



# Practitioner's Guide

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**Black Label Product**

BWSQW (Ba Wei Shen Qi Wan)	Grain Alcohol	<b>35</b>
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## About Us:

**Giant-Herbs & Tea** was launched in April 2019 by Jonathan Schell L.Ac.

Jonathan, has been an acupuncturist for twenty years, an herbalist for twenty-five a publisher of Chinese and Japanese medical texts for sixteen, and a translator of Chinese medical texts for twelve years. He has always made some tinctures for personal and patient use, as well as, *die da jiu* (or trauma liniment). After a dental infection, he decided to apply his skills at research in creating a better strategy for oral care, and this led to the creation of the **Teath Paste**, followed soon after by the **Swish-Swish**. Very soon after these two products were created, it was apparent that a line was in the making, and that the line would need to be split into two.

**The Red Label:** Simply put, these products have been designed to help regular people with common ailments. These formulas could be considered to be Jonathan's clinical pearls, or formulas that do the most good with the least chance of harm. The formulas also are not likely to hurt someone who is an inexperienced herbalist, provided they follow the directions on the product. Red Label products can be bought by the public.

**The Black Label:** These products are straight from the classics, most notably the *Shāng Hán Lùn* and *Jīn Guī Yào Lǜè*, are designed with the clinician in mind, and are meant to be prescribed by a clinician to a patient as medicine. Therefore, it is expected that the clinician should know what the formula treats, in what cases it should be used, and be able to convey this information to the patient. Compared to the Red Label product, these formulas are stronger, and could be harmful if taken inappropriately. Black Label product can only be bought by practitioners.

We make all of our product in small batches in a small cGMP compliant and Oregon Department of Agriculture licensed lab in Portland, Oregon. All our herbs have been 3rd party tested, and we use local and organic product and suppliers when possible.

## Tinctures?

In clinic, we have used all kinds of forms of herbs over our tenure as a practitioner, such as: bulk, pills, powders, granules, plasters, soaks, and *jiu's*. Regardless of the preparation, herbal medicine's effectiveness inevitably reverts to the lowest level of compliance by the patient. If the patient is not compliant, then prescribing herbs is not efficacious.

**Bulk Herbs:** Most patients will not take the time to boil herbs into a tea. There are also many complaints about the smell of cooking the herbs. **Pills:** Patients are generally compliant when taking pills, but there is concern amongst many practitioners about the general efficacy of pills. **Granules:** Granules are cooked and applied at a 5:1 ratio. It is assumed that this makes them the "most effective" form of herbal preparation. However, decoctions are sprayed onto corn starch or potato starch, as a "neutral" fiber to hold the decoction. These two starches not only provide problems with people who have food intolerances, but how much of the resultant material is herb decoction, and how much is starch? Additionally, many herbs used in Asian medicine have volatile components to them, and these are often lost in the spraying process. Granules, are the most expensive for the practitioner and the patient, and their shelf life is generally less than six months.

**Tinctures:** Are shelf stable for three years or longer, because the alcohol is a preservative. In the making of tinctures, the herbs are literally cooked in the alcohol, so there is no loss of the volatile oils. Using alcohol as a vehicle to convey the herbal compounds, means that these compounds are absorbed by the body very quickly. Many users of our tinctures notice a "change" within five minutes. This cannot be said of any other preparation which we have used. Tinctures are highly portable, fit in a purse or a pocket, and hence can be used at the correct frequency. Since dosage is by dropper, there is no need to have a container to mix the solution, or a spoon to measure out the dose. Tinctures, bring out the natural flavors of herbs, like notes on the palette, providing a form of medicine that is not just effective, but also appealing to the taste. Therefore, there tends to be

increased compliance on the part of the patient.

### Taste matters.

On a recent tasting, a student said to us that “he didn’t know if the taste of product was as important as the constituents within the product.” Obviously, both Shén Nóng and Huáng Dì would disagree. Understanding classical herbalism is as much about understanding the flavors of herbs, as it is about understanding what it is that the herbs do. When herbs taste weak, or insipid, or downright terrible, it defies the ideas introduced in the *Sù Wèn* about each flavor and it’s corresponding organ. As herbalists within CM, we don’t just put together formulas, we are concocting a flavor profile with ingredients to match our patient’s needs.

### Discounts? Who doesn’t like a discount?

**Our Black Label** products are for Chinese medicine practitioners and students of Chinese medicine only. When purchasing black label products, you agree to not sell them on the internet, or list them on your website or shopping cart.

**How the discounts work:** Products are mix and match, and our discounts are based on quantity of items purchased:

- 10% Practitioner Discount 10-20 items.
- 20% Practitioner Discount 21-30 items.
- 30% Practitioner Discount 31-40 items.
- 40% Practitioner Discount 41-1000 items.

We also offer **free shipping** on orders over \$600 or more (after discounts have been applied).

Discounts will show at the checkout page.

To see **Black Label** products, a practitioner or student will need to first register an account with us. If a practitioner, we will verify through a license look up. If a student, we

will ask for a copy of your student ID.

### Teath Paste

#### Retail Price:

2 oz: \$8.00 | 3.5 oz: \$11.50.

The Journal of the American Dental Association (JADA) said: “this is almost a perfect description of our modern-day baking soda dentifrices and the advantages that they have to offer: Baking soda is ‘capable of giving a high polishing to the teeth but without the danger of scratching them in the least. It must, in addition, have a stringent stimulant, actively cleansing, antiseptic and alkaline properties, just enough to be helpful to the gums without any danger of irritating them.’”<sup>1</sup>

We wanted to create a natural toothpaste, without any chemicals, fillers, or foaming agents, to help people with the ongoing struggle of periodontitis and gum loss. Secondly, we wanted toothpaste which **did not use plastic**, but comes in glass. Toothpaste tubes, regardless what they say on them, are not recyclable, and we as Americans throw over a **billion** of them into the garbage each year. **Stewardship of the Earth**, and doing our part for future generations is important to us at Giant-Herbs.

**Teath Paste** gives one’s mouth a very clean feeling after use, as between the baking soda and the salt, very little tartar remains in the mouth after use. Hygenists began to notice a change in our patient’s “gum pockets” after using Teath Paste for several months. **This is not sweet goop for your breath, but salty cleaning paste for your teeth!**

Why chocolate in toothpaste? According to recent research, theobromine, a primary ingredient in cacao, helps “remineralize carious lesions and increases enamel microhardness, providing increased resistance to acid attack.”<sup>2</sup>



## It's Lavender Thyme Teath Paste

### Retail Price:

2 oz: \$8.00 | 3.5 oz: \$11.50.

**It's Lavender Thyme Teath Paste** is based on the same principle as our original formula. However, in this Teath Paste we have switched the coconut oil used in the original to olive oil.

The olive oil gives this Teath Paste a consistent quality at any temperature, where as the original Teath Paste can be harder or softer based on the temperature of it's environment.

The choice of lavender and thyme gives the toothpaste a different kind of refreshing taste after brushing. A number of people using the **It's Lavender Thyme Teath Paste** have commented on how the lavender in the paste helps them get ready for bed, as the lavender acts to sooth anxiety and tension. However, we choose this combination of flavors because lavender and thyme both help stimulate blood flow in the gums.



## Cinnamon Chocolate Teath Paste

### Retail Price:

2 oz: \$8.00 | 3.5 oz: \$11.50.

**Cinnamon Chocolate Teath Paste** is based on the same principles as our original formula. The important thing to note in this toothpaste is that there are two kinds of cinnamon, as well as clove within the recipe. If you have allergies to these ingredients in any way, this is not the toothpaste for you.



**Cinnamon Chocolate Teath Paste**, is our sweetest toothpaste, although there is no sweetener within it. The sweetness comes solely from the two kinds of cinnamon, and is quite mouthwatering. This toothpaste will leave your gums and teeth feeling slightly warmed like the spices in a cup of chai tea. It is a great thing to brush with on a cold day.

Clove oil has long been used to help with dental pain, and it makes a good flavor combination with the cinnamon and the chocolate, however, in our opinion, this toothpaste alone won't salve dental pain like using clove oil would. For dental pain, please see our **A Little Loose** tincture on page [xxyy](#) which has been designed to help with tooth pain.

Many people have said to us in regards to our chocolate toothpaste: "Chocolate toothpaste? I probably wouldn't brush with it. I would probably just want to eat it!" Trust us, once you get it in your mouth, this idea will change. The best way we have of explaining the chocolate aspect of the toothpaste, is that our chocolate Teath Pastes are like a sea salt chocolate, but without sugar.

	Oil	Ingredients	Essential Oils
Teath Paste	Organic Virgin Coconut	Baking soda, Organic cacao, salt	Peppermint, frankincense, clove.
It's Lavender Thyme	Organic Virgin Olive	Baking soda, salt	Lavender, thyme, frankincense.
Cinnamon Chocolate	Organic Virgin Coconut	Baking soda, Organic cacao, salt, cinnamon powder	Cinnamon, frankincense, clove.

## Heart Thorn

**Retail Price:** 1 oz: \$19.00.

This is Hawthorn in brandy.

In 1922, Harvey Wickes Felter, M.D. published the *Eclectic Materia Medica, Pharmacology and Therapeutics* which in regards to Hawthorn said: “the indications for crataegus may be stated thus: Cardiac weakness, with valvular murmurs, sighing respiration, or other difficult breathing, especially when associated with nerve depression or neurasthenia; mitral regurgitation, with valvular insufficiency; cardiac pain; precordial oppression; dyspnea; rapid and feeble heart action; marked anemia, associated with heart irregularity; cardiac hypertrophy; and heart strain, due to over-exertion or accompanying nervous explosions.”

According to *Zhōng Yī Dà Cì Diǎn*:<sup>3</sup> “*Hawthorn* 1) treats food stagnation and accumulations from meat, abdominal pain, diarrhea, bacillary dysentery, phlegm-rheum, glomus and fullness, acid regurgitation, jaundice, hernia, unilateral sagging of a testicle with distending pain.

2) Clinically it is used to treat hypertension, high cholesterol, hepatitis, and pyelonephritis.

3) As a tincture it can moderate blood pressure by reducing and slowing it, hence it can be used for cardiac arrhythmia. It also has an inhibitory effect on *Bacillus dysenteriae*, bacteria in the large intestine and liver, and *Pseudomonas pyocyanea*.”

Compared to **Bubbling Well**, we use this more for emotional disorders that have a physical heart component, or situations like anxiety and shortness of breath (due to heart issues). But, we have also seen it bring relief to people who have shortness of breath due to lung cancer.



## Bubbling Well

**Retail Price:** 1 oz: \$19.00.

This is Hawthorn plus *dān shēn* in brandy.

	Nature	Flavor	Channels
Hawthorn	Sl. Warm	Sour, sweet	Sp, St, Lv
<i>dān shēn</i>	Sl. Cool	Bitter	Ht, Lv

Modern research says that Hawthorn plus *dān shēn* can treat nonalcoholic, as well as alcoholic fatty liver disease,<sup>4</sup> and cardiovascular disease. According to one study: Hawthorn plus *dān shēn* “significantly reduced the levels of total cholesterol, triglycerides, and low-density lipoprotein-cholesterol and increased the high-density lipoprotein-cholesterol level in the blood. It also decreased the concentrations of interleukin-1 $\beta$  and interleukin-18, indicating anti-inflammation activity. In addition, it increased the serum levels of nitric oxide and 6-keto-prostaglandin F1 $\alpha$  and decreased the serum levels of endothelin and thromboxane B2, indicating an endothelial protective effect.”<sup>5</sup> Therefore, this combination can “lower lipid concentrations, protect endothelial function, and is anti-inflammatory.”

We have found this pairing to have a remarkable effect on lowering not only the systolic, but more importantly the diastolic in our high blood pressure patients. Using this formula at three dropperfuls TID, has shown a decrease of diastolic pressure by up to 20 points. Our patients have also found that this formula helps relieve flank and rib-side pain, generally when there is corresponding liver or gallbladder inflammation.

Both **Heart Thorn** and **Bubbling Well** should be **used with caution** in patients who have historically low blood pressure, as these preparations can cause a greater loss in pressure to this demographic.



## Ambrosia

**Retail Price:** 1 oz: \$19.00.

In brandy.

Current research on *Maca* suggests that it is a beneficial supplement for peri and postmenopausal women (PMW).

In one study, it was concluded that “in addition to reduction in body weight, blood pressure and increasing serum HDL and iron, organic *Maca* may be a valuable non-hormonal plant preparation for balancing levels of hormones (follicle stimulating hormone, estrogen, progesterone, and adrenocorticotrophic hormone) and alleviating negative physiological and psychological symptoms (frequency of hot flashes, incidence in night sweating, interrupted sleep pattern, nervousness, depression and heart palpitations) experienced by women in perimenopausal stage. It appears that organic *Maca* may act as a toner of hormonal processes, leading to alleviation of discomfort felt by perimenopausal women, hence, its potential use as non-hormonal alternative to hormone replacement therapy program.”<sup>6,7</sup> In PMW, *Maca* can also significantly decrease “diastolic blood pressure and depression,”<sup>8</sup> prevent “estrogen deficient bone loss,”<sup>9</sup> “enhances sexual behavior and fertility... [and ethanol extract of *Maca* does] not present relevant toxicity after exposure to single and repeated doses.”<sup>10</sup>

In this formula, organic *cacao* provides a natural lift due to its caffeine.

*Zhōng Yī Dà Cì Diǎn*: “*Huáng jīng* tonifies the spleen, moistens the lungs, nourishes yīn, and engenders fluids. *Hé shǒu wū* tonifies the liver, boosts the kidneys, nourishes the blood,

	Organic (Og)	Nature	Flavor	Channels
	Og maca	Sl. Warm	Sweet	Ht, Ki
	Og cacao	Sl. Cool	Bitter	Ht, Lv
	huáng jīng	Neutral	Sweet	Sp, Lu, Ki
	hé shǒu wū	Sl. Warm	Bitter, sweet, astringent	Lv, Ki
	nǚ zhēn zǐ	Sl. Cold	Sweet, bitter	Lv, Ki
	hàn lián cǎo	Cool	Sweet, sour	Lv, Ki
	gān cǎo	Neutral	Sweet	Sp, Lu

astringes the essence, and dispels wind. *Nǚ zhēn zǐ* tonifies the kidneys, enriches yīn, nourishes the liver, and brightens the eyes. *Hàn lián cǎo* cools blood, stops bleeding, tonifies the kidneys, and increases yīn. *Gān cǎo* harmonizes the center, relaxes tension, stops pain, dispels phlegm, stops cough, resolves toxicity, and regulates and harmonizes all medicinals.”

**Ambrosia** then, has the ability to treat blood, yīn, and essence deficiency with signs such as: dizziness, tinnitus, blurred vision, insomnia, premature graying of the hair, weakness of the back and knees, irregular uterine bleeding and vaginal discharge, fatigue and lack of strength, postpartum weakness of the body, and wasting-thirsting.

From a western perspective, the combined formula can help with: perimenopause, postmenopause, hyperlipidemia, chronic hepatitis, hypertension, coronary heart disease, cardiac arrhythmia, angina pectoris, leukopenia, and aplastic anemia. It also has antioxidant qualities, is anti-aging, protects the liver viscus, alleviates diseases of the vessels, reduces cholesterol in the blood, lowers blood sugar, protects chromosomes, helps balance hormone levels, promotes the ability of the bone marrow to make blood, and helps the body to resist cancer.

Additionally, in our practice, we have seen **Ambrosia** be effective in helping with hot flashes and hot flushes, and giving women a boost of energy. Where, after taking it, a number of women have said within five minutes that they can feel the tincture working in their chest and spreading downward. One woman in the middle of a hot flash noted that the hot flash immediately ceased upon taking the formula. Lastly, this formula is easy on the palate with many commenting on how good it tastes. It makes taking medicine easy.





## Nectar

**Retail Price:** 1 oz: \$19.00.

In brandy.

Current research on *Maca* suggests that it is a beneficial supplement for men.

"After twelve weeks of treatment... patients [suffering from erectile dysfunction] taking Maca experienced a

more significant increase than those taking placebo."<sup>11</sup> Other studies said when treated "twice a day for fourteen consecutive days, [Maca] invigorates spermatogenesis,"<sup>12</sup> "possesses fertility enhancing properties in men,"<sup>13</sup> increases "epididymal sperm count."<sup>14</sup> Yet another study said: "Treatment with Maca resulted in increased seminal volume, sperm count per ejaculum, motile sperm count, and sperm motility."<sup>15</sup> Lastly, Maca may decrease "inflammatory cells counts in the prostate,"<sup>16</sup> have an "anti-fatigue effect,"<sup>17</sup> and increases "endurance performance and sexual desire."<sup>18</sup>

In this formula, organic *cacao* provides a natural lift due to its caffeine.

*Zhōng Yì Dà Cì Diān*: "*Rén shēn* tonifies the qi, secures loss, tonifies the lungs, boosts the spleen, generates fluids, quiets the *shén*, and increases wisdom. *Dù zhòng* tonifies the liver and kidneys, strengthens the sinews and bones, quiets the fetus, and lowers blood pressure. *Bā jǐ tiān* tonifies kidney yáng, strengthens the sinews and bones, dispels wind and damp. *Shān zhū yú* tonifies and boosts the liver and kidneys, astringes the essence, and restrains sweating. *Tù sī zǐ* tonifies the kidneys, boosts the essence, nourishes the liver, brightens the eyes, and quiets the fetus."

**Nectar** then, has the ability to treat qi, yáng, and essence deficiency with signs such as:

Organic (Og)	Nature	Flavor	Channels
Og maca	Sl. Warm	Sweet	Ht, Ki
Og cacao	Sl. Cool	Bitter	Ht, Lv
rén shēn	Warm	Sweet, Sl. bitter	Sp, Lu
dù zhòng	Warm	Sweet, Sl. acrid	Lv, Ki
bā jǐ tiān	Sl. Warm	Acrid, sweet	Lv, Ki
shān zhū yú	Sl. Warm	Sour	Lv, Ki
tù sī zǐ	Sl. Warm	Acrid, sweet	Lv, Ki

impotence, seminal emission, premature ejaculation, frequent urination, enuresis, incontinence, aching and pain of the lower back and knees, and weakness and atrophy of the sinews and bones. From a western perspective, the combined formula can help: increase physical and mental endurance, reduce stress, strengthen the immune system, strengthen the cardiovascular system, increase blood flow, increase sperm count and motility, and help with erectile dysfunction and swelling of the prostate.

In our practice, we have found **Nectar** to give men a boost of energy similar to the way that **Ambrosia** works for women. This boost, is not a boost like ingesting caffeine, but more of an overall sense of well-being and sustained energy. Compared to typical yáng tonics for energy and sexual stamina, **Nectar** does not use hot herbs, so it will not cause the typical side effects such as hemorrhoids, constipation, or a sense of being overly hot. This is a gentle yáng tonic meant to be taken over time to give the body a chance to heal the yáng. While ingestion of any of our tincture products will generally produce results within five minutes or so, the aim of this formula is not to give a shot of energy to a dying flame, but to slowly add more tinder to the fire, so that it can burn larger pieces of wood. For a tincture designed to be a quick fix of energy, see **Burning the Candle** on page 14.

Although this was designed as a male formula, the herbs within are perfectly applicable to the female body which has qi, yáng, and essence deficiency. For this application, it would be appropriate in addition to the signs above, for deficiency and cold of the uterus, profuse menstruation, incessant vaginal spotting and discharge due to cold.

Lastly, sometimes we are asked what tinctures we have that can be used together for internal injury, or for something like a bone break, strain, or muscle sprain. We have found that **Nectar** combines admirably well with **Road Rash** when taken internally, for speeding the process of healing in these types of situations (for both men and women).



## Resolution Solution

**Retail Price:** 1 oz: \$17.00.

In grain alcohol.

**Resolution Solution** was originally designed to help students improve concentration, reduce stress, and improve performance. However, it could be used by anyone that needs more focus, and less stress. It is a combination of the two formulas *Tiān Wáng Bǔ Xīn Dān* 天王補心丹 and *Jiā Wèi Xiāo Yáo Sǎn* 加味逍遙散.

*Zhōng Yī Dà Cí Diǎn*: “*Shēng dì huáng* enriches the yīn, clears heat, cools blood, and stops bleeding. *Dǎng shēn* tonifies the center, strengthens the spleen, boosts the qì, and engenders fluids. *Tiān mén dòng* nourishes yīn, moistens dryness, clears the lungs, and downbears fire. *Mài mén dòng* cools the heart, moistens the lungs, nourishes the stomach, and engenders fluids. *Xuán shēn* enriches the yīn, downbears fire, cools the blood, and resolves toxins. *Dān shēn* invigorates the blood, dispels stasis, quiets the *shén*, and tranquilizes the heart. *Fú líng* promotes urination to percolate dampness, strengthens the spleen, harmonizes the stomach, tranquilizes the heart, and quiets the *shén*. *Yuǎn zhì* tranquilizes the heart, quiets the *shén*, opens the orifices, boosts the will, dispels phlegm, stops cough, resolves toxins, and disperses swelling. *Chái hú* releases the exterior, reduces heat, dredges the liver, and raises the yáng. *Dǎng guī* tonifies blood, invigorates blood, regulates menstruation, stops pain, moistens dryness, and lubricates the intestines. *Bái sháo* nourishes the blood, astringes the yīn, softens the liver, and stops pain. *Bái zhú* strengthens the spleen, boosts the qì, dries dampness, disperses phlegm, disinhibits water, stops sweating. *Zhì gān cǎo* tonifies the spleen, increases the qì, and is often used in deficiency and cold patterns. *Mú dān pí* clears heat, cools blood, invigorates the blood, and disperses stasis (*mú dān* should be used with caution during pregnancy). *Zhī zǐ* drains fire, eliminates irritability, clears heat, disinhibits dampness, cools blood, and stops bleeding.”

Mod. Tiān Wáng Bǔ Xīn Dān		Nature	Flavor	Channels
	shēng dì huáng	Cool	Sweet, Sl. bitter	Ht, Lv, Ki
	dǎng shēn	Neutral	Sweet	Lu, Sp
	tiān mén dòng	Cold	Sweet, Sl. bitter	Ki, Lu
	mài mén dòng	Cold	Sweet, Sl. bitter	Ht, Lu, St
	xuán shēn	Sl. Cold	Salty, sweet, bitter	Ki, St, Lu
	dān shēn	Cool	Bitter	Ht, Lv
	fú líng	Neutral	Bland, sweet	Ht, Sp, Ki
Jiā Wèi Xiāo Yáo Sǎn	yuǎn zhì	Sl. Warm	Bitter, acrid	Ki, Ht, Lu
	chái hú	Sl. Cold	Acrid, bitter	Gb, Lv
	dǎng guī	Warm	Acrid, sweet	Ht, Lv, Sp
	bái sháo	Sl. Cold	Bitter, sour	Lv, Sp
	bái zhú	Warm	Sweet, bitter	St, Sp
	zhì gān cǎo	Neutral	Sweet	Ht, Lu, Sp, St
	mú dān pí	Sl. Cold	Bitter, acrid	Ht, Lv, Ki
	zhī zǐ	Cold	Bitter	Ht, Lu, St, Sj

As a formula then: *Tiān Wáng Bǔ Xīn Dān* enriches yīn, clears heat, nourishes the blood, tonifies the heart, and calms the *shén*; while *Jiā Wèi Xiāo Yáo Sǎn* dredges the liver, resolves constraint, clears heat, and eliminates irritability. This combination then reduces stress (heat and constraint) while strengthening the mind, will, and *shén*.



## Stressable

**Retail Price:** 1 oz: \$17.00.

In grain alcohol.

**Stressable**, or stressed and irritable, is our version of *Jiā Wèi Xiāo Yáo Sǎn* 加味逍

遙散. When picking which formula is right for you or your patient, it is important to remember that the larger a

formula is, the less concentration of each herb is in the formula. Therefore, compared to **Resolution Solution**,

**Stressable** has a higher concentration of medicinals which treat the liver and spleen qi.

*Zhōng Yī Dà Cí Diǎn*: “*Dāng guī* tonifies blood, invigorates blood, regulates menstruation, stops pain, moistens dryness, and lubricates the intestines. *Bái sháo* nourishes the blood, astringes the yin, softens the liver, and stops pain. *Bái zhú* strengthens the spleen, boosts the qi, dries dampness, disperses phlegm, disinhibits water, stops sweating. *Fú líng* promotes urination to percolate dampness, strengthens the spleen, harmonizes the stomach, tranquilizes the heart, and quiets the *shén*. *Zhī gān cǎo* tonifies the spleen, increases the qi, and is often used in deficiency and cold patterns. *Chái hú* releases the exterior, reduces heat, dredges the liver, and raises the *yáng*. *Mǔ dān pí* clears heat, cools blood, invigorates the blood, and disperses stasis (*mǔ dān* should be used with caution during pregnancy). *Zhī zǐ* drains fire, eliminates irritability, clears heat, disinhibits dampness, cools blood, and stops bleeding.”

As a formula then: *Jiā Wèi Xiāo Yáo Sǎn* dredges the liver, resolves constraint, clears heat, and eliminates irritability. It treats liver and spleen deficiency with blood deficiency and

Nature	Flavor	Channels
Warm	Acrid, sweet	Ht, Lv, Sp
Sl. Cold	Bitter, sour	Lv, Sp
Warm	Sweet, bitter	St, Sp
Neutral	Bland, sweet	Ht, Sp, Ki
Neutral	Sweet	Ht, Lu, Sp, St
Sl. Cold	Acrid, bitter	Gb, Lv
Sl. Cold	Bitter, acrid	Ht, Lv, Ki
Cold	Bitter	Ht, Lu, St, Sj

heat, itching over the entire body, or dry mouth and throat, fever, night sweating, reduced eating, desire to sleep, rough and stagnant urination, as well as scrofula and spreading sores.

It is also important to note, that in order to create lasting benefits for the liver, the spleen may need to be treated simultaneously while treating the liver. The methodology is simple, and goes back to JGYL chapter 1, Line 1 where Zhāng Zhōngjīng said: “The master said: To treat [when there is] not yet disease, is [when] disease presents in the liver, [then it is] known that the liver [should] transmit to the spleen, [therefore one] should first replenish the spleen.

[However, during] the four seasons [when] the spleen flourishes [it does] not receive evil, then do not supplement this. The middle practitioner has no comprehension of mutual transmission. [When] disease presents in the liver, [these practitioners] fail to resolve and replenish the spleen, and only treat the liver.’

‘[In] liver disease, supplement by using sour, reinforce by using scorched and bitter, and benefit by using medicinals with the sweet flavor that regulate this. Sour enters the liver, scorched and bitter enter the heart, and sweet enters the spleen.’

