1) Introduction to tonic herbalism
   A) The “tonic perspective”
   B) Ancient roots of tonic herbalism
      i) Shen Nong’s three divisions of medicine and health care
      ii) Shen Nong’s tenets of Superior Herbalism
      iii) Taoist approach to healthcare, wellness and longevity
   C) Tonic herbs in the modern world
      i) Tonic herbalism in Asia today
      ii) Modern research
      iii) Consumption styles
      iv) Products and availability
      v) Tonic herbalism in the United States today
   D) Tonic herbs and radiant health
      i) What is radiant health?
      ii) “Health beyond danger” -- optimized health should transcend all dangers.
         The concept, examples and real life applications
      iii) The four aspects of radiant health
      iv) Aging, anti-aging and longevity

2) The principles of tonic herbalism
   A) Tao
   B) Yin and Yang
   C) The Five Elemental Energies

3) The Three Treasures system of healthcare
   A) Origins of the 3 Treasures system
   B) What are the 3 Treasures?
      i) Jing
      ii) Qi
      iii) Shen
   C) The importance of the 3 Treasures to your health in today’s world
   D) The 3 Treasures and lifestyle
   E) The 3 Treasures as a path to radiant health, happiness and extreme longevity

4) Tonic Herbs
   A) What is a tonic herb?
      i) Distinguishing tonic herbs from other herbs (most herbs are NOT tonic)
   B) The 3 Treasures and tonic herbs
   C) The Yin and Yang of tonic herbs
   D) Typical consumption patterns of tonic herbs
   E) Quality Issues
      i) Quality is of the utmost importance
      ii) Historical and traditional perspectives of quality
      iii) Scientific perspectives
      iv) Standardization, markers, etc.
      v) Di Tao - the principle of “authentic source”
      vi) Epigenetic issues
      vii) Production techniques
      viii) Cooking versus raw
      ix) Separate cooking vs. combined cooking
      x) Cleanliness and purity
      xi) Testing and analysis
      xii) Sourcing
   F) Tonic herbal delivery system
      i) Raw herbs
      ii) Concentrated extracts
      iii) Capsules
      iv) Tinctures
      v) Raw extracts (FIIT™ extraction technology)
      vi) Oral liquids
      vii) Soups
      viii) Honey pills
ix) Beverages
   a) Tonic teas
   b) Tonic elixirs
   c) Tonic juices and superfoods blends
x) Food dishes with tonic herbs
   a) Congee
   b) Vegetable dishes
xi) Tonic liquors

5) Jing
   A) All about Jing. Overview, prenatal Jing, postnatal Jing.
   B) Jing defined
      i) Overview
      ii) Prenatal Jing
      iii) Postnatal Jing
      iv) Functions of Jing
   C) How Jing is depleted
      i) Stress, disease, sex, overwork, chronic inflammation, caretaking
      ii) Leaking
   D) Replenishing Jing
   E) Maintaining Jing
   F) Why are Jing tonics so essential
   G) What can be accomplished by taking Jing tonics
   H) Who should take Jing tonics
   I) Analyzing for Jing deficiency

6) Major Jing Tonic Herbs
   A) Yin Jing Herbs
      i) He shou wu root
      ii) Goji berry
      iii) Rehmannia root (prepared root)
   B) Yang Jing Herbs
      i) Deer antler
      ii) Cordyceps mushroom
      iii) Eucommia bark
      iv) Morinda root
      v) Cistanches root
      vi) Gynomorium root
      vii) Cinnamon bark
      viii) Male Silk Moth
      ix) Tongkat Ali root
   C) Major Locking Herbs
      i) Schizandra berry
      ii) Cornus fruit
      iii) Cnidium seed
      iv) Cuscuta seed
      v) Astragalus seed
   D) Jing Tonic Formulations
      i) Restorative Formulations
      ii) Yin Tonic Formulations
      iii) Yang Tonic Formulations
      iv) Yin & Yang Formulations

Day 2

1) Qi and Qi Tonics
   A) Qi Defined
      i) Overview
      ii) Prenatal Qi
      iii) Postnatal Qi
      iv) Qi production
      v) Ying Qi and Wei Qi
   B) Replenishing Qi
   C) Maintaining Qi
   D) Adaptogenic Theory
      i) Adaptability is the measure of your life
      ii) Biological rhythms and homeostasis
      iii) Human regulatory mechanisms
      iv) Functional balance
   E) Stress
      i) What is stress?
      ii) How does stress affect us?
      iii) How does the body-mind handle stress?
      iv) Factors that cause a human to lose balance
      v) Growth and success are functions of one's adaptability and one's ability to overcome stress
   F) Restoring balance
      i) Double direction activity of Adaptogenic herbs
      ii) Adaptogenic herbs

2) Qi Tonic Herbs
   A) Major Qi Tonic Herbs
      i) Ginseng root
      ii) Reishi mushroom
      iii) Gynostemma leaf
iv) Astragalus root  
v) Himalayan Rhodiola root  
vi) Mountain Ant  
vi) Codonopsis root  
viii) Siberian Ginseng root  
ix) Cordyceps mushroom  
x) American Ginseng root and berries  
xii) Schizandra berry  
xii) Jujube date

B) Major Blood Tonic Herbs
   i) He Shou Wu root  
   ii) Goji berry  
   iii) Dang Gui root  
   iv) Rehmannia root  
v) Others

C) Major Qi Regulators
   i) Bupleurum root  
   ii) Citrus peels  
   iii) Ginger root  
   iv) Cyprus root

D) Major Qi and Blood Tonic Formulations
   i) Immune tonic (major modulators)  
   ii) Protectors  
   iii) Energizers  
   iv) Blood tonic

3) Shen

A) All about Shen
   i) What is Shen?  
   ii) Following the Light  
   iii) Shen and human emotions  
      a) The elements/organs and emotions  
      b) Factors that influence the emotions  
      c) Addiction - a universal human affliction  
         (to emotions, foods, drugs, certain types of people, etc.)  
      d) Freedom from addictions  
   iv) Psychological stability and flexibility (resiliency)  
      a) Adaptability is the measure of your life  
      b) The nature of “growth” from a psycho-spiritual perspective

   v) Opening the Heart / Protecting the Heart  
   vi) Shen Herbalism  
   viii) The nature and purpose of Shen tonic herbs  
   ix) The historical roots of Shen Herbalism (the wisdom of ancient masters)  
   x) Wisdom  
   xi) Secrets of Taoist Inner Alchemy  
   xii) Mastery

B) Shen Stabilizing Herbs
   i) Pearl  
   ii) Dragon Bone  
   iv) Green Tea (L-Theanine)  
   iii) Oyster Shell  
   v) Albizia bark and flower  
   vi) Zizyphus seed  
   vii) Longan fruit  
   viii) Coptis root

C) Major Shen Tonic Herbs
   i) Reishi (Ganoderma) mushroom  
   ii) Wild Ginseng root  
   iii) Pearl  
   iv) The Albizia flowers  
   v) Tibetan Rhodiola  
   vii) Fresh Schizandra  
   viii) Others

D) Will - “The 4th Treasure”  
   i) Polygala (the “Will Strengthener”)  

E) Radiant Health is only achievable when Shen has bloomed  

F) Representative products and formulations

4) Constructing a Three Treasure program to fortify your Jing, Qi and Shen  
The fundamentals you should know when working with an herbalist to craft customized Three Treasure programs for yourself or your loved ones.

* The actual presentation may vary slightly without prior notice.