

JING TONICS

BY RON TEEGUARDEN

CHINESE TONIC HERBS THAT SUPPLEMENT, INVIGORATE AND REGULATE JING



GOJI BERRIES

Lycium barbarum, Gou Qi Zi

Lycium fruit, also known as goji berry and wolfberry fruit, is a premier yin jing tonic herb that tonifies the Kidneys and Liver, improves vision and builds blood, and is considered Asia's ultimate anti-aging longevity herb. It is a powerful antioxidant and immune modulator.



EPIMEDIUM

Epimedium grandiflorum, Ying Yang Huo

Epimedium leaf, widely known as "horny goat weed," is a powerful yang tonic herb famous for enhancing sexual energy and as an immune system tonic.



WALNUT

Juglans regia, Hu Tao Ren

Walnut meat is an excellent yang tonic herb that nourishes the kidneys and brain.



DENDROBIUM

Dendrobium nobile, D. loddigesii, D. chrysanthum, D. candidum or D. fimbriatum, Shi Hu

Dendrobium orchid stem is a unique and nearly miraculous yin essence-replenishing herb that quickly replaces spent yin jing and body fluids.

MALE SILK MOTH

Bombyx mori, Xiong Can E

Male silk moth is a very potent yang jing tonic "herb food" that is highly regarded as a male sexual tonic and athletic-enhancing substance.



MORINDA ROOT

Morinda officinalis, Ba Ji Tian

Morinda, the "strength builder," is a potent and still very mild yang tonic herb that enhances physical strength and increases sexual energy.



EUCOMMIA BARK

Eucommia ulmoides, Du Zhong

Eucommia bark is a mild, yet superb, yang jing tonic suited to almost anyone to strengthen the kidneys, bones and joints. It benefits the cardiovascular system by helping regulate blood pressure. The older the tree the better.



SCHIZANDRA

Schizandra chinensis, Wu Wei Zi

Schizandra is the quintessence of Chinese herbs. It helps lock in yin jing so that it is not easily lost and is itself an excellent yin tonic that strengthens the kidney, detoxifies the liver, improves sexual functions, and sharpens the mind.

SEA HORSE

Hippocampus kelloggii, Hai Ma

Sea horse is a very yang tonic that is primarily used to enhance sexual energy.



DEER ANTLER

Cervus nippon or Cervus elaphus linnaeus, Lu Rong

Deer antler is arguably the king of jing tonics. It tonifies yin and yang jing, as well as blood, qi and shen. It provides powerful restorative and regenerative energy and nutrition. It strengthens the mind, will power and sexual functions. It is considered a premier anti-aging substance. Antler "tips" are the most potent section.

CISTANCHE

Cistanche deserticola, Rou Cong Rong

Cistanche is a pulpy herb from Mongolia that greatly enhances sexual power, especially for men. It is said to increase potency, as well as genital size and strength.

HE SHOU WU

Polygonum multiflorum, He Shou Wu

He shou wu, or polygonum, is a major yin jing tonic herb that reliably replenishes spent jing and helps restore many youthful attributes – a powerful antioxidant.



WILD HIMALAYAN CORDYCEPS

Cordyceps sinensis, Dong Chong Xia Cao

Wild Himalayan Cordyceps is one of the ultimate herbs in the world. It is considered by many to be the "perfect" jing tonic herb. It is tonic to both yin and yang jing. It is also a superb immune boosting herb. Cultured Cordyceps is also very potent.



LIGUSTRUM

Ligustrum lucidum, Nu Zhen Zi

Ligustrum is a potent yin jing restorative herb that has also been found to be an excellent immune booster.



TREMELLA

Tremella fuciformis, Bai Mu Er or Yin Er

Tremella, or "cloud ear" mushroom, is a gentle yin tonic that nourishes and replenishes the yin and fluids of kidney, stomach, lungs and skin.

WILD MANCHURIAN ASPARAGUS ROOT

Asparagus cochinchinensis, Tian Men Dong

Wild Manchurian asparagus root is a world-class yin essence tonic that helps restore yin jing and nourish the kidney. The red variety is far superior in this regard, and also has potent spiritual power.



CINNAMON BARK

Cinnamomum cassia, Rou Gui

Old cinnamon bark is a very powerful yang tonic herb that boosts inner strength and vitality. It is used to re-invigorate the "fire of life." The best cinnamon bark comes from Vietnam.

