") is very beneficial to those who suffer from loose stool or diarrhea. Coix is also commonly used in many formulas in Asia for arthritis and rheumatism since these conditions are associated with "excess moisture."

Coix is considered to be very beneficial to the skin, in terms of both beauty and health. Combined with herbs like White Peony and Tang Kuei, it is very nourishing to the skin. Also, It is said that by using Coix, one's skin becomes especially smooth and soft. Coix is used in Asia to eliminate coarse skin. Coix has long been believed to be capable of helping to reduce moles, and to eliminate warts and other blemishes from the skin surface. Recent research conducted in Japan has demonstrated that raw Coix contains an anti-tumor agent which may, in large doses, be useful in the treatment of cancer, and in particular cancer of the skin when used in large quantities. Coix has also been shown

to have anti-viral activity.

Coix can be used as an extremely healthy and nutritious grain substitute in cooking and there are currently a number of products on the market which use Coix as the food base for instant diet cereals. Coix contains: coixol, coixenolide, vitamin B1, leucine, lysine, arginine

Primary Combinations
Combine with:

1. Dioscorea and Poria to relieve abdominal bloating due to water stagnation

2. Ma Huang to discharge surface water stagnancy

3. Dang Gui, White Peony, Longan, and Schizandra to nourish and detoxify the skin

Varieties and Grading
Fresh, clean, whole seeds without blemishes are best.

Contraindications
use cautiously during pregnancy.

Cordyceps

Description
Spray dried concentrated powder in capsules. One of the premier tonic herbs of Asia. Vegetarian. Grown by ultra modern fermentation technology. Extremely potent.

Primary Traditional Functions
Nourishes Jing (both Yin and Yang), strengthens the Kidneys and Lungs and tonifies Qi, relieves depression of Liver Qi.

Who Can Use This Formula
Because it contains both Yin and Yang it can be used by anyone safely and over a long period of time. A powerful and proven athlete's herb. Cordyceps is highly regarded in China as a tonic for those who are recovering from an illness or an operation, or after giving birth. In these cases, the Cordyceps helps the patient recover their physical power, to improve their appetite, and to protect the body from infection.

Typical Usage
2 or 3 capsules, 2 or 3 times per day

Note
Cordyceps is very widely used for the purposes of strengthening the primal Kidney functions, which include sexual functions, brain power, structural integrity and healing ability. It is a potent Yin Jing tonic, but it is also a very powerful Yang tonic. As a sexual tonic, Cordyceps is considered to be one of the best. Consis-

tent use of Cordyceps helps to strengthen the physical structure, and specifically benefits the lower back region, the knees and ankles. It is used for backache due to injury, fatigue, stress or simple aging.

Cordyceps is also a major Lung tonic. It can be used to strengthen respiratory power in those who require extra energy in order to perform physical work (e.g. labor, sports or exercise) or it can be used by those who suffer from deficiency of Lung power. It is especially beneficial to those who suffer chronic Lung weakness with cough, wheezing or shortness of breath.

Other studies have shown that Cordyceps can have a benefit in the vascular system as well. Cordyceps improves the function of the micro-circulation and improves efficiency at the capillary level. Cordyceps has been shown to help regulate blood pressure and to strengthen heart muscle.

Cordyceps is one of the absolute superstars of the Chinese tonic herbal system. It is an extremely effective and powerful life enhancing agent, ranking right up there with Ginseng, Ganoderma and Deer Antler. Because it is rare, potent and highly treasured, like Deer Antler, it is very expensive. It is the main ingredient in a number of expensive elixirs and tonic formulations.

Cordyceps is very widely used for the purposes of strengthening the primal Kidney functions, which include sexual functions, brain power, structural integrity and healing ability. It is a very powerful Yang tonic. As a sexual tonic, Cordyceps is considered to be one of the best. It is not as quick acting as the best of the Yang tonics like Deer Antler, Epimedium and Sea Dragon, but it has a profound long range strengthening capacity. It is commonly used for impotence, sexual neurasthenia, frigidity and infertility.

Consistent use of Cordyceps helps to strengthen the skeletal structure, and specifically benefits the lower back region, the knees and ankles. It is used for backache due to injury, fatigue, stress or simple aging.

Because of Cordyceps' powerful deep tonifying action, it is used for a wide range of problems due to weakness. Cordyceps has always been used to fortify the defensive system of the body and large amounts of recent data indicate that Cordyceps is a very potent immune system potentiator. Many studies now indicate that Cordyceps can help the body

resist a wide range of pathogenic bacteria, fungi and viruses. Cordyceps is used in Asia to help treat fungus and yeast infections, and intensive research is being conducted at dozens of institutions in China and Japan relating to the potential of Cordyceps to treat cancer and HIV infection. Researchers in Japan and China have isolated a number of polysaccharides in Cordyceps which strengthen the immune system, and at least one, CO-1, has been shown to have strong anti-tumor activity. Maintaining the immune system is one of the mechanisms that can slow down aging and prevent both degenerative and acquired diseases.

Other studies have shown that Cordyceps can have a benefit in the vascular system as well. Cordyceps improves the function of the micro-circulation and improves efficiency at the capillary level. Cordyceps has been shown to help regulate blood pressure and to strengthen heart muscle.

Cordyceps is considered in Asia to be a robust and virtually miraculous athlete's tonic. Cordyceps has attained even greater fame in the last few years since the quintessentially successful track coach, Ma Jia Jun, created a secret formula, based on Cordyceps and Tortoise Shell, which he gave to his China National Women's track team. Subsequent to their taking this formula, which was made with Cordyceps as the dominant ingredient, the women of this team came to dominate the world track scene for more than two years. The members of the team broke many world records, most of which they still hold.

During their reign, they were accused of taking steroids or other illegal drugs, since their rise to dominance was so quick. But all drug testing proved negative. No trace of any illegal substances have been detected in their blood. None of Ma's track women were ever found to be consuming anything other than his secret Chinese tonic herbal formula. Due to a number of reasons, mostly associated with personality conflicts between Ma and his track stars (he refused to let them grow their hair, to keep much of their prize money or to keep the luxury cars they won as prizes on the world track circuit, for example), virtually all the women refused to stay in Ma's camp and they all went independent. No longer having access to his secret Cordyceps recipe, all of the stars have lost their dominating athlete prowess. In 1995, a year after leaving Ma, only one of the former superstars qualified for the National Team which represented China at the World Championships.

Ma's recipe is still secret (though we know it), although the whole world knows of its existence. We only know that the two dominant ingredients are Cordyceps and Tortoise Shell, a major Yin Jing tonic.

Cordyceps is highly regarded in China as a tonic for those who are recovering from an illness or an operation, or after giving birth. In these cases, the Cordyceps helps the patient recover their physical power, to improve their appetite, and to protect the body from infection. When blended with other tonics such as Ginseng, Ganoderma, Lycium or Astragalus, Cordyceps' power is just increased as the synergy of the various herbs results in an even more powerful tonic.

Production

In the last several years, it has become possible to grow a number of fungi by "fermentation" technology. The fungus is literally grown in large tanks, and in just a matter of days a large quantity can be produced. The technology has now become highly advanced and is making previously rare herbs like Cordyceps and Ganoderma much more accessible. Many studies indicate that the chemical nature of this biotechnology Cordyceps is almost identical to that of the wild variety and pharmacological and clinical studies seem to confirm this.

The new bio-technological approach to growing Cordyceps possesses two truly great advantages. The greatest advantage of the new technology is that the herbal substance, in this case Cordyceps, can be highly controlled by scientific means during its growth and "standardized" so that every batch is virtually identical — and in a sense, "perfect." This is very important in pharmaceutical terms because without standardization, it is difficult or impossible to develop drug-type standards for substances like Cordyceps. Once an herb can be standardized, all kinds of studies can be conducted that will be accepted by the scientific community, including our FDA.

Fermentation technology makes this substance available to anybody who wants it, and this is great news for the world. Until now, few people have even heard of Cordyceps because of its rarity. In the next decade, as a result of the new fermentation technology, Cordyceps will become known throughout the world.

There is one more advantage, at least by some people's standard, to the new fermentation Cordyceps. The fungus is grown without the use of animal nutrients and the result is a 100% pure "vegetarian"

health product.

Coriolus Mushroom

Other Common Names
Coriolus Versicolor

Pharmaceutical Latin
Coriolus Versicolor

Pinyin
Yun Zhe Xe Se

Treasures
Qi

Treasure Rating
**1/2

Atmospheric Energy
Neutral

Taste
Bitter and Sweet

Part Used and Form
whole mushroom including the mycelium and fruiting body

Primary Functions
To fortify the defense and to dispel damp

Qualities
The entire mushroom (mycelium and fruiting body) is used to fortify the immune system. The polysaccharides found in the mycelium and from fermentation liquid each have significant anti-carcinogenic activity. This whole polysaccharide is used as a drug against malignant tumors in Japan. Coriolus has been found to be an interferon-inducing substance. In China, Coriolus is used for viral infections of the liver, including hepatitis B and chronic hepatitis, and it is used as a preventive and curative drug for liver cancer. However, it is so safe that it is also sold over the counter as an immune system strengthening tonic in herb stores.

Primary Combinations
Always used in combination with other immune system stimulating herbs. Combine with:

1. Astragalus, Ganoderma, Codonopsis, Cordyceps, Gynostemma to strengthen the immune system

Varieties and Grading
Not generally available in bulk in America.

Cornus

Products Featuring This Herb:
Super Yang Jing Drops
Supreme Creation
Essence Restorative

Super Essence Restorative
Imperial Garden
Strength Builder
Endocrine Health
Eagle Vision
Return to Youth
Rehmannia Six Combination

Other Common Names
Cornus

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Pharmaceutical Latin
Fructus Corni Officinalis

Pinyin
Shan Yu Rou or Shan Zhu Yu

Treasures
Yin Jing

Treasure Rating
***1/2

Atmospheric Energy
Warm

Organ Meridian Systems
Kidney and Liver

Part Used and Form
Pulp of the ripe fruit. The fruit has been prepared by baking over a slow fire or scalding with boiling water, then, after removal of the stone, drying in the sun.

Primary Functions
To stabilize the Kidney and to contain Jing. Astringent, preventing or arresting excessive loss of body fluid. Nourishing the Kidney and Liver.

Qualities
This sour fruit plays an important role in many Essence tonics. It is said to be "astringent," thereby locking energy into the system and preventing the energy from "leaking" out. In its own right it is a powerful Yin essence tonic with a warm energy. When combined with other tonic herbs, Cornus becomes a powerhouse, and makes the other herbs much more powerful as well. Cornus is considered to be an aphrodisiac.

Cornus is a mild Yin tonic which acts upon the Kidney, most specifically upon the urogenital system. Its tonic action is highly magnified by its powerful astringent action. When combined with other tonic herbs, Cornus becomes a powerhouse, and makes the other herbs much more powerful as well. Being a warm Yin tonic makes it a somewhat unique herb. It's great power does not lie in the actual amount of Yin provided by the Cornus

itself — it lies in Cornus's incredible astringent action on the urogenital organs.

Cornus is very sour, and like all sour herbs, it helps control ejaculation of sperm and helps treat the problems of impotence, premature ejaculation, and frequent urination due to weak bladder. Because of its warm nature and because of its direct action on the genital function, many Asian herbalists consider Cornus to have "aphrodisiac" qualities. Like all true Kidney tonics, Cornus helps strengthen the back and knees, clears the mind, improves hearing. Cornus is well known for its benefits for people experiencing dizziness. Those who are deficient in Yin Jing can combine Cornus with Yin herbs. Those who are deficient in Yang Jing can combine Cornus with Yang herbs. In either case, Cornus will strengthen Jing by conserving it.

A quinol glucoside has been isolated which acts as a urinary antiseptic. Extracts have shown antibacterial activity against Staphylococcus aureus, Salmonella typhula and Shigella dysenteriae. Extracts have also shown anti-allergenic effects. Cornus will help reduce perspiration in those who sweat due to illness, weakness or fear. Mixed with the appropriate herbs, Cornus is very useful for stabilizing excessive or prolonged menstrual bleeding due to deficiency and weakness.

Primary Combinations
Combine with:

1. Rehmannia (steamed), Cuscuta, Lycium and Eucommia bark to tonify the Liver and Kidneys, to strengthen the lower back and legs, to strengthen sexual functions and to prevent premature ejaculation in men
2. Ginseng, Prepared Aconite and Oyster shell to prevent sweating due to weakness of the body

Varieties and Grading
The fresher the better. The more sour the better.

Contraindications
Cornus is an extremely safe herb with no known side effects. However, it should be not be used by people who have difficulty urinating or who become hot but cannot sweat.

Crataegus

Other Common Names
Hawthorn Fruit or Berry

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Pharmaceutical Latin

Fructus Crataegi

Pinyin
Shan Zha

Treasures
None. Crataegus is not a tonic herb. It is a digestive.

Treasure Rating

Atmospheric Energy
Slightly warm

Taste
Sour, Sweet.

Organ Meridian Systems
Spleen, Stomach, Liver

Part Used and Form
The ripe fruit which has been sliced and sun dried.

Primary Functions
To improve digestion and remove food stagnation.

Qualities
Crataegus strengthens digestion. This very useful herb helps to remove stagnated food from the digestive tract and to restore normal functioning of the Spleen and Stomach in digesting, transporting and distributing nutrients. Crataegus a very commonly used herb, used to relieve indigestion which has resulted in abdominal distention, belching, acid regurgitation, stuffiness, anorexia, abdominal pain, nausea, vomiting and irregular bowel movements (diarrhea or constipation) due to food retention. In China, Crataegus is often consumed as the main ingredient in a tea, or combined on a couple of other digestive herbs, when one has consumed too much meat or greasy food. Crataegus is excellent at digesting these.

Crataegus has become an extremely popular herb in Europe because of its very beneficial influence on hypertension (high blood pressure), hyperlipemia (high blood fat) and high cholesterol. In China it is combined with Cassia tora seed to improve this function and consumed as a tea or in capsules. Crataegus can be used to treat symptoms of coronary heart disease, especially when combined with herbs that improve circulation, such as Salvia, Pseudoginseng, Ginkgo and Ligusticum.

Primary Combinations
Combine with:

1. Ginseng Root, Citrus Peel and Atractylodes to tonify the Spleen and remove

stagnation in the Stomach

Varieties and Grading
Crataegus is best when it is freshly processed. If it appears old, overly dry and discolored, look for another supply. It should look like good dried fruit that you would eat. Both stir-baked Crataegus and unprocessed, sun dried Crataegus are available. The stir-baked variety is best for digestion, while the unprocessed (sun dried only) Crataegus is best for hypertension, high cholesterol, etc.

Crataegus Leaf

Crataegus leaf extract has become an extremely popular herb in Europe because of its very beneficial influence on hypertension (high blood pressure), hyperlipemia (high blood fat) and high cholesterol. In China it is combined with Cassia tora seed and or Gynostemma leaf to improve this function and may be consumed as a tea or in capsules. Crataegus leaf extract can be used to treat symptoms of coronary heart disease, especially when combined with herbs that improve circulation, such as Salvia, Pseudoginseng, Ginkgo and Ligusticum.

Products Featuring This Herb:
Cardiovascular Protector

Other Common Names

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Tonic Herbs

Pinyin
shan zha ye

Treasures

Treasure Rating

Atmospheric Energy

Primary Functions
promotes circulation

Curculiginis
Products Featuring This Herb:
Women's Jing

Other Common Names
Curculiginis

Pharmaceutical Latin
Rhizoma Curculiginis

Pinyin
Xian Mao

Treasures
Yang Jing

Treasure Rating

***1/2

Atmospheric Energy
Warm

Taste
Spicy (acid)

Organ Meridian Systems
Kidney and Liver

Part Used and Form
Rhizome, sliced and sun-dried

Primary Functions
To Tonify Kidney and fortify Yang. To eliminate cold and dampness.

Qualities
Curculiginis is used in yang tonic formulations to warm up the Kidney function, to strengthen sexual function, for infertility in both men and women, for urinary incontinence, low back pain and weakness in the legs, to strengthen the bones and ligaments and to strengthen the general constitution of one who is growing feeble.

Primary Combinations
Combine with:

1. Epimedium for weakness of Kidney yang manifested as impotence, frigidity and lower back pain

Varieties and Grading
All Curculiginis sold in America is of similar grade.

Contraindications
Not to be used by people who are severely Yin deficient (e.g., showing heat signs) without first building the Yin.

Cuscuta Seed

Products Featuring This Herb:
Super Yang Jing Drops
Microcosmic Orbit
Women's Jing
Profound Essence

Other Common Names
Cuscuta Seed

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Pharmaceutical Latin
Cuscutae, Semen

Pinyin
Tu Si Zi

Treasures
Yin and Yang Jing

Treasure Rating

***1/2

Atmospheric Energy
Neutral

Taste
Acrid and Sweet

Organ Meridian Systems
Liver and Kidney

Primary Functions
To tonify the Kidneys, benefit Yin and Yang Jing. Astringent.

Qualities
Cuscuta is commonly used in long term tonic programs. It is a gentle tonic for the Kidney Yin and Yang, and also helps nourish Chi. It helps the Kidney to consolidate the Chi. It is widely used to improve vision, nourish the sperm and marrow, strengthen bones and sinews and to strengthen sexual functions.

Cuscuta seed is commonly used in tonic formulations designed to benefit Yin and Yang Jing. It is most commonly used to strengthen the urogenital functions. It is used to treat impotence, premature ejaculation, frequent urination, and leukorrhea as well as ear ringing and aching lower back, symptoms which often accompany deficient Kidney conditions that cause sexual weakness.

Cuscuta seed gently but efficiently helps tonify both Yin and Yang, therefore it is a very useful, safe and important herb. People suffering from Kidney Yin deficiency will tend to experience symptoms of dizziness, blurred vision, spots in front of the eyes and ringing in the ears. Habitual consumption of Cuscuta can improve vision and clear away these symptoms.

Cuscuta will build Yin Essence (Yin Jing) and thus it is considered to be an anti-aging herb. It is used to build sperm, increase fertility in both men and women and is listed as an aphrodisiac in all traditional Chinese pharmacopoeias.

Cuscuta will be used with either Yin or Yang tonic herbs depending on the specifics of the person's condition. Cuscuta is almost always combined with Cnidium seed because they enhance one another. Cuscuta seed helps consolidate the Essence (Yin Jing) and thus slows down aging and prevents loss of bodily fluids. This type of herb is critical in any program designed to rejuvenate the body and to prolong life.

Primary Combinations
Combine with:

1. Eucommia bark, Dioscorea and Cibotium to fortify the Kidney, to strengthen the lower back and to treat lower back and knee pain

2. Schizandra fruit, Cnidium fruit, Ligustrum fruit and Astragalus seed to treat impotence

3. Codonopsis, White Atractylodes and Dioscorea to treat chronic diarrhea due to Spleen deficiency

Varieties and Grading
Fresh, aromatic Cuscuta seed is best.

Contraindications
Not to be used when experiencing strong heat patterns.

Cynomorium Root

Products Featuring This Herb:
Magu's Treasure
Magu's Secret

Other Common Names
Cynomorium

Pharmaceutical Latin
Herbal Cynomorii

Pinyin
Suo Yang

Treasures
Primarily Yang Jing, but also Yin Jing and Blood

Treasure Rating

Atmospheric Energy
Warm
Organ Meridian Systems
Kidney and Liver

Part Used and Form
Sun-dried fleshy stem

Primary Functions
Tonify the Kidney and fortify Yang. To nourish blood, benefit Essence (Yin Jing) and strengthen sinews.

Qualities
Cynomorium is considered to be a superb tonic to the primal yang essence and is thus used in many tonics for both men and women. It is widely believed in the Orient to be a superb longevity herb and an excellent sexual tonic and stimulant. It is said to strengthen the bones.

Cynomorium is a powerful yet relatively mild Jing herb. It plays a major role in many herbal programs designed to strengthen the Kidney function, which in

turn provides the primal power of life. Cynomorium builds both Yin and Yang Jing, although it is predominantly a Yang tonic herb. However, it does supply Yin Essence (Yin Jing) and can help build blood (another Yin treasure). Furthermore, it is moistening to the intestines and helps relieve dry heat constipation.

Cynomorium is used for impotence in men and lack of libido in women due to deficiency of Kidney Yang energy. It strengthens all sexual functions when used over a period of time. Men do not have to be impotent to use Cynomorium. It will simply strengthen a man, or women, starting from the point where they are at on the energy scale.

Cynomorium is a superb rejuvenating herb. It strengthens all the functions and structures associated with the Kidney, including the bladder, the back, the legs and the skeleton in general. You can also think of Cynomorium as an herb which will strengthen all bodily functions from the waist down. It is a great herb if you want to build your Kidney strength.

Cynomorium and Cistanche are very similar in their actions; however, Cynomorium is slightly milder (it is not quite as hot) and is therefore often used in fertility formulas for women where Cistanches may be too hot. Both of these superb Kidney tonics are used together in a majority of sophisticated anti-aging, potency-enhancing Kidney tonic formulations for men. You will find Cynomorium combined with herbs like Rehmannia, Lycium, Deer Antler, Gecko, Tortoise Shell, Polygonum, Schizandra, Cnidium seed and Cuscuta seed, etc.

Varieties and Grading
Larger, clean looking slices are best. Cynomorium has a brick red tone. If the redness is lacking, it is too old or not Cynomorium.

Contraindications
Cynomorium is not well suited to people who are severely Yin deficient since it is primarily a Yang herb. Also, it is not well suited to people who are suffering either chronically or acutely from diarrhea since it tends to loosen stool.

Dang Gui

Products Featuring This Herb:
Magu's Treasure
Magu's Secret
Women's Jing
Shou Wu Formulation
Ant Essence Formula
Strength Builder
Profound Essence

Endocrine Health
Remove Stagnation
Cardiovascular Protector
Four Things Combination
Ginseng and Astragalus Combination
Ten Complete Supertonic Combination
Ginseng and Longan Combination
Ginseng Nutritive Combination
Ginseng and Zizyphus Combination
Dang Gui and Gelatin
Bupleurum and Rehmannia Combination
Platycodon and Fritillary
Gentiana Combination
Bupleurum and Peony Combination

Other Common Names
Tang Kuei, Dong Quai, Tang Kwei, Chinese
Angelica Root

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Pharmaceutical Latin
Radix Angelica

Pinyin
Dang Gui

Treasures
Blood

Treasure Rating
****1/2

Atmospheric Energy
Warm

Taste
Sweet, Acrid, Bitter,

Organ Meridian Systems
Heart, Liver, Spleen

Primary Functions
Blood tonic, blood stimulant, menstrua-
tion-corrective, analgesic

Qualities
Dang Gui, *Angelica sinensis*, is used by
men and women alike as a superb blood
tonic. It is also an important blood
vitalizing herb (e.g., it improves blood
circulation). Men use it as a muscle
building blood tonic. However, Dang Gui is
most famous as a women's tonic, because
women often use it as a blood tonic and to
regulate the female menstrual cycle. It is
found in most women's tonic preparations.

Dang Gui is one of the most famous and
widely used herbs in the world. It is
commonly described as the supreme
"woman's herb," and as the "queen of
Chinese herbs." It is also very commonly
used by men as a component of tonic
formulations. Dang Gui is most well known
for its two primary functions: 1. as a

potent and effective blood tonic, and 2. as
a gynecological regulator.

As a blood tonic, Dang Gui is almost
incomparable. Few herbs in the world are
either as safe or as potent as blood
tonics. It is commonly used by millions of
people to treat common anemia. It can be
used after an illness, injury or surgery to
rebuild red blood cells and to increase
blood volume. It is very commonly used by
women to build blood. It is most fre-
quently used after a woman's menstrual
period has concluded, in order to replen-
ish blood which has been lost. Dang Gui is
found in numerous general tonic formula-
tions as part of the blood-building
component of the formula. Men as well as
women benefit from strong blood.

Dang Gui is Chinese herbalism's most
important gynecological herb. It is used in
almost all formulas designed to treat
dysmenorrhea and other menstrual
disturbances. It has an analgesic action in
the case of dysmenorrhea (painful
menstruation) which is attributed to its
biphasic, regulating effect on the uterus.
Dang Gui is mildly sedative and soothing
to nervous disorders and excessive
emotionalism.

Dang Gui is routinely used to treat
amenorrhea, infertility, premenstrual
syndrome and menopausal distress. It is
generally combined with other herbs to
suit the condition and the constitution of
the woman. These Dang Gui-based
formulations are extraordinarily effec-
tive and they are safe. Some of these
formulations may be consumed as health-
promoting tonics. They help regulate the
menstrual functions and prevent degen-
eration of the reproductive system.
Therefore, Dang Gui is used in many
Chinese youth preserving formulations. It
is included in most beauty tonics. The
herb has in fact been found to benefit
the complexion by improving circulation in
the skin, and by detoxifying, and thus
helping to clear blemishes. It is almost
always included in formulations designed
to detoxify the skin and is used to treat
urticaria, eczema, neurodermatitis,
pruritus, vitiligo, rosacea, alopecia and
pigment diseases.

Although some Western physicians do not
recommend the use of Dang Gui during
pregnancy because of a misunderstanding
of its actions, this herb is used by
virtually every pregnant woman in China,
and has been for many centuries. It has
been demonstrated that during preg-
nancy, Dang Gui exerts an inhibitory
action on the uterus, which the Chinese
believe helps "stabilize the fetus" and
prevents spontaneous miscarriage. In

addition, the vitamin E and folic acid in
Dang Gui contribute to the stability of
the pregnancy. Dang Gui helps prevent
inflammation in the pelvic cavity and
therefore has protective benefits to the
pregnant woman besides stabilizing the
fetus and preventing anemia.

Scientific Data

The root of *Angelica sinensis* contains a
small but potent quantity of volatile oil
(0.2-0.4%) of which about 35-50% is
ligustilide. The characteristic aroma
associated with *Radix Angelica* is the
result of a volatile oil called n-butylidene
phthalide and a "fragrant-lemon" lactone.
The root contains vitamin B12 (0.25-
0.4mg/100 g.), nicotinic acid, folic acid,
folinic acid, biotin and vitamins A and E
and sucrose. In addition, it contains a
fixed oil, palmitic acid, b-sitosterol, b-
sitosteryl palmitate, ferulic acid, succinic
acid, uracil and adenine.

Experiments on a variety of animals and
studies done with humans have shown that
Angelica sinensis has a regulatory,
biphasic action on the pregnant and non-
pregnant uterus. A component of the
volatile oil, which works directly on the
uterus, has been demonstrated to reduce
rhythmic contractions of the uterus,
resulting in muscular relaxation. The
water-soluble and/or alcohol-soluble non-
volatile substance of the herb, on the
other hand, has a stimulating action on
the uterus, which can result in strong
uterine contraction.

Researchers now believe that the action
of the herb on the uterus correlates with
the functional state of the uterus.
Experiments on rabbits has shown that
when the intrauterine pressure is not
increased, *Angelica sinensis* slightly
inhibits contraction. This results in the
relaxation of the uterine muscles and
improves blood flow and local nutrition. On
the other hand, when intrauterine
pressure increases, as in the case of
pregnancy, uterine contraction decreases
as a result of *Angelica sinensis* adminis-
tration, allowing the muscles to relax, but
ultimately allowing the uterine muscles to
contract more efficiently at micturation.

Pharmacological studies indicate that
Angelica sinensis does not have estrogenic
action, contrary to earlier reports.

The hemotinic, or blood tonic, effect of
Angelica sinensis is now attributed to its
vitamin B12, folic acid, folinic acid,
nicotinic acid and biotin contents. *Ang-
elica sinensis* is also rich in the metal
cobalt. Cobalt is the major element
responsible for vitamin B12's hemotinic
(blood enriching) action. Experiments have

shown that once vitamin B12 loses 0.01 gram of cobalt, its hemotinic effect immediately disappears.

The herb exerts a complex influence on the vascular system. It appears that the volatile oil component tends to have a biphasic influence on blood pressure, first increasing it then decreasing it, while the non-volatile component decreases blood pressure. Numerous studies, however, indicate that the general result from taking *Angelica sinensis* is to mildly lower blood pressure.

Angelica sinensis has a biphasic action on the heart, in laboratory animals. Its predominant effect, however in animals is to lower cardiac excitability and to prolong the atrial refractory period. *Angelica sinensis* appears to improve myocardial blood flow. This action is greatly improved when *Angelica sinensis* is combined with *Rhizoma Ligustici*, and *Flos Carthami*). The herb has also been found to reduce triglycerides in humans.

The herb has been demonstrated to possess nonspecific immunologic functions, including the capacity to enhance phagocytic functions of macrophages. It also has anti-allergic activity and has been shown capable of decreasing allergic inflammation in the knee joints. It has been shown to have general anti-inflammatory and analgesic capacity with is 1.7 times more potent than that of sodium acetylsalicylate.

Angelica sinensis is capable of protecting laboratory animals against the symptoms of vitamin E deficiency.

Tang Kuei has been found to induce interferon production in human beings. It has been shown to have a weak inhibitory action against many pathogenic microbes, including *Escherichia coli*, *Salmonella typhi* and paratyphi, *Staphylococcus aureus*, and many others.

Primary Combinations

May be used alone, but is most commonly combined with other herbs. Combine with:

1. Ginseng Root or Codonopsis Root to tonify yin and yang, Qi and blood
2. *Ligusticum*, *Rehmannia* (steamed) and White Peony to tonify blood and yin, improve blood circulation, to regulate menstrual functions and to relieve menstrual pain
3. Deer Antler to tonify Jing, blood and fluids, to fortify the Kidney and to sharpen the mind

4. *Lycium* fruit, *Rehmannia* (steamed) and *Chrysanthemum* flower to tonify yin and relieve false fire conditions resulting in red eyes, dizziness, etc.

Varieties and Grading

Dang Gui comes in a wide range of qualities. The best Dang Gui is large, clean and sweet. It has a pleasant yet potent fragrance that smells fresh. Such high grade Dang Gui comes from the north of China, from provinces such as Gansu and Shanxi. The best Dang Gui has higher content of volatile oils, accounting for its aroma and flavor. Lower grade Dang Gui is smaller and not as good smelling. Poor quality Dang Gui is not pleasant smelling or tasting, or it has little or no aroma. Old Dang Gui that lacks much fragrance or taste is fairly useless.

Contraindications

Dang Gui should not be used against your doctor's orders. It should not be used by women with breast cancer.

Deer Antler Extract

Deer Antler is mainly used as a rejuvenating and strengthening agent. Short term use is believed to quickly build strength and power, while consistent long-term use is believed to rebuild and maintain deep life force, preserve youthfulness and to enhance longevity. Like all yang herbs, deer antler is used to strengthen the back, knees and waste, but deer antler is considered to be the most powerful such agent and is usually the main herb in any formula in which it is included. It is used to strengthen the skeletal structure in both adults and children. It is also widely used to improve mental power. Deer antler has also been demonstrated to improve cardiovascular function and to strengthen the nervous system.

Description

Full potency extract of the highest quality Deer Antler in the world. Made from the tips, the most potent part. 6:1 concentrate.

Primary Traditional Functions

Reinforcing Kidney Yang, tonifies Yin Jing, tonifies blood

Who Can Use This Formula

Those who wish to increase primal Yang energy

Typical Usage

1 or 2 squeezes of the dropper (~35 70 drops), 13 times per day, or as desired

Note

Deer antler is a rare type of organ in the higher animal kingdom. It is one of the

few complex organ structures which regenerates in an annual rhythm and which will regenerate if cut or broken off. This regenerative power is what has most intrigued scientists in recent years, just as it has the Asian people through the ages.

Studies conducted in Europe indicate that the ability to regenerate is due to the rich supply of substances known as ectosaponins. This complex chemical agent is found more abundantly in lower animals, in which the ectosaponins cause a wide variety of tissue to regenerate. The ectosaponin in deer antler is very similar to ectosaponins found at the tail bases of many lizards, such as the Gecko lizard, and in the legs of star fish. Just as in the case of deer antler, if the tale is broken off a Gecko or similar lizard or the legs broken off a starfish, these appendages regrow — bone, nerves blood vessels, flesh and all. The ectosaponins extracted from deer antler, as well as from Gecko and star fish all have shown remarkable regenerative effects on all types of tissue, including nerve tissue, which generally does not regenerate significantly. For example, experiments have been done by administering these ectosaponins (as pantocrin) to frogs and mice whose limbs have been amputated, resulting in imperfect, but impressive, regrowth of the limb including the paws and toes.

Research indicates that moderate doses of pantocrin (primarily the alcohol extract of deer antler) benefit cardiovascular function by helping to regulate heart rhythm and by raising blood pressure and circulation in people with chronic poor circulation.

Numerous studies done in China, Japan and Korea have shown that pantocrin increases work capacity, decreases muscular and mental fatigue, improves sleep and improves appetite. Deer antler has been shown to increase the oxygen uptake of the brain, liver and kidneys in laboratory animals. It also significantly increased red and white blood cell production in laboratory animals, with the effects increasing as dose was increased.

Dendrobium

Products Featuring This Herb:
Yin Replenisher
Primal Yin Replenisher

Other Common Names
Dendrobium

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Pharmaceutical Latin
Herba Dendrobii

Pinyin
Shi Hu

Treasures
Yin Jing

Treasure Rating

Atmospheric Energy
Slightly Cold

Taste
Sweet and lightly salty

Organ Meridian Systems
Kidney, Lungs and Stomach

Part Used and Form
Stems and Leaves

Primary Functions
Replenish Yin Essence (Yin Jing), generate fluids, clear heat.

Qualities

This variety of Chinese orchid is an excellent and delicious Yin Jing tonic and longevity herb. It is said to quickly and effectively replace spent "adaptive energy." It is widely used in the Orient by those who engage in a lot of sexual activity to replace the spent energy and to replace fluids; and thus it is commonly called "honeymooners tea." When combined with licorice root, it is also called "healer's tea," because it is said to provide healing energy which can be transmitted to others and replace spent healing energy. Thus body workers, other hands-on healers, and all those who give of themselves from their soul, benefit by consuming Dendrobium. It has been widely used both by Taoist hermits and by the Chinese elite.

Dendrobium is primarily used in China to replenish fluids. It is commonly used in Chinese herbalism as a Yin tonic which moistens the Stomach and Lungs. It can be very effective in treating dryness problems like dry mouth, thirst, stomach pain, mouth sores, sunstroke, and dry lungs and air passages due to dry weather or due to pollution and smoke. In other words, Dendrobium is used to balance hot, dry conditions, to replace damaged or lost fluids and to relieve thirst, depression and deficiency fever as a result of an illness.

However, the truly great value of Dendrobium lies elsewhere. Taoist sages, who were the masters of longevity (and

much more) have routinely used Dendrobium as a daily tea for many centuries. The stems of leaves of a number of varieties of Dendrobium are an excellent longevity herb. Dendrobium is especially useful in quickly and effectively replenishing spent adaptive energy.

Dendrobium has been traditionally used as a daily tea to replace spent Yin Jing of the Kidney. The Kidney is considered to be the whole body's reservoir of Yin Jing, so replenishing the Yin of the Kidney replenishes the whole body.

In replenishing and increasing Jing, Dendrobium increases the generative force. Dendrobium is especially famous for relieving fatigue from over-indulgence in sex. For those who maintain a balanced sex life, Dendrobium is said to build superb sexual vigor. Dendrobium, being a Kidney Yin tonic, increases the sexual fluids in men and women. And like all Jing tonics, it helps strengthen the lower back and knees (areas controlled by the Kidney). For all these reasons, Dendrobium, when combined with Licorice root and made into a tea is called "honeymooners tea."

The Taoists say that Dendrobium fills the Kidney meridian up with new vitality and strengthens muscles. It nourishes the Yin of the Kidney and nourishes the saliva, which the Taoists call the "Precious Fluid." It can be made into a superb tea for athletes for the purpose of maintaining fluids during exercise or sports.

My teacher, Taoist Master Sung Jin Park, taught me another very important way to use Dendrobium. In 1975, when I was studying with Mast Park, I owned a small acupressure clinic in Los Angeles. At first I had been studying with Master Park at his apartment, but one day I invited him to come see the Acupressure Workshop. The first time I brought him to the clinic, which was in a small old house in a business district, he entered with true reverence, removing his shoes and bowing repeatedly as he approached the front door and passed through into the foyer of the clinic. When he first entered, he looked around and said "Ah! Just like ancient hospital!" This gave me great pride. But then he started sniffing as though he could smell something fowl. He asked me "Where is your Sok Gok and Gum Cho?" I didn't have a clue as to what he was talking about. But after a couple of minutes of trying to get him to explain, I got an answer.

It was traditional, where Master Park came from, for healing centers to have a pot of Dendrobium and Licorice root (Sok

Gok and Gum Cho in Korean) tea brewing at all times for both the practitioners and the clients. This simple but elegant combination of herbs is a healer's tea. When a practitioner of the healing arts is performing his or her art, they are using "healing energy," and in fact this healing energy comes straight from the Kidneys. This is especially true when, as we were, you are working with your hands and mind by providing a service such as acupressure. It was true. At the end of some sessions, especially difficult ones with people who were going through a great deal of stress, I could experience an almost exhausted, drained feeling that made me want to sleep. Master Park said that the Dendrobium and Licorice tea would prevent this fatigue and, even more importantly, would replenish the energy given up when performing the healing work.

>From that day forward, for the next seven years while the Acupressure Workshop existed, we had a pot of "Sok Gok and Gum Cho" on a hot plate at all times for both the practitioners and for the clients. The practitioners drank it before and after every session and I am certain that they benefited greatly from this practice. The clients almost universally enjoyed the tea, usually drinking a cup while in the waiting room and often drinking another cup after the session. The feeling through the years was that most of the clients felt that the tea helped them to get centered and to get more out of the acupressure session. The protective quality of this unique tea was always apparent. Our practitioners were constantly exposed to people with stress, colds, etc. and yet the amount of work time missed due to illness was almost nil. We all gave much of the credit to the constant drinking of the tea.

One last benefit of Dendrobium lies in its beauty-promoting quality. Dendrobium helps keep the skin moist and constant drinking helps generate beautiful skin. When combined in a person's program with other skin nourishing and cleansing herbs like Codonopsis, Tang Kuei, Schizandra and White Peony, a person's skin will definitely improve, becoming smooth, radiant, supple and clear.

Primary Combinations
Combine with:

1. Licorice root to tonify Kidney yin and generate body fluids
2. Ophiopogon, Glehnia and Raw Rehmannia to generate body fluids, tonify Stomach yin and saliva

3. Raw Rehmannia, Prince Ginseng and Asparagus root for generalized yin deficiency with afternoon fever

Varieties and Grading

Large golden, or green-gold, well-preserved stems and leaves indicate good quality. If the stems and leaves are pulpy, that is excellent. The Dendrobium should not be brittle or crumbly when gently squeezed — this would mean that the Dendrobium is old and will have lost its potency. The white pulp inside the Dendrobium should be fresh looking and even a bit moist. Some varieties are not as large as Dendrobium nobile. However, they work the same — just be sure they are in good condition and are not too old.

Dioscorea Root

Products Featuring This Herb:

Supreme Creation
Imperial Garden
Strength Builder
Endocrine Health
Frame Builder
Eagle Vision
Return to Youth
Rehmannia Six Combination

Other Common Names

Wild Chinese Yam and Mountain Medicine

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Pharmaceutical Latin

Radix Dioscoreae Oppositae

Pinyin

Shan Yao

Treasures

Yin Jing and Qi

Treasure Rating

Atmospheric Energy

Neutral

Organ Meridian Systems

Kidneys, Spleen and Stomach

Part Used and Form

The peeled sun-dried rhizome

Primary Functions

Qi tonic, Yin Jing tonic, tonic to Yin of Lung and Stomach, astringent to Kidney.

Qualities

Dioscorea, whose literal name in Chinese is "Mountain Medicine," is one of the more widely used tonic herbs. Because the herb has a neutral "atmospheric energy," and

therefore is neither hot nor cold, it benefits both the Yin and the Yang of the Lungs, Kidneys and Spleen.

It builds Spleen Qi, which results in strong digestion and metabolism. It is often combined with Ginseng, White Atractylodes and Poria to fortify the Qi producing power of the digestive tract. Dioscorea is a great herb for people who suffer from loose stool. It is very effective at treating many types of diarrhea.

Used with Codonopsis (or American Ginseng), Ophiopogon, Schizandra and other herbs that benefit the Lungs, Dioscorea helps strengthen the ability to build Qi in the Lungs and generally improve Lung functioning, which in turn strengthens the whole body. It is commonly used in formulations designed to relieve coughing due to weak Lung condition.

Dioscorea is a valuable herb. In the process of rebuilding and maintaining healthy Kidney functions, it has both Yin Jing building power and an astringent action which helps consolidate the Kidney energy, preventing "leaking" of fluids. It is widely recommended for the "leakage" problems which occur as a result of a deficiency of the Kidney, such as spermatorrhea, leucorrhagia and frequent urination. It is also often used by people suffering night sweats as a result of general weakness or chronic consumptive illness. In each of the above mentioned cases, Dioscorea will be combined with different herbs. Dioscorea will help strengthen the back and knees, like all herbs that build the Kidney.

Diabetes is a disorder for which Dioscorea is very highly recommended in Asia. The vast majority of Chinese people with diabetes drink a tea of Dioscorea, or a blend of Dioscorea with other herbs, throughout the day to help with the symptoms of dysphoria and thirst.

Dioscorea is a powerful herb for treating dehydration be it due to an illness, excessive sweating from physical activity, due to the weather, or whatever.

Dioscorea is a superb herb for helping replenish body fluids when taken as a tea or with sufficient water.

Dioscorea is a safe and mild herb that can be used as a nutrient tonic on a regular basis. Being a type of yam, it is often included in food products, and cooked in routine Chinese cooking as a health food. The slices of Dioscorea are quite edible. Dioscorea can easily be crushed or ground into a powder which makes an excellent

ingredient in almost any cooking where flour, grain or starch might otherwise be used.

Primary Combinations

Dioscorea may be used alone. Combine with:

1. Ginseng, Atractylodes, Poria, Licorice and Jujube Date to strengthen the Spleen and Lungs and to build Qi

2. Lycium and Schizandra to tonify the Kidneys and

3. American Ginseng or Panax Ginseng Root to moderate blood sugar levels

4. Poria to improve the urinary function of the Kidney

5. Dang Gui and White Peony Root to regulate female hormonal functions

Varieties and Grading

Dioscorea comes in a range of grades depending on the variety and where it was grown. A variety known as "Huai Shan" is grown in the mountains of Henan Province and is considered to be the best. However, good Dioscorea also grows in many mountainous areas of China including Hebei, Sichuan, Shandong and Shanxi Provinces. Dioscorea is sometimes available simple as the sliced yam. Often, it is macerated and rolled into cylindrical rods. These rods are sometimes sold as whole rods (several inches long), and sometimes sliced into very neat pieces. This process does not in any way effect quality. Pure white Dioscorea is usually the best. Source and Price will generally tell you which is the best Dioscorea.

Contraindications

Dioscorea should be used only sparingly in cases of abdominal distention due to food stagnancy.

