

SHEN TONICS

BY RON TEEGUARDEN

CHINESE TONIC HERBS THAT SUPPLEMENT, INVIGORATE AND REGULATE SHEN

WILD GINSENG ROOT

Panax ginseng, Ren Shen
A premier *Shen* tonic that simultaneously sharpens and calms the mind, provides uncanny mental power and stability, promotes emotional potency and control. Stabilizes emotions, counteracts stress and promotes deep wisdom.



WILD REISHI

Ganoderma lucidum, Ling Zhi
The King of *Shen* tonics nourishes the liver, heart and lungs, strengthens the mind, increases intelligence and memory, and promotes wisdom. The "mushroom of spiritual potency" is the major *Shen* tonic of Asian herbalism and the most treasured Taoist herb.



CANTONESE ALBIZZIA FLOWER

Magnolia coco, Guang Dong He Huan Hua
Cantonese Albizzia Flower (not to be confused with the standard Albizzia Flower *He Huan Hua* or the Magnolia flower *Xin Yi*) is a superb *Shen* tonic. Lifts *Shen* and calms the emotions. Overcomes depression and relieves anxiety. Treats sleeplessness caused by anger and relieves rib pain due to Liver depression.



POLYGONUM STEM

Polygonum multiflorum, Ye Jiao Teng
Nourishes the Qi of the heart, stabilizes emotions, strengthens the mind, nourishes the marrow, and moistens the lungs.



PEARL

Pteria margaritifera or martensii, Zhen Zhu
A superb *Shen* stabilizer and emotional protector. Finely powdered Pearl calms the nerves, stabilizes emotions, relieves anxiety and anger, and promotes clear thinking and wisdom.



ALBIZZIA FLOWER

Albizzia julibrissin, He Huan Pi Hua
The sweet soft stamen of Yellow Albizzia flower promote the free flow of constrained Liver Qi, thus calming the spirit, promoting relaxation and sound sleep, improving memory and eliminating irritability due to constrained emotions.



POLYGALA ROOT

Polygala tenuifolia, Yuan Zhi
Calms the heart and mind, clears the orifices, resolves phlegm and powerfully strengthens Will Power. Thus it is known as the "Will Strengthenener." Promotes the feeling and experience of Love.



SPIRIT PORIA

Poria cocos and Pinus longa, Fu Ling
Stabilizes *Shen* and calms the mind, strengthens the Spleen and transforms dampness. A major "spirit-food" for Taoists. Spiritually protective.



GOJI BERRIES

Lycium barbarum, Gou Qi Zi
Goji berry is very widely used as an antiaging herb. Regular consumption of this delicious herbal fruit is traditionally believed to lead to a long and happy life. It is said that prolonged consumption of Lycium will promote cheerfulness and vitality. It is known in China as "happy fruit." It is a major *Shen* tonic.



LONGAN FRUIT

Euphoria longan, Long Yan Rou
Longan is a wonderful and delicious tonic fruit used by the Chinese as a blood tonic, to nurture the heart, and to add luster and beauty to the skin. It has a reputation as a love tonic. It has a calming effect and promotes sound sleep.



WILD RED ASPARAGUS ROOT

Asparagus cochinchinensis, Tian Men Dong
A superb *Shen* tonic. Nurtures and protects the heart. Promotes flying dreams and lifts the spirit. Nourishes Yin and clears heat. Moistens the Lungs and tonifies Kidney Yin.



DEER ANTLER TIPS

Cervus nippon, Cervus Nippon or Cervus elaphus Linnaeus, Lu Rong
Tonifies the Kidneys and Heart, fortifies Yang, nourishes Yin, brightens the mind, and lengthens life. Promotes courage and the joy of life.

TEA LEAF

Camellia sinensis, Cha Ye
Tea is widely known as a powerful antioxidant, digestant and gentle stimulant. Yet, the magic of tea lies in its *Shen* enhancing power. Used by Zen masters, Taoists and cultured individuals for three millennia to open the heart, clear the mind, settle the soul and illuminate the spirit.



TIBETAN RHODIOLA ROOT

Rhodiola sacra, Hong Jing Tian
The sacred herb of the high Himalayas, Rhodiola sacra clears and sharpens the mind, lifts the spirit, invigorates the powers of creation, nourishes the heart and protects the entire body.



ZIZYPHUS SEEDS

Ziziphus spinosa, Suan Zao Ren
Nourishes heart blood, pacifies *Shen*, benefits Yin, and promotes deep restful sleep.



ALBIZZIA BARK

Albizzia julibrissin, He Huan Pi
Pacifies the spirit, calms the mind, and relieves depression.



OYSTER SHELL

Ostrea gigas, O. rivularis, or O. talienshanensis, Mu Li
Oyster Shell (naturally processed and powdered) is a major *Shen* stabilizer. It helps calm excessive emotions. Composed of sea minerals and amino acids, Oyster Shell stabilizes the nervous system, tonifies Yin and checks exuberant Yang.



DRAGON BONE

Os Draconis fossilis, Long Gu
The mineralized bone of prehistoric mammals is a strong *Shen* stabilizer. Calms the emotions, especially yang emotions like anger, irritability and agitation.