



Dong Chong Xi Cao

Cordyceps

tonifies lung yin and kidney yang

improves immune system

protects kidneys from toxins and exhaustion

protects liver from toxins

protect heart / anti-arrhythmia

anti-rejection in cornea transplant

Otto Wilhelm Thomé, 1885



Chai Hu 柴胡 Bupleurum

Bitter
slightly cold

Dispersing heat from the superficies

Lifting up the vital energy





Dihuang $\mu\ddot{y}^a\Delta$
Rehmanniae

Sweet and bitter
cold

Reducing heat and nourishing Yin

Arrest bleeding

Promoting production of body fluid to relieve thirst





Danggui 當歸

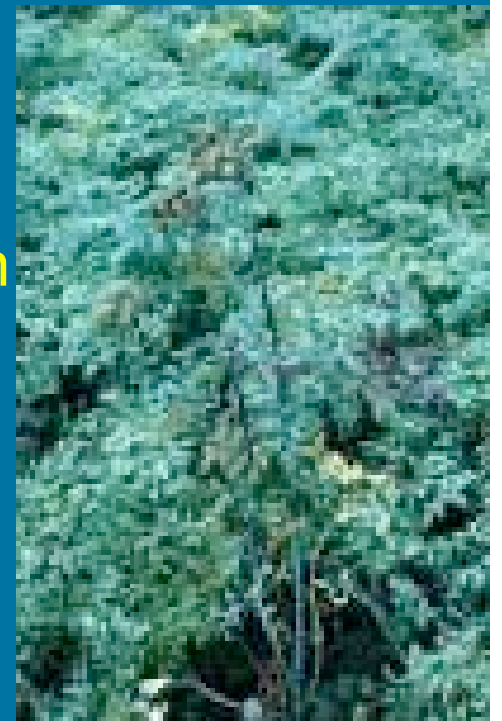
Angelica

Sweet and acrid
warm

Replenishing blood and regulating menstruation

Promoting blood circulation to stop pain

Loosing the bowels to relieve constipation





Γουqizi πdËΩd” Lycium Fruit

Sweet
neutral

Nourishing the liver and kidney

Nourishing *yin* and moistening the lung



Danshen $\mu\text{S}\leq\text{OE}$

Salvia

Bitter
slightly cold

Promoting blood circulation to remove blood stasis

Relieving restlessness and tranquilizing the mind

Subduing swelling and relieving pain



Chinese Herbal Formulas

Formulas that:

Disseminate

Unblock

Tonify

Drain

Clear

Weigh down

Bind

Lubricate

Dry

Moisten

Eliminate:

clogging

stagnation

weakness

obstruction

excess

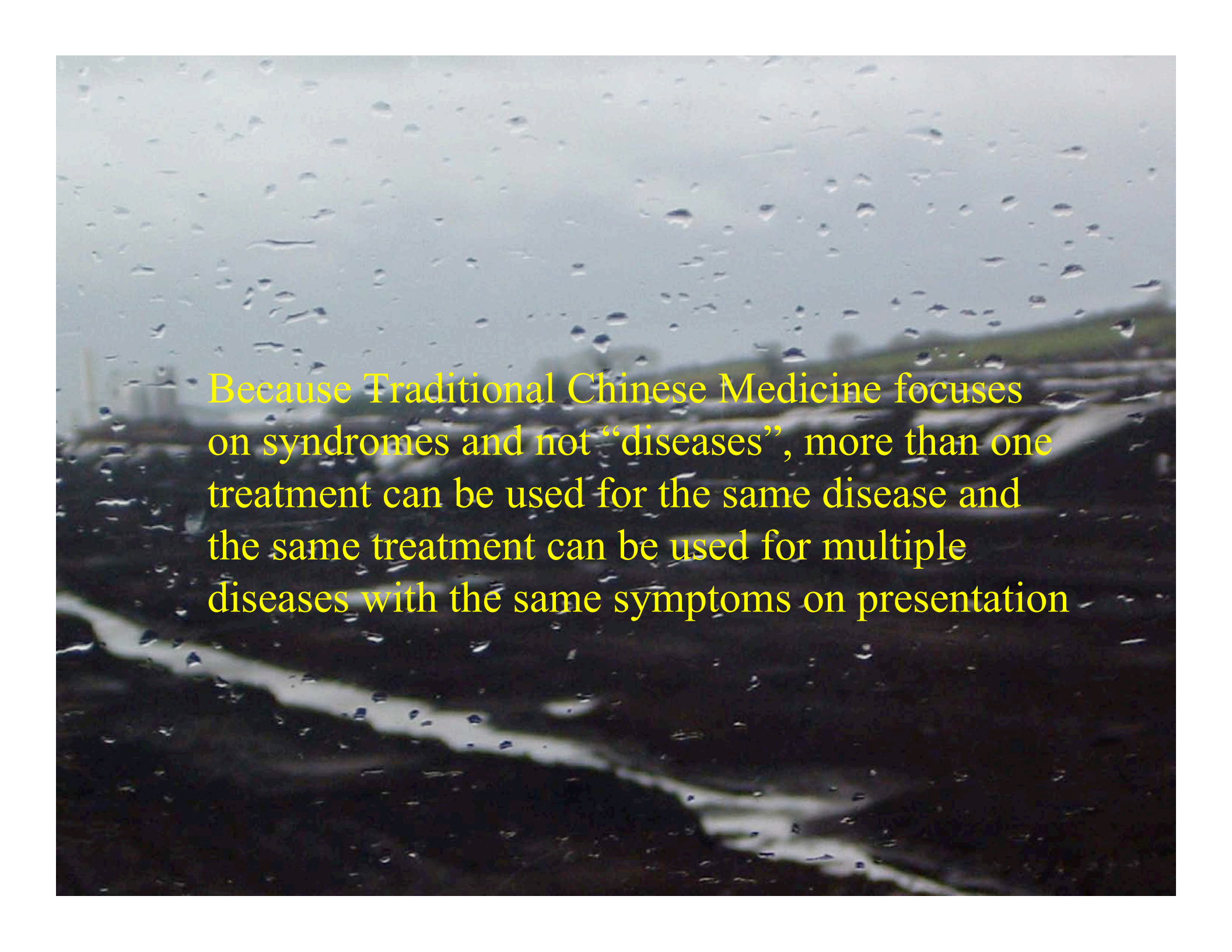
anxiety

abandoned disorders

sticky retentions in the body

dampness

dryness

A photograph of a window covered in raindrops, looking out at a blurred landscape. The raindrops are of various sizes and are scattered across the entire surface of the window. The background shows a dark, overcast sky and a blurred horizon line with some indistinct shapes, possibly buildings or trees. The overall mood is somber and atmospheric.

Because Traditional Chinese Medicine focuses on syndromes and not “diseases”, more than one treatment can be used for the same disease and the same treatment can be used for multiple diseases with the same symptoms on presentation



An Shen
Stress Relief
∞≤...Ò

Dragon Bone ¡'π«
Haliotis Shell Øæ^√
Albizzia Bark ∫œª∂Δ§
Polygonum “πΩªÃÿ
Fushen Σ,...Ò
Polygala __
Acorus ____,
Eleuthero ____
Saussurea ____
Zizyphus Seed À·Ê»
Curcuma Turmeric ”ÙΩ^{Apple}
Coptis Root __
Licorice __
Cinnamon Bark __
Ginger Ω™

Heart Fire

-- anxiety
insomnia
depression
psychological
physical



Bu Xue
Blood Build
 补血 —™

Ganoderma Reishi 灵芝
 Peony Root 芍药
 Bupleurum 柴胡
 Curcuma turmeric 姜黄
 Dong Quai 当归
 Lycium 枸杞
 Cornus Fruit 山茱萸
 Salvia 丹参
 Ho Shou Wu 何首乌
 Ligustrum Fruit 女贞子
 Atractylodes 白术
 Alisma 泽泻
 Astragalus 黄芪
 Ligusticum 白芷
 Achyranthes 何首乌
 Rehmannia Root 地黄
 Cyperus 香薷
 Panax Ginseng 人参

nourishing blood
 nurturing Yin essence
 increase blood circulation
 Sooth the liver qi



Bu Yin
HY-C
ST“I

Dendrobium 𐄀
 Ophiopogon 𐄀𐄀
 Trichosanthes 𐄀𐄀•
 Pueraria 𐄀𐄀
 Eucommia 𐄀𐄀
 Rehmannia 𐄀𐄀
 Anemarrhena 𐄀𐄀
 Achyranthes 𐄀𐄀•
 Hoelen 𐄀𐄀,
 Asparagus 𐄀𐄀
 Moutan 𐄀𐄀
 Alisma 𐄀𐄀
 Phellodendron 𐄀𐄀
 Cornus Fruit ... 𐄀𐄀
 Licorice 𐄀𐄀
 Schisandra 𐄀𐄀

tonify yin essence
 replenish fluids
 relieve heat
 hyperinsulinemia
 metabolic syndrome



Female Tonic
Monthly
Maintenance
Πæøμ

dong quai°μϢÈ
peony ∞ϙ..÷
Bupleurum ≤ρ
Hoelen <ϣ
Atractylodes ≤'ι
Codonopsis, Alisma 'ϣ
Licorice Π≤>
Magnolia ∫ϙ'
Ginger Ω™
Peppermint ±∫...
Moutain°∫μ§
Gardenia Èÿ'
Cyperus œ,ΠΩ
Vitamins
Minerals.

replenish the blood
Sooth the qi
menstrual problems
PMS



Fu Lei
Lung Support
 Σ^¿€

Astragalus ^aΔ<œ

Aster ◊œ>“

Platycodon Ω€π£

Qin Jiao, «ÿ<¥

Lycium Ë€ËΩ

Bark, Ophiopogon ¬Û∂”

Dong quai°μ±πË

Panax Ginseng »À≤œ

Anemarrhena ÷™fΠ

Bupleurum ≤Òf

Blue Citrus°¿‡Δ§

Citrus Peel°≥¬Δ§

Schizandra œÂœ∂◊”

Atractylodes ≤‘ |

Typhonium ∞Ïœf

Licorice Π ≤>

support Wei Qi
 nourish the lung
 Sooth the qi
 chronic lung diseases



Jie Yu
Mood Elevator
 Ω, "Ù

Perilla leaf ◊œÀ'“ð
 Cyperus œ,,ΠΩpleurum
 ≤Öj
 Chih-shih fruit
 Typhonium ∞Îœf
 Bamboo Sap ÷Ô»,,
 Ligusticum fi^a±æ
 Gambir stem π≥ÃÑöelen
 ‹Ú<fl
 Ophiopogon -Ûð"
 Ginger Ω™
 Panax Ginseng »À≤œ
 Platycodon Ω€π£
 Dong quai μ±πÈ
 Coptis Root ^aΔj"
 Licorice Π ≤›

relieves sagging qi
 disperses stagnant



Jian Gu
KB-C
Ω°π«

Eucommia ∂≈÷ÿ
Cistanche »,< »ÿ
Morinda ∞ŌÍ™
Drynaria π«ÀÈ≤π
Rehmannia Root μÿ^aΔ
Achyranthes ≈£œ•
Epimedium “~ — ÚfiΩ
Hoelen ‹Ú‹fl
Lycium Ë€ËΩ
Dioscorea ...Ω“©
Ligustrum Fruit ≈Æ’Í◇”
Cornus Fruit ...Ω‹Ô›«
Dong quai °μ±πÈ
Panax Ginseng »À≤œ
Astragalus ^aΔ‹œ
Liquidambar À’fœœ,,
Atractylodes ≤’ I

strengthen Qi / blood / yin
 bones
 kidneys
 connective tissues
 sexual organs



Kang Weng
VS-C
øπœi

Scute Root $^a \Delta \langle \grave{A}$
 Indigo Herb $\ll \ddagger \tilde{I}$
 Indigo Root $\infty \hat{A} \zeta \partial \Pi \sim$
 Dandelion $\Delta - \pi \rho \text{arslane}$
 $- \dot{I} \geq \langle \rangle$
 Thlaspi $\grave{A} ' \infty \langle \Omega \forall$
 Typhonium $f \text{œ} - \ll$
 Bupleurum $\leq \acute{O} \int \text{Eleuthero}$
 $\forall \tilde{A} \text{œ} \hat{A} \text{C} \text{innamon} \text{œ} f \text{ø} \rangle \leq \rangle$
 Licorice $\Pi \leq \rangle$

anti-virus



Tiao He
Liver Balance
 μ̃ſÕ

Bupleurum 𐀀𐀁𐀂
 Peony Root 𐀃𐀄...𐀅
 Fushen 𐀆...𐀇
 Dong quai 𐀈𐀉𐀊
 Typhonium 𐀋𐀌-𐀍
 Cinnamon 𐀎𐀏𐀐>𐀑
 Scute Root 𐀒𐀓𐀔
 Zhishi 𐀕𐀖 μ
 Atractylodes 𐀗 𐀘
 Panax Ginseng 𐀙𐀚𐀛𐀜
 Licorice 𐀝 𐀞
 Ginger ΩTM

mediate harmony
 relieving stagnant liver Qi
 colitis, digestive upset
 sore throat, tonsillitis
 eye redness, headaches
 insomnia, addictions
 PMS, breast lumps