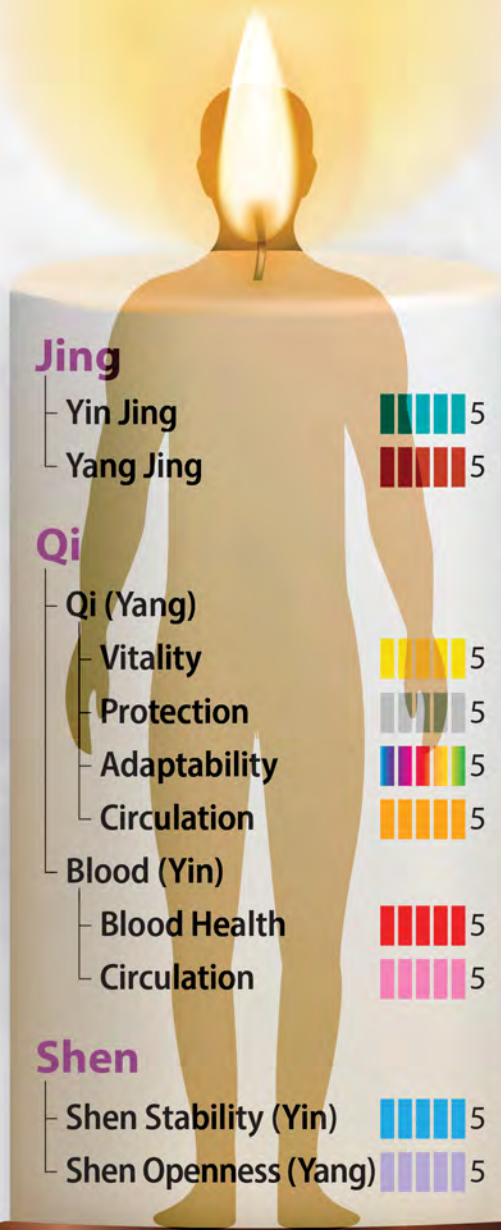




Intro To Tonic Herbalism

Life Deserves Cultivation™



Life Is Like A Candle

Natural Health Solutions with Professional Guidance



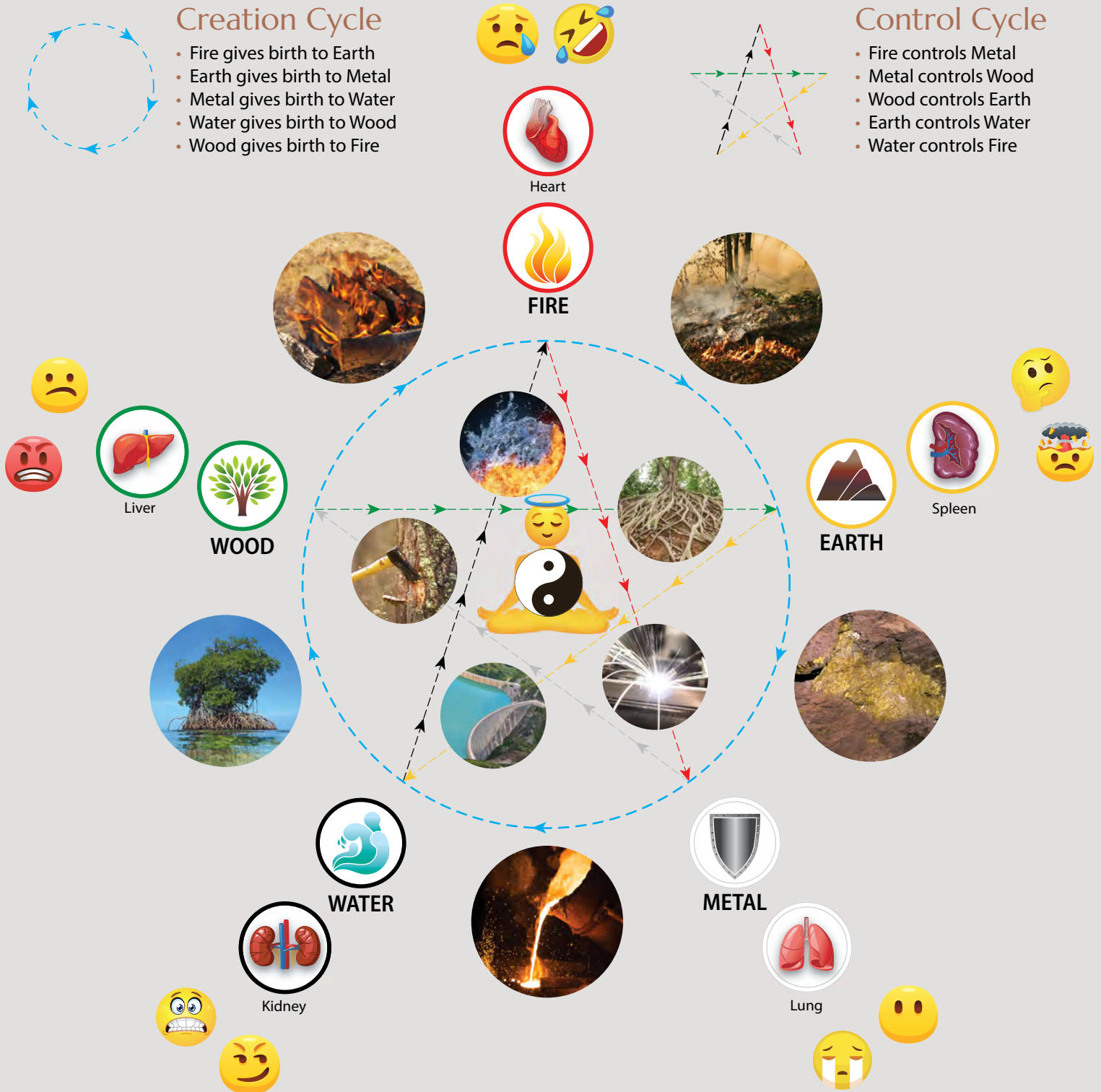
FIVE ELEMENTS THEORY

Creation Cycle

- Fire gives birth to Earth
- Earth gives birth to Metal
- Metal gives birth to Water
- Water gives birth to Wood
- Wood gives birth to Fire

Control Cycle

- Fire controls Metal
- Metal controls Wood
- Wood controls Earth
- Earth controls Water
- Water controls Fire



- No medicinal or therapeutic claims are being made or meant to be implied in this catalog. The information provided herein is for general information and to provide insight into how tonic herbs and superfoods have been used historically and currently in Asia for promoting health and wellbeing.
- If you are suffering from any illness or disease that may require medical attention, please consult your medical doctor or licensed health practitioner for medical advice.

- If you consume a herbal supplement or superfood and believe that you are experiencing any negative effects, stop taking it immediately. If symptoms persist, consult your doctor or health practitioner or take appropriate emergency action.

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Introduction to Tonic Herbalism O-5



The Chinese Health System has a history of over 5000 years. A tremendous body of empirical science has been established over several dynasties. It has stood the test of time over the course of thousands of years and has benefited billions of people.

This *Introduction to Tonic Herbalism O-5* provides a glimpse of the foundational concepts of this unique system that is completely different from the Western model. We hope that it helps you see holistic health through a different lens. We have included illustrations, charts, and tables in the hope that this ancient and sometimes esoteric system can be demystified in a simple and intuitive format. Though you do not need to read this section before you start an herbal program, understanding these basic concepts will streamline your communication with your herbalists and afford them a sharper focus on **YOU**. You and your herbalists can spend more time discussing your custom herbal strategy based on your unique needs and less time going over the basics of Tonic Herbalism.



These concepts are presented in a numeric order - 1, 2, 3, 4, 5, 0. (0 actually refers to the "O" in Chinese Organ System. ☺)