“The spleen is able to damage the kidneys, and [when] the kidney qi [is] weak, then water cannot circulate. [If] water cannot circulate, then the heart fire qi is abundant. [If the heart fire qi is abundant,] then [it] damages the lungs. [If] the lungs are subjected to damage, then the metal qi cannot circulate. [If] the metal qi cannot circulate, then the liver qi is abundant. [Therefore, when the spleen is full], then the liver will naturally recover. Hence, [it is] clever and important to treat the liver by supplementing the spleen. [When] the liver is empty then use this method, [and when it is] full, [then one] is not [able] to use this.”<sup>19</sup>



## Can't Get To Sleep

**Retail Price:** 1 oz: \$17.00.

In grain alcohol.

### Can't Get To Sleep

is one of two formulas we have for insomnia. In CM there is a common understanding regarding insomnia patterns: "Can't get to sleep" and "Can't stay asleep." Upon analysis of the formula literature, it is apparent that these are coined TCM phrases, as it is rare for the formula literature to discuss insomnia this way. However, through careful analysis of the classics and the formula literature, "Can't get to sleep" can be encapsulated neatly and simply by stating that inability to get to sleep is due to heat in the lower *jiāo* which flares upward.

In *Huáng Di Nèi Jīng Sù Wèn* it said: "The qi also circulates downward, [if] the yángmíng counterflows, [then the yángmíng is] unable to follow the way, therefore [one is] unable to lie down. The *Xià Jīng* said: [If] the stomach is not in harmony, then [there is] disquiet [upon] lying down."<sup>20</sup>

	Nature	Flavor	Channels
	Neutral	Sweet, sour	Ht, Lv, Gb
suān zǎo rén	Sl. Warm	Bitter, acrid	Ki, Ht, Lu
yuǎn zhì	Neutral	Sweet	Ht, Lv, Sp
bǎi zǐ rén	Sl. Warm	Sweet	Lv, Ki
shú dì huáng	Warm	Acrid, sweet	Ht, Lv, Sp
dāng guī	Cold	Bitter	Ht, Lu, St, Sj
zhī zǐ	Cold	Bitter	Ht, Lv, St, Li
huáng lián	Cold	Bitter, sweet	Lu, St, Ki
zhī mǔ	Neutral	Sweet	Ht, Lv
hé huān pí	Warm	Sour	Lu, Ki
wǔ wèi zǐ	Sl. Cold	Sweet, bitter	Lv, Ki
nǚ zhēn zǐ	Neutral	Bland, sweet	Ht, Sp, Ki
fú líng	Warm	Acrid	Lv, Gb, Pc
chuān xiōng	Neutral	Sweet, astringent	Ht, Lv, Ki
lóng gǔ	Cool	Salty, astringent	Lv, Ki
mù lì	Very Hot	Acrid, sweet	Ki, Sp, Lv
ròu guì			

The qi of yángmíng is supposed to descend, but if it does not descend, and instead counterflows, then it ascends upwards, and when the yángmíng ascends, it brings the heat of the stomach with it. It this heat which then causes the "overthinking" which causes the insomnia in the **Can't Get to Sleep** pattern. Therefore, to treat this pattern we have to clear heat from the lower *jiāo* and sedate and sink the counterflow.

*Zhōng Yì Dà Cí Diǎn*: "Suān zǎo rén nourishes the heart, calms the shén, and astringes sweating. Yuǎn zhì tranquilizes the heart, quiets the shén, opens the orifices, boosts the will, dispels phlegm, stops cough, resolves toxins, and disperses swelling. Bǎi zǐ rén nourishes the heart, increases wisdom, quiets the shén, and moistens dryness. Shú dì huáng enriches the yin and tonifies blood. Dāng guī tonifies blood, invigorates blood, regulates menstruation, stops pain, moistens dryness, and lubricates the intestines. Zhī zǐ drains fire, eliminates irritability, clears heat, disinhibits dampness, cools blood, and stops bleeding. Huáng lián clears heat, dries dampness, drains fire, and resolves toxins. Zhī mǔ clears heat, downbears fire, enriches yin, moistens dryness, stops thirst, and eliminates irritability. Hé huān pí tranquilizes the heart, resolves constraint, harmonizes the blood, reduces abscesses, and stops pain. Wǔ wèi zǐ astringes the lungs, enriches the kidneys, stops fluids, stops sweating, astringes the essence, stops diarrhea, and quiets the shén. Nǚ zhēn zǐ tonifies the kidneys, enriches yin, nourishes the liver, and brightens the eyes. Fú líng promotes urination to percolate dampness, strengthens the spleen, harmonizes the stomach, tranquilizes the heart, and quiets the shén. Chuān xiōng invigorates the blood, circulates the qi, disperses wind, and stops pain. Lóng gǔ calms the liver, subdues yáng, settles fright, quiets the shén, stabilizes, and astringes. Mù lì calms the liver and subdues the yáng, quiets the shén through heavy settling, softens hardness, and disperses binds. Ròu guì tonifies the kidney yáng, warms the spleen and stomach, eliminates accumulated cold, unblocks the vessels, and stops pain.



## Can't Stay Asleep

**Retail Price:** 1 oz: \$17.00.

In grain alcohol.

**Can't Stay Asleep** is our second Red Label formula for insomnia. In this insomnia pattern, the person cannot stay asleep because of heart and kidney deficiency, where the water and fire are not communicating. Therefore, the principle of this formula is to sedate the *shén*, while at the same time strengthening the viscera of the heart and kidneys, and their ability to communicate with each other.

	Nature	Flavor	Channels
shēng dì huáng	Cool	Sweet, Sl. bitter	Ht, Lv, Ki
dāng guī	Warm	Acrid, sweet	Ht, Lv, Sp
mài mén dòng	Cold	Sweet, Sl. bitter	Ht, Lu, St
tiān mén dòng	Cold	Sweet, Sl. bitter	Ki, Lu
bǎi zǐ rén	Neutral	Sweet	Ht, Lv, Sp
suān zǎo rén	Neutral	Sweet, sour	Ht, Lv, Gb
yè jiāo téng	Neutral	Sweet, Sl. bitter	Ht, Lv
shí chāng pú	Warm	Acrid	Ht, Lv, Sp
hǔ pò	Neutral	Sweet, bland	Ht, Lv, Si
fú shén	Neutral	Sweet, bland	Ht, Sp
lóng yǎn ròu	Warm	Sweet	Sp, Ht
xuán shēn	Sl. Cold	Salty, sweet, bitter	Ki, St, Lu
yuǎn zhì	Sl. Warm	Bitter, acrid	Ki, Ht, Lu
wǔ wèi zǐ	Warm	Sour	Lu, Ki

*Zhōng Yī Dà Cí Diǎn*: “*Shēng dì huáng* enriches the *yīn*, clears heat, cools blood, and stops bleeding. *Dāng guī* tonifies blood, invigorates blood, regulates menstruation, stops pain, moistens dryness, and lubricates the intestines. *Mài mén dòng* cools the heart, moistens the lungs, nourishes the stomach, and engenders fluids. *Tiān mén dòng* nourishes *yīn*, moistens dryness, clears the lungs, and downbears fire. *Bǎi zǐ rén* nourishes the heart, increases wisdom, quiets the *shén*, and moistens dryness. *Suān zǎo rén* nourishes the heart, calms the *shén*, and astringes sweating. *Yè jiāo téng* nourishes the heart, calms the *shén*, dispels wind, and invigo-

rates the collaterals. *Shí chāng pú* opens the orifices, dislodges phlegm, transforms damp, harmonizes the center, and resolves toxins. *Hǔ pò* settles fright, quiets the *shén*, disinhibits water, unblocks dribbling, invigorates the blood, and transforms stasis. *Fú shén* tranquilizes the heart, quiets the *shén*, and disinhibits water. *Lóng yǎn ròu* tonifies and boosts the heart and spleen, nourishes the blood, and quiets the *shén*. *Xuán shēn* enriches the *yīn*, downbears fire, cools the blood, and resolves toxins. *Yuǎn zhì* tranquilizes the heart, quiets the *shén*, opens the orifices, boosts the will, dispels phlegm, stops cough, resolves toxins, and disperses swelling. *Wǔ wèi zǐ* astringes the lungs, enriches the kidneys, stops fluids, stops sweating, astringes the essence, stops diarrhea, and quiets the *shén*.



## Burning the Candle

**Retail Price:** 1 oz: \$19.00.

In grain alcohol.

We have a friend who is a DJ by night, and manager of a shop by day. He wakes up early and goes to bed late. He was not going to stop his lifestyle, so we thought about how we could help him minimize the damage to his body. Thus, **Burning the Candle** was born.

	Nature	Flavor	Channels
xī yáng shēn	Cool	Sweet, Sl. bitter	Ki, Lu, Ht
shú dì huáng	Sl. Warm	Sweet	Lv, Ki
shān zhā	Sl. Warm	Sour, sweet	Sp, St, Lv
bā jǐ tiān	Sl. Warm	Acrid, sweet	Lv, Ki
bái sháo	Sl. Cold	Bitter, sour	Lv, Sp
bái zhú	Warm	Sweet, bitter	St, Sp
tài zǐ shēn	Neutral	Sweet	Lu, Sp
zhì gān cǎo	Neutral	Sweet	Ht, Lu, Sp, St

This formula was designed to mitigate damage due to excessive energy expenditure, and give the body something to burn rather than essence. Or, you could think of it as a gentler and more restorative version of the product *5-Hour Energy*.

*Zhōng Yī Dà Cí Diǎn*: “*Xī yáng shēn* tonifies lung yīn, descends deficiency fire, nourishes the stomach, and engenders fluids. *Shú dì huáng* enriches the yīn and tonifies blood. *Shān zhā* promotes digestion, transforms accumulations, and disperses stasis. *Bā jǐ tiān* tonifies kidney yáng, strengthens the sinews and bones, dispels wind and damp. *Bái sháo* nourishes the blood, astringes the yīn, softens the liver, and stops pain. *Bái zhú* strengthens the spleen, boosts the qì, dries dampness, disperses phlegm, disinhibits water, stops sweating. *Tài zǐ shēn* tonifies the qì, strengthens the spleen, nourishes the stomach, and engenders fluids. *Zhì gān cǎo* tonifies the spleen, increases the qì, and is often used in deficiency and cold patterns.

As a formula, **Burning the Candle** works on the viscera that have to do with the qì mechanism, so the kidneys, the lungs, and the spleen. By the time a person sees a practitioner, it can

be assumed that they have been leading an overactive lifestyle for awhile, and therefore the pattern is going to be one of insufficiency (不足). If the lifestyle is not addressed, eventually this could lead to a number of disharmonies and deficiencies. However, as practitioners we understand that most patients do not change their lifestyle overnight, so this formula can support their qì mechanism until they are ready to make a change.

In addition to being used to boost the energy of an otherwise healthy body, pathologically speaking, this combination of medicinals can address symptoms such as: fatigue, failure to feel rested, aching of the low back and knees (due to deficiency and not being over active), and when seen with other qì deficient signs there may be diarrhea or loose stools, spontaneous sweating, shortness of breath, or heart palpitations.

However, depending on the person's innate constitution, if insufficiency progresses to deficiency (虛), there may be more severe signs related to deficient heat such as: tidal fever, night sweats, thirst, tinnitus, steaming bones, tidal fever, etc. In this case, this would be due to an insufficient qì mechanism becoming overly taxed, and then creating heat - much the way that the engine of a car will create heat if there is not enough oil in the engine.

Because **Burning the Candle** combines both qì and blood medicinals, this formula can, if necessary, address both of the above pathologies. However, it is addressing the pathologies by providing energy to an insufficient qì mechanism. This means that this would not be the primary formula for either true qì deficiency or true blood deficiency, but a stopgap that will keep the patient from becoming further “in debt” with their qì mechanism, as long as they continue to live a “taxing” lifestyle.



## Winter Warmer

**Retail Price:** 1 oz: \$17.00.

In grain alcohol.

**Winter Warmer** is our consumer grade version of *Gui Zhi Tang* 桂枝湯. This is the retail formula which consumers can take without risk to themselves or need for a prescription.

Comparatively, we make a practitioner grade version of this formula called **GZT** (see page ??), which is noticeably stronger, and should not be taken by a consumer without a prescription from a practitioner of CM who is well versed in classical theory.

*Zhōng Yī Dà Cí Diǎn*: “*Guì zhī* promotes sweating, resolves the flesh, warms the channels, unblocks the yáng, pacifies surging, and downbears counterflow. *Bái sháo* nourishes the blood, astringes the yīn, softens the liver, and stops pain. *Zhī gān cǎo* tonifies the spleen, increases the qì, and is often used in deficiency and cold patterns. *Shēng jiāng* releases the exterior, disperses cold, disperses phlegm, descends qì, warms the center, and stops retching. *Dà zǎo* supplements the center, boosts the qì, nourishes the blood, and quiets the *shén*.”

*Shāng Hán Lùn* said: “In tàiyáng wind strike with floating yáng and weak yīn [pulses]. The floating yáng is spontaneous heat, and the weak yīn is spontaneous sweating. [In addition, there is also] huddled aversion to cold, aversion to wind with shivering, a fierce fever, noise of the nose, and dry retching, [then] *Guì Zhī Tāng* governs this.”<sup>21</sup>

	Nature	Flavor	Channels
guì zhī	Warm	Sweet, acrid	Lu, Ht, Bl
bái sháo	Sl. Cold	Bitter, sour	Lv, Sp
zhī gān cǎo	Neutral	Sweet	Ht, Lu, Sp, St
shēng jiāng	Sl. Warm	Acrid	Lu, St, Sp
dà zǎo	Warm	Sweet	Sp, St

*Zhōng Yī Dà Cí Diǎn*: “*Guì Zhī Tāng* is able to resolve the flesh, vent to the exterior, and regulate and harmonize the yīng and wèi. It treats tàiyáng wind strike with headache, fever, sweating, aversion to wind, noisy nose, dry retching, and a pulse which is floating and moderate.’

‘In modern times this is used to treat common cold, influenza, upper respiratory tract infections with presentation of wind cold exterior deficiency signs. In the formula, *guì zhī* is used to disperse wind cold, resolve the fleshy exterior and is the sovereign. *Bái sháo* acts as the minister to astringe yīn and harmonize the yīng. These two medicinals when used together, one disperses and one contracts in order to regulate and harmonize the yīng and wèi, which cause the exterior evil to be able to be resolved, and the internal qì to be harmonized. *Shēng jiāng* assists *guì zhī* to disperse the exterior evil. *Dà zǎo* assists *bái sháo* to harmonize the yīng and wèi, therefore both of these medicinals together are the assistants. *Zhī gān cǎo* regulates and harmonizes all the medicinals as the envoy.’

‘In experimental research this formula has effectively been used to regulate body temperature, secretions of the sweat glands, immunity, and intestinal peristalsis. Further it is anti-inflammatory, tranquilizing, analgesic, dispels phlegm, and stops cough.’

We like to use **Winter Warmer** at the first sense of a chill or being chilled. Therefore, the Red Label version of this formula can be kept in a patient’s medicine cabinet as a prophylactic in case they are caught out in the cold and get chilled. We have also found that both **Winter Warmer** and **GZT** are extremely effective for tàiyáng headaches, where the headache is primarily in the bladder channels, and there has been exposure to cold.



## Thick Green Cough

**Retail Price:** 1 oz: \$17.00.

In grain alcohol.

**Thick Green Cough** is a modified version of *Xiǎo Qīng Lóng Tāng* 小青龍湯, with the *xì xīn* and *má huáng* removed, and replaced by *guā lóu pí* and *zhè bèi mǔ*.

*Zhōng Yī Dà Cí Diǎn*: “*Wú wèi zī* astringes the lungs, enriches the kidneys, stops fluids, stops sweating, astringes the essence, stops diarrhea, and quiets the *shén*. *Bàn xià* dries damp, transforms phlegm, downbears counterflow, stops retching, eliminates glomus, and disperses binds. *Gān jiāng* warms the center, expels cold, returns the *yáng*, unblocks the vessels, disperses phlegm, and descends the *qì*. *Zhì gān cǎo* tonifies the spleen, increases the *qì*, and is often used in deficiency and cold patterns. *Guì zhī* promotes sweating, resolves the flesh, warms the channels, unblocks the *yáng*, pacifies surging, and downbears counterflow. *Bái sháo* nourishes the blood, astringes the *yīn*, softens the liver, and stops pain. *Guā lóu pí* clears the lungs, transforms phlegm, loosens the chest, and disperses binds. *Zhè bèi mǔ* clears heat, transforms phlegm, disperses binds, and resolves toxins.”

*Shāng Hán Lùn* said: “In cold damage [when] the exterior is not resolved [and there is] water *qì* below the heart with dry retching, fever, and cough. [There] may also be thirst, diarrhea, choking, inhibited urination with fullness in the lesser abdomen, or wheezing, then *Xiǎo Qīng Lóng Tāng* governs this.”<sup>22</sup>

Nature	Flavor	Channels
Warm	Sour	Lu, Ki
Warm	Acrid, toxic	Sp, St
Hot	Acrid	Ht, Lu, Sp, Ki
Neutral	Sweet	Ht, Lu, Sp, St
Warm	Sweet, acrid	Lu, Ht, Bl
Sl. Cold	Bitter, sour	Lv, Sp
Cold	Sweet, Sl. bitter	Lu, St
Cold	Bitter	Lu, St, Ht

*Zhōng Yī Dà Cí Diǎn*: “The actions of *Xiǎo Qīng Lóng Tāng* are to resolve the exterior, disperse cold, warm the lungs, and transform retained fluid. Additionally, this formula treats spilling over of fluid which is then retained, [causing] heaviness and pain of the body, and pervasive swelling of the skin and flesh. Currently, this is used to treat chronic bronchitis, wheezing and panting, pulmonary emphysema, and presents with wheezing and phlegmy cough.”

“In the formula, *guì zhī* promotes sweating to resolve the exterior,” while *guā lóu pí* and *zhè bèi mǔ* clears the lungs by transforming phlegm and clearing heat. “*Sháo yào* combines with *guì zhī* to regulate and harmonize the *yīng* and *wèi*. *Gān jiāng* is used to warm and transform water and fluids in the interior, and issue forth and disperse wind cold to the exterior. *Bàn xià* dries damp and transforms phlegm, eliminating the retained fluid, and downbearing the turbid. *Wú wèi zī* astringes the lungs and stops cough, while simultaneously protecting the *qì* of the lungs against the excessive dispersing of the warm medicinals. *Gān cǎo* moderates the nature of the medicinals. Altogether, this formula is able to disperse cold, resolve the exterior, transform retained fluid, and calm wheezing.”

In our clinic, we use **Thick Green Cough** for cough due to external cold which generally begins in the sinuses, and quickly moves to become an upper respiratory infection (URI) with a productive cough. This kind of cough, once it becomes a URI, generally if left untreated will last for a long duration, sometimes up to three to six weeks depending on the patient’s constitutional immunity. In our observation, this kind of cough generally has thick, dark green or dark yellow phlegm which is expectorated from the lungs. As apparent in the *Shāng Hán Lùn*, this may also present with heat signs such as fever, hot flushing, inhibited urination, etc.





## Colstifneckasin

**Retail Price:** 1 oz: \$17.00.

In grain alcohol.

**Colstifneckasin** is our version of *Jing Fang Bai Du San* 荆防敗毒散.

*Zhōng Yī Dà Cí Diǎn*: “*Jing jiè* releases the exterior, dispels wind, stops bleeding, and eliminates toxic sores. *Fang feng* dispels wind, releases the exterior, dominates dampness, stops pain, resolves spasms, and stops itching. *Zhi ke* circulates the qi to ease the center, transforms phlegm, and promotes digestion. *Jie geng* diffuses the lungs, dispels phlegm, disinhibits the throat, and expels pus. *Chuan xiong* invigorates the blood, circulates the qi, disperses wind, and stops pain. *Fu ling* promotes urination to percolate dampness, strengthens the spleen, harmonizes the stomach, tranquilizes the heart, and quiets the *shen*. *Gan cao* harmonizes the center, relaxes tension, stops pain, dispels phlegm, stops cough, resolves toxicity, and regulates and harmonizes all medicinals. *Chai hu* releases the exterior, reduces heat, dredges the liver, and raises the yang. *Qian hu* dredges wind, clears heat, downbears qi, and transforms phlegm. *Bò hé* dredges wind, disperses heat, resolves toxins, and outthrusts rashes. *Dú huó* dispels wind, dominates dampness, disperses cold,

	Nature	Flavor	Channels
jīng jiè	Warm	Acrid	Lu, Lv
fāng fēng	Sl. Warm	Acrid, sweet	Bl, Lu, Lv, Sp
zhǐ ké	Sl. Cold	Bitter	Lu, Lv, Sp
jié gēng	Neutral	Bitter, acrid	Lu, St
chuān xiōng	Warm	Acrid	Lv, Gb, Pc
fú líng	Neutral	Bland, sweet	Ht, Sp, Ki
gān cǎo	Neutral	Sweet	Sp, Lu
chái hú	Sl. Cold	Acrid, bitter	Gb, Lv
qián hú	Sl. Cold	Bitter, acrid	Lu
bò hé	Cool	Acrid	Lu, Lv
dú huó	Warm	Acrid, bitter	Ki, Bl
qiāng huó	Warm	Acrid, bitter	Ki, Bl

and stops pain. *Qiāng huó* dispels wind, releases the exterior, eliminates dampness, and stops pain.”

*Zhōng Yī Dà Cí Diǎn*: This formula “disperses wind, resolves the exterior, defeats toxins, and disperses swelling.”

*Yī Xué Rù Mén*: “This treats all kinds of wind-heat, erysipelas, wind papules, wind piles, and wind swelling, as well as major head diseases and similar patterns.”<sup>23</sup>

*Wài Kē Zhèng Zōng*: “This treats the initial stage of seasonal toxin with dizziness of the head, aversion to wind, swelling and pain of the nape of the neck and cheeks. If the pulse is floating, then take this.”<sup>24</sup> *Jing Yue Quan Shu*: “This can be used to both discharge and disperse pox eruptions, as well as seasonal qi, wind toxins, and evil heat.”<sup>25</sup>

In our clinic, we like to use **Colstifneckasin** for the first signs of wind cold invasion, where there is a sense of wanting to adjust the neck, because the neck feels tight. Often this has been preceded by the sense of having a small chill. Within a few hours of this tightness of the neck, the wind cold moves deeper, and one begins to sneeze as the nasal passages begin to become obstructed. The sneezing is the *wèi qi* trying to resist the invasion, the sinus congestion is the failure of the *wèi qi* to resist. Not long after this, the wind cold invasion manifests as a *tàiyáng* headache. If one can catch this at the stage of body aching, then **Colstifneckasin** is appropriate. If the invasion gets to the level where there is a *tàiyáng* headache, then **Winter Warmer** and **GZT** will be more appropriate. If the pathogen is stopped at the most superficial *wèi* aspect, and the condition does not progress beyond sinus congestion, body aches, and sneezing then **Colstifneckasin** will continue to be appropriate. Following the guidance from the classics, this can be used for deeper levels of pathogen, however we have not had experience using this formula to treat pox eruptions and the like. As an off label use, we have also found **Colstifneckasin** to be helpful in the first signs of a urinary tract infection.



## Upchuckarrhea

**Retail Price:** 1 oz: \$17.00.

In grain alcohol.

**Upchuckarrhea** is our version of *Huò Xiāng Zhèng Qì Wán* 藿香正氣丸.

*Zhōng Yī Dà Cì Diǎn*: “*Huò xiāng* dispels summerheat, releases the exterior, transforms damp, and harmonizes the center. *Hòu pò* warms the center, descends the qi, dries dampness, and disperses phlegm and plum-pit qi. *Chén pí* regulates the qi, strengthens the spleen, dries dampness, and transforms phlegm. *Zī sū yè* issues forth to the exterior, disperses cold, regulates the qi, eases the center, quiets the fetus, and resolves toxin from fish and crab. *Bái zhī* dispels wind, dries damp, stops pain, expels pus, and engenders flesh. *Bàn xià* dries damp, transforms phlegm, downbears counterflow, stops retching, eliminates glomus, and disperses binds. *Mù xiāng* circulates the qi, stops pain, warms the center, and harmonizes the stomach. *Bái zhú* strengthens the spleen, boosts the qi, dries dampness, disperses phlegm, disinhibits water, stops sweating. *Fú líng* promotes urination to percolate dampness, strengthens the spleen, harmonizes the stomach, tranquilizes the heart, and quiets the *shén*. *Shēng jiāng* releases the exterior, disperses cold, disperses phlegm, descends qi, warms the center, and stops retching. *Dà zǎo* supplements the center, boosts the qi, nourishes the blood, and quiets the *shén*. *Jié gēng* diffuses the lungs, dispels phlegm, disinhibits the throat, and expels pus. *Zhī gān cǎo* tonifies the spleen, increases the qi, and is often used in deficiency and cold patterns.”

Nature	Flavor	Channels
Sl. Warm	Acrid	Lu, St, Sp
Warm	Bitter, acrid	St, Sp, Li
Warm	Acrid, bitter	Sp, Lu
Warm	Acrid	Lu, Sp
Warm	Acrid	Lu, St
Warm	Acrid, toxic	Sp, St
Warm	Acrid, bitter	Lv, Sp, St, Li
Warm	Sweet, bitter	St, Sp
Neutral	Bland, sweet	Ht, Sp, Ki
Sl. Warm	Acrid	Lu, St, Sp
Warm	Sweet	Sp, St
Neutral	Bitter, acrid	Lu, St
Neutral	Sweet	Ht, Lu, Sp, St

*Tài Ping Hui Mín Hé Jì Jǔ Fāng* said: “Treats cold damage with headache, abhorrence to cold, high fever, wheezing with cough, the five taxations and seven damages, the eight kinds of wind and phlegm, the five kinds of diaphragm qi, cold and pain in the heart and abdomen, stomach reflux, nausea and vomiting, qi diarrhea and sudden turmoil, deficient rumbling of the viscera and bowels, miasmatic malaria due to mountain forest miasmatic qi, and deficiency swelling which covers the whole body. Prepartum and postpartum stabbing pain due to blood and qi, children’s *gān* damage, this can treat all of this.”<sup>26</sup>

*Zhōng Yī Dà Cì Diǎn*: “This releases the exterior, harmonizes the center, regulates the qi, and transforms damp. Treats external contraction of wind and cold, internal damage due to damp stagnation, and conditions which present with aversion to cold with fever, headache, fullness and oppression of the chest and diaphragm, abdominal pain, retching and vomiting, rumbling of the intestines with diarrhea, bland taste in the mouth, and the tongue has a white and slimy coating. In modern times, this is used for common cold which affects the stomach and intestines, acute gastroenteritis, cold damp affecting the stomach and duodenum, ulcerating sores of the intestines, chronic colitis, and morning sickness during pregnancy, and similar conditions.”