Dipsacus

Products Featuring This Herb:

Strong Bones
Strength Builder
Profound Essence
Frame Builder

Other Common Names

Dipsacus

Pharmaceutical Latin

Radix Dipsaci

Pinyin

Xu Duan

Treasures

Yang Jing

Treasure Rating
***1/2

Atmospheric Energy
Slightly Warm

Taste
Bitter and Acrid

Organ Meridian Systems
Liver and Kidney

Part Used and Form
The sun-dried root

Primary Functions
Tonify Kidney and Liver, help repair bones and ligaments, and open the blood vessels.

Qualities
This Kidney tonic is primarily used to strengthen the skeletal structure. Dipsacus is one of the main herbs used in case of traumatic injury to the skeleton. It is an excellent herb for repairing structural tissue (bones and ligaments) that have been damaged as a result of trauma. Dipsacus helps relieve the swelling due to structural trauma. It is the perfect herb for those who have damaged spinal structure and for those who have experienced knee injuries. However, it is useful for any structural tissue damage to hasten repair.

Thus Dipsacus is a premium herb for athletes, dancers and others who have experienced minor or severe structural injuries as a result of their activities. It can be used preventatively by those who have had previous injuries or by those who are involved in dangerous activities and may wish to do all that they can to fortify the structure of the body. It is equally effective for older people who are experiencing structural difficulties simply due to aging. Dipsacus is usually combined with Eucommia, Drynaria, Tang Kuei and sometimes Deer Antler.

Dipsacus performs some of the classic Kidney tonic functions as well. It helps strengthen sexual function and relieves back pain. Dipsacus is routinely used during pregnancy in Asia to strengthen the mother's back and to calm the fetus. It is used to relieve bleeding during pregnancy which may threaten the pregnancy.

Dipsacus also helps improve blood flow by opening up the blood vessels. Therefore it is useful in any condition in which the blood vessels are constricted especially when the constriction results in pain.

Primary Combinations
Combine with:

1. Eucommia bark to strengthen the lower back and knees

2. Eucommia bark, Donkey skin glue, Mugwort leaf, Astragalus root and Dang Gui for profuse menstrual flow, uterine bleeding and threatened abortion with bleeding

Varieties and Grading
The herb must be fried if it is to be used to stop uterine bleeding. As a tonic, the raw herb may be cooked or used raw. All Dipsacus is of similar quality in the US.

Donkey Hide Glue

Products Featuring This Herb:
Dang Gui and Gelatin

Other Common Names
Ass Hide Glue, Donkey Skin Glue

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Pharmaceutical Latin
Colla Corii Asini

Pinyin
E Jiao

Treasures
Blood

Treasure Rating

Atmospheric Energy
Neutral

Organ Meridian Systems
Lung, Liver and Kidney
Primary Functions
To nourish the blood, to stop bleeding, to replenish Yin and to moisten the lungs

Qualities
The fried skin of the donkey is a powerful blood and Yin tonic routinely used in Chinese herbalism. It is commonly combined with other major tonic herbs to fortify the entire body after illness, injury or surgery. It can be used by any one suffering from blood deficiency. It is usually combined with Ginseng, Astragalus, Dang Gui and Prepared Rehmannia.

It may be combined with herbs that have a hemostatic action (they stop bleeding). However, since bleeding is serious, it should only be done under a doctor's supervision.

Donkey Skin Glue has Yin properties that are useful in Yin deficiency syndrome, manifesting as dry cough, dry mouth and

irritability. It may be combined with other yin herbs such as American Ginseng, Glehnia, Ophiopogon, Asparagus root, etc., to replenish fluids.

Primary Combinations
Always combined with other tonic herbs. Combine with:

1. Dang Gui and White Peony Root to tonify blood
2. Platycodon and Ophiopogon to nourish Lung Yin
3. Anemarrhena to stop bleeding and relieve heat in the lower burner.

Varieties and Grading
Donkey Skin Glue can be purchased at most Chinese herb shops. It is all high quality.

Contraindications
The herb should not be used in large quantities by some one experiencing weak digestion with poor appetite, or diarrhea and vomiting.

Dragon Bone

Products Featuring This Herb:
Strong Bones
Profound Essence
Will Power
Bupleurum and Dragon Bone Combination

Other Common Names
Dragon Bone

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Pharmaceutical Latin
Os Draconis
Pinyin
Long Gu

Treasures
Spirit stabilizer

Treasure Rating
***1/2

Atmospheric Energy
Neutral

Taste
Sweet, Astringent

Organ Meridian Systems
Heart, Liver, Kidney, Large Intestine

Part Used and Form
Fossilized bones of prehistoric animals such as mastodon, hairy rhinoceros, hipparion, deer, oxen, etc. Large or small chunks of white mineralized vertebral or extremities bone. Dragon's Teeth, which

are the fossilized teeth of these animals, are also used with similar, though not identical function.

Primary Functions

Calm and stabilize the Spirit, astringent

Qualities

Dragon Bone is a Spirit stabilizing substance. It calms the Liver and suppresses hyperactivity of Liver Yang. This results in a strong calming effect which can be described as both sedating and tranquilizing. Dragon bone has a profound calming effect on the heart, being one of the primary natural substances known for calming excitability and palpitation.

Dragon bone is an extremely useful therapeutic substance. Dragon bone, being a mineral, is rich in calcium and other trace minerals that can benefit the body in many ways. It is used to relieve irritability, chronic and acute anger, tension and dizziness caused by hyperactivity of Yang. Dragon Bone has wonderful benefits for those experiencing mental and emotional agitation, palpitations, insomnia and chronic or acute anxiety. In Chinese medicine, it is even used for epilepsy induced by terror and for manic behavior.

Dragon Bone is not used by itself, but always in combination with other herbs. If the symptoms are the result of excessive yang activity, combining with Oyster Shell and Haliotis will be effective. If the problems are due to yin deficiency, Dragon Bone is combined with herbs like Zizyphus, Polygonum stem and Biota. If the problem is due to Blood deficiency, it is combined with prepared Rehmannia, White Peony and Tang Kuei. It is combined with Ginseng, Poria, Licorice, Astragalus and Polygala in cases of Heart Qi deficiency.

Dragon Bone can be used as a very effective astringent herb. It is often used in formulas for seminal emission, leukorrhia, excessive perspiration due to weakness and excessive uterine bleeding. It is often found in formulas designed to enhance male sexual performance. In this usage, it has both a calming effect on the mind, preventing premature ejaculation, and it has the astringent action, literally locking in the semen and thus further preventing premature ejaculation. Its astringent action is also useful for problems like excessive perspiring, chronic diarrhea, leukorrhea and frequent urination. Furthermore, it is extremely effective at restraining night sweats in weakened individuals, especially when taken with Jing and Qi tonic herbs such as Codonopsis, Gynostemma, Ganoderma,

Dioscorea and Astragalus.

The Taoists often used Dragon Bone at the initial stages of their training in order to calm the mind so that they could make quick progress in their meditation practices. Since agitation was considered to be anathema to a Taoist, Dragon Bone provided a powerful tool in gaining a grip on one's emotions. Of course, the Taoists combined the consumption of Spirit stabilizing herbs with mind training, and the results were quick and profound.

Dragon Bone's calming effect can be just as useful in our modern, generally hectic society. In fact, Dragon Bone is one of the most useful and effective substances in Chinese herbalism. It is an incredible tool that I have seen help thousands of Americans. Anyone experiencing stress and agitation can benefit from the calming, stabilizing effect of Dragon Bone. This rich source of minerals has excellent relaxing effects on the nerves and muscles. It helps relieve muscular spasms associated with chronic or acute tension.

Formulations containing Dragon Bone are among the most popular in the current Japanese herbal system (known as Kampo), a result of the Japanese people's attempt to deal with Japan's Type-A societal personality. If you suffer from insomnia, restlessness, apprehension, palpitations, anxiety, irritability, anger, frustration, tension, fear, or any of the symptoms that require an astringent, find a good Dragon Bone product. Dragon Bone changes people's lives, and it's extremely safe.

Primary Combinations

Combine with:

1. Oyster Shell, Zizyphus, Spirit Poria, Biota and Polygonum Stem to stabilize Spirit
2. Oyster Shell and Cornus as an astringent used for excessive perspiration, night sweats and diarrhea

Varieties and Grading

There is counterfeit Dragon Bone available in some Chinese herb shops. It is difficult to recognize, but it is made from cow bone that is mineralized artificially. All real Dragon Bone is excellent. So buy from a reputable herb dealer that you can trust.

Drynaria

Products Featuring This Herb:
Strong Bones
Frame Builder

Other Common Names
Drynaria

Pharmaceutical Latin
Rhizoma Drynariae

Pinyin
Gu Sui Bu

Treasures
Yang Jing

Treasure Rating
***1/2

Atmospheric Energy
Warm

Organ Meridian Systems
Kidney and Liver

Part Used and Form
Rhizome

Primary Functions
Tonify the Kidney, promotes mending of bones and related structural tissues, stimulates hair growth

Qualities

Drynaria is the most important herb in the Chinese pharmacopoeia for healing damaged bone and ligaments. It is used in all formulas for broken bones, torn ligaments. It is also useful in the treatment of and recovery from sprains, contusions (bruises) and stress fractures. Drynaria has been explored deeply by martial arts practitioners in Asia for over a thousand years and its efficacy is very well established. In fact, the literal name of the herb in Chinese is "Mender of Shattered Bones." Drynaria is usually used in combination with Dipsacus and other herbs to deal with the specific problems.

Drynaria can be used like all Yang Jing tonics to strengthen the lower back and knees. It seems to have special efficacy in a high percentage of cases of tinnitus (ringing in the ears) and bleeding gums. Though it is traditionally considered to be effective for toothaches, I recommend you get to the dentist and get the problem fixed.

Primary Combinations
Combine with:

1. Eucommia, Psoralea and Walnut Kernel to strengthen the lower back and knees
2. Rehmannia (steamed) and Cornus for tinnitus and deafness
3. Tortoise plastrum for swelling and pain due to external trauma

Varieties and Grading
All *Drynaria* is of similar grade in American herb shops.

Contraindications
Should not be used by people with severe yin deficiency. Use with yin herbs if the person is mildly yin deficient.

Epimedium

Products Featuring This Herb:
Super Yang Jing Drops
Women's Jing
Imperial Garden
Endocrine Health

Other Common Names
Goat Sex Herb and The Herb for the Man Who Likes Sex Too Much, Like a Goat

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Pharmaceutical Latin
Herba Epimedii

Pinyin
Yin Yang Huo

Treasures
Yang Jing and Qi

Treasure Rating

Atmospheric Energy
Warm

Taste
Acrid and Sweet

Organ Meridian Systems
Kidney and Liver

Part Used and Form
The leaves

Primary Functions
To tonify the Kidney, strengthen Yang, eliminate dampness, dispel wind and fortify the defenses

Qualities
Epimedium is a powerful sexual tonic and stimulant. Epimedium is known as "horny goat weed" because when goats eat it, they begin copulating. Oriental people consider it an aphrodisiac. Epimedium is also said to strengthen the bones and joints, and to calm and relax the heart. Recent research indicates that Epimedium is a strong immune system regulator.

Epimedium is a very powerful yang tonic herb. Its power as a yang tonic ranks

almost with the animal yang tonics like Gecko, Male Silkworm Moth, Sea Horse, Sea Dragon and Deer Antler. This is very unusual for a plant. Its name can literally be translated, revealingly, as "the herb for the man that likes sex too much, like a goat," or more simply "goat sex herb." In general this is what Epimedium is famous for and the most common purpose for using it. It is worth noting that women often take this herb as well to increase their sexual drive, but usually in smaller quantities than men and combined with women's herbs, which are usually more yin. I have seen it used in a number of women's fertility formulas in China. However, Epimedium has been shown to have no estrogen-like activity.

This herb has been extensively studied in both the laboratory and in clinics in modern China, Korea and Japan. It has been clearly shown that Epimedium does increase sexual activity in animals and humans. It stimulates the sensory nerves throughout the body, and in particular in the genital region. Epimedium also increases sperm production in men. It has been shown to have a moderate androgen-like influence on the testes, prostate gland and anal muscles, which will influence sexual desire and activity.

But the sexual strengthening effects of Epimedium are only the beginning. This remarkable herb has been found to have significant ability to lower high blood pressure, without reducing it below normal if used by people with normal blood pressure. It does not influence the blood pressure of people with low blood pressure unless combined with red ginseng, in which case blood pressure can be elevated. In China, Epimedium is combined with *Curculiginus* and *Morinda* to treat climacteric hypertension.

Perhaps even more important has been the recent discoveries that Epimedium is a powerful immune enhancing agent. Many recent studies have confirmed that Epimedium has powerful immune modulating activity which can support the immune functions of healthy and significantly enhance the immune systems of immune-compromised individuals. Recent confirmed studies have shown that Epimedium has significant anti-HIV activity. Epimedium is officially listed in China as an herb that can help prevent the growth of cancer and has been listed by the Chinese Academy of Medical Sciences as one of an elite group of herbs that slow down aging and promote longevity.

What a remarkable herb! Relaxing, yet sexually invigorating. Not only safe, but

an incredible health aid for people concerned about their cardiovascular and immune systems. The only drawback to Epimedium is that it is drying, so it should be used very carefully by those who are too dry or who are otherwise significantly yin deficient. First, build up yin. If you are only slightly yin deficient or wish to protect your yin, it may be taken with yin herbs. People who are in good health may use Epimedium safely and regularly to enhance sexual power and to build their immune systems. HIV-infected individuals or other people with weakened immune systems may use Epimedium regularly as long as they are getting a full spectrum of Yin tonics, Qi tonics and Blood tonics.

Epimedium is also beneficial for anyone suffering from Kidney deficiency with symptoms like lower back pain, weak or painful knees, dizziness, forgetfulness, frequent urination, irregular menstruation, etc. It will also be found in formulas designed to aid in the recovery from sports injuries (fractures, tears, spasms), combined with other yang tonics like *Drynaria*, blood tonics like Tang Kuei and with blood vitalizing herbs.

The only drawback to Epimedium is that it is drying. It should be used very carefully by those who are too dry or who are otherwise Yin deficient.

Preparation and Utilization
An excellent and simple formula that one can make at home is to combine Epimedium with *Schizandra* and *Lycium*, with several leaves of Epimedium being combined with an ounce each of the other two herbs. Simmer this in a quart of water until half is boiled away (as described in the section on *Schizandra*, add the *Schizandra* for only the final 20 minutes of cooking). This will strengthen the body by building both the Yin and Yang of the Kidneys and Liver. Those who are Yin deficient may double the *Schizandra* and *Lycium* (or reduce the amount of Epimedium to one half) and add other Yin nourishing herbs such as *Polygonum multiflorum*, *Dendrobium*, steamed *Rehmannia*, Tang Kuei, *Glehnia*, *Asparagus* root, *Ophiopogon* and/or American Ginseng, etc. Such a brew, if most of these herbs were used, would be superb for those who are experiencing deep exhaustion. Those who want more yang action may add herbs like *Eucommia*, *Cistanches*, *Cynomorium*, *Psoralea*, *Cordyceps*, *Cnidium*, *Sea Horse*, etc. If blood pressure is a problem, increase the amount of *Eucommia*.

Primary Combinations
Epimedium is always combined with other herbs. Combine with:

1. Deer Antler, Morinda, Ginseng Cynomorium, Cistanche and Cuscuta to tonify Kidney yang and promote sexual energy

2. Rehmannia (steamed) and Curculigo rhizome for impotence

3. Eucommia bark and Cinnamon twigs to relieve low back pain due to an invasion of wind-cold-damp.

Varieties and Grading

There are a number of varieties of Epimedium. Fundamentally, most are equally effective. However, each species will come in several grades, depending on its growing conditions. The better grades are prepared with much more care and will cost a little more. Epimedium is not a very expensive herb, so it is better to get the best you can get. High quality Epimedium will always be trimmed. There are little prickly points at the edge of the leaves and these are considered to be slightly toxic. So better quality Epimedium will have the edges trimmed off. If you buy some Epimedium that still has the little points, you can cut them off yourself, but the herb will probably be of lower quality. Excellent quality Epimedium will traditionally tied into bundles a couple of inches thick, and this is the way you should purchase it.

Preparations of Epimedium have a marked inhibitory effect against the polio virus and Staphylococcus aureus.

Contraindications

Not to be used by men with hyperactive sexual drive. Not to be used over a long period of time by people who are yin deficient and suffer from dryness.

Eucommia Bark

Products Featuring This Herb:

Super Yang Jing Drops
Supreme Creation
Essence Restorative
Super Essence Restorative
Strong Bones
Imperial Garden
Strength Builder
Profound Essence
Super Adaptogen
Endocrine Health
Frame Builder
Ginseng and Zizyphus Combination
Return to Youth

Other Common Names

Eucommia

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Pharmaceutical Latin

Cortex Eucommiae

Pinyin
Du Zhong

Treasures
Primarily Yang Jing, but also Yin Jing to a lesser degree

Treasure Rating
****1/2

Atmospheric Energy
Warm

Organ Meridian Systems
Kidney and Liver

Part Used and Form
The sun-dried bark from the trunk of the tree, after having the outer cork scraped off.

Primary Functions
Nourishing the Kidney and Liver; strengthening the bones, ligaments and muscles; hypotensive; and benefiting the uterus and fetus during pregnancy

Qualities
Eucommia bark is a superb Yang Jing tonic, used to strengthen the back (especially the lower back), skeleton, and joints (especially the knees and ankles). Eucommia is believed to confer strength and flexibility to the ligaments and tendons. It is often used by athletes to strengthen the entire body. Eucommia is considered to be one of the great longevity tonics of Chinese tonicism.

Eucommia is believed in China to be a safe effective sex tonic for men and women. Eucommia has been found to help regulate blood pressure. It is especially beneficial to those with high blood pressure. It is very safe

Eucommia is the primary plant-source in Chinese herbalism used to tonify the Kidney Yang functions, in particular as it effects the lower part of the body and the skeletal structure. Eucommia is a superb Yang essence tonic. And although Eucommia is primarily known as a powerful Yang Jing tonic, it is also a strong Yin Essence (Yin Jing) nourishing herb. Because it provides both Yin and Yang, it is a superb herb for men and women alike and can be used by almost anybody to promote the functions of the endocrine system, to promote sexual functions, to enhance normal growth, to promote healing, to strengthen the physical structure and to strengthen resistance.

Eucommia's first fame is in its Kidney

tonifying effects. It is in fact the primary herb in Chinese tonic herbalism for building a strong, sturdy, flexible skeletal structure. It is used to strengthen the bones, ligaments and tendons, and can be used to help mend damage to these tissues, whether the damage be due to stress, age or trauma. Eucommia is also the primary herb of choice for lower back and knee problems, including pain, stiffness, dislocation, swelling and weakness. Eucommia is one of the few herbs in Chinese tonic herbalism that is sufficiently powerful, balanced and broad spectrum that it may be used alone. However, it will generally be combined with any number of other tonic herbs in a formulation designed to build the Yin and Yang of the Kidney.

Typically, Eucommia is combined with a balance of Yin Jing tonifying herbs like Lycium, Polygonum multiflorum, Ligustrum, Schizandra, Tang Kuei, etc. and Yang Jing herbs such as Psoralea, Cynomorium, Morinda, Curculiginus, etc. to strengthen the Kidney function as a whole. The yin-yang balance of the formula will be determined by determining the person's condition and adjusting the balance of the Yin and Yang herbs. In order to tonify the entire body, at every level, other tonic herbs may be added to the Kidney tonic base, such as Ginseng, Astragalus, Deer Antler, Ganoderma and so on. Eucommia is found in the majority of general tonifying formulas.

Eucommia is the most important herb in the Chinese pharmacopoeia as a tonic during pregnancy. Jing is the foundation energy of life and Eucommia is the quintessential example of a safe, mild and potent Kidney tonic that build Jing. The herb can be safely used as a tonic throughout pregnancy to strengthen both the mother and baby. It helps the mother's skeletal structure adjust properly and easily to the changes it must go through, to help build the baby's skeleton and immune system, to calm the fetus and, especially, to help prevent miscarriage.

At the first sign of impending miscarriage in China, Eucommia is routinely consumed, usually in combination with other strengthening herbs such as Dipsacus and Jujube Date, to prevent the miscarriage. Eucommia can be used to help stop vaginal bleeding due to general weakness during pregnancy. If the bleeding seems to be due to an inflammation, Scutellaria is added. But these are modern times, so if you become pregnant and seem to be having a miscarriage, get to your doctor immediately (but bring your herbs with you). Eucommia and Eucommia based

formulas come in tea bags and in capsules, so its easy to take with you wherever you go.

As a Kidney tonic, *Eucommia* is considered an important herb for improving potency in men and fertility in women. It will be found in almost every formula designed for such purposes. Furthermore, *Eucommia* helps slow down ejaculation.

Eucommia has been used for over a thousand years to ease tension and relieve the signs of high blood pressure. The ability of *Eucommia* to safely and effectively reduce high blood pressure has now been very well established. Many animal studies and human clinical studies have proven that *Eucommia* can be a very useful supplement for people suffering from hypertension. It may be used along with conventional Western drugs if desired, as it is in Asia, since *Eucommia* is very mild and has no known adverse side effects or negative interactions with drugs. The blood pressure reducing effects of *Eucommia* are not as powerful as the effects of reserpine, but it had a better effect at reducing the symptomatology associated with high blood pressure.

Scientific Data

Eucommia ulmoides has been found to contain hypotensive compounds in 1974 at the University of Wisconsin. Since that time numerous studies have been conducted which have clarified the hypotensive effects of *Eucommia*. The hypotensive action has been demonstrated in numerous animal models and in humans. Hypotensive compounds exist in both the bark and leaves. The hypotensive compound has been determined to be pinosresinol diglucoside. The chemical structure has been determined and it has been synthesized.

The precise hypotensive mechanism has not been fully determined. Most studies indicate that the hypotensive action is a consequence of central inhibition. But conflicting studies indicate direct dilatory action on the vascular musculature.

Eucommia has been shown to markedly reduce cholesterol absorption in laboratory animals. It has also been shown to have mild sedative and anti-inflammatory action in pharmacological experiments. The experimental results indicate that one of the anti-inflammatory mechanisms of *Eucommia* involves enhancement of the adrenocortical function. This supports the traditional theory that *Eucommia* tonifies the Kidney function, which is now known to involve adrenocortical function.

Decoctions of this herb have been shown to have powerful effects on the immune systems of various laboratory animals. In particular, it appears that *Eucommia* significantly enhances phagocytic action. Phagocytosis involves the clearing away of foreign material from the blood stream by the white blood cells. In this particular action, *Eucommia* proved to be as powerful as *Astragalus membranaceus* and *Codonopsis pilosula*, two herbs that have been proven to have powerful immunological activity in animals and humans. Many studies have proven that *Eucommia* potentiates the immunologic functions of the body.

Clinically, the hypotensive action of the herb has been studied in several large clinical studies. In each case, the effective rate reached around 80% after 30 days of administration. The results have clearly shown that water extraction is effective, but that alcohol extraction is ineffective. *Eucommia* has been shown to have a mild diuretic action.

The hypotensive effect has been shown to be increased even further by combining with *Lonicera japonica*, *Prunella vulgaris*, *Scutellaria baicalensis* fruit clusters, and *Loranthus parastiticus*, all herbs traditionally prescribed to reduce high blood pressure. Using this combination, results were quick and effective in over 90% of the patients in the study. After just one week, most patients experienced a marked reduction in blood pressure, a stable emotional state and felt mentally refreshed and relaxed. The symptoms of tinnitus and numbness were relieved. The patients also reported marked amelioration of headaches, dizziness, palpitation, insomnia, chest discomfort and difficult mobility.

In a clinical study of 121 people with various types of arthritis and lumbago, a preparation made from the leaves of *Eucommia* had a marked effective rate of over 87%.

In another clinical study of 40 patients diagnosed as suffering from chronic strain of the lumbar muscles and lumbar osteoarthritis, a *Eucommia* based formula proved to be highly effective in relieving the symptoms. The *Eucommia* bark extract was combined with *Psoralea corylifolia* and Walnut kernel.

Eucommia has been found to induce interferon production in human beings.

Primary Combinations

Eucommia Bark may be consumed alone, but is usually combined with other tonic

and blood vitalizing herbs. Combine with:

1. *Dipsacus* and *Drynaria* to mend broken bones
2. Ginseng, *Epimedium*, Sea Dragon and Gecko to tonify Kidney yang and to build sexual energy
3. *Lycium*, *Morinda*, *Achyranthes* and *Cnidium* seed to strengthen the lower back and knees
4. *Psoralea* fruit and Walnut seed to strengthen the lower back and knees
5. *Lonicera* Flower, *Scutellaria* Root, *Prunella vulgaris* fruit clusters, and *Loranthus* to disperse Liver fire and relieve hypertension

Varieties and Grading

Eucommia bark is peeled from trees that are ten years old or older. A small patch of the bark is peeled off the tree each year so as not to harm the tree, which can grow to be over a hundred years old. The older the bark, the thicker it becomes.

Inside the bark is a pure white latex. *Eucommia* is in fact the only temperate zone rubber tree. This latex is noticeably elastic. If you gently break a piece of *Eucommia* bark and stretch it slightly, the latex will stretch. This rubber is believed to confer strength to connective tissue and is considered to be part of *Eucommia*'s active ingredients. The thicker and stronger this latex, the better the quality of the specimen. Therefore, in purchasing *Eucommia*, select (1) thick pieces, since these are older, and (2) *Eucommia* with the most white latex. Very old *Eucommia* is called "Hundred Year Old Pear Tree Bark." This bark may not be 100 years old, but it is certainly 30 to 50 years old and is very, very good. When you can find this, buy as much as you can afford and store it away in tightly closed containers. Otherwise, purchase the oldest *Eucommia* you can find.

Eucommia usually comes "pre-sliced." You will note small transverse slices across the bark at quarter inch intervals. These slices expose the inside of the bark, including the latex. This is standard practice. If the *Eucommia* you purchase does not come sliced, have the herb shop slice it for you, or you will have to slice it yourself. The inside must be exposed to the cooking water in order to be properly and efficiently cooked.

Contraindications

There has never been a case of overdosing on *Eucommia* recorded in the literature (over a period of more than twenty-

five hundred years).

History

Eucommia was the second herb ever described in a written text on herbs and medicine in China, playing second fiddle only to Ginseng. The emperor Spirit Nung described Eucommia as a superior herb that could prolong life in the classic Spirit Nung Pen Tsao, more than two thousand years ago. Eucommia has remained a virtual icon of tonic herbalism since that time.

Evodia

Evodia is a very hot herb. It helps warm the body, the organs and the meridians.

Products Featuring This Herb

Other Common Names

Evodia

Pharmaceutical Latin

Evodiae Rutaccarpae, Fructus

Pinyin

Wu Zhu Yu

Treasures

Treasure Rating

Atmospheric Energy

Very Hot,

Taste

Acrid, Bitter,

Organ Meridian Systems

Liver, Stomach, Spleen, Kidney

Fennel Seed

Products Featuring This Herb:

Supreme Creation

Imperial Garden

Return to Youth

Other Common Names

Fennel

Pharmaceutical Latin

Fructus Foeniculi

Pinyin

Xiao Hui Xiang

Treasures

None

Treasure Rating

None

Atmospheric Energy

Warm

Organ Meridian Systems

Stomach, Liver and Kidney

Part Used and Form

Small ripe fruit

Primary Functions

To regulate Qi, warm up the Middle and Lower Warming Spaces, and open the Stomach

Qualities

Fennel seed significantly increases the production and flow of mother's milk during lactation. It has been used for this purpose since ancient times. Fennel fruit is used to warm up the stomach when it is cold, causing abdominal pain, indigestion, decreased appetite or vomiting. It is also used to warm up the scrotum area and is used to treat hernias associated with cold blockage of the Liver Meridian. It is very effective for contracted scrotum due to cold (either external or internal cause) and "cold" hernia. Fennel fruit is useful for any kind of lower abdominal pain due to cold. Fennel fruit is also used in sexual tonics in combination with Yang Jing herbs since it has a warming effect and has local blood invigorating and nerve stimulating effects in the lower abdomen and genital area when combined with Yang Jing tonics like Epimedium, Cnidium, Sea Dragon or Cistanches.

Primary Combinations

Combine with:

1. Cistanche, Morinda, Lycium to eliminate cold in the Kidney and tonify yang,

2. Dried Ginger, Atractylodes to improve digestion

Varieties and Grading

If it is fresh, sweet and highly aromatic, it's fine. "No smell, no good."

Contraindications

Use moderately and cautiously if there are heat signs due to Yin deficiency.

Gastrodia

Gastrodia is a wonderful herb which is said to open the energy in the upper part of the body. It is used to relieve dizziness and headaches and is one of the most important herbs used to increase the flow of energy to the brain and improve intelligence.

Products Featuring This Herb

Other Common Names

Gastrodia

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Pharmaceutical Latin

Gastrodiae Elatae, Rhizoma

Pinyin

Tian Ma

Treasures

Treasure Rating

1/2*

Atmospheric Energy

Slightly Warm

Qualities

Gastrodia is one of the most precious of the medicinal herbs used in Chinese herbalism. It affects the liver function. It is primarily used to counter the symptoms caused by "endogenous wind," which manifests in conditions such as childhood convulsions, convulsions resulting from high fever, headaches and epilepsy induced by fright. Gastrodia is commonly used to treat spasms in the legs, abdomen, feet and back.

It is the main herb in formulas used to treat childhood convulsions. But there are different causes of childhood convulsions and a medical practitioner should be the one to select the herbs that are combined with the Gastrodia. It is rarely used alone. It is combined in sophisticated formulas designed to treat each specific problem.

Gastrodia is the main herb used in Chinese herbalism to treat headaches. The Chinese describe at least four primary headache syndromes, with many subtle variations, for which Gastrodia is effective. These are: (1) headaches caused by hyperactivity of Liver Yang, (2) headaches caused by upward movement of wind-phlegm, (3) headaches caused by deficiency of Blood and Yin, and (4) chronic headaches and migraines. Formulas for the various headaches will be described in a later section.

Gastrodia is also used to treat chronic dizziness and vertigo. These too are "endogenous wind" conditions. Also, Gastrodia is used in formulas to treat wind stroke, hemiplegia and numbness of the limbs. In China, it has been used to treat tetanus, but if you step on a rusty nail, hurry to a doctor and get a tetanus shot.

In addition, Gastrodia is beneficial for preventing premature graying and loss of the hair. It improves circulation in the scalp, and when combined with He Shou Wu, it stimulates circulation in the

follicles and promotes the health of the hair. It is therefore used both internally and externally as a hair tonic.

Gecko

Other Common Names
Gejie

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Pinyin
Gejie

Treasures
Jing and Qi

Treasure Rating
****1/2

Atmospheric Energy
Neutral

Organ Meridian Systems
Kidney and Lung

Part Used and Form
The spine and tail, and usually the flesh of the back

Primary Functions
Tonifies Yang of the Kidney, replenishes Yin essence of the Kidney, nourishes Yin of the Lung, enhances breathing and internal respiration, and builds blood.

Qualities
The Gecko lizard that inhabits southern China is widely used in the Orient as a tonic. The tail and backbone of the Gecko are used traditionally as a warming Yang tonic. It is a favorite among athletes for strength and endurance and is said to provide sexual energy. It is also traditionally used as a major lung tonic, as it is said to enhance the extraction of energy (Qi) from the air.

Gecko is used to tonify the Lung and Kidney functions. It is extremely effective and is very highly prized as a tonic. It is the lead herb in many patent formulations, and is regarded to be in the same league as Deer Antler and Cordyceps as a yang tonic to the Kidney. Like Cordyceps, it builds both Yang and Yin, and is therefore considered to be highly nourishing. It is considered to be an excellent blood and yin essence tonic.

Gecko is very commonly used in men's sexual potency-enhancing tonic formulations. Taken consistently for a period of time, Gecko is extremely reliable as a tonic to the male sexual functions. Though it is not considered an aphrodisiac, it does have very long lasting results once they

kick in, somewhere between a week and a month after you start taking it. Like all Yang Kidney tonics, Gecko strengthens the lower back.

Gecko is a powerful Lung tonic. It is traditionally used in a great many lung tonic formulations, as it is said to enhance the extraction of Qi (energy) from the air. Used with Ginseng and/or Astragalus, it empowers breathing enormously and builds endurance. No more powerful energy building combination exists in Chinese tonic herbalism. That is why Gecko formulas have always been a favorite of Chinese Gung Fu masters and is now a favorite of athletes around the world. Gecko is also used for coughs due to cold and to relieve asthma that is stimulated by cold.

Preparation and Utilization
It may be cooked as a decoction (a soup) or even ground into powder and consumed raw. Generally, consuming the equivalent of 4-7 grams a day as a decoction and 1-3 grams a day as a powder is quite effective and safe.

Primary Combinations
Gecko may be used alone to tonify the Kidney. But most often it is combined with other herbs. Combine with:

1. Ginseng, Deer Antler, Astragalus, Lycium and Schizandra to tonify the whole body
2. Ginseng, Astragalus and Atractylodes as a superb Qi tonic
3. Ginseng Root, Deer Antler and Epimedium for impotence or to further tonify the Kidney yang
4. Lycium, Morinda and Drynaria, to strengthen the back
5. Astragalus, Asparagus root, Ophiopogon and Schizandra as a Lung tonic
6. Ginseng Root (or American Ginseng Root) Apricot Seed and Fritillary bulb to relieve cough and asthma due to Lung and Kidney deficiency

Varieties and Grading
There are many varieties of Gecko. The main characteristic to look for, as always, is the freshness of the dried Gecko. If you compare samples from several places, you will note that some appear to be more firm and newer than others. Obviously, select the newest ones. I generally prefer larger Geckos, but smaller ones have equivalent potency (just less because they are smaller). Geckos are always sold in pairs — one male and one female. You

must remove the head and legs — they are slightly toxic and do not possess the tonic components anyway. Have your herbalist remove them for you. Use both Geckos together to make you soup.

Contraindications
Do not use if you are suffering from an acute hot condition, such as the acute (feverish) stage of the flu.

Ginger Dried

Products Featuring This Herb:
Easy Qi (formerly Smooth Flowing Qi)
Bupleurum and Peony Combination

Other Common Names
Ginger, Dried

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Pharmaceutical Latin
Zingiberis Exsiccatae, Rhizoma

Pinyin
Gan Jiang

Treasures
Qi

Treasure Rating
1/2*

Atmospheric Energy
Hot

Organ Meridian Systems
Heart, Lung, Spleen, Stomach, Kidney

Part Used and Form
rhizome

Qualities
Dried Ginger is used in Chinese herbalism primarily to warm up the Stomach and Spleen and thus to improve digestion and relieve cold conditions associated with these organs, which generally cause poor digestion. It has a hot energy, a spicy flavor and affects the Spleen, Stomach, Kidney, Heart and Lung functions. If mixed with a Yang tonic, the warmth of this herb can provide heat to other organs as well. Thus when it is combined with a Kidney Yang herb, it will provide heat to the Kidney. The herb itself has only very minor tonic effects, but it tends to magnify the tonic qualities of other herbs, particularly Qi tonics like Ginseng and Astragalus.

Fresh Ginger is sometimes used in Chinese herbalism as well. It is called Shangjiang. It is used for just the opposite conditions. It is used when there is dryness and heat. It moistens and cools the

interior.

Ginkgo Biloba

Products Featuring This Herb:

Diamond Mind
Tao in a Bottle

Other Common Names

Ginkgo

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Pharmaceutical Latin
Folium Ginkgo

Pinyin
Yin Xin Ye (leaf) and Yin Xin Huang Tong
(Ginkgo biloba glycoside)

Treasures
Qi

Treasure Rating

Atmospheric Energy

Primary Functions
To promote longevity, antioxidant, free radical scavenger

Qualities
The leaves of the Ginkgo tree are reputed in the Orient to "benefit the brain," by improving memory and the ability to concentrate. It is now known that Ginkgo biloba improves oxygen supplies to the brain and promotes circulation to many other organs. It is also traditionally used to strengthen the heart, lungs, skin and genital organs in both men and women.

Ginkgo biloba is believed to be the oldest living species of tree, dating back nearly 200 million years. The tree itself is capable of a very long life, and individual trees have been reported to have lived over 1000 years.

Ginkgo seed (sometimes called Ginkgo nut) has long been used in Chinese herbalism to clear the lungs of phlegm. It is mildly toxic, but is sometimes used in Chinese cooking in small quantities. However, the leaf has not been a standard herb in Chinese herbalism until the past decade. But with the advent and popularization of antioxidant theory in recent years, Ginkgo has rapidly become one of the most widely used health supplements in the world. It first gained wide acceptance in Japan and Germany, and has since become very popular in America, Europe, Australia, and in many other countries. Ginkgo is now one of the most thoroughly studied herbs in the world. European and Japanese

researchers took special interest in Ginkgo's antioxidant properties and have studied its therapeutic activity quite thoroughly.

Ginkgo biloba contains flavone-glycosides, including quercetin and proanthocyanidins, which are extremely potent and effective antioxidants. In fact, it is the standardized, high potency extract of Ginkgo that is most commonly sold in the marketplace. Extracts standardized to 24% flavone-glycosides are very common at the present time, although there are more highly purified products available with as much as 40% flavone-glycosides present. These ginkgo flavone-glycosides have powerful antioxidant and free radical scavenging capability. They are considered to be anti-aging agents.

Another component of Ginkgo biloba is the terpene fraction, which consists of ginkgolides and bilobalides. These components have a powerful anti-inflammatory effect. They also reduce the stickiness of the blood by inhibiting the Platelet Activating Factor, which causes platelets to stick together, reducing the flow of blood circulation.

Ginkgo biloba has gained incredible acceptance as a mind tonic. Since it has been determined that Ginkgo increases blood circulation in the brain, it has been accepted as a treatment for memory loss and poor concentration. It is even being used for more serious problems such as cerebral vascular insufficiency, senility, dementia, Alzheimer's disease, vertigo, tinnitus, dizziness, and peripheral vascular problems including numbness, impotence and Raynaud's syndrome. It is being used clinically for hemorrhoids, inflammation, migraines, allergies and asthma.

Primary Combinations
Ginkgo leaf is not a traditional tonic herb and therefore does not have traditional combinations. It is primarily taken alone or in combination with other antioxidants and nutrients. Combine with:

Gynostemma, Green tea and Astragalus to accentuate its antioxidant activity

Varieties and Grading
Different producers of standardized Ginkgo biloba extracts use different proprietary technologies to produce their products. Read the literature to determine which is the best. Generally, ones that have proof that they do not use chemical agents other than water and alcohol to extract the product are the safest. Some brands have been found to have large amounts of chemical residues

present. European brands have been the biggest culprits in this regard. Chinese and Japanese extractors tend to use just water and alcohol. And, you might as well know that there are brands that have higher percentages of the active components — as high as 40% ginkgo flavone glycosides. Shop around.

Contraindications
Ginkgo is reported to be non-toxic.

Ginseng

Products Featuring This Herb:

Heaven Drops Wild Ginseng
Earth Drops Wild Ginseng
500 Ginsengs Drops
Super Yang Jing Drops
8 Immortals Adaptogenic Elixir
Ginseng Sublime
Supreme Creation
Imperial Garden
Super Adaptogen
Endocrine Health
Ginseng Nutritive Combination
Activated Minor Bupleurum

Other Common Names
Ginseng Root

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Pharmaceutical Latin
Panax Ginseng C.A. Meyer

Pinyin
Ren Spirit

Treasures
Qi, Spirit and Jing

Treasure Rating

Atmospheric Energy
Slightly Warm

Taste
Sweet, Slightly Bitter,

Organ Meridian Systems
Spleen and Lungs

Part Used and Form
Root (leaves are sometimes used as a tea)

Primary Functions
Tonify Qi, Adaptogenic, immune modulator, prolong life, overcome fatigue, increase blood volume, aid in recovery from illness or trauma, sharpen and calm the mind, stabilize the emotions, counteract stress and enhance wisdom

Qualities

One of the most famous and valued herbs used by mankind, Asian Ginseng is an energy tonic that regulates the human energy system. It has been shown to be stimulating and regulatory to both the central nervous system and to the endocrine system. It is the primary Qi tonic of Chinese tonic herbalism.

Ginseng helps a person to adapt to all kinds of stresses, and enhances endurance and resilience under stressful conditions. It has thus been termed an "adaptogenic" substance by scientific researchers. Ginseng is also used to tonify digestive and respiratory functions.

Ginseng contains many active ingredients, but the most important are the saponins called ginsenosides. Ginsenosides specifically improve adaptability and are believed to help build muscle and endurance. Therefore, Ginseng is very popular with athletes. Asian Ginseng generally has a "warm" energy.

Ginseng is a superb herb for aged people. It has a mental stimulant effect in elderly persons and it improves memory and cognitive power, and can often reverse intellectual and mental deterioration. It quickens thinking and improves physical energy, often to a startling degree. Ginseng is very effective in hastening the recovery from illness and surgery.

There are in fact many varieties of Ginseng, all of which have distinct characteristics. Most high quality ginseng is good for men and women alike. Wild and semi-wild Ginseng is generally far superior to the cultivated, commercial varieties. The higher the quality, the more Spirit (Spirit) a ginseng root is said to contain. There are also a number of superb sources of cultivated Ginseng, which have long traditions of excellence.

Several varieties of Ginseng may be blended to create remarkable adaptogenic formulations.

On the basis of its pharmacological properties, Ginseng has been classified as an adaptogen. It is a powerful anti-stress agent. In Chinese health practice, there is a theory of Li Qi, which literally means balance of energy. It is a term often used to describe the ability of Ginseng to balance the system at a fundamental level. In modern terms, this concept refers to the ability of Ginseng to help regulate body functions, or to strengthen the functions that regulate other body functions.

Ginseng is used by Chinese traditional

doctors as a tonic for general weakness, poor appetite, low sex drive, shortness of breath, cold limbs, spontaneous sweating and premature aging. Generally, Ginseng is used with other herbs. However, Ginseng is often used by itself or with just one or two other herbs.

Ginseng increases physical and mental efficiency, and has been shown to improve the accuracy of work by promoting concentration. Ginseng prevents overfatigue. Ginseng is not a stimulant like amphetamines or caffeine, yet it increases alertness. However, it does not provoke subjective excitation (nervousness) nor does it disturb sleep. It is, in fact, used in a great many sleep-aid formulations. In China, there is an almost universal practice by high school and college students to consume Ginseng during examination periods. The practice is generally to chew several pieces a day while preparing for examinations and to chew Ginseng constantly during the examination period. Students claim that it makes them more alert, helps them stay awake for days on end with little sleep and improves memory and reasoning ability.

This great herb has a mental stimulant effect in elderly persons. It improves memory and cognitive power and can often reverse intellectual and mental deterioration. It quickens thinking and improves physical energy, often to a startling degree. Ginseng is very effective in hastening the recovery from illness and surgery. Ginseng is a superb herb for aged people.

