

QI TONICS

BY RON TEEGUARDEN

CHINESE TONIC HERBS THAT SUPPLEMENT, INVIGORATE AND REGULATE QI



**ELEUTHERO
(SIBERIAN GINSENG)**

Acanthopanax senticosus or
Eleutherococcus senticosus, Si Wu Jia
Tonifies Qi, a potent adaptogenic,
invigorates the function of the Spleen
and Kidney and calms the nerves.



**WILD HIMALAYAN
CORDYCEPS**

Cordyceps sinensis, Dong Chong Xia Cao
Tonifies Qi, strengthens the Lungs,
nourishes jing (both yin and yang),
strengthens the Kidneys. Relieves
depression of Liver Qi, builds body
resistance, prolongs life and enhances
intelligence and wisdom.



AMERICAN GINSENG

Panax quinquefolium, Xi Yang Shen
Replenishes Qi, adaptogenic,
promotes body fluids, nourishes yin
and clears heat, helps regulate sugar
balance.



PRINCE GINSENG ROOT

Pseudostellaria heterophylla, Tai Zi Shen
Builds Qi and generates body fluids.



TIBETAN RHODIOLA ROOT

Rhodiola sacra, Hong Jing Tian
Replenishes Qi, strengthens mind and body, a
powerful adaptogenic, improves blood circulation,
lifts mood, improves oxygen efficiency, immune
modulating, life prolonging, wisdom enhancing.



REISHI MUSHROOM

Ganoderma lucidum, Ling Zhi
Nourishing tonic, tonic to the three treasures (Ling, Qi and Shen),
builds body resistance, detoxifying, sedative, prolongs life and
enhances intelligence and wisdom.

JUJUBE DATE

Ziziphus jujuba, Da Zao
Gently replenishes Qi in the middle
burning space, nourishes blood,
soothes the mind, moderates the
actions of other herbs.



PORIA FUNGUS

Poria cocos, Fu Ling
Strengthens the Spleen and
transforms dampness,
stabilizes Shen and calms
the mind.

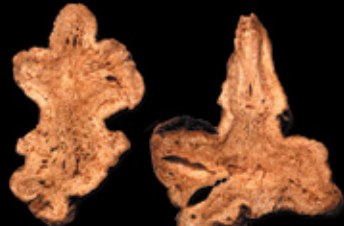


GYNOSTEMMA LEAF

Gynostemma pentaphyllum, Jiao Gu Lan
Tonifies Qi, adaptogenic, antioxidant, immune modulating,
anti-inflammatory, anti-ulcer, respiratory tonic, cholesterol
regulator, anti-obesity, liver protecting, triglyceride lowering,
cardiovascular protectant, anti-thrombic, anti-aging.

ASTRAGALUS ROOT

Astragalus membranaceus or *A. mongolicus, Huang Qi*
Tonifies Qi, regulates the immune functions, adaptogenic,
strengthens resistance, builds blood, strengthens "upright Q".



WHITE ATTRACTYLODES RHIZOME

Atractylodes macrocephala, Bai Zhu
Qi tonic, aids digestion, and invigorates the yang.



CODONOPSIS ROOT

Codonopsis pilosula, Dang Shen
Tonifies Qi and blood, tonifies Spleen and Lungs and gently invigorates yang.



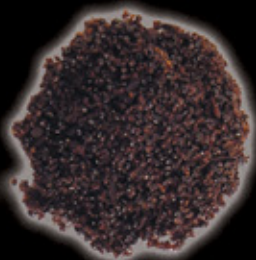
LICORICE ROOT

Glycyrrhiza uralensis, Gan Cao
Supplements Qi, regulates the functions of the
stomach, invigorates the spleen, cleans the
Lungs, clears latent heat, detoxifying,
anti-viral, anti-inflammatory, harmonizing and
regulating to the 12 organs.



DIOSCOREA ROOT

Dioscorea opposita, Shan Yao
Qi tonic, yin jing tonic, tonic to
yin of Lungs and Stomach,
astringent to Kidneys.



POLYRHACHIS ANT

Polyrhachis vicina, Ma Yi
Promotes, maintains and prolongs life, nourishes blood,
increases vitality, adaptogenic, regulates yin and yang,
anti-aging, enhances immunocompetence, improves sexual
function, increases virility, strengthens musculoskeletal
system, calms anxiety, promotes sound sleep.



GINSENG ROOT

Panax ginseng, Ren Shen
Replenishes Qi, adaptogenic, immune modulator, prolongs life, overcomes fatigue,
increases blood volume, sharpens and calms the mind, stabilizes the emotions,
counteracts stress, enhances wisdom.



SNOW LOTUS

Saussurea involucrate, Xue Lian
Builds Qi, detoxifies all areas of the body, purifies and beautifies the skin.