- 1—Oneness: The Unity of Everything
- 2—Yin and Yang: Two Opposing Forces Within an Integrated Whole
- 3—Three Treasures: Jing, Qi, and Shen
- 4—Four Seasons: Spring, Summer, Fall, and Winter
- 5—Five Elements and Their Correspondences
- 0—Chinese Organ System

Oneness The Unity of Everything

Chinese philosophy emphasizes the oneness of everything.

- Humankind and nature are one.
- All the Organs function as one.
- Mind and body are one.

Humans and nature are one. The sunrise and sunset follow a Yin-Yang daily cycle that has an impact on our biorhythm and activities. The moon's lunar cycle from new moon to fullness also has an impact. We cannot escape our relationship with the natural world. We should adapt to all the natural elements, especially all the environmental and climatic factors. Otherwise, external factors such as wind, dryness, dampness, heat and coldness will impact our internal homeostasis and cause imbalances inside our body.

The human body is a unified whole. A human being is much more than the sum of its parts. Unlike western health philosophy, Chinese healthcare avoids the pitfall of breaking the human being into isolated parts: to

only treat the head if we have a headache or to only treat the foot if we have a foot ache. It emphasizes the importance of seeing the human body as a unified whole. The body is interconnected in many ways. The primary organs, the secondary organs and their corresponding sensory organs are all interconnected and are part of an integrated whole. Every organ and function in the body impacts every other organ and function. The organs and the meridians are also one. Even the emotions are incorporated into their organ system as part of the Organ functions.



Thus, the concepts that form the basis of Chinese healthcare are fundamentally *holistic*.

Yin and Yang The Basis of Your Life and Health

Chinese health practice, at every level, is based on the *Principle of Yin and Yang*, also known as the *Great Principle*. This principle asserts that everything and every function in the universe has two poles, just as a coin has two sides, a full day has night and day, and a year has summer and winter. There are no exceptions. Life itself is entirely a matter of *Yin and Yang* forces working together, maintaining dynamic balance (scientists call it *homeostasis*) on the microscopic scale and on the macroscopic scale.