The tonic benefits of Ginseng are long lasting. When Ginseng is taken for an extended period of time, the physiological changes that take place as a result of the Ginseng last for a long period of time after the Ginseng is discontinued (if it is discontinued). Studies indicate, for example, that increased work efficiency is retained from one to two months after a one month course of Ginseng administration. People who take Ginseng to help regulate their blood sugar level will maintain normal blood sugar for several weeks after they discontinue Ginseng.

Many people claim that Ginseng has powerful aphrodisiac effects. The reputation as a sex tonic goes back to very ancient times. To this day, Ginseng maintains a reputation in this regard. I have known many men and women who have used Ginseng either for a short time or over long periods of time who claim that their sex lives improved noticeably after using Ginseng. Red Ginseng is most highly revered for its sex-stimulating

qualities. Korean Ginseng in particular has a reputation for this. Ginseng certainly can help to improve sexual function by making both men and women stronger and more athletic. It improves endurance and muscular strength. By improving respiratory functions, sexual intercourse can be significantly lengthened. Sex is not merely a function of the gonads. The whole body must be healthy to enjoy sex to its fullest. However, Ginseng is believed to have gonadal effects as well. Men and women alike claim that Ginseng increases the urge for sex and intensifies sexual response.

Scientific Data

Constituents: The main active constituents of Ginseng are its saponins, known as ginsenosides. Thirty-five ginsenosides have been isolated and identified from Panax Ginseng cultivated in the northeast of China. Thirty of these have been found in the root and six have been isolated from the stems and leaves. Five polysaccharides have also been isolated.

Analytical studies done in the United States indicate that the steam processing used to make red Ginseng is less destructive to ginsenoside content than sun drying. The study also found that wild roots contain the most ginsenosides.

Cultivated White Korean Ginseng is dominated by ginsenoside Re, just as is cultivated white American Ginseng.

Ginseng contains the following constituents:

1. Panaxin (C₂₃H₃₈O₁₀) and several related compounds, which act generally as stimulants to the midbrain, the heart and the blood vessels.
2. Panax acid, which is a stimulant for the heart and general metabolism.
3. Panax quinolone, which acts as a stimulant for internal secretions.
4. Panaxen and other volatile oils, which stimulate the central nervous system.
5. Ginsenin, which lowers blood sugar
6. Vitamins A, B₁, B₂ and C.
7. Bio-organic Germanium (Ge), which is a powerful immuno-stimulant.

Panax Ginseng also contains a glycoside fraction which has been demonstrated to possess significant antioxidant activity.

There is no doubt that other active constituents exist in Ginseng which have not yet been identified or studied, but which undoubtedly contribute to its pharmacological make-up.

Pharmacology:

A very large number of pharmacological

studies have been conducted on *Radix Ginseng*. It is one of the most studied substances on earth. Yet, due to its extraordinary complexity, a great many questions remain. Unlike any single drug, *Ginseng* contains dozens of powerful active compounds. Different varieties have different constituents inherently and different preparation methods alter the constituents even within the same variety. This remarkable herb has been demonstrated to have many significant pharmacologically significant activities which influence the health and well-being of animals and humans who consume it.

In general, the pharmacological action of *Ginseng* is not only dependent upon its own constituents, but varies according to the condition of the organism consuming the *Ginseng*. *Ginseng* shows bipolar, biphasic activity at virtually every level of its action. This is undoubtedly why *Ginseng* has become so highly revered as a tonic and medicinal herb. It is also the basis of its classification as an "adaptogenic" substance. There are hundreds of examples of *Ginseng*'s double direction, adaptogenic action. Numerous studies have shown that it, for example, elevates blood pressure in cases of hypotension or in case of shock, but restores blood pressure to a normal level in cases of hypertension. It normalizes white blood cell counts in cases of either excess or deficient white cell counts. It can inhibit ACTH to cause adrenal hypertrophy, but can inhibit cortisone to cause adrenal atrophy.

Even short term administration of *Radix Ginseng* increases the adaptability of the organism consuming it. Numerous studies have shown that short or long term administration of *Ginseng* can increase the non-specific response to various noxious influences, whether they be physically, chemically or biologically induced. Even very short term administration of *Ginseng* promotes the reestablishment of normal function of the organism. *Ginseng* is indeed the king of adaptogens. Longer term use of *Ginseng* appears to cause numerous physiological changes in the animal or human consuming it, resulting in improved functioning which become more or less permanent.

Ginseng has been demonstrated in numerous animal studies, as well as in human studies, and thus proven to have powerful anti-fatigue effects. Moderate doses of *Ginseng* have endurance enhancing effects. *Ginseng* can thus prevent fatigue when consumed prior to exertion. In addition, certain ginsenosides in *Ginseng* can promote the recovery of animals and humans from fatigue. The

anti-fatigue effects of *Ginseng* are the result of complex metabolic regulatory activities. Primarily, however, it involves significantly improved utilization of glycogen and the reduced accumulation of lactic acid and acetoacetic acid.

The total saponin fragment of *Panax Ginseng* has been found to have both hypertensive and anti-hypertensive activity. This has been determined to be due to the co-existence of agonistic and antagonistic saponins in the total saponins. These exist in varying proportions depending on the geographical and anatomical sources of the *Ginseng* plants. Overall, however, this co-existence seems to explain the regulatory capacity of *Ginseng* on blood pressure. Soviet scientists have reported that *Ginseng* normalized the level of arterial pressure and that it was clinically effective in the treatment of both hypo and hypertension, with the exception of severe forms of hypertension.

Panax Ginseng has shown the following important pharmacological activities: 1. enhancement of swimming time; 2. prevention of stress-induced ulcers; 3. proliferation of endoplasmic reticulum and ribosomes in rat hepatocytes; 4. inhibition of glycogen utilization in rat skeletal muscle during exercise; and, 5. inhibition of adrenaline induced lipolysis in fat cells.

Ginseng has been found to significantly facilitate the depletion and the restoration of ascorbic acid in the adrenal gland of test animals exposed to stress. Thus both the initial stress reaction and the recovery process were improved by the administration of *Ginseng*.

Ginseng is believed to have a regulatory effect on blood production functions. Certain ginsenosides appear to increase erythrocytes, hemoglobin and leukocytes. Yet in humans who consume *Ginseng*, these cells tend to be normalized. This is believed to be due to components with mutually antagonistic activity — some increasing and some decreasing these cells, with the end result of balanced maintenance.

Ginseng both stimulates and inhibits the higher nervous activity. However, the stimulatory action appears to be stronger. A wide range of experiments has thoroughly proven that the learning ability of laboratory animals is significantly improved when they are fed *Ginseng*. A double-blind experiment involving Chinese students over a 33-day period proved that *Ginseng* improved their responses. In a famous experiment, *Ginseng* reduced the rate of errors in telegraph operators'

transmissions and improved their decoding ability. *Ginseng* has been shown to improve the concentration of writers and elderly persons.

Ginseng can have both tranquilizing and exciting effects on the nervous system. The extract of *Ginseng* has been shown to have mild tranquilizing, analgesic and muscle relaxant action. The ginsenoside Rb1 has been shown to be tranquilizing, as is the total saponin fraction extracted from *Ginseng* leaves. The water extract of *Ginseng* has been shown to have anticonvulsant effects. It can antagonize convulsions caused by cocaine and strychnine for example. However, at a different dose and with different fractions and different preparation, *Ginseng* can be stimulating. It has been shown to weaken the effects of strong sedatives. Again, typical aqueous extracts of *Ginseng* tend to have a normalizing action, therefore helping the body and mind attain optimum nervous activity for whatever action the body and mind are being used for.

Other experiments have shown that *Ginseng* not only effects the central nervous system, but also effects both the sympathetic and parasympathetic nervous system, thus having a regulatory influence on involuntary activities of the body such as bowel movements, etc.

Ginseng has demonstrated a double direction influence on the heart in various laboratory animals, increasing heart rate at the outset of use, followed by an inhibiting effect. *Ginseng* has a beneficial effect on the functions of diseased hearts in laboratory animals, reducing or eliminating cardiac arrhythmia induced by ephedrine and improving weak heart beats in animals with ventricular fibrillation. *Ginseng* appears to dilate the coronary arteries, allowing increased blood supply to the heart muscle. It also dilates the blood vessels of the brain and the eye. *Ginseng* has shown both hypotensive and hypertensive effects on animals, however, dose plays a large role. *Ginseng* given at normal therapeutic doses did not significantly influence the blood pressure of human subjects. In fact, it has now been shown that ginsenosides Rb1, Rb2, Rc, Rd, Re, Rg, and Rg1 have a biphasic action on blood pressure. A mild elevation in blood pressure is followed by vasodilation and subsequent depression of blood pressure.

And in a very illuminating study, *Ginseng* helped restore dogs in a critical state due to hemorrhage or asphyxia to health, which parallels claims made by many that *Ginseng* can be a life-saving herb. *Ginseng* greatly reduced the degrees of shock in laboratory animals.

The effects on the endocrine system have been studied by hundreds of researchers. Studies have clearly demonstrated that Ginseng is devoid of corticosteroid-like activity. However, it does have a profound and potent influence on the pituitary-adrenal system and this is one reason why it so profoundly changes the stress reaction in animals and humans. Ginseng is capable of significantly reducing the pathological processes due to stress in animals and humans. Ginseng directly influences the pituitary, and probably the hypothalamus, the virtual regulatory centers of the entire hormonal system in higher animals and man. Ginseng appears to influence both the anterior and posterior pituitary.

Ginseng does appear to have profound influence on the gonads of animals. Experiments suggest that Ginseng has no sex-hormone-like action itself, but does appear to have gonadotropin-like action. Many animal experiments have illustrated Ginseng's ability to stimulate sexual behavior. Ginseng is widely touted as a sexual tonic, however, no serious double-blind clinical studies have been conducted to study the validity of this claim. However, castrated rats given Ginseng enter into a mating frenzy. Ovariectomized female rats, given Ginseng in their food, go into sexual mode, and are even capable of attracting male rats out of mating season. Queen bees experience increased ovulation after being fed Ginseng. Rabbit sperm counts increase when they are given Ginseng. Human clinical studies have shown that Ginseng is an effective agent for the treatment of impotence and some types of infertility.

Ginseng has shown clear hypoglycemic action in laboratory animals. It can promote the lowering of the blood glucose level, but it appears that Ginseng alone cannot prevent or treat diabetes. American Ginseng, it should be noted, has demonstrated a much stronger hypoglycemic effect than Asian Ginseng.

It has been proven that ginsenosides promote the synthesis of cholesterol but decreases the cholesterol in animals with high cholesterol. It has likewise been proven that a peptide in the water extract of Ginseng has anti-fat forming action.

Ginseng has shown significant anti-viral activity in laboratory animals. It has shown protection against a lethal-challenge viral infection. In addition, Ginseng can magnify antiviral resistance induced by an interferon inducer. In vitro studies indicate that Ginseng can induce inter-

feron production and augment natural killer and antibody dependent cytotoxic activities in human peripheral blood lymphocytes. Animal studies also indicate that Ginseng enhances antibody forming cell response.

Panax Ginseng has been found to induce the production in human beings of b and g-interferon. It augments natural killer and antibody dependent cytotoxic activities in human blood lymphocytes. Ginsenoside Ra1 has a very strong effect on the cells of HL-60; and Ginsenoside Rh2, 20(R)-Rh2 and panaxadiol have stronger cytotoxicity effects on many kinds of tumor strains. Ginsenoside-Rb1 and Rg1 both inhibited kidney, brain and liver microsome Na⁺, K⁺-ATPase activity. Ginsenoside-Re has the anti-lipid peroxidation effect, the prevention and cure effects during myocardial ischemia/reperfusion damage and protective effect on cerebral ischemia/reperfusion injury. Ginseng polypeptides and polysaccharides have been demonstrated to decrease the levels of blood sugar and liver glycogen in mice or rats without affecting total blood lipids. Ginseng volatile oil was shown to have an inhibitory effect on gastric cancer cell growth in vitro. Ginseng has been found to have a moderate but consistent inhibiting effect in vitro on human breast cancer when combined with Royal Jelly.

Primary Combinations

Ginseng is used in hundred of formulations. However, certain basic combinations are common. Combine with:

1. Atractylodes, Poria and Licorice Root to tonify Qi
2. Astragalus, Atractylodes and Licorice Root to tonify Qi more strongly and with an emphasis on defensive Qi
3. Jujube Dates to tonify the Stomach and Spleen and to build Qi
4. Dioscorea to tonify Kidney and Spleen Qi
5. Steamed Ginger to tonify the Spleen and Stomach
6. Deer Antler to tonify primal Qi and yang
7. Rehmannia (steamed) to tonify the Kidney and Lungs
8. Aconite to tonify yang
9. Schizandra to tonify the Lungs and to build endurance

10. Dang Gui to tonify Qi and blood

11. Dang Gui, White Peony, Rehmannia (steamed) and Ligusticum for complete tonification of Qi and blood

12. Cordyceps to tonify Qi and blood, yin and yang

13. Gecko to tonify Kidney yang and Lung yin

14. Ophiopogon and Schizandra to regulate blood sugar balance and to tonify Qi

Varieties and Grading

In selecting a Ginseng root, or Ginseng product, the primary considerations are: the source of the root, the age and the method of processing of the root. Size, shape and aroma are also important criteria.

In general it can be assumed that the wilder, the older, and richer in flavor and aroma a root is the better. The source can make all the difference in the world and proper processing is essential. Authenticity is another important issue, as there are numerous ways to fake high quality ginseng and counterfeiting is rampant in the Ginseng market. Ultimately, however, the only real criterion is efficacy, that is, the bioactivity of the Ginseng and its various components. This is often subjective and may be overt or subtle. In general, Ginseng which grew in the best locations, that is old and wild, or semi-wild, or at least has been grown from superior seed stock, is older than eight years old and is rich in aroma is the kind you are looking for and will be profoundly efficacious.

Wild Ginseng Roots: Chinese wild Ginseng grows in deep shaded forests and hillsides of northeastern China, Korea and Russia. It is a shy plant that tends to grow under other plants out of sight of humans. It is never found near stagnant water. Wild Ginseng is much more expensive than cultivated Ginseng. Virtually everybody believes that wild roots are more potent and more chemically balanced than cultivated roots, no matter how carefully the cultivation was handled. However, this is only partially true. First is the issue of authenticity. There is an ancient craft in China whereby skilled farmers can create what is known as "Art Ginseng." Art Ginseng is created by hand crafting semi-wild Ginseng to look just like old mountain wild Ginseng. Artists are, of course, of different skills. In general, art Ginseng is sold more cheaply than real wild Ginseng. But whenever you are buying wild Ginseng, you should examine the roots and their heads very carefully to be sure that

pieces have not been pasted together to give the appearance of an older root.

True wild Ginseng is not always perfectly shaped. It may be straight or it may be tortuously contorted. I have found that more contorted roots have more potency. It is standard belief, now scientifically confirmed, that roots that have experienced extreme hardship, have themselves produced more adaptive constituents and are more potent adaptogenically.

Almost all wild Chinese Ginseng still has the rootlets attached. Chinese people call these rootlets the "beard." The beard is very rich in ginsenosides and germanium and should not be taken for granted, and certainly should never be discarded. There should be small nodules every inch or so along the rootlets. They feel like little pearls. No nodules — not wild.

There should be numerous striations circling the root, and the tighter the striations, the better. The striations indicate the hardship the root had to overcome to survive. A root without striations or with weak striations will be weak, or may not in fact be wild at all. Typical cultivated Ginseng, for example, does not have striations. In determining the quality of a root, I look at the striations first, whether the root is large or small and no matter what its source.

The head, or Ginseng rhizome, is the next thing to look at. The head is very important because it tells you a great deal about the history of the root. Supposedly, the number of notches in the head tell you how many years old a root is. This is probably true to a degree, but is not a perfect gauge. There is no way to judge the exact age of a Ginseng root. However, it is certain that the number of notches is a good approximation. Therefore the more notches the better, since older wild roots are considered to be better. Heads with more than twenty notches are premium — more than forty are awesome. There are roots on the market that are apparently as old as 150 years old. These are worth a fortune. An authentic one hundred year old root would certainly earn its owner somewhere in the vicinity of \$100,000 in Hong Kong, Taiwan or Japan, and perhaps more if it came from a premium location such as Chang Bai Mountain in China or the Diamond Mountain in North Korea. The head is the main way that people judge the age of a Ginseng root, so it is also the main way that Ginseng Art is created. These "artists" skillfully paste together two or three (or more) heads so that the head appears to be older than it really is. Careful observation, however, can always

reveal this type of counterfeiting. All you have to do is look carefully. I always look at the heads of very expensive roots with a magnifying glass. In fact, I look at all the details of expensive roots with a magnifying glass.

Red Ginseng: There are many kinds of red Chinese Ginseng. Ginseng can be treated with hot water, then steamed in a closed room, and finally dried, in the process of which it turns a glossy reddish brown. This is known as Red Ginseng. Some preparers add herbs to the steam water, which changes the quality of the Ginseng. Though North Korean Ginseng is prepared by a secret process, for example, it is widely assumed that the secret involves adding certain herbs which add to the potency of the Ginseng. North Korean Ginseng is very yang and thus has a hot energy. It is probable that not only is this the result of harsh conditions during growth, but also to Yang herbs being added to the steam water.

There are several kinds of premium Red Ginseng grown in Asia. These include: North Korean Red, South Korean Red, Chinese Shih Chu Red, Korean semi-wild red and Chinese Emperors' Tribute Red. All of these are absolutely great.

It is not legal to import North Korean Ginseng into the United States. However, it is widely distributed throughout the rest of the world and is sometimes available in America. Genuine North Korean Ginseng is considered by many connoisseurs of Ginseng to be the finest cultivated Ginseng in the world. It is very, very powerful. It is also very expensive, even in distribution centers such as Hong Kong. North Korean Ginseng is very hot and very yang. It is generally used to provide increased physical power, especially physical and sexual power. North Korean Ginseng comes in three grades: Heaven, Earth and Man. Heaven Grade is the best and the most expensive. It also comes in a variety of sizes: 10, 15, 20, 25 and so on up to 45. The number represents the number of roots that fit into a Chinese "pound" or "catty." A catty weighs 1.6 U.S. pounds. The description "Heaven Grade 15" Ginseng root means that 15 Heaven Grade roots make one catty. In other words, the smaller the number, the larger the root. If you're going to buy North Korean Ginseng, only buy Heaven Grade roots and don't bother with a root smaller than a 30. I personally don't bother with roots smaller than a 20. Because larger roots are more potent, they therefore cost more — but it's worth the cost.

As with all Ginseng, beware of counter-

feits. North Koreans Ginseng is widely imitated. Far more fake North Korean is sold than the real thing, especially in Hong Kong and in the United States. Real North Korean roots come out of a metal can that has been neatly painted in the factory. It has a red label with art on both faces. Counterfeits have a paper label wrapped around the can. I never buy a Ginseng root that came out of a tin can with a paper label. They're virtually always counterfeit. Real North Korean Heaven Grade roots are very tasty while imitations taste much more bland.

South Korean Red: South Korean Ginseng is of very high quality. The Koreans have put enormous effort into making their Ginseng the best in the world. Recently, more and more experts are saying that South Korean Ginseng is beginning to genuinely rival North Korean Ginseng. And South Korean Ginseng is legal in the United States. Therefore it is easy to obtain. It is not inexpensive, but it is less expensive than North Korean.

Just like North Korean, South Korean Ginseng is divided into Heaven, Earth and Man grades and is graded by size. Again, only Heaven Grade is truly great, and larger roots are better. If you buy a South Korean Heaven Grade 15 or 20 root, you will appreciate its obvious potency.

Though South Korean Ginseng is widely counterfeited, there is also plenty of the real stuff around. Just check to make sure the root came out of a painted can and not a can wrapped in a paper label.

Semi-Wild Korean Red: Very rare and awesome. That says it all. Semi-wild Korean Red Ginseng is virtually the same product as Shih Chu Ginseng grown in China, which I will describe next. It is grown in forest beds from wild seed and allowed to grow for at least ten years. It is harvested under exacting conditions and steamed. Generally, the beard is allowed to remain.

This is what Ginseng is all about. It is extremely effective. It gives you lots of energy that lasts and lasts. It effects your mind, too. You become clear, sharp, peaceful and optimistic. When I take this Ginseng, my confidence grows and I feel smarter and wiser. It is not as physical as North Korean Red, but that is not to say that it is not energizing. It is just smoother. It's the best.

It does not come graded. All these roots tend to be large and truly beautiful. If they were graded, they would be 10's or 15's. And they have great heads — almost

identical to the heads on Shih Chu Ginseng. But semi-wild Korean red is extremely rare. But don't despair. There is some around — you just have to find the source. Good luck in finding it.

Chinese Shih Chu: Many people in Asia consider this to be the finest red Ginseng in the world. It is virtually the same as the semi-wild Korean Red. Again, wild seeds are collected and planted in forest beds, where the roots are allowed to develop for a minimum of ten years before harvesting. This technique is only practiced in one place in China, in the Shih Chu Valley in Jilin near Korea. Supposedly, Shih Chu Valley has the best soil for growing Ginseng in China.

Shih Chu Ginseng has precisely the same feel as semi-wild Korean Red. It is powerful yet mild. It effects body and mind. It lifts the spirit and sharpens the intellect. It is the perfect red Ginseng. However, there is a major caveat: only large Heaven Grade Shih Chu is really good. Shih Chu, like Korean cultivated, comes in the three grades of Heaven, Earth and Man. Only Heaven Grade is grown from wild seed and allowed to remain in the ground for ten years. Only buy Heaven Grades 16, 20 or 24. Anything smaller is of less potency. It is always sold with the beard removed. And as always, watch out for counterfeit. Real Shih Chu Red Ginseng comes either in a painted metal can or a similarly designed cardboard box. If it comes in a tin can with a paper label, forget it — it's fake.

This is probably the best Red Ginseng for the majority of people. It is not as yang as the Korean reds, which is good for most people, and it is readily available. It is a stunning product and I personally find it to be the perfect tonic herb.

Chang Bai Mountain Red Ginseng: Ginseng is grown throughout the northeastern areas of China. The main province where Ginseng grows is Jilin Province, though some Ginseng comes from Heilongjiang, which is north of Jilin. This whole region was formerly known as Manchuria. It is widely believed that Ginseng originated in Manchuria. The finest Ginseng in the world comes from this region, and particularly from the Chang Bai Mountain area. Chang Bai Mountain is a spectacular volcanic mountain range which borders on North Korea. The last time that I visited Chang Bai Mountain, I was able to stop along the road and buy thirty-seven genuine wild roots from peasants who were hoping that a Ginseng-loving traveler might stop and buy their treasure. To me this was Ginseng Heaven! I was also able to stop on the mountain roads of Chang

Bai Mountain and pick wild-growing Schizandra and observe *Atractylodes*, Peony and *Acanthopanax* (Siberian Ginseng) growing in their natural habitat.

Throughout the valleys surrounding Chang Bai, Ginseng is cultivated on a large scale. This Ginseng is of fine quality, though it is not as fine as Shih Chu. This Chang Bai Mountain Ginseng is highly favored by the Chinese and is the most common Ginseng used in China by Chinese connoisseurs. In Hong Kong, where the people are much richer, Shih Chu is far and away the favorite Chinese red Ginseng.

Jilin Red Ginseng: Throughout Jilin Province, Ginseng is grown. However, in general, the lower the altitude above sea level and the further from Chang Bai Mountain, the lower the quality of the Ginseng. There is a considerable amount of medium to low grade Ginseng grown in Jilin that is used for commercial extractions and products. This Ginseng is a crapshoot. Some is good, some is poor and some is useless. Most commercial products use this Ginseng. The only way to judge these products is by their overall efficacy. I try to avoid all commercial grade Ginseng since it may contain pesticides. Some manufacturers, however, are very conscious and use only pesticide-free Ginseng. These products tend to be more expensive.

Chinese Emperors' Tribute Ginseng: During the Ching Dynasty, the emperors of China developed a passion for Ginseng to the point that they set up a Ginseng preserve in Jilin Province, thus guaranteeing them and others of the imperial household an ample supply of premium Ginseng. This Ginseng became known as Emperors' Tribute Ginseng. Though it disappeared after the Chinese revolution, it has again become available, but this time commercially — that is, to the public. A small quantity of Ginseng which is grown in the same location and by the same techniques as available. The brother of the Last Emperor has been personally involved in reviving this Ginseng. It is in very limited supply, but can be obtained from knowledgeable and very well connected Ginseng suppliers. This Ginseng was suitable for the Emperors of China and his wives and family. It is a connoisseur's dream.

It is graded like Korean Red and Shih Chu: Heaven, Earth and Man. Again, forget Earth and Man grades — they're for Chinese peasants who simply cannot afford good Ginseng. Find Heaven Grade 25 or better or buy a different Ginseng. Price: about the same as Shih Chu.

White Ginseng: Both South Korea and China export a great deal of white Ginseng. White Ginseng is dried Ginseng that has not been steamed. It is either peeled and allowed to sun dry, or it is left to sun dry with its skin still intact. Most white Ginseng has been peeled. It is very difficult for the average person to judge the quality of white Ginseng. However, there are a few rules of thumb that can help.

1. Larger roots are usually better because they are probably older. Ginseng is not really mature until it is five years old. Larger roots were more likely in the ground longer.

2. The roots should be clean looking and not too shriveled up. They should be a light, uniform cream color, which may appear slightly powdery.

3. Roots with strings neatly binding the beard are usually of pretty good quality.

4. Some excellent white roots do exist, and these are usually sold in individual boxes or otherwise individually. They tend to be neatly prepared. In fact, it is possible to buy Shih Chu white roots, though they are rare.

5. Korean white roots, in cans with government seals, are of good quality. I have always found that Korean white roots give good quality instant energy, but do not seem to provide the long term boost that you get from any of the red varieties described above. Korean white ginseng comes in different ages and sizes. Four year old roots are too young for my liking, but are widely used by Korean doctors and as an energy beverage. Six year old, large white South Korean roots are good. I like them and recommend them. However, they are in no way comparable to a Heaven Grade red root.

In general, the best roots are usually prepared as red roots in the Orient. White roots are milder and more yin than red roots. Red roots are simply more powerful, except for a few special varieties of white root. Occasionally you can find semi-wild white roots. These, of course, are extremely powerful and match the power of semi-wild red roots. Semi-wild roots, be they white or red, are very similar to true wild roots.

Standardized Ginseng Products: In an attempt to come to grips with this incredibly wide range of Ginsengs, and the unpredictability of dosage and results, the modern neutraceutical industry is attempting to set chemical standards by which Ginseng can be judged based on

consistent chemistry. This is a superb idea, except that I do not believe that there is enough known yet about Ginseng's chemistry to base everything on one chemical standard. For example, I believe it is impossible to say that a 4% standardized ginseng from one company has any relevance to a 4% standardized extract from another company. Different varieties of Ginseng will have different ratios of ginsenosides which will have an entirely different physiological effect. Ginsenosides extracted from Ginseng root are very different from the ginsenosides extracted from stems, rhizomes or leaves. Different extraction techniques will produce products with vastly different chemical make-ups. The resulting effects on one's physiology will vary greatly.

Artificially standardizing Ginseng to a set level of ginsenosides is not an adequate means of judging the quality of the Ginseng you are consuming. Many other factors come into play, besides ginsenoside ratios and quantities, such as presence and quantities of other ingredients such as polysaccharides, germanium, etc. Though standardized Ginseng is consistent and undoubtedly beneficial, I do not believe it is the source of the best Ginseng experience you can obtain. Whole Ginseng extracts from the best sources, properly and caringly prepared, will always provide the best results, even if from batch to batch there may be some deviation of constituents.

The obvious advantage of standardization lies in the ability to do controlled clinical testing. Ginsana has conducted such studies, and studies have been conducted on their product between 1980 and the present which have proven their standardized Ginseng extract to be safe and effective. Such clinical trials clearly demonstrated that their product (G115) improves the general physical condition, improves mental performance, including learning ability, and enhances the non-specific immunologic functions of the body, thus improving resistance. All-in-all, seven European clinical studies involving standardized Ginseng (4%) were conducted in the 1980's, with results that demonstrated shortening of time to react to auditory and visual stimuli, improved visual and motor coordination, increased alertness, improved grasp of abstract concepts, improved concentration, and increased respiratory quotient. All of this is valuable to most people, and it could easily be said that this makes 4% standardized Ginseng an ideal herb for athletes.

All authentic, high quality Ginseng should

at least match, if not surpass, these results. But of course, it is important to be taking authentic Ginseng, and this is what standardization guarantees.

Biotechnology Ginseng: Very strict surrounding conditions, such as soil, climate, etc. are required for cultivating Ginseng. Therefore, the cultivation of Ginseng is very much limited by numerous biological factors. With the advances of modern biological techniques, many scientists in China, Japan, Korea and Russia have been investigating "tissue cultivation" and "cell cultivation" of Ginseng. They are also investigating cell cultivation in order to produce Ginseng saponins in large quantities sufficient for industrial production. Japan, China and Russia are all racing to industrialize Ginseng cell culture technology.

Based on over a decade of research, Professor Ding Jiayi of China Pharmaceutical University has developed the cultivation method. Ginseng tissue can be grown in tanks from cell culture, without the need to grow in the ground. Professor Ding has painstakingly developed hundreds of strains of Ginseng cell culture, each with their own attributes based on the genome of that particular strain. In general, Professor Ding feels that there are four primary advantages to Ginseng cell culture technology.

1. The quantity of Ginseng saponins can be very high. The crude saponin contents in cultured Ginseng cells can reach 22%, in contrast to the 4% which is standard for earth-grown, sun-dried Ginseng. However, based on the genome selected and on the nutrients provided to the cell culture, any percentage of saponins desired can be produced on a mass scale and under the complete control of the technicians. Furthermore, within a few years, Professor Ding is certain that specific ginsenosides can be generated in pre-defined ratios, that creating designer Ginseng which can have clearly defined pharmacological activity based on the amounts and ratios of its constituents.

2. The content of bio-organic germanium (GE) is controllable. Based on genome selection, certain bio-technological methods and on the amount of inorganic germanium provided as a nutrient, the content of cultured cells can reach 100 ppm or higher, while earth-cultivated Ginseng contains about 2 ppm. Even wild Ginseng contains only about 5 ppm. Therefore, Ginseng cell culture can become an economical means of producing bio-organic germanium as a specific supplement. Germanium has been clearly linked to the positive functioning of the

human immune system and has been recognized in Japan and China as a cancer preventative agent.

3. The polysaccharide content of Ginseng cell culture can be higher than that of cultivated Ginseng. It has been established that these polysaccharides are responsible for much of Ginseng's immune potentiating ability. However, normal cultivated Ginseng has a low quantity of polysaccharides. Ginseng cell culture can thus be bio-technologically manipulated to be a stronger immune potentiating agent.

4. The superoxide dismutase (SOD) activity in the cultured cells is far higher than that of cultivated Ginseng. Dried earth-grown Ginseng retains almost no SOD activity. However, even after lyophilization, the SOD activity remains unchanged. This SOD activity makes Ginseng cell culture an ideal ingredient in anti-aging cosmetics for topical application, since SOD has been shown to slow the aging of skin.

This is the ultimate in standardization, however, this type of technology probably will become common or even prevalent in the next couple of decades as the nutraceutical industry matures. There will always be a mass of people who want the real herb, out of the earth. There will be others who prefer standardization. Certainly, for some medical purposes, standardized extracts will be appropriate, but for pure life enhancement and the development of the three treasures, nature will always remain supreme.

Contraindications

All authorities agree that Ginseng has a very low acute and chronic toxicity. Over the period of more than two thousand years of continuous use, Ginseng has gained a reputation as being a strong herb, but one which is free of real side effects when used moderately and appropriately. Italian researchers have shown that 2,100 mg/kg of Ginseng extract given orally in standard toxicity studies gave no indication of acute toxicity. Long-term, chronic toxicity studies likewise have proven Ginseng to have no side effects.

Excessive intake may cause headaches or muscle tension in people of a Yang constitution. Yang varieties of Ginseng should be used with caution and moderately by people with a Yang constitution or by anyone who is experiencing hot conditions. Ginseng is not to be used by anyone experiencing an acute fever, sore throat, or influences.

History

Ginseng has been known in Chinese ethnopharmacology for more than 3000 years. In fact, it is commonly believed in China that the first Emperor, Huang Ti, also known as the Yellow Emperor (2698-2589 BC), used Ginseng. Written records of Ginseng reach back to the Spring and Autumn Period (770-476 BC). Ginseng described in the Spirit Farmer's Pharmacopoeia, the original Chinese materia medica as follows:

"Ginseng is nourishing to the five internal organs, it is sweet in taste, it contains no toxicity, it calms and stabilizes the spirit, eliminates palpitations, prevents fright and stops terror, removes evil Qi (pathogenic factors), improves eyesight, opens the heart, brightens the mind, strengthens the memory, benefits wisdom and long-term administration of Ginseng will lighten the body and prolong lifespan."

Ginseng was further established as the primary tonic herb of Chinese herbalism by the true father of Chinese medicinal herbalism, Zhang Zhong-Jing, in the third century AD. In his famous, remarkable and still-used herbal text, "Treatise on Febrile Diseases," Zhang used Ginseng in 20% of the formulas he created and in most of these cases, Ginseng was the main ingredient of the formula. These formulations are still memorized and utilized to this day by all practitioners of Chinese Traditional Medicine.

From that time on, Ginseng became the object of great desire. It was collected in the mountains as well as in open country by farmers and even by professional Ginseng hunters. It took little time for the natural wild supply to become scarce. In "The Record of Shi Le," written around 350 AD, there is a description of how Shi Le first cultivated Ginseng. Mr. Shi, who lived in Shanxi province, recollected in this autobiography how he was selling wild Ginseng for a very good profit. One day, he decided to transplant a small piece of wild Ginseng rhizome into his garden, where he cultivated it into a large root that he sold for a huge profit. Ginseng cultivation has thus been practiced for more than 1700 years.

This was the first act in the development of Ginseng cultivation in China. The history of Ginseng cultivation can be divided into three stages: 1. transplantation of wild-growing Ginseng and domestic cultivation of it; 2. the collection of the seed of wild-growing Ginseng and artificial breeding of them; and 3. artificially breeding and purification of seeds and large scale production. In fact, all three stages still occur in China and Korea today.

Korea became knowledgeable of Ginseng about five centuries after China, and Japan appears to have first made use of Ginseng seven centuries after China. It has been grown in South Habaluofska, in Eastern Russia, for at least 800 years. All Asian societies have developed strong Ginseng cultures through the centuries.

In 1274, Marco Polo, during his famous extended stay in China, found Ginseng to be widely used, and to be especially popular among the Chinese nobility, including the emperor and his family.

Among the very first descriptions of Asian Ginseng by a non-Asian was written by Father Joseph Petrus Jartoux. Father Jartoux was serving as a missionary in China during the reign of Emperor Kang and in 1709 he was commissioned by the Emperor to draw a map of Manchuria. While on a surveying expedition to Manchuria, which is now the northeaster frontier of China, he wrote the following description of Ginseng in a report to his superior:

"Peking, April 12, 1711
Reverend Father,

"The map of Tartary, which we made by order of the Emperor of China, gave us an opportunity to see the famous plant ginseng, so much esteemed in China and so little known in Europe. Towards the end of July 1709 we arrived at a village not above four small leagues distant from the Kingdom of Korea, which is inhabited by those Tartars called Calca tatze. One of these Tartars went and found upon the neighboring mountains four plants of the ginseng, which he brought us entire in a basket....

"The most eminent physicians in China have writ whole volumes upon the virtues and qualities of this plant and make it an ingredient in almost all remedies which they give to their chief nobility, for it is of too high a price for the common people. They affirm, that it is a sovereign remedy for all weaknesses occasioned by excessive fatigues either of body or mind, that it dissolves pituitous humors, that it cures weakness of the lungs and the pleurisy, that it stops vomiting, that it strengthens the stomach and helps the appetite, that it disperses fumes or vapors, that it fortifies the breast, and is a remedy for short or weak breathing, that it strengthens the vital spirits and increases lymph in the blood, in short, that it is good against dizziness of the head and dimness of sight, and that it prolongs life in old age.

"Nobody can imagine that the Chinese and Tartars would set so high a value upon this root if it did not constantly produce a

good effect. Those that are in health often make use of it to render themselves more vigorous and strong, and I am persuaded that it would prove an excellent medicine in the hands of any European who understands pharmacy....

"It is certain that it subtilizes, increases the motion of, and warms the blood, that it helps digestion and invigorates in a very sensible manner. After I had illustrated the root, I observed the state of my pulse, and then took half of the root, raw as it was and unprepared: an hour after I found my pulse much fuller and quicker, I had an appetite, and found myself much more vigorous, and could bear labor much better and more easily than before.

"But I did not rely on this trial alone, imagining that this alteration might proceed from the rest that we had that day: but four days after, finding myself so fatigued and weary that I hardly could sit on horseback, a mandarin who was in company with us perceiving it, gave me one of these roots: I took half of it immediately, and a half hour after I was not the least sensible of any weariness. I have often made use of it since, and always with the same success."

Jartoux went on in the report to tell how the Emperor sent out ten thousand men on a wild ginseng hunt to assure that the imperial palace would have an ample supply.

Such massive Ginseng hunts and intensive hunting by Chinese peasants resulted in near exhaustion of the natural wild supply in northeast China. Wild Ginseng is now very rare. Emperor Kang and subsequent Ching Dynasty emperors created large Ginseng preserves in what is now Jilin Province, where the punishment for hunting Ginseng could be death. The best Ginseng is believed to come from this region. To this day, the Ginseng grown in the area of the former preserves is considered especially fine and is the favorite of Ginseng connoisseurs around the world. Special Ginseng from this region, called "Emperor's Tribute" Ginseng is sometimes available even today. This Ginseng is especially famous because it was the favorite of the last emperor of China.

Prior to 1949, very little Ginseng was grown for commercial use in China. Poor economic conditions made matters even worse. Mao Zi Dong, however, declared herbs to be China's "treasure house," and from that time on the Ginseng industry has been steadily growing.

All forms of Ginseng are highly treasured in Hong Kong, where it is both heavily used and where it is a major trade item. A very substantial amount of the world's Ginseng trade takes place in Hong Kong, which for nearly half a century has been China's main outlet to the rest of the world. From 1990 through 1993, over 7 million pounds of Ginseng was imported into Hong Kong, most of which was re-exported. This represents a five-fold increase in the importation of Chinese Ginseng in just a five year period, which coincides with the opening up of China and development of China's market economy. As for Hong Kong consumption of Ginseng, statistics indicate that between 50 and 60% of Hong Kong residents consume Ginseng.

Ginseng has likewise been extremely important in the culture of Korea. The Ginseng industry is huge and hundreds of millions of dollars worth of Ginseng is grown and exported each year. The Ginseng industry in South Korea is highly regulated by the government and has been developed into a world-class industry. However, no wild Ginseng still exists in Korea, or at least ever becomes available. My teacher, Sung Jin Park told me that in the mountains around Pusan, on the West coast of China, the Taoist and Buddhist hermits who still live there, routinely find wild roots, but that they are extremely well hidden and that it takes a true expert to find one. It is safe to say that they are too rare to consider obtaining in practicality, unless, of course, you are closely connected to a Taoist hermit living in the mountains of western South Korea.

Glehnia

Products Featuring This Herb:
Young Lungs

Other Common Names
Glehnia

Page # In Ancient Wisdom of the Chinese
Tonic Herbs
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Pharmaceutical Latin
Glehniae Littoralis, Radix

Pinyin
Bei Sha Spirit (Sha Spirit)

Treasures
yin jing

Treasure Rating
***1/2

Atmospheric Energy

Cool
Taste
Sweet, Bitter, Bland

Organ Meridian Systems
Lung, Stomach

Qualities
Glehnia is a very good moistening tonic. It clears the lungs and tonifies Yin. Glehnia is cold, sweet and affects the Lung and Stomach. It is the perfect herb to use when the Lungs are dry due to smoking, smoke, dry or dusty air, excessive talking or singing, etc. It can also be used to treat common dry chronic coughs, hoarseness, etc. If such a condition persists, see your doctor.

Glehnia helps replenish body fluids. It is a very useful herb during dry weather, as in desert conditions. It can also be used to replenish fluids during and after an illness or surgery. People who are chronically dehydrated will find this herb a lifesaver. It is a great component of a home-made sports drink. It is virtually identical to Adenophora except that Glehnia is more brittle.

Gynostemma

Pure Gynostemma, also known as "southern ginseng" and the "miracle herb." It is a quintessential adaptogenic herb. It is regarded as one of Asia's premier longevity herbs. Currently one of the most popular herbs in all of Asia. It is adaptogenic, antioxidant, immune modulating, anti-inflammatory, anti-aging agent. It also has been found to be anti-ulcer, respiratory tonic, platelet regulating, anti-hyperlipidemic, cholesterol regulating, anti-obesity, liver protecting, triglyceride lowering, cardiovascular protecting, and anti-thrombic. It tonifies the immune system. It is one of the great herbs in the world.

Description
Spray dried concentrated powder in capsules. Made from the purist, highest grade Gynostemma in the world.
Primary Traditional Functions
Tonifies Qi, cooling, adaptogenic, anti-inflammatory
Typical Usage
2 or 4 capsules, 2 or 3 times per day
Note
Scientific Data: Following are the results of studies done in China, Korea and Japan on Gynostemma pentaphyllum (GP) and its gypenosides:

1. Gypenosides have been shown to protect vascular endothelial cells from oxidant injury. The data thus suggest that gypenosides may be beneficial for

the prevention and treatment of atherosclerosis and for retardation of the aging process. Studies have shown that the water extract of GP can decrease the activity of multiple coagulation factors. This extract can accelerate the erythrocyte electrophoresis rate. The studies revealed that GP is an antithrombotic agent affecting the links of thrombotic chain.

2. The total saponin of GP can markedly act against the immunity inhibition due to Cy management in experimental animals. The total saponin showed a definite bi-directional immuno-modulatory action in normal healthy mice, recovering the immune indices to normal value from either originally lower or higher than the medium figure, by significant difference in comparison with the Cy groups. The total saponin also had actions to prevent from fatigue and to tolerate hypoxia under usual atmospheric pressure. These data indicate that the total saponin of GP is an effective immuno-modulator, similar in action to Ginseng, Astragalus, Gano-derma and several other Chinese herbs.

3. GP can improve exercise endurance of white rats, especially healthy and trained rats. Studies showed that the muscle cells of rats having taken GP for 45 days were less injured after physical exhaustion than those of the control group. Both phosphate and liciferase assays showed that GP saponin could to some extent extend or activate (Na+K+) ATP-ase in membrane.

4. Gypenosides regulate lymphocyte transformation and DNA synthesis by regulating DNA polymerase II activity.
5. In search of new products for the treatment of hyperlipidemia with a low frequency of side effects, a decoction of *Crataegus cuneata*, *Nelumbo nucifera* and GP has been tested. A reduction of triglyceride and cholesterol was seen.