“Within the formula: *huò xiāng*, *bái zhī*, and *zī sū* warm and disperse cold evil using aromatics to transform the turbid. *Jié gēng* and *hòu pò* circulate the qi, transform dampness, disperse distention, and eliminate fullness. *Bàn xià*, *chén pí*, and *shēng jiāng* downbear counterflow, eliminate dampness, and transform phlegm. *Fú líng*, *bái zhú*, *gān cǎo*, and *dà zǎo* strengthen the spleen, tonify the center, and move dampness. Combined together as a formula these cause the wind cold to be dispersed, the damp turbidity to be transformed, the qi mechanism to be open and free, the spleen and stomach to be regulated and harmonized, and then all conditions naturally recover.”



## Itsjusta Sore Throat

**Retail Price:** 1 oz: \$17.00.

In grain alcohol.

### Itsjusta Sorethroat

is our modification of *Yin Qiao San* 銀翹散.

*Zhōng Yī Dà Cǐ Diǎn*: “*Jīn yīn huā* clears heat and resolves toxins.

*Lián qiáo* clears heat, resolves toxins, reduces swellings, and disperses binds. *Jīng jiè* releases the exterior, dispels wind, stops bleeding, and eliminates toxic sores. *Jié gēng* diffuses the lungs, dispels phlegm, disinhibits the throat, and expels pus. *Bò hé* dredges wind, disperses heat, resolves toxins, and outthrusts rashes. *Dàn dòu chí* releases the exterior, eliminates irritability, dissipates constraint, and regulates the center. *Gān cǎo* harmonizes the center, relaxes tension, stops pain, dispels phlegm, stops cough, resolves toxicity, and regulates and harmonizes all medicinals. *Jú huā* disperses wind, clears heat, calms the liver, brightens the eyes, and resolves toxins. *Huáng lián* clears heat, dries dampness, drains fire, and resolves toxins. *Xuán shēn* enriches the yīn, downbears fire, cools the blood, and resolves toxins. *Dà qīng yè* clears heat, resolves toxins, and cools the blood. *Mù hú dié* clears the lungs, soothes the throat, soothes the liver, and harmonizes the stomach. *Pàng dà hǎi* clears the lungs, soothes the throat, moistens the intestines, unblocks the stool, and resolves toxins.”

	Nature	Flavor	Channels
Yin Qiao base	jin yin hua	Cold Sweet	Lu, St
	lian qiao	Sl. Cold Bitter	Lu, Ht, Gb
	jing jie	Warm Acrid	Lu, Lv
	jie geng	Neutral Bitter, acrid	Lu, St
	bo he	Cool Acrid	Lu, Lv
Modifications	dàn dòu chí	Cold Bitter, acrid	Lu, St
	gān cǎo	Neutral Sweet	Sp, Lu
	jú huā	Cool Sweet, bitter	Lu, Lv
	huáng lián	Cold Bitter	Ht, Lv, St, Li
	xuán shēn	Sl. Cold Salty, sweet, bitter	Ki, St, Lu
	dà qīng yè	Cold Bitter	Ht, St, Lv
	mù hú dié	Cool Sweet, bitter	Lu, Lv, St
pàng dà hǎi	Sl. Cold Sweet, bland	Lu, Li	

*Zhōng Yī Dà Cǐ Diǎn*: Altogether **Itsjusta Sore**

**Throat** “treats the initial stage of warm disease with fever, and slight aversion to wind and cold, where there is absence of sweating or a sweat that is not copious, and there may be headaches, thirst, cough, and throat pain. The tongue tip will be red, and the coat thin white or thin yellow, with a floating and rapid pulse. In modern times this is used to treat the common cold, influenza, measles, bronchopneumonia, mumps (epidemic parotitis), acute pharyngitis, acute tonsillitis, the initial stage of epidemic encephalitis B and presentations with wind-heat exterior signs.’

‘Within the formula: *jīn yīn huā* and *lián qiáo* clear heat, resolve toxins, and use acrid and cool to outthrust to the exterior. The acridness of *bò hé*, *jīng jiè*, and *dàn dòu chí* disperse exterior evil, and outthrust heat to issue forth from the exterior. *Jié gēng* and *gān cǎo* diffuse the lungs, dispel phlegm, disinhibit the throat, and disperse binds. The medicinals in the formula clear heat, resolve toxins, and uses acrid medicinals to disperse exterior evil. Altogether this acts to dredge and disperse wind-heat, clear heat, and resolve toxins.”

The modifications then follow some of the ideas of *Pǔ Jì Xiǎo Dú Yīn* 普濟消毒飲, by using *huáng lián* to clear and discharge the heat and toxins from the upper *jiāo*. *Xuán shēn* clears and resolves the heat toxins in the throat. *Jú huā* is used for its antiviral properties. *Dà qīng yè* is used for its antibacterial action, its ability to inhibit viruses, and its ability to treat parotitis, inflammation of the throat, tonsillitis, pneumonia. *Mù hú dié* is used for its ability to treat lung heat with a dry cough, hoarse voice, a hundred day cough (whooping cough), sore and swollen throat, and tonsillitis. Lastly, *pàng dà hǎi* is used for its ability to treat dry cough due to lung heat, a sore dry throat, hoarse voice, steaming bone internal heat, as well as its slight function to moisten the bowels and direct the heat out the grain path. Altogether, this modified *Yin Qiao San* excels at clearing heat and toxins from the upper *jiāo*!



## Easy Wheezy Peasey

**Retail Price:** 1 oz: \$17.00.

In grain alcohol.

**Easy Wheezy Peasey** is a modification of a combination of three formulas from the *Jin Gui Yao Lue*: *Ting Li Da Zao Xie Fei Tang* 葶藶大棗瀉肺湯, *Shè Gān Má Huáng Tang* 射乾麻黃湯, and *Hòu Pò Má Huáng Tang* 厚朴麻黃湯. Following our policies, this formula does not contain *má huáng* and *xì xīn* which are banned by the FDA.

*Zhōng Yì Dà Cí Diǎn*: “*Ting li zi* drains the lungs, moves

water, dispels phlegm, and settles wheezing. *Da zao* supplements the center, boosts the qi, nourishes the blood, and quiets the *shén*. *Shè gan* drains fire, resolves toxins, disinhibits the throat, disperses phlegm, dispels stasis, and disperses binds. *Shèng jiāng* releases the exterior, disperses cold, disperses phlegm, descends qi, warms the center, and stops retching. *Zi wan* warms the lungs, descends the qi, transforms phlegm, and stops cough. *Kuān dòng huā* moistens the lungs, descends the qi, stops cough, and transforms phlegm. *Wū wèi zǐ* astringes the lungs, enriches the kidneys, stops fluids, stops sweating, astringes the essence, stops diarrhea, and quiets the *shén*. *Bàn xià* dries damp, transforms phlegm, downbears counterflow, stops retching, eliminates glomus, and disperses binds. *Hòu pò* warms the center, descends the qi,

		Nature	Flavor	Channels
Ting Li Da Zao	ting li zi	Cold	Acrid, bitter	Lu, Bl
	da zao	Warm	Sweet	Sp, St
	shè gan	Cold	Bitter, Sl. toxic	Lu, Lv
Shè Gān Má Huáng	shèng jiāng	Sl. Warm	Acrid	Lu, St, Sp
	zǐ wǎn	Warm	Bitter	Lu
	kuān dòng huā	Warm	Acrid	Lu
Modifications	wū wèi zǐ	Warm	Sour	Lu, Ki
	bàn xià	Warm	Acrid, toxic	Sp, St
	hòu pò	Warm	Bitter, acrid	St, Sp, Li
	sāng bái pí	Cold	Sweet	Lv, Sp
	bái qián	Sl. Warm	Acrid, sweet	Lu, St, Sp
	bái guǒ	Neutral	Sweet, bitter ...	Lu, Ki
	guā lóu pí	Cold	Sweet, Sl. bitter	Lu, St

dries dampness, and disperses phlegm and plum-pit qi. *Sāng bái pí* drains the lungs, calms wheezing, disinhibits water, and lowers blood pressure. *Bái qián* downbears the qi, dispels phlegm, stops cough. *Bái guǒ* astringes the qi, settles wheezing, stops turbid vaginal discharge, and reduces urination. *Guā lóu pí* clears the lungs, transforms phlegm, loosens the chest, and disperses binds.

*Jin Gui Yao Lue* said: “[In] lung abscess with wheezing and inability to lie down, then *Ting Li Da Zao Xie Fei Tang* governs this.”<sup>27</sup> “[When there is] cough with qi ascent, and frog rale in the throat, then *Shè Gān Má Huáng Tang* governs this.”<sup>28</sup> “[When there is] cough with a floating pulse, then *Hòu Pò Má Huáng Tang* governs this.”<sup>29</sup>

*Zhōng Yì Dà Cí Diǎn*: “*Ting Li Da Zao Xie Fei Tang* drains phlegm, circulates water, descends qi, and calms wheezing. *Ting li* unbinds the lung qi, drains water, and expels phlegm. *Da zao* quiets the center, protects the right, and assists *ting li* to drain the lungs while not damaging the stomach qi.’ *Shè Gān Má Huáng Tang* warms the lungs, transforms phlegm, stops cough, and calms wheezing. The *shè gan, zi wan*, and *kuān dòng huā* disinhibit the lung qi. *Shèng jiāng* disperses the cold fluid. *Bàn xià* eliminates phlegm and downbears counterflow. *Da zao* calms the center, while *wū wèi zǐ* astringes the lungs. These two medicinals are used [together to] protect against the other medicinals [potential] to plunder, disperse, and be excessive.’ *Hòu Pò Má Huáng Tang* regulates the qi, transforms phlegm, stops cough, and calms wheezing.”

**Contraindications:** During pregnancy due to the *shè gan*.

In our use of this formula in clinic, we think that it benefits the lungs by opening them and dispersing phlegm rheum, helps with cold-type asthma, and helps calm wheezing. This formula can also be used to treat the emotions of grief and loss, due to its action of opening and dispersing the metal element.



## Eye Sight Bright

**Retail Price:** 1 oz: \$17.00.

In grain alcohol.

**Eye Sight Bright** is a tonic for diminished vision due to overuse.

*Zhōng Yī Dà Cí Diǎn*: “*Bái sháo* nourishes the blood, astringes the yin, softens the liver, and stops pain. *Gān cǎo* harmonizes the center, relaxes tension, stops pain, dispels phlegm, stops cough, resolves toxicity, and regulates and harmonizes all medicinal herbs. *Gǒu qī zǐ* tonifies the kidneys, increases the essence, nourishes the liver, and brightens the eyes. *Tū sī zǐ* tonifies the kidneys, boosts the essence, nourishes the liver, brightens the eyes, and quiets the fetus. *Wū wèi zǐ* astringes the lungs, enriches the kidneys, stops fluids, stops sweating, astringes the essence, stops diarrhea, and quiets the *shén*. *Fù péng zǐ* tonifies the kidneys, secures the essence, and reduces urine. *Jú huā* disperses wind, clears heat, calms the liver, brightens the eyes, and resolves toxins. *Jué míng zǐ* cools the liver, brightens the eyes, moistens the intestines, and unblocks the stool. *Mì méng huā* clears heat, nourishes the liver, brightens the eyes, and reduces corneal opacity. *Cāng zhū* dries dampness,

	Nature	Flavor	Channels
bái sháo	Sl. Cold	Bitter, sour	Lv, Sp
gān cǎo	Neutral	Sweet	Sp, Lu
gǒu qī zǐ	Neutral	Sweet	Lv, Ki
tū sī zǐ	Sl. Warm	Acrid, sweet	Lv, Ki
wū wèi zǐ	Warm	Sour	Lu, Ki
fù péng zǐ	Neutral	Sweet, sour	Lv, Ki
jú huā	Cool	Sweet, bitter	Lu, Lv
jué míng zǐ	Sl. Cold	Bitter, sweet, salty	Lv, Ki, Li
mì méng huā	Cool	Sweet	Lv
cāng zhū	Warm	Acrid, bitter	Sp, St, Lv
hé shǒu wū	Sl. Warm	Bitter, sweet, astringent	Lv, Ki
shā yuán zǐ	Warm	Sweet	Lv, Ki
nǚ zhēn zǐ	Sl. Cold	Sweet, bitter	Lv, Ki

strengthens the spleen, dispels wind and damp, brightens the eyes, and repels foulness. *Hé shǒu wū* tonifies the liver, boosts the kidneys, nourishes the blood, astringes the essence, and dispels wind. *Shā yuán zǐ* supplements the liver, boosts the kidneys, secures the essence, and brightens the eyes. *Nǚ zhēn zǐ* tonifies the kidneys, enriches yin, nourishes the liver, and brightens the eyes.”

This formula is a combination of **SYGCT** (see page [xxyy](#)) and *Wū Zǐ Yān Zōng Wán* 五子衍宗丸 (Amplifying and Gathering Pill) which has then been modified to further amplify the focus on the eyes.

In clinical practice, I tend to think of visual disturbance, especially diminished vision and blurring of vision as being directly related to the liver, but also to the kidneys. When we get tired, the natural reaction is to rub the eyes, right? Why? Because we are tired. This is just one small indication of the drain on the kidneys. Now, if you look up **SYGCT**, you will see that it is for sinews, but it also in modern studies has a role to play in eye function. The indications for *Wū Zǐ Yān Zōng Wán* are: “Treats kidney deficiency with spermatorrhea, impotence, premature ejaculation, dribbling urine after urination, persistent infertility, as well as deficiency of both qi and blood, and premature graying of the hair...” Therefore, this formula helps gently nourish the kidney and liver yin with an emphasis on improving vision.

I wanted to make something which I could take to “put some back” after long hours on the computer where I noticed my vision was blurring when looking out at a distance. This never is a permanent sign for me, but is something from having “screen syndrome” which when I quit staring at the screen, my vision improves again. However, “screen syndrome” is indicative of the drain that looking at computer and phone screens has on our liver and kidneys over time, and this was the impetus for this formula.

By association, this formula could be used to help with other liver and kidney deficiency signs, such as those listed for *Wū Zǐ Yān Zōng Wán*.



## A Little Loose

**Retail Price:** 1 oz: \$17.00.

In grain alcohol.

**A Little Loose** is an excellent formula for the treatment of tooth pain and loose gums.

*Zhōng Yì Dà Cì Diǎn*: “*Mán jīng zǐ* dredges and disperses wind heat, and clears and disinhibits the head and eyes. *Shēng dì huáng* enriches the yin, clears heat, cools blood, and stops bleeding. *Dì gǔ pí* clears heat and cools blood. *Wū méi* constrains the lungs, astringes the intestines, engenders fluids, quiets round worms, and stops bleeding. *Bái sháo* nourishes the blood, astringes the yin, softens the liver, and stops pain. *Huái niú xī* invigorates the blood, circulates stasis, and disperses swelling.”

*Eclectic Materia Medica, Pharmacology and Therapeutics*: “Echinacea is a remedy for autoinfection, and where the blood stream becomes slowly infected either from within or without the body. Elimination is imperfect, the body tissues become altered, and there is developed within the fluids and tissues septic action with adynamia resulting in boils, carbuncles, cellular tissue inflammations, abscesses, and other septicaemic processes. It is, therefore, a drug indicated by the changes manifested in a disturbed balance of the fluids of the body resulting in tissue alteration: be the cause infectious by organisms, or devitalized morbid accumulations, or alterations in the blood itself... Echinacea is especially to be thought of when there are gangrenous tendencies and sloughing of the soft tissues, as well as in glandular ulcerations

Nature	Flavor	Channels
Cool	Acrid, bitter	Lv, St, Bl
Cool	Sweet, Sl. bitter	Ht, Lv, Ki
Cold	Sweet	Lu, Ki
Warm	Sour, astringent	Lv, Sp, Lu, Li
Sl. Cold	Bitter, sour	Lv, Sp
	Bitter	
Neutral	Bitter, sour	Lv, Ki

and ulcers of the skin...In puerperal fever, cholera infantum, ulcerated sore throat, nasal and other forms of catarrh and in eczema and erysipelas it fulfills important indications for antiseptics.”<sup>30</sup>

*Tài Ping Shèng Huì Fāng*: This “treats [when] the roots of the teeth are exposed and protrude. In all cases this is accumulation of heat, wind, and toxin.”<sup>31</sup>

When we found this formula, we immediately had to try it out for our own toothpain. The first four medicinals in the list are the main body of the original formula. One herb within the original recipe is not sold commercially, and so we modified the formula to replace this herb. Needless to say, we are very pleased with the results...

This formula is a highly effective remedy for dental pain which is due to the heat, wind, and toxin. This tincture specifically can help with pain until the patient can get in to see a dentist. It is very fast-acting, with a number of people who have used **A Little Loose** noticing a change to their pain within five minutes or less. It also helps with gum erosion by clearing the underlying heat. *This tincture should be used in conjunction with dental treatment to treat periodontitis and gum erosion.* We have also noticed **A Little Loose** can help with different kinds of dental pain, such as: cracked teeth, small cavities, incorrect biting surfaces, and sensitivity to cold or heat.

Both *mán jīng zǐ* and *huái niú xī* are **contraindicated during pregnancy**, and *mán jīng zǐ* is **contraindicated during breastfeeding**. Due to the strength of this tincture, this is one of the only tinctures we make that we suggest must be taken with water, or juice.



## Swish-Swish

**Retail Price:** 1 oz: \$17.00.

In grain alcohol.

**Swish-Swish** was designed to replace and improve upon the Western herb goldenseal, which is on the endangered species list. Goldenseal (*Hydrastis canadensis*) typically is used for the antibacterial and antiviral effects of its three alkaloids: berberine, hydrastine, and canadine. This formula

was designed to be used as a swish to help with gum and tooth pain during times of transient inflammation and pain. **Swish-Swish** is a combination of two formulas *Huáng Lián Jiě Dú Tāng* 黄连解毒汤 and *Qī Lǐ Sǎn* 七厘散 with some small modifications.

*Zhōng Yī Dà Cí Diǎn*: “*Huáng Lián Jiě Dú Tāng*: This formula drains fire and resolves toxins. It treats abundant heat in the three *jiāo*, great heat with irritability and mania, dry mouth and throat, disordered speech, and insomnia. Or vomiting, nosebleeds, and macular eruptions, swollen welling-abscesses, and clove sores with a crimson tongue, a yellow coat, and a pulse that is rapid and forceful. Within the formula: *Huáng lián* drains heart fire, while simultaneously draining fire from the middle *jiāo*. *Huáng qín* drains fire from the upper *jiāo*. *Huáng bǎi* drains fire from the lower *jiāo*. *Zhī zǐ* unblocks and drains fire from the three *jiāo*, and guides [the fire] to move downward. These four medicinals

		Nature	Flavor	Channels
Huáng Lián Jiě Dú Tāng	huáng bǎi	Cold	Bitter	Ki, Bl, Li
	huáng qín	Cold	Bitter	Ht, Lu, Gb, Li
	huáng lián	Cold	Bitter	Ht, Lv, St, Li
	zhī zǐ	Cold	Bitter	Ht, Lu, St, Sj
	lóng dǎn cǎo	Cold	Bitter	Lv, Gb
Qī Lǐ Sǎn Mod.	cāng zhú	Warm	Acrid, bitter	Sp, St, Lv
	bái sháo	Sl. Cold	Bitter, sour	Lv, Sp
	hóng huā	Warm	Acrid	Ht, Lv
	rǔ xiāng	Warm	Acrid, bitter	Ht, Lv, Sp
	mò yào	Neutral	Bitter	Ht, Lv, Sp
	xuè jié	Neutral	Sweet, salty	Ht, Lv

when used together, [use] bitter cold to direct [the pathogen] out, cause the fire evil to be eliminated, and heat toxins to be resolved, and all conditions can recover. Modern research shows this formula has a strong antibacterial effect, it is able to fight ulcerating sores, stop diarrhea, inhibit intestinal peristalsis, promote intestinal absorption, lower blood pressure, fights atherosclerosis, improves the amount and the flow rate of blood in the brain, suppresses pain, is anti-inflammatory, and can inhibit the toxins from hepatitis.’

‘*Qī Lǐ Sǎn*: This invigorates the blood, disperses stasis, stops pain, and stops bleeding. It treats traumatic injury with broken bones and sinew damage, bleeding wounds, blood stasis, swelling, and pain, swelling and pain from unknown causes, and burns and scalds. Currently, it is used for broken bones and external damage, and arthritis. It is also used for toxin strike causing myocarditis and coronary heart disease, and similar conditions which belong to blood stasis and internal damage with concurrent heat. Within the formula: *Xuè jié* transforms stasis, stops pain, engenders the flesh, and stops bleeding. *Hóng huā* invigorates blood, dispels stasis, reduces swelling, and stops pain. *Rǔ xiāng* and *mò yào* invigorate the blood, transform stasis, reduce swelling, and engender the flesh. When all the medicinals are combined, they are able to eliminate blood stasis, and can stop bleeding.”

To these two formulas we then added: “*Lóng dǎn cǎo* drains excess fire from the liver and gallbladder, and eliminates damp heat from the lower *jiāo*. *Cāng zhú* dries dampness, strengthens the spleen, dispels wind and damp, brightens the eyes, and repels foulness. *Bái sháo* nourishes the blood, astringes the yin, softens the liver, and stops pain.”

This is an effective formula when an herbal anti-bacterial is needed. We have also found it very effective for acid regurgitation, and other digestive disturbance due to heat.



## Road Rash

**Retail Price:** 1 oz: \$17.00.

In grain alcohol.

**Road Rash** is not a liniment, but was designed as a topical to put on bruises, scrapes, small cuts, and “road rash” to help speed healing.

*Zhōng Yì Dà Cí Diǎn*: “*Dāng guī* tonifies blood, invigorates blood, regulates menstruation, stops pain, moistens dryness, and lubricates the intestines.

*Huái niú xī* invigorates the blood, circulates stasis, and disperses swelling. *Chuān niú xī* dispels wind, disinhibits damp, breaks stasis, and unblocks the channels. *Guì zhī* promotes sweating, resolves the flesh, warms the channels, unblocks the yáng, pacifies surging, and downbears counterflow. *Hóng huā* invigorates the blood, regulates the channels, dispels stasis, and stops pain. *Bái sháo*

	Nature	Flavor	Channels
dāng guī	Warm	Acrid, sweet	Ht, Lv, Sp
huái niú xī	Neutral	Bitter, sour	Lv, Ki
chuān niú xī	Neutral	Sweet, Sl. bitter	Lv, Ki
guì zhī	Warm	Sweet, acrid	Lu, Ht, Bl
hóng huā	Warm	Acrid	Ht, Lv
bái sháo	Sl. Cold	Bitter, sour	Lv, Sp
rǔ xiāng	Warm	Acrid, bitter	Ht, Lv, Sp
mò yào	Neutral	Bitter	Ht, Lv, Sp
xuè jié	Neutral	Sweet, salty	Ht, Lv
sān qī	Warm	Sweet, Sl. bitter	Lv, St
chuān xiōng	Warm	Acrid	Lv, Gb, Pc
liú jì nú	Warm	Bitter, acrid	Ht, Lv, Sp
dān shēn	Sl. Cool	Bitter	Ht, Lv
gān cǎo	Neutral	Sweet	Sp, Lu
chén pí	Warm	Acrid, bitter	Sp, Lu
xiān hē cǎo	Neutral	Bitter, astringent	Lu, Lv, Sp
jiāng huáng	Warm	Acrid, bitter	Ht, Sp, Lv
gǔ suì bǔ	Warm	Bitter	Lv, Ki
dà huáng	Cold	Bitter	St, Li, Lv
xù duàn	Sl. Warm	Bitter, acrid, sweet	Lv, Ki
chì sháo	Sl. Cold	Bitter	Lv, Sp

nourishes the blood, astringes the yīn, softens the liver, and stops pain. *Rú xiāng* invigorates the blood, circulates the qì, stops pain, reduces swelling, and engenders the flesh. *Mò yào* invigorates the blood, stops pain, reduces swelling, and engenders the flesh. *Xuè jié* moves stasis, stops pain, stops bleeding, closes sores, and engenders the flesh. *Sān qī* stops bleeding, disperses stasis, and settles pain. *Chuān xiōng* invigorates the blood, circulates the qì, disperses wind, and stops pain. *Liú jì nú* breaks blood, unblocks the channels, reduces swelling, stops pain, promotes digestion, and eliminates distention.

*Dān shēn* invigorates the blood, dispels stasis, quiets the shēn, and tranquilizes the heart. *Gān cǎo* harmonizes the center, relaxes tension, stops pain, dispels phlegm, stops cough, resolves toxicity, and regulates and harmonizes all medicinals. *Chén pí* regulates the qì, strengthens the spleen, dries dampness, and transforms phlegm. *Xiān hē cǎo* stops bleeding, strengthens and fortifies, and reduces swelling. *jiāng huáng* circulates the qì, breaks stasis, unblocks the channels, and stops pain. *Gǔ suì bǔ* tonifies the kidneys, strengthens the bones, mends bones, reconnects sinews, dispels wind, eliminates damp, invigorates the blood, and stops pain. *Dà huáng* drains heat toxin, flushes away accumulations and stagnation, and moves static blood. *Xù duàn* tonifies the liver and kidneys, reconnects sinews and bones, and harmonizes the blood and vessels. *Chì sháo* clears heat, cools blood, invigorates the blood, and dispels stasis.”





## Grampo

**Retail Price:** 1 oz: \$17.00.

In grain alcohol.

**Grampo** is our version of *Xuè Fù Zhú Yú Tāng* 血府逐瘀湯.

*Zhōng Yì Dà Cí Diǎn*: “*Táo rén* invigorates the blood, moves stasis, moistens dryness, and lubricates the intestines. *Hóng huā* invigorates the blood, regulates the channels, dispels stasis, and stops pain. *Dāng guī*

tonifies blood, invigorates blood, regulates menstruation, stops pain, moistens dryness, and lubricates the intestines. *Chuān xiōng* invigorates the blood, circulates the qi, disperses wind, and stops pain. *Chì sháo* clears heat, cools blood, invigorates the blood, and dispels stasis. *Chuān niú xī* dispels wind, disinhibits damp, breaks stasis, and unblocks the channels. *Chái hú* releases the exterior, reduces heat, dredges the liver, and raises the yáng. *Jié gěng* diffuses the lungs, dispels phlegm, disinhibits the throat, and expels pus. *Zhī ké* circulates the qi to ease the center, transforms phlegm, and promotes digestion. *Shēng dì huáng* enriches the yin, clears heat, cools blood, and stops bleeding. *Gān cǎo* harmonizes the center, relaxes tension, stops pain, dispels phlegm, stops cough, resolves toxicity, and regulates and harmonizes all medicinals.’

**Grampo** ‘Treats blood stasis which congeals and stagnates and causes amenorrhea, or abdominal pain during menstruation, or headache and chest pain which has been going

Nature	Flavor	Channels
Neutral	Bitter, sweet	Ht, Lv, Li
Warm	Acrid	Ht, Lv
Warm	Acrid, sweet	Ht, Lv, Sp
Warm	Acrid	Lv, Gb, Pc
Sl. Cold	Bitter	Lv, Sp
Neutral	Sweet, Sl. bitter	Lv, Ki
Sl. Cold	Acrid, bitter	Gb, Lv
Neutral	Bitter, acrid	Lu, St
Sl. Cold	Bitter	Lu, Lv, Sp
Cool	Sweet, Sl. bitter	Ht, Lv, Ki
Neutral	Sweet	Sp, Lu

on for a long period of time without recovery, or hiccup which are incessant for a long period of time, or internal heat with irritability, depression, palpitations, insomnia, late afternoon tidal fever, and similar signs.’

‘Within the formula: *Dāng guī*, *táo rén*, *hóng huā*, *chuān xiōng*, and *chì sháo yào* invigorate the blood and dispel stasis. When *shēng dì huáng* is paired with *dāng guī* they nourish the blood, harmonize the blood, acts to dispel stasis, and does not damage yin-blood. *Niú xī* dispels stasis and unblocks the blood vessels while simultaneously guiding the static blood to circulate and descend. *Chái hú*, *zhī ké*, and *jié gěng* dredge and open the stagnant qi in the chest, and when the qi is caused to move, then the blood moves. *Gān cǎo* harmonizes all of the medicinals. When all of these medicinals are combined and used together, and when the qi is circulated in order to eliminate stasis, then the various conditions can recover.’

‘In experimental research: The current formula has the ability to improve micro circulation and increases the amount of blood circulating and perfusing to the tissues and organs.’

In one study, *Xuè Fù Zhú Yú Tāng* was tested for its ability to act as a hypoxia/reoxygenation strategy for the conditions of unstable angina pectoris and myocardial ischemia-reperfusion injury. The results showed that “*Xuè Fù Zhú Yú Tāng* significantly inhibited autophagy induced by hypoxia/reoxygenation, with decreased formation of autophagosomes as well as the expression of LC3-II/LC3-I ratio and Beclin 1 after hypoxia/reoxygenation. Importantly, inhibition of autophagy by *Xuè Fù Zhú Yú Tāng* resulted in enhanced cell viability and decreased apoptosis. *Xuè Fù Zhú Yú Tāng* also inhibited the activation of AMPK and upregulated the phosphorylation of mammalian target of Rapamycin (mTOR)” signaling pathways.<sup>32</sup>



## Shush that Flush

**Retail Price:** 1 oz: \$17.00.

In grain alcohol.

**Shush that Flush** is a combination of *Zuǒ Guī Yīn* 左歸飲 and *Zhī Bái Dì Huáng Wán* 知柏地黃丸 with modifications.

*Zhōng Yī Dà Cí Diǎn*: “*Shān yào* fortifies the spleen and stomach, boosts the lungs and kidneys, and supplements deficiency emaciation. *Gōu qī zī* tonifies the kidneys, increases the essence, nourishes the liver, and brightens the eyes. *Fú líng* promotes urination to percolate dampness, strengthens the spleen, harmonizes the stomach, tranquilizes

the heart, and quiets the *shén*. *Zhī gān cǎo* tonifies the spleen, increases the qì, and is often used in deficiency and cold patterns. *Shú dì huáng* enriches the yīn and tonifies blood. *Shān zhū yú* tonifies and boosts the liver and kidneys, astringes the essence, and restrains sweating. *Huáng*

Zuǒ Guī Yīn & Zhī Bái Dì  
Modifications

	Nature	Flavor	Channels
shān yào	Neutral	Sweet	Sp, Lu, Ki
gōu qī zī	Neutral	Sweet	Lv, Ki
fú líng	Neutral	Bland, sweet	Ht, Sp, Ki
zhī gān cǎo	Neutral	Sweet	Ht, Lu, Sp, St
shú dì huáng	Sl. Warm	Sweet	Lv, Ki
shān zhū yú	Sl. Warm	Sour	Lv, Ki
huáng bǎi	Cold	Bitter	Ki, Bl, Li
zhī mǔ	Cold	Bitter, sweet	Lu, St, Ki
mǔ dān pí	Sl. Cold	Bitter, acrid	Ht, Lv, Ki
zé xiè	Cold	Sweet, bland	Ki, Bl
tiān mén dòng	Cold	Sweet, Sl. bitter	Ki, Lu
hàn lián cǎo	Cool	Sweet, sour	Lv, Ki
nǚ zhēn zī	Sl. Cold	Sweet, bitter	Lv, Ki
huái niú xī	Neutral	Bitter, sour	Lv, Ki
dì gǔ pí	Cold	Sweet	Lu, Ki
bǎi zī rén	Neutral	Sweet	Ht, Lv, Sp
suān zǎo rén	Neutral	Sweet, sour	Ht, Lv, Gb
hú huáng lián	Cold	Bitter	Lv, St, Li

*bǎi* drains fire, resolves toxins, clears heat, and dries dampness. *Zhī mǔ* clears heat, downbears fire, enriches yīn, moistens dryness, stops thirst, and eliminates irritability. *Mǔ dān pí* clears heat, cools blood, invigorates the blood, and disperses stasis. *Zé xiè* disinhibits water, leaches out dampness, discharges heat, and unblocks painful urinary dribbling. *Tiān mén dòng* nourishes yīn, moistens dryness, clears the lungs, and downbears fire. *Hàn lián cǎo* cools blood, stops bleeding, tonifies the kidneys, and increases yīn. *Nǚ zhēn zī* tonifies the kidneys, enriches yīn, nourishes the liver, and brightens the eyes. *Huái niú xī* invigorates the blood, circulates stasis, and disperses swelling. *Dì gǔ pí* clears heat and cools blood. *Bǎi zī rén* nourishes the heart, increases wisdom, quiets the *shén*, and moistens dryness. *Suān zǎo rén* nourishes the heart, calms the *shén*, and astringes sweating. *Hú huáng lián* reduces deficiency heat, clears *gān* heat, clears heat, dries dampness, resolves toxins, and disperses swelling.



As the name implies, **Shush that Flush** has been designed to quell hot flashes and hot flushes. In the formula, *Zuǒ Guī Yīn* acts to tonify and increase the kidney yīn, and treats true yīn and kidney water insufficiency with lower back pain, diarrhea, dizziness, tinnitus, mouth dryness, night sweats, and similar signs. *Zhī Bái Dì Huáng Wán* acts to enrich the yīn and downbear fire, and treats kidney taxation, difficulty bending the back forward and backward, inhibited urination with an increase in dribbling, dampness and sores of the genitals, internal tension of the smaller abdomen, and reddish-yellow urine. Additionally, **Shush that Flush** works for patterns with steaming bones and tidal heat with yīn deficiency and fire abundance. These two formulas when combined together strongly infill and restore damage from yīn deficiency, while the modifications further enhance the yīn and astringe sweating.

## Keeping the Red Fed

**Retail Price:** 1 oz: \$17.00.

In grain alcohol.

We designed **Keeping the Red Fed** for situations where the body needs to reabsorb iron and increase oxygen uptake, such as in the case with athletic performance. We know that athletes will occasionally train at high altitudes in order to increase the amount of red blood cells in their body. When there are more blood cells, the body is able to carry more oxygen. More specifically though, a red blood cell is able to bind oxygen because of its heme, which consists of four iron atoms, which then can bind four oxygen atoms. Therefore, when there are more red blood cells, then there is more potential to carry oxygen in the body, conversely, any interruption in the binding of the iron to the oxygen, or depletion in red blood cells, can move the body closer to a hypoxic state.

In Chinese medicine then, we can look at benefitting athletic performance through the lens of building blood and moving blood. This is one strategy, and there are other ways to think about increasing athletic performance, but this one is both simple and benign, as it simply strengthens the blood and its capacity to optimally function.

What about ferritin, you might ask? Well, ferritin is not the heme iron which is bound to the red blood cell. Ferritin is a protein which stores iron in the cells of the body, and when the body decides to make new red blood cells, the ferritin in the cells binds to a protein

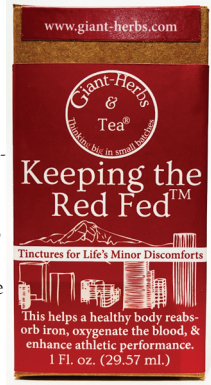
Nature	Flavor	Channels
Warm	Acrid, sweet	Ht, Lv, Sp
Warm	Acrid	Ht, Lv
Sl. Cool	Bitter	Ht, Lv
Sl. Warm	Sour, sweet	Sp, St, Lv
Warm	Acrid	Lv, Gb, Pc
Warm	Bitter	Lv, Ki
Warm	Bitter, acrid	Ht, Lv, Sp
Neutral	Sweet	Lu, Sp

called transferrin and is transported to the new red blood cells. However, there are other things that can cause ferritin to be excreted from the cells producing a high ferritin test, such as inflammation, obesity, daily alcohol intake, or a genetic condition called hemochromatosis. Conversely, a low ferritin test can be the result of such things as internal bleeding, excessive menstruation, or intestinal bleeding.

*Zhōng Yì Dà Cí Diǎn*: “*Dāng guī* tonifies blood, invigorates blood, regulates menstruation, stops pain, moistens dryness, and lubricates the intestines. *Hóng huā* invigorates the blood, regulates the channels, dispels stasis, and stops pain. *Dān shēn* invigorates the blood, dispels stasis, quiets the *shén*, and tranquilizes the heart. *Shān zhā* promotes digestion, transforms accumulations, and disperses stasis. *Chuān xiōng* invigorates the blood, circulates the *qì*, disperses wind, and stops pain. *Gǔ suì bǔ* tonifies the kidneys, strengthens the bones, mends bones, reconnects sinews, dispels wind, eliminates damp, invigorates the blood, and stops pain. *Liú jì nú* breaks blood, unblocks the channels, reduces swelling, stops pain, promotes digestion, and eliminates distention. *Dǎng shēn* tonifies the center, strengthens the spleen, boosts the *qì*, and engenders fluids.”

While this formula has no very close relative within Chinese medicine formula archive, it is not hard to see how these particular blood builders and blood movers act synergistically with each other to strengthen and enhance an athletes body, and increase the amount of oxygen in the blood while simultaneously benefitting iron uptake. *Dāng shēn* then, also fosters the blood by providing the an element of *qì* supplementation and energy to an otherwise predominantly blood formula.

**Contraindications:** Use with caution in cases of **low blood pressure**, and this formula is **contraindicated during pregnancy**.



## Quelling Ankle Swelling

**Retail Price:** 1 oz: \$17.00.

In grain alcohol.

**Quelling Ankle Swelling** seeks to address situations where the body suffers from chronic limb edema (this is edema which is not due to trauma).

*Zhōng Yì Dà Cì Diǎn*: “*Fú líng*

promotes urination to percolate

dampness, strengthens the spleen, harmonizes the stomach, tranquilizes the heart, and quiets

the *shén*. *Dǎng shēn* tonifies the center, strengthens the spleen, boosts the qì, and engenders

fluids. *Zhī ké* circulates the qì to ease the center, transforms phlegm, and promotes digestion.

*Wú jiā pí* dispels wind damp, strengthens the sinews and bones, and tonifies the liver and

kidneys. *Bái sháo* nourishes the blood, astringes the yīn, softens the liver, and stops pain. *Chē*

*qián zǐ* disinhibits water, clears heat, brightens the eyes, and dispels phlegm.”

This formula is one we have designed using a similar structure as many classical formulas.

Six herbs in combination, to provide the most quantity of each herb, while still keeping the

formula balanced. **Quelling Ankle Swelling** was designed to not only control circulatory

based ankle swelling, but also to help eliminate cysts in the liver and kidneys, where these

cysts then interrupt and strangle the water metabolism. Therefore, we have three herbs to

drain damp (*fú líng*, *chē qián zǐ*, and *wú jiā pí*), a blood tonic (*bái sháo*), a qì tonic (*dǎng shēn*),

and a qì mover (*zhī ké*). This provides a balance to moving out the stagnant water, while also

building and moving the qì and blood. This formula since inception has proved to be a very

useful formula for the treatment of non-trauma based ankle edema, while also helping shrink

tumors in other areas. The principle here is: remove constraint to remove stagnation, clear the

Nature	Flavor	Channels
Neutral	Bland, sweet	Ht, Sp, Ki
Neutral	Sweet	Lu, Sp
Sl. Cold	Bitter	Lu, Lv, Sp
Warm	Acrid	Lv, Ki
Sl. Cold	Bitter, sour	Lv, Sp
Cold	Sweet	Ki, Bl

sludge from the waterways in order to drain out the fluid collecting at the surface and at the extremities.



## Foot Fungk

**Retail Price:** 1 oz: \$17.00.

In grain alcohol.

**Foot Fungk** is a topical spray for nasty, stinky, fungusy feet. Do not ingest this!

*Zhōng Yī Dà Cí Diǎn:*

"*Bái xiān pí* dispels wind, dries dampness, clears heat, and resolves toxins. *Dì fū zǐ* clears and disinhibits damp heat and stops itching.

*Yīn chén hāo* clears heat, disinhibits dampness, benefits the gallbladder, and reduces jaundice.

*Huáng jīng* tonifies the spleen, moistens the lungs, nourishes yīn, and engenders fluids.

*Kǔ shēn* clears heat, dries dampness, dispels wind, and kills worms. *Huáng lián* clears heat, dries dampness, drains fire, and resolves toxins. *Huáng bǎi* drains fire, resolves toxins, clears heat,

bái xiān pí  
dì fū zǐ  
yīn chén hāo  
huáng jīng  
kǔ shēn  
huáng lián  
huáng bǎi  
yì yī rén  
shé chuāng zǐ  
cāng zhú  
zhī zǐ  
jué míng zǐ  
gǔ jīng cǎo  
dà qīng yè  
bǎn lán gēn  
pú gōng yīng  
yú xīng cǎo  
shè gān  
biǎn xù  
hǎi tóng pí

Nature	Flavor	Channels
Cold	Bitter	Sp, St
Cold	Sweet, bitter	Ki, Bl
Sl. Cold	Bitter, acrid	Lv, Gb, Sp
Neutral	Sweet	Sp, Lu, Ki
Cold	Bitter	Ht, Lu, Ki, Li
Cold	Bitter	Ht, Lv, St, Li
Cold	Bitter	Ki, Bl, Li
Cool	Sweet, bland	Sp, Lu, Ki
Warm	Acrid, bitter	Ki, Sp
Warm	Acrid, bitter	Sp, St, Lv
Cold	Bitter	Ht, Lu, St, Sj
Sl. Cold	Bitter, sweet, salty	Lv, Ki, Li
Neutral	Sweet, acrid	Lv, St
Cold	Bitter	Ht, St, Lv
Cold	Bitter	Ht, Lv, St
Cold	Bitter, sweet	Lv, St
Sl. Cold	Acrid	Lu, Bl, Li
Cold	Bitter, Sl. toxic	Lu, Lv
Sl. Cold	Bitter	Bl
Neutral	Bitter	Lv, Sp

and dries dampness. *Yì yī rén* fortifies the spleen, disinhibits dampness, clears heat, and expels pus. *Shé chuāng zǐ* warms the kidneys, assists the yáng, dries dampness, and kills worms. *Cāng zhú* dries dampness, strengthens the spleen, dispels wind and damp, brightens the eyes, and repels foulness. *Zhī zǐ* drains fire, eliminates irritability, clears heat, disinhibits dampness, cools blood, and stops bleeding. *Jué míng zǐ* cools the liver, brightens the eyes, moistens the intestines, and unblocks the stool. *Gǔ jīng cǎo* disperses and dredges wind-heat, brightens the eyes, and eliminates eye screens. *Dà qīng yè* clears heat, resolves toxins, and cools the blood. *Bǎn lán gēn* clears heat, resolves toxins, cools blood, and soothes the throat. *Pú gōng yīng* clears heat, resolves toxins, disperses swellings, and dissipates binds. *Yú xīng cǎo* clears heat, resolves toxins, expels pus, reduces abscesses, disinhibits urination, and unblocks dribbling. *Shè gān* drains fire, resolves toxins, disinhibits the throat, disperses phlegm, dispels stasis, and disperses binds. *Biǎn xù* disinhibits urination, unblocks dribbling, kills worms, and stops itching. *Hǎi tóng pí* dispels wind, eliminates damp, unblocks the collaterals, stops pain, and kills worms.

We designed **Foot Fungk** as a topical spray which can be used on any mycdermal infection on the feet, but it could be used topically on any part of the body. This combination of medicinals can treat skin conditions such as: itching of the skin, urticaria, eczema, lichens, ring-worm, tinea cruris, tinea pedis, scabies, trichomonal vaginitis, impetigo, toxic swellings, and swollen welling-abscesses. Additionally, this combination of medicinals have an inhibitory effect on such bacteria such as astyphoid bacilli, trichomoniasis, leptospira, staphylococcus aureus, diphtheria, typhoid, trichophyton rubrum, trichophyton mentagrophytes, hemolytic streptococcus, pneumococcus, meningococcus, diphtheria, bacillus typhoid, and on a variety of common pathogenic skin fungi.

Spray the affected area three to four times a day, and allow the area to dry before covering.

**Warnings: Do not ingest this.**



## Damnthritis

**Retail Price:** 1 oz: \$17.00.

In grain alcohol.

**Damnthritis** was designed to treat wind, cold, or damp bi-impediment, with such manifestations as rheumatoid arthritis, swollen and achy joints, etc.

This formula can be compared to **DHJST** on page **xxxy**, which comparatively is for cold bi-impediment with deficiency.

	Nature	Flavor	Channels
wēi líng xiān	Warm	Acrid	Bl
xī xiān cǎo	Cold	Acrid, bitter	Ki, Lv
bì xiè	Neutral	Bitter	Lv, St, Bl
cāng zhú	Warm	Acrid, bitter	Sp, St, Lv
chuān mù tóng	Sl. Cold	Bland, Sl. bitter	Ht, Si
tǔ fú líng	Neutral	Sweet, bland	St, Lv
dú huó	Warm	Acrid, bitter	Ki, Bl
sāng zhī	Neutral	Bitter	Lv
sū mù	Neutral	Sweet, salty, sl. acrid	Ht, Lv, Sp

*Zhōng Yī Dà Cí Diǎn*: "Wēi líng xiān dispels wind, eliminates dampness, unblocks the collaterals, stops pain, dissolves fish bones, disperses binds, and disperses swelling. Xī xiān cǎo dispels wind-damp, disinhibits the joints, and lowers blood pressure. Bì xiè dispels wind and disinhibits damp. Cāng zhú dries dampness, strengthens the spleen, dispels wind and damp, brightens the eyes, and repels foulness. Chuān mù tóng clears heat, disinhibits water, invigorates the blood, and promotes lactation. Tǔ fú líng disinhibits dampness and resolves toxins. Dú huó dispels wind, dominates dampness, disperses cold, and stops pain. Sāng zhī dispels wind and damp, unblocks the channels and collaterals, and circulates the water qì. Sū mù invigorates the blood, dispels stasis, disperses swelling, and stops pain.

When combined together these medicinals can treat things like: wind, cold, or damp bi-impediment, cold pain or aching in the lower back and knees, aching pain of the shoulders

and back, numbness of the four limbs, lack of strength in the low back and knees, paralysis of half the body, hemiplegia due to wind strike, hypertonicity of the sinews and bones, or hands and feet, and rheumatic arthritis.

**Warnings:** This formula is contraindicated during pregnancy!



## Gallstonain

**Retail Price:** 1 oz: \$17.00.

In grain alcohol.

**Gallstonain** is our retail version of *Xiǎo Chái Hú Tāng* 小柴胡湯.

For the complete monograph, see **XHCT** on page **xyyy**.



	Nature	Flavor	Channels
chái hú	Sl. Cold	Acrid, bitter	Gb, Lv
huáng qín	Cold	Bitter	Ht, Lu, Gb, Li
rén shēn	Warm	Sweet, Sl. bitter	Sp, Lu
gān cǎo	Neutral	Sweet	Sp, Lu
bàn xià	Warm	Acrid, toxic	Sp, St
gān jiāng	Hot	Acrid	Ht, Lu, Sp, Ki
dà zǎo	Warm	Sweet	Sp, St

## Stop, Stop, Go

**Retail Price:** 1 oz: \$17.00.

In grain alcohol.

**Stop, Stop, Go** consists of a single ingredient: Nettle root (*Urtica dioica radix*).

As men age, their urinary stream generally declines. This can lead to all sorts of irritations such as: dribbling, incomplete voiding, urinary frequency, and if ignored for too long, potential urinary tract or kidney infections.

We created **Stop, Stop, Go** to address the underlying root of many of these problems, and that is swelling of the prostate.

One study suggests: "Treatment with stinging nettle root extract can therefore be considered a safe therapeutic option for benign prostatic syndrome (BPS), especially for reducing irritative symptoms and BPS-associated complications due to the postulated antiphlogistic and antiproliferative effects of the stinging nettle extract."<sup>33</sup> Another study found: "According to the results, nettle had a better effect in relieving clinical symptoms in BPH patients compared to placebo."<sup>34</sup> Yet another study found: "Our results from ... the study provide evidence that the antiproliferative effect of stinging nettle root extract is biologically relevant and could be responsible for the beneficial outcome in early BPH treatment."<sup>35</sup>

In addition, nettle root appears to not interact medications, and thus does not have any known contraindications.

**Dosage:** **Stop, Stop, Go's** minimum dosage is **3-4 full droppersfull**, TID, for 6 weeks.



## Pso-Tight

**Retail Price:** 1 oz: \$17.00.

In grain alcohol.

**Pso-Tight** is our retail version of *Dāng Guī Sì Nì Tāng*  
當歸四逆湯.

For the complete monograph, see **DGSNT** on page  
[xxyy](#).



	Nature	Flavor	Channels
dāng guī	Warm	Acrid, sweet	Ht, Lv, Sp
guī zhī	Warm	Sweet, acrid	Lu, Ht, Bl
bái sháo	Sl. Cold	Bitter, sour	Lv, Sp
dà zǎo	Warm	Sweet	Sp, St
zhì gān cǎo	Neutral	Sweet	Ht, Lu, Sp, St
chuān mù tóng	Sl. Cold	Bland, Sl. bitter	Ht, Si



## End Notes for Red Label Products

1. <https://jada.ada.org/article/S0002-8177%2817%2930822-X/fulltext>
2. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6823004/>
3. *Zhōng Yī Dà Cí Diǎn* 《中醫大辭典》
4. <https://www.ncbi.nlm.nih.gov/pubmed/16222745>
5. <https://www.ncbi.nlm.nih.gov/pubmed/30312741>
6. <https://www.ncbi.nlm.nih.gov/pubmed/23674976>
7. <https://www.ncbi.nlm.nih.gov/pubmed/25954318>
8. <https://www.ncbi.nlm.nih.gov/pubmed/24931003>
9. <https://www.ncbi.nlm.nih.gov/pubmed/16466876>
10. <https://www.ncbi.nlm.nih.gov/pubmed/31884156>
11. <https://www.ncbi.nlm.nih.gov/pubmed/19260845>
12. <https://www.ncbi.nlm.nih.gov/pubmed/11561196>
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14. <https://www.ncbi.nlm.nih.gov/pubmed/17683465>
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17. <https://www.ncbi.nlm.nih.gov/pubmed/29544368>
18. <https://www.ncbi.nlm.nih.gov/pubmed/19781622>
19. *Commentary On Formulas From The Golden Cabinet* (hereafter JGYLZ) written by by Zhāng Zhìcōng 張志聰, and translated by Jonathan Schell. Chapter 1, Line 1.
20. *Commentary On The Discussion of Cold Damage With Annotations* (hereafter ZJSHL) written by Chéng Wújǐ 成無己, and translated by Jonathan Schell, *PEPA* JJJ.7. (*Huáng Dì Nèi Jīng Sù Wèn*, Chapter 34, Line 15), p. 527.
21. *ZJSHL*, Line 12, p. 96.
22. *ZJSHL*, Line 40, p. 119.
23. *Yī Xué Rù Mén* 《醫學入門》 (Entering the Gate of Medicine) by Lǐ Chān 李樅, 1515.

24. *Wài Kē Zhèng Zōng* 《外科正宗》 (Inherited Teachings of External Medicine) by Chén Shígōng 陳實功, 1617.
25. *Jǐng Yuè Quán Shū* 《景岳全書》 (The Complete Works of Jǐngyuè) by Zhāng Jǐngyuè 張景岳, 1640.
26. *Tài Píng Huì Mǐn Hé Jì Jū Fāng* 《太平惠民和劑局方》 (Imperial Grace Formulary of the Tài Píng Era), 1078. Volume 2.
27. *JGYLZ* Chapter 7, Line 11.
28. *JGYLZ*. Chapter 7, Line 6.
29. *JGYLZ*. Chapter 7, Line 8.
30. *The Eclectic Materia Medica, Pharmacology and Therapeutics*, Harvey Wickes Felton, M.D., 1922.
31. *Tài Píng Shèng Huì Fāng* 《太平聖惠方》 (Sage-like Prescriptions of Tài Píng Era), 992. Volume 34.
32. <https://pubmed.ncbi.nlm.nih.gov/28629357/>
33. <https://www.ncbi.nlm.nih.gov/pubmed/15045190>
34. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3589769/#A2386R1>
35. <https://www.thieme-connect.com/products/ejournals/html/10.1055/s-2000-11117>

## Black Label Products

## BWSQW (Bā Wèi Shèn Qì Wán)

Also known as Jīn Guì Shèn Qì Wán

Retail Price: 1 oz: \$16.00.

In grain alcohol.

*Zhōng Yī Dà Cí Diǎn*: “*Gān dì huáng* enriches the yin, clears heat, cools blood, and stops bleeding. *Shān yào* fortifies the spleen and stomach, boosts the lungs and kidneys, and supplements deficiency emaciation. *Shān zhū yú* tonifies and boosts

	Nature	Flavor	Channels
<i>gān dì huáng</i>	Cool	Sweet, Sl. bitter	Ht, Lv, Ki
<i>shān yào</i>	Neutral	Sweet	Sp, Lu, Ki
<i>shān zhū yú</i>	Sl. Warm	Sour	Lv, Ki
<i>zé xiè</i>	Cold	Sweet, bland	Ki, Bl
<i>fú líng</i>	Neutral	Bland, sweet	Ht, Sp, Ki
<i>mǔ dān pí</i>	Sl. Cold	Bitter, acrid	Ht, Lv, Ki
<i>guì zhī</i>	Warm	Sweet, acrid	Lu, Ht, Bl

the liver and kidneys, astringes the essence, and restrains sweating. *Zé xiè* disinhibits water, leaches out dampness, discharges heat, and unblocks painful urinary dribbling. *Fú líng* promotes urination to percolate dampness, strengthens the spleen, harmonizes the stomach, tranquilizes the heart, and quiets the *shén*. *Mǔ dān pí* clears heat, cools blood, invigorates the blood, and disperses stasis. *Guì zhī* promotes sweating, resolves the flesh, warms the channels, unblocks the yáng, pacifies surging, and downbears counterflow.”

*Jīn Guì Yào Lǚè* said: “[When there is] deficiency taxation with lower back pain, spasm of the small abdomen, and inhibited urination, then *Bā Wèi Shèn Qì Wán* governs this.”<sup>36</sup>

*Zhōng Yī Dà Cí Diǎn*: **BWSQW**’s “Action is to warm and supplement kidney yáng. It treats kidney yáng insufficiency with aching of the lower back, and limpness of the legs. When the lower body regularly has contraction of cold, [then there is] lower abdominal tightness, inhibited urination, or unexpected copious urination, a deficient and weak pulse, as well as leg qì, phlegm-rheum, wasting-thirst, a shifted bladder, and similar signs.’ ‘In modern times, this is used for chronic nephritis, diabetes mellitus, as well as the characteristics of neurasthenia which belong to kidney yáng insufficiency.’

‘Within the formula: The *guì zhī* warms and supplements the kidney yáng. *Gān dì huáng* and *shān yào* supplements and boosts the kidney yīn by using yáng’s ability to assist yīn and engender transformation endlessly. This is the method of obtaining yáng within yīn. [When] *mǔ dān pí* is combined with *guì zhī* [it] can regulate stagnation within the blood aspect, and thereby [it] is able to benefit by unblocking the yáng. *Fú líng* and *zé xiè* leach out and disinhibit the dampness which is generated by the yáng deficiency. By causing the dampness to be eliminated, then the yáng is engendered. Moreover, [these medicinals] protect against the greasy and enriching medicinals which collect evil. When all of these medicinals are used combined together, they are effective to warm and supplement kidney yáng.”

*Yi Zōng Jīn Jiàn* said: “[When] a person has deficiency taxation with lower back pain, and inability to move. The tightness and spasms of the lesser abdomen and inhibited urination are [because] the bladder qì is deficient and does not transform.’

‘Chéng Lín said: The lower back is the outside indicator of the kidneys, [and when] the kidneys are deficient, then [there is] lower pack pain. The kidneys and the bladder act as exterior and interior, [and if] the yáng qì of the *sānjiāo* is unable to clear the sluices, then [there is] inhibited urination and tightness and spasm of the lesser abdomen. [When the medicinals] are combined together in this formula [they are] used to boost the qì in the area of the kidneys. [When] the qì is strong, then the urine can move, and the tightness and spasm of the lesser abdomen also recovers.”<sup>37</sup>

*Jīn Guì Yào Lǚè* also said: “[When] women have disease [where] eating and drinking are like normal with irritability, heat, and inability to lie down, and adversely [they need to be] propped [up in order to] breathe, why is this? The master said: This is called shifted bladder, and [the patient is] unable to urinate. Because the bladder tie is entangled, therefore [it] causes this disease. However, [if one] disinhibits the urine, then [this will] recover, and *Shèn Qì Wán* is appropriate to governs this.”<sup>38</sup>



## BXHPT (Bàn Xià Hòu Pò Tāng)

**Retail Price:** 1 oz: \$17.00.

In grain alcohol.

*Zhōng Yì Dà Cí Diǎn*: “*Bàn xià* dries damp, transforms phlegm, downbears counterflow, stops retching, eliminates glomus, and disperses binds. *Hòu pò* warms the center, descends the qì, dries dampness, and disperses phlegm and plum-pit qì. *Fú líng* promotes urination to percolate dampness, strengthens the spleen, harmonizes the stomach, tranquilizes the heart, and quiets the *shén*. *Shēng jiāng* releases the exterior, disperses cold, disperses phlegm, descends qì, warms the center, and stops retching. *Zī sū yè* issues forth to the exterior, disperses cold, regulates the qì, eases the center, quiets the fetus, and resolves toxin from fish and crab.”

*Jīn Guì Yào Lǚè* said: “[When] women have [something] which resembles broiled meat in their throat, then *Bàn Xià Hòu Pò Tāng* governs this.”<sup>39</sup>

*Zhōng Yì Dà Cí Diǎn*: **BXHPT**’s “Action is to circulate the qì, unbind constraint, downbear counterflow, and transform phlegm. It treats phlegm qì which constrains and binds as plum-pit qì in the throat like [a piece] of cooked meat which cannot be issued forth by spitting, and cannot be descended by swallowing. [There may also be] chest and rib-side fullness, or damp-phlegm cough, or retching and vomiting or similar signs. In modern times, this is used for spasm of the esophagus, hysteria, gastric neurosis, and the signs which appear above.’

‘Within the formula: *Bàn xià* transforms phlegm, opens constraint, harmonizes the stomach, and downbears counterflow. *Hòu pò* circulates the qì, opens constraint, descends the qì, eliminates fullness, and together these are the sovereign medicinals. *Sū yè* assists *bàn xià* and *hòu pò* to loosen the chest and open the center, and free flows the qì constraint. *Fú líng* assists *bàn xià*

Nature	Flavor	Channels
Warm	Acrid, toxic	Sp, St
Warm	Bitter, acrid	St, Sp, Li
Neutral	Bland, sweet	Ht, Sp, Ki
Sl. Warm	Acrid	Lu, St, Sp
Warm	Acrid	Lu, Sp

to transform phlegm. *Shēng jiāng* assists *bàn xià* to harmonize the center and transform phlegm, [*shēng jiāng*] also resolves the toxic nature of *bàn xià*, and together these are the ministerial medicinals. When all of the medicinals are combined together, acrid is used to disperse binds, and bitter is used to downbear counterflow. The acrid opens and bitter downbears. [If one] transforms phlegm and downbears counterflow, then the signs of phlegm qì, constraint, and binds can resolve.”

*Yi Zōng Jīn Jiàn* said: “[When there is something] which resembles broiled meat in the throat, refers to phlegm drool in the throat which is like a broiled meat [which] cannot be issued forth by expectorating, and cannot descend by swallowing, then this is namely plum-pit qì disease. This disease is obtained from the seven emotions constraining the qì, which then congeals as drool and grows. Therefore, use the acrid of *bàn xià*, *hòu pò*, *shēng jiāng* in order to disperse the binds and the bitter in order to downbear counterflow. *Fú líng* assists *bàn xià* in order to disinhibit fluids and circulate the drool. The aromatic of *zī sū* is used to diffuse and unblock the constrained qì, supplementing the qì and relaxing the drool [in order to] eliminate [it], then the disease will naturally recover. These signs [can] also be in males, and are not only in females.”<sup>40</sup>



## BXXXT (Bàn Xià Xiè Xīn Tāng)

**Retail Price:** 1 oz: \$17.00.

In grain alcohol.

*Zhōng Yī Dà Cí Diǎn:*

*Bàn xià* dries damp, transforms phlegm, downbears counterflow, stops retching, eliminates glomus, and disperses binds. *Huáng qīn* clears heat, dries dampness, drains fire, resolves toxins, cools blood, and quiets the fetus. *Gān jiāng* warms the center, expels cold, returns the yáng, unblocks the vessels, disperses phlegm, and descends the qì. *Rén shēn* tonifies the qì, secures loss, tonifies the lungs, boosts the spleen, generates fluids, quiets the *shēn*, and increases wisdom. *Huáng lián* clears heat, dries dampness, drains fire, and resolves toxins. *Dà zāo* supplements the center, boosts the qì, nourishes the blood, and quiets the *shēn*. *Zhì gān cǎo* tonifies the spleen, increases the qì, and is often used in deficiency and cold patterns.”

*Shāng Hán Lùn* said: “In cold damage for five or six days, with retching and fever, these are all *Chái Hú Tāng* signs, but [the physician] used other medicinals to purge this. [If] the *Chái Hú [Tāng]* signs still exist, then again give *Chái Hú Tāng*. In this case, although [the patient] was already purged, this is not a mistake. [There] will be steaming and shaking, then [there will be] fever and sweating, and [then this will] resolve. If there is fullness below the heart and a hard pain, this is chest bind, and *Dà Xiàn Xiōng Tāng* governs this. [However, if there is] only fullness without pain, this is glomus and giving *Chái Hú [Tāng]* would not be accurate [for this. In this case, giving] *Bàn Xià Xiè Xīn Tāng* is appropriate.”<sup>41</sup>

Nature	Flavor	Channels
Warm	Acrid, toxic	Sp, St
Cold	Bitter	Ht, Lu, Gb, Li
Hot	Acrid	Ht, Lu, Sp, Ki
Warm	Sweet, Sl. bitter	Sp, Lu
Cold	Bitter	Ht, Lv, St, Li
Warm	Sweet	Sp, St
Neutral	Sweet	Ht, Lu, Sp, St

*Jīn Guì Yào Lǚè* said: “[When there is] retching and intestinal rumbling with glomus below the heart, then *Bàn Xià Xiè Xīn Tāng* governs this.”<sup>42</sup>

*Zhōng Yī Dà Cí Diǎn:* **BXXXT’s** “Action is to harmonize the stomach, downbear counterflow, open up binds, and eliminates glomus. It treats glomus and fullness below the heart without pain, or dry heaves, or vomiting, or rumbling intestines with diarrhea. In modern times, this is used to treat acute gastroenteritis, when the above conditions are met.”

“Within the formula: *Bàn xià* and *gān jiāng* warm and downbear to stop vomiting. *Huáng qīn* and *huáng lián* drain heat and disperse glomus. When cold and heat are used together, the acrid opens and the bitter downbears, therefore use cold and heat to harmonize the stomach center. *Rén shēn*, *gān cǎo*, and *dà zāo* are used to tonify the center, support the right qì, and tonify the deficiency of the middle qì.”

*Yī Zōng Jīn Jiàn* said: “Chest bind with concurrent yángmíng internal excess [signs], these are the signs of *Dà Xiàn Xiōng Tāng*. [If there is] concurrent yángmíng [but it does] not form excess, this is the signs of *Xiǎo Xiàn Xiōng Tāng*. Hard glomus with concurrent shàoyáng internal excess signs, these are the signs of *Dà Chái Hú Tāng*. Concurrent shàoyáng internal [signs which] do not form excess, this is the sign of *Bàn Xià Xiè Xīn Tāng*... If [there is] only fullness without pain, this is glomus [due to] deficient heat with qì counterflow, then [there are] shàoyáng signs with vomiting and fever, and giving *Chái Hú [Tāng]* also would not be accurate [for this.] As a rule, [one] should treat the glomus, [therefore] *Bàn Xià Xiè Xīn Tāng* is appropriate to govern this.”<sup>43</sup>



## BZS (Bā Zhēn Sǎn 八珍散)

**Retail Price:** 1 oz: \$17.00.

In grain alcohol.

*Zhōng Yì Dà Cì Diǎn*: “*Dāng guī* tonifies blood, invigorates blood, regulates menstruation, stops pain, moistens dryness, and lubricates the intestines.

*Chuān xiōng* invigorates the blood, circulates the qì, disperses wind, and stops pain. *Shú dì huáng* enriches

the yīn and tonifies blood. *Bái*

*sháo* nourishes the blood, astringes the yīn, softens the liver, and stops pain. *Rén shēn* tonifies the qì, secures loss, tonifies the lungs, boosts the spleen, generates fluids, quiets the *shén*, and increases wisdom. *Bái zhú* strengthens the spleen, boosts the qì, dries dampness, disperses phlegm, disinhibits water, stops sweating. *Fú líng* promotes urination to percolate dampness, strengthens the spleen, harmonizes the stomach, tranquilizes the heart, and quiets the *shén*. *Zhì gān cǎo* tonifies the spleen, increases the qì, and is often used in deficiency and cold patterns.”

*Zhōng Yì Dà Cì Diǎn*: “Actions: Regulates and opens the *yīng* and *wèi*, enriches and nourishes the qì and blood, and supplements deficiency harm. Treats irregular menstrual flow, pain in the umbilical region, entirely no thought of food, weakness of the viscera and bowels, diarrhea, hardness and pain in the smaller abdomen, and frequent manifestation of cold and heat.”

**BZS** ‘has the effect of promoting red blood cell regeneration during acute blood loss, and can quickly restore blood pressure to normal for a certain period of time.’

38 [www.12llc.com/store/index.php?route=product/category&path=59](http://www.12llc.com/store/index.php?route=product/category&path=59)

Nature	Flavor	Channels
Warm	Acrid, sweet	Ht, Lv, Sp
Warm	Acrid	Lv, Gb, Pc
Sl. Warm	Sweet	Lv, Ki
Sl. Cold	Bitter, sour	Lv, Sp
Warm	Sweet, Sl. bitter	Sp, Lu
Warm	Sweet, bitter	St, Sp
Neutral	Bland, sweet	Ht, Sp, Ki
Neutral	Sweet	Ht, Lu, Sp, St



## CHGZGJT (Chái Hú Guì Zhī Gān Jiāng Tāng)

**Retail Price:** 1 oz: \$17.00.

In grain alcohol.

*Zhōng Yī Dà Cí Diǎn*: “*Chái hú* releases the exterior, reduces heat, dredges the liver, and raises the yáng.

*Guì zhī* promotes sweating, resolves the flesh, warms the channels, unblocks the yáng, pacifies surging, and down-

bears counterflow. *Gān jiāng* warms the center, expels cold, returns the yáng, unblocks the vessels, disperses phlegm, and descends the qì. *Guā lóu shí* clears the lungs, transforms phlegm, loosens the chest, dissipates binds, and moistens the intestines. *Huáng qín* clears heat, dries dampness, drains fire, resolves toxins, cools blood, and quiets the fetus. *Mú lì* calms the liver and subdues the yáng, quiets the *shén* through heavy settling, softens hardness, and disperses binds. *Gān cǎo* harmonizes the center, relaxes tension, stops pain, disperses phlegm, stops cough, resolves toxicity, and regulates and harmonizes all medicinals.”

*Shāng Hán Lùn* said: “In cold damage [which has lasted for] five or six days [where one has] already promoted sweating and [one] again purges this, [then there is] fullness of the chest and rib-sides with a slight bind, inhibited urination, thirst, but without retching, sweating from only the head, alternating chills and fever, and irritability of the heart, this is not yet resolved, and *Chái Hú Guì Zhī Gān Jiāng Tāng* governs this.”<sup>44</sup>

*Yi Zōng Jīn Jiàn* said: “In cold damage [which has lasted for] five or six days [where one has] already promoted, the exterior is not yet resolved, and [one] again purges this. If internal evil sinks into yángmíng, then there will be chest bind and hard glomus with comingled heat and diarrhea signs. In this case, the internal evil sinks into shàoyáng, therefore it causes fullness of the chest and rib-sides with a slight bind. The inhibited

	Nature	Flavor	Channels
chái hú	Sl. Cold	Acrid, bitter	Gb, Lv
guì zhī	Warm	Sweet, acrid	Lu, Ht, Bl
gān jiāng	Hot	Acrid	Ht, Lu, Sp, Ki
guā lóu shí	Cold	Sweet, bitter	Lu, St, Li
huáng qín	Cold	Bitter	Ht, Lu, Gb, Li
mú lì	Cool	Salty, astringent	Lv, Ki
gān cǎo	Neutral	Sweet	Sp, Lu

urination, thirst, but without retching is not caused by the collection of water, [but is] then [due to] purgation by sweating [which] harms the fluids. Within this discussion [if] there is absence of body sweating, only sweating of the head, fever with no aversion to cold, and irritability of the heart, this is then yángmíng exterior heat, and [if] it is constrained then [the heat] cannot thrust out to the exterior, [thus there is] sweating of the head. Now, [if there is] sweating from only the head, alternating chills and fever, and irritability of the heart, and there are no yángmíng signs, [then one] knows [that this] is shàoyáng exterior heat, and when [the heat] is constrained and not harmonized [it] steams upward [causing] the sweating of the head. These are signs of shàoyáng interior and exterior not yet being resolved, therefore *Chái Hú Guì Zhī Gān Jiāng Tāng* governs this by specifically resolving the evil of half exterior while simultaneously dispersing [that which is] bound in half interior.”

‘Explanation of the formula: If the interior and exterior of shàoyáng are not yet resolved, therefore use the combination of *chái hú* and *guì zhī* to govern this, and then is a derivative of *Xiǎo Chái Hú Tāng*. Remove the *rén shēn*, because this [formula focuses on treating] the right qì, not deficiency. Subtract *bàn xià*, because there is no retching, [the physician should] fear reinforcing the dryness. Add *guā lóu gēn* because it is able to stop thirst while simultaneously engendering fluids. The *chái hú* is more than the *guì zhī* in order to govern the exterior of shàoyáng. Add *mú lì* in order to soften the binds of shàoyáng. *Gān jiāng* assists *guì zhī* to disperse the alternating chills. *Huáng qín* assists *chái hú* to eliminate the alternating fever, moreover [*huáng qín*] can control *gān jiāng* [so that *gān jiāng*] does not increase the irritability of the heart. All of the medicinals differ in temperature, [therefore] *gān cǎo* is essential to harmonize these. If upon the initial dose, if there is slight irritation, then the dose of the medicinals is not strong enough. If one again takes [the formula] and sweat issues forth then [this will] recover, [and one] can know with these signs if there is no issuing forth of sweating, then this is not resolved.”<sup>45</sup>



## CHGZT (Chái Hú Guì Zhī Tāng)

**Retail Price:** 1 oz: \$17.00.

In grain alcohol.

*Zhōng Yì Dà Cí Diǎn*: “*Guì zhī* promotes sweating, resolves the flesh, warms the channels, unblocks the yáng, pacifies surging, and down-bears counterflow. *Huáng qín* clears heat, dries dampness, drains fire, resolves toxins, cools blood, and quiets the fetus. *Rén shēn* tonifies the

qì, secures loss, tonifies the lungs, boosts the spleen, generates fluids, quiets the *shén*, and increases wisdom. *Gān cǎo* harmonizes the center, relaxes tension, stops pain, dispels phlegm, stops cough, resolves toxicity, and regulates and harmonizes all medicinals. *Bàn xià* dries damp, transforms phlegm, downbears counterflow, stops retching, eliminates glomus, and disperses binds. *Bái sháo* nourishes the blood, astringes the yīn, softens the liver, and stops pain. *Dà zǎo* supplements the center, boosts the qì, nourishes the blood, and quiets the *shén*. *Gān jiāng* warms the center, expels cold, returns the yáng, unblocks the vessels, disperses phlegm, and descends the qì. *Chái hú* releases the exterior, reduces heat, dredges the liver, and raises the yáng.”

*Shāng Hán Lùn* said: “In cold damage [which has lasted for] six or seven days with fever, slight aversion to cold, propping joints with aching and irritation, slight retching, and propping binds below the heart, then the external signs have not yet been eliminated, and *Chái Hú Jiā Guì Zhī Tāng* governs this.”<sup>46</sup>

Nature	Flavor	Channels
Warm	Sweet, acrid	Lu, Ht, Bl
Cold	Bitter	Ht, Lu, Gb, Li
Warm	Sweet, Sl. bitter	Sp, Lu
Neutral	Sweet	Sp, Lu
Warm	Acrid, toxic	Sp, St
Sl. Cold	Bitter, sour	Lv, Sp
Warm	Sweet	Sp, St
Hot	Acrid	Ht, Lu, Sp, Ki
Sl. Cold	Acrid, bitter	Gb, Lv

*Shāng Hán Lùn* also said: “[When one] profusely promotes sweating, [this] collapses the yáng [and causes] delirious speech, [then one] cannot purge. Give *Chái Hú Guì Zhī Tāng* to harmonize the yīng and wèi, in order to free the fluids, [and] after [this will] naturally recover.”<sup>47</sup>

*Jīn Guì Yào Lǚ* said: “Treats sudden strike in the heart and abdomen with pain.”<sup>48</sup>

*Yì Zōng Jīn Jiàn* said: “In cold damage [which has lasted for] six or seven days with fever, slight aversion to cold, propping joints with aching and irritation, slight retching, and propping binds below the heart, this is the evil of tàiyáng transmitting to shàoyáng. Therefore, take half *Guì Zhī* [Tāng] in order to disperse the evil of tàiyáng which is not yet exhausted, take half *Chái Hú* [Tāng] in order to disperse the disease of vomiting and binds of shàoyáng. But, this is not called *Guì Zhī Chái Hú Tāng*, even though the tàiyáng exterior signs have not yet been eliminated, but [because] the disease mechanisms already appear in the interior of shàoyáng. Therefore, because [in the name when] *chái hú* precedes *guì zhī*, [this] signifies [that] the importance [of the formula] is to resolve shàoyáng, while simultaneously dispersing tàiyáng. To prop, is to lean to the side, and is small [in size]. Propping binds, are then small binds which are on the sides below the heart.”

“Chéng Zhī said: In this case, evil enters into shàoyáng, but the tàiyáng signs have not yet been eliminated. Fever, aversion to cold, propping joints with aching and irritation, [are all] tàiyáng signs. [If] the aversion to cold is slight, [and there is] only propping joints with aching and irritation, but no headache with pain or stiffness of the neck, then the tàiyáng signs [will] also be slightly reduced. Retching and propping binds are shàoyáng signs. So, [if there is] retching counterflow and debilitation, and the binds below the heart are only on one side, and there are no binds in the area of both rib-sides, then the shàoyáng [signs] are also still superficial. [Therefore,] manage [this by] using *Chái Hú Tāng* to harmonize and resolve shàoyáng, while additionally using *Guì Zhī Tāng* to disperse tàiyáng. This method is difficult.”<sup>49</sup>



## DCHT (Dà Chái Hú Tāng)

**Retail Price:** 1 oz: \$17.00.

In grain alcohol.

*Zhōng Yì Dà Cí Diǎn*: “*Chái hú* releases the exterior, reduces heat, dredges the liver, and raises the *yáng*. *Bàn xià* dries damp, transforms phlegm, downbears counterflow, stops retching, eliminates glomus, and disperses binds. *Shēng jiāng* releases the exterior, disperses cold, disperses phlegm, descends *qì*, warms the center, and stops retching. *Zhī shí* breaks the *qì*, transforms phlegm, disperses accumulations, and disperses glomus. *Huáng qīn* clears heat, dries dampness, drains fire, resolves toxins, cools blood, and quiets the fetus. *Bái shào* nourishes the blood, astringes the *yīn*, softens the liver, and stops pain. *Dà zǎo* supplements the center, boosts the *qì*, nourishes the blood, and quiets the *shén*. *Dà huáng* drains heat toxin, flushes away accumulations and stagnation, and moves static blood.”

*Shāng Hán Lùn* said: “In *tàiyáng* disease [with] excessive channel passage for ten [or more] days, adversely [this] has [been] purged two or three [times], and after four or five days the *chái hú* signs still remain, [then] first give *Xiǎo Chái Hú Tāng*. [If there is] incessant retching, distress below the heart, and depression with mild irritability, this has not yet resolved, [therefore] give *Dà Chái Hú Tāng* to purge this, then [there will be] recovery.”<sup>50</sup>

*Shāng Hán Lùn* additionally said: “In cold damage for more than ten days with heat bind located in the interior, and again [there is] alternating chills and fever, then give *Dà Chái Hú Tāng*. However, [if there is] chest bind without great heat, this is because water is bound in the chest and rib-sides. [When there is] only slight sweating of the head, then *Dà Xiàn Xiōng*

Nature	Flavor	Channels
Sl. Cold	Acrid, bitter	Gb, Lv
Warm	Acrid, toxic	Sp, St
Sl. Warm	Acrid	Lu, St, Sp
Sl. Cold	Bitter	Sp, St
Cold	Bitter	Ht, Lu, Gb, Li
Sl. Cold	Bitter, sour	Lv, Sp
Warm	Sweet	Sp, St
Cold	Bitter	St, Li, Lv

*Tāng* governs this.”<sup>51</sup> “In cold damage with fever, [and after] sweating [there is] no resolve with hard glomus in the heart, retching, vomiting, and diarrhea, then *Dà Chái Hú Tāng* governs this.”<sup>52</sup> “After cold damage, [if] the pulse is deep and submerged, this is internal excess, purging resolves this, [and] *Dà Chái Hú Tāng* is appropriate.”<sup>53</sup>

*Jīn Guì Yào Lǚè* said: “[When there is] fullness and pain below the heart when pressure is applied, this is excess. [One] should purge this, and *Dà Chái Hú Tāng* is appropriate.”<sup>54</sup>

*Zhōng Yì Dà Cí Diǎn*: **DCHT’s** “Action is to harmonize, resolve, attack the interior. It treats *shàoyáng* evil heat which has not yet resolved, and *yángmíng* internal heat which blazes abundantly with alternating chills and fever, bitter fullness of the chest and rib-sides, retching with inability to eat, depression with mild irritability, hard glomus below the heart, or fullness and pain below the heart, constipation, a yellow tongue coat, and a pulse that is wiry and forceful. In modern times, this is used for cholecystitis, gallstone signs, acute pancreatitis, after resolution of ulcers due to acute perforation of the intestine when there is an abdominal infection, chronic gastritis [when presenting with] signs of excess.”

“The root of the formula is *Xiǎo Chái Hú Tāng* with *rén shēn* and *gān cǎo* removed, and *dà huáng*, *zhī shí*, and *sháo yào* added. Within the formula the *Xiǎo Chái Hú Tāng* harmonizes and resolves the *shàoyáng* evil which is half in the exterior and half in the interior. Remove the *rén shēn* and *gān cǎo*, as [one should be] afraid that the sweet and moderate [flavors will cause] the evil to lodge. Add *dà huáng* and *zhī shí* in order to discharge the *yángmíng* heat bind. Adding *sháo yào* combined with *chái hú* and *zhī shí* concurrently harmonizes the liver, gallbladder, stomach, and intestines. When all of the medicinals are combined together, then [they] can harmonize and resolve the *shàoyáng* evil which is half in the exterior and half in the interior. Moreover, it can unblock and discharge the *yángmíng* heat bind.”





## DGSNT (Dāng Guī Sì Nì Tāng)

**Retail Price:** 1 oz: \$17.00.

In grain alcohol.

*Zhōng Yī Dà Cì Diǎn:*

“*Dāng guī* tonifies blood, invigorates blood, regulates menstruation, stops pain, moistens dryness, and lubricates the intestines. *Guì zhī* promotes sweating, resolves the flesh, warms the channels,

unblocks the yáng, pacifies surging, and downbears counterflow. *Bái sháo* nourishes the blood, astringes the yīn, softens the liver, and stops pain. *Dà zǎo* supplements the center, boosts the qì, nourishes the blood, and quiets the *shén*. *Zhì gān cǎo* tonifies the spleen, increases the qì, and is often used in deficiency and cold patterns. *Chuān mù tōng* clears heat, disinhibits water, invigorates the blood, and promotes lactation.”

*Shāng Hán Lùn* said: “In reversal cold of the hands and feet with a thready pulse which is about to expire, then *Dāng Guī Sì Nì Tāng* governs this.”<sup>55</sup> “In diarrhea [with] a large pulse, this is deficiency, and is because [a physician] strongly purged this. Supposing that the pulse [is] floating and leathery, undoubtedly [there is] rumbling of the intestines, [and therefore this] belongs to *Dāng Guī Sì Nì Tāng* [which] governs this.”<sup>56</sup>

*Zhōng Yī Dà Cì Diǎn:* **DGSNT’s** “Action is to warm the channels, disperse cold, nourish blood, and unblock the vessels. It treats contraction of cold during blood deficiency with reversal cold of the extremities, a pale tongue with a white coat, and a pulse that is thready and about to expire. Or congealed cold with blood deficiency which causes menstrual irregularities, cold pain in the stomach duct and abdomen, as well as when cold enters the

Nature	Flavor	Channels
Warm	Acrid, sweet	Ht, Lv, Sp
Warm	Sweet, acrid	Lu, Ht, Bl
Sl. Cold	Bitter, sour	Lv, Sp
Warm	Sweet	Sp, St
Neutral	Sweet	Ht, Lu, Sp, St
Sl. Cold	Bland, Sl. bitter	Ht, Si

collaterals and vessels, and there is pain of the lower back, the thighs, the lower legs, or the feet. In modern times is used for conditions where the pulse can be felt at the ends of the fingers, where the fingers also have spasms (like in Raynaud’s disease) and the onset of frostbite.’

‘Within the formula *dāng guī* and *sháo yào* regulate and nourish the liver blood. *Guì zhī* warms the channels and disperses cold. *Zhì gān cǎo* and *dà zǎo* tonify the center, fortify the spleen, and increase the qì and blood. This is further assisted by *guì zhī* and *sháo yào*’s ability to regulate and harmonize the *yíng* and *wèi*. *Mù tōng* assists all of the medicinals and unblocks the blood vessels. When these medicinals are combined together with each other, they create a prescription which warms, tonifies, and unblocks the vessels.”

*Yi Zōng Jīn Jiàn* said: “This carefully elucidates the mild signs of juéyīn visceral reversal. Reversal cold of the extremities with a thready pulse that is about to expire are the signs of juéyīn yīn evil cold vessel transformation. [If] the skin is obstructed by cold, and there is also no restlessness [but one] is without content, then this is not yáng deficiency with yīn abundance, therefore do not use *jiāng* or *fù zǐ* or similar [types of medicinals]. Then [one should] use *Dāng Guī Sì Nì Tāng* to harmonize juéyīn in order to disperse the cold evil, and regulate the *yíng* and *wèi* in order to unblock the yáng qì. If the person has internal cold for a long period of time, [then it is] appropriate to use *Dāng Guī Sì Nì Tāng* with *wú zhū yú* and *shēng jiāng* in order to directly penetrate juéyīn and warm and disperse this.’

‘*Chéng Zhī* said: do not use *jiāng* or *fù zǐ*, because the signs are without diarrhea, [and therefore do] not belong to pure yīn. [When] a person has a thready and about to expire pulse, [because] the *jiāng* and *fù zǐ* are also sufficient to plunder the yīn, therefore [one does] not only nor lightly use [these] to descend, but [these] also are not used lightly when warming.”<sup>57</sup>



## DGSYS (Dāng Guī Sháo Yào Sǎn)

**Retail Price:** 1 oz: \$17.00.

In grain alcohol.

*Zhōng Yì Dà Cí Diǎn*: “*Dāng guī* tonifies blood, invigorates blood, regulates menstruation, stops pain, moistens dryness, and lubricates the intestines. *Bái sháo* nourishes the blood, astringes the yīn, softens the liver, and stops pain. *Fú líng* promotes urination to percolate

dampness, strengthens the spleen, harmonizes the stomach, tranquilizes the heart, and quiets the *shén*. *Bái zhú* strengthens the spleen, boosts the qì, dries dampness, disperses phlegm, disinhibits water, stops sweating. *Zé xiè* disinhibits water, leaches out dampness, discharges heat, and unblocks painful urinary dribbling. *Chuān xiōng* invigorates the blood, circulates the qì, disperses wind, and stops pain.”

*Jīn Guī Yào Lǚè* said: “[When] women have acute and continuous pain in the abdomen, then *Dāng Guī Sháo Yào Sǎn* governs this.”<sup>58</sup> *Jīn Guī* also said: “[For] all women’s diseases and pain in the abdomen, *Dāng Guī Sháo Yào Sǎn* governs this.”<sup>59</sup>

Zhāng Zhìcōng in *Jīn Guī Yào Lǚè Zhù* said: “This discusses fetal qì deficiency which causes pain. The womb connects to *Míng Mén* and is that which supports and nourishes by borrowing the blood and [yīn] fluids. Perfection is the origin of *kūn*, and it supports the life of all living things. That which supports life borrows earth qì, therefore [when] pregnant women have acute and continuous pain, *Dāng Guī Sháo Yào Sǎn* governs this. *Dāng guī* is in the celery category, it’s qì and flavor are acrid and aromatic, it is able to initiate the yīn qì by ascending and aiding. *Zé xiè* is a water plant, it’s nature and flavor are sweet and cold, and it is able to enrich the water and [yīn] fluids by ascending and circulating. *Bái zhú* and *fú líng* bank up and

Nature	Flavor	Channels
Warm	Acrid, sweet	Ht, Lv, Sp
Sl. Cold	Bitter, sour	Lv, Sp
Neutral	Bland, sweet	Ht, Sp, Ki
Warm	Sweet, bitter	St, Sp
Cold	Sweet, bland	Ki, Bl
Warm	Acrid	Lv, Gb, Pc

nourish the virtue of earth. *Sháo yào* transforms the earth qì while simultaneously nourishing the yīn and yīng. *Chuān xiōng* governs the circulation of qì and blood in the center. This [formula] circulates and disperses the qì of water and earth in order to engender and nourish the fetus. Therefore, use [*Dāng Guī Sháo Yào Sǎn*] in order to disperse.”<sup>60</sup>

Zhāng further said: “Blood is the foundation of women. Blood is generated from [the yáng] fluids of water and grains in the middle *jiāo*, then it spreads and spills over to the kidneys, transforms to red in the heart, lives in the center, and circulates to the above and below. All disease and pain in the abdomen, is to suffer the various deficiencies and malign pains, therefore *Dāng Guī Sháo Yào Sǎn* is appropriate, as it circulates and disperses the blood and [yīn] fluids, and this is how it supports the abdomen.”<sup>61</sup>

*Yi Zōng Jīn Jiàn* said: “Commentary: All diseases of abdominal pain, refers to all kinds of disease and pain that a woman [can have] in their abdomen. So, [when this] says all disease and pain, then [because] cold, heat, deficiency, excess, qì, and food and similar evils all cause abdominal pain, how can it be that one formula can treat all [these] disease and pain? *Dāng Guī Sháo Yào Sǎn* governs this.”<sup>62</sup>



## DQW (Dū Qì Wán)

**Retail Price:** 1 oz: \$17.00.

In grain alcohol.

*Zhōng Yī Dà Cí Diǎn*: “*Shú dì huáng* enriches the yin and tonifies blood. *Shān yào* fortifies the spleen and stomach, boosts the lungs and kidneys, and supplements deficiency emaciation. *Shān zhū yú* tonifies and boosts the liver and

	Nature	Flavor	Channels
<i>shú dì huáng</i>	Sl. Warm	Sweet	Lv, Ki
<i>shān yào</i>	Neutral	Sweet	Sp, Lu, Ki
<i>shān zhū yú</i>	Sl. Warm	Sour	Lv, Ki
<i>zé xiè</i>	Cold	Sweet, bland	Ki, Bl
<i>fú líng</i>	Neutral	Bland, sweet	Ht, Sp, Ki
<i>mǔ dān pí</i>	Sl. Cold	Bitter, acrid	Ht, Lv, Ki
<i>wǔ wèi zǐ</i>	Warm	Sour	Lu, Ki

kidneys, astringes the essence, and restrains sweating. *Zé xiè* disinhibits water, leaches out dampness, discharges heat, and unblocks painful urinary dribbling. *Fú líng* promotes urination to percolate dampness, strengthens the spleen, harmonizes the stomach, tranquilizes the heart, and quiets the *shén*. *Mǔ dān pí* clears heat, cools blood, invigorates the blood, and disperses stasis. *Wǔ wèi zǐ* astringes the lungs, enriches the kidneys, stops fluids, stops sweating, astringes the essence, stops diarrhea, and quiets the *shén*.”

*Zhōng Yī Dà Cí Diǎn*: **DQW’s** “Action is to supplement the kidneys and lungs. This treats kidney deficiency with cough and wheezing. This also treats hiccup, and spermatorrhea, and similar conditions.”

*Xuè Zhèng Lùn*: “When a person breathes qi, it is managed by the lungs and actually roots in the kidneys. This qi, then [becomes] one part of true yáng in the kidneys, and is extremely dependent on the yin water in the kidneys to be sufficient. [Because] yáng qi is contained, hidden, and stored in the lower [body], therefore the qi issues forth from the mouth and nose, then [because of this] the fluids exist. [When] qi attaches to things,

then [it is] like dew. Because the qi flows in the water and issues forth, [if] water qi is sufficient, therefore [when] the qi comes out [of the body], it also carries with it the yin water. It [then] enters into the kidneys. [When] there is [enough] water to keep it concealed, then the qi can be quiet and hidden. Therefore, [when] kidney water is sufficient, it’s qi is refined. [When] the dragon is able to hibernate, the tortoise is able to breathe. Amongst the methods of immortality which have been passed down for generations, there are the so-called, ‘Hibernating Five Dragons’, ‘Breath of the Tortoise.’ These are all methods to collect the qi. In other words, they are both methods to protect and nourish kidney water.’



‘Qi is that which is transformed from water, therefore my discussion is [on how when there] is qi then [there is] water. This pill uses *Liù Wèi Dì Huáng Tāng* (see **LWDHW** on page *xxxy*) to tonify water in order to protect the qi. Benefit water in order to the transform the qi, [and] add *wǔ wèi* to collect and restrain in order to contain and store the qi, then the qi [will] naturally return to the origin, and not float [upward to cause] wheezing. [This is] called qi assembly, [which] refers to [that which] gathers and manages the qi. *Shèn Qì Wán* (see **BWSQW** on page *32*) is the established method [when] there is yáng insufficiency. This pill is the established method [for when] there is yin insufficiency. However, both are named for qi, [but] one (*Shèn Qì Wán*) tonifies the yáng in order to transform qi, and one (*Liù Wèi Dì Huáng Tāng*) tonifies yin in order to combine with the qi.”<sup>63</sup>

## FJHQT (Fáng Ji Huang Qí Tāng)

**Retail Price:** 1 oz: \$17.00.

In grain alcohol.

*Zhōng Yī Dà Cí Diǎn:* “*Hàn fáng jī*

*jī* disinhibits water, disperses

swelling, dispels wind, eliminates

dampness, lowers blood pressure,

and disperses swollen-welling abscesses. *Huáng qí* tonifies the center, boosts the qì, stabilizes

the exterior, disinhibits water, draws out pus and toxins, and engenders the flesh. *Bái zhú*

strengthens the spleen, boosts the qì, dries dampness, disperses phlegm, disinhibits water,

stops sweating. *Zhì gān cǎo* tonifies the spleen, increases the qì, and is often used in deficiency

and cold patterns.”

*Jīn Guì Yào Lǚè* said: “[In] wind damp with a floating pulse, body heaviness, sweating, and aversion to wind, then *Fáng Ji Huang Qí Tāng* governs this.”<sup>64</sup> “[In] wind edema with a floating pulse, generalized heaviness, sweating, and aversion to wind, then *Fáng Ji Huang Qí Tāng* governs this. [If there is] abdominal pain, add *sháo yào*.”<sup>65</sup>

*Zhōng Yī Dà Cí Diǎn:* **FJHQT’s** “actions are to increase the qì, dispel wind, fortify the spleen, and disinhibit water. It treats wind edema or wind damp where the disease presents with sweating, aversion to wind, body heaviness, floating edema, inhibited urination, and a floating pulse. There may also be pain of the limbs. In modern times, [this is] used for chronic nephritis and heart disease with edema which is categorized as qì deficiency with severe dampness.”

“Within the formula: Use double [the amount] of *huáng qí* to tonify the qì, fortify the spleen, circulate water, and disperse swelling. This is the emperor medicinal. *Fáng jī* is used to dispel wind and circulate water, and when coupled together with *huáng qí*, [its] actions to tonify qì and disinhibit water are increased. Further, it disinhibits water, but [does] not damage the right [qì]. This is the minister medicinal. As the assistant use *bái zhú* to fortify the spleen and dominate damp, and when combined together with *huáng qí*, [its] strength is greater to

Nature	Flavor	Channels
Cold	Bitter, acrid	Bl, Lu, Sp
Sl. Warm	Sweet	Sp, Lu
Warm	Sweet, bitter	St, Sp
Neutral	Sweet	Ht, Lu, Sp, St

increase the qì and stabilize the exterior. As the envoy use *gān cǎo* to bank up the earth and harmonize the medicinals. *Shēng jiāng* and *dà zǎo* regulate and harmonize the *yíng* and *wèi*. All of these medicinals when used together [treat] exterior deficiency, secure, eliminate wind evil, fortify and move the spleen qì, and unblock the water pathways. Then the signs of exterior deficiency, edema, and wind damp [will all] resolve.”

*Yi Zōng Jīn Jiàn* said: “The floating pulse is wind. Body heaviness is damp. [When there is] cold and damp, then [there is a] deep pulse. [When there is] wind and damp, then [there is a] floating pulse. If [the pulse is] floating, and there is no sweating with aversion to wind, this is excess evil, [and one] can give *Má Huáng Xīng Rén Yì Yì Gān Cǎo Tāng* to sweat this. If [the pulse is] floating, and there is sweating with aversion to wind, this is deficiency evil, therefore use *fáng jī* and *bái zhú* in order to eliminate the damp. The *huáng qí* and *gān cǎo* are used to stabilize the exterior. *Shēng jiāng* and *dà zǎo* are used to harmonize the *yíng* and *wèi*.”

“Zhào Liáng said: These are signs of both wind and damp which are contracted from the exterior, and the disease is located in the exterior, therefore the pulse is floating and there is sweating. Generally, the body heaviness [appears] as atrophy of the muscles with heaviness, [or] atrophy of the bones and heaviness, this body heaviness then is [because] the wind and damp are located on the exterior in the skin and [body] hair, therefore [it] is not painful. The *wèi* qì [is that which is] deficient and the damp manifests as body heaviness, therefore use *huáng qí* to fill the *wèi*, and *gān cǎo* assists this. *Fáng jī* eliminates dampness, and *bái zhú* assists this. So, [when there are] the two evils of wind and damp, why only [use these] medicinals [which] do not disperse wind? [When] sweating is profuse, [one] knows the wind is not then lodged, and because the exterior is deficient then the wind issues forth and enters [through] the cracks, [and this is] the reason for the aversion to wind. [By] simply filling the *wèi*, the right qì is fortified, then the wind naturally recedes, [therefore] in this case [this is] not treating and treating.”<sup>66</sup>



## GCGJT (Gān Cǎo Gān Jiāng Tāng)

**Retail Price:** 1 oz: \$17.00.

In grain alcohol.

gān cǎo

gān jiāng

Nature

Neutral

Hot

Flavor

Sweet

Acrid

Channels

Sp, Lu

Ht, Lu, Sp, Ki

*Zhōng Yī Dà Cí Diǎn*: “*Gān cǎo* harmonizes the center, relaxes tension, stops pain, dispels phlegm, stops cough, resolves toxicity, and regulates and harmonizes all medicinals. *Gān jiāng* warms the center, expels cold, returns the yáng, unblocks the vessels, disperses phlegm, and descends the qì.”

*Shāng Hán Lùn* said: “In cold damage with a floating pulse, spontaneous sweating, frequent urination, irritability of the heart, slight aversion to cold, spasms and cramps of the legs, but *Guì Zhī Tāng* has been given with a desire to attack the exterior, this is a mistake. [This will] induce reversal, dryness in the throat, irritability, restlessness, and counterflow vomiting. The [appropriate] action is to give *Gān Cǎo Gān Jiāng Tāng*, in order to return the yáng. If the reversal is cured, [but there is] warmth of the feet, then the action has changed, so give *Sháo Yào Gān Cǎo Tāng*, and [the patient should] immediately [be able to] stretch their legs. If there is disharmony of the stomach qì with delirious speech, then give a small amount of *Tiáo Wèi Chéng Qì Tāng*. If there is extreme sweating due to carrying out supplementation with a hot needle, then *Sì Nì Tāng* governs this.”<sup>67</sup>

*Shāng Hán Lùn* said: “Question: [When] the signs resemble yáng dawn, [and one] treats according to the [proper] method, yet [the disease still] increases in severity with reverse counterflow, dryness in the throat, spasms of both lower legs, and delirious speech. The master said: [It is] said [that] at midnight the hands and feet should be warm, and both legs should [be able to] stretch.”<sup>68</sup> Afterwards, the master said: How does [one] know this?

<sup>69</sup> Answer: [When] the *cùn kǒu* pulse is floating and large, the floating then is wind, and the large then is deficiency. The wind, then generates a slight heat, and [with] the deficiency, then [there are] spasms in both lower legs. [This] disease [resembles] the *Guì Zhī [Tāng]* pattern], and because of the addition of *fú zǐ* this increases *guì [zhǐ's]* ability] to cause

sweating, as *fú zǐ* warms the channels, [and treats] yáng collapse. [When there is] reverse counterflow, dryness in the throat, restlessness and irritability, yángmíng internal bind, delirious speech, [as well as] irritability and confusion, then [one should] further drink *Gān Cǎo Gān Jiāng Tāng*. By midnight the yáng qì [is] restored, and both feet should be hot. [If] the lower legs still have slight spasms, then give double *Sháo Yào Gān Cǎo Tāng* to stretch the lower legs. Use *Chéng Qì Tāng* for slight sloppiness [of the stool], then the delirious speech will stop. Therefore, [one] knows that [this] disease can be cured.”<sup>70</sup>

*Zhōng Yī Dà Cí Diǎn*: **GCGJT** “Treats cold damage after inappropriate sweating with reversal cold of the four limbs, dryness in the throat, irritability, restlessness, and counterflow vomiting. [This is also] additionally [used in cases of] lung atrophy with vomiting of drool and spittle, but without cough. [If] the patient does not have thirst, [then there should be] enuresis and frequent urination.”



## GCXXT (Gān Cǎo Xiè Xīn Tāng)

**Retail Price:** 1 oz: \$17.00.

In grain alcohol.

*Zhōng Yī Dà Cí Diǎn*: “*Zhì gān cǎo* tonifies the spleen, increases the qì, and is often used in deficiency and cold patterns. *Huáng qín* clears heat, dries dampness, drains fire, resolves toxins, cools blood, and quiets the fetus. *Gān jiāng*

Nature	Flavor	Channels
Neutral	Sweet	Ht, Lu, Sp, St
Cold	Bitter	Ht, Lu, Gb, Li
Hot	Acrid	Ht, Lu, Sp, Ki
Warm	Acrid, toxic	Sp, St
Warm	Sweet	Sp, St
Cold	Bitter	Ht, Lv, St, Li

warms the center, expels cold, returns the yáng, unblocks the vessels, disperses phlegm, and descends the qì. *Bàn xià* dries damp, transforms phlegm, downbears counterflow, stops retching, eliminates glomus, and disperses binds. *Dà zǎo* supplements the center, boosts the qì, nourishes the blood, and quiets the shén. *Huáng lián* clears heat, dries dampness, drains fire, and resolves toxins.”

*Shāng Hán Lùn* said: “In cold damage or wind strike [if] the physician adversely purges this, the patient [will have] diarrhea multiple times per day without transformation of grains, thunderous rumbling in the abdomen, hard glomus below the heart with fullness, dry retching, and irritability of the heart with inability to sleep. The physician, seeing that there is glomus below the heart, says that the disease is not finished and again purges this, which [causes] the glomus to severely increase. In this case, this is not heat bind, but is deficiency in the stomach with intrusive qì ascending counterflow, therefore this causes the hardness. *Gān Cǎo Xiè Xīn Tāng* governs this.”<sup>71</sup>

*Zhōng Yī Dà Cí Diǎn*: **GCXXT's** “actions are to increase the qì, harmonize the stomach, disperse glomus, and stop retching.”

*Yi Zōng Jīn Jiàn* said: “[This is] not a discussion of cold damage or wind strike, [but is a discussion of when] the exterior has not yet been resolved [and how it] always is inappropriate to purge this. [If] the physician adversely purges this, [then] a glomus may form, or cause diarrhea. Now, when the patient is inappropriately purged, [they will have] diarrhea multiple times per day without transformation of water grains, and thunderous rumbling in the abdomen, this is evil taking advantage of interior deficiency and diarrhea. [If there is] hard glomus below the heart with fullness, dry retching, and irritability of the heart with inability to sleep, this is evil sinking into the chest and ascending counterflow. In this case, to disinhibit a glomus [because both] the exterior and interior are concurrently diseased,

the method should be to use *Guì Zhī Jiǎ Rén Shēn Tāng* to resolve both of these. But the physician, regarding the glomus below the heart, says that the disease is not finished and again purges this, which [causes] the glomus to severely increase. It can clearly be seen that this is glomus, and not heat or cold bind, then [this] takes advantage and inappropriately purges the center deficiency, and the evil qì ascends counterflow. The yáng sinks and the yīn congeals [causing] glomus, therefore use *Gān Cǎo Xiè Xīn Tāng* in order to relax the tension, and harmonize the center.”

‘Shēn Liàngchén said: *Bàn Xià Xiè Xīn [Tāng]*, and *Gān Cǎo Xiè Xīn [Tāng]* both [are used] after purging which excessively damages the qì. *Shēng Jiāng Xiè Xīn [Tāng]* is for food and drink. *Dà Huáng Xiè Xīn [Tāng]* is for internal heat. *Fù Zì Xiè Xīn [Tāng]* is for external cold. The signs then are not the same, and the medicinals are also each different.”<sup>72</sup>



## GGT (Gé Gēn Tāng)

**Retail Price:** 1 oz: \$17.00.

In grain alcohol.

*Zhōng Yī Dà Cí Diǎn*: “*Gé gēn* resolves the flesh, abates heat, vents rashes, engenders fluids, and stops diarrhea. *Guì zhī* promotes sweating, resolves the flesh, warms the channels, unblocks the yáng, pacifies surging, and downbears counterflow. *Bái sháo* nourishes

the blood, astringes the yin, softens the liver, and stops pain. *Zhī gān cǎo* tonifies the spleen, increases the qì, and is often used in deficiency and cold patterns. *Shēng jiāng* releases the exterior, disperses cold, disperses phlegm, descends qì, warms the center, and stops retching. *Dà zǎo* supplements the center, boosts the qì, nourishes the blood, and quiets the *shén*.”

*Shāng Hán Lùn* said: “In tàiyáng disease, [when] the neck and back are stiff like a bird stretched out to fly, with absence of sweating, and aversion to wind, then *Gé Gēn Tāng* governs this.”<sup>73</sup>

*Jīn Guì Yào Lǚè* said: “[When there is] tàiyáng disease without sweating and urination which is unexpectedly scant, qì surging upward into the chest, mouth [and jaw] clenched with inability to speak, which is about to become hard tetany, then *Gé Gēn Tāng* governs this.”<sup>74</sup>

*Zhōng Yī Dà Cí Diǎn*: The actions of *Gé Gēn Tāng* are to “issue forth and disperse wind cold, soothe the sinews, and stop tetany.”

‘Within the formula: *Guì Zhī Tāng* resolves the exterior, and harmonizes the *yíng* and *wèi*. *Gé gēn* resolves the flesh and promotes sweating, raises the yīn qì, and upbears the fluids in order

Nature	Flavor	Channels
Neutral	Sweet, acrid	Sp, St
Warm	Sweet, acrid	Lu, Ht, Bl
Sl. Cold	Bitter, sour	Lv, Sp
Neutral	Sweet	Ht, Lu, Sp, St
Sl. Warm	Acrid	Lu, St, Sp
Warm	Sweet	Sp, St

to relax the tension of the sinews. The formula then is used to resolve the flesh, promote sweating, eliminate and transport the evil from the tàiyáng channel, and relax the hypertonicity of the muscles. Experimental research shows that the formula is able to resolve heat, inhibit pathogenic microorganisms, is anti-coagulant, anti-allergen, regulates the immune system, and is anti-inflammatory. It also can dilate cerebral blood vessels and increase cerebral blood flow.”

*Jīn Guì Yào Lǚè Zhù* said: “When the exterior evil enters deeper, and disturbs the channels and acupuncture points, these are *Gé Gēn Tāng* signs.”<sup>75</sup>

In our clinic, we typically use this more for the indications following *Shāng Hán Lùn* with stiffness of the neck and shoulders, and a tàiyáng headache. We have not found occasion to use it for the indications from *Jīn Guì Yào Lǚè*.

The clinician should observe that *má huáng* is not in our tincture. The current status of *má huáng* with the FDA is one to be taken note of: According to FDA Import Alert 54-13 dated: 01/09/2020, *má huáng* and its various derivatives both organic and inorganic are currently subject to “detention without physical examination (or DWPE).” As a medicinal resource, the continuing evolution around the restrictions on the use of *má huáng* make it too risky of a substance to use in our tinctures. If a practitioner can source raw or granules of *má huáng*, and want to have a patient use it in conjunction with our tincture, we recommend that the *má huáng* and **GGT** be taken at different times, ideally separated by food.



## GLXBBXT (Guā Lóu Xiè Bái Bàn Xià Tāng)

**Retail Price:** 1 oz: \$17.00.

In grain alcohol.

*Zhōng Yī Dà Cǐ Diǎn*: “*Guā*

*lóu shí* clears the lungs, transforms phlegm, loosens the chest, dissipates binds, and moistens the

intestines. *Xiè bái* regulates the qì, eases the chest, unblocks yáng, and disperses binds. *Bàn xià* dries damp, transforms phlegm, downbears counterflow, stops retching, eliminates glomus, and disperses binds.”

Nature	Flavor	Channels
Cold	Sweet, bitter	Lu, St, Li
Warm	Acrid, bitter	Lu, St, Li
Warm	Acrid, toxic	Sp, St

*Jīn Guī Yào Lǚè* said: “[If there is] chest impediment with inability to lie down and heart pain which radiates to the back, then *Guā Lóu Xiè Bái Bàn Xià Tāng* governs this.”<sup>76</sup>

*Zhōng Yī Dà Cǐ Diǎn*: **GLXBBXT’s** “actions are to dispel phlegm, circulate the qì, unblock yáng, and disperse binds.”

*Yi Zōng Jīn Jiàn* said: “Collected commentary: *Yóu Yí* said: Chest *bì*-impediment with inability to lie down, is severe pain in the chest, [where] the lung qì ascends but does not descend. Heart pain which radiates to the back, is qì obstruction [where] the obstruction is in the front and back. The *bì*-impediment is particularly severe, therefore use [this formula] in order to rescue [from] the phlegm-rheum.’

‘Collected explanation: *Wèi Lítóng* said: Use the bitterness of *bàn xià* in order to open the constraint and circulate the qì. [If] the pain is severe, then the bind is severe, therefore decrease the damp with *xiè bái*. Using the dryness of *bàn xià* can further act on substances [which] are gluey and greasy, when followed [by taking] hot fluids, then [this can] flush and sweep away [the binds]. Take three times a day, and also follow the above treatment, [means that] this should be taken frequently in small amounts.”<sup>77</sup>





## GZFLW (Gui Zhi Fu Ling Wan)

**Retail Price:** 1 oz: \$17.00.

In grain alcohol.

*Zhōng Yī Dà Cǐ Diǎn*: “*Gui zhi* promotes sweating, resolves the flesh, warms the channels, unblocks the yáng, pacifies surging, and downbears counterflow. *Fú líng* promotes urination to percolate dampness, strengthens the spleen, harmonizes the stomach, tranquilizes the heart, and quiets the *shén*. *Mǔ dān pí* clears heat, cools blood, invigorates the blood, and disperses stasis. *Bái sháo* nourishes the blood, astringes the yīn, softens the liver, and stops pain. *Táo rén* invigorates the blood, moves stasis, moistens dryness, and lubricates the intestines.”

*Jīn Guì Yào Lǚè* said: “[When there is] stirring in the sixth month of pregnancy, [and there was] three months of uninhibited (normal) menstrual flow prior, [this is a true] pregnancy. [If there is] descent of blood, after a pause [without menstruation for] three months [this means that there is] blood stasis which forms lumps. Therefore, because [the descent of] blood is incessant, the cause [is an] abdominal mass [which] has not been eliminated. [One] should purge the abdominal mass, and *Gui Zhi Fu Ling Wan* governs this.”<sup>78</sup>

*Yī Zōng Jīn Jiàn* said: “[If] the menstruation pauses, [the woman] is pregnant, and this is called pregnancy. In pregnancy, [if there is] descent of blood, then this is spotting of blood. [When] women have a disease of lodged and intractable abdominal masses, but [still] produce a fetus, [if it has been] no more than three months, when [she] has spotting and the descent of blood is incessant, [then] the fetus [will be] restless. This also [can be] due to harm by an intractable abdominal mass. [If it has] already been up to six months, and [she] has spotting [with] descent of blood and the fetus [is] restless, this also [is]

Nature	Flavor	Channels
Warm	Sweet, acrid	Lu, Ht, Bl
Neutral	Bland, sweet	Ht, Sp, Ki
Sl. Cold	Bitter, acrid	Ht, Lv, Ki
Sl. Cold	Bitter, sour	Lv, Sp
Neutral	Bitter, sweet	Ht, Lv, Li

harm by an intractable abdominal mass. Thus, [if] there is blood stasis which forms lumps, because previously [there was] three months of menstruation [and] even though [it] paused, the blood [was] not abundant the fetus is still weak, and [one] cannot purge the intractable abdominal mass. After three months, [if] the blood forms a blood stasis lump, [at this time] the fetus is already strong, therefore *Gui Zhi Fu Ling Wan* governs this, and one should purge the intractable abdominal mass. This reveals the meaning [of how when] a woman is pregnant and has disease, [that one] should attack the disease.”<sup>79</sup>

*Zhōng Yī Dà Cǐ Diǎn*: **GZFLW’s** “Action is to invigorate the blood, transform stasis, and relax and reduce fixed abdominal masses. It treats who have [a history] of lodged and fixed abdominal masses, stirring fetus during pregnancy, and incessant spotting. As well as blood stasis causing dysmenorrhea, amenorrhea, fixed abdominal mass, accumulations, glomus lumps, and similar conditions. In modern times, this is normally used to treat myoma of the uterus, ovarian cysts, endometriosis, swelling and enlargement of the prostate, and other types of stasis that obstructs the lower *jiāo*.”

“Within the formula: *gui zhi* warms and unblocks the blood vessels, *sháo yào* circulates the stagnation within the blood, *dān pí* disperses blood stasis, *táo rén* breaks blood binds, and *fú líng* blandly leaches out and circulates downward.”

“In experimental research: The source formula is able to reduce the viscosity of the complete blood [count], the viscosity of the plasma, and the fibrinogen concentration. It can also increase the rate of red blood cell electrophoresis (the oxygen uptake by the red blood cells).”

In addition to the above female conditions, this formula has also proven effective for prostate swelling in men.



## GZGCT (Gui Zhī Gān Cǎo Tāng)

**Retail Price:** 1 oz: \$17.00.

In grain alcohol.

*Zhōng Yī Dà Cì Diǎn*: “*Gui zhī* promotes *gān cǎo*

sweating, resolves the flesh, warms the channels, unblocks the yáng, pacifies surging, and downbears counterflow. *Gān cǎo* harmonizes the center, relaxes tension, stops pain, dispels phlegm, stops cough, resolves toxicity, and regulates and harmonizes all medicinals.”

*Shāng Hán Lùn* said: “[When] promotion of sweating [is] excessive, and the person’s hands are crossed over their heart with palpitations below the heart, and a desire for pressure [on the chest], then *Gui Zhī Gān Cǎo Tāng* governs this.”<sup>80</sup>

*Yi Zōng Jīn Jiàn* said: “[When there is] excessive promotion of sweating, on the exterior there is collapse of the [yīn] fluids, and in the interior there is deficiency of the qì. [When] the qì and [yīn] fluids are both deficient, the center is empty and without support, therefore [there are] palpitations below the heart. There is uncontrollable fear, and therefore the person’s hands cross over their heart. [The patient] desires pressure [on their chest], in order to protect [themselves] and attempt to settle [down]. Therefore, use *Gui Zhī Gān Cǎo Tāng* in order to supplement the yáng qì and engender fluids, [then] naturally this can be cured.

‘Fāng Yǒuzhī said: Excessive sweating then damages the blood. [If] the blood is damaged, then [there is] heart deficiency. [If there is] heart deficiency, then [there is] agitation, fright, and palpitations, therefore the person’s hands cross over [their heart], and [the patient] desires to have a person [exert] pressure [on their chest]. *Gui zhī* penetrates the exterior and restrains the [yīn] fluids which reside in the heart, [therefore *gui zhī*] is able to stabilize and diffuse to the exterior. *Gān cǎo* harmonizes the interior, supplements the center, and increases the qì, [therefore *gān cǎo*] is able to regulate insufficiency of the center. [When these] two are combined to make the formula, the method is to restrain yīn and supplement yáng.’

Nature	Flavor	Channels
Warm	Sweet, acrid	Lu, Ht, Bl
Neutral	Sweet	Sp, Lu

‘Chéng Yǐngmáo said: Sweat is the heart fluid, [one] not only must not rashly [promote] sweating, [but] then [when one does] promote sweating, then [one] also must not lose [sight of] the proportions [of the medicinals which effect the amount one sweats. When] a person’s hands cross over their heart, and [they] desire pressure [on their chest], this is because of uncontrollable yáng deficiency, and palpitations below the heart. So, when there are heart palpitations, [this] is heart qì deficiency with water qì taking advantage. The water taking advantage initially caused the heart deficiency. Now, [when there are] palpitations below the heart, then [there is] yáng qì deficiency with anxiety from fear, and [the patient] desires to obtain pressure [on their chest] in order to resist [the anxiety]. Therefore, use *Gui Zhī Gān Cǎo [Tāng]* to carry and return the yáng to the upper *jiāo* and enable [it] to return to the chest center.’

‘Kē Qīn said: [When there is] excessive sweating, then [there is] heart fluid deficiency, [and] starvation of the center qì, therefore [there are] palpitations. Crossing the hands over [the heart], then is [representative of] guarding that which is outside, [and] obtaining pressure [on the chest], then is [representative of] supporting that which is inside. This is like a state [which] cannot be endured, and [when one] sees this, then know [that] it is deficiency. *Gui zhī* is the source medicinal for the yíng level, [when it is used] in conjunction with *má huáng*, then yíng qì issues forth to the exterior and [there] is sweating, [this] follows the acrid [flavor. When *gui zhī* is used] in conjunction with *sháo yào*, then it contracts and astringes yíng qì, and stops sweating, [this] follows the sour [flavor. When *gui zhī* is used] in conjunction with *gān cǎo*, then it supplements center qì and nourishes the blood, [this] follows the sweet [flavor]. Here, this formula uses *gui zhī* as the sovereign, and solely assigns *gān cǎo* as the assistant in order to supplement the yáng qì and generate heart fluids. The sweet [of *gān cǎo*] and warmth [of *gui zhī*] in conjunction with each other harmonize the qì and blood, and naturally calm the palpitations.”<sup>81</sup>



## GZT (Gui Zhi Tang)

**Retail Price:** 1 oz: \$17.00.

In grain alcohol.

	Nature	Flavor	Channels
gui zhī	Warm	Sweet, acrid	Lu, Ht, Bl
bái sháo	Sl. Cold	Bitter, sour	Lv, Sp
zhì gān cǎo	Neutral	Sweet	Ht, Lu, Sp, St
shēng jiāng	Sl. Warm	Acrid	Lu, St, Sp
dà zǎo	Warm	Sweet	Sp, St



**GZT** has already been written about as **Winter Warmer** on page [xxyy](#) above, and the monograph for this formula is the same.

What is important to address here, though is the strength difference.

The best way to grasp this is to taste the **Winter Warmer** and the **GZT** side by side. Same herbs, different strength ratio. The Red Label can be consumed by the retail public, without too much concern of them injuring themselves. The Black Label product needs to be prescribed by a practitioner who knows the indications for the formula.

*Shāng Hán Lùn* said: “In tàiyáng wind strike with floating yáng and weak yīn [pulses]. The floating yáng is spontaneous heat, and the weak yīn is spontaneous sweating. [In addition, there is also] huddled aversion to cold, aversion to wind with shivering, a fierce fever, noise of the nose, and dry retching, [then] *Gui Zhi Tang* governs this.”<sup>82</sup>

## HQGZWWT (Huáng Qí Guì Zhī Wú Wù Tāng)

**Retail Price:** 1 oz: \$17.00.

In grain alcohol.

*Zhōng Yī Dà Cí Diǎn*: “*Huáng qí* tonifies the center, boosts the qì, stabilizes the exterior, disinhibits water, draws out pus and toxins, and engenders the flesh. *Guì zhī* promotes sweating, resolves the flesh, warms the channels, unblocks the yáng, pacifies surging, and downbears counterflow. *Bái sháo* nourishes the blood, astringes the yīn, softens the liver, and stops pain. *Shēng jiāng* releases the exterior, disperses cold, disperses phlegm, descends qì, warms the center, and stops retching. *Dà zǎo* supplements the center, boosts the qì, nourishes the blood, and quiets the *shén*.”

*Jīn Guī Yào Lǚè* said: “In blood impediment yīn and yáng are both faint. The *cùn kǒu* and *guān* are faint, [while] the *chí* is small and tight. [When there are] external signs of numbness of the body, similar to the state of wind *bi*-impediment, then *Huáng Qí Guì Zhī Wú Wù Tāng* governs this.”<sup>83</sup>

*Yī Zōng Jīn Jiàn* said: “This speaks of [how] the yīn, yáng, *cùn kǒu*, and *guān* are all debilitated, [while] the *chí* is small and tight. [If one] combines [these ideas together] and observes this, [one] can understand [that] the pulse of blood impediment is superficial or deep, and that the *cùn kǒu*, *guān*, and *chí* all are faint, all are rough, or all are small and tight. The faint is deficiency, the rough is stagnation, and the small and tight is evil. Therefore, [if there is] blood impediment, [the physician] should examine [the pulse and signs] for this. With the external signs of blood impediment, there is stubborn numbness, as well as lack of awareness of pain or itching. Therefore, this said: [It is] similar to the state of wind *bi*-impediment. However, it does not resemble wind *bi*-impediment that distinctly spreads

Nature	Flavor	Channels
Sl. Warm	Sweet	Sp, Lu
Warm	Sweet, acrid	Lu, Ht, Bl
Sl. Cold	Bitter, sour	Lv, Sp
Sl. Warm	Acrid	Lu, St, Sp
Warm	Sweet	Sp, St

and penetrates in the joints with achiness and pain. Govern with *Huáng Qí Guì Zhī Wú Wù Tāng* in order to regulate and nourish the *yīng* and *wèi* as the root, and dispel wind and disperse evil as the tip [of the branch].’

“*Zhōu Yángjùn* said: This explains the first clause after there is *bi*-impediment where acupuncture failed to conduct [the *yáng qì*] in order to cure, and subsequently this caused the *cùn kǒu* to be faint, now yīn and yáng are both debilitated, further the *cùn* and *guān* are both faint, [while] the *chí* is small and tight. So, [when] small and tight present in the *chí*, then [this is] the entry of evil. What [is] more severe than not being able to obtain recovery? The existence of right deficiency, then is the appearance of evil. The vessels and channels [have an] interior and exterior [relationship, this is] referred to as yīn and yang, above and below is also referred to as yīn and yang. Now, [if] the *chí* is small and tight, then understand [that] debilitation belongs to the interior and exterior. When this speaks of signs of general insensitivity, then pain and numbness each obstruct each other in the body, and this is because the insensitivity is severe, therefore [this has] the appearance of wind *bi*-impediment, but is not true wind *bi*-impediment. In this [formula] *huáng qí* is used to secure the *wèi*, *sháo yào* nourishes the yīn, and *guì zhī* regulates and harmonizes the *yīng* and *wèi*. Support by filling the exterior and interior, and expelling evil to the exterior. Assist using *shēng jiāng* to diffuse the stomach, and *dà zǎo* to boost the spleen. Treating that which has arrived should not be not easy.”<sup>84</sup>



## HQJZT (Huáng Qì Jiàn Zhōng Tāng)

**Retail Price:** 1 oz: \$17.00.

In grain alcohol.

*Zhōng Yì Dà Cí Diǎn*: “*Guì zhī* promotes sweating, resolves the flesh, warms the channels, unblocks the yáng, pacifies surging, and downbeats counterflow. *Bái sháo* nourishes the blood, astringes the yīn, softens

the liver, and stops pain. *Zhī gān cǎo* tonifies the spleen, increases the qì, and is often used in deficiency and cold patterns. *Shēng jiāng* releases the exterior, disperses cold, disperses phlegm, descends qì, warms the center, and stops retching. *Dà zǎo* supplements the center, boosts the qì, nourishes the blood, and quiets the *shén*. *Huáng qì* tonifies the center, boosts the qì, stabilizes the exterior, disinhibits water, draws out pus and toxins, and engenders the flesh.”

*Jīn Guì Yào Lǚè* said: “In deficiency taxation with internal tension [of the abdomen] and for all insufficiency, *Huáng Qì Jiàn Zhōng Tāng* governs this.”<sup>85</sup>

*Zhōng Yì Dà Cí Diǎn*: “*Huáng Qì Jiàn Zhōng Tāng* warms the center, tonifies qì, harmonizes the interior, and relaxes tension. This treats all conditions with insufficiency of the yīn, yáng, qì, and blood, hypertonicity of the abdominal center, spontaneous sweating or night sweats, body swelling or insensitivity, with a pulse that large and deficient. Experimental research shows that this formula has the effect of resisting ulcers, promotes healing of gastric ulcers, inhibits gastric acid secretion, and improves immune function.”

*Yì Zōng Jīn Jiàn* said: “That which is referred to as deficiency taxation with internal tension [of the abdomen] and all insufficiency, also should be referred to as the first cause of all

Nature	Flavor	Channels
Warm	Sweet, acrid	Lu, Ht, Bl
Sl. Cold	Bitter, sour	Lv, Sp
Neutral	Sweet	Ht, Lu, Sp, St
Sl. Warm	Acrid	Lu, St, Sp
Warm	Sweet	Sp, St
Sl. Warm	Sweet	Sp, Lu

insufficiency signs. *Huáng Qì Jiàn Zhōng Tāng* constructs the center and the exterior, both of which are deficient, [it does] not simply treat the one sign of internal tension [of the abdomen]. Then the classic said: [In] taxation, warm this, and sweet medicinals regulate this. Therefore, use warmth and sweet as that which is most important.’

‘Collected commentary: *Wèi Litóng* said: [When] qì deficiency is severe, add *huáng qì*. [Therefore], to treat deficiency taxation with internal tension [of the abdomen], this speaks of the internal tension [of the abdomen as a sign] and does not simply indicate internal tension [of the abdomen]. Thus, [this] refers to deficiency taxation and all insufficiency with abdominal pain. Therefore, the name of the formula is construct the middle, because it corrects by assisting the middle qì, causing the gradual generation of yīn and yáng [which is] thrust out from the yīng and wèi and spreads throughout the limbs of the body.’

‘*Yōu Yí* said: In internal deficiency the pulse is tense, and there should be pulling pain within the abdomen. All insufficiency, is when the yīn and yáng pulses are all insufficient, and there is dizziness, palpitations, and the sound of labored breathing. These are the same signs as with seminal loss and collapse of blood, which mutually cause each other. Tense, must be relaxed by sweet. Insufficiency must be tonified by warmth, while deficiency is filled by plugging what is empty, and as a result *huáng qì* is excellent for its ability to foster [growth].”<sup>86</sup>

We believe that taxation deficiency is one of the main causes of all chronic disease, especially neurological diseases. Taxation meaning that which is over and above the norm, so over worked, over stressed, over spent. These are conditions which have become normalized in the Western world. As the masters above say, the abdominal tension is simply a sign of the disharmony, it is not the disease itself. In our clinical experience, it is very common to hear from patients that their abdomen (and also lower back, and hips) are tense when they are also extremely deficient. **HQJZT** is the answer for this combined pattern.



## JGT (Jié Gěng Tāng)

**Retail Price:** 1 oz: \$17.00.

In grain alcohol.

*Zhōng Yī Dà Cí Diǎn*: “*Jié gěng* diffuses the lungs, dispels phlegm, disinhibits the throat, and expels pus. *Gān cǎo* harmonizes the center, relaxes tension, stops pain, dispels phlegm, stops cough, resolves toxicity, and regulates and harmonizes all medicinals.”

	Nature	Flavor	Channels
jié gěng	Neutral	Bitter, acrid	Lu, St
gān cǎo	Neutral	Sweet	Sp, Lu

*Shāng Hán Lùn* said: “In shàoyīn disease [for] two or three days [with] sore throat, then [one] can give *Gān Cǎo Tāng*. If there is no improvement, then give *Jié Gěng Tāng*.”<sup>87</sup>

*Yi Zōng Jīn Jiàn* said: “In shàoyīn disease [for] two or three days [with] sore throat, [but] without other signs, then the shàoyīn channel has contracted a minor evil heat. [One] can give *Gān Cǎo Tāng* to relax and drain the heat of shàoyīn. If [there is] no recovery, [then] give *Jié Gěng Tāng*, [which is] namely *Gān Cǎo Tāng* [with] *jié gěng* added in order to unbind the constrained heat. [Do] not use bitter and cold [medicinals, as one should] fear [causing] the heat [to be] constrained in the yīn channels.’

‘*Yù Chāng* said: Use *gān cǎo*, this is [because] it has the power to harmonize and relax. Use *jié gěng*, this is [because] it unbinds and lifts the evil [out]. In this case, [if the disease] exists for two or three days [where] other signs do not yet exist, therefore [one] can use this. If [the disease exists] for five or six days, then both the signs of shàoyīn diarrhea and counterflow retching [should] already have began. In these cases, [one] cannot use [the above] method.”<sup>88</sup>

*Jīn Guì Yào Lǚè* said: “When there is cough with chest fullness, cold shivering, a rapid pulse, dry throat without thirst, periodic expelling of turbid, fishy-smelling spittle, and chronic vomiting of pus which resembles rice gruel then this is because of lung abscess. *Jié Gěng Tāng* governs this.”<sup>89</sup>

*Yi Zōng Jīn Jiàn* said: “Cough and chest fullness, cold shivering, a rapid pulse, a dry throat without thirst, frequent expelling of turbid, fishy-smelling spittle, and chronic vomiting of pus which resembles rice gruel then these are lung abscess signs. [If] the lung abscess still has not formed pus excess evil, then assist using *tīng lì* to drain this. In this case, [however, this has] already ruptured after deficiency evil, therefore use the bitter of *jié gěng* and the sweet of *gān cǎo* to resolve the lung toxins and expel the abscess with pus. This [formula] treats [when] the lungs have already formed an abscess, for [conditions that are] light [in severity] this is the method.”<sup>90</sup>



## LDXGT (Lóng Dǎn Xiè Gān Tāng)

**Retail Price:** 1 oz: \$17.00.

In grain alcohol.

*Zhōng Yī Dà Cí Diǎn:*

“*Huáng qín* clears heat, dries dampness, drains fire from the upper *jiāo*, resolves toxins, cools blood, and quiets the fetus. *Lóng dǎn cǎo* drains excess fire from the liver and gallbladder, and eliminates damp heat from the lower *jiāo*.

*Zhī zǐ* drains fire from the three *jiāo*, eliminates irritability, clears heat, disinhibits dampness, cools blood, stops bleeding, and guides [fire] downward. *Zé xiè* disinhibits water, leaches out dampness, discharges heat, and unblocks painful urinary dribbling. *Chuān mù tōng* clears heat, disinhibits water, invigorates the blood, and promotes lactation. *Chē qián zǐ* disinhibits water, clears heat, brightens the eyes, and dispels phlegm. *Shēng dì huáng* enriches the yīn, clears heat, cools blood, and stops bleeding. *Dāng guī* tonifies blood, invigorates blood, regulates menstruation, stops pain, moistens dryness, and lubricates the intestines. *Chái hú* releases the exterior, reduces heat, dredges the liver, and raises the yáng. *Gān cǎo* harmonizes the center, relaxes tension, stops pain, dispels phlegm, stops cough, resolves toxicity, and regulates and harmonizes all medicinals.”

*Zhōng Yī Dà Cí Diǎn:* **LDXGT's** “Actions are to drain excess fire from the liver and gallbladder, and clear the three *jiāo* of damp-heat. It treats excess fire flaming upward in the liver channel which causes rib-side pain, bitter taste in the mouth, red eyes, deafness, and swelling of the ears. For damp-heat pouring downward in the liver channel causing turbid dribbling of

	Nature	Flavor	Channels
huáng qín	Cold	Bitter	Ht, Lu, Gb, Li
lóng dǎn cǎo	Cold	Bitter	Lv, Gb
zhī zǐ	Cold	Bitter	Ht, Lu, St, Sj
zé xiè	Cold	Sweet, bland	Ki, Bl
chuān mù tōng	Sl. Cold	Bland, Sl. bitter	Ht, Si
chē qián zǐ	Cold	Sweet	Ki, Bl
shēng dì huáng	Cool	Sweet, Sl. bitter	Ht, Lv, Ki
dāng guī	Warm	Acrid, sweet	Ht, Lv, Sp
chái hú	Sl. Cold	Acrid, bitter	Gb, Lv
gān cǎo	Neutral	Sweet	Sp, Lu

urine, genital swelling, genital itching, and abnormal vaginal discharge in women. In modern times, this is used for acute conjunctivitis, acute otitis media, swollen boils in the nasal passages and outside the ear canal, acute cholecystitis, shingles (herpes zoster), high blood pressure due to liver channel excess fire, acute urinary tract infection, and acute pelvic inflammatory disease with damp-heat pouring downward.’

‘Within the formula: *Lóng dǎn cǎo* drains excess fire from the liver and gallbladder, and eliminates damp-heat from the lower *jiāo*. *Zé xiè*, *mù tōng*, and *chē qián zǐ* clear and disinhibit damp-heat, and conduct fire out following the urine. *Chái hú* dredges and opens the liver and gallbladder. *Dāng guī* and *shēng dì* nourish the blood and boost the yin.”

*Yi Zōng Jīn Jiàn* said: “Treats rib-side pain, bitter taste in the mouth, deafness, swelling of the ear, atrophy of the sinews, dampness of the genitals, hot and itchy genitals with swelling, white turbidity, and bloody urine.’

‘Rib-side pain, and bitter taste in the mouth, then are disease of the gallbladder channel. Atrophy of the sinews, dampness of the genitals, hot and itchy genitals with swelling, white turbidity, and bloody urine, then are disease of the liver channel. Therefore, use *lóng dǎn cǎo* to drain the fire from the liver and gallbladder. Use *chái hú* as the envoy for the liver, and use *gān cǎo* to moderate the liver tension. Assist using [*huáng*] *qín*, [*zhī*] *[zǐ]*, [*chuān mù*] *tōng*, *zé* [*xiè*], *chē qián* [*zǐ*], to greatly disinhibit the genitals, as all of these assist the damp heat to issue forth. So, all of these ingredients drain the liver, and if used the disease will be eliminated, [but one should] also consider that [these may] damage the liver. Therefore, add *dāng guī* and *shēng dì huáng* in order to nourish the blood of the liver. The liver is that which stores the blood, so by supplementing the blood, then [one also] supplements the liver. This is a clever prescription to drain the liver, but the medicinals also supplement the liver, therefore the hidden meaning [of this formula] is to dominate and comfort in order to pacify [the liver and gallbladder].”<sup>91</sup>



## LWDHW (Liù Wèi Dì Huáng Wán)

**Retail Price:** 1 oz: \$17.00.

In grain alcohol.

*Zhōng Yī Dà Cì Diǎn*: “*Shú dì huáng* enriches the yin and tonifies blood. *Shān zhū yú* tonifies and boosts the liver and kidneys, astringes the essence, and restrains sweating. *Shān yào* fortifies the spleen and stomach, boosts the lungs and kidneys, and supplements deficiency emaciation. *Fú líng* promotes urination to percolate dampness, strengthens the spleen, harmonizes the stomach, tranquilizes the heart, and quiets the *shén*. *Mǔ dān pí* clears heat, cools blood, invigorates the blood, and disperses stasis. *Zé xiè* disinhibits water, leaches out dampness, discharges heat, and unblocks painful urinary dribbling.”

*Zhōng Yī Dà Cì Diǎn*: **LWDHW’s** “Action is to enrich and supplement the liver and kidneys. It treats liver and kidney yin deficiency with aching and weakness of the lower back and knees, dizziness, seeing spots in the eyes, tinnitus, deafness, the fontanelles not closing up in children, night sweats, seminal emission, or bone-steaming tidal fever, or heat in the heart of the soles of the feet, or wasting-thirst, or deficient fire tooth pain, or sore throat. The tongue is dry, red and the coat is scant. The pulse is thready and rapid.”

‘In modern times, this is used for chronic nephritis, hypertension, pulmonary tuberculosis, neurasthenia, diabetes mellitus, hyper thyroid, nodules in the kidneys, dysfunctional uterine bleeding, malignant tumors, and other signs which belong to liver and kidney yin deficiency.’

	Nature	Flavor	Channels
<i>shú dì huáng</i>	Sl. Warm	Sweet	Lv, Ki
<i>shān zhū yú</i>	Sl. Warm	Sour	Lv, Ki
<i>shān yào</i>	Neutral	Sweet	Sp, Lu, Ki
<i>fú líng</i>	Neutral	Bland, sweet	Ht, Sp, Ki
<i>mǔ dān pí</i>	Sl. Cold	Bitter, acrid	Ht, Lv, Ki
<i>zé xiè</i>	Cold	Sweet, bland	Ki, Bl

‘Within the formula: *Shú dì huáng* enriches the kidneys and replenishes essence as the sovereign herb. Use *shān zhū yú* to nourish the liver and kidneys and astringe the essence. *Shān yào* supplements and boosts the spleen and kidneys and secures the essence as [both *shān zhū yú* and *shān yào* are] ministerial medicinals. These three medicinals are used the same, as their action is to out thrust the three yin while simultaneously supplementing them. These are then combined with *fú líng* which blandly percolates spleen damp, assists *shān yào* to boost the spleen, and protects against *shān yào*’s [tendency to] accumulate evil. *Zé xiè* clears and drains out the turbid from the kidneys, protects against *shú dì*’s [tendency to] accumulate the rich and greasy evils, and further can clear and downbear deficient fire in the kidneys. *Mǔ dān pí* clears and drains liver fire, and controls the warmth of *shān zhū yú*, and protects against accumulation of sour and astringent evil, all together [these three] act as the assistant and envoy medicinals. When used together, there are three which supplement and three which drain, greatly unbind and greatly combine. [Together these] are employed to enrich and supplement, but not retain evil; to downbear and drain, but not damage the right (healthy qi). Thus, to supplement the center is to drain, and to drain what is hidden is to supplement. [This] formula mutually supports and forms.’

‘In experimental research: This formula can enhance physical strength, promote immune function, improve kidney function, and has the effect of lowering blood pressure and blood lipids. In addition, in the early stage of inoculation with transplanted tumors, it can enhance the phagocytic activity of the mononuclear macrophage system and improve the survival time of those who have tumors. In clinical research: This formula has the effect of reducing esophageal cancer.’





## LZW (Lǐ Zhōng Wán)

**Retail Price:** 1 oz: \$1700.

In grain alcohol.

<p><i>Zhōng Yì Dà Cí Diǎn</i>: “<i>Rén shēn</i> tonifies the qi, secures loss, tonifies the lungs, boosts the spleen, generates fluids, quiets the <i>shén</i>, and increases wisdom. <i>Gān cǎo</i> harmonizes the center, relaxes tension, stops pain, dispels phlegm, stops cough, resolves toxicity, and regulates and harmonizes all medicinals. <i>Bái zhú</i> strengthens the spleen, boosts the qi, dries dampness, disperses phlegm, disinhibits water, stops sweating. <i>Gān jiāng</i> warms the center, expels cold, returns the yáng, unblocks the vessels, disperses phlegm, and descends the qi.”</p>	rén shēn	Warm	Sweet, Sl. bitter	Sp, Lu
	gān cǎo	Neutral	Sweet	Sp, Lu
	bái zhú	Warm	Sweet, bitter	St, Sp
	gān jiāng	Hot	Acrid	Ht, Lu, Sp, Ki

*Shāng Hán Lùn* said: “In sudden turmoil with headache, fever, body aches and pains, and profuse heat with a desire to drink water, then *Wú Líng Sān* governs this. [However, if there is] more cold, and [the patient] cannot consume water, then *Lǐ Zhōng Wán* governs this.”<sup>92</sup>

It also said: “After recovery from great disease, there is a tendency to spit for a long time with an inability to clear it, this is [because there is] cold above the chest, [and one] should use a pill medicine to warm this, thus *Lǐ Zhōng Wán* is appropriate.”<sup>93</sup>

*Zhōng Yì Dà Cí Diǎn*: **LZW**’s “Action is to warm the center, dispel cold, and supplement and benefit the spleen and stomach. It treats tàiyīn disease with spontaneous diarrhea, no thirst, more cold and retching, abdominal pain, and a pulse that is sinking and thready. It also [treats] sudden turmoil due to cold strike, cold rheum in the stomach, with frequent spitting, and foaming at the mouth.’

‘In modern times, **LZW** is used in chronic gastritis, gastric dilatation, gastroptosis, dysfunctional uterine bleeding, chronic colitis, gastric and duodenal ulcers and those with spleen and

stomach deficiency.’

‘Within the formula: *Rén shēn* supplements deficiency and benefits the spleen. *Gān jiāng* warms the center and disperses cold. *Bái zhú* strengthens the spleen and dries dampness. *Zhì gān cǎo* harmonizes the center. When used together, this formula warms and supplements the spleen and stomach.”



## MMDT (Mài Mén Dōng Tāng)

**Retail Price:** 1 oz: \$17.00.

In grain alcohol.

<p><i>Zhōng Yī Dà Cí Diǎn</i>: “Mài mén dōng cools the heart, moistens the lungs, nourishes the stomach, and engenders fluids. <i>Bàn xià</i> dries damp, transforms phlegm, downbears counterflow, stops retching, eliminates glomus, and disperses binds. <i>Rén shēn</i> tonifies the qì, secures loss, tonifies the lungs, boosts the spleen, generates fluids, quiets the <i>shén</i>, and increases wisdom. <i>Gān cǎo</i> harmonizes the center, relaxes tension, stops pain, dispels phlegm, stops cough, resolves toxicity, and regulates and harmonizes all medicinals. <i>Dà zǎo</i> supplements the center boosts the qì, nourishes the blood, and quiets the <i>shén</i>.”</p>	<p>mài mén dōng bàn xià rén shēn gān cǎo dà zǎo</p>	<table border="1"> <thead> <tr> <th>Nature</th> <th>Flavor</th> <th>Channels</th> </tr> </thead> <tbody> <tr> <td>Cold</td> <td>Sweet, Sl. bitter</td> <td>Ht, Lu, St</td> </tr> <tr> <td>Warm</td> <td>Acrid, toxic</td> <td>Sp, St</td> </tr> <tr> <td>Warm</td> <td>Sweet, Sl. bitter</td> <td>Sp, Lu</td> </tr> <tr> <td>Neutral</td> <td>Sweet</td> <td>Sp, Lu</td> </tr> <tr> <td>Warm</td> <td>Sweet</td> <td>Sp, St</td> </tr> </tbody> </table>	Nature	Flavor	Channels	Cold	Sweet, Sl. bitter	Ht, Lu, St	Warm	Acrid, toxic	Sp, St	Warm	Sweet, Sl. bitter	Sp, Lu	Neutral	Sweet	Sp, Lu	Warm	Sweet	Sp, St
Nature	Flavor	Channels																		
Cold	Sweet, Sl. bitter	Ht, Lu, St																		
Warm	Acrid, toxic	Sp, St																		
Warm	Sweet, Sl. bitter	Sp, Lu																		
Neutral	Sweet	Sp, Lu																		
Warm	Sweet	Sp, St																		

*Jīn Guī Yào Lǚ* said: “[For] great counterflow with qì ascent, inhibition of the throat, stop counterflow and descend the qì, then *Mài Mén Dōng Tāng* governs this.”<sup>94</sup>

*Zhōng Yī Dà Cí Diǎn*: “*Mài Mén Dōng Tāng*’s actions are to enrich and nourish the lung and stomach, downbear counterflow, and descend the qì. This formula treats yīn damage of the lung and stomach, insufficiency of fluids with qì and fire that ascends counterflow and causes lung atrophy signs. The condition presents with coughing of spittle and foaming of the mouth, panting, shortness of breath, dry mouth and throat, dry tongue with a red sparse coating, and a pulse which is deficient and rapid. In modern times, this formula is normally used for chronic bronchitis, bronchiectasis, chronic pharyngitis, ulcerated sores of the stomach and duodenum, atrophic gastritis, and other signs of lung and stomach yīn deficiency. Within the formula: *mài mén dōng* clears the lungs and deficiency heat of the stomach, as well as enriches the yīn of the lungs and stomach. *Rén shēn*, *gān cǎo*, and *dà zǎo* tonify and boost

the stomach qì, and enrich and engender fluids, thereby banking up earth and generating metal. *Bàn xià* downbears counterflow, descends the qì, and transforms phlegm-drool. At the same time, *bàn xià* can protect against *mài dōng*’s enriching and cloying which obstruct the stomach. When all of the medicinals are combined, they cause the yīn fluids to return, and deficient fire to downbear, phlegm-drool to transform, and arrest the counterflow of qì.”

*Yī Zōng Jīn Jiàn* said: “Here, the pattern [is one] of deficiency fire flaming upward, [because] the fluids in the stomach are dry and desiccated. Then the outstanding method is to [use] *Mài Mén Dōng Tāng* to treat the root. Use medicinals to downbear fire and fire which adversely ascends. Use medicinals which are cold and cool to turn the heat which blazes, this not only benefits, but reverses the harm. Generally, in disease when there is stomach qì, then there is life. [When] stomach qì is absent, then [this is] death. Stomach qì is mother qì of the lungs. Who knew that *Zhōng Jīng* had this clever method in *mài mén dōng*, *rén shēn*, and *gān cǎo* [which] greatly supplement the middle qì and are in the group [of medicinals which] greatly generate fluids. Added into this is the single ingredient of *bàn xià* which is acrid and warm, [the ability] to benefit the throat and descend the qì is not [only due to] the action of *bàn xià*, [but it] truly is [due to] the expert use of *bàn xià* [when combined together with other medicinals. Thus, in the design of this formula *Zhōng Jīng* has claimed] exclusive ingenuity yet to exist [in any other form] from ancient time until now!”<sup>95</sup>

Beyond what the masters have said, one thing we think this formula works well for is to rebuild someone’s lungs after they have been a chronic smoker. One could then by extension say that this formula could be good for anyone who has been around environmental smoke based pollution, such as smoke from wildfires, or smog from vehicles, or other such things that would affect the lungs first.



## SMS (Shēng Mài Sǎn)

**Retail Price:** 1 oz: \$24.00.

In grain alcohol.

*Zhōng Yī Dà Cǐ Diǎn*: “*Rén shēn* tonifies the qì, secures loss, tonifies the lungs, boosts the spleen, generates fluids, quiets the *shēn*, and increases wisdom. *Mài mén dōng* cools the heart, moistens the lungs, nourishes the stomach, and engenders fluids. *Wú wèi zǐ* astringes the lungs, enriches the kidneys, stops fluids, stops sweating, astringes the essence, stops diarrhea, and quiets the *shén*.”

*Zhōng Yī Dà Cǐ Diǎn*: **SMS’s** “Action is to increase the qì, astringe sweating, nourish the yīn, and generate fluids. It treats [cases when] both qì and yīn are damaged and there is fatigue of the limbs, shortness of breath, thirst, copious sweating, and a deficient pulse. Or chronic cough due to deficiency of the lungs, exhaustion of both the qì and yīn with a dry cough and scant phlegm, reduced food intake and emaciation, deficiency heat with wheezing and panting, shortness of breath with spontaneous sweating, dryness of the mouth and tongue, and a thready and weak pulse.”

‘In modern times this formula is manufactured into an injection fluid to treat cardiogenic shock (a condition in which the heart suddenly can’t pump enough blood to meet the body’s needs. The condition is most often caused by a severe heart attack, but not everyone who has a heart attack has cardiogenic shock).’

‘Within the formula: *Rén shēn* supplements the lungs, increases the qì, and generates fluids. *Mài mén dōng* nourishes yīn, clears the lungs, and generates fluids. *Wú wèi zǐ* astringes the lungs, stops sweating, and generates fluids. When these three medicinals are combined together, one supplements, one clears, and one astringes, and this causes the qì to be restored,

Nature	Flavor	Channels
Warm	Sweet, Sl. bitter	Sp, Lu
Cold	Sweet, Sl. bitter	Ht, Lu, St
Warm	Sour	Lu, Ki

the fluids to return, stops sweating, and preserves the yīn.”

*Gū Jīn Míng Yī Fāng Lùn* said: “Treats heat damaging the *yuán qì*, shortness of breath, fatigue, dryness of the mouth, and sweating.’

‘*Kē Yùnbó* said: The lungs are a delicate viscus, assemble the hundred vessels, and govern the whole body’s *yuán qì*. [When there is] body cold [from] cold drinks, [this] then damages the lungs, therefore in cold damage the pulse is bound and intermittent and a dangerous pulse is [one that is] faint and about to expire. [If] summer-heat punishes metal, then [there is] damage to the lungs, therefore [take into] consideration that in heat damage the pulse arrives deficient and dispersed.

So, cold damage is [that which] arrives from the front, [and] this is excess evil, therefore, even if the pulse does not arrive, [it] can [still] return, and can be unblocked. Heat damage is [that which] arrives from that which is not dominated, [and] this is thief evil. [If one does] not first enrich and transform the source, prior to rescuing and reviving that which has not yet expired, then [it will] completely expire and not be able to return. (See also *Nàn Jīng* 《難經》, Difficulty 50) This is what *Sūn Zhēnrén* called urgently cultivate the *yuán qì*, and *shēng mài* is the name of this formula. *Mài dōng* is sweet and cold, and controls by clearing the balance while managing and regulating. *Rén shēn* is sweet and warm, and it supplements post-heaven the root of *yīng* and *wèi*. *Wú wèi* is sour and warm, it draws in the pre-heaven source of heavenly dew. The three qì unblock, and the three abilities establish, water ascends and fire descends, and [when] combined, this is the pattern of completion.”<sup>96</sup>

In our clinic, we have been using this for a wide range of heart related symptoms, when the pattern is one of deficiency, and the case presents with similar signs as extreme heart deficiency.



## SYGCT (Sháo Yào Gān Cǎo Tāng)

**Retail Price:** 1 oz: \$17.00.

In grain alcohol.

*Zhōng Yì Dà Cí Diǎn*: “*Bái sháo* nourishes the blood, astringes the yin, softens the liver, and stops pain.  
*Gān cǎo* harmonizes the center, relaxes tension, stops pain, dispels phlegm, stops cough, resolves toxicity, and regulates and harmonizes all medicinals.”

Nature	Flavor	Channels
Sl. Cold	Bitter, sour	Lv, Sp
Neutral	Sweet	Sp, Lu

*Bāi Yì Sān Fāng Jiè*: “This formula is pure yin, it enters the spleen, kidneys, bladder, small intestine, and large intestine. Generally, when the condition is in the lower section with yin insufficiency, then this governs all of this, so [this] cannot be used lightly. If [one] encounters a condition which should be warmed, but yin is insufficient, and [one] rashly prescribes *guì zhī* and *fù zǐ*, [then there] will be reversal. Use these two medicinals in order to rescue, and it is a highly effective prescription to engender yin and harmonize yáng. [This] treats all signs of heat below the waist. Later generations enrich the yin with various methods, [but] all originate from this formula. Zhāng Zhōngjīng certainly did not regularly use this formula, [but he used it] as a formula to rescue inappropriate sweating and yin collapse. If [one] inappropriately takes hot medicinals, [one] can use this to rescue this, while concurrently treating hot dysentery and hot diarrhea.”<sup>44</sup>

*Zhōng Yì Dà Cí Diǎn*: “*Sháo Yào Gān Cǎo Tāng*’s actions are to relax tension and stop pain. It treats hypertonicity in the legs, or pain in the abdomen. Modern research suggests that it can be used as a sedative, analgesic, and relaxes and loosens smooth muscle.”

*Běn Cǎo Bèi Yào*: As to *Sháo Yào Gān Cǎo Tāng*’s ability to treat abdominal pain: “When *yíng qì* is not followed, it counterflows into the flesh. *Bái sháo* is able to circulate the *yíng qì*, while *gān cǎo* is able to restrain the counterflow *qì*, and the pain is because liver wood

subdues spleen earth, therefore, *bái sháo* is able to quell the liver.”<sup>45</sup>

Modern research conducted on **SYGCT** has found that in addition to treating abdominal pain and hypertonicity of the legs, this formula can be used for the following: **SYGCT** “is a potent anti-angiogenic agent and may control abnormal retinal vessel growth in patients with ischemic retinopathy.”<sup>46</sup> Another said: **SYGCT** “has a beneficial effect in the treatment of vascular leakage and choroidal neovascularization in patients with age-related macular degeneration.”<sup>47</sup>

Other research found that **SYGCT** can “reduce aggregation and exert neuroprotection in spinocerebellar ataxia type 17 (SCA17) cells,”<sup>48</sup> can “display neuroprotection by exerting antioxidative and anti-inflammatory activities to suppress neuronal apoptosis in human tau cell models,”<sup>49</sup> and that **SYGCT** can increase progesterone remarkably in weeks 4 and 8, and increase the level of estradiol significantly at week 8, thus “improving symptoms of hyperprolactinemia and hormone levels in women with schizophrenia caused by amisulpride, without affecting their mental symptoms and biochemical indexes.”<sup>50</sup>

Lastly, it has been found that after four weeks of use, **SYGCT** can “significantly reduce serum uric acid levels”<sup>51</sup> in hyperuricemic vegetarians.

In our clinic, we have found **SYGCT** to be useful as an antispasmodic, especially when used for the legs and abdomen. In many ways, **SYGCT** exemplifies the idea in JGYL Chapter 1, Line 1: “To treat [when there is] not yet disease, is [when] disease presents in the liver, [then it is] known that the liver [should] transmit to the spleen, [therefore one] should first replenish the spleen. [In] liver disease, supplement by using sour, ... and benefit by using medicinals with the sweet flavor that regulate this. Sour enters the liver, ... and sweet enters the spleen.”<sup>52</sup>



## ZGCT (Zhi Gan Cao Tang)

**Retail Price:** 1 oz: \$17.00.

In grain alcohol.

*Zhōng Yì Dà Cí Diǎn*: “

*Zhì gān cǎo* tonifies the spleen, increases the qì, and is often used in deficiency

and cold patterns. *Shēng jiāng* releases the exterior, disperses cold, disperses phlegm, descends qì, warms the center, and

stops retching. *Guì zhī* pro-

motes sweating, resolves the flesh, warms the channels, unblocks the yáng, pacifies surging, and downbears counterflow. *Rén shēn* tonifies the qì, secures loss, tonifies the lungs, boosts the spleen, generates fluids, quiets the *shén*, and increases wisdom. *Shēng dì huáng* enriches the yīn, clears heat, cools blood, and stops bleeding. *Mài mén dòng* cools the heart, moistens the lungs, nourishes the stomach, and engenders fluids. *Huǒ má rén* moistens the intestines, stops thirst, unblocks painful urinary dribbling, and invigorates the blood. *Dà zǎo* supplements the center, boosts the qì, nourishes the blood, and quiets the *shén*.”

*Shāng Hán Lùn* said: “In cold damage with a pulse [which is] bound and irregular with stirring palpitations of the heart, [then] *Zhì Gān Cǎo Tāng* governs this.”<sup>53</sup>

*Jīn Guì Yào Lǚè* said: “Treats deficiency taxation and insufficiency with sweating and oppression, a bound pulse, and palpitations. [Although the patient’s] activity is like normal, [they will die] within a hundred days. In extreme cases, there will be death within a eleven days.”<sup>54</sup>

*Zhōng Yì Dà Cí Diǎn*: **ZGCT’s** “Action is to increase the qì, supplement the blood, enrich

Nature	Flavor	Channels
Neutral	Sweet	Ht, Lu, Sp, St
Sl. Warm	Acrid	Lu, St, Sp
Warm	Sweet, acrid	Lu, Ht, Bl
Warm	Sweet, Sl. bitter	Sp, Lu
Cool	Sweet, Sl. bitter	Ht, Lv, Ki
Cold	Sweet, Sl. bitter	Ht, Lu, St
Neutral	Sweet, Sl. toxic	Sp, St, Li
Warm	Sweet	Sp, St

the yīn, and restore the pulse. It treats qì deficiency with scant blood which causes the pulse to be bound and intermittent. The heart will have stirring palpitations, and there will be shortness of breath, oppression of the chest, with a tongue that has a smooth sparse coating. This also [can treat] deficiency taxation and lung atrophy. In modern times, this is used for viral myocarditis, functional arrhythmia, extrasystole and other diseases.’

‘Within the formula *zhì gān cǎo* increases the qì, unblocks the channels and vessels, and promotes blood and qì. *Rén shēn* and *dà zǎo* tonify the spleen, nourish the heart, and assist the source of the generation and transformation of qì and blood. *Shēng dì huáng*, *mài mén dòng*, and *huǒ má rén* tonify the heart blood, nourish the heart yīn, and fill up and nourish the blood vessels. When *guì zhī* is combined with *gān cǎo*, it assists the heart yáng, warms and unblocks the hundred vessels, spreads and circulates the qì and blood, [and therefore due to these] increases, [it] restores the pulse.”

In our clinic, we have frequently used **ZGCT** for cases of deficiency taxation. For example, in one case, **ZGCT** was used to treat someone with a hyperthyroid condition. After a year of using **ZGCT**, the hyperthyroid conditions disappeared, and the diagnosing PCP told the patient that after regular testing for a year, that he must have misdiagnosed the patient. Now, when this patient pushes herself too far, some of the hyperthyroid symptoms will come back, but with rest and more **ZGCT**, these symptoms will again ameliorate. The signs for hyperthyroid are: “unintentional weight loss, rapid heartbeat, irregular heartbeat, pounding of the heart (palpitations), increased appetite, nervousness, anxiety and irritability, tremors, sweating, menstrual changes, sensitivity to heat, changes in bowel patterns - especially more frequent bowel movements, fatigue, muscle weakness, difficulty sleeping, skin thinning, and fine, brittle hair” (common symptoms between Western and Chinese medicine are underlined)



## End Notes for Black Label Products

#c = correct order & correct citation

36c. JGYLZ, Chapter 6, Line 15.

37c. *Yù Zuǎn Yì Zōng Jīn Jiàn* 《御纂醫宗金鑑》 (Imperial Compilation of the Golden Mirror of Medicine) (hereafter YZJJ) written by Wú Qiān 吳謙, and translated by Jonathan Schell. Volume 19.

38c. JGYLZ, Chapter 22, Line 19.

39c. JGYLZ, Chapter 22, Line 5.

40c. YZJJ, Volume 23.

41c. ZJSHL, Line 149.

42c. JGYLZ, Chapter 17, Line 10.

43c. YZJJ, Volume 2.

44c. ZJSHL, Line 147.

45c. YZJJ, Volume 5.

46c. ZJSHL, Line 146.

47c. ZJSHL, Line 419.

48c. JGYLZ, Chapter 10, Additional Formulas.

49c. YZJJ, Volume 5.

50c. ZJSHL, Line 103.

51c. ZJSHL, Line 136.

52c. ZJSHL, Line 165.

53c. ZJSHL, Line 459.

54c. JGYLZ, Chapter 10, Line 12.

55c. ZJSHL, Line 351.

56c. ZJSHL, Line 449.

57c. YZJJ, Volume 8.

58c. JGYLZ, Chapter 20, Line 5.

59c. Ibid. Chapter 22, Line 17.

60c. Ibid. Chapter 20, Line 5.

61c. Ibid. Chapter 22, Line 17.

62c. YZJJ, Volume 23.

63c. *Xuè Zhèng Lùn* 《血證論》 (Discussion on Blood Signs) by Táng Róngchuān 唐容川, Chapter 8.

64c. JGYLZ, Chapter 2, Line 22.

65c. JGYLZ, Chapter 14, Line 22.

66c. YZJJ, Volume 18.

67c. ZJSHL, Line 29.

68c. ZJSHL, Line 30a.

69c. ZJSHL, Line 30b.

70c. ZJSHL, Line 30c.

71c. ZJSHL, Line 158.

72c. YZJJ, Volume 2.

73c. ZJSHL, Line 31.

74c. JGYLZ, Chapter 2, Line 12.

75c. Ibid.

76c. JGYLZ, Chapter 9, Line 4.

77c. YZJJ, Volume 20.

78c. JGYLZ, Chapter 20, Line 2b.

79c. YZJJ, Volume 23.

80c. ZJSHL, Line 64.

81c. YZJJ, Volume 2.

82c. ZJSHL, Line 12, p. 96.

83c. JGYLZ, Chapter 6, Line 2.

84c. YZJJ, Volume 19.

85c. JGYLZ, Chapter 6, Line 14.

86c. YZJJ, Volume 2.

87c. ZJSHL, Line 311.

88c. YZJJ, Volume 7.

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90c. YZJJ, Volume 19.

91c. YZJJ, Volume 29.

92c. ZJSHL, Line 386, p. 293.

93c. *ZJSHL*, Line 396, p. 301.

94c. *JGYLZ*, Chapter 7, Line 10.

95c. *YZJJ*, Volume 19.

96c. *Gǔ Jīn Míng Yī Fāng Lùn* 《古今名醫方論》 (Discussion on Formulas of Ancient and Modern Famous Doctors), 1675