We all go through birth, aging, sickness and death during our lifetime. Life is the temporary union of the yin and yang energies. Aging is the cyclical change and gradual decline of these two energies. Sickness is the prolonged imbalances of Yin and Yang. Death is the separation of the Yin-Yang union.

Life cultivation (the art of glowing health) is rooted in cultivating the balance of Yin and Yang.





The Yin-Yang principle gives you a crystal ball through which you can see simplicity beneath complexity, spot patterns among randomness and connect dots seemingly unrelated otherwise. This way of seeing paradoxical qualities can lead to a unified understanding of humankind, things and nature that is eternally insightful and practical. It provides insight into the past and the future, and helps you enjoy or cope with the present, allowing you to thrive and succeed.



Yin and Yang Relationship

1. Yin and Yang are **Opposing Forces** Within One **Integrated Whole**
2. The **Cyclical** Nature Of Yin and Yang
3. The **Dynamic Balance** Between Yin and Yang
4. Yin and Yang are **Interdependent**
5. The **Relativity** of Yin and Yang

It is important to understand all five aspects of a Yin and Yang relationship as they can be applied to any established yin-yang pairs. Yin and Yang are often over-simplified in the west as opposites which is both wrong and misleading.

1. Yin and Yang Are Opposing Forces Within One Integrated Whole

Yin and *Yang* are opposing forces, and they always exist together, though at any one moment one will usually be dominant over the other.

Yin is defined as the part of the cycle in which energy is being accumulated, assimilated and stored for later use. *Yang* is defined as the part of the cycle in which energy is being expended in order to create a manifest action. Thus *Yin* is often associated with rest, receptivity and quietude, while *Yang* is associated with action, expansion, expression and movement.

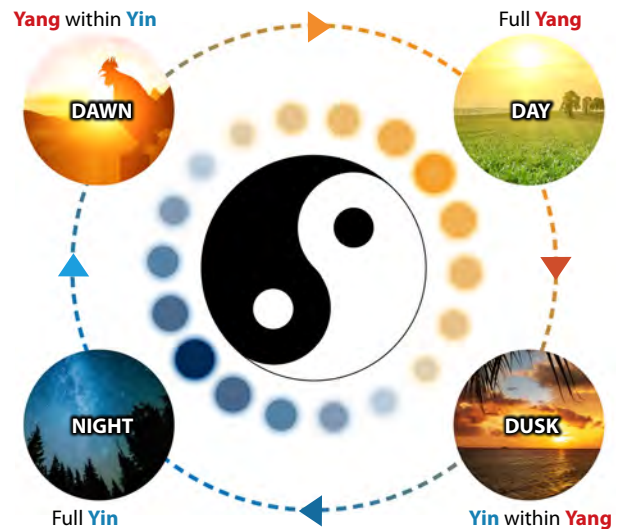
The world is made up of endless pairs, like two sides of a coin. There is no such thing as a one-sided coin, nor is there a one-sided process anywhere in the body.

Traditional Yin-Yang *dichotomies* provide a solid basis for seeing the world through the prism of Yin and Yang. Here are some of the most important dichotomies.

Yin and Yang are opposites of each other



2. The Cyclical Nature of Yin and Yang



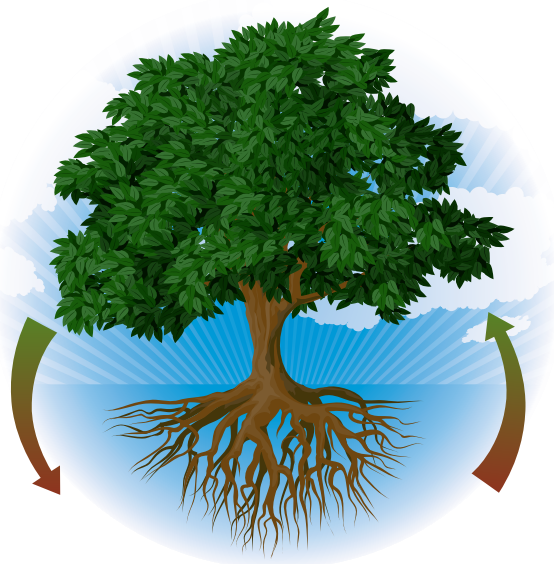
Everything changes cyclically. Cycles can be most easily understood by recognizing the rhythmic shifting from one pole to its opposite. Yin cannot last forever, and neither can Yang. Eventually Yang turns into Yin, and Yin turns into Yang.

3. The Dynamic Balance Between Yin and Yang

Yang and Yin oscillate – that is a law of nature. Progression of one force will take place as the other regresses. And then the phases reverse. This cyclic movement and change results in the maintenance of a harmonious, properly balanced healthy whole. It maintains balance (*homeostasis*) and order in any system, physical or living, or even psychological. Understanding this allows you to have a grip on everything happening around you and within you. Life no longer appears to be an infinite set of random actions.

4. Yin and Yang Are Interdependent

Yin supplies Yang, Yang manifest Yin. There is no Yin without Yang. There is no Yang without Yin.

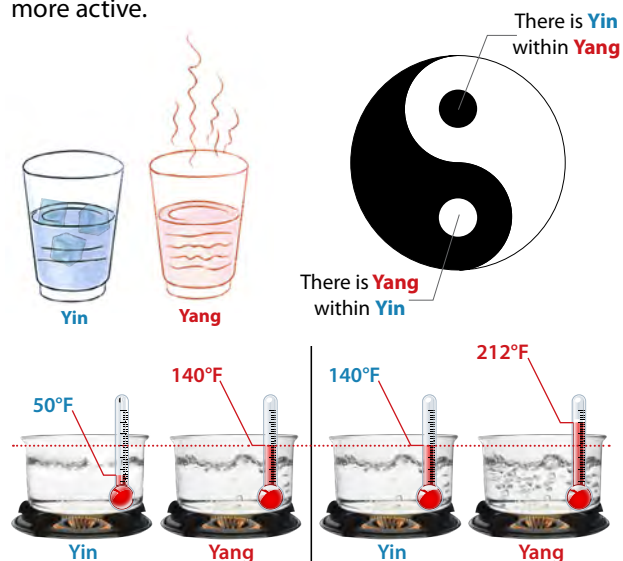


Without the underground roots (Yin), the leaves and stems above the ground (Yang) cannot flourish. And the roots need the leaves to absorb the sunlight and carbon dioxide to produce sugar and complete the photo synthesis.

Take how we process information as an example. The phase of observing, listening, learning (**information input**) is Yin while talking, teaching, writing, composing, painting (**information output**) is a Yang phase. To output anything of meaning and value requires a lot of upfront study, research and accumulation of knowledge first. Skipping that Yin phase will lead to a product lacking in substance and facts. On the other hand, endless learning and listening without an outlet for self-expression or creative expression can lead to stagnation of Liver Qi, which can manifest as frustration and even anger.

5. The Relativity of Yin and Yang

It is always important to remember that Yin and Yang are *relative terms*. Something can be Yang when compared to something that is more passive, but it could be viewed a Yin when compared to something more active.



Yin and Yang are relative. 140°F water is Yang compared to 50°F water, but it is Yin compared to 212°F boiling water.

Sleeping is a Yin function while being awake is a Yang function. But we are not dead when we sleep – there is still movement and dreaming – that is the “Yang inside the Yin.” Being awake is a Yang function, but we still must rest and accumulate energy while we are awake – that is the “Yin within the Yang.” Men and women both have Yin and Yang aspects. In general, men are more Yang than women. However, the opposite can be true as there are many women who are much more Yang than many men.

Yin and Yang of the Body

In the Chinese health system, the Yin-Yang principle is applied to the body’s structure and function and provides profound insights and practical guidance as to how one can best cultivate her/his life to its fullest potentials. All five aspects of the Yin-Yang relationship can be applied to any established yin-yang pairs.

Here are some bodily *dichotomies* – pairs of opposing structures and functions that are front and back of the same dynamic with the more important ones explained in further details:

Yin	Yang
Stillness, Quietude	Movement, Restlessness
Deficiency	Excess
Descending	Rising
Fertility	Potency
Blood, Bodily Fluid	Qi
Asleep	Awake
Dull-minded	Alert
Rest	Work
Parasympathetic nervous system	Sympathetic nervous system
Soft (Not Condensed)	Hard (Condensed)
Body coolness	Body heat
Moisture	Dryness

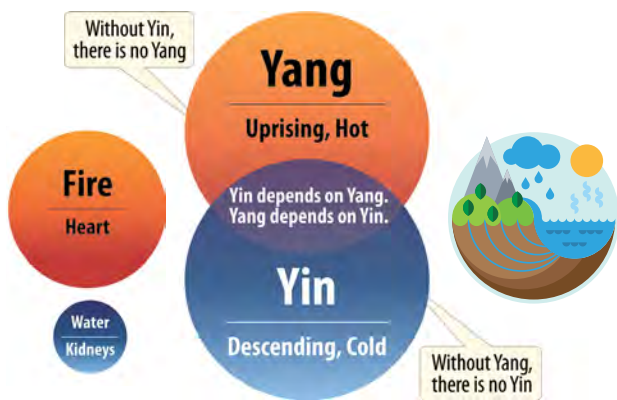
Water and Fire

Of all the dichotomies, the *Yin-Yang* relationship of *Water* and *Fire* are of the most profound importance in our lives.