6. The action of gypenosides as an antioxidant was studied using various models of oxidant stress in phagocytes, liver microsomes and vascular endothelial cells. It was found that GP decreased superoxide anion and hydrogen peroxide content in human neutrophils, etc. It was also found that GP protected biomembranes from oxidative injury by reversing the decreased membrane fluidity of liver microsomes and mitochondria, increasing mitochondrial enzyme activity in vascular endothelial cells and decreasing intracellular lactate dehydrogenase leakage from these cells. The extensive antioxidant effect of GP may be valuable to the prevention and treatment of various diseases such as athero-

sclerosis, liver disease and inflammation.

7. GP water extract was shown to have significant anti-inflammatory and liver-protective effects in rats.

8. The immuno-potentiating effects of gypenosides in relation to the network of neuroendocrine-immune modulation (NIM) were examined. The results indicate that the mechanism of immunomodulating effects of gypenosides may be mediated through the NIM network, and suggest a close relationship between the neuroendocrine activities and the immunofunctions.

9. A study on rabbits indicates that GP has the protective effect on acute cerebral ischemia injury.

10. A comparison study between the effects of gypenosides and ginsenosides (from *Panax Ginseng*) on cardiac function and hemodynamics was done on dogs. It was found that the coronary flow was raised and the heart rate lowered by both gypenosides and ginsenosides. The lowering of myocardial oxygen consumption after the administration of gypenosides and ginsenosides could be explained by the decreasing of cardiac tension-time index and the slowing of heart rate. Nevertheless, it was insignificant that gypenosides and ginsenosides affected the myocardial contractility and heart pump function. The effects of gypenosides are slightly more potent than ginsenosides.

11. Gypenosides is a potent inhibitor to platelet aggregation and its action mechanism may be related to inhibiting the platelet from releasing reaction and increasing the platelet cAMP level.

12. Gypenosides was shown to have a platelet aggregation factor which was completely inhibited by prostaglandin 12, but was not affected by aspirin. Studies indicate that the active principle is most likely a kind of glycoside or polysaccharide.

13. Crude saponins isolated from GP were tested for their effect on lipid metabolism in corn oil-containing, high sugar diet-fed rats. Oral administration of such high sugar and fat diet caused hyperlipemia, liver injury with increased serum level of glutamic pyruvic transaminase (GPT), and accumulation of lipid peroxide in the liver. Administration of the crude saponins from GP reduced serum levels of triglycerides, lipid peroxide, total cholesterol, phospholipids and GPT in such high sugar and fat diet-fed rats.

14. Pharmacological and clinical investigation has pointed out that gypenosides(also called "gynosaponins" by Hu) can effectively inhibit cancer cells in the liver, stomach, lung, skin and uterus.

15. The basic chemical structure of the gynosaponins is of the dammarane type.

16. The sweet flavor in the leaves of GP is due to phylloclidin. Other constituents of GP include Vitamin B1, Vitamin B2, Vitamin C, calcium, sodium, iron, phosphorus, carotene, protein, fat, fiber and sucrose.

17. Animal tests proved that crude gynosaponins possessed obvious anticancer and antiulcer action, inhibited the side effects of glucocortico-hormones, promote cell metabolism, benefit sleep and lower blood lipids. Gynosaponins might be able to inhibit the multiplying of cancer cells in liver, uterus, lung, etc. by as much as 20~80%. In mice with experimental sarcoma-180, the cancer may be reduced by 40% at the dose of 50 mg/kg of GPS every day for seven days.

18. If mice were injected with dexamethasone beforehand i.e. at the dose of 10 mg/kg a day for 10 days and then injected with gypenosides at the dose of 10 mg/kg a day for 10 days, GPS might prevent the side effects of dexamethasone, such as atrophy in the adrenal gland and thymus.

19. Gypenosides 22, 30 and 41 have obvious antiulcer activity.

20. Extended administration of GP might inhibit the forming of experimental cholelithiasis, lowering the cholesterol in blood and bile. The experimental group used a feed containing 1.2% cholesterol and into it was added the fine powder of *Gynostemma*. The mice were fed with this kind of feed. Three weeks later, cholesterol value, total bile acid value and phospholipids value were determined in animal bile and observation was made to see if any stone was formed in the gall bladder. The results indicated that in 3 mice of the experimental group, stone was formed; and in 6 mice of the control group, stone was formed. In 2 mice of the experimental group, more than 11 stones were formed, but in 4 mice of the control group, 11 stones were formed. In the mice of the controlled group, were found mucous membrane multiplying, bleeding and swollen fat liver. In the experimental group the cholesterol value and total bile acid concentration in blood and bile were markedly decreased in comparison with the control group.

21. In a swimming test in which mice fed

gypenosides at the dose of 200 mg/kg had obviously better body force and tolerance than those in the control group that were not given GPS.

22. The LD50 of mice i.p. GPS is 755 mg/kg. The LD50 of rats i.p. is 1.85 g/kg. Oral administration at the dose of 10 g/kg was non-toxic which was more than the determination limitation of LD50. Thus, gypenosides are very safe for consumption.

23. *Gynostemma* contains trace elements, of which 5 are fundamental to human body. Mineral analysis indicates that GP contains: Se, Mg, Zn, Ca, Fe, K, Mn, P, etc.(See table 3. Content determination of trace element)

Table 3. Content Determination of Trace Elements

Trace elements	Content (mg/g)
calcium, Ca	19475.00
zinc, Zn	178.75
iron, Fe	786.30
manganese, Mn	87.50
magnesium, Mg	2045.00

GP contains water-soluble amino acids, various vitamins, protein.

Table 2. Content Determination of Amino Acid

Amino Acid	Content (mg/g)
leucine, Leu	0.0549
histidine	0.0473
lysine, Lys	1.5563
glutamic acid, glutaminic acid	0.6872
glycine, glycolcoll	0.8600
methionine, Met	0.3289
aspartic acid, ASP	0.0929
threonine	0.1425
serine	0.1629
cystine	1.1325
isoleucine	0.2127
arginine	0.0559
phenylalanine	0.9758

24. The use of glucocorticoids in therapy can preserve life. However the side effects may include excessive appetite, lack of energy, dropsy or obesity, keratitis, pigmentation and hypertension, etc. It is usually accompanied by severe damage to the adrenal glands, thymus and other organs, resulting in early aging syndrome. The thymus is the center of the immune system, though it atrophies with age. Therefore, protecting the thymus and adrenal glands from atrophying is essential in anti-aging efforts. Gypenosides can prevent these side effects from happening and restore the organs that have atrophied due to the damaging effects of glucocorticoids. GP and gypenosides can

greatly improve the suppressed immunity caused by steroids abuse. It can also strengthen the phagocytosis of the phagocytes in the abdominal cavity of mice, it increases the weight of the spleen and adrenal gland. This is why GP is called an "immunity strengthener." Researchers (Ma Bing Xuan, et al) believe that GP has strong preventive and curing effects against the damage due to steroids. The use of gypenosides to prevent and cure the side effects of steroid use has been granted a patent in Japan. The patent recommends dosages for adults of 5~500 mg/day, usually 10~250 mg/day, 3~4 times, orally.

25. The adrenal cortex is a superbly developed organ for the regulation of homeostasis. It is essential for life. The hormones of the adrenal cortex can be divided into two main categories:

(1) glucocorticoids which affect carbohydrate metabolism, and
(2) mineralocorticoids which affect water and salt metabolism. It is fairly well established that GP influences the glucocorticoids produced in the innermost zone of the adrenal cortex, the zona reticularis, and has a regulatory influence on the secretion of the glucocorticoids, hormones that influence carbohydrate and protein metabolism. Cortisol, also known as hydrocortisone is the most important glucocorticoid, its secretion being regulated by ACTH. The drug cortisone is the synthetic cortisol analogue. GP may help regulate the secretions of the outermost zone of the adrenal cortex as well, including the mineralocorticoids, the most important of which are aldosterone and deoxycorticosterone, which regulate the water and electrolyte metabolism of the body.

26. Gynostemma can help adjust and regulate blood sugar levels.

27. In the test in vitro where 0.38-0.75% Gypenoside is used directly to kill S-180 sarcoma cell, the killing rate is 54~87.5% while the control group only has 28.84% death rate.

28. Zhe Jiang Traditional Medical Research Institute used Gynostemma instant granule (each bag contains 400 mg Gypenoside) on cancer patients after their operation. All the patients improved their conditions. The total effectiveness rate reaches 89.47%. It improves the cell immune function, lowers the IgG, IgM. It can also induce the thymus dependent lymphocytes to differentiate and sensitize so that they can kill the relevant target tumor cells on contact.

Gynostemma has real potential as a biological reaction regulator in treating malignant tumor. Gypenoside can not only directly kill cancer cells, it also increases the titer of PFC plaque forming cell and hemagglutination antibody, strengthens the delayed hypersensitivity of mice and therefore improves the immunity of tumor carrying animals. These might be some of the reasons why Gypenoside has anti-cancer and anti-tumor effects and can prevent the growth of tumors.

29. It was reported in Yunnan Province that it was used to treat senile chronic bronchitis in 537 cases. The total effective rate was 79% after the treatment of one therapeutic period. It was found that the stemona was more effective in treating bronchitis than the leaves. It was taken 2.5 3.9 g tid, for ten days as one therapeutic course.

30. The gypenosides 3, 4, 8 and 12 are virtually identical to ginseng saponins Rb1, Rb3, Rd and F2 in structure, respectively.

Jujube Date

Products Featuring This Herb:
500 Ginsengs Drops
Ginseng Sublime

Supreme Creation
Easy Qi (formerly Smooth Flowing Qi)
Shou Wu Formulation
Ant Essence Formula
Imperial Garden
Super Adaptogen
Endocrine Health
Ginseng and Astragalus Combination
Ten Complete Supertonic Combination
Ginseng and Longan Combination
Ginseng Nutritive Combination
Return to Youth
Platycodon and Fritillary
Bupleurum and Dragon Bone Combination
Activated Minor Bupleurum

Other Common Names
Red Date

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Tonic Herbs
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Pharmaceutical Latin
Fructus Jujube

Pinyin
Hong Zao

Treasures
Qi and Spirit

Treasure Rating
***1/2

Atmospheric Energy
Neutral

Organ Meridian Systems
Spleen and Stomach

Part Used and Form
Dried ripe fruit

Primary Functions
Replenishes Qi in the middle burning space (Spleen and Stomach), nourishes blood, soothes the mind, moderates the actions of other herbs in a formula

Qualities
This special fruit, sometimes called the "red date," has been used since ancient times as a nutrient tonic, a blood cleanser, and as an important adjunctive herb to other tonics, especially in combination with Ginseng and Tang Kuei. Jujube, which is not a true date, is universally believed in the Orient to build strength and extend life. Jujube is slightly sedative and laxative and removes obstructions of the energy flow. The juice of jujube is one of the wonderful and delicious specialties of Chinese tonic herbalism. It is often used as a base for other herbal extracts.

Jujube is a very commonly used herb, especially in formulas that use Ginseng. It is the classic side-kick to Ginseng. Anytime you use Ginseng, you can use Jujube. The date is believed to enhance the activity of Ginseng while smoothing out any rough edges the Ginseng may have. It harmonizes the ingredients in a formula, making the whole formula smooth in both taste and action. However, it is much more than just an adjunctive herb. It provides excellent energy and is a powerful Qi tonic in its own right.

It is an excellent tonic to the Spleen and Stomach, helping these organs extract the energy from food and drink at maximum efficiency. It is also an excellent blood tonic. Jujube also has an emotionally calming effect. It is a mild Spirit stabilizer.

Primary Combinations
Combine with:

1. Ginseng to tonify the Spleen and to build Qi

2. Dang Gui and White Peony Root to tonify blood

Varieties and Grading
The smaller the dates, the better. Be sure that the dates are fresh and free of insects. They are highly nutritious and are easily and readily infested with moths and

other creatures. Throw them out if you find any larvae. Where there's one, there are usually many more hidden away. The skin of a good quality Jujube should be firm, radiant and deeply wrinkled. If the dates are too large or too moist, they will not be powerful. Remember, an herbalist can judge you by how you pick your Jujubes. If you select small ones, they will know that you know what you are doing, they will respect you and they will start showing you better quality goods. Most novices, of course, think that big, juicy dates are best.

Contraindications

Do not use when you are suffering from excessive phlegm, food retention, abdominal bloating and parasites.

Licorice

Products Featuring This Herb:

Easy Qi (formerly Smooth Flowing Qi)

Shou Wu Formulation

Ant Essence Formula

Strong Bones

Strength Builder

Golden Air

Profound Essence

Young Lungs

Will Power

Super Adaptogen

Endocrine Health

Immunity Booster Formula

Isatis Supreme

Lights Out

Golden Voice

Calmers

Small Volcano

Ginseng and Astragalus Combination

Ten Complete Supertonic Combination

Ginseng and Longan Combination

Ginseng Nutritive Combination

Ginseng and Zizyphus Combination

Dang Gui and Gelatin

Bupleurum and Rehmannia Combination

Platycodon and Fritillary

Yin Qiao

Gentiana Combination

Bupleurum & Cyperus Combination

Bupleurum and Peony Combination

Activated Minor Bupleurum

Other Common Names

Licorice Root

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Tonic Herbs

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Pharmaceutical Latin

Glycyrrhizae Uralensis, Radix

Pinyin

Gan Cao

Treasures

Qi

Treasure Rating

Atmospheric Energy

Neutral

Organ Meridian Systems

Spleen, Stomach and Lungs

Primary Functions

Regulates the function of the Stomach, invigorates the Spleen, Qi tonifying, lung clearing, latent-heat clearing, detoxicant, anti-inflammatory, harmonizing and regulating to the twelve organs

Qualities

Chinese Licorice root, or Glycyrrhiza, is one of the greatest herbs known to mankind. Licorice root builds energy and is an excellent digestive tonic. It is the most broad spectrum natural detoxifying agent known, ridding the body of over 1200 known toxins without any distressful side-effects. It also helps regulate the blood sugar level, helping counteract hypoglycemia, a very common imbalance.

Licorice root provides basic nutrients to the adrenal glands. Licorice helps build and strengthen muscle, and it is a natural muscle relaxer. It is very sweet and adds a delicious flavor to herbal teas. Licorice is included in most Chinese herbal teas and formulations because it is said to harmonize all the ingredients in an herbal formula. Licorice root is very powerful and should be used in small quantities

Licorice root is used as a harmonizing ingredient in many Chinese herbal formulations. It is used in more formulations than any other herb in Chinese herbalism. Though it is considered to be the quintessential "servant" herb, it is often referred to as the King of Herbs, in spite of the fact that Ginseng also bears the title. Its sweet and pleasant flavor help make some unsavory formulations palatable, and otherwise bland tasting formulas excellent.

It is believed that Licorice root "harmonizes" the ingredients in an herbal formulation, eliminating harshness of action and promoting smooth activity of the herbs. It is therefore called "the Great Harmonizer." It is thus extremely important in the Chinese herbal system, both tonic and medicinal. It is used in small quantities in a very wide number of formulations as a harmonizer. The herb is powerful and small doses are usually sufficient to achieve excellent results. Large quantities are uncommon because excessive use can cause edema, and in

some cases hypertension. Occasional large doses are not considered to be a problem for most people when used for specific purposes and under a doctor's watchful eye.

Licorice is an excellent Qi tonic. It increases vital energy. This herb is frequently used to strengthen the digestive and metabolic functions. It aids in the assimilation of nutrients and thus contributes to the building of blood. Licorice is universally believed, in Asia, to build large, strong muscle tissue. It is thus widely used by athletes, dancers, etc. It is used as an ingredient in numerous Qi tonic formulations as both a Qi tonic and as the harmonizing ingredient.

It is often used as an anti-inflammatory agent. Licorice contains chemical components which act similarly to cortisone, but without the side effects. It is useful for all sorts of inflammation, but usually it depends on the other herbs in a formula to determine where the formula will act.

This herb has a reputation as an excellent expectorant in the case of lung congestion. Furthermore, it is widely used as a tea to help relieve sore throat and pharyngolaryngitis. Millions of smokers use it to soothe their dry throats since Licorice root improves secretion of the throat mucosa. It is also used as an ingredient in teas used by singers, public speakers and others who utilize their vocal cords excessively.

Licorice root has acquired the name in China of "the Great Detoxifier." It is considered to be one of the primary detoxifying herbs in the Chinese herbal arsenal. Its reputation for this action goes back to the time of Spirit Nong. It is widely believed that low level consumption of Licorice root will rid the body of poisons that would otherwise accumulate and cause disease or functional disorder if not cleaned out. In particular, it is believed to clean the blood and the liver. Though there are many detoxifying agents used in Chinese herbalism, most of them are harsh. Licorice root, on the other hand is mild and devoid, for most people, of side effects. It can of course be used preventively, which makes it more generally useful than medicinal herbs.

Many people use Licorice root internally as a general anti-inflammatory. It is used for redness and swelling anywhere in the body. Of course, if inflammatory conditions exist, one should consult a physician, but for low grade inflammations, Licorice root may prove to be extremely effective. It is also used as an antispasmodic. When combined with White Peony Root, it is a

superb antispasmodic. These two herbs combined work synergistically to relax both smooth muscle and striated muscle. It is especially famous for relieving cramps in the gastrocnemius and feet. However, it is almost equally as useful for cramps and contraction anywhere in the body.

Another condition for which Licorice root is famed is for the relief of gastric and duodenal ulcers. It has been used to relieve hyperacidity for thousands of years and is a superb anti-ulcer agent. A small quantity in tea can quickly help heal ulcers in most cases. It is especially effective when combined with herbs like *Gynostemma* and *White Peony*, which themselves help relieve ulcers.

Licorice root is an indispensable component of the Chinese herbal system. It has powerful tonic benefits and at the same time has a wide range of healing effects that have been time-proven innumerable times. The trick in using Licorice root lies in watchful moderation. Don't use too much — it's unnecessary and excessive quantities can have the side effect of causing water retention. Small doses are very unlikely to have any results but excellent ones.

Scientific Data

Glycyrrhiza uralensis contains two major triterpenes, glycyrrhizin (glycyrrhizic acid) and glycyrrhetic acid. *Glycyrrhiza uralensis* usually contains 6-14% glycyrrhizin, which exists for the most part as salts of glycyrrhizic acid and ammonia, calcium potassium, iron or barium.

Licorice root is rich in flavonoids. The primary one is liquiritin, with isoliquiritin, liquiritigenin and isoliquiritigenin also playing important pharmacological roles. Licorice root contains a substance called FM 100, which is a component of the flavonoids of the cortex. It has been demonstrated to have anti-ulceration action.

Other components include amino acids, biotin, b-sitosterol, berniarin, umbelliferone, ferulic acid and sinapic acid.

The various species of *Glycyrrhiza* used as Licorice root have adrenocorticomimetic action. Most authorities on *Glycyrrhiza* believe that glycyrrhetic acid produces adrenocorticomimetic action. Its chemical structure is similar to that of the corticosteroids. Pharmacological studies indicate, for example, that glycyrrhetic acid has sodium-retention, antidiuretic and anti-inflammatory

actions. Glycyrrhizin has been shown to prolong the action of cortisone. It is believed to inhibit the metabolism of the steroids, thus maintaining higher cortisone levels for a longer duration.

Licorice root extract, as well as the raw powder, glycyrrhizin and glycyrrhetic acid exhibit deoxycorticosterone-like action. They reduce the urinary volume and sodium excretion while increasing potassium excretion. This action has produced edema in laboratory animals and in humans.

Human clinical studies have demonstrated that the hormone-like actions of Licorice root are therapeutically useful, strengthening resistance, enhancing adrenocortical function, improving the regulatory function of hormones drugs, reducing the dependence of patients on the steroidal hormones and mitigating the withdrawal symptoms from steroidal hormones.

Licorice root has anti-inflammatory action similar to hydrocortisone. Glycyrrhizin and glycyrrhetic acid are believed to be the components responsible for this activity.

Liquiritigenin and isoliquiritigenin, found in the alcohol extract of *Glycyrrhiza uralensis*, have been found to be MAO inhibitors, that is, they inhibit monoamine oxidase in the liver. Synthetic MAO inhibitors have been used in the treatment of psychotic patients who have mild or severe depression. Both Liquiritigenin and isoliquiritigenin are spasmolytic agents, that is, they relieve spasms (they are muscle relaxants). Isoliquiritigenin is 5 times as potent as liquiritigenin. It is being examined as a natural substitute for the synthetic MAO drugs used in clinical practice for depression.

Licorice root has been demonstrated to have powerful anti-HIV action in vitro. An herbal drug utilizing Licorice root is being tested in Japan. In addition, Licorice root has been found to induce the production in human beings of g-interferon.

Numerous reports confirm Licorice root's traditional use as an anti-ulcer agent. It has shown significant inhibition on experimental ulcers as well as in human clinical settings. It protects the mucosa against damage. One mechanism is by inhibiting abnormal gastric secretion by the gastric mucosal cells. FM 100 is the primary component involved in this action.

Licorice root has a well-known antispasmodic action. The flavonoids in licorice root are responsible for this action. This antispasmodic effect plays an important

role in the herbs anti-ulcer by relieving spasms of the smooth muscle of the gastrointestinal tract. The removal of glycyrrhizin from the extract both improves this action and reduces the side effects, including primarily edema. Deglycyrrhinated licorice root is available for those who cannot use normal licorice due to the edemic side effects. FM 100, the anti-ulcer component of Licorice root, has also been shown to have mild anticonvulsant, anti-spasmodic and analgesic actions. When Licorice root is combined with *Paeonia albiflora*, or when FM 100 is used with paeonin (the active component of *Paeonia albiflora*), the antispasmodic, anticonvulsant and analgesic actions are greatly increased, confirming the famous combination in traditional Chinese herbalism.

The detoxicant action that has classically been attributed to Licorice root has also been verified. The administration of Licorice root, its extract or of glycyrrhizine have all demonstrated powerful detoxicant actions against toxins such as cocaine, chloral hydrate, strychnine, urethane, arsenobenzene and mercurous chloride. It has also been shown to have detoxicant action against caffeine, nicotine and barbiturates. It has also been used to detoxify snake and spider venom. Given along with snake antiserum, the results were better than snake antiserum alone. However, Licorice root is not effective in detoxifying morphine, ephedrine and epinephrine toxicity. Various Licorice root preparations are now being experimentally used with antineoplastic (cancer) drugs to reduce their toxicity and to improve their effects. Excellent results have been reported in China and Japan. All this detoxifying activity is now believed to be due to the improvement of the regulative activity of the adrenal-pituitary system, and to direct adrenocorticomimetic actions of glycyrrhizin and glycyrrhetic acid, among other mechanisms.

Glycyrrhetic acid has an antitussive (anti-cough) action similar in action to codeine, but without the drowsiness. Licorice root extract or an herbal tea containing sufficient quantity of the herb, can relieve irritation of inflamed pharyngeal mucosa. Licorice root also promotes pharyngeal and bronchial secretion, which in turn promotes expectoration.

Licorice root extract has been shown in laboratory animals to significantly protect the liver from damage due to strong liver toxins.

Licorice root has a significant antidiuretic action, due to the action of glycyrrhizin.

This action produces the one overt side effect of Licorice root — edema.

Primary Combinations

Combine with:

1. Ginseng, Codonopsis, Astragalus and Atractylodes to tonify Spleen and build Qi

2. White Peony to relieve spasms and cramps

3. Ginger and Aged Citrus to regulate Stomach Qi

Varieties and Grading

Large, very sweet licorice root is the best. Very high quality Licorice root, when sliced, has a smoother, finer texture than cheap, low grade Licorice. Good Licorice root is pleasant to chew. Licorice root is a soft pulpy wood, yet it becomes pulpy when chewed. Cheaper Licorice root tends to be more splintery when chewed and doesn't taste as good. Sometimes small, splintery Licorice root is quite sweet. This type of Licorice is fine for extraction, but the larger Licorice root has better chemical harmony and is simply better in most cases. All Licorice root is inexpensive, and it goes a long way because you will be using small quantities, so purchase the best you can find.

It should be noted that Chinese herbalists sometimes use Licorice root that has been roasted in honey. This is usually called Honey-fried Licorice or prepared Licorice. This kind of Licorice is usually used either in the winter or by people who have a cold constitution or cold condition where they feel chilled all the time.

Contraindications

Large doses of Licorice root can result in side effects associated with the adreno-corticomimetic action of the herb. The symptoms associated with Licorice root include edema and hypertension. Patients prone to, or suffering from, these disorders should use Licorice root only sparingly, as a low level adjunctive herb in other formulations, or they should use deglycyrrhinated licorice root extracts. In addition, they should seek the advice of their doctor. Elderly patients in particular should use Licorice root sparingly and under the supervision of an herbalist.

Ligusticum

Products Featuring This Herb:

Remove Stagnation

Golden Voice

Cardiovascular Protector

Eagle Vision

Four Things Combination

Dang Gui and Gelatin

Bupleurum and Rehmannia Combination
Bupleurum & Cyperus Combination

Other Common Names

(sometimes called "Cnidium" — not to be confused with Fructus Cnidium)

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Pharmaceutical Latin
Rhizoma Ligustici

Pinyin
Chuan Xiong

Treasures
Blood

Treasure Rating
***1/2

Atmospheric Energy
Warm

Taste
Pungent and bitter

Organ Meridian Systems
Liver, Gall Bladder, Pericardium, Heart

Part Used and Form
Rhizome

Primary Functions

Vitalizes the blood, promotes the circulation of blood and Qi, nourishes blood, relieves wind conditions, analgesic

Qualities

Ligusticum wallichii, sometimes referred to as Cnidium, is a very widely used blood tonic. It is especially common in women's blood tonic formulations. Ligusticum is a superb "blood vitalizing" herb used to improve blood circulation and to disperse blood stagnation. It has recently been found to improve blood circulation in the heart. It is sometimes called Cnidium on some product labels, and should not be confused with Cnidium seed, a Yang essence tonic.

Ligusticum is one of the primary blood vitalizing herbs used in Chinese herbalism. It is very widely used in treating menstrual disorders because it is so effective at activating blood flow and relieving pain associated with blood and Qi stagnation. It warms the uterus and decongests swelling in the pelvic basin. In addition to its blood vitalizing effects, Ligusticum is a good blood tonic.

Though it was not classically recognized as a major heart tonic, it has recently been discovered that Ligusticum provides

many benefits to the heart muscle. Its action in this regard is similar to that of Ilex and Notoginseng. It significantly enhances myocardial circulation and is now being widely used clinically in China to treat and prevent heart disease. Ligusticum is related to Dong Gui and they share many of the same characteristics. They also share significant components. However, Dong Gui is a stronger blood tonic and Ligusticum is a stronger Blood vitalizer and analgesic.

It is also widely used to relieve the pain associated with invasion of wind and in formulations to treat colds, flus, sinus congestion and various skin disorders.

Ligusticum has been found to induce interferon production in human beings.

Preparation and Utilization

It is usually used in formulas with Dong Gui, Rehmannia, Peony, etc. It is one of the "four things" in the most famous of women's formulas, "Four Things Combination." Combine with Notoginseng, Ilex and Qi tonics to create a formula beneficial to the heart. Do not cook Ligusticum for more than a few minutes. Add it to an infusion only at the end. Overcooking boils off and destroys the aromatic oils, which are essential components of the herb. Overcooking destroys the herb and it will not do its job.

Primary Combinations

Never used alone. Combine with:

1. Dang Gui, Rehmannia (steamed) and White Peony Root to build blood, stimulate blood flow, regulate the menstrual cycle and relieve abdominal pain

2. Salvia and Notoginseng to invigorate blood circulation and protect the Heart

Varieties and Grading

The stronger Ligusticum's fragrance, the more powerful its activity inside the body. If it is old, it will have lost much of its fragrance

Ligustrum

Products Featuring This Herb:

Microcosmic Orbit

Women's Jing

Young at Heart

Immunity Booster Formula

Other Common Names
Ligustrum

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Pharmaceutical Latin
Fructus Ligustri lucidum

Pinyin
Nu Zhen Zi

Treasures
Yin Jing

Treasure Rating

Atmospheric Energy
Cool

Taste
Bitter and Sweet

Organ Meridian Systems
Kidney and Liver

Primary Functions
Tonifies Kidney and Liver Yin, enhances immune functions, clears heat, brightens the eyes

Qualities
Ligustrum is a Yin Kidney tonic which is said by the Chinese to prolong life. It has been found to be a significant immune enhancing agent. It is also used as a blood tonic.

Ligustrum is a very good Yin essence tonic. It's action is very similar to that of Polygonum, except that it is a cool herb. It is used for all the same purposes as Polygonum, including blackening the hair or preventing premature graying. Thus it is considered to be an antiaging, rejuvenative herb. It strengthens the back and relieves soreness in the lower back and knees, and helps relieve aching in other joints. It is said to improve hearing and sharpen vision.

Ligustrum has gain quite a reputation in the past decade due to the discovery that it has powerful immune enhancing effects. In a study done in the United States, supported by the National Institutes of Health, it was found to prevent break down of the immune system when cancer patients were given chemotherapy and radiation therapy. Subsequent studies around the world have supported this action. It is now used clinically for this purpose in Japan and China.

Preparation and Utilization
It may be used in Kidney and Liver tonics.

Primary Combinations
Combine with:

1. Lycium fruit, Polygonum or Rehmannia (steamed) to build blood, to tonify Kidney yin, and to prevent premature aging

2. Lycium fruit, Raw Rehmannia and Moutan for deficient yin and heat

3. Astragalus, Ganoderma and Gynostemma to counteract the side effects of chemotherapy and radiation, provided the doctors involved agree. Fairly large doses are more effective in building and/or protecting the immune system

Varieties and Grading
All Ligustrum sold in the United States is of approximately equivalent quality and is generally quite good.

Contraindications
Do not use when you have diarrhea due to cold. In cases of Yang deficiency it is often better to use Polygonum.

Lily Bulb

Products Featuring This Herb:
Yin Replenisher

Other Common Names
Lily Bulb

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Pharmaceutical Latin
Bulbus Lili

Pinyin
Bai He

Treasures
Yin

Treasure Rating
**1/2
Atmospheric Energy
Slightly Cold

Taste
Slightly cool

Organ Meridian Systems
Lung and Heart

Primary Functions
Moisten the Lungs, relieve cough, clear heat in the Heart, calm the Mind and stabilize the Spirit

Qualities
Lily bulb is primarily used to moisten the Lungs. It is very effective at relieving dry cough and dry throat. It thus is excellent for smokers, singers, public speakers, fire eaters and those who use their voices excessively for any other reason.

It has mild but effective influence on the emotions. It is capable of calming agitation and relieving anxiety, grief and

despair. However, in this regard it is weaker than Lily flower.

Primary Combinations
Combine with:

1. Ophiopogon, Raw Rehmannia, Fritillaria and Anemarrhena to moisten dry Lungs and relieve cough

Varieties and Grading
The bulbs or cloves should be smooth and moist, and certainly not dried out and brittle.

Contraindications
Lily bulb should not be used when experiencing cough due to invasion of wind-cold for those with cold Spleen with diarrhea.

Lily Flower

Other Common Names
Lily Flower

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Pinyin
jin zhen hua

Treasures
Spirit

Treasure Rating
***1/2

Atmospheric Energy

Qualities
The Chinese call Lily "the plant for forgetting care and sorrow." They believe that by eating or drinking a tea of Lily Flower, one is able to forget unpleasant memories and sorrow. Lily flower is high in iron and builds blood, and also contains several vitamins.

Longan

Products Featuring This Herb:
Supreme Spirit Drops
Magu's Treasure
Magu's Secret
Ginseng and Longan Combination

Other Common Names
Longan fruit

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Pharmaceutical Latin
Arillus longan

Pinyin
Long Yan Rou

Treasures
Blood and Qi

Treasure Rating

Atmospheric Energy
Warm

Organ Meridian Systems
Heart and Spleen

Primary Functions
To nourish the Blood, calm the mind,
strengthen the Spleen and tonify Qi

Qualities
Longan is a wonderful and delicious tonic fruit used by the Chinese as a blood tonic, to build energy, to nurture the heart, and to add luster and beauty to the skin. It is believed among the Chinese people that Longan is not only great for the skin, but is also a fantastic sex tonic. For that reason, Longan is considered as a special tonic for women who wish to be both beautiful and sexual — it has a 2000 year reputation as a special love tonic. It is said that the most beautiful women in China eat Longan. Longan is equally beneficial to men. It is believed to have a calming effect and to add radiance to the eyes.

Longan is an excellent Blood and Qi tonic that can be used to relieve heart palpitation, insomnia, forgetfulness and anxiety associated with Blood and Qi deficiency, especially when combined with Qi tonics such as Ginseng, Codonopsis and Astragalus. It is one of the premier blood tonics of Chinese tonic herbalism, and is often combined with other blood tonics such as Dong Gui and Peony to build blood. Dragon Eye Fruit has a high content of iron, about 20 times that of grapes and 15 times that of spinach.

Combined with Spirit tonic herbs such as Ganoderma and Fu Spirit, it promotes tranquility. This herb has been found to promote deep, refreshing sleep. For this purpose, it may be combined with Zizyphus. It increases physical stamina and promotes peripheral circulation, warming up cold hands and feet.

Preparation and Utilization
Blend with Qi tonic, Blood tonics or Spirit tonics according to your needs. You may eat Longan by itself so long as you don't eat them in excess, since they can cause an upset stomach when over eaten. Try mixing them with walnuts.

Primary Combinations
Longan Fruit is a fruit which is consumed

by every Chinese late each summer when it is in season. It may be consumed alone as an herb as well. However, it is usually combined with other tonic herbs:

1. Ginseng and Dang Gui to strengthen the Spleen and Heart
2. Dang Gui and White Peony to build blood
3. Zizyphus, Spirit Poria and Polygala to calm the mind, stabilize the nerves and develop Spirit

Varieties and Grading
This is an herb that must be selected very carefully. The aril, which is the sweet fleshy fruit meat is extremely delicious. The dried fruit obtainable at herb shops is priced based on its flavor and sweetness. So producers soak the Longan in sugar water to enhance its sweetness. Buy from a reputable herbalist and ask him or her if the Longan has been sweetened. Buy unsweetened Longan — it is sweet enough without the sugar and is much better for you. I prefer dried Longan that is lighter in color. It is less often artificially sweetened and preserves better.

Contraindications
Don't eat so much you become ill.

Lotus Seed

Other Common Names
Lotus Seed

Pharmaceutical Latin
Semen Nelumbinis

Pinyin
Lian Zi
Treasures
Jing and Qi

Treasure Rating

Atmospheric Energy
Neutral

Organ Meridian Systems
Kidney, Spleen and Heart

Primary Functions
Astringent to control Jing, to reinforce the Kidney, to tonify the Spleen and firm up the stool, and to stabilize Spirit and calm the mind

Qualities
Lotus seed is used primarily as an astringent in Kidney and Spleen tonic formulations. It is in own right a good mild tonic. It is useful for preventing the leakage of essence, and thus is commonly used to

prevent or treat premature ejaculation, spermatorrhea, and is also used in women's formulas to treat leucorrhagia. For these purposes, it is often combined with other astringent herbs such as Dragon Bone, Cuscuta, Euryale, Cuscuta, Cnidium, Astragalus seed, etc.

It is also commonly used in formulas designed to firm up the stool in individuals with weak Spleen functions. It is usually combined with herbs such as White Atractylodes and Poria for this purpose.

Lotus seed has Spirit stabilizing properties. It is therefore combined with other Spirit stabilizers to calm the mind and to help overcome emotions such as chronic worry, fear, anger, etc. It is usually combined with Dragon Bone, Polygonum stem, Albizzia bark or flower, Biota, etc. for this purpose.

Primary Combinations
Combine with:

1. Ginseng, Poria and Dioscorea to tonify the Spleen and Kidney
2. Astragalus Seed, Euryale seed, Cornus, Dragon tooth, Oyster shell, Cnidium and Cuscuta to astringe the Kidneys and prevent premature ejaculation and to treat chronic vaginal discharge

Varieties and Grading
Select fresh, clean lotus seed.

Contraindications
Not to be used by those who are experiencing constipation.

Lotus Stamen

Other Common Names
Lotus Stamen

Pharmaceutical Latin
Stamen Nelumbinis

Pinyin
Lian Xu

Treasures
Jing

Treasure Rating
*

Atmospheric Energy
Warm

Organ Meridian Systems
Kidney and Heart

Primary Functions
Astringent to control Jing, to reinforce

the Kidney, to stabilize Spirit and calm the mind

Qualities

Lotus stamen is an excellent astringent. It is stronger as an astringent than Lotus seed, but does not have the tonic qualities of the seed. It is very useful for preventing the leakage of essence, and thus is commonly used to prevent or treat premature ejaculation, spermatorrhea, and is also used in women's formulas to treat leukorrhia. For these purposes, it is often combined with other astringent herbs such as Dragon Bone, Cuscuta, Euryale, Cuscuta, Cnidium, Astragalus seed, etc.

Primary Combinations

Combine with:

1. Astragalus Seed, Euryale seed, Cornus, Dragon tooth, Oyster shell, Cnidium and Cuscuta to astringe the Kidneys, prevent premature ejaculation and to treat chronic vaginal discharge

2. Radix Scrophulariae and Tuber Ophiopogonis for excessive sweating and thirst, loss of consciousness, and delirium caused by high fever associated with warm-febrile diseases

Varieties and Grading

Lotus stamen should be fresh, sweet smelling. Its aroma is quite pleasant. The fresher it is the better. If it is dry to the point of being brittle, look elsewhere.

Contraindications

Not to be used by those who are experiencing constipation.

Luo Han Guo

Products Featuring This Herb:
Spring Dragon Longevity Tea

Other Common Names
Luo Han Guo, Arhat Fruit

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Pharmaceutical Latin
Momordicae Grosvenori, Fructus

Pinyin
Luo Han Guo

Treasures

Treasure Rating

Atmospheric Energy
neutral

Organ Meridian Systems

Lung, Spleen

Primary Functions

moistens and cools the Lungs, used for hot coughs, especially in cases of deficient Lung Yin.

Qualities

Luo Han Guo is a very sweet fruit is a superb Lung tonic used to relieve lung congestion and to cool the lungs, thus "clearing heat" such as one might experience on a hot smoggy day. A special extract of this herb can provide a wonderful flavor to any tea.

Lycium Fruit

Products Featuring This Herb:
Schizandra and Lycium Drops
8 Immortals Adaptogenic Elixir
Yin Replenisher
Ron Teegarden's Super Pill
Supreme Creation
Magu's Treasure
Magu's Secret
Microcosmic Orbit
Women's Jing
Imperial Garden
Strength Builder
Super Adaptogen
Endocrine Health
Protector 2000
Eagle Vision
Return to Youth
Spring Dragon Longevity Tea

Other Common Names
Lycium barbarum L.

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Pharmaceutical Latin
Fructus Lycii

Pinyin
Gou Qi Zi

Treasures
Yin Jing, Blood

Treasure Rating

Atmospheric Energy
Neutral

Organ Meridian Systems
Liver, Kidney

Primary Functions

To tonify the Kidneys and promote the production of essence, to strengthen the legs, to nourish the Liver and brighten the eyes, to moisten the lungs

Qualities

When Lycium extract was provided to 20

elderly people, once a day for 3 weeks, more than 67% of the patients' T cell transformation functions tripled and the activity of the patients' white cell interleukin-2 doubled. In addition, the results showed that all the patients' spirit and optimism increased significantly, appetite improved in 95% of the patients, 95% of the patients slept better and 35% of the patients at least partially recovered their sexual function.

Lycium fruit contains a powerful polysaccharide which has been shown to have potent immune enhancing activity. This same polysaccharide has been found to be a secretagogue, that is, a substance that stimulates the secretion in the pituitary gland of human growth hormone, a powerful innate anti-aging hormone.

This delicious fruit is very widely used throughout Asia as a superb Yin essence and blood tonic. It is one of the most popular herbs in the world. Regular consumption of Lycium is traditionally believed to lead to a long, vigorous and happy life. And it is said that prolonged consumption of Lycium will promote cheerfulness and brighten the Spirit. Lycium is also said to brighten the eyes and improve vision. Lycium strengthens the legs and has long been a favorite herb of Chinese martial artists and athletes. Lycium fruit is widely believed to increase sexual fluids and enhance fertility. Lycium, like Ginseng and Ganoderma, is a quintessential tonic herb.

Lycium has long been used as a longevity herb. It is one of the premier anti-aging herbs of Asian herbalism and is believed to fortify the system against disease and to provide the energy to overcome difficult obstacles.

This herb is now being used in clinical settings for a number of common maladies. Lycium is used in the treatment of consumptive disease accompanied by thirst such early-onset diabetes and tuberculosis, dizziness, blurred vision, and chronic cough.

Lycium has been tested as an anti-obesity drug. Patients were given 30 grams each morning and each afternoon to be made into a tea. Results were excellent. Most patients lost significant weight.

Lycium is commonly used in the treatment of diabetes. 8-10 grams of fruit is steamed and eaten each time, three times daily (steaming softens the fruits). The daily dosage range of 8-30 grams is typical of medical applications in China.

Lycium fruit, as an ingredient in prescrip-

tions, has been used in a number of recent clinical trials for treatment of bone marrow deficiency conditions (low production of red blood cells, white blood cells, and platelets).

It has been reported that Lycium has been used in the treatment of atrophic gastritis weakened digestion due to reduced stomach activity. Patients consume 10 grams of the whole fruits each time, twice daily before meals for two months or longer.

Lycium is commonly used by first trimester mothers to prevent morning sickness. 50 grams of Lycium is boiled along with 50 grams of Scute for 30 minutes. Drinking this tea is a quick and effective remedy for morning sickness.

Blended with Yang tonic herbs such as Deer Antler, Morinda and Cordyceps, with Qi tonics such as Astragalus and Ginseng, and with Astringent herbs such as Schizandra and Cornus, Lycium is one of the fundamental sexual tonic herbs in Chinese herbalism.

It is said in China that eating a handful of Lycium a day will make you happy for the entire day. Such a practice has a cumulative effect. Eventually, you can't stop smiling.

Scientific Data

Fresh Ning Xia Lycium has the highest content of beta-carotene among all foods on earth. Beta-carotene can be transformed into vitamin A under the influence of human liver enzymes. Therefore, vitamin A ultimately plays a major influence in Lycium's actions. Lycium's function on the eyes is related to this factor. Lycium's vitamin B1 and B2 contents are significant and the vitamin C content of freeze-dried Lycium has been measured to be 73 mg/100 grams.

The fruit also contains vitamin C, beta-sitosterol (an anti-inflammatory agent), linoleic acid (a fatty acid), sesquiterpenoids (cyperone, solavetivone), tetraterpenoids (zeaxanthin, physalin), and betaine (0.1%).

Lycium contains 18 kinds of amino acids, of which 8 are indispensable amino acids for the human body (such as isoleucine and tryptophan). 50% of Lycium's amino acids are free amino acid. Lycium contains numerous trace elements, of which the main ones are zinc, iron and copper. Mature fruits contain about 11 mg. of iron per 100 grams. Ning Xia Lycium contains 45% glucose, 7% fructose and 5.5% glucose.

Lycium has been undergoing intense scrutiny as a cancer drug in China and Japan. Lycium fruit, as well as an extract from its leaves, can kill many kinds of cancer cells in vitro. In vivo studies and human studies are proving to be highly promising. Ning Xia Lycium contains 124 ppm of organic Germanium. Germanium has been demonstrated to have anti-cancer activity. Japanese studies indicate that organic Germanium is effective in treating liver cancer, lung cancer, uterine cancer, cervical cancer, and testicular cancer when combined with other drugs. Lycium has been found to induce the production in human beings of g-interferon. Interferon can depress and even kill cancer cells. Germanium possesses the power to take over the hydrogen ion from cancer cells. Losing hydrogen ions can cause depression and even death to cancer cells. Besides Germanium, Lycium has other components that act against cancer. These other components appear to be able to depress or block the synthesis of the cancer cells DNA, which interferes with the cell's ability to divide and thus lowers the reproductive capacity of the cancer cells.

Primary Combinations

Preparation and Utilization

May be consumed alone, but mostly used in formulas. Combine with:

1. Rehmannia (steamed) to strengthen Jing, nourish Kidney yin, and build blood
2. Ginseng Root to strengthen the Heart and Kidney
3. Chrysanthemum flower and Ophiopogon to tonify Kidney yin, nourish Jing, disperse Liver heat and clear the eyes
4. Schizandra to tonify Kidney and Liver yin and strengthen Jing

Varieties and Grading

Because of Lycium's great fame over many, many centuries, it has been collected and cultivated in almost every region of China. It grows on hillsides and ridges in most areas of China. The best Lycium grows in cool climatic areas. The Lycium is collected in the summer and autumn when the fruit is mature. It is spread thin on bamboo mats and dried in semi-shady sunlight. The farmers must be very careful not to touch the fruit with their hands during the drying process because this will cause the fruit to turn very dark, which is unacceptable.

There are two primary varieties of Lycium. The first is called Ning Xia Lycium. This Lycium is the preferred herb

of herbal connoisseurs. It is big, has thick fruit meat, has few seeds and its taste is sweet and exquisite. Ning Xia Lycium is further graded according to size, larger ones selling for considerably more than smaller ones. The larger ones tend to be sweeter, and have a juicier texture. Grade 1 Ning Xia Lycium has no more than 370 fruits per 50 grams. Grade 2 has no more than 580 grains per 50 grams. Grade 4 has no more than 1100 grains per 50 grams and no more than 15% damaged fruit.

A second variety is known as Blood Lycium. Blood Lycium is of a lower quality than Ning Xia Lycium. The Blood Lycium Fruit tends to be relatively small, has numerous seeds, has a bright glossy skin that is thicker and tougher than that of Ning Xia Lycium, and is considerably less sweet. Often, Blood Lycium has a distinct tartness that overwhelms the sweetness. Grade 1 Blood Lycium contains no more than 600 fruit grains per 50 grams. Blood Lycium is OK, and it still has the tonic benefits associated with Lycium, but it is far inferior to Ning Xia Lycium.

Blood Lycium is very commonly found in Chinese herb markets, but it is not commonly found in America. Almost all of it is picked up commercially in China by Asian or American manufacturers who process the herb into off-the-shelf products. Premium manufacturers will still use Ning Xia Lycium, but the lower cost of Blood Lycium tempts most producers to select it for packaged products.

There are other minor varieties of Lycium available in America. Shandong Lycium is similar to Ning Xia, but is not as sweet and are not usually as plump. They are thus less expensive.

At the herb shop, you may select your Lycium by looking at it, feeling it and tasting it. It should have a uniform color that is not too bright. Some suppliers in Asia dye the fruit red to make it more "attractive" to naive buyers. It should not have any dark fruit mixed in — dark fruit is oxidized and spoiled. The fruit should be firm and not mushy. Mushy fruit is spoiled. Larger fruit is best. Always taste Lycium before you buy it. It should be delectable. Great Lycium is very sweet and a total pleasure to eat raw or cooked.

Contraindications

Lycium has absolutely no toxicity. However, it should not be used in the cases of hyperactive fire due to an exopathogen, or if you are suffering from Spleen deficiency with dampness and diarrhea.

History

Lycium has been considered a major antiaging herb for over 2500 hundred years. It was described as a superior herb in the Spirit Farmer's Herbal. Tao Hong Jing (456-536 AD), a Taoist master and physician, wrote in his famous herbal classic "Commentary on the Spirit Farmer's Herbal," that "Lycium tonifies Jing and Qi and strengthens the Yin Tao within a human."

There is an incredible Chinese story in which Lycium plays a major role. The very widespread knowledge of this story in Asia has made Lycium even more popular in China in the past century. One man, Li Qing Yuen, is said to have lived to be 252 years old. His life span has been verified by modern scholars. Born in 1678 in the mountainous southwest of China, he ran away from home at the age of eleven with three travelers. These travelers were in the herbal trade. Together the boy and his three teachers traveled throughout China, Tibet, and Southeast Asia, encountering many dangerous situations, but all the while studying the herbal traditions of all the various regions.

As Li Qing Yuen became older, he became a practicing herbalist, and was well known for his amazing vigor and excellent health. Then one day, when he was around fifty years old, while out on a hike, he met a very old man who, in spite of his venerable old age, could out-walk Li Qing Yuen. This impressed Master Li very much because he believed that brisk walking was both a way to health and longevity and a sign of inner health. Li Qing Yuen inquired as to the old sage's secret. He was told that if every day he consumed a "soup" of Lycium he would soon attain a new standard of health. Li Qing Yuen did just that and continued to consume the soup daily until he was over one hundred and thirty years old!

Naturally, he was greatly revered by all those who knew him and he had many disciples who followed him. Even at this very old age, his sight was keen and his legs were strong, and he continued to take his daily vigorous walks. One day, he was on a journey through treacherous mountains. In the mountains he met a Taoist hermit who claimed to be five hundred years old. Humbled by the great illumination of the old Taoist, Li Qing Yuen begged the Taoist sage to tell him his secrets. The old Taoist, recognizing the sincerity of Li, taught him the secrets of Taoist Yoga (also known as Nei Gong, "the Inner Alchemy") and recommended that Li consume a daily dose of Panax Ginseng combined with Polygonum (Radix Polygonum multiflorum). Ginseng is well-known in the West; Polygonum

multiflorum is not yet well-known here, but is highly prized in the Orient as a longevity herb, in the same class with ginseng. He continued to consume his Lycium soup daily.

It is said that Master Li also changed his diet so as to consume little meat or root vegetables and limited his consumption of grain. Instead, he lived mainly on steamed above-ground vegetables and herbs. He lived to be 252 years old, dying in 1930, reportedly after a banquet presented in his honor by a government official. He had married during his lifetime fourteen times and lived through eleven generations of his own descendants, of which he had almost two hundred during two and a half centuries of life.

Though Li Qing Yuen's case is rare, in that it has been reasonably authenticated by both Eastern and Western scholars, tradition is rich in the Orient in the lore of Taoists living to ages unimaginable by us. It is well known that among the Chinese population, the Taoists far outlived all other people. Many lived to be centuries and few died prematurely. The Taoist art of longevity, known as the "Art of Radiant Health" is one of the great legacies of the East. And Lycium has played a major part in Taoist health practice since ancient times. Though it is a common herb, it is one that the Taoists consider to be transcendental.

Maitake Mushroom

Products Featuring This Herb:
Four Kings

Other Common Names
Maitake Mushroom

Pinyin
hui shu hua

Treasures

Treasure Rating

Atmospheric Energy

Qualities

Maitake mushroom is a powerful health promoting mushroom that is currently extremely popular in Asia because of its life-promoting benefits. Like Agaricus, Shitake and Reishi, it is rich in the beta-D-glucan polysaccharides that have been demonstrated to be potent immune potentiators. Maitake has been clearly demonstrated to possess immune stimulating, tumor inhibiting qualities. Recent research indicates that Maitake D-fraction provides a number of immune actions: activating cellular immunity, stopping normal cells from carcinogenesis,

inhibiting tumor growth, preventing tumor metastasis, and working together with chemotherapy to relieve side effects. Maitake has also been shown to have the ability to lower high blood pressure. Animal studies indicate that Maitake is effective for diabetes and human studies have shown that Maitake can help reduce body weight in overweight individuals. Maitake has recently been categorized as an adaptogenic herb, thus helping to normalize body functions.

Male Silk Moth Drops

Male silk moth has a long history in China of being used as a male sex tonic. Rich in protein, cephalin and male hormones, male silk moth is conducive to the normal growth of the body, and the formation and evolution of the male reproductive organs. It is used to nourish the Kidney, accelerate the growth of sperm and marrow and stimulate the nervous system. Male silk moth is considered in Asia to be an extremely potent male sexual stimulant and tonic. It is very Yang.

Description

Use with Super Yang Jing Drops or by itself. An 8:1 concentrate.

Primary Traditional Functions
Tonifies Primal Yang

Who Can Use This Formula

Those who wish to supplement their yang energy and increase sexual drive and potency.

Typical Usage
1 to 2 squirts per day

Morinda Root

Products Featuring This Herb:
Supreme Creation
Strong Bones
Strength Builder
Return to Youth

Other Common Names
Morinda

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Pharmaceutical Latin
Morindae Officinalis, Radix

Pinyin
Ba Ji Tian

Treasures
Jing

Treasure Rating
****1/2

Atmospheric Energy
Warm

Taste
Pungent and Sweet

Qualities
Morinda is an excellent Yang essence tonic. It is considered to be highly nutritious and is used in superior tonic formulas for strengthening the body. It is widely used in primal essence formulations, often as the main ingredient, and sometimes secondarily to Yang tonics of animal origin, such as Deer Antler, Cordyceps, Sea Dragon and/or Gecko.

Morinda is often used to increase sexual strength in men and women. It is used for impotence, premature ejaculation, soreness of the lower back and knees, and infertility. In this case it would be combined with herbs such as Deer Antler, Ginseng, Cistanche, Cuscuta, Cnidium seed, Epimedium, etc.

It is used by women for infertility and frigidity. It would be combined with Ginseng or Codonopsis, Mantis Egg Case, Astragalus, Placenta, Dong Gui, Lycium, Schizandra, etc. It can be used for irregular menstruation, pain and cold sensation in the lower abdomen and chronic fatigue, especially when combined with these same tonic herbs plus Cinnamon bark and Evodia, both warming herbs.

Morinda is widely believed in China to increase mental power. It is also considered to be beneficial to the heart. And like many other Yang tonic herbs, it has been shown to be effective in treating hypertension.

It is one of the finest Yang tonics since it is not only powerful but extremely well tolerated by almost everyone. It is a superb athlete's herb and ranks among the most important vitalizing herbs of the tonic system. It is likewise considered a major longevity herb and is a regular ingredient in Taoist formulations.

Primary Combinations

Morinda is a premium herb which may be used by itself, but is most often found in combination with other tonic, wind dispersing and blood vitalizing herbs. Combine with:

1. Ginseng, Cistanche, Lycium and Cuscuta seed to tonify Kidney yang, and to treat impotence, premature ejaculation, infertility, frigidity, irregular menstruation

2. Eucommia bark, Dipsacus and Drynaria to treat soreness of the lower back and knees

3. Cinnamon bark and Aconite for irregular menstruation due to cold uterus and for impotence due to cold Kidneys in men

Varieties and Grading
Morinda comes in a range of qualities. Really good Morinda is large, very pliable and slightly moist. Poor quality Morinda is small, brittle and tasteless.

Contraindications
Not to be used in cases of Yin deficiency with excessive fire, or in cases of damp-heat.

Notoginseng

"The miracle root for the preservation of life," as it is called by the Chinese, stands as one of the great health preserving herbs known to mankind. Notoginseng, also called Tienchi ginseng, is a relative of Panax Ginseng. It is a superb blood tonic and blood cleanser when cooked. It is a powerful blood vitalizing agent when consumed raw, and is believed by the Chinese to protect the heart and vascular system. It can be used externally to stop bleeding. It is widely used in Chinese herbalism internally as a tonic after traumatic injury. It is one of China's premier longevity herbs.

Products Featuring This Herb:
Heaven Drops Wild Ginseng
Earth Drops Wild Ginseng
500 Ginsengs Drops
Ginseng Sublime
Young at Heart
Cardiovascular Protector

Other Common Names
San Qi, Tian Qi, Pseudoginseng.

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Pharmaceutical Latin
Pseudoginseng, Radix

Pinyin
San Qi (Tian Qi)

Treasures
Blood

Treasure Rating

Atmospheric Energy
Slightly Warm

Taste
bitter and slightly sweet

Organ Meridian Systems
Heart, stomach and large intestine

Part Used and Form

the root

Primary Functions
cooked: as a blood and yin tonic; raw: to stop bleeding, and transform congealed blood

Qualities
The Notoginseng plant looks similar to Siberian Ginseng and contains saponins similar to those of Panax Ginseng. It is commonly called by its Chinese name, San Qi. Li Shi Chen, China's most renowned herbalist, said that "San Qi is more valuable than gold," and since that time this herb has often been referred to as "Not to Be Exchanged for Gold." It has also been called the Miracle Root for the Preservation of Life.

Scientific Data
Panax Notoginseng root is rich in saponins. It contains a mixture of more than 12 saponins, and approximately 12% of the root extract are saponins. The primary saponin fractions are arasaponins A and B, which are dammarane derivatives and are very similar, or in many cases identical, to ginsenosides derived from Panax Ginseng.

Because of its reputation for benefiting the circulatory system, the action of this herb on the cardiovascular system have been extensively investigated. Panax Notoginseng has been shown to dilate the coronary artery and to increase coronary blood flow and thus providing more blood to the cardiac muscle in humans. The herb reduces cardiac load and lowers arterial pressure. It improves collateral microcirculation in and around damaged heart tissue in humans.

Laboratory animals fed this herb had increased ability to tolerate and survive hypoxia (reduced oxygen supply) and anoxia (minimal oxygen supply).

The herb is widely used clinically in Asian countries for angina pectoris and other coronary disease. It is often given in conjunction with western-style drugs and always under a doctor's supervision.

The uncooked powder as well as the infusion of San Qi shortens the clotting time of blood in laboratory animals. The herb has been proven to have significant hemostatic, anticoagulant and platelet function-suppressing action in animals and in humans.

Preparation and Utilization
For cooking, as a blood tonic or to build strength after surgery or while recovering from an illness, whole roots may be cooked with chicken or with other tonic herbs (traditionally, in China, San Qi is

almost always cooked with chicken because the chicken eliminates the bitter flavor of the San Qi — the resultant soup is mild and delicious, especially if other vegetables have been added). Among the tonic herbs, San Qi is one of the least pleasant tasting. It has a bitter flavor that is difficult to get used to. For this reason, capsules and pills are generally most palatable and are overall the best way to take San Qi unless it is a minor ingredient in an herbal formula that overwhelms its flavor.

For those who wish to use raw San Qi to benefit the cardiovascular system, capsules are best. San Qi is an ingredient in many commercial cardiovascular tonic formulations. As always, if you suffer heart disease, consult a physician or other primary care practitioner before using raw San Qi for medical purposes.

Primary Combinations

Notoginseng is one of the few herbs that is more commonly used alone rather than in combination with other herbs. However, it is combined with Dang Gui in blood tonics and with other blood vitalizing herbs in cardiovascular tonics. In that case, combine with: Ligusticum rhizome and Salvia root. It is combined with musk in the famous trauma treating formula known as Yunnan Baiyao.

Varieties and Grading

San Qi is available in its unprocessed form at Chinese herb shops. If you want the raw San Qi, you can obtain both capsules and powdered San Qi at Chinese herb shops. Also, sliced raw San Qi can be obtained from the herb shop and ground in a coffee grinder. Whole San Qi is generally available at Chinese herb shops as well. My view is that these are usually the best San Qi available. Larger roots are considered premium. They are hard, so you should have the herb shop crush them or slice them for you for efficient cooking or easy grinding.

Contraindications

San Qi should never be taken during pregnancy. San Qi has the capacity to “dissolve” and cause the expulsion of blood clots lodged anywhere in the body. It is especially useful for dissolving and eliminating blood clots in the pelvic basin. However, it has been found that San Qi treats an embryo as a blood clot, and can therefore result in an unwanted miscarriage.

History

Recorded history of the use of Notoginseng goes back over a thousand years in China. It was particularly well established in Southwest China and in Tibet. There is

an old story about how the herb came to be named Three Seven (San Qi). A long time ago, there was a famous doctor named Tian who was an expert at curing bleeding diseases. One time he cured a gentleman named Zhang Xiao Er whose nose and mouth bled constantly. He used the ground fine powder of San Qi root and, since Zhang Xiao Er lived fairly far away, he gave Zhang Xiao Er some seeds telling him to grow some in his garden so that he can have some for later use. One year later, the only daughter of an official developed a bleeding disease and all the local famous doctors had been brought in, but no progress occurred. When Zhang Xiao Er heard of this, he brought some of the herb that he grew in his backyard for the official's daughter. But the daughter died soon after. The father was so angry that he arrested Zhang Xiao Er and tortured him seeking information. Finally, Zhang Xiao Er told them where the herb came from. Doctor Tian was arrested and was accused of murder. Doctor Tian defended himself: “This herb has a magic effect on bleeding, but it has to have grown between 3 and 7 years before it can have this effect. The one Zhang Xiao Er used had been growing for just one year and that's why it didn't work.” He then took out a sharp knife and cut deeply into his own leg. The blood sprang out. He then leisurely took out the San Qi herb powder and scattered it on the cut. It stopped the bleeding immediately. The official apologized to Tian and set him free immediately. The story does not relate the fate of Zhang Xiao Er. The herb, however, acquired its permanent name because now it became well known that for it to have its great power of stopping bleeding, it must be collected between three and seven years after it is planted.

Ophiopogon

Products Featuring This Herb:

Yin Replenisher
Essence Restorative
Super Essence Restorative
Golden Air
Young Lungs
Will Power
Ginseng and Zizyphus Combination
Platycodon and Fritillary

Other Common Names

Ophiopogon

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Pharmaceutical Latin
Radix Ophiopogonis

Pinyin

Mai Men Dong

Treasures
Yin

Treasure Rating
****1/2

Atmospheric Energy
Cold

Taste
Sweet and bitter

Organ Meridian Systems
Lung, Heart and Stomach

Part Used and Form
Tuberous root

Primary Functions
Provide cooling Yin to the Heart, Lungs and Stomach, to promote production of body fluids, to clear heat in the heart and relieve irritability, to relieve dry cough, dry mouth and tongue, and to moisten the bowels

Qualities

This herb is very similar in its actions to wild Asparagus root, a close relative. It is primarily used as a Yin tonic, and especially as a Yin tonic to the heart and lung. It is excellent for moistening any dryness in the body. Being a cold herb, it can cool down hot symptoms and relieve Yin deficiency conditions such as Yin-deficiency insomnia and irritability, especially when blended with herbs such as fresh Rehmannia, Asparagus root and Coptis.

It is a great herb for people who experience hot, dry lungs. Smokers and people exposed to smoke, smog, desert heat and dust will benefit from a daily dose of this herb. Singers and public speakers will find that Ophiopogon moistens the throat and vocal cords, improving vocal quality. It helps relieve sticky sputum. For dry throat and lungs, Ophiopogon can be combined with herbs such as Fritillaria, Asparagus root, Glehnia and fresh Rehmannia.

When blended with Dong Gui and Cistanche, Ophiopogon is very useful for relieving dry-type constipation.

The Taoists perceived an even deeper level of purpose for consuming the this herb. They considered Ophiopogon a major Spirit tonic herb. Like Asparagus root, it was considered extremely valuable for mastering one's own heart. It is found in a wide number of Taoist formulas. By cooling down the heat in the heart it helps to steady the emotions and control the mind. Combine with major Spirit developing tonics such as wild Ginseng,

Ganoderma, and Asparagus root, etc.

Ophiopogon root is an ingredient in an extremely popular tonic preparation called Formula for Restoring Pulse Beating, which consists of relatively equal parts of Panax Ginseng, Ophiopogon root and Schizandra fruit. This formula is famous for quickly rebuilding energy in those that have experienced trauma or surgery and for those recovering from illness.

Primary Combinations
Combine with:

1. Glehnia root, Asparagus root, Raw Rehmannia to tonify Lung yin

2. Glehnia root, Asparagus root, Raw Rehmannia and Fritillary bulb to treat dry cough due to Lung yin deficiency

3. Raw Rehmannia, Zizyphus seed and Coptis to treat irritability and insomnia due to pathogenic heat entering the heart
Varieties and Grading
Most Ophiopogon available in America is of similar quality. But fresher Ophiopogon, which is gummier and more pliable is better than stiff, hard, dry tubers.

Contraindications

Use moderately in cases of cold, deficient Spleen resulting in diarrhea.

Oyster Shell

Oyster shell is an important mineral sedative commonly used in Spirit stabilizing formulations, generally in combination with Dragon Bone. It is also an astringent, preventing the leaking of Kidney energy.

Products Featuring This Herb:

Strong Bones
Bupleurum and Dragon Bone Combination

Other Common Names
Oyster Shell, Prepared

Pharmaceutical Latin
Ostreae, Concha (cooked/calcined)

Pinyin
Shou Mu Li
(Duan Mu Li)

Treasures

Treasure Rating

Atmospheric Energy
Neutral

Taste
Salty, Sour,

Organ Meridian Systems

Liver, Kidney, Stomach

Pearl

Products Featuring This Herb:

Magu's Treasure
Pearl Capsules
Pearl Spirit

Other Common Names
Mother of Pearl

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Pharmaceutical Latin
Margarita

Pinyin
Zhen Zhu

Treasures
Spirit

Treasure Rating
****1/2

Atmospheric Energy
Cold

Taste
salty, sweet

Organ Meridian Systems
Heart and Liver

Part Used and Form
Whole pearl

Primary Functions
Spirit stabilizing, generate beautiful skin and clear toxins

Qualities
Pearl is a very special herbal substance used since ancient times. Powdered Pearl is used as a Spirit tonic to stabilize the emotions, allay fright, ease frustration and anger, brighten the eyes and help regenerate tissue. Pearl is also used as a major beauty tonic, because it is believed that oral consumption of Pearl powder results in lustrous, pure, beautiful skin. Pearl powder is also used topically in skin creams to purify the skin. The best pearls, for herbal purposes, are wild sea water pearls that come from cold northern waters. The smaller the pearls, the more powerful their effect. Hydrolyzed Pearl, which is almost totally water soluble, is also now available. This hydrolyzed pearl is highly assimilable and extremely effective.

Pearls have a tremendous reputation in China as both a beauty tonic and as a Spirit tonic. Recent Chinese medical texts credit pearl with the ability to relieve

uneasiness of the heart and mind, to benefit reproduction, to relieve "wandering arthritis," to relieve internal fever, to clear sputum, to remove visual obstacles and improve eyesight, to promote muscle development and to invigorate blood circulation.

As a beauty tonic, pearl is hard to beat. The components in pearl powder help heal blemishes and maintain the health of the skin by participating in the metabolic activities of the skin. Pearl promotes the regeneration of new cells and makes the skin smooth, fine, elastic and naturally beautiful. High quality pearl powder can promote the activities of the important natural antioxidant enzyme, SOD, and can help prevent the development of melanin, which causes freckles and dark patches on the skin. It can help prevent the skin from becoming old looking, wrinkled and sagging. This is partly due to its stimulation of SOD activity and partly due to other capacities and nutrients. Consistent use of pearl powder can eliminate blemishes such as colored spots and even pimples and boils. Constant use can help assure that the skin will age much more slowly and that it will not be easily harmed by either time or the elements. Pearl is one of the great secrets of the most beautiful women of the Orient.

Pearl is also a powerful Spirit stabilizer. It is among the elite substances of this type known. It can relieve uneasiness, nervousness, anxiety and tension. Pearl promotes sound sleep, prevents nerve disorders and nerve weakness, and is commonly used to prevent or overcome fatigue. Consistent use helps a person maintain their energy and vitality. It is an ideal Spirit tonic and is the main ingredient in the finest Spirit tonic formulations.

Hydrolyzed pearl powder, which is pearl that has been broken down for easy and complete absorption, has been shown in China to help the growth of children's teeth and bones and to improve children's intelligence. Hydrolyzed pearl has also been shown to be beneficial for habitual constipation, acting quickly, gently and effectively. Studies indicate that hydrolyzed pearl can lower blood pressure, increase endurance, and can prevent osteoporosis and various cardiovascular diseases. Recent studies indicate that hydrolyzed pearl is effective in healing inflammation of the uterus.

Pearl is extremely safe. Safety studies on hydrolyzed pearl have shown it to be absolutely harmless. It can be taken by anybody for the course of a lifetime without side effects.

Scientific Data

To many people's surprise, pearl is not just a mineral. It contains dozens of amino acid (eight of the amino acids are "essential," in other words, cannot be produced in the body but are required for health), and dozens of minerals, including: calcium, magnesium zinc, iron, strontium, copper, selenium, silicon, titanium, etc. Pearl contains calcium carbonate, magnesium carbonate, calcium phosphate, ferric oxide, silica.

Various components in pearl participate in DNA and RNA metabolic activities, and thus can promote and accelerate cell renewal.

Mucopolysaccharides in Margarita have been shown to prevent wrinkling and to increase libido and sexual potency in humans.

Preparation and Utilization

Pearl can be fed to the skin both through external application and by taking it as a supplement. Many women are familiar with pearl creams, but few are aware that pearl is even better utilized by consuming it and letting it nourish the skin through the blood stream. The best pearl creams now use hydrolyzed, dissolvable pearl since it is easily absorbed into the skin. Use according to instructions.

If you buy high grade natural pearls and have them ground into a fine powder, consuming between two to five grams a month is sufficient to improve the beauty of the skin and to adjust Spirit. Simply place a little of the pearl powder on your tongue and swallow with a drink. If you buy hydrolyzed pearl powder, consuming between 500 mg. (1/2 gram) and 1 gram per day is usually sufficient to achieve the best results. Be consistent and the results will amaze you.

Varieties and Grading

Basically there are two types of pearls: natural and cultivated. Natural pearls are much more expensive and are considered to be superior to cultivated pearls for both external, cosmetic use, and for internal, nutritional use. The natural pearls used in herbalism are very small. The smaller the pearl, the more potent and effective the pearl is as an herb. Some pearls are not much larger than a grain of salt. These very small pearls, which are softer, can be easily crushed and ground into very fine powder which can be absorbed with relatively high efficiency by the digestive tract. Larger pearls tend to be much harder to grind into fine powder and are thus harder to digest. Small natural pearls are quite

expensive, costing between \$100 and \$1000 an ounce at Chinese herb shops in Hong Kong. They are rare and are very hard to find in mainland China. They are generally sold to overseas Chinese who can afford them.

Cultivated pearls are not considered to be of the same herbal quality as natural pearls. They tend to be large and difficult to grind into fine powder. However, over the last decade a new technology has been developed in China whereby the cultivated pearls are "hydrolyzed."

Through modern advanced biochemical technology, pearl can now be made virtually totally water soluble. The result is pure instant pearl powder. The solubility rate of this hydrolyzed pearl is 98%, and of this, studies have shown that 95% is absorbed into the blood stream through the digestive tract. This absorbability is approximately four times the bioavailability of normal ground pearl, and double that of the finest ground natural pearl. This increased bioavailability and the enormous reduction in cost makes the hydrolyzed pearl an extraordinary value for all but the richest of herbal consumers — and even for the rich and famous, a blend of hydrolyzed pearl and premium natural is probably best.

Natural pearls have more magnesium carbonate than cultured pearls, and cultured pearls have more calcium carbonate than natural pearls.

In buying supplements with pearl powder, be sure that you are buying a brand that you can trust.

If you are buying your own pearls to grind, do not use cultivated pearls unless they are hydrolyzed (dissolvable). Do not buy dissolvable, hydrolyzed pearl powder from a dealer that you do not know and trust. Some pearl powders on the market are not real pearl, or contain pearl mixed with adulterants. Some of these counterfeits come in lovely boxes, but they are worthless. Good pearl powder costs a little more than the cheaper brands, but is well worth the added expense. My advice in buying pearls: buy high quality natural pearls or buy the most expensive hydrolyzed pearl you can find.

Contraindications

None. Safety studies have shown pearl powder to be extremely safe at all reasonable doses.

History

Pearls have been used in Chinese herbalism for more than three thousand years. They were described in detail in the Ben Cao Gong Mu and are currently listed in

the Pharmacopoeia of the People's Republic of China." Pearl was made especially famous as a beauty tonic by the Dowager Empress Xi who consumed pearl every day to maintain her stunning beauty. She has been regarded as one of the great beauties in the history of China, which is saying a lot. She maintained her beauty until she was very old and always looked younger than her years.

Peony Root, White

Products Featuring This Herb:

Magu's Treasure
Magu's Secret
Women's Jing
Easy Qi (formerly Smooth Flowing Qi)
Strong Bones
Strength Builder
Profound Essence
Will Power
Remove Stagnation
Calmers
Daily Regulator
Eagle Vision
Four Things Combination
Ten Complete Supertonic Combination
Ginseng Nutritive Combination
Dang Gui and Gelatin
Bupleurum and Rehmannia Combination
Cinnamon and Poria Combination
Bupleurum & Cyperus Combination
Bupleurum and Peony Combination

Other Common Names
Peony Root, White

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Pharmaceutical Latin
Radix Paeoniae alba

Pinyin
Bai Shao

Treasures
Blood

Treasure Rating

Atmospheric Energy
Slightly Cold

Taste
Slightly cold

Organ Meridian Systems
Liver and Spleen

Primary Functions
To nourish blood and consolidate Yin, to soothe the liver, to cleanse the blood and to stop pain

Qualities

White Peony root is a famous and highly prized tonic herb used to build and cleanse the blood. It is one of the most highly prized women's herbs used traditionally to help regulate the female hormonal cycle and to tonify and purify the blood, to help regulate menstruation and to improve the quality of the skin. Men use it as a blood tonic as well. White Peony is commonly combined with Dang Gui, Rehmannia, Ligusticum and other blood tonics.

It is also used to relax muscles, both striated and smooth. It is said to relieve cramps and spasms anywhere in the body. But in particular, it is considered to be very highly effective in relieving menstrual cramps, cramps in the gastrocnemius and in the feet. White Peony contains components which make it an effective pain-reducing agent. White Peony has a calming effect and is widely used as an emotional stabilizer, especially by women. When combined with Licorice root, White Peony's anti-spasmodic, analgesic qualities are magnified. This combination is better than the sum of the parts.

White Peony root is considered to be one of China's premium antiaging herbs and is very widely used to promote beauty. It purifies the blood which in turn purifies the skin. There is an old Chinese saying that "a woman who consumes White Peony root every day becomes as beautiful as the Peony flower itself." The Peony flower is the national flower of China and the symbolism of the statement illustrates how effective the Chinese believe White Peony root is in generating beautiful skin and radiant health. Women who use White Peony for an extended period of time find that their skin becomes finer, smoother, softer and cleaner. The skin develops a soft radiance that looks young and alive. For beautiful skin, White Peony root is usually combined with other anti-aging, beauty-enhancing herbs such as Dang Gui, Pearl, Placenta, Schizandra, Astragalus, Royal Jelly, Asparagus root, Gynostemma, etc.

Primary Combinations

White Peony is always used in combination with other tonic herbs. Combine with:

1. Dang Gui, Rehmannia and Ligusticum to build blood, regulate the female hormonal system and relieve menstrual pain

2. Licorice Root to relieve spasms and cramps in the gastrocnemius, feet and internal organs, especially the pelvic organs and digestive tract

3. Dang Gui, Schizandra, Pearl, Longan and Coix to clear the complexion and beautify the skin

4. Bupleurum to cleanse the Liver

Varieties and Grading

The best quality White Peony root is said to come from the Eastern region of Hangzhou. It is now known that the chemistry of White Peony grown near Hangzhou is richer than that of other sources. Good White Peony is smooth and smooth and though it is fundamentally white, it will have a pink hue. Larger pieces are always considered best.

Contraindications

Since the herb is cold, it should be used cautiously in cases of excess cold or deficiency of Yang.

Placenta Hominis

Products Featuring This Herb:

Supreme Creation

Magu's Treasure

Super Essence Restorative

Other Common Names

Placenta

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Pharmaceutical Latin
Placenta hominis

Pinyin
Zi He Che

Treasures
Jing, Qi and Blood

Treasure Rating

Atmospheric Energy
Warm

Taste
Sweet and Salty

Organ Meridian Systems
Kidney, Heart and Lung

Part Used and Form
Cleaned, boiled placenta

Primary Functions
To tonify Yang and nourish Yin Jing, to build Qi and Blood

Qualities

Placenta is the quintessential Jing restorative substance. Jing is burned up

in the body by life itself, but most especially by chronic and acute stress and excessive behavior, including overwork, excessive emotionalism, substance abuse, chronic pain or illness, and sexual excess (especially in men). Excessive menstrual patterns, pregnancy and childbirth can result in a dramatic drain on the Jing of a woman, especially in middle aged women. There are special tonics that fortify Jing, and these are found among the Yin and Yang tonics. Jing tonics are used to replace the spent energy and to build up large reserves for future use.

Because of its original role of nurturing new life, Placenta is considered to be the most profound substance for replenishing Yin and Yang essence and blood. It is also considered to be a major Qi tonic. It is the dominant ingredient in a number of the greatest "restorative" formulations, where quick and powerful replenishment of spent essence is required. It is used along with Tortoise shell, Turtle shell, Polygonum, Lycium, Ginseng, Morinda, Astragalus, Cordyceps, Deer Antler, Ant and other major tonics to restore lost essence.

It is routinely used, naturally, after childbirth. But it may also be used after any extremely draining experience, including injury, trauma and surgery. In addition, it can be rejuvenating to some one who has experienced a long period of extreme stress, such as is experienced in chronic abuse, overwork, imprisonment, war, trauma or deep grieving, etc.

Most importantly, it can be used preventively during such experiences to prevent exhaustion and to resist the sped-up aging process that generally accompanies such stress.

Primary Combinations

Placenta is marketed as a Chinese patent medicine by itself, but historically is always used as part of a formula. Combine with:

1. Ginseng, Deer Antler and Cordyceps to tonify primal Qi and Kidney yin and yang

2. Dang Gui and White Peony to tonify blood

3. Tortoise Plastrum to tonify Kidney yin

Varieties and Grading

Human placenta is a product mainly produced in the People's Republic of China. The placenta is provided by healthy, young mothers. The fresh placenta is cleaned, cooked and processed at a special biotechnology laboratory under the scrutiny of the Ministry of Health. Each placenta

is individually tested for any viral or other contamination. This is a highly refined process and the end result is a unique, absolutely safe and incredible tonic substance.

Only buy placenta from a dealer you know and only purchase placentas that are in perfect condition. As sold in America, they look very much like puffed rice cakes. They are a light yellow color and should be individually packaged. Each placenta should be perfectly circular.

Polygala Root

Products Featuring This Herb:

Supreme Spirit Drops
Supreme Creation
Microcosmic Orbit
Imperial Garden
Will Power
Lights Out
Calmers
Ginseng and Longan Combination
Ginseng Nutritive Combination
Ginseng and Zizyphus Combination
Return to Youth

Other Common Names
Polygala

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Pharmaceutical Latin
Radix Polygalae

Pinyin
Yuan Zhi

Treasures
Spirit

Treasure Rating
****1/2

Atmospheric Energy
Slightly Warm

Taste
Pungent and Bitter

Organ Meridian Systems
Heart and Lung

Primary Functions
To calm the heart and mind, to clear the orifices, to resolve phlegm and to strengthen the Will

Qualities
Polygala is one of the truly extraordinary tonic herbs in the entire Asian tonic herbal system. This herb first attained wide use in Taoist circles because it was believed to have powerful mind and spirit-developing power. In fact, Polygala root

was believed to be an empowering substance in the class with wild Ginseng and Ganoderma in this regard. This root is traditionally used as a Spirit tonic to relax the mind, calm the emotions and to aid in the sleep process. However, it does not relax the mind in entirely the same manner as many Spirit stabilizing herbs — Dragon Bone and Polygonum stem for example.

Instead, many people claim that it enhances dreaming and aids in creative thinking. And it not only aids creative thinking, but the ability to manifest our ideas. In fact, the ancient name for this herb is the "Will Strengthener." The herb is believed to have the ability to strengthen that part of the psyche which we call the "Will." Taoists have long claimed using Polygala to strengthen the focus of the mind and to empower our thoughts so that they may be made real. The Taoists taught that our creative visualization, which they called Yi, could be brought to reality by the Will. Thus the Will had to be strengthened. In fact, the Will was virtually considered to be the fourth Treasure in what was otherwise called the Three Treasures system. Thus Polygala, as a Will-strengthening herb, ranked extremely high on the list of important herbs in the Taoist pharmacopoeia. These days, Polygala may be used to strengthen the Will of the spiritual seeker, or it may be used to strengthen the Will of the more earth-bound. It is used in formulations to build enough willpower to overcome obstacles and to achieve greater heights. For example, it can be used as the main ingredient in formulas to help stop smoking, or even to break other habits, such as drug abuse, overeating, or compulsive behavior of any sort. Polygala has the unique power to provide the energy (the "power") to our Will, so that we can overcome the obstacles that block us from becoming all that we can become. And it not only helps us break old, bad habits, it also helps strengthen our will to do new things, to achieve new heights. It strengthens our Will so that we can start to work on a new project, to start exercising, to start and continue whatever we need to do to grow, to become a great human being. That is the magic of Polygala, the "Will Strengthener."

Polygala has another unique quality that sets it apart from most other herbs, including the tonic herbs. It has the ability to connect the Kidney (sexual) energy with the Heart (love) energy. It does this by opening the energy flow between the Heart and Kidney known as the Penetrating Vessel. The Penetrating Vessel is one of the energy channels that

regulate the functions of the body-mind. It is called a "psychic channel" by the Taoists. Commonly, this vessel is blocked, resulting in a de-linking of our sexual energy and our emotional feelings. It is essential for our true health and well being that feelings of love and the functions of sex are united. Consuming Polygala for a period of time will have this result. The Will Strengthener thus has a unique power to deepen our experience and our feelings, and to bring new levels of happiness into our lives.

Primary Combinations
Combine with:

1. Zizyphus Seed, Albizia Bark, Spirit Poria, Biota Seed, Polygonum Stem, Dragon Bone and Oyster Shell to stabilize Spirit and treat insomnia caused by anxiety
2. Ganoderma, Albizia Flower and Wild Red Asparagus Root to nurture Spirit
3. Lycium, Morinda, Rehmannia, Albizia Flower and Biota to open the channel of communication between the Heart and Kidney

Varieties and Grading
Fresh, pliable Polygala is much more alive and potent than old, dry, brittle roots. Larger roots are better.

Contraindications
Do not use excessively at first. Polygala root is used to stabilize excessive dreaming, but in rare, extremely creative individuals, Polygala may have a paradoxical reaction at first and actually increase the intensity of dreaming for a short period of time.

Polygonatum Sibericum

Products Featuring This Herb:
Diamond Mind

Other Common Names
Siberian Solomon Seal Root

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Pharmaceutical Latin
Rhizome Polygonati

Pinyin
Huang Jing

Treasures
Qi and Yin Jing

Treasure Rating

Atmospheric Energy

Neutral

Organ Meridian Systems

Kidney, Heart, Spleen and Lung

Primary Functions

To nourish the Qi of the Heart, to strengthen the mind, to nourish the marrow, to moisten the Lung

Qualities

Polygonatum Sibericum is used as a Qi and Yin Jing tonic and is said to have a specific benefit on the energy of the heart and brain. It is used in Spirit and Jing tonics to nourish the brain and strengthen the mind. Polygonatum Sibericum is believed to be restorative to mental vitality, especially when the mind has been overworked, over-stressed or is in a state of exhaustion. It is not a stimulant, and thus does not have instant effects. However, taken over a relatively short period of time (a week to a month), this herb is a potent mind tonic. Its effects are long lasting. And if consumed regularly, Polygonatum can prevent mental and emotional breakdown when you are experiencing heavy mental loads. Regular use sharpens memory, mental power, concentration, creativity, wakefulness and focus. It is a great herb for students, executives, airplane pilots, emergency room personnel, etc. It is especially restorative to individuals who have exhausted themselves mentally.

It can be combined with Panax Ginseng, Siberian Ginseng (*Acanthopanax*), Deer Antler, *Ganoderma*, Walnut, *Ginkgo biloba*, *Schizandra*, *Lycium*, Ant, *Gynostemma*, and various Spirit tonics such as *Asparagus* root, Spirit Poria and Pearl, etc., as a component in a super brain tonic.

For people with weak digestion (deficient Spleen), the herb may be mixed with *Astragalus*, White *Atractylodes*, Poria and *Codonopsis*. These herbs may be added to the above described formulas to improve digestion of the Kidney tonic formulations.

Primary Combinations

Combine with:

1. *Lycium* fruit to tonify Kidney yin
2. *Codonopsis* to tonify Spleen Qi
3. *Glehnia* and *Ophiopogon* root to tonify the yin of the Stomach and Lungs
4. *Astragalus* root, *Ophiopogon* root, Raw *Rehmannia* and *Trichosanthes* root for diabetes
5. *Polygonum*, *Salvia*, *Acorus* and *Polygala*

to tonify the brain

Varieties and Grading

All *Polygonatum Sibericum* I have come across in America is of equivalent quality. In spite of the fact that its name indicates that the herb is yellow, it is not. It is black and looks almost exactly like prepared *Rehmannia*.

Contraindications

This herb may be difficult to digest by people with damp, deficient or cold Spleen conditions. In that case, add the Qi tonics to the formula.

Polygonum Multiflorum Root

Products Featuring This Herb:

Super Yang Jing Drops
Shou Wu Formula
Ant Essence Formula
Strength Builder
Super Adaptogen

Other Common Names

Polygonum, Shou Wu, and sometimes erroneously as Fo Ti

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Pharmaceutical Latin
Radix Polygoni Multiflori

Pinyin
He Shou Wu

Treasures
Essence and blood

Treasure Rating

Atmospheric Energy
Slightly Warm

Taste
Bitter, sweet and pungent

Organ Meridian Systems
Liver and Kidney

Part Used and Form
Root tuber

Primary Functions

As a tonic to the kidney and liver functions, toning up the vital essence and blood, fortifying the muscles, tendons and bones, and to prevent premature aging, maintaining the youthful condition and color of the hair, strengthening sperm and ova, fortifying the back and knees and as the premier longevity herb of Chinese tonic herbalism.

Qualities

Prepared *Polygonum* is one of the most important and widely used Chinese tonic herbs. It shares the position as the primary essence tonic of Chinese herbalism with *Lycium*.

Constant consumption of this famous "longevity herb," also known as Fo Ti, is said in the Orient to help return an aging person to youthfulness. It is a classic Yin essence (Jing) tonic, as well as a major blood tonic. It is said to increase energy and to clean the blood. *Polygonum* is believed to be a powerful sexual tonic when consumed regularly. *Polygonum* is widely believed in China to increase sperm production in men and to increase fertility in women. *Polygonum* is used in almost all tonics that are believed in the Orient to nurture the hair and teeth.

Polygonum is tonic to the kidney and liver functions. It is a potent and sure fire yin essence tonic. As such it strengthens the tendons, ligaments and bones, and prevents premature aging. It reputedly has the capacity to return gray hair to black. This is one of its most popular attributes and is used throughout Asia for this purpose.

It is also capable of increasing sperm and making the ova more vital. It is therefore considered to be a primary fertility-enhancing herb. Many men have claimed that consuming *Polygonum* has noticeably increased their sperm production. One client of mine, who was trying to impregnate his wife, told me that after taking *Polygonum* for one month that his sperm count had tripled, according to lab tests. *Polygonum* is likewise famous for increasing the fertility of women. Traditionally this herb is said to increase essence and blood. This combination of attributes indicates that it would increase fertility in a woman, since essence and blood are the two necessary qualities required to bare a child. Both men and women attempting to have children take *Polygonum*.

Another attribute of the herb, associated with its Kidney and Liver tonic effects, is its ability to strengthen the lower back, the knees and tendons, ligaments and bones throughout the body. Thus *Polygonum* is not only useful for maintaining youthfulness but also for providing added strength to the body. It is also used to strengthen muscle. *Polygonum* is therefore very widely used by athletes and martial artists in Asia. It is a perfect essence tonic for the athletically inclined, providing strength, resilience and stamina to the body. Alone, or properly combined with other tonic herbs, *Polygonum* is an ideal longevity-promoting, anti-aging tonic herb.

Scientific Data

Polygonum multiflorum had a calming effect on the hearts of various laboratory animals. Laboratory animals who were fed *Polygonum multiflorum* showed fewer atherosclerotic lesions and lower blood cholesterol levels than animals of the control group fed with cholesterol only. Clinical evidence supports the moderate anti-hypercholesterolemia effect of *Polygonum multiflorum*.

Because of *Polygonum multiflorum*'s reputation and an anti-aging, longevity herb, various studies have been conducted to determine the nature of this activity. Studies have demonstrated that various laboratory animals fed *Polygonum multiflorum* in their diets lived longer than control animals.

Research has demonstrated that *Polygonum multiflorum* can very significantly increase superoxide dismutase (SOD) activity. SOD is a powerful natural antioxidant and free radical scavenger that has been demonstrated to have powerful anti-aging benefits in humans. *Polygonum multiflorum* also inhibits bmonoamine oxidase (bMAO). Both of these factors contribute to the anti-aging effects of this herb.

Polygonum multiflorum has been demonstrated to help strengthen the membranes of erythrocytes (red blood cells) and to promote the growth and development of erythrocytes. *Polygonum multiflorum* has been found to induce the production in human beings of g-interferon.

Polygonum multiflorum is being used clinically in China for patients suffering from Schizophrenia. It is generally combined with Spirit stabilizing herbs such as Ziziphus and *Polygonum stem*. Reportedly, results have been good.

The tuberous root, the part of the plant used herbally under the name *Polygonum multiflorum*, contains lecithin and anthraquinones, free or conjugated. The tuberous root also contains more than 1.2% of a substance known as 2,3,5,4-tetrahydroxystilbene-2-O-b-D-glucoside, which is considered to be the principle active constituent.

Preparation and Utilization

Polygonum is found in a very large variety of products. It is most commonly the primary herb in essence-building, blood tonifying longevity formulas. Remember that there are different grades of this herb and the quality of a product is dependent upon the selection of raw

material.

Primary Combinations

Polygonum is one of the rare herbs that is often consumed by itself. However, it is still better used by combining with other tonic herbs such as Ginseng, *Acanthopanax* (Siberian Ginseng), *Lycium*, *Dang Gui*, *Astragalus*, etc.

Combine with:

1. Ginseng Root and *Dang Gui* to build blood, tonify yin and yang and to increase Qi.
2. *Lycium* fruit and *Cornus* fruit to tonify the kidney, strengthen the sexual organs and calm the nerves
3. *Lycium* fruit, *Cuscuta* seed and *Achyranthes* root to tonify the Kidney and Liver, strengthen the bones and prevent spermatoria
4. *Eucommia* bark, *Ligustrum* fruit and *Rubi* fruit to strengthen the Kidneys, nourish Jing and blood, strengthen and relieve pain in the lower back and knees, to turn the hair dark and to prevent spermatoria.
5. *Acanthopanax* to build energy, blood and Jing.

Varieties and Grading

There are two varieties of *Polygonum* sold on the Chinese market: prepared and unprepared. Prepared *Polygonum* is tonic, with the properties described above. Unprepared *Polygonum* has a mild atmospheric energy and functions quite differently from the prepared variety. Unprepared *Polygonum* is a laxative which is also used to treat sores. It is thus used to treat constipation, acne, etc. It is not to be confused with the prepared *Polygonum*. Unprepared *Polygonum* is though unmistakably an excellent cleanser of the body.

Polygonum is prepared by boiling it in a soup of black beans. This preparation changes the characteristic of the herb.

The older the tuber, the higher the quality of the herb. Typical *Polygonum* is not very old these days. Good *Polygonum* should be at least four years old. Older *Polygonum*, however, is available to those who seek it, and this older stock is far superior. Older *Polygonum* not only tastes much better, but it is a much more potent tonic. It is invariably prepared much more carefully. Generally, it is sliced thinly and laid out neatly for sale. Befriend your herbalist so that he or she gives you the old *Polygonum*. The older *Polygonum* is fairly rare and therefore will cost more.

But *Polygonum* is an inexpensive herb and even the old stuff is cheap relative to its value as a life-enhancing tonic.

Contraindications

Rare cases of gastrointestinal disturbance are the only side effects associated with *Polygonum multiflorum*. Soft stool is the result. However, moderate doses of *Polygonum multiflorum* rarely result in such an effect. The effect can be corrected by combining with herbs that remove dampness through the urinary pathway, such as *Poria*, *Atractylodes* (red or white), etc.

Polygonum Stem

Products Featuring This Herb:

Lights Out
Calmers

Other Common Names
Polygonum Stem

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Pharmaceutical Latin
Caulis Polygoni Multiflori

Pinyin
Shou Wu Teng

Treasures
Spirit and Blood

Treasure Rating

Atmospheric Energy
Neutral

Organ Meridian Systems
Heart and Liver

Primary Functions
Nourish Heart blood, steady the mind, stabilize Spirit, promote sound sleep

Qualities

Polygonum stem, the stem of its more famous root, *Polygonum*, is a powerful Spirit stabilizing agent used in many formulas to calm the Spirit, steady the mind and promote sound sleep. It has a smooth action and is very safe to use. It is generally combined with other Spirit stabilizing herbs such as *Zizyphus* seed, *Biota*, *Dragon Bone*, *Oyster Shell* and *Fu Spirit*, and with other Heart blood tonics such as *Longan* to treat insomnia due to Heart Blood deficiency. Such insomnia is characterized by difficulty in falling asleep, as opposed to Heart Yin deficiency insomnia, which is characterized by difficulty staying asleep.

Primary Combinations

Combine with:

1. Zizyphus Seed, Albizia Bark, Spirit Poria, Biota Seed, Polygala, Dragon Bone and Oyster Shell to stabilize Spirit and treat insomnia caused by anxiety

Varieties and Grading

Polygonum stem is fairly standardized and all of it works about the same.

Contraindications

Polygonum Stem may cause drowsiness

Polyporus

Products Featuring This Herb:

Poria Five Combination

Other Common Names

Polyporus Mushroom

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Pharmaceutical Latin

Sclerotium Polypori Umbellati (Grifola)

Pinyin

Zhu Ling

Treasures

Qi

Treasure Rating

**1/2

Atmospheric Energy

Neutral

Taste

Bland or slightly sweet

Organ Meridian Systems

Kidney and Bladder

Part Used and Form

Fungal mass

Primary Functions

Dispersing moisture, promoting water metabolism, improving immune functions

Qualities

Recent research conducted in Japan indicates that Polyporus is a very potent immune system potentiator, similar in this regard to Reishi, Shitake and Agaricus mushrooms. It too contains a potent range of polysaccharides which activate the human immune response. Polyporus has been found to induce the production in human beings of α -interferon. Polyporus is a woody mushroom which is a Qi tonic traditionally used in medicinal formulations to treat various urinary tract infections, leukorrhea and diarrhea.

Primary Combinations

Combine with:

1. Poria, Red Atractylodes, Corn Silk and Alisma to promote the flow of moisture, promote urination and relieve inflammation and infection in the urinary tract

2. Ganoderma, Poria, Astragalus, Coriolus and Shitake to fortify the immune system

Varieties and Grading

The Polyporus available in American all appears to be of similar quality.

Poria

Products Featuring This Herb:

Supreme Creation

Imperial Garden

Endocrine Health

Immunity Booster Formula

Frame Builder

Ten Complete Supertonic Combination

Ginseng and Longan Combination

Ginseng Nutritive Combination

Ginseng and Zizyphus Combination

Return to Youth

Rehmannia Six Combination

Poria Five Combination

Zlatycodon and Fritillary

Cinnamon and Poria Combination

Bupleurum and Dragon Bone Combination

Bupleurum and Peony Combination

Other Common Names

Hoelen (note: the name Hoelen is not used in China but has recently taken hold in America only)

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Pinyin

Fu Ling

Treasures

Qi

Treasure Rating

Atmospheric Energy

Neutral

Taste

Bland or very mildly sweet

Organ Meridian Systems

Heart, Spleen and Kidney

Part Used and Form

Whole fungus

Primary Functions

To strengthen the Spleen and transform dampness, to stabilize Spirit and calm the

mind

Qualities

Poria is very widely used in Chinese herbalism. It is traditionally used as a Qi tonic to benefit the internal organs. It is a solid fungus which grows on the roots of old pine trees. The Spirit Farmers Pharmacopoeia said that Poria is tranquilizing to the mind, and that long term taking of Poria can relieve hunger and lengthen the life.

It is a mild, safe and effective diuretic. It is used in hundreds of classical formulas to improve the flow of water through the body. It is commonly used in Qi tonics for this purpose.

Poria is also mildly sedative, and is considered to be highly nourishing. It is one of the primary longevity herbs and is included in most longevity tonics. Recent research has discovered that Poria is a powerful immune system tonic. Poria has been found to induce the production in human beings of α -interferon. It is commonly used in Fu Zheng therapy in China and Japan formulas to build the immune system of cancer patients.

There was a tradition in the Imperial Palace during the Qing Dynasty of "taking Poria in the winter and drinking plum soup in the summer." A very popular tonic herb among the common folks, Poria was also commonly used in the imperial cuisine during the Ming and Qing Dynasties. It was made into buns, which was eaten daily as a snack. "Black fish and Poria soup" was a famous dish in the imperial cuisine. There is also a famous imperial cake: Poria sandwich cake. This was invented by Ci Xi, the last Empress of China. Ci Xi ruled China for over fifty years in the latter half of the nineteenth century. The palace used to make plain Poria cake, without any fillings. But one time, Ci Xi was very sick, and the normal Poria cake (snow white, paper thin, round cakes) was tasteless to her palette. She was about to show her famous temper when all of sudden, she caught sight of her honey preserved fruits, so she asked her servant to add some honey pine nuts and walnuts between two cakes. This was how the famous Poria sandwich pancake was invented. You can still buy this famous imperial cake at stalls in Beijing and in Beijing's grocery shops. Since Poria was a popular food among the imperial concubines, there are still two huge Poria from Qing Dynasty kept on display in the Forbidden City.

Primary Combinations

Combine with:

Atractylodes (white and red), Ginseng Root, Codonopsis, Astragalus and Ginger to tonify the Spleen, build Qi and eliminate excess moisture

Varieties and Grading

Poria is not an expensive herb. But some Poria is better than others. Try to find large, white pieces. The best Poria is still slightly moist — or at least, not very dry and brittle. There is also a variety known as pink Poria, which has stronger Spirit tonic effects. It has a slight pink tint.

Contraindications

Poria is a very safe herb.

Praying Mantis Egg Case

Other Common Names

Praying Mantis Egg Case

Pharmaceutical Latin

Ootheca Mantidis

Pinyin

Sang Piao Xiao

Treasures

Yang Jing

Treasure Rating

***1/2

Atmospheric Energy

Neutral

Taste

Sweet and salty

Organ Meridian Systems

Liver and Kidney

Part Used and Form

Whole Prepared Egg Case

Primary Functions

Astringent, tonify Kidney Yang

Qualities

The egg casing of the Preying Mantis is a very useful Kidney/Liver tonic used primarily to conserve essence while building Yang. It is one of the Kidney Yang herbs most suitable and beneficial to women. It is often found in women's formulas where Kidney Yang is deficient manifesting in sluggishness, obesity, low sexual drive, infertility and premature aging. Many women claim that Mantis Egg Case is a female sexual stimulant.

Primary Combinations

Combine with:

1. Dragon bone and Oyster shell and Cuscuta seed and Psoralea to tonify Kidney yang and to prevent seminal emissions

2. Dang Gui, Schizandra, Placenta and Cynomorium to tonify Kidney yang and blood in women

Varieties and Grading

Fresh looking, whole egg casings are best.

Contraindications

Like all Yang tonics, this herb should be avoided when there is a deficiency of Yin and an excess of Fire. It should also be avoided when there is heat in the urinary bladder manifesting as frequent urination.

Prince Ginseng Root

Products Featuring This Herb:

Young Lungs

Other Common Names

Prince Ginseng

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Pharmaceutical Latin

Radix Pseudostellariae

Pinyin

Tai Zi Spirit

Treasures

Qi and Yin

Treasure Rating

***1/2

Atmospheric Energy

Neutral

Taste

Sweet and slightly bitter

Organ Meridian Systems

Spleen and Lung

Part Used and Form

Tuberous root

Primary Functions

To build Qi and generate body fluids

Qualities

Prince Ginseng is an excellent Qi tonic that is often substituted for Ginseng. Being Yin, it can be used much as American Ginseng is used. As a Qi tonic, it can be combined with Dioscorea and other Qi tonics to tonify Qi while not creating excess heat. As a Yin tonic, it can be combined with Glehnia, Dendrobium, Polygonatum and/ or Ophiopogon to nourish the Lungs. Used with these herbs, it can generate fluids and allay thirst. With the same herbs, and with the addition of Fritillaria, it is excellent for dry coughing and difficult breathing. Used

with hemp seed, Cistanche, Dong Gui and/ or Polygonum, it can help relieve constipation.

Traditionally, Prince Ginseng was considered to be a good mild substitute for Ginseng. In fact, it is an excellent and inexpensive substitute for American Ginseng. However, it is a different kind of herb — it does not contain ginsenosides. Some people now are using Prince Ginseng and American Ginseng in the same formula.

Primary Combinations

Combine with:

1. Ginseng, Astragalus and Licorice Root to tonify Qi

2. Ophiopogon, American Ginseng and Schizandra to tonify Lung yin

Varieties and Grading

Prince Ginseng is almost always of equivalent quality.

Contraindications

Prince Ginseng is a very nutritious and mild herb. It is very safe.

Psoralea

Other Common Names

Psoralea

Pharmaceutical Latin

Fructus et Semen Psoraleae Corylifolia

Pinyin

Bu Gu Zhi

Treasures

Yang

Treasure Rating

***1/2

Atmospheric Energy

Very warm

Taste

Sour and Bitter

Organ Meridian Systems

Kidney and Spleen

Primary Functions

To tonify Kidney and strengthen Yang

Qualities

Psoralea is your classic Yang tonic herb. It is very warm, and thus stimulating, and is used primarily to strengthen sexual energy, and to strengthen the back, legs and knees. It is routinely used in formulas with Eucommia, Cistanche, Cuscuta, Epimedium, etc. to strengthen male sexual functions. It is considered to be too warm for most women's formulas. This herb was

very popular in the imperial formulas of the Ming and Qing dynasties and was used in formulas prescribed for the emperors.

When blended with astringent herbs, Psoralea itself acts as an astringent. It is used to prevent nocturnal emissions and premature ejaculation in men. It is often mixed with Dioscorea, Astragalus seed, Schizandra, Cornus, etc. for this purpose.

Varieties and Grading
There is no grading of this herb in America.

Contraindications
Being very warm, it should be avoided in cases of deficiency of Yin with excessive fire, and in cases of constipation. Psoralea should not be used by those who become sunburned very easily.

Pueraria

Products Featuring This Herb:
Easy Qi (formerly Smooth Flowing Qi)

Other Common Names
Pueraria

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Pharmaceutical Latin
Radix Puerariae

Pinyin
Ge Gen
Treasures

Treasure Rating
1/2*

Atmospheric Energy
Cool

Taste
Sweet, Acrid, pungent

Organ Meridian Systems
Spleen, Stomach

Qualities
This herb is a Yin tonic, famous in the Orient for its ability to relax the neck and shoulders. It is also commonly used to relieve sinus congestion and headaches. Pueraria is among the most important of the medicinal herbs used in Chinese herbalism. It is very widely used, it is particularly important in the treatment of many common ailments, from headaches and stiff shoulders to fevers and the common cold. It is an herb that everyone familiar with Chinese herbs uses from time to time. Chinese doctors use it daily. In tonic herbalism, it is only used on the rare occasions when one is suffering a

minor ailment for which Pueraria Root is helpful.

Rehmannia Root, Raw

Products Featuring This Herb:
Essence Restorative
Super Essence Restorative
Profound Essence
Primal Yin Replenisher
Ginseng and Zizyphus Combination
Gentiana Combination

Other Common Names
Rehmannia Root, Raw

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Pinyin
Spiriitg di huang

Treasures
yin jing

Treasure Rating
**1/2

Atmospheric Energy
cool

Qualities
Fresh Rehmannia is used in formulas that require yin tonifying benefits of Rehmannia but also require a cooling or anti-inflammatory effect. Fresh Rehmannia is often used in cases where a person is experiencing such warming symptoms as hot flashes. It is used less commonly than Prepared Rehmannia in tonic herbalism but can be very useful in cases of yin deficiency.

Rehmannia, Prepared

Products Featuring This Herb:
Supreme Creation
Essence Restorative
Super Essence Restorative
Women's Jing
Shou Wu Formulation
Ant Essence Formula
Imperial Garden
Primal Yin Replenisher
Super Adaptogen
Endocrine Health
Four Things Combination
Ten Complete Supertonic Combination
Ginseng Nutritive Combination
Ginseng and Zizyphus Combination
Return to Youth
Rehmannia Six Combination
Dang Gui and Gelatin
Bupleurum and Rehmannia Combination

Other Common Names
Rehmannia, Prepared ; Steamed Rehmannia

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Pharmaceutical Latin
Radix Rehmanniae preparatae

Pinyin
Shu Di Huang (Shu Di)

Treasures
Yin Jing and Blood

Treasure Rating

Atmospheric Energy
Slightly Warm

Organ Meridian Systems
Kidney, Liver and heart

Part Used and Form
Tuberous root

Primary Functions
To tonify the Kidneys and nourish yin jing.

Qualities
Rehmannia is said to be the "Kidney's own food." It is a fundamental Kidney tonic in Chinese tonic herbalism, and is considered to be a primary longevity herb. It is found in a great many common "anti-aging" formulations. It is considered rejuvenating and life lengthening.

Steamed Rehmannia is a fundamental Yin Jing tonic, providing Yin directly to the Kidney. It is quick and effective. Steamed Rehmannia is said to benefit sexual functions in men and women and is included in almost every formula that is designed to strengthen reproductive functions, including fertility. It forms the Yin base of many men's potency formulas. In such formulas, Steamed Rehmannia may be combined with a whole range of tonic herbs, including super tonics such as Deer Antler, Gecko, Ginseng, Astragalus.

Prepared Rehmannia is a major blood tonic. This is of special importance to women, who always need to rebuild blood. Steamed Rehmannia, when combined with Dang Gui, Ligusticum and Peony forms the quintessential women's herbal combination. Prepared Rehmannia is said to be warm in nature and warms up the uterus in women. A "cold uterus" will result in painful menstruation and infertility.

Steamed Rehmannia, when used as a tonic, is usually combined with Qi tonics to improve its assimilation. It is routinely combined with Dang Gui to produce blood. It is also commonly combined with

Astragalus, Gecko, and Deer Antler, as well as more common tonic herbs in tonic formulations.

Primary Combinations

Prepared Rehmannia is never used alone. Combine with:

1. Tang Gui and White Peony to build blood and Kidney yin
2. Asparagus root to tonify yin, build blood and calm the heart
3. Ophiopogon to build Kidney yin and to remove heat in the upper warmer
4. Cuscuta seed to tonify the Kidney and Liver
5. Ophiopogon and Cuscuta seed to tonify the Heart, Kidney, Jing and blood

Varieties and Grading

There are two fundamental varieties of Rehmannia used in Chinese herbalism: prepared and raw. Raw Rehmannia has simply been dried. It has a cold nature and is not particularly tonic (its tonic nature has not been activated). Raw Rehmannia is used primarily in medicinal herbalism to cool down inflammatory conditions. Prepared Rehmannia is highly tonic. It has been prepared by soaking in a special blend of wine (which itself has been specially prepared with Amomi and Tangerine peel), and then steaming and sun drying. The Rehmannia becomes deep black, soft and sticky. It is sold in slices in most markets for easily handling. Most Prepared Rehmannia sold in America is of high quality. It may be tasted raw. It will be soft, easily chew, fine in texture and very sweet.

Contraindications

Rehmannia is considered to be "greasy" and "slippery," which means that it can cause loose stool in people with weak digestive systems. That is why it should be combined with Qi tonics. Use cautiously if prone to diarrhea and replace it with Polygonum if loose stools continue to occur.

Reishi

Products Featuring This Herb:

Wild Reishi Drops
Duanwood Reishi Drops
Supreme Spirit Drops
8 Immortals Adaptogenic Elixir
Supreme Protector
Ron Teegarden's Super Pill
Super Adaptogen
Immunity Booster Formula
Protector 2000
CardioPro 2000
Four Kings

Reishi

Other Common Names

Reishi mushroom, Ling Zhi, Ganoderma

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Pharmaceutical Latin
Ganoderma

Pinyin
Ling Zhi

Treasures
Jing, Qi and Spirit

Treasure Rating

Atmospheric Energy
Neutral or slightly warm

Organ Meridian Systems
Heart, Liver, Lungs, Kidney

Part Used and Form
Fruiting body, spores, mycelium

Primary Functions
Nourishing tonic, tonic to the three treasures (Jing, Qi and Spirit), builds body resistance, detoxifying, aphrodisiac, sedative, prolongs life and enhances intelligence and wisdom

Qualities

The Reishi mushroom, also known by its formal name of Ganoderma and its Chinese name Ling zhi, has attained an unparalleled reputation in the Orient as the ultimate herbal substance. For over three thousand years it has been the most sought-after product of nature by mountain sages and by the emperors and empresses of all Eastern nations. In the first Chinese herbal text (Spiritnong's Pharmacopoeia) written about 2400 years ago, Reishi was classified as a "superior herb" which is defined as one that "serves to maintain life, promote radiant health and long life because of its normalizing action, and to cause no side effects, even when used continuously." That ancient book said that "continuous consumption of Reishi makes your body light and young, lengthens your life and turns you into one like the immortal who never dies." Thus Reishi was traditionally called "the mushroom of immortality."

The Reishi Mushroom grows wild only upon old trees and roots of certain types of trees in remote mountain forests of China, Japan and Korea. Only in the last fifteen years have we seen the cultivation of Reishi, and thus the commercial

availability of this amazing health product. Reishi has been the object of intensive scientific studies to discern its many health functions from a modern perspective. Traditionally, Reishi is believed to be a tonic to all of the body's energies. It was revered as a major tonic to each of the three Treasures, Jing, Qi and Spirit.

As a Jing (Essence) tonic, Reishi is believed to have major life-lengthening effects when consumed over a long period of time. It is believed to build primal power and to replenish energy spent handling stressful situations.

As a Qi tonic, Reishi is used to build energy, although it is slightly sedative in the short run. It is most famous as an herb used to build the immune system. Many studies done in Japan have shown Reishi to have a powerful effect on the body's overall resistance to disease. Reishi is believed by Japanese and Chinese researchers to have a regulatory effect on the immune system, bringing up immune functions in cases of immunodeficiency and reducing the excesses associated with auto-immune conditions. Reishi is a superb tonic for people who suffer from chronic allergies. Reishi is also believed to have major benefits on the lungs and liver. Studies done in Japan have shown that Reishi protects the liver from damage due to toxic chemicals, including pharmaceutical metabolites. Furthermore, studies done in Japan and elsewhere have also demonstrated that Reishi is beneficial to the cardiovascular system, since it appears to help regulate coronary and cerebral blood flow and also seems to help reduce levels of blood lipids and in lowering elevated cholesterol.

As a Spirit tonic, nothing compares to Reishi. It is simply the greatest Spirit tonic of them all. It is believed by the Chinese to protect the Spirit and to nurture the growth of intelligence, wisdom and spiritual insight. Reishi is a superb anti-stress herb. Everyone who takes Reishi notices the peacefulness that seems to accompany its use. Many people are able to stop using chemical drugs. And Reishi seems to be cumulative, gradually strengthening the nerves and actually changing how we perceive life.

Studies done in Asia indicate that Reishi is a supreme health food supplement that has virtually no toxicity or side effects.

There are many Reishi products coming to the market at this time, but very few are truly excellent. Reishi must be extracted to be digestible and assimilable. Unfortunately, most Reishi products are not

extracted and most are made from inferior quality hot house mushrooms or use inferior cultivated *Ganoderma* mycelium.

Ganoderma is arguably the most revered herbal substance in Asia, certainly ranking with ginseng as the elite substance for the attainment of radiant health, longevity and spiritual attainment. It has maintained that position for at least 2000 years, and its reputation and value are only increasing. Numerous legends provide a rich and extensive record of *Ganoderma* in Asian society.

Reishi has traditionally been used as an anti-aging herb and has been used for many diseases and disorders as well. It has long been a favorite tonic food supplement by the Chinese Royal family and virtually anyone who could obtain it. *Ganoderma* was particularly revered by the followers of the Taoist tradition as the "Elixir of Immortality." Taoists have continuously claimed that Reishi promotes calmness, centeredness, balance, inner awareness and inner strength. They have used it to improve meditative practices and to protect the body, mind and spirit so that the adept could attain both a long and healthy life and spiritual immortality. Due to its rarity, the common people could rarely obtain a Reishi mushroom, but it was popularly revered as a greater treasure than any jewel.

Since Reishi has been known to have many functions, it has been the subject of a great deal of research in recent years. It ranks in Asia with Ginseng, Deer Antler, Astragalus and Cordyceps as a preeminent tool in the attainment of radiant health.

The health benefits of Reishi are extremely broad and it is virtually non-toxic. Though it is now used much like Ginseng, Eleutherococcus and Astragalus as a general tonic to help develop energy, to improve digestion and to improve sleep, scientists are exploring its potential in their terms of benefits.

Ganoderma is a profound immune potentiator. It has been found to significantly improve the functioning of the immune system whether the immune system is deficient or excessive. In this sense, it is an immune "modulator" — that is, it helps to modulate, or regulate, and fine tune the immune system. Our immune system is a virtually miraculous network of activities designed over millions of years to protect us from viruses, bacteria, parasites, molds, dust, pollen and malignant cells. It is the responsibility of the immune system to detect the intrusion, or invasion, of these entities and to mount a

defense in order to eliminate them. A healthy immune system is capable of resisting most such intruders and a very hardy system may be able to resist invasions that many other people's systems cannot. If the immune system is weakened or malfunctioning, the invading microbes can easily establish a foothold in our body and disease sets in. Antibiotics can often be used to stop the invasion at this time, but chronic use of antibiotics further weakens the immune response. Furthermore, antibiotics are useless against viruses, pollens and most parasites. They are certainly useless against malignant (cancerous) cells generated in our own bodies. It is much better to resist the invasion from within with a fully fortified immune system and not become ill in the first place. This is where herbs like Reishi are now attracting the attention of scientists and consumers alike.

Many chemical constituents play a role in *GL's* immune-modulating capacity. The polysaccharide components in particular seems to play an important role in attacking cancerous cells, but not healthy ones, while simultaneously strengthening the body's overall immune functions. The polysaccharides appear to help the body attack microbial invaders such as viruses, bacteria and yeast.

But Reishi does not just "stimulate" the immune system — it regulates it. And that is what makes Reishi so precious. If the immune system is excessive, as is the case with auto-immune diseases and allergies, Reishi can have significant positive influence. A group of chemicals known as the ganoderic acids help fight auto-immune diseases such as allergies. Ganoderic acids inhibit histamine release, improve oxygen utilization and improve liver functions. Ganoderic acids are also potent antioxidant free-radical scavengers.

Still another component, Beta-1, 3-glucan, helps regulate and stabilize blood sugar levels. Not only that, but these same components have been shown to have powerful anti-tumor properties.

Reishi is widely used in Asia to improve the cardiovascular system. It helps lower HDL (the "bad" cholesterol) and reduce excess fatty acids. It has been found to prevent and treat hardening of the arteries, angina and shortness of breath associated with coronary heart disease.

In 1977, it was discovered in Japan that Reishi had potent anti-cancer activity. It was first used to treat, and quite successfully, hairy-cell leukemia, which is

caused by a retrovirus closely related to HIV, the virus that causes AIDS. It has been an approved drug for cancer in Japan since that time and has been used safely and effectively, often in conjunction with other drugs or radiation. It has been demonstrated that Reishi can help reduce the side-effects of many kinds of chemotherapy and radiation treatment and simultaneously contribute to the rebuilding of the immune system — an essential part of the recovery from cancer. *Ganoderma* stimulates the production of interferon and interleukins I and II, all being potent natural anti-cancer substances produced in our own bodies. Reishi may well prove to be the greatest prevention against cancer because it helps us to protect ourselves by our own power.

It has also been approved in Japan and China for the treatment of myasthenia gravis, a serious auto-immune disease. Besides that, it is commonly prescribed by M.D.'s in Japan for chronic bronchitis, memory loss, insomnia, hyperlipidemia and a whole range of degenerative diseases of the elderly, including disorders associated with senility.

Reishi is a superb anti-stress herb. Throughout history, it has been used to bring balance into the lives of people who needed help in this department, and that means most everyone. Deep in antiquity, it was routinely used by mountain hermits, monks, Taoist adepts and spiritual seekers throughout Asia because it was believed to help calm the mind, ease tension, strengthen the nerves, strengthen memory, sharpen concentration, improve focus, build will-power and, as a result, help build wisdom. That is why it was called the "Mushroom of Spiritual Potency" by these seekers. The people of Asia have never lost their faith in Reishi. They believe more than ever in Reishi's power to improve the quality of life by improving the inner life of a human being. All the scientific validation only explains the physical nature of Reishi, but it is the profound ability of Reishi to improve one's life on every plane that makes it so miraculous. Reishi is indeed calming and centering. Everyone who takes Reishi notices the peacefulness that seems to accompany its use. Many people are able to stop using chemical drugs. And Reishi seems to be cumulative, gradually strengthening the nerves and actually changing how we perceive life.

Reishi is a substance that builds health on all levels. It is the rarest of jewels in Nature. Life itself is based on the ability to adapt to the stresses, the attacks, the challenges that come our way every day.

Reishi seems to provide an incredible resource of the full range of energies we need to meet these challenges. Reishi is indeed "the great protector," protecting us on every level — physically, immunologically, mentally, spiritually. It helps us adapt to the world and provides additional power for us to achieve a superior level of life. When we are so protected and so provided for, we can achieve things that otherwise would be impossible. That is why Reishi has been called the "herb of good fortune."

Scientific Data

1. Constituents

1.1. The primary constituents responsible for *Ganoderma's* medicinal actions are polysaccharides and highly oxygenated lanostanoid triterpenes, including multiple pairs of C-3 stereoisomers and C-3/C-15 positional isomers. More than 100 different triterpene molecules have been identified in *Ganoderma*. In addition, constituents of Reishi fruiting body include: b & x glucans, beta sitosterol, heteropolysaccharides composed of D-glucose, D-galactose, D-mannose, L- (or D-)arabinose, D-xylose, and L-fucose (soluble in water), heteroglycans, steryl esters, adenosine, ergosterol, uridine, oleic acid, cyclooctasulphur[4], fungal lysozyme, acid protease and amino acids. Amino Acids: Serine (15.2), alanine (14.8), glycine (12.7), threonine (12.4), aspartic acid (9.9), glutamic acid (8.1), proline (6.9), valine (5.3), and other minor amino acids. (Upton)

1.2. Constituent Variation: Constituent content varies between different strains of *Ganoderma*. Differentiation's include a change in both the amount and pattern of triterpenes. Several triterpenes, not present in the mycelium, increase in concentration as the cap of the fruiting body develops. This includes ganoderic acid A. Quantitatively, the caps provide the richest source of triterpene acids, followed by the stem and then the spores. The underside of the outer layer of the cap yields a higher concentration of triterpenes than the other sections of the cap. Qualitatively, the HPLC patterns are similar for each. Samples grown on cherry wood yield higher amounts of triterpenes but grow more slowly and produce less than samples grown on the oak *Quercus variabilis*. During the initial fruiting stage of an antlered strain (*Saegusa*), ganoderic acids and lucidenic acids were not present, however they began to develop within one week of fruiting, subsequently becoming major constituents. (upton)

1.3. Comparative constituent analysis was

conducted on three strains of Reishi; red (sekishi), purple (shishi) and black (kokushi). The red and purple strains analyzed had similar triterpenoid patterns. The black *Ganoderma* analyzed contained little acid material. Others have also reported on the significant constituent variation in the different parts of the mushroom including the pileus, stalk and underground portion. (upton)

1.4. Germanium fortification. In an effort to yield higher organic-germanium contents of *Ganoderma*, some producers enrich the growing substrate with germanium dioxide. Wild *Ganoderma* yields

1.3-17.8 ppm of germanium. Enriching the substrate with germanium dioxide at 1.5 ppm, 5 ppm and 10 ppm yielded germanium contents of 5.1 ppm, 15.3 ppm and 24.6 ppm respectively. (upton)

1.5. At least two particular characteristic constituent patterns have been identified in *Ganoderma-C27* strains richer in lucidenic acid, and C30 strains richer in ganoderic acid. The fruiting body has also been classified as being rich in ganoderic acid A, while the mycelium has been most noted for its concentration of ganoderic acid T [18]. Two other strains, an antlered form and a full cap (Nagano) were rich in ganoderic acids, but showed no definitive signs of lucidenic acid. (upton)

1.6. Identification: The mapping of twenty-five well characterized triterpenoid using high-performance liquid chromatography (HPLC), has been used as a standard reference for compositional comparison of constituents between different strains and species of *Ganoderma*. (upton)

2. Effects on Cardiovascular System

2.1. *Ganoderma* contains a water soluble derivative of adenosine (5'deoxy-5'-methylsulphinyladenine), a platelet aggregation inhibitor. At 50 mg/ml-1 5'deoxy-5'methylsulphinyladenine exhibited a 20-50% inhibitory rate. This action is reportedly due to the activation of platelet phospholipase. Adenosine content varies dramatically among different strains of *G. lucidum*. (upton)

2.2. Angiotensin Converting Enzyme (ACE) Inhibition: ten lanostane triterpenes with ACE inhibiting effects have been identified in *Ganoderma*. Ganoderic acid F exhibited the highest inhibitory effect, while the others were relatively mild. These were identified in a 70% MeOH extract of *Ganoderma*. (upton)

2.3. Effects on cholesterol biosynthesis &

absorption: A sterol derivative of *Ganoderma* identified as sterol IV with 7-oxo and 15x-hydroxy groups potently inhibited cholesterol synthesis [48]. One mechanism of action is due to the ability of *Ganoderma* triterpenes, which contain oxygenated functionalities at C-15 and a hydroxyl group at C-26' to effectively inhibit the rate-limiting enzyme 3-hydroxy-3-methylglutaryl-co-enzyme A reductase (HMG-CoA) in the cholesterol biosynthesis pathway. This has been demonstrated in both in vitro and in vivo assays using mevlinin as a positive control. HMG-CoA also begins the synthesis of CoQ10. Some researchers consider low levels of CoQ10 to be a cardiovascular disease risk factor in itself. Therefore, it may be advantageous to supplement with CoQ10 when using *Ganoderma*. In addition, other similar triterpenes are structurally similar to the post-lanosterol intermediates in the cholesterol biosynthetic pathway of mammals, and inhibit lanosterol 14x-methyl-demethylase. Compounds 1, 8 & 9 have been shown to be more effective at reducing cholesterol absorption than b-sitosterol. However, these triterpenes are poorly absorbed in the gastrointestinal tract. (upton)

2.4. The tincture of fruiting body extract of *G. lucidum* had a significant cardiostimulant effect on the isolated frog heart, as well as on the pentobarbital sodium-inhibited heart. Using an i.p. injection of 3g/kg of an alcohol extract of both the fruiting body and mycelium, the following actions were observed: increased contractility of the in situ rabbit heart, an increase of 41.08% in contraction amplitude, reduction of the heart rate, an increase of 44%-66% in coronary blood flow with concomitant increase in cerebral blood flow, and coronary dilation. (Upton)

2.5. At 0.8 mg/kg-1, 5'deoxy-5'methylsulphinyladenine lowered blood pressure in cats by 30%.(Upton)

2.6. In a clinical study at Tokyo University hospital, patients with essential hypertension (genetically inherited) were given six 240-mg Reishi tablets each day. After six months on this regimen, they showed normal systolic and diastolic readings. (Upton)

2.7. Searching for herbs that benefit the heart, researchers at the Cardiology Research Center at the Academy of Medical Sciences in Moscow tested 21 herbs to see which most effectively prevented and corrected the buildup of atherosclerotic plaque in the arteries.

2.8. Ninety-two patients with myocardial infarction and chest pain were treated

with GL extract and 72% of these patients felt the symptoms were relieved. Hyperlipemia patients treated with GL extract also showed decreased blood cholesterol levels in 14 out of 15 patients. (Tsung)

2.9. It has been reported that *Ganoderma lucidum* has cholesterol-lowering properties (Xian Medical College, 1978; Shanghai Medical Supply Station, 1978; Peng, 1983; Chen, Liao, Xiao, 1988). The effective rate was about 86% for 12 weeks to 6 months of treatment for hyperlipidemia patients. Arichi, et al (1979), also reported that the extract of *Ganoderma lucidum* is clinically effective for hyperlipemia treatment. (Tsung)

2.10. Morigiwa, et al (1986) have isolated 10 antihypertensive lanostane triterpenes from *Ganoderma lucidum*. Among the 10 triterpenes, ganoderic acid F had the highest anti-hypertensive effect. However, Anchi, et al (1979) have found that compounds responsible for anti-hypertensive activity have molecular weights of more than 100,000 daltons. (Tsung)

2.11. Isolation of an Inhibitor of Platelet Aggregation. The water-soluble fraction of *Ganoderma lucidum* was found to suppress platelet aggregation. From physico-chemical and biochemical analysis, this fraction was identified to be adenosine. (Tsung)

2.12. GL also markedly improved pancreatic blood flow rate in rats (18). GL was also effective in treating abnormal cardiac impulse in rats (18). By using radioactive ^{86}Rb uptake as a marker in the rat heart muscle, the blood flow in the rat heart muscle was increased with the increase of the administration of GL. (Tsung)

3. The Effect on the Central Nervous System

3.1. The extract of GL was able to suppress the central nervous system and relaxed the muscles in an experimental mouse. An hour of sleep induced by cyclohexabarbitol was extended after injection of GL extract. The extract also had an anodyne effect on animal subjects. (Tsung)

4. Immunostimulating Activity

4.1. The injection of GL extract or GL polysaccharides in mice resulted in the activation of the phagocytic activity of macrophages. Macrophages play an important role in the immune system. The increase of immunoglobulin A was observed in the phlegm of chronic bronchial

asthma patients after oral administration of GL for four months. (Tsung)

4.2. Immunostimulating Polysaccharides and Anti-Cancer Activity. The immunostimulating polysaccharides isolated from *Ganoderma lucidum* have shown b-(123) and b-(124) linkages in the polysaccharide structures Miyazaki et al, 1981, 1982). The functions of the polysaccharides include intensified phagocytosis of reticuloendothelial systems, activation of macrophages, activation of T-lymphocytes, enhancement of cell-mediated immune response, and activation of the alternative pathway of the complement system. The most immunologically active polysaccharides have an anti-cancer activity. Miyazaki, et al (1981) showed that the anti-cancer arabinoxyloglucan has (123)-b-D-glucan moiety in the structure. Mizuno, et al (1984) also showed that the anti-cancer water-soluble b-D-glucan contains a backbone of (123)-linked D-glucose residues having single D-glucosyl branches. The attachment of polyol groups to the (123)-linked backbone significantly enhances its host-mediated anticancer activity (Sone, Okuda, et al 1985). However, Mizuno, Kato, et al (1984) showed that the host-mediated anti-cancer polysaccharides fraction was composed of a backbone of b(123)-linked-D-glucosyl residue with a single branch of b-(126)-linked-D-glucosyl group in every four to six residues of backbone chain. Acidic b-glucan isolated from *Ganoderma lucidum* also showed an anti-cancer activity. (Tsung)

4.3 Natural Killer Cell Activating Factor. In most of the cancer-host relationships, cancer cell destruction is accomplished by many different ways. The one mechanism of immunoactivation and anti-cancer action is to kill cancer cell through activation of natural killer cells. The hot-water extract of *ganodenna lucidum* showed the ability to activate natural killer cell activity (Murai, Yamashita, et al, 1987). The natural killer cell activating factor is distributed in the fruit body of *Ganoderma lucidum*. The concentration of natural killer cell activating factor is higher in the early budding stage and in the completion of fruit body growth stage (Tsubokura, Ogita, et al, 1988). (Tsung)

4.4 Interferon-Inducing Activity. Interferons are a family of small protein molecules secreted naturally by human cells to fight viral and other infections. Interferon has been touted as a potential cancer-treating drug for nearly 30 years. *Ganoderma lucidum* has been found to have interferon-inducing activity (Meng, 1983). (Tsung)

4.5 Fifty-two leukopenia patients were treated with GL extract and 44 patients showed increased leukocytes of about 1028/mm³ after treatment. The effective rate was 84.8%. (Tsung)

4.6. The extract of *Ganoderma lucidum* has been used for leukopenia patients (Jiangsu New Medical College, 1978). Since AIDS patients frequently develop leukopenia, it is worthwhile to research which component of *Ganoderma lucidum* is the functional compound. (Tsung)

4.7. Liu, et al (1980) reported that the extract of *Ganoderma lucidum* was effective for the treatment of muscular dystrophy. (Tsung)

4.8. The effect of *Ganoderma lucidum* on induction of differentiation in leukemic U937 cells. *Ganoderma (G.) lucidum* is a herbal medicine with tumoricidal activity capable of inhibiting the proliferation of mouse Sarcoma 180 cells both in vitro and in vivo. In this study, we investigated the effect of the polysaccharide fraction of *G. lucidum* (PS-G) on the proliferation and differentiation of human monocytic leukemia cell line, U937. Using an in vitro liquid culture system, we found that the conditioned medium from PS-G-stimulated human blood mononuclear cells (PSG-MNC-CM) contained an activity that could significantly inhibit the growth of U937 cells and induce them to differentiate into mature monocytes/macrophages which had functions of phagocytosis and producing cytoplasmic superoxide. Neither PS-G nor normal (untreated) MNC-CM was found to have a differentiating effect on the target cells. The optimal condition for stimulating the in vitro production of MNC-derived differentiation-inducing activity was to use PS-G at a low concentration of 50 micrograms/ml and to incubate MNC for a short period of 24 hours. Long-term (greater than 3 days) incubation resulted in a decrease in the differentiating activity of the conditioned media. (Internet 1)

4.9. Effect of Japanese *Ganoderma Lucidum* on production of interleukin-2 from murine splenocytes. The purpose of this study was to determine the effect of *Ganoderma lucidum* (GL) planted in Japan on the production of Interleukin-2 (IL-2) from murine splenocytes. It was observed that hydrocortisone (HC) 0.025-1 microgram/ml could significantly antagonize the inhibitory activity of HC and CSA to increase the production of IL-2 in vitro, $P < 0.01$. When the splenocytes pretreated with GL alone or in combination with HC, it

was shown that pretreatment alone had no significant effect on IL-2 production, but preincubating splenocytes with HC and GL resulted in a significant increase of IL-2 production when compared with that of HC group, $P < 0.01$. In vivo, GL 300 mg/kg could increase the production of IL-2 when orally taken GL alone or in combination of HC. (Internet 2)

4.10 Effects of *Ganoderma* polysaccharides on the activity of DNA polymerase alpha of splenocytes and immune function in aged mice. The activity of DNA polymerase alpha in splenocytes of 24-month-old mice was about 35.6% lower than that of 3-month-old mice. Aged mice were intraperitoneally administered *Ganoderma* polysaccharides (GL-B) once a day for 4 days and then the activity of the enzyme was assessed. The results showed that GL-B at doses of 25 and 50 mg/kg-1 enhanced the activity of the enzyme in aged mouse splenocytes by 44.0 and 58.8% respectively. In addition, the mixed lymphocyte response to alloantigen, automatic proliferation and IL-2 production of splenocytes in aged mice declined as compared with that in young adult mice. GL-B (50, 100, 200 micrograms.ml-1) was found to restore those parameters to the levels of that of young mice in vitro. (Internet 3)

4.11. Ling Zhi-8: a novel T cell mitogen induces cytokine production and upregulation of ICAM-1 expression. Ling Zhi-8 (LZ-8) is a protein purified from *Ganoderma lucidum*, a Chinese medicinal fungus thought to possess potent effects on the immune system. When examined for its effects on lymphocytes, LZ-8 exhibited potent mitogenic effects on human peripheral blood lymphocytes (PBL), inducing a bell-shaped dose-response curve similar to that caused by PHA and other lectin mitogens. Fractionation experiments indicated that the proliferative response in the PBL cultures was primarily due to T cells, but was monocyte dependent. Stimulation of PBL with LZ-8 resulted in the production of IL-2 and a corresponding upregulation of IL-2 receptor expression. In addition to T cell proliferation, microscopic examination of LZ-8-stimulated PBL revealed that LZ-8 induced cellular aggregate formation. The aggregate formation correlated with a dramatic rise in ICAM-1 expression and an increased production of IFN-gamma, TNF alpha, and IL-1 beta, molecules associated with regulation of ICAM-1 expression. Both the aggregate formation and the proliferative effects of LZ-8 were blocked by addition of monoclonal antibody to either CD18 or CD11a, the counter-receptor complex components for ICAM-1. Furthermore,

addition of neutralizing antibodies to both IL-2 receptor and TNF alpha blocked aggregate formation, cellular proliferation, and ICAM-1 expression. These findings demonstrate that LZ-8 is a potent T cell activator, mediating its effects via cytokine regulation of integrin expression. (Internet 4 — Genentech)

4.12. Effect of *Ganoderma* polysaccharides on T cell subpopulations and production of interleukin 2 in mixed lymphocyte response. Mixed lymphocyte response was used as a main model through all the experiments. In a series of concentrations (25, 50, 100, and 200 micrograms/ml), *Ganoderma* polysaccharides (GL-B) promoted the production of interleukin 2 (IL-2) in a concentration-dependent manner after initiation of culture for 12 h and increased the total cell recovery as well as that of Lyt 2+ and L3T4+ cells after 4 days of culture. The data also shows that the polysaccharides markedly enhanced the cytotoxicity of cytotoxic T lymphocytes, which was increased by 100% at the concentration of 200 micrograms/ml. (Internet 5)

4.13. *Ganoderma tsugae* mycelium enhances splenic natural killer cell activity and serum interferon production in mice. Effects of the water-soluble extract of *Ganoderma tsugae* mycelium (GT), its alcohol-insoluble subfraction (GTI), and its alcohol-soluble subfraction (GTS) on splenic natural killer (NK) cell activity and serum interferon (IFN) production were assessed in mice. Intraperitoneal administration of GT (4-200 mg/kg) or GTI (1-50 mg/kg), but not GTS, augmented the NK cytotoxic activity in a dose-dependent manner in C3H/HeN mice. This augmentation of splenic NK cytolytic activity was not mouse-strain-dependent. The serum IFN titers of mice were also elevated after i.p.-doses of GTI. The GTI-induced serum IFN was reduced by either IFN-(alpha+beta) antiserum or IFN-gamma monoclonal antibody in vitro. The treatment with antiserum neutralizing IFN-(alpha+beta) resulted in a 70% reduction of GTI-induced IFN, while monoclonal antibody against mouse IFN-gamma, moderately neutralized the GTI-induced IFN (50%). These results demonstrated that both the splenic NK activity and serum IFN [IFN-(alpha+beta) and IFN-gamma] titers are elevated by *Ganoderma tsugae* mycelium extracts in mice. (Internet 6)

4.14. Chemical studies on immunologically active polysaccharides of *Ganoderma lucidum* (Leyss. ex Fr.) Karst. BN3B, the polysaccharide component of the fruit of *Ganoderma lucidum*, has been shown to have immune activity. From BN3B four

homogeneous polysaccharides were separated and purified. Chemical studies on the main components BN3B1 and BN3B3 indicated that BM3B1 contained only glucose and should be a glucan containing beta-(1 — 6) and (1 — 3)glycoside bonds and that BN3B3 was an arabinogalactan containing beta-(1 — 6) and (1 — 3)glycoside bonds. (Internet 7)

5. Anti-allergic Activity

5.1. GL suppressed histamine and other chemical mediator release from mast cells. Hirai, Takase, et al (1983) showed that the extract of *Ganoderma lucidum* has an inhibitory action on histamine release from rat mast cells. A Japanese research group at Kinki University also found that the hot-water extract of *Ganoderma lucidum* has a strong suppressive activity on histamine release from mast cells (Kubo Lab, 1984). The extract also suppressed the passive cutaneous anaphylaxis (PCA) reaction. Since the *Ganoderma* extract can suppress histamine release from mast cells and suppress PCA reaction it is expected to do well against type I allergies, including anaphylactic shock, atopic dermatitis hay fever, hives, drug allergies, and bronchial asthma.

5.2. In the animal model for immune-complex disorders (type III allergies), nephritis is induced by successive injections of rabbit serum protein into rats, causing antigen-antibody complexes to develop in the blood stream and to be deposited in the kidneys. In nephritis, both protein concentration in urine and cholesterol concentration in serum are increased. With treatment by *Ganoderma* extract, protein and cholesterol concentrations were reduced to normal levels. Morphological observation of the kidney also showed recovery, and hypertension due to nephritis was returned to normal.

5.3. *Ganoderma* extract also did well against such cell-mediated allergies as picryl chloride-induced dermatitis in mice. Cell-mediated allergies include contact dermatitis, tubercular lesions, chronic hepatitises, auto-immune disorders and Hashimoto thyroiditis. In addition, the extract showed great enhancement of steroid-drug effect in the treatment of dermatitis. Due to steroid drug's considerable side effects, any herb which could bring about a decrease in steroid dosage is beneficial to patients. The anti-allergic activity of *Ganoderma lucidum* extract has been identified to be four triterpenes ganoderic acids: A, B, C, and D (Kohda, Tokumoto, et al, 1985). (Tsung)

6. Antioxidant Activity

Free radical reactions are believed to be the cause of various aging-associated diseases. The anti-oxidant activity in the body decreases with age. In order to keep us younger for a happier and healthier life, we need an antioxidant substance to suppress the aging process. *GL* extract has been found to have an antioxidant activity. (Tsung)

7. Effect on the Respiratory System

7.1. The *GL* extracts showed anti-asthmatic effects during experiments with guinea pigs' 12-14)- The *GL* extracts also showed anti-histamine and anti-acetylcholine effects. (Tsung)

7.2. There was also a decrease of blood cholinesterase activity in 29 chronic bronchitis patients after treatment with *GL* for 4 months. (Tsung)

7.3 Peritoneal injection of *GL* extract for 14 days resulted in an increase of cyclic AMP in serum and heart muscles of experimental rats (18) (Table 2 and 3). Cyclic AMP is a regulator of many metabolic systems. *GL* extract also showed a stimulatory effect on the production of 2, 3-Diphosphoglyceric acid in human erythrocytes (27). This indicates that aerobic metabolism can be improved by the use of *GL* extract. (Tsung)

7.4. Two hundred and eighty-eight patients were treated with *GL* extract for 1-3 months. The effective rate was 88.2%. In 27 cases of pediatric bronchial asthma, 23 patients showed that cough and asthmatic symptoms were gone after one month of treatment with *GL* extract injection. The effective rate was 85%. A similar result was obtained when *GL* extract was used to treat allergic asthma. (Tsung)

8. Effect on the Liver

8.1. *GL* extract showed anti-hepatotoxic activity with administration of the extract to mice with carbon tetrachloride-induced liver damage (3). An alcohol extract of *GL* also stimulated regeneration of liver cells after part of liver was removed by surgery. (Tsung)

8.2. Twenty-one hepatitis patients were treated with *GL* extract. For nineteen patients the major symptoms were gone within 10 days after *GL* extract treatment and the hepatitis marker enzyme serum glutamic-pyruvic transaminase value was returned to normal 45 days after the *GL* extract treatment. The effective rate

was 90.5%. (Tsung)

8.3. Antihepatotoxic Activity. Six triterpenoid, ganoderic acids U, V, W, X, Y, and Z, isolated from *Ganoderma lucidum* have been found to have cytotoxic activity in vitro on hepatoma cells (Toth, Lu, et al, 1983). Hirotsani, et al, (1986) also observed that ganoderic acids T, S, and R, isolated from *Ganoderma lucidum*, have a strong antihepatotoxic activity. (Tsung)

9. Radiation Protection Effect

Radiation protection can be obtained with administration of *GL* extract to mice prior to irradiation. (Tsung)

10. Effect on Total Oxygen Consumption

The administration of *GL* to mice for 14 days resulted in decrease of whole body oxygen consumption (3). The result suggests that *GL* can help the body to have more endurance capability during oxygen deficient conditions. (Tsung)

11. Effect on Adrenocortical Hormone Secretion

After administration of *GL* extract to rabbits for a week, the serum cortisol concentration was increase from $1.21 + 0.2897 \text{ ug}/100 \text{ ml}$ to $3.47 + 0.548 \text{ ug}/100 \text{ ml}$ (18). The increment of cortisol secretion was about 2.9-fold in *GL* extract-treated rabbits. (Tsung)

12. Protective Effect on Burns

In burn experimentation mice, the survival rate of *GL* extract-treated mice was 40% in comparison to a 0% survivor rate in non-treated mice. (Tsung)

13. Anti-microbial Effect

Water extract of *GL* has an antibacterial and anti-virus effect on pneumococcus, streptococcus, staphylococcus and influenza virus. Alcohol and acetone extract of *GL* also have an antibacterial effect on *Escherichia coli* *Shigella dysenteriae*, and *Bacillus*. (Tsung)

14. Hypoglycemic Effect

14.1 Blood Sugar Reducing Agent. *Ganoderans A* and *B*, a glycans of *Ganoderma lucidum*, was shown to have blood sugar reducing properties (Hikino, Konno, et al. 1985). Later the same group demonstrated that ganoderan *B* has a molecular weight of 7400 and contains D-glucopyranosyl b(123) and b(126)) linkages in the polysaccharide structure (Tomoda, Ganda, et al. 1986). They also isolated

ganoderan *C* with molecular weight of 5800 and containing D-glucopyranosyl b(123) and b(126) linkages and a D-galactopyranosyl b(126) linkage in the polysaccharide structure. (Tsung)

14.2. Kimura, et al, (1988) also showed that the water extract of *Ganoderma lucidum* reduces the blood glucose level in experiments with rats. (Tsung)

15. Dental Caries Preventive

A primary cariogenic bacterium has been identified as *Streptococcus mutans* (Montville, Cooney and Sinskey, 1978; Hamada and Slade, 1980). Membrane-bound or extracellular glucosyltransferase from *Streptococcus mutans* produces water-soluble and water insoluble glucans from sucrose. The glucans facilitate the accumulation of microorganisms on smooth tooth surfaces and subsequently dental caries is developed (Montville et al, 1778; Hamada and Slade, 1980). *Ganoderic acids S 1* and *C2*, isolated from *Ganoderma lucidum*, have been identified to have inhibitory activity on glucosyltransferase from *Streptococcus mutans* (Hada, Hattori and Namba, 1989). The result suggests that the anti-plaque activity of *Ganoderma lucidum* is due to ganoderic acids *S 1* and *C2* if not all. (Tsung)

16. Comparative Polysaccharide Bioavailability:

It appears that *Ganoderma* polysaccharides are better absorbed orally than those from most other mushrooms. When the edible mushroom *Shitake* (*Lentinus*) was provided to laboratory animals with tumors, tumor regression could be induced at a significant levels only when they were provided as 20-30% of the diet. By contrast, *Ganoderma* seems to be highly effective at relatively low oral dosages in both animals and humans.

Primary Combinations

Reishi is commonly consumed by itself. In addition it may be combined with other tonic herbs. Combine with:

1. *Astragalus* to protect the body and to strengthen the immune system
2. *Zizyphus*, *Pearl*, *Asparagus Root* and *Polygonum Stem* to build *Spirit*
3. *Cordyceps* to tonify primal essence and to fortify immune functions
4. *Schizandra* to tonify and cleanse the Liver and beautify the skin
5. *Schizandra* and *Polygonatum Sibericum* to strengthen the mind

Varieties and Grading

Spirit Nung said that there are at least six varieties of *Ganoderma*. He noted red, purple, black, white, green and yellow. Currently, one mainly finds red and black Reishi available in herb shops. Occasionally, a purple Reishi can be obtained, but usually not through normal channels. Purple Reishi is extremely rare.

The Black Reishi, *Ganoderma sinensis*, is fairly commonly available and can be found in most Chinese herb shops that carry bulk herbs. The older it is, the larger it becomes. But old age is not necessarily a virtue in Reishi. Reishi is at its best when it is still fresh and moist inside, not when it is old, dry and brittle. This species of *Ganoderma* tends to be unevenly shaped and can measure up to ten inches in diameter, though about six inch diameters are more common. If its skin is still highly glossy, it is good enough to use.

This variety is considered inferior, though it is certainly still a fine herbal tonic. Its polysaccharide content is low in comparison to the high quality red Reishis. Though the black variety is wild, it lacks potency and should be used only if higher quality Reishi is not available. The majority of Reishi products that claim to be using "wild" Reishi are using this black variety.

Wild Red Reishi is rare, but not as rare as Purple Reishi. This Reishi, which is the Reishi that Spirit Nong was talking about, is much more potent and effective than the black variety. Red Reishi is *Ganoderma lucidum*, the primary Reishi. It is unlikely that you will find wild Red Reishi for sale in herb shops in America, but there are a few superior products available which utilize these mountain-collected mushrooms. The extraction yield from wild red Reishi tends to be very low, so the extracted products tend to be very potent. This is a sublime product. The Red Reishi commonly found in Chinese herb shops is not wild Red Reishi — it is most likely hot house Reishi.

Hot house Reishi can be of good quality or poor quality, but most of it is poor. Reishi can now be grown in hot houses in a medium of saw dust and a nutrient such as rice. Most Reishi products sold in America are of the hot house variety. In my opinion, most of this hot house Reishi is almost useless. These mushrooms tend to be small and lumpy in appearance and often grow irregularly. They are not really red, but tend to be a light, dull brown. They are inexpensive, but are worth almost nothing. Don't waste your money.

There are a few superior sources of hot house Reishi available in America. These are from folks that have obtained special strains of Reishi from the Japanese scientists such as Yoshi, who first developed the modern strains of Red Reishi. Then they are grown in superior media. These mushrooms tend to be large and red and look like real Reishi mushrooms. They smell fresh and rich. When you break one open, they have a pulpy interior that has a more subtle texture than the cheap cultivated varieties. These mushrooms can even be obtained in their mycelial state from some mushroom mail order houses, in which case you can grow your own fresh Reishi mushrooms. This is a real treat that I recommend very highly.

Reishi Mycelium: The actual fungus is not in fact the mushroom that we associate with Reishi. The mycelium is a whitish blob that grows into a piece of wood or consumes some sort of nutrient until the nutrient is gone. At a certain time of year, the mycelium puts out its sexual apparatus, which is the mushroom that we see projecting out of the ground. The function of the mushroom is to reproduce. Reishi mycelium was not traditionally used as a tonic herb by the Chinese or Japanese. However, it has recently been discovered that the mycelium is very rich in the same polysaccharides that make the mushroom an effective health product. In fact, the mycelium has been found to contain much more polysaccharide than the mushroom, since the mycelium is much larger than the mushroom. This has led to many people using the mycelium in products. These products usually do not include the mushroom, but are simply ground mycelium. This has been widely accepted in America, but is looked upon with disdain in China and Japan. Specialists there point out that all the research has been done on the mushroom, not the mycelium and that the virtually miraculous health benefits of Reishi are found primarily in the mushroom. The mycelium is, to this day, not used in China or Japan. Though the mycelium may be useful, it does not match the efficacy and balance of the mushroom. They are not in the same league. This is especially true since virtually all mycelium is grown in hot houses on less than optimum nutrients.

Duan Wood Reishi. The real deal, when it comes to Reishi mushrooms, lies in the domain of what is known as "Duan Wood" Reishi. Reishi that is grown on certain specific varieties of wooden logs, without any chemicals, in a pristine mountain environment, is known as "Duan wood" Reishi. In nature, Reishi grows on a large variety of trees in mountain forests

throughout Asia. Just as "we are what we eat," a Reishi mushroom, too, is what it eats. Depending upon the kind of wood a Reishi grows upon, the Reishi may be powerful and medicinally marvelous, or it may be weak or even useless. The best Reishi grows on certain kinds of old hardwood trees that are indigenous to certain regions of China. The Chinese have made a very thorough study of this, including conducting years of pharmacological studies on laboratory animals to determine which Reishi is the most potent, based on what kind of wood it is grown on.

The appropriate Duan wood trees are cut down and cut into short logs, usually about ten inches long. They are inoculated with Reishi spores that have been specially prepared to assure successful growth. These logs are then planted in soil in mountainous regions of China. In the spring, Reishi mushrooms shoot up through the soil in great abundance. Gradually over the period of a few months they mature. Growing Duan wood Reishi requires no pesticides or chemicals of any sort. In fact, chemicals ruin Reishi, so the government forbids it. Farmers who try to use chemicals are not allowed to grow Reishi again. All Duan wood Reishi is tested. The farmers I have talked to say they don't ever use chemicals because they are totally unnecessary. Therefore, all Duan wood Reishi is totally organic.

Eventually the mushrooms produce a thick coating of spores. In June, one day in a great unison, all the mushrooms release their spores into the air. It is at this moment that the Reishi is perfectly ripe for harvesting. The farmers stay with the mushrooms day and night collecting them, and collecting the spores on plastic tarps that they spread out over the Reishi. I have seen the farmers during this harvest, and they become completely brown as they are coated by spores. This is perhaps the most joyous harvest I have ever witnessed. The farmers seem to be in some kind of ecstasy during this ritual. The mushrooms are sun dried and ready for consumption. A second, but smaller, harvest takes place about two months later.

Duan wood Reishi is grown from a genetic stock that was developed in Japan about twenty years ago by a Professor Yoshi. The Japanese government supported Dr. Yoshi's research to determine the most powerful genetic line of Reishi after it was discovered that Reishi could cure a type of cancer that was prevalent in Japan at that time. Yoshi collected hundreds of samples of wild Red Reishi from China and led a research team that

studied the pharmacological effects of the various strains. The most potent strain, the champion of Reishi genotypes from a health promoting and medicinal perspective, was then made available to Chinese farmers by contract with the Chinese government. The farmers were taught a new method of cultivating Duan wood Reishi by these Japanese scientists. The Japanese subsequently bought all of the Duan wood Reishi for use in Japan. Only recently has a small amount of this extraordinary Reishi become available outside of China.

Duan wood Reishi is more than twice as potent as any other variety of Reishi mushroom available anywhere, with the possible exception of some wild Red or wild Purple Reishi. The Chinese and Japanese make extracts of it for injection and use it as a treatment for various forms of cancer. They also use it to treat hepatitis, arthritis and other immunological dysfunction's. It is also sold as a premium, and rather expensive, tonic for domestic use in China and Japan, and more recently in America. Research revealed the exact moment to harvest the Reishi to maximize the quantity and potency of the active constituents. These Reishi, however, should be used within one year of harvest or they lose much of their potency.

Wild Purple Reishi. These wild mushrooms grow in the Chang Bai Mountains, north of North Korea in Jilin province. They are extremely rare. They are beautiful specimens. They are not entirely purple. They have both red and purple elements. In fact they look like red Reishi at first glance, but upon examination they have a significant purple coloration in the heart of the mushroom cap. These are revered in much the same way as wild Chang Bai Mountain Ginseng. Many people believe that Reishi originated in the Chang Bai Mountains and that Purple Wild Reishi is the great ancestor of all Reishi. It is a Purple Wild Reishi upon which the White Snake legend was based. It is considered to be the ultimate Spirit tonic.

Reishi spores have recently become a major source of interest in China and Japan. Reishi spores contains huge quantities of polysaccharides and other ingredients which strengthen the immune system. The spores are now being used to treat liver and stomach cancer in China. As a health tonic, it is believed that the spores are even more potent than the mushroom cap itself. The spores, being seed, are believed to contain an abundance of Jing and are, therefore, considered to be an anti-aging substance. The spores are considered to be the virtual

"elixir of life" to Asian herbalists. Spores are just now becoming commercially available in the West, albeit in small quantities and only through special sources. The spores must be purified, which is a difficult task because of their fineness. Traditionally, spores were believed to not only provide Jing, but to be the most subtle aspect of the Reishi and thus to develop Spirit.

History

Ganoderma was first described more than 2400 hundred years ago during the Shu Dynasty. The first detailed description was written in Spirit Nong's Herbal, attributed to the legendary herbalist-emperor Spirit Nong (Han Dynasty, 206 B.C. ~ 8 AD). Reishi was classified by Spirit Nong as a superior herb that may be taken continuously without side effects. A "superior herb" was defined as a substance that serves to maintain life, causes no side effects by continuous use, and promotes radiant health and long life by helping to harmonize the functions of the body, mind and spirit.

Spirit Nong said of Reishi that "if eaten customarily, it makes your body light and young, lengthens your life and turns you into one like the immortal (a Taoist hermetic adept) who never dies."

Specifically, regarding Red Reishi (which is the variety that is prevalent today), Spirit Nong said:

"The taste is bitter, its atmospheric energy is neutral, it has no toxicity, it cures (removes) the accumulation of pathogenic factors in the chest, it is good for the Qi (functional activities) of the heart including mental activities, it tonifies the Spleen, increases wisdom, improves memory so that you won't forget, long-term consumption will lighten your body, you will never become old, it lengthens years, it has spiritual power, and it develops Spirit so that you become a "spirit-being" like the immortals."

The first Emperor of the Chin Dynasty, sometime around 214 BC heard rumor that the "herb of immortality," which was considered to be one and the same as Ganoderma, grew abundantly in the "Eastern Paradise." The Emperor sent 500 men and 500 women (the women being selected for their beauty), by ship to find this mystical island and its magical herb. The party never returned, but legend asserts they landed in Japan and colonized the island.

Reishi was further immortalized as the ultimate healing substance and spiritual herb of China in the classic Chinese fairy

tale, "The White Snake," wherein a magical Reishi is stolen from the gods by a magical female being in order to save the life of her human lover. The celestial battle for the Reishi rivals the battles portrayed in Homer's Iliad and is a story known by virtually every Chinese.

In the 16th Century pharmacopoeia Ben Cao Gang Mu, which contains hundreds of natural medicines the Chinese have used for thousands of years, compiler Li Shi Chen described the uses of Reishi. "It benefits the life energy, or Qi of the heart, repairing the chest area and benefiting those with a knotted and tight chest." He wrote that it also increases intellectual capacity and banishes forgetfulness. "Taken over a long period of time, agility of the body will not cease, and the years are lengthened to those of the Immortal Fairies."

Reishi can be seen depicted everywhere in Asian art, architecture and design. Paintings, embroideries, buildings, sculpture and carvings of the gods and immortals virtually always included Reishi as a symbol of the divine, as a symbol of longevity and good luck. Reishi was a favorite ornamental design feature of the royalty and the wealthy, sometimes as much for good luck as for its actual health benefits. Depictions of Reishi are seen everywhere in the Forbidden City and the Summer Palace in Beijing, a testimony to how highly valued it was everywhere in Chinese society throughout history. Even the traditional scepter of the emperors of China was a stylized Reishi, called a Ru Yi. Undoubtedly, the first scepter was indeed a real Reishi. There is a display in the Summer Palace of the history of the imperial scepter. It displays scepters back to deep antiquity, and sure enough the earliest existent scepters were precise wooden copies of a Reishi mushroom. Traditionally in China, Ganoderma was considered to be among the most valuable possessions a new bride could bring into a marriage because of its many benefits.

Rhodiola

Products Featuring This Herb:

Supreme Spirit Drops
Ron Teegarden's Super Pill
Young at Heart
Golden Air
Diamond Mind
Tao in a Bottle
Super Adaptogen
CardioPro 2000

Other Common Names
Rhodiola Root

Pharmaceutical Latin

Radix *Rhodiola sacra* or *R. crenulata*

Pinyin
hong jing tian

Treasures
Jing, Qi and Spirit

Treasure Rating

Atmospheric Energy
Slightly warm

Taste
Astringent

Organ Meridian Systems
Heart, Kidney, Liver, Spleen, Lung

Part Used and Form
Primarily the root, but to some degree the stem may be included

Primary Functions
Rhodiola is nourishing to the lungs and respiratory functions, it is antipyretic, and vitalizing. It was said by "Supernatural Peasant's *Materia Medica Classics*" that "*Rhodiola* will make the body light and relaxed, and will make the eyes bright." As a tonic, it strongly increases vitality. It is good for strengthening the body and mind, resisting fatigue, resisting a lack of oxygen and excessive radiation, and for prolonging life. It is especially well known for increasing the intelligence of those who consume it regularly. It is used as cardiovascular tonic, and to promote the regulation of blood sugar.

Qualities
Tibetan Rhodiola is an extraordinary herb, now available outside of Asia for the first time at Ron Teeguarden's Herb Garden. It is a relatively rare substance that grows in one of the harshest environments in the world. In the Orient, it is called "Plateau Ginseng," and the Tibetans considered *Rhodiola* to be a sacred herb. It has been used by the Tibetan people as a powerful adaptogenic vitalizer and as a substantial medicinal agent since the beginning of Tibetan civilization. *Rhodiola* has also been prized by the Chinese and was very positively reviewed in the first Chinese herbal classic over two thousand years ago. It was regarded as a life-prolonging, wisdom enhancing "superior herb." However, the rarity of *Tibetan Rhodiola* has prevented it from becoming a well-known commodity outside of Asia until now. This incredible herb was used by the Tibetan monks to enhance their inner spiritual power, the power of concentration and physical endurance. It has undoubtedly played a major role in the development of Tibetan culture.

Evidence has shown that *Tibetan Rhodiola* is in many ways more powerful than *Ginseng*. It is a superb herb for people who work very hard, either physically or mentally. *Tibetan Rhodiola* has been shown to improve endurance and mental capacity, including memory enhancement. It has been shown to be a superb tonic and energizer for those into physical fitness, and a superior tonic for those stuck behind a desk or at a computer terminal for long periods of time. Consumption of a small amount of *Rhodiola* extract significantly improves a person's capacity to absorb and utilize oxygen.

Tibetan Rhodiola is especially beneficial to those who live under stressful conditions. It has been proven that *Tibetan Rhodiola* reduces the body's stress reactions, and thus relieves mental stress as well. People stay focused and suffer far less from fatigue even under severe stress. It is the ideal herbal supplement for the modern world.

Tibetan Rhodiola has been found to be extremely beneficial to the cardiovascular system, and has been found to prevent heart disease, the number one cause of death in the United States. It is also a powerful immune modulator, building the immune system into a well tuned fighting machine.

Tibetan Rhodiola also is being used as a powerful and safe antidepressant. It is believed to be more powerful than *St. John's Wort*, currently the world's number one selling natural antidepressant substance.

And *Tibetan Rhodiola* is a very safe, non-toxic herbal nutrient. It may be consumed daily as a tonic and health maintaining supplement.

Scientific Data
Rhodiola's root and stem are mainly used for medicine or as a precious tonic. However, the whole plant body can also be used for the same purpose. The major effective contents are Salidroside (C₁₄H₂₀O₉), Tyrosot (C₈H₁₀O₂), P-Sitosterol, Ethyl Gallate, Gallic Acid, flavones, phenol compounds, 35 kinds of biologically active trace elements (i.e., Fe, Al, Zn, Ag, Co, Cd, Ti, Mo, Mn, etc.), as well as volatile oil. *Rhodiola crenulata* also contains 18 amino acids which are needed by the human body, 7 of which cannot be produced by the body. Such a spectrum of bio-nutrients is seldom seen in any other natural plant.

Salidroside, Tyrosot and Sitosterol mainly enhance the resistance of the human body

for adapting to stressful conditions and adjust physiological functions for restoration. It has double-direction adjusting effects on the nervous system and endocrine system, and possesses many kinds of physiologically active components which studies have shown have anticarcinogenic, antiviral, and antimicrobial activity.

Primary Combinations

1. *Schizandra*, *Ginkgo*, *Polygonatum* and *Acanthopanax* for increased mental power, better memory and improved creativity

2. *Salvia*, *Ligusticum*, *Crataegus* leaf extract standardized, *Panax Pseudoginseng*, *Ligusticum*, *Dang Gui*, *Astragalus* to benefit the cardiovascular system

3. *Wild Ginseng*, *Wild Reishi*, *Spirit Poria*, *Wild Asparagus*, *Wild Ophiopogon*, *Steamed Rehmannia*, *Wild Polygala* to benefit the psyche and tonify Spirit

4. *Siberian Ginseng*, *Gynostemma*, *Ginseng Root*, *Astragalus*, *Lycium*, *Schizandra* to tonify Qi and as an adaptogenic.

Varieties and Grading
Rhodiola sacra and *Rhodiola crenulata* are from Tibet and are considered in the Orient to be the most powerful varieties of *Rhodiola* in the world. *Rhodiola rosea* from Europe and Russia is also beneficial but is not as potent as the Tibetan varieties.

Contraindications
Rhodiola is very safe.

Royal Jelly

Products Featuring This Herb:
Magu's Treasure

Other Common Names
Royal Jelly

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Pinyin
Feng Wang Jiang

Treasures

Treasure Rating
****1/2

Atmospheric Energy

Qualities
A natural food substance produced by worker bees for their queen. This incredibly nutritious whole food is rich in a very

broad spectrum of important vitamins, minerals and other substances essential to radiant health. Royal Jelly is popular natural food substance produced by worker bees for their queen. This incredibly nutritious whole food is rich in a very broad spectrum of important vitamins, minerals and other substances essential to radiant health. Royal Jelly is believed to be an important beauty aid and is said to beautify the skin, eyes and hair. It is available in many commercially prepared products or can be obtained fresh, straight from the hive. It is often combined with super-tonic herbs such as Ginseng, Dang Gui and Schizandra.

Rubus Fruit

Rubus Fruit is an excellent astringent herb. It also has antioxidant activity.

Products Featuring This Herb:
Microcosmic Orbit
Imperial Garden

Other Common Names
Fructus Rubi

Pharmaceutical Latin
Rubi, Fructus

Pinyin
Fu Pen Zi

Treasures

Treasure Rating

Atmospheric Energy
Slightly Warm

Taste
Sweet, Astringent,

Organ Meridian Systems
Liver, Kidney

Primary Functions
Astringent

Salvia

Salvia is a "blood vitalizing" herb used to improve circulation. Recent research in China and Japan indicates that this herb can improve the condition and functioning of the cardiovascular system. It is a famed longevity herb.

Products Featuring This Herb:
Young at Heart
Cardiovascular Protector
Ginseng and Zizyphus Combination
Salvia
Gecko Rockclimber
Hair and Nails
Pearl Spirit

Other Common Names
Salvia

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Pharmaceutical Latin
Radix Salviae Miltiorrhizae

Pinyin
Dan Spirit

Treasures
None

Treasure Rating
*

Atmospheric Energy
Cool

Organ Meridian Systems
Heart, Pericardium, Liver

Primary Functions:
1. Circulation enhancer.

2. To dispel heat.

3. To remove blood stagnation or blood stasis accompanied by heat.

4. Affects the Heart function.

5. Treats hot skin diseases.

6. Treats menstrual problems.

Qualities

Salvia is not a tonic herb because it does not nourish any of the three treasures. However, it is a very important herb in the tonic health system because of its critical adjunctive role as a circulation enhancer. Salvia has the capacity to activate blood circulation and to dispel blood stasis, or blood congestion. It is used in much the same manner as raw Notoginseng, except that Salvia is a cooling herb which can dispel heat. As a cooling herb, it can be used to treat problems where there is blood stagnation (areas where blood flow is sluggish) or blood stasis (areas where blood flow is entirely blocked or impeded) accompanied by heat, as is the case in heart disease and skin eruptions. Salvia has a bitter taste and affects the Heart function.

It is the perhaps the primary herb now used in Chinese herbalism used to prevent and treat heart disease, including angina pectoris. Salvia can be combined with Ligusticum and Notoginseng to improve circulation in the myocardium, or it can be used alone. It is now believed in China to have preventive action.

It is one of the primary herbs used to treat hot skin diseases, including acne and boils. Such sores are hot (they are inflamed and red) and stagnant. Salvia is used to clear them out and cool the area down. Salvia can be used with Dong Gui, Pearl, White Peony, and Scute to help clear the skin.

It is also extremely valuable for treating menstrual problems, including irregular, absent or painful menstruation. For this purpose it would be combined with some of the following herbs: Dong Gui, Ligusticum, Carthamus, Moutan, Red Peony, Achyranthes and White Peony.

Schizandra

Description
Spray dried concentrated powder in capsules. This is made from wild Schizandra and is highly concentrated. It doesn't get any better than this.

Primary Traditional Functions
Tonifies all three treasures (Jing, Qi and Spirit), tonifies and regulates all five elements, tonifies and regulates all twelve organ-meridian systems. Astringent. Improves memory.

Typical Usage
2 or 3 capsules, 2 or 3 times per day

Note
The herb that does almost everything. Schizandra develops the primary energies of life and is thus of great use to any one who consumes it. Schizandra generates vitality and radiant beauty when used regularly for some time. It is a safe and powerful tonic herb which is mildly calming and possessing pain-alleviating properties. Schizandra develops the primary energies of life and is thus of great use to any one who consumes it. Schizandra generates vitality and radiant beauty when used regularly for some time. It is a safe and powerful tonic herb which is mildly calming and possessing pain-alleviating properties. If used for 100 days successively, Schizandra is said to purify the blood, sharpen the mind, improve memory, rejuvenate the Kidney energy (especially the sexual energy and functions in both men and women), and cause the skin to become radiantly beautiful.

The very name of Schizandra in Chinese tells us a great deal about the qualities of this herb. Wu Wei Zi means "Five Taste Fruit." Due to the fact that Schizandra possesses all five of the classical "tastes" (sour, bitter, sweet, spicy and salty) and thus possesses the essence of all five of the elemental energies (wood, fire, earth,

metal and water), Schizandra is respected as a health-providing tonic in the same class with Ginseng and Ganoderma.

The Taoists especially revered Schizandra. Schizandra was my teacher's, Sung Jin Park's, favorite herb. This is because Schizandra contains all five elemental energies in abundance, contains all three treasures in abundance, and enters all twelve meridians. Master Park considered it to be the quintessential herbal substance.

Though Schizandra is believed to benefit all the functions of the body, its has traditionally been considered to have the most influence on the Kidney, Lung and Liver functions.

Schizandra is said to increase the Water Qi in the Kidney. In particular, it is said to vastly increase the "water of the genital organs," referring to the sexual fluids. Schizandra is said to promote the production of semen. It is famous for its ability to relieve sexual fatigue and for increasing the sexual staying-power in men. It is thus an ingredient in the vast majority of men's sexual tonics in Asian herbalism.

Women benefit from the same capacity to increase Water Qi of the Kidney. Schizandra is said to increase circulation and sensitivity in the female genitals. Many women claim increased genital warmth and sensation after using Schizandra for a period of time. The Chinese sexual classics claim that continuous use by a woman will increase the amount of "female elixir," a euphemism for vaginal secretions, during intercourse. On the other hand, Schizandra is used clinically to help counteract vaginal discharge.

For both men and women, Schizandra is considered to have "aphrodisiac" qualities, especially when combined with other Kidney tonifying herbs like Lycium, Cistanche, Deer Antler, Epimedium, etc. Furthermore, Schizandra is one of the most important astringent herbs used in Chinese herbalism. An astringent herb conserves fluids, and in the case of Schizandra, it tends to contain sexual fluids until the appropriate time of release. Thus, consuming Schizandra for a period of time, one tends to build up sexual fluids. Schizandra is used in sexual formulations to prevent premature ejaculation and to help promote incredible endurance.

Schizandra is widely used to beautify the skin and to protect the skin from the damaging effects of the sun and wind. Due to the astringent quality of Schizan-

dra, the skin tends to hold its moisture and becomes full and beautiful. It has always been very popular with the wealthy men and women of China because of its youth preserving and rejuvenating effects. It is said that those who use Schizandra consistently will remain youthful in both appearance and physiology. I have seen the benefits of this herb with my own eyes hundreds of times in my life. People who start taking Schizandra regularly all change for the better. Their skin virtually glows and becomes clear and fine after several months.

This herb is considered to be one of the premium mind tonics of herbalism. It is used to sharpen concentration, improve memory and increase alertness. Yet, unlike caffeine-like stimulants, Schizandra does not produce nervousness. In fact, some people consider Schizandra mildly "calming" while producing wakefulness and improved focus.

Schizandra is one of the primary cleansing tonic herbs used in Chinese herbalism. Schizandra stands along with Reishi as the primary liver cleansing agents used in tonic programs. Schizandra does not have the side effects that are associated with many of the "medicinal," or "inferior" liver cleansing herbs. It is believed that by taking Schizandra regularly, it is possible to rid the body of toxins before they have a chance to do serious damage. Schizandra, especially alcohol extracts, are widely believed to protect the liver from damage due to poisons, as well as the by-products of living.

Schizandra is among the most popular tonic herbs in Asia and is frequently pictured in ancient art as a symbol of longevity, and even the ability to attain "immortality."

Varieties and Grading:

There are two varieties of Schizandra: Northern and Southern. Northern Schizandra is generally considered to be superior to the southern variety. It is stronger tasting and more potent. The skin and meat of the Schizandra fruit are sweet and sour, the core is pungent and bitter, the whole fruit salty. Virtually all Schizandra is collected wild in the mountains and hills away from cities and industrial areas. Dragon Herbs uses only northern Schizandra collected in the pristine Chang Bai Mountains of north-eastern China.

The fruit, which is mature in the fall, is a beautiful, radiant violet-red. The plant grows by entwining itself around short trees in dense areas where forest and grassland meet. In my experience search-

ing for Schizandra in Northern China, I have always found that Schizandra tends to grow in relatively inaccessible areas, often near cliffs and streams. It is almost impossible to cultivate Schizandra and very few farmers try. However, wild Schizandra is not overly abundant and the end users should appreciate the difficulty that collectors experience in collecting it.

High quality Schizandra, as we see it in American herb shops, is dried and dark purple with some pinkish tone left. Freshly dried Schizandra has a luster and the flesh is still plump and tender. If the fruit is dark black, brown or has white patches everywhere, it is probably too old to be fully useful. Freshly dried Schizandra still has a very pleasant sweet-sour aroma. With experience you will be able to select premium Schizandra with your eyes closed. The fruit has a wonderful flavor and fresh Schizandra has a smoother, sweeter fragrance. Be careful to select good Schizandra. Schizandra is often stored for years before it is sold in herb shops. I have seen Schizandra that is barely recognizable. It was shriveled, black and lifeless. This Schizandra would be herbally useless. Keep the Schizandra in a well-closed container in a dark closet, or better yet, refrigerate it. When you find great Schizandra, stock up — it is the quintessence of everything good about tonic herbalism.

Scientific Knowledge: The fruit of Schizandra chinensis contains numerous lignin's, schizandrins A, B and C, deoxyschizandrin, g-schizandrin, pseudo-g-schizandrin, schizandrol and Schizandra esters. Fructus Schizandra contains approximately 3% volatile oil. It also contains vitamins C and E, citral, b-sitosterol and citric acid.

Schizandra is considered to be one of the premier adaptogens. Just like Ginseng, Acanthopanax and Gynostemma, Schizandra increases resistance of the body and mind against nonspecific stimuli. It can protect the body from damage due to extreme or chronic stress. In particular, it can protect the adrenals and prevent atrophy due to extreme stress.

Schizandra has been demonstrated in laboratory animals and in humans to have a stimulant action on the central nervous system. The herb works directly on the nervous tissue. Many studies now indicate that Schizandra actually has a powerful balancing, or regulating, action on the central nervous system. It can result in accurate and optimal balancing between the excitatory and inhibitory control functions of the cerebral cortex.

It has been demonstrated that human intellectual activity can be enhanced and work efficiency increased by consuming Schizandra. Various tests have shown that moderate therapeutic doses of Schizandra can improve various activities requiring concentration, fine coordination, sensitivity and endurance. The tests in humans confirming Schizandra's efficacy in these areas range from threading needles to running marathons.

Human studies have also shown that Schizandra can improve vision, even enlarging the field of vision, and can improve hearing. It also improves the discrimination ability of the skin receptors. It has been determined that this increased sensitivity is due to improved function of the central nervous system's ability to analyze data flowing to it from the peripheral sensors.

Schizandra has been shown to have significant respiratory-strengthening capacity. It can cause the breathing to be both deeper and more powerful. Schizandra also has significant expectorant and antitussive action.

Fructus Schizandra has been shown to have significant hepatic protective effects. It can promote the regeneration of liver tissue, protein synthesis, and nucleic acid synthesis. It is believed that the protective action of Schizandra is partly due to its ability to promote the regeneration of mitochondria in hepatic cells. Also, it can improve the function of the cell membrane, lowering its permeability which, in turn, minimizes enzyme leakage into the blood stream.

It can reduce elevated O in patients with chronic hepatitis. In a clinical study conducted in China, more than 5000 people suffering from various types of hepatitis were given Schizandra and the results were very good. The aggregate effective rate was 84-97.9%. O was normalized in about 75% of the cases.

In another clinical study, Schizandra was proved to be very effective in treating various neurotic symptoms, including insomnia, headache, dizziness, blurred vision, palpitations and nocturnal emission. It has even been used in cases of psychosis, with symptoms of hallucination, paranoia and neurosis, with good results.

Schizandra chinensis has been found to induce the production in human beings of g-interferon. It contains shizandrin, schizandrol, volatile oil, chamigrenal, malic acid citric acid, tartaric acid, Vitamin C, etc. Extracts of Schizandra have been shown to induce non-specific resistance in

humans, comparable to similar effects well established for Panax Ginseng, Astragalus and Ganoderma.

Fructus Schizandra is an ingredient in an extremely important tonic preparation called Formula for Restoring the Pulse, which consists of Panax Ginseng, Ophiopogon root and Schizandra fruit. This formula has been broadly studied in China as an example of how tonic formulations work and because it is very widely used in Chinese hospitals. Experiments have shown that this formula has the effect of dilating blood vessels, increasing the coronary blood flow, enhancing the anoxic tolerance, and reducing toxicity of toxins to the body. It is effective for cardiac shock, acute myocardial infarction and myocarditis, and is tonifying to the heart and effective at raising blood pressure in patients with low blood pressure.

Sea Dragon

Products Featuring This Herb:
Super Yang Jing Drops

Other Common Names
Signathus, Sea Dragon, Pipe Fish

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Pharmaceutical Latin
Sygnathoides biaculeatus
Zoological Names: Solenognathus hardwickii, Sygnathoides biaculeatus, Sygnathus acus L.

Pinyin
Hai Long

Treasures
Yang

Treasure Rating

Atmospheric Energy
warm

Part Used and Form
whole dried fish

Primary Functions
Yang tonic, sexual tonic

Qualities
This variety of fish, known as Sea Dragon is a close relative of the Sea Horse. It is an extremely yang and powerful Essence tonic, reputed in China to have "aphrodisiac" qualities. Large, wild Sea Dragons are rare and highly prized. The larger the Sea Dragon, the more potent its energy.

Signathus, or Sea Dragon, is an extremely powerful Yang tonic. It provides significant Yang to the Kidney, which results in sexual power. It is mainly used to increase sexual strength. It is used as a primary herb in many Yang tonic preparations aimed at keeping older men in peak sexual condition, and even by younger men to maximize potential.

Preparation and Utilization
Sea Dragon, be it Sygnathus or Solenognathus, may be used with any other tonic herbs. It is commonly combined with Kidney tonics, both Yin and Yang.

Primary Combinations
Combine with:
1. Deer Antler, Sea Horse, Gecko, Ginseng, Lycium, Schizandra, Cuscuta, Cynomorium, Morinda, etc. to tonify the sexual organs

2. With Jujube and Cordyceps for scurfula and goiter

3. With Gelatinum Asini to tonify the Yin

Varieties and Grading
Common Sygnathus is about 5 to 6 inches long. So long as they look like they are in good shape, they will do the job. There is another version of Sea Dragon that can occasionally be found in Chinese herb shops that is even better. These larger Sea Dragons are actually Solenognathus hardwickii (Gray), a close relative of Sygnathus. Solenognathus is always considered premium and is much more expensive. They provide absolutely awesome Kidney Yang power. Solegnathus gets a five-star rating. Sea Dragon is a close relative of Sea Horse. Sea Horse has almost identical functions, but is generally not quite as strong as Sygnathus.

Contraindications
Men, do not use if you are mateless. Women should use this herb only in very small quantities and only for short periods of time. Do not use when experiencing pathogenic fire (e.g., the flu, a herpes outbreak, etc.). It is best not to use Sea Dragon during pregnancy.

Sea Horse

Other Common Names
Sea Horse

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Pharmaceutical Latin
Hippocampus

Pinyin
Hai Ma

Treasures
Yang Jing

Treasure Rating

Atmospheric Energy
warm

Part Used and Form
Whole dried fish

Primary Functions
Provides Yang to the Kidney, aphrodisiac

Qualities
This is a species of Sea Horse. This variety of fish is a close relative of the Sea Dragon. It is an extremely yang and powerful Kidney tonic, reputed in China to have "aphrodisiac" qualities. Large, wild Sea Horses are highly prized. The larger the Sea Horse, the more potent its energy.

Sea Horse is considered to be a powerful sex tonic. It is very similar to Sea Dragon, but is slightly weaker. It provides Yang to the Kidney and has a reputation as an aphrodisiac. It is used in a wide variety of men's tonic formulations to build sexual strength. It is quite effective.

Preparation and Utilization
Sea Horse may be used with any other tonic herbs, but it is most commonly combined with Kidney tonics, both Yin and Yang. You can make a tea of it, or you can grind it into powder and add it to capsules. Also, Sea Horse is commonly extracted, with other tonics, in alcohol to make a tonic jiu.

Primary Combinations
Combine with:

1. Deer Antler, Sea Dragon, Gecko, Ginseng, Lycium, Schizandra, Cuscuta, Cynomorium, Morinda, etc. as a Kidney yang tonic and to tonify the sexual functions

Varieties and Grading
Larger Sea Horses are better. Sometimes, very large Sea Horses are available and these tend to have strong aphrodisiac power. If they still smell like the sea, they are fresh. That is usually better so long as they are well dried and in good condition.

Contraindications
Men, do not use if you are mateless.
Women should use this herb only in very

small quantities and only for short periods of time. Do not use when experiencing pathogenic fire (e.g., the flu, a herpes outbreak, etc.). It is best not to use Sea Horse during pregnancy.

Shitake Mushroom

Pharmaceutical Latin
Lentinus edodes

Pinyin
xiang gu

Treasures
Qi

Treasure Rating

Atmospheric Energy

Qualities
This edible mushroom has been prized for its tonic and therapeutic value for thousands of years. It is used to reduce cholesterol and to fortify the immune system. Shitake contains polysaccharides, including the all-important Beta-1,3-D-glucan, which powerfully activates the human immune system. It has been shown to have antiviral, antibacterial, anti-parasitic and liver protective qualities. Scientific research has demonstrated that Shitake has significant antitumor effects. Shitake has also been shown to have cardiovascular benefits, including the ability to lower blood pressure. Shitake helps lower elevated sugar levels and promotes urination.

Siberian Ginseng

Description
Mild tasting, yet potent in effect, our Siberian Ginseng is made from wild roots. An 8:1 concentrate.

Primary Traditional Functions
Tonifies Qi, adaptogen, immune modulating

Typical Usage
1 or 2 squeezes of the dropper (~35 70 drops), 13 times per day, or as desired

Recognized the world over as one of the ultimate adaptogenic agents, Siberian Ginseng, also known as Acanthopanax and Eleutherococcus, helps provide long term energy and the ability to cope with a world of stress.

Siberian Ginseng is especially popular among athletes or physical workers who require substantial sources of adaptive energy and endurance, such as long distance runners, rock climbers, bicyclists, scuba divers, dancers, tennis players and by others seeking to enhance

physical and mental performance, endurance and adaptability.

It has been demonstrated that Acanthopanax has an anabolic action which can result in an increase in lean body weight. Acanthopanax, however, differs from the steroid anabolic hormones. It does not have a masculinizing effect.

Acanthopanax is highly effective in treating and preventing altitude sickness.

History:
Acanthopanax senticosus (the Latin name for Siberian Ginseng) has been used in China for over 2,000 years. It is believed to have been first described in the Spirit Nong Ben Cao where the Spirit Farmer graded it a general herb and described it as being useful for promoting energy and curing rheumatism. Later, Li Shih Chen, in his great Catalog of Medicinal Herbs, upgraded it to a superior herb, indicating he believed that Acanthopanax is a primarily tonic, with an anti-aging nature rather than a medicinal effect. He describes it as follows: "Its action is to invigorate physical energy, regulate vigor, strengthen the skeleton and tendons and increase one's ambition. If administered over a long period of time, it can delay weakness and aging. Indications for its use include sexual debility, overly-frequent urination, lumbago (low-back pain), rheumatic pain in the legs and weakness of vigor and vitality."

Historically, there has been some confusion as to which species is really the tonic and which are more medicinal. Studies done in the Soviet Union and in China clearly identified the correct species during the 1960's. Acanthopanax, referred to as Eleutherococcus in Soviet sources, has become one of the most popular and widely respected herbal tonics in the world.

According to the Chinese Pharmacopoeia, Acanthopanax is used for: hypofunction of the Spleen and the Kidney marked by general weakness, lassitude, anorexia, aching of the loins and knees; insomnia and dream-disturbed sleep.

Qualities Attributed to the Root:
The herb has developed a major reputation as a premier supplement for those who require additional physical strength or who suffer as a result of low resistance to the side effects of extreme exertion. It aids in the recovery from hard exercise, as well as from extreme mental exertion. It is now routinely used by people required to engage in high stress, high energy-demanding activities such as high altitude flying, long-distance

sailing, working in high or low temperature environments or in deep water. *Acanthopanax* is used by all Russian cosmonauts. The use of the extract of this herb in these endeavors has been reported to increase physical strength, sharpen concentration, improve various parameters of mental power, increase visual acuity, improve color vision and to promote healing power.

Acanthopanax has been used regularly as a tonic by the people of far northern China for over two thousand years, but was not used widely in the full Chinese system until the latter half of this century when phyto-biologists in the Soviet Union discovered that this herb, which they called *Eleutherococcus senticosus*, had profound adaptogenic functions, similar to those of ginseng. *Acanthopanax* has grown enormously in reputation, importance and popularity in the Chinese and Western herbal systems in the last few decades. In fact, *Acanthopanax*, which is better known in the Western world as Siberian Ginseng, has exploded in usage throughout the world, including Asia. *Acanthopanax* is now one of the most commonly available, and widely used Chinese tonic herbs on the American market. It is especially popular among athletes or physical workers who require substantial sources of adaptive energy and endurance, such as long distance runners, rock climbers, bicyclists, scuba divers, dancers, tennis players and by others seeking to enhance physical and mental performance, endurance and adaptability.

Acanthopanax is a very powerful adaptogenic agent. It is among the most famous and important adaptogenic herbs in the world. It helps expand the dimensions of work that one can perform, improving work capacity in both the short and long term. Athletes and workers all over the world have found that regular consumption of the extract of this herb provides endurance and the capacity to handle heavy work loads with less strain on the body. Although *Acanthopanax* is an extremely safe herb that has been clearly demonstrated to have no negative side effects, it has been banned for use by Olympic athletes because it provides an "unfair competitive advantage." This should not deter other athletes from using it. It contains no steroids or other dangerous chemical agents. Its benefits are derived from its broad spectrum of eleutherosides, chemical agents that help the nervous and endocrine systems to perform at a higher level. These eleutherosides are saponins, which are very similar to the saponins found in *Panax ginseng*, *Notoginseng* and *Gynostemma*.

Acanthopanax increases respiratory power by improving the ability of the body to absorb and efficiently use oxygen. For this reason, Russian cosmonauts use it during space travel. Mountain climbers who scale peaks where oxygen becomes scarce commonly use *Acanthopanax* to reduce the stress on the body caused by the adverse conditions, and to absorb oxygen more efficiently. For the same reasons, any one engaged in hard physical activity will benefit from the consumption of Siberian Ginseng. It is a superb athlete's tonic, especially for athletes who rely on respiratory endurance.

Acanthopanax helps regulate functions so that optimum physiological efficiency is achieved. Used regularly, the energy of the whole body will increase. This herb has been shown to reduce the activation of the adrenal cortex in response to stress, which means that it helps to prevent excessive stress reactions, which can in turn damage other components of the endocrine and nervous systems and result in exhaustion. In clinical trials in which *Acanthopanax* was administered to healthy human subjects, results showed that *Acanthopanax* increases the ability of humans to withstand a wide range of adverse physical and mental conditions, such as exercise, increase in workload, noise, heat, motion and decompression. It was also shown in the same studies to improve athletic performance and the quality of work under stressful conditions.

Besides being characterized as a tonic herb, *Acanthopanax* is, in fact, also regarded as a mild, but significant "stimulant." This stimulating action refers to the pharmacological ability of *Acanthopanax* to increase the work capacity of a person after a single dose of the preparation. This is in some contrast to its tonic action, which refers to its ability to increase work capacity after prolonged or continuous use of the substance. Work capacity is increased as a result of taking a tonic, not just during the time period when the substance is being used, but for a sustained period of time afterwards. *Acanthopanax* has the rare ability to both increase immediate energy and long-term energy, and is thus known as a "stimulating tonic." It increases the general tone of the body, while adjusting and normalizing arterial blood pressure and blood sugar levels. It does not possess the negative side effects, depressing qualities or addictive potential of most other pharmacological and biological stimulants such as coffee, guarana, amphetamines, or cocaine, etc. It is the safest and healthiest known stimulant.

In addition to this, *Acanthopanax* has been shown to improve mental alertness and work output. Numerous studies have demonstrated that *Acanthopanax* has the ability to enhance sensorial perception, improving visual acuity and night vision, heightening auditory awareness, all while protecting the eyes and hearing apparatus from damage due to excess stimulation. In addition, considerable research and clinical evidence has demonstrated that *Acanthopanax* is a powerful immune modulator. It helps to build resistance to infectious disease and can prevent autoimmune reactions. Studies have shown that *Acanthopanax* is especially useful in reducing the incidence of influenza in groups of people who consume it regularly.

All this adds up to one of the most useful and powerful health supplements known to mankind. In an era when workloads are intense, stress is ubiquitous and competition is the name of the game, *Acanthopanax* is the perfect adaptogenic substance to make part of your daily regimen. Those who use high quality *Acanthopanax* quickly discover that it is one of the great tools in nature's herbal arsenal. It provides an abundance of both quick and long-term energy that results in an improved ability to handle stress, and further results in the improvement of one's capacities, both physically and mentally. *Acanthopanax* has been demonstrated to be a remarkably safe substance.

There is considerable confusion in the world market as to how to determine true Siberian Ginseng. True *Acanthopanax* comes either from Soviet Siberia or the northernmost province of China, Heilongjiang, which is a frigid area adjacent to Soviet Siberia. The plant is common in Heilongjiang, but does not grow in any abundance elsewhere in China. It is very difficult to find *Acanthopanax* root in herb stores in America. The herb itself is the woody root of the above-ground shrub. Because of its woody nature, it takes a large quantity of the root to yield even a small amount of extract. Generally, it takes fifty pounds of *Acanthopanax* root to produce one pound of finished extract powder. For this reason, it is generally found only as a finished product as an extract. Most *Acanthopanax* is processed in China and sold in America as either concentrated powder in capsules and pills or as liquid concentrates. High quality *Acanthopanax* roots are large (0.5 ~ 1.5 inches thick). The best extracts are dark in color and are strongly bitter in flavor. Do not get this herb confused with *Acanthopanax gracilistylus* (Chinese: Wu Jia Pi), which is the root bark of a related

species used specifically in Chinese herbalism to treat rheumatism, but which does not have the tonic qualities of *Acanthopanax senticosus*. This medicinal *Acanthopanax* is the herb sold at Chinese herb shops in Chinatowns throughout America.

Scientific Knowledge:

Radix Acanthopanax contains glycosides including resin glycosides and phenolic glycosides. Five primary glycosides, which are called eleutherosides, have been isolated from the root. Many others of lesser quantity have been isolated. Experiments have demonstrated that this herb exerts control functions over excitatory and inhibitory control mechanisms of the central nervous system. Numerous experiments have shown that this herb improves both the excitatory control mechanism and the inhibitory control mechanism. Its central excitatory, or stimulant, action has been reported to be quite similar pharmacologically to that of *Panax Ginseng*.

Extensive work has been conducted in the former Soviet Union as well as in China on the herb's capacity to regulate the body reaction to non-specific stimuli. Both the root extract and the total eleutherosides have shown significant anti-fatigue activity. Eleutherosides have been shown to have a stronger anti-fatigue effect than ginsenosides (the glycosides present in *Panax Ginseng*). The stimulant and anti-fatigue actions of *Acanthopanax* have been proven in both animals and in humans. For example, animals subjected to extreme exertion were tested after one hour's rest to determine their oxygen deficit. Those that had been given *Acanthopanax* root showed that the oxygen deficit had been absolutely abolished, whereas those of the control group, tested under the same conditions, still had an oxygen deficit 62% higher than normal. Also, laboratory animals fed this herb had significantly increased tolerance to oxygen deprivation, as compared to animals not provided the herb. The herb is very widely used by humans to prevent altitude sickness, a disorder associated with oxygen deficiency. It is commonly used by mountain climbers.

Acanthopanax has been shown to exert a powerful protective action against numerous injuries that result from radiation, both chronic and acute. It doubled the survival time of animals exposed to lethal doses of irradiation, and when combined with antibiotics, tripled the survival period. It protects the erythrocytes from damage due to irradiation.

Laboratory experiments have demonstrated that *Acanthopanax* has marked detoxicant action, protecting animals against various poisons.

The antistress action of *Acanthopanax* has been studied in great depth. This herb has been found to be capable of altering the stress response mechanism in such a way as to prevent severe pathology associated with the mechanism. Laboratory results have demonstrated reduction in adrenal hypertrophy, maintenance of vitamin C content in the adrenal glands, prevention of atrophy of the thymus gland and reduction of gastric bleeding — all signs of stress syndrome progression. This antistress action has been proven to be due to the activities of eleutherosides E and B. *Acanthopanax* also prolonged the resistance to stress. Laboratory animals were subjected to extreme stress, resulting in exhaustion. Those given *Acanthopanax* did not experience cholesterol reduction, and shrinkage or weight loss of the thymus, spleen, liver, kidneys and heart. The animals which did not receive the herb did experience significant cholesterol reduction and shrinkage of the vital organs associated with severe exhaustion resulting from the extreme stress.

Acanthopanax prevents damage to various endocrine glands. In laboratory animals, it prevented adrenal hyperplasia due to ACTH, and reduced adrenal atrophy due to the administration of cortisone. Similarly, it prevented thyroid enlargement due to the administration of thyroxin, and prevented thyroid atrophy due to administration of methylthiouracil, a drug that normally causes atrophy of the thyroid. And again, it lowered blood glucose to normal in drug induced hyperglycemic animals while increasing the blood glucose in insulin-induced hypoglycemic animals.

Acanthopanax has been found to exert a stimulant action on the endocrine functions of the gonads and adrenals of laboratory animals, resulting in significant increases in mating activity.

The remarkable normalizing ability of *Acanthopanax* was again demonstrated when it was shown to regulate the red and white blood cells and blood pressure. Cobalt nitrate is known to cause an increase in erythrocytes (red blood cells). *Acanthopanax* normalized the red blood cell count in cases of increased erythrocyte as a result of cobalt nitrate. Phenylhydrazine decreases erythrocyte count. *Acanthopanax* normalized erythrocyte counts in the case of the increase due to

phenylhydrazine. Similarly, *Acanthopanax* normalized blood pressure in laboratory animals, whether the blood pressure was high or low to start with. This regulatory effect of *Acanthopanax* has been observed clinically in humans. Therefore *Acanthopanax* is used clinically in China, Korea, Russia and Japan to regulate blood pressure. After profuse bleeding, *Acanthopanax* promoted the recovery of hemoglobin and stimulated antibody production. Blood pressure in either hypertensive or hypotensive patients generally normalizes after oral administration of *Acanthopanax*, according to numerous clinical reports.

Acanthopanax has been shown to promote antibody formation and to protect the immune system, in particular to prevent leukopenia (depressed white blood cell count) due to various cytotoxins. When the herb, as well as its polysaccharides, were administered to tumor-bearing mice, the average number of splenic macrophages was markedly increased, as was the splenic weight of the animals. Oral administration of *Acanthopanax* provided prophylactic and therapeutic actions against Ehrlich ascites carcinoma and sarcoma 180. It has also been shown to reduce the transplantation rate of other forms of experimental cancer in laboratory animals. The herb consistently inhibited induced tumors in laboratory animals. For example, the extract of the root, when added to drinking water, inhibited the metastasis of SSK sarcoma and Walker carcinoma in rats.

The extract of the root as well as the eleutherosides isolated from the root have been found to have gonadotrophic action. When the root extract or total glycosides (as well as certain specific eleutherosides) were administered to young male mice, the RNA content increased as did the weight of the prostate gland and testicles and total body weight. The eleutherosides prevented testicular and prostatic atrophy in castrated laboratory animals. *Acanthopanax* effected females similarly. It promoted early maturity and increased body weight in female mice and increased the number of eggs laid by hens, as well as increasing the total nitrogen and protein contents of the fallopian tubes.

It has been demonstrated that *Acanthopanax* has anabolic action which can result in an increase in lean body weight. *Acanthopanax*, however, differs from the steroid anabolic hormones. It does not have a masculinizing effect. *Acanthopanax* has been found clinically useful for chronic bronchitis, where it has proven antitussive, expectorant, bronchodilatory,

anti-asthmatic and antibacterial actions. Its effects on chronic bronchitis has been found to be especially useful for elderly patients. Patients taking daily doses between 8-22 grams (given in three doses) showed a 50% increase in vital capacity, compared to 29% in the control group. The herb also improved the reaction of the pituitary-adrenal system in these patients. The patients became stronger and had a strong recovery rate.

Acanthopanax is highly effective in treating and preventing altitude sickness. One experiment, involving over 200 soldiers in Tibet, resulted in a 97.3% effective rate.

The extract of Radix Acanthopanax is widely used clinically in Asia. It is broadly used as an adjunct in the treatment of chronic diseases, where numerous reports indicate that the herb increases physical strength of patients, especially those who have undergone surgery, severe acute illness and exhaustion. The root extract is commonly used clinically to relieve the symptoms and pain due to rheumatic arthritis. The herb is also used clinically in China during the treatment of diabetes mellitus.

Acanthopanax has been demonstrated to be a remarkably safe substance. No abnormalities resulted from administration of Acanthopanax to mice at 350 g/kg., a very high dosage. When mice were given doses 220 times the clinical dose, they showed no abnormalities after seven days. The animals were able to tolerate administration of the herb extract throughout their life span without toxic reactions. In fact, continuous treatment for six months prolonged their average life span, and did not adversely affect ensuing offspring.

Spirit Poria Mushroom

Products Featuring This Herb:
Supreme Spirit Drops
Will Power
Lights Out
Ginseng and Zizyphus Combination

Other Common Names
Spirit Poria

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Pharmaceutical Latin
Sclerotium Poriae Cocos Pararadicis

Pinyin
fu Spirit

Treasures

Spirit and Qi

Treasure Rating
****1/2

Atmospheric Energy
Neutral

Taste
Bland or very mildly sweet

Organ Meridian Systems
Heart, Spleen and Kidney

Part Used and Form
Whole fungus with host wood

Primary Functions
To stabilize and lift Spirit, to help develop spirit and calm the mind, emotionally balancing. To strengthen the Spleen and transform dampness, to move water and to tonify the immune functions as regular Poria.

Qualities
This special variety of Poria is considered a premium Spirit tonic herb. It is the part of the Poria mushroom which contains the root of the old pine tree, upon which it has grown. Spirit Poria is said to benefit the heart, to nourish the Spirit and to lead to a long and happy life. It is often used by those wishing to overcome anxiety, worry, fear, etc. This is a very special herb traditionally used by Taoist adepts to help attain enlightenment.

It is primarily the same herb as Poria, except that it is the center of the mushroom, where the host wood root runs. The pine root is allowed to remain and represents about 20% of each slice of Spirit Poria. The chemistry and the energy of the wood has been changed by the mushroom and is no longer simply pine root. It was used by Taoists and has been held in the highest esteem by spiritual seekers. It is believed by the Taoists to have a very special power to lift Spirit and to help develop the Spirit. It is one of the major Spirit tonic and Spirit stabilizing substances and has acquired a special reputation for its overall emotional balancing benefits. By stabilizing the emotions, the true mind is able to develop fully, unhindered by emotional distraction. Unlike Biota and Zizyphus, it is drying and can be used by people who suffer from fluid stagnation. Besides these Spirit actions, Spirit Poria still has the same actions as regular Poria with regard to its ability to move water and tonify the immune functions.

Primary Combinations
Combine with:

1. Zizyphus Seed, Albizia Bark, Biota Seed, Polygonum Stem, Dragon Bone and Oyster Shell to stabilize Spirit and treat insomnia caused by anxiety

2. Ganoderma, Pearl, Wild Red Asparagus Root and Albizia Flower to nurture Spirit

Varieties and Grading
Select Poria that has substantial pieces of wood still in it. Try to find large, white pieces with nice pieces of wood. The best Spirit Poria is still slightly moist — or at least, not very dry and brittle.

Contraindications
Poria is a very safe herb.

Stevia

Products Featuring This Herb:
Spring Dragon Longevity Tea

Other Common Names
Stevia

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Pharmaceutical Latin
Stevia Rebaudiana, Herba

Pinyin
tian ye ju

Treasures

Treasure Rating

Atmospheric Energy

Tortoise Plastron

Products Featuring This Herb:
Essence Restorative
Super Essence Restorative
Profound Essence

Other Common Names
Tortoise Shell

Pharmaceutical Latin
Plastrum Testudinis

Pinyin
Gui Ban

Treasures
Yin Jing

Treasure Rating

Atmospheric Energy
Cold

Taste
Sweet and salty

Organ Meridian Systems Kidney, Liver and Heart

Part Used and Form

The plastron (undershell) of a fresh water Tortoise

Primary Functions

To nourish Yin and subdue fire (hyperactive Yang), to tonify the Kidney and to strengthen the skeleton, and to cause the Qi to ascend

Qualities

Tortoise plastron is an important tonic, used routinely in "restorative" formulas for people who are experiencing exhaustion. It replenishes bodily fluids, and settles unruly wind, which manifests in Yin-deficiency cases as inflammation, pain, cramps, fever, dehydration, insomnia, etc. Due to its Yin nourishing ability and to the fact that it is a cold herb, it is capable of extinguishing false fire conditions anywhere in the body.

Yin Jing is easily depleted by excessive stress, over work, and particularly by excessive sexual activity (beyond the body's actual capacity) and drug abuse. As the Yin Jing becomes depleted, Yang is left uncontrolled and false fire conditions can easily develop, resulting in hyperactive Yang. If the condition is left untreated, severe damage will (not might) result. Yin Jing is synonymous with life itself. It protects our youthfulness. When a person runs low on Yin Jing, they age very quickly. When a person runs out of Yin Jing, they die. Therefore, Yin Jing deficiency is very serious and must be avoided at all cost. That is where herbs like Lycium, Polygonum and Steamed Rehmannia come into play. But if Yin Jing deficiency does occur, it must be treated as quickly and effectively as possible. That is where Tortoise plastron comes in. It is powerful, effective, and quick. If the symptoms of exhaustion do include hyperactive symptoms, such as afternoon fevers, inflammation, sore throat, swollen lymph glands, etc., blend the Tortoise Plastron with cold herbs like Dendrobium, raw Rehmannia, Philodendron, Red Peony, Anemarrhena, etc. This combination will replenish fluids (Yin) and Kidney Yin (Yin essence).

If someone is thoroughly exhausted but is not yet showing such hot symptoms, or if the hot symptoms have already been overcome but more restorative therapy is required, then Tortoise Plastron and a variety of cooling Yin herbs may be blended with Placenta hominis, Astragalus, Ginseng (Panax or American, depending on conditions) and other Qi tonics to create an awesome restorative formula.

Tortoise Plastron is also used to tonify the bones. For this it is blended with herbs like Deer Antler, Drynaria, Dipsacus and Morinda.

Primary Combinations

Combine with:

1. White Peony root and Uncaria stem to subdue hyperactive yang due to deficient Liver, manifesting as dizziness, headache and blurred vision
2. Fresh Rehmannia, Oyster shell and Donkey skin glue for convulsions due to dehydration and exhaustion of yin
3. Rehmannia (steamed) and Dragon Bone for low back pain due to yin deficiency and to prevent premature ejaculation
4. Ganoderma, Polygala and Spirit Poria for confusion due to exhaustion

Varieties and Grading

There are many kinds of Tortoise Plastron available in China, but the selection is extremely limited in America. Genuine, first grade tortoise plastron will be 3 to 6 inches long and 2 to 3 inches wide. It is a light yellow and purplish-brown elliptical plate with purplish-brown radial veins lines. Each plastron is composed of 12 smaller plates. The inner surface is yellow. Be sure to obtain the plastron from a reliable herb dealer, since plastron from some species is not very useful. There are many fakes and some of them look very much like *Chinemys reevesii*. Most of the time, you will be obtaining Tortoise Plastron as a component of a prepared formula and you won't have to worry about selecting it.

Contraindications

The herb should be used with caution during pregnancy.

Tremella

Products Featuring This Herb:
Young Lungs

Other Common Names
White Wooden Ear

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Pharmaceutical Latin
Fructifatio Tremella Fuciformis.

Pinyin
Bai Mu Er

Treasures
Yin

Treasure Rating

Atmospheric Energy
Neutral

Taste
Sweet and Bland

Organ Meridian Systems
Lung, Stomach, Kidney

Part Used and Form
Fungus fruiting body

Primary Functions
Nourishes Yin of the Stomach, moistens Lungs, generates fluids.

Qualities

Used for Deficient Yin patterns with ascendant Yang, especially with such symptoms as emaciation and sensations of heat in the five centers. Tremella is a great Yin tonic. It is a staple in Chinese health food cooking. It is not only used to treat the problems associated with Yin deficiency and unruly fire, but is used to beautify the skin. It is without question one of the premier beauty herbs of Asia. It has a special affinity to the skin. When consumed regularly, the skin becomes soft, moist and pliant. Tremella is probably the most widely used internal beauty supplement used in China.

For typical Yin deficiency conditions, us with some of the following herbs: American Ginseng, Asparagus root, Lily bulb, Glehnia root, Prince Ginseng and Ophiopogon. Traditionally, Tremella is almost always combined with rock sugar (the natural yellow kind). The sugar activates the Yin tonic effects of the Tremella (and makes it taste very good).

To beautify the skin, the same Yin herbs can be used, and several other herbs may be added, such as: Pearl powder, Schizandra, Lycium, Longan, Dang Gui and White Peony.

Primary Combinations

Tremella is often combined by itself, by adding just enough sugar to make a sweet soup. It may be combined with other herbs. Combine with:

1. American Ginseng and Asparagus root to tonify Kidney, Stomach and Lung yin
2. Bulbus Lillii, Radix Glehniae and rock candy for consumption, coughing up blood, and lung abscess
3. To beautify the skin, the same Yin herbs can be used, and several other herbs may be added, such as: Pearl

powder, Schizandra, Lycium, Longan, Dang Gui and White Peony.

Varieties and Grading

Tremella is a cultivated jelly fungus. The Tremella with more flavor is best, but you generally won't know that until you cook it. So usually, the most expensive is the best. The best Tremella may cost a dollar or two more per pound. Good Tremella is a pure creamy white color, with no discoloration. Be sure to buy relatively fresh Tremella. Though it is dried like all herbs in the herb shops, it will appear clean and fresh. When Tremella becomes old, it crumbles — a sign of nutritional degeneration (and a sign that it has lost its own Yin!).

There is also a Black Wooden Ear, but it is not as highly prized as the white variety. The White Wooden Ear is traditionally believed to be much more tonic. However, recent analysis has shown that the calcium content of the black variety is approximately equivalent and the black variety tends to be richer in protein and iron. Therefore, it is certainly worth using for tonic purposes.

Contraindications

None, Tremella is extremely safe. It is a highly nutritious food which may be enjoyed by the whole family any time.

Tribulus Leaf, Bulgarian

Products Featuring This Herb:

Tribulus Drops
Tribulus Capsules
Trilovin PMS/Menopause
Trilovin

Other Common Names

Tribulus

Pinyin

Treasures

Treasure Rating

Atmospheric Energy

Scientific Data

Bulgarian Tribulus Terrestris differs significantly from the Tribulus Terrestris extracts from India and China.

Using a special method of harvesting and pharmaceutical preparation, Bulgarian Tribulus Terrestris has a very high concentration of steroidal saponins; Indian and Chinese Tribulus Terrestris do not.

There are three groups of active phytochemicals in Bulgarian Tribulus Terrestris.

1. Dioscin, protodioscin, diosgenin, etc.

This first group has an effect on sexual performance and may treat various sexual disorders, sexual energy level and strength by increasing the percentage of free testosterone level for men, and effects pregnenolone, progesterone, estrogen, etc. The hormone balancing effects of Bulgarian Tribulus Terrestris for women makes this product best for premenstrual syndrome and menopausal syndrome.

2. Sterols - betasitosterols, stigma, etc.

This second group protects the prostate from swelling and in combination with the X steroidal saponins (third group listed below), protects the prostate from cancer.

3. Proprietary steroidal saponins currently referred to as X steroidal saponins.

These X steroidal saponins effect the immune system. They have been demonstrated to possess anti-bacterial and anti-viral (especially anti-herpes) effects. Bulgarian Tribulus Terrestris may be used internally and externally to treat herpes, and virus infections such as influenza and the common cold.

Chinese and Indian Tribulus Terrestris are made from a different part of the plant and is harvested at a different time of the year. The phytochemistry of Chinese and Indian Tribulus Terrestris is considerably different from that of Bulgarian Tribulus Terrestris. Chinese and Indian Tribulus Terrestris is used as a diuretic, and is used to treat kidney stones. Chinese and Indian Tribulus Terrestris does not have the same pharmacological and physiological functions as Bulgarian Tribulus Terrestris. At the best, Indian and Chinese Tribulus Terrestris have but a trace of group 1 and 1 phytochemicals, and contain virtually no X steroidal saponins. The Indian and Chinese producers extract for furostanols, which has no equivalent pharmacological effect to the Bulgarian Tribulus Terrestris. Furostanols are not the active ingredient used to effect sexual physiology and to regulate hormone balance. As they exist in Indian and Chinese Tribulus Terrestris, they are not absorbed and utilized by the body. However, the all of the active Bulgarian Tribulus Terrestris are readily absorbed and utilized in the body. This explains the radical difference in the effects of Tribulus Terrestris from different sources.

Turtle Shell

Other Common Names

Turtle Shell

Pharmaceutical Latin

Carapx Trionycis

Pinyin

Bie Jia

Treasures

Yin and Yin Jing

Treasure Rating

Atmospheric Energy

Cold

Part Used and Form

Shell of freshwater turtle

Primary Functions

To nourish Yin and subdue fire ("unruly Yang"), to soften hardness

Qualities

The shell of several species of freshwater turtle is a very special and potent Yin Essence tonic that also builds blood. It is said to increase fluids, build hormones and to replenish substances lost due to stress and excessive behavior. Turtle shell is thus included in "restorative" formulas. These are formulas designed to rejuvenate some one who has aged themselves prematurely by living excessively or because they have experienced severe stress. The same formulas can also be used as an occasional replenisher. The Yin essence is constantly drained by life itself, and since restorative formulas are quick and effective, they can be used from time to time to slow down aging.

Turtle shell is also used to in formulas designed to soften masses and nodules.

Primary Combinations

Combine with:

1. Raw Rehmannia, Donkey skin glue and White Peony root to tonify body fluids due to febrile disease or exhaustion of Kidney yin

2. Prince Ginseng and Dendrobium for deficient yin with fever and dehydration

Varieties and Grading

The species used is cultivated for food and is not endangered. Be sure to purchase Turtle shell from a reliable herb dealer.

Contraindications

This is a cold herb, so it should not be used in cases of deficiency where cold symptoms such as cold diarrhea are occurring. Use during pregnancy only under a doctor's supervision.

Uncaria Hook

Uncaria is a powerful sedative that eliminates anxiety, fear and anger. It is thus a potent and important Spirit stabilizing herb.

Products Featuring This Herb:
Easy Qi (formerly Smooth Flowing Qi)
Golden Voice

Other Common Names
Uncaria Hook

Pharmaceutical Latin
Uncariae Cum Uncis, Ramulus

Pinyin
Gou Teng

Treasures

Treasure Rating

Atmospheric Energy
Cool

Organ Meridian Systems
Liver, Heart

Primary Functions
Stabilizes Spirit

Walnut Kernel
Other Common Names
Walnut

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Tonic Herbs
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Pharmaceutical Latin
Semen Juglandis

Pinyin
Hu Tao Ren

Treasures
Yang and Yin

Treasure Rating
***1/2

Atmospheric Energy
Warm

Organ Meridian Systems
Kidney, Lung and Large Intestine

Part Used and Form
Kernel (Seed)

Primary Functions
To tonify the functions of the Kidney, strengthen the lower back, relieve cough due to Lung deficiency, relieve constipation due to dryness, and to benefit the skin

Qualities

Walnuts are well-known here in the West as a delicacy. However, to the Chinese, Walnut kernels are an important tonic herb which has significant strengthening qualities. In particular, it is used to strengthen the Kidney functions, and therefore it is used to strengthen the lumbar region of the back, the legs and the sexual organs. It is commonly combined with other Kidney tonics to enhance this action — in particular, Lycium, Eucommia, Morinda, Polygonum, Psoralea, Cynomorium, Cistanche, etc.

In addition, the brain is believed to be controlled by the Kidney function. So most Kidney tonics are believed to help strengthen the brain to one degree or another. However, Walnuts, which are shaped like a brain, are believed to have a more powerful effect on the brain than many other Kidney tonics. It is especially powerful when combined with Deer Antler (Pantocrin), Lycium, Polygonatum Sibericum, Acanthopanax (Siberian Ginseng), Schizandra, Gynostemma, Cordyceps, Ganoderma and/or appropriate Spirit tonics.

When combined with Panax Ginseng, Walnut is beneficial to cough due to deficient Lung Qi. Combine with Astragalus, Gynostemma, Ganoderma and Schizandra to strengthen the Lungs.

Walnut helps moisten the intestines and improves their function. This herb may be combined with Hemp seed, Cistanches and Polygonum to tonify the Large Intestine.

Many people appreciate Walnut's benefit to the skin above all else. Regular, moderate consumption improves the complexion and the condition of the skin. It may be combined with Lycium, Longan, Pearl, White Peony and Schizandra.

Walnuts may be blended into formulas just as any Chinese herb may, or they may be eaten raw or roasted. The Chinese use them in cooking much more than we do in the West, both for their flavor and for their health benefits.

Primary Combinations
Combine with:

1. Eucommia bark and Psoralea fruit to tonify the Kidney and strengthen the lower back and knees

2. Ginseng root for cough and asthma due to lung deficiency

3. Cistanche, Polygonum, Dang Gui and Hemp seed for constipation due to dryness in the intestines

Varieties and Grading

There are several varieties of Walnut. Most walnuts are equivalent. However, in China the black walnut is often favored since black is the color of the Kidney. Also, organic walnuts are sometimes available — these are best. The thin outer skin of the kernel is considered to be slightly toxic. If you are the fastidious type, you may scrub this off to improve both the effect and the taste of the walnuts (this skin has a bitter taste). Some Chinese suppliers have organically grown, peeled walnuts. These are the connoisseurs choice.

Contraindications

Do not use in cases of Yin deficiency with excessive fire, or in cases of cough due to phlegm-heat, or when experiencing diarrhea.

Zizyphus Seed

Products Featuring This Herb:
Lights Out
Calmers
Ginseng and Longan Combination
Ginseng and Zizyphus Combination

Other Common Names
Zizyphus

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Tonic Herbs
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Pharmaceutical Latin
Semen Zizyphi spinosae

Pinyin
Suan Zao Ren

Treasures
Blood and Spirit

Treasure Rating
***1/2

Atmospheric Energy
Neutral

Taste
Sweet and sour

Organ Meridian Systems
Heart and Liver

Primary Functions
Nourish Heart blood, pacify Spirit, benefits Yin

Qualities

Zizyphus is one of the most commonly used herbs in Chinese herbalism. It is the quintessential tranquilizing herbal substance. Being neutral in energy and mild in nature, it is the most commonly used lead herb in sedative formulas designed to

help relax the mind and induce sound sleep. It is especially useful for people who are experiencing restless sleep with excessive, vivid dreams and/or nightmares.

It is categorized as a heart-blood tonic, therefore directly calming the heart, which is the seat of Spirit and which determines our emotional stability. This is a very good herb for women who suffer insomnia due to a slight or profound anemic condition. It may be combined with Dang Gui, White Peony and Polygonum to build heart blood.

For simple, occasional insomnia due to stress or over-thinking, Zizyphus may be brewed simply by itself, or it may also be brewed as a tea with other Spirit stabilizing herbs such as Polygonum stem, Spirit Poria and/or Ganoderma and consumed at bedtime.

It is used with Biota, Polygonatum Sibericum and/or steamed or raw Rehmannia for insomnia, fright or anxiety caused by deficiency of the Kidney and Yin deficiency with hyperactive Yang.

It can also be used to stop excessive perspiration. In this case it is combined with tonic astringents such as Schizandra, Cornus and Dragon Bone, and with Qi tonics such as Codonopsis and/or Astragalus. For spontaneous sweating or night sweating due to weakness (as occurs in people who are exhausted or are infected with a chronic virus), mix Zizyphus with Ginseng, Astragalus and Schizandra.

It also helps the bowels to move. Mixed with Biota, it is both a sedative and a mild laxative.

Primary Combinations

Combine with:

1. Zizyphus Seed, Albizia Bark, Spirit Poria, Polygonum Stem, Dragon Bone and Oyster Shell to stabilize Spirit and treat insomnia caused by anxiety
2. Astragalus, Schizandra and Ginseng as a Heart Qi tonic and to stop night sweating
3. Biota for insomnia and as a mild laxative

Varieties and Grading

Zizyphus seed is not the seed of the Jujube Date, as many people think. Zizyphus jujube (Chinese Red Date) and Zizyphus spinosa are different species and have different herbal effects. The seed must be roasted to be effective and mild in action. Freshly roasted Zizyphus has a very pleasant aroma.

Contraindications

Do not use when experiencing diarrhea. Zizyphus may cause drowsiness.

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Posting information on this web site does not necessarily mean we agree with all of it, particularly from a religious aspect. Spirit (Spirit) tonics have enabled us to get a closer walk with Jesus by cleansing the body to eliminate the distractions that normally try to take us away from our attention to Him. From our experience as well as clients, we have found the physical benefits of these herbs to be accurate. It is up to the individual to decide what is right and true for them from a religious standpoint.