

World Class Tonic Bars

Health should be fun, and it should be a way of life. At our tonic elixir bar, you can enjoy our delicious, health promoting drinks. We offer hot and cold herbal elixirs in a wide range of styles, ranging from cocktails to smoothies to straight shots (for the hardcore herbal aficionado.)



tonic bar is a place to learn, meet amazing people, and experience the greatest herbs from around the world.

We specialize in tonic elixirs that deliver profound health benefits. Our menu features tonic herbs from every corner of the world. Among the tonic elixirs offered are *Longevity Tea*, *Tonic Alchemy*, *Ginseng Lemonade*, *Beauty Tea*, *Tibetan Magic* and *Healer's Tea*, just to name a few. You will find Dragon Herbs tonic bar a healthy and delightful alternative to bars, coffee houses, and other social gathering places, Dragon Herbs'

Educational Tools from Dragon Herbs



www.dragonherbs.com
Everything you need to know to achieve radiant health.



The Ancient Wisdom of the Chinese Tonic Herbs
An in-depth introductory book to Chinese Tonic Herbalism. Written by Ron Teeguarden, published by Warner Books (A Time Warner Company)

Catalog
Complete product information as well as brief introduction to Tonic Herbalism.



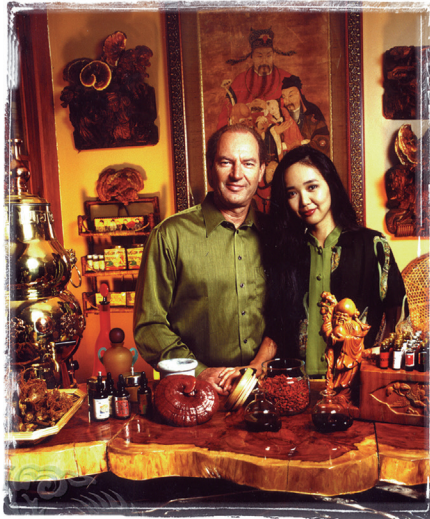
Newsletters
Full color newsletters. Keep you posted on what is going on in the world of tonic herbs and natural health. Free subscription to Dragon Herbs members.



CD and DVD
Educational CD and DVD collections.

Who is Ron Teeguarden?

Ron Teeguarden is the co-founder and leader of Dragon Herbs. He is widely recognized as one of the foremost herbalists in America. Ron has been a professional practitioner and teacher of the holistic Asian health arts since 1971. He has been a powerful translator of Eastern philosophy and healthcare techniques to ten's of thousands of Americans for over three decades. He is recognized as the premiere spokesperson for Chinese *Tonic Herbalism* in America, having spent decades teaching the concept that it is better to promote our health and well being than to become sick and then have to take remedial measures.



Founders of Dragon Herbs.
Ron & Yanlin Teeguarden

Ron has written two major books on Chinese Tonic Herbalism. His first book, *Chinese Tonic Herbs*, written in 1984 (Japan Publications), is a classic in the field. *The Ancient Wisdom of the Chinese Tonic Herbs*, published by Warner Books (Time Warner) in 1998, is recognized as the major book on the subject of Chinese longevity-herbalism. His most recent book, *30 Tips for Living a Long and Happy Life* is available now. If you read it and apply the tips, you will probably live a long and happy life! Ron has been featured in articles in Time Magazine, USA Today, the Los Angeles and New York Times, and many other magazines, and in numerous news stories on television, including features on NBC and CNN.

Ron frequently travels to some of the world's most exotic locations seeking the highest quality, most extraordinary anti-aging, immune-protective, life-enhancing, empowering herbs in the world. In recent years he has spent time in many regions of China, Central Asia, the Himalayas and Southeast Asia. These adventures result in the ever-growing repertoire of thousands of tonic herbal enthusiasts in this country. Ron has proven to have a knack for finding miraculous herbs. As a result of his research and exploration, Dragon Herbs offers the most extraordinary range of tonic formulations in the world.

Ron could not do what he is doing without his wife and partner, Yanlin Teeguarden. She is the maestro who runs the operation, including the overseas procurement and production of the hundreds of formulas made by Dragon Herbs. She is also the person responsible for the beautiful "look" associated with the Dragon Herbs stores, literature and packaging.



Your Portal to Radiant Health

Radiant Health Is Within Your Reach

We all want to live our lives healthfully, fully, happily and successfully. In the Orient, these attainments are cumulatively called "radiant health." It is possible to build and protect our health so that we can live life optimally. Radiant health is attainable, and we can maintain it once we have it, if we learn the secrets of living in accord with Nature's laws and take advantage of a few of Nature's tools. Among the great "tools" discovered by humankind to aid in the attainment of radiant health are the tonic herbs, also known in Asia as the "Superior Herbs".

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The Herbs

What Are the Tonic Herbs?

The tonic herbs are the elite herbs of the Chinese herbal system, the most fully developed herbal system in the world. The Chinese tonic herbs have always held a very special place in Asian culture. These very special natural substances have been associated with the highest qualities of living, and thus are associated with the ideals of long life, slow aging, glowing health, happiness, wisdom, physical vitality, adaptability, sexual vigor and response, mental acuity and clear intuition, love and compassion, and harmonious relations with nature and with one's fellow human beings. The tonic herbs are not harsh and are not specifically medicinal in the conventional sense. Tonic herbs help to regulate our myriad functions so that we can re-establish and maintain our balance, our adaptability, our vigor and our youthfulness. By achieving these goals, one can be said to have attained true "radiant health."

Why Consume Tonic Herbs?

Tonic herbs are not medicinal. They nurture life, nurture the human spirit, slow down the aging process, and they protect us on every level - physically, immunologically, mentally, emotionally and spiritually.

What distinguishes Chinese tonic herbalism from other systems has been the attitude the Chinese and other Asian societies have taken toward health. Putting the emphasis on *promoting* health, they have created a body of knowledge concerning the health-promoting tonic herbs that no other society or system has matched. Other systems have generally emphasized the remedial over the preventive.

Tonic Herbs Are Transformative

Almost every person who uses the Chinese tonic herbs for any extended period of time will experience benefits. In some cases the benefits may be almost instantaneous and profound, while for others the influence may be subtle at first, with cumulative effects developing over time.

Indeed, one of the profound benefits of the Chinese tonic herbs abides in their ability to change "vicious cycles" into "benevolent cycles." The tonics help reverse the process of one problem leading to more problems. Something good happens when you start taking these herbs. You start to feel balanced and strong inside. You start having abundant energy when you need it and yet you feel relaxed and at peace. Incredibly, you become more and more adaptive so that you can do a lot of things that you couldn't do before. You find yourself taking on challenges you couldn't have handled before, doing things that you used to avoid or that you thought you were incapable of doing.

Where Do Tonic Herbs Come From?

Tonic herbs come from China. They also come from North and South America, Europe, Indonesia, Tibet, Bhutan, Africa, New Zealand, Korea, Japan, Mongolia, Russia and almost every region of the world. Tonic herbs are by their very nature safe and may be used for a lifetime to reinforce our health.

The System

The 3 Levels of Healthcare

Traditionally in the Orient, there were three levels of healthcare:

- The first level is *palliative medical care*. It emphasizes the use of various medical approaches to treat ailments after they have occurred. Herbs used for this approach are called *inferior* herbs.
- The next level is prevention of specific disorders. The herbs used for this approach are called general herbs.
- The highest level of health care stresses *the promotion of positive health* as the primary goal. When sufficiently nurtured, our body is fully capable of regulating its own multitude of independent yet united functions, the way nature intended. Science has not been able to, and will never be able to, match that power of Nature. The herbs used for this approach have traditionally been called the *superior herbs*, but today they are called the *tonic herbs*. The utilization of the tonic herbs in order to achieve radiant health is called *Tonic Herbalism*.

Dragon Herbs practices *Tonic Herbalism*, which is based on a 5000 year old system of health promotion, protection, and psychological transformation.

Balancing and Replenishing the 3 Treasures

Life is made up of 3 primary energies: Jing, Qi and Shen.

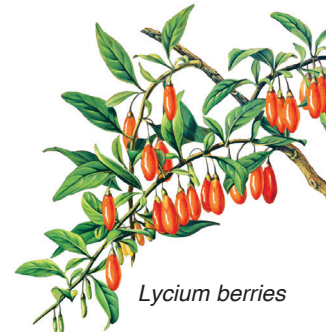
A simple analogy by which one can understand the Three Treasures Paradigm is to think of life being like a candle. ***Jing*** is the candle. It is our reserve of life force and it determines how long we live and the power of our life. ***Qi*** is the flame. It is the energy of life, acquired through breathing and eating and manifested as our day-to-day vitality and our innate ability to defend ourselves and ward off pathogens. ***Shen*** is the light given off by the candle. It is our spirit, our state of psychological well being, our wisdom, and our spiritual experience and radiance.

All disease and suffering arise out of the imbalances of the 3 Treasures, Jing, Qi and Shen.

Tonic herbalism uses tonic herbs to help replenish and re-balance the Three Treasures. By regulating and nourishing our Three Treasures, we will have a macro-control over our health without micro-managing the complex bodily functions. We cannot possibly micro-manage them, so we should not. We can nurture our body, tonify our regulatory mechanisms, and develop true adaptability so that our body can manage itself.

Protect yourself

The world is a dangerous place, and may be becoming more dangerous. A word to the wise: *protect yourself*. Tonic herbalism uses tonic herbs to help regulate and boost our protective functions. These functions include those of the psyche and the immune system. The immune system can be honed in such a way as to be highly reliable, even in the face of severe challenge. Many Qi tonics have profound immune enhancing qualities in humans. Tonic herbs are well known to help in the development of a strong, clear mind and sharp intuition.



Lycium berries

What Is Dragon Herbs?

Dragon Herbs is provider of health promoting herbs and complimentary services, including education and educational materials.

We at Dragon Herbs know that radiant health is the result of good living and a healthy lifestyle. As a team, we are dedicated to aiding and guiding you on your path to radiant health, and to building a better world as a result.

With our tonic bar, complimentary herbal consultations, and over 1000 herbal formulations made from the finest quality herbs in the world, we are sure that we can be your principle wellness center, serving the many needs you may have in order to achieve radiant health.

Full Service Herb Shops

We offer herbs for every aspect of health. However, our emphasis is on building your health. We do this by featuring tonic herbs and superfoods. Our highly trained, professional herbalists are dedicated to helping each individual with their own specific needs and to guide them along the way to radiant health.

Dragon Herbs offers over 1000 herbal formulations, and we consider it our responsibility to help you find the best herbs and formulations for YOU. We are open every day for your convenience, and there is no need to make an appointment - our herbalists are prepared to work with you on a walk-in basis..

Personalized Herbal Consultations

Confused about what supplements to take, and when and how to take them? The human body is an extremely complicated system made up of interwoven functions and organs. Professionally trained tonic herbalists understand the human body as well as the herbs that promote our body's well-being. Their guidance will help pave a smooth path towards attaining true health. Our herbalists will analyze many aspects of your health:

your level of adaptability, level of protection, Yin and Yang balance, primary body functions such as digestion and sleep patterns, lifestyle, 3 Treasures (the 3 primary energies of life,) organs and meridians, etc. They will then custom-craft a tonic program consisting of different herbal formulations to help restore balance to your body.

If you're interested in nurturing your body, mind and soul naturally so as to awaken your true inner power, it's time to consult our tonic herbalists and get a personalized "Radiant Health Consultation." Herbal consultations are available in person and over the phone.