Water represents the *Yin* of the body, especially as the *Yin* is stored in the Kidneys and related tissues as **Jing**, the primordial stored *Yin*. Fire represents the primal Yang functions of the body and mind. Water and Fire being opposites, they can control each other. The Chinese health system sees the human body as a microcosm. In the earth’s eco system, two opposing forces, the sun (Fire) and the ocean (Water), create a water cycle that provides the foundation for all life on earth. The Fire-Water (Heart-Kidney) union inside our body is also foundational to all Organs’ nourishment and functioning, such as ensuring our body temperature remains constant at 98.6°F irrespective of the external temperature (within limits).

We are born with these two forces in profound balance. As we age, however, the Water force gradually becomes depleted and starts to shrink, while the Fire force tends to flair up and expand. This is the traditional Chinese way of explaining “inflammaging,” the general tendency as we grow older to become more dehydrated and inflamed.





The Heart-Kidneys (Fire-Water) union is as foundational to the human body as the union of Sun-Ocean (Fire-Water) is to the earth's ecosystem.

There are powerful, yet very safe, herbs that can be taken throughout one's life as supplements to maintain and enhance the Water force and to control the expansion of the Fire force. You never want to eliminate Fire because Fire is the primal vitality of our life, but what is great in the correct amount can harm us when it grows uncontrollably out of balance. Tonic Herbs that support (tonify) the Water (Kidney) include He Shou Wu root, Schizandra berry, Goji berry, Dendrobium stem, Rehmannia root, Asparagus root, Ophiopogon root and others. Herbs that control Fire force, but don't squelch it, include Salvia root, Ophiopogon root and Chinese Asparagus root, Ilex root and others.

Yin and Yang Organs

Some organs are primarily *Yin* and some are primarily *Yang*. *Yin* organs, by definition, store pure essences resulting from the process of transformation carried out by the Yang organs. The Yang organs are constantly digesting, filling and emptying, transforming, separating and excreting food-derived materials to produce Qi and eliminate waste. The Yin organs store the vital substances, Qi, Blood and body fluids. There are five primary Yin organs and five primary Yang organs, plus two "organs" that are composite functional systems. The Yin and Yang organs are paired either physically or energetically.

Yin Organs	Yang Organs
Kidney	Bladder
Liver	Gall Bladder
Heart	Small Intestine
Spleen/Pancreas	Stomach
Lungs	Large Intestine

Yin and Yang of Organ Structure and Function

Though some organs are described above as primarily Yin or Yang, according to the Great Principle, these categorizations are relative. Each Organ contains a Yin aspect and a Yang aspect. The **structure** of an organ and its physical substances (Jing, blood, fluids) correspond to **Yin**. The **function** of the organ and derived from the actions of its released substances correspond to **Yang**. For example, the Liver stores blood (Yin) but also controls the flow of Qi throughout the body (Yang).

Body Heat (*Yang*) and Body Coolness (*Yin*)

Generally, body warmth is a sign of Yang activity. A person who always feels warm or who is not easily chilled is likely to be more Yang. On the other hand, a person who feels cold to the touch and often feels chilled is likely to be less Yang and more Yin. So feeling cold can either be due to an excess of Yin or a deficiency of Yang. Likewise are person can be hot because of an excess of Yang energy or from a deficiency of Yin energy. It often takes a professional to make the determination. Once the nature of a body temperature imbalance is understood, counter measures may be taken to re-establish a healthy body temperature balance. Tonic herbs and food all have a temperature factor: **hot, warm, neutral, cool** and **cold**. Appropriate herbs can be taken that support body temperature homeostasis. You may even take certain herbs during an extreme weather condition to help maintain your temperature. For example: Gynostemma leaf or American Ginseng help to cool the body in hot weather. Cinnamon bark, Red Ginseng or Astragalus root help warm the body in cold weather. There are many adjustments you can make by using specific herbs and formulas.

Body Moisture (*Yin*) and Dryness (*Yang*)

A fundamental dichotomy of our normal life that we can all observe is the fluid balance we experience both inside our body and on the surface. Skin can be dry, supple due to proper hydration, or overly wet due to excessive perspiration. We can produce too much saliva or not enough, or we can produce just the right amount at the right time. We can produce too little tears or too much tears, or our body can get it just right. The same goes for vaginal fluids, mucous secretions, digestive juices, and on and on. The regulation of bodily fluids is of fundamental importance in how we function, how we age, how we perform, and how we feel. Again, the body takes care of fluid balance automatically, but the process can go awry. In that case, herbs can play a significant role in reestablishing fluid balance, overall and in specific places. The herbs Schizandra, American Ginseng, Asian Ginseng, Dendrobium and Goji are famous for helping moisten the body during dry weather, while Poria mushroom and Atractylodes root help reduce excess fluids during damp weather.

Balance is Achieved Through Regulating Yin and Yang

It is impossible for a human, or any living being, to consciously regulate *all* the Yin and Yang functions of their body on a practical level. The body does that for us. Our bodies have evolved over tens of thousands of years to maintain balances on macro- and micro-levels. There are millions of Yin-Yang activities going on every moment, and these activities are all miraculously regulated. It is because of these mechanisms that our body temperature stays stable, that our heart rate is steady except when stressed (and even then, within limits), that we wake and sleep in a daily rhythm, that we eat and exercise in a rhythm. At the cellular level we have thousands of molecules whose only function is to *regulate* the functional dynamics of other chemicals. All this is for the purpose of maintaining cellular *homeostasis*.

External climatic and environmental factors such as windy, dry, wet, hot or cold conditions can challenge our internal *homeostasis*. When we are in the desert



heat, our body also becomes hot. When we are in the freezing alpine snow, our body also become cold. Our body has ways to adapt (adjust), but within limits. If we have *enhanced* adaptability, we may do much better. This is true in all aspects of our lives.

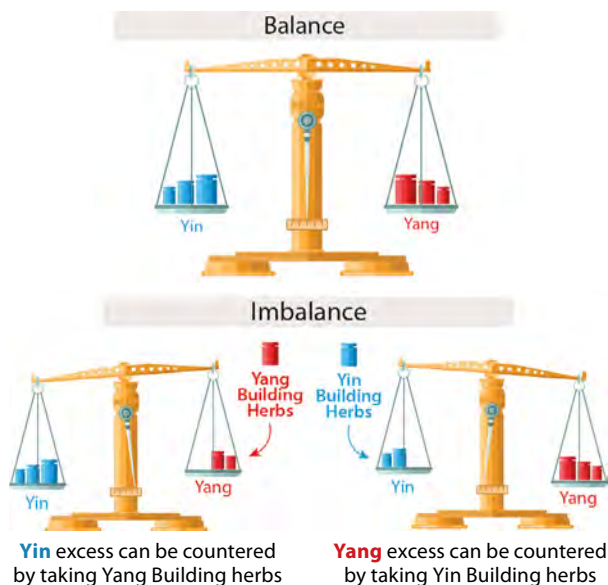
If these innate regulatory mechanisms become inaccurate or fail due to toxins, poor nutrition, wear-and-tear or simply because external challenges are beyond body's capacity to adapt, some functions will become excessive and others deficient. Then our bodily functions lose balance and a cascade of problems arise.

Fundamentally, Chinese healthcare boils down to five primary actions:

1. Support the regulatory mechanisms that maintain healthy whole-body balance
2. Tonify Yang
3. Tonify Yin
4. Quell excess Yang
5. Quell excess Yin

These actions can be precisely targeted.

Balance is achieved through regulating Yin and Yang Balance



Yin and Yang of Tonic Herbs

Tonic herbs that perform the first action are called **adaptogens**. These herbs can enhance the body's *self-regulating* ability to maintain healthy homeostasis. They have **bi-directional** activity based on their *bi-directional chemistry*. In other words, if a function is tending toward deficiency, the adaptogen can re-establish the function to full strength. If a function is excessive, the adaptogen can calm down the excessive action. In this way they aid the body in broad ways, sometimes across many functions. The purpose of taking tonic herbs is primarily to feed our body's innate regulatory system so that the body and mind can stay in balance even when under challenge.

These adaptogens are the most popular herbs in Chinese herbalism. They promote modulation, regulation and dynamic balance. Here are some famous adaptogens: Ginseng root, Astragalus root, Schizandra berry, Gynostemma leaf, Rhodiola root, Reishi mushroom, Eleuthero "Siberian Ginseng" root,

Codonopsis root, Mountain Ant, Ashwagandha root, Chaga mushroom.

Herbs that tonify *Yang* address issues of deficient Yang in the body. **Yang building herbs** include Eucommia bark, Deer Antler, Cistanche stem, Ever Young Herb, Epimedium leaf, Morinda root, Cinnamon bark and others.

Herbs that tonify *Yin* address issues of deficient Yin in the body. **Yin building herbs** include Goji berries, He Shou Wu root, Rehmannia root, Dendrobium pod and stem, Longan fruit, Zizyphus seed, and others.

If a person combines the use of Yin tonic herbs and Yang tonic herbs, these herbs will work together to regulate Yin and Yang. For that reason, Yin and Yang tonic herbs are often combined in formulations to create *bi-directional* regulation while also strengthening the body. Since ancient times, this has been called "the superior herbalism."

* Some general herbs, when added to a formula, can also help regulate functions by removing blockage and diminishing "spikes" in our energy flow. Bupleurum is a famous example.

Yin and Yang Self Analysis Test

In order to best take advantage of the Chinese tonic herbs, it is wise to determine your Yin-Yang balance. The following tables provides a few of the markers to help you assess whether you have a Yin or Yang constitution.

Yin Constitution	Yang Constitution
Thin bones and frail frame	Large bones and sturdy frame
Pale complexion	Ruddy complexion
Pale tongue	Red tongue
Weak radial pulse	Strong radial pulse
No thirst or little thirst	Thirst
Profuse pale urine	Scanty dark urine
Loose stools	Hard stools
Sleepiness	Restlessness
Chronic lingering challenges	Acute challenges
Gradual onset	Rapid onset
Likes to be covered	Throws off cover
Likes to curl up	Likes to lie stretched out
Cold Limbs and body	Hot limbs and body
Likes hot drinks	Like cold drinks
Sexually passive	Sexually aggressive
Weak voice, dislikes talking	Loud voice, talks a lot
Passive, timid, receptive, quiet nature	Aggressive, outgoing, assertive nature
Pessimistic attitude	Optimistic attitude
Slow to respond	Quick to respond
A tendency toward fear, anxiety or melancholy	A tendency toward risk taking, easily angered, a fiery disposition

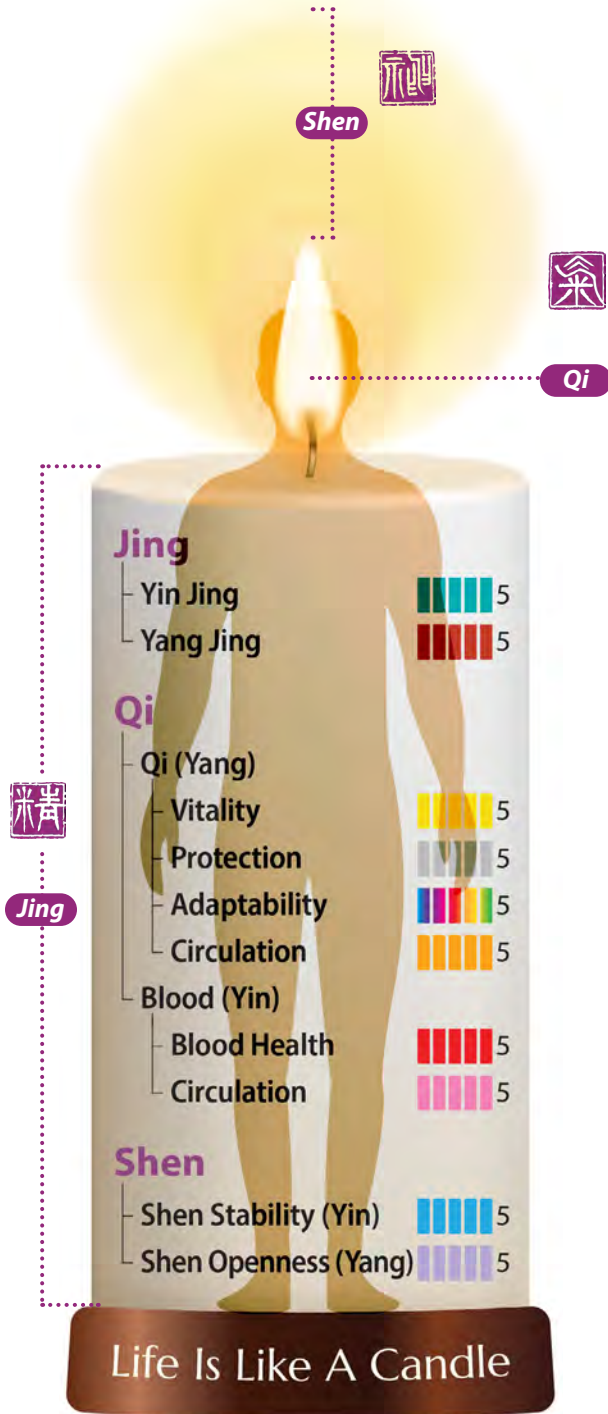


Three Treasures

The Taoist sages who developed Chinese tonic herbalism discovered that a human being is composed of three "Treasures." The "Three Treasures" are called *Jing*, *Qi* and *Shen*. These energies are called "treasures" by sages such as Laozi (founder of Taoism) and Confucius because they are the very basis of our life.

A simple, traditional analogy by which one can understand the Three Treasures concept is to think of life being like a candle.

3 - Three Treasures



Jing is translated as "Essence." Jing is the primal energy of life. It is closely associated with our genetic potential and is associated with the aging process. This is symbolized in the candle analogy by the wax and wick of a candle. A candle's life expectancy depends on the quality of the wax and the size of the candle. A foot tall cathedral candle will burn much longer and brighter than a birthday candle.

Qi (pronounced *chee*) is symbolized by the flame. The flame is the burning of the candle, its purpose, and activity. The flame is energy manifested. It provides the source of light. The flame requires food (the wick) and air to continue. It eventually consumes the candle. If a wind blows, the flame stirs and intensifies, shortening the life of the candle. In our life, *wind* is instability, stress, severe challenge, self-abuse, and so on. In humans, Qi manifests as our vitality, adaptability, and immune response.

Shen is symbolized by the light given off by a candle, it is the ultimate purpose of the candle. Shen is the mind, our Spiritual power, our awareness, our consciousness, our true wisdom and our universal love. This is ultimately the most important of the Three Treasures, because it is the basis of our higher nature as human beings and is expressed as our wisdom and happiness in life.

In general, a bigger candle will last longer, produce a bigger flame, and give off substantially more light.

Our lives are like that of a candle. Genetically we are given certain regenerative power, but when our Jing is used up we die. The purpose of taking Chinese tonic herbs is to replenish the Jing and Qi and to stabilize our emotional body so that Shen may fully develop.

The major *tonic* herbs have an abundance of one or more of the Three Treasures. They, by definition, are the natural *sources* of the Three Treasures. That distinguishes them from herbs that are remedial only. Remedial herbs are not noticeable sources of the Three Treasures.

Candle Treasure Rating

To facilitate understanding, our candle diagram provides a rating for each aspect of the Three Treasures (Jing, Qi, and Shen) on a scale of 0-5, 0 being the least, 5 being the most. The treasure rating can be used for a human, an herb, or a formulation. A human lacking in certain treasures will benefit greatly from consuming herbs containing an abundance of those treasures.*

* The rating system is meant to encapsulate the key functions of herbs. There are other functions and nuances not covered by this rating system. It is important to read all the relevant product descriptions and consult your herbalists regarding suitability.

Jing

Yin Jing Jing is generally translated as Regenerative Essence, or simply as Essence. Jing energy is fundamental to life. It is the deepest source of energy in the body and is associated with our genetics. Jing is also our long-term

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energy and may be thought of as our life force reserve. In Asia, Jing is associated with regeneration, longevity, youthfulness, deep long-term vitality, mental energy, and the source of power for the reproductive system and the immune system for optimal functioning. Jing energy also supports our skeletal system, renal functions and our ability to hear. Jing is believed to govern our courage and is the power behind our will. Jing is stored throughout the body, especially in the Primary Organs: Liver, Heart, Spleen, Lungs, and most especially the Kidneys, which stores Jing for the whole body. The Jing stored in the Kidneys is the basis of health preservation and longevity. Jing can be easily replenished with the correct, high quality tonic herbs.

Jing energy is depleted by living itself, but most especially by stress, excessive behavior, and overwork. Jing energy can be re-acquired and replenished through the consumption of certain rare herbs which contain this treasure.

Jing herbs are divided into two categories: Yin and Yang tonics. Sophisticated formulations have been developed over the centuries that build Yin and Yang energy and these are created by blending Yin herbs and Yang herbs in one's diet. The secret of rejuvenation and in maintaining our health lies in rebuilding the right balance of Yin and Yang.

Yin Jing is the substantial, concentrated Yin essence, which typically has a nourishing, blood building, marrow nourishing, body-fluid nurturing, cooling, and calming quality. Life itself depletes Yin, constantly as we grow older, until by middle age many people experience Yin depletion. Besides aging, Yin is also specifically depleted by stress, overwork, exhaustion, childbearing, excessive or chronic drug or medicine use, disease, excessive emotionalism and sexual excess. Those who are deficient in Yin Jing tend to be chronically exhausted, and they tend to have dark rings under their eyes, backaches, weak kidneys and reproductive functions, low resistance, weak digestion and show signs of rapid aging, including dryness and wrinkling of the skin.

Yin Jing herbs replenish spent Yin Jing and build reserves that are stored in the body for future use. They are famed for their long-term regenerative qualities. They are generally moistening and are believed to be youth preserving. Yin Jing herbs should be consumed by people who have depleted their Yin Jing reserves. Thus, Yin Jing herbs are considered in Asia to be the cornerstone of rejuvenation and the foundation of longevity.

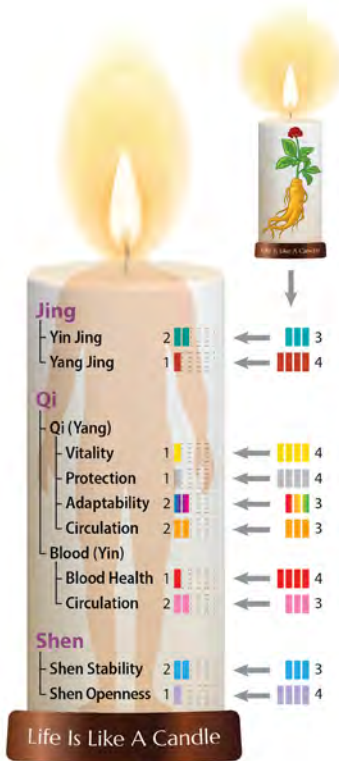
Yang Jing is the deepest inner power source of the body. Yang Jing activates Yin Jing – and burns it as fuel - to provide power, strength, will, creativity, sexual motivation, sexual power, and outward movement. It is a warm or hot energy. Yang Jing is the motive force that is the basis of

a successful life. It is also associated with the 5 primary Organs, but most especially with the Kidneys, which can control Yang Jing and conserve it for use as required.

Yang herbs are deeply empowering. They rekindle the fire of life where it has been spent and invigorate vigor at the deepest levels. Yang herbs are used to build sexual energy, creative power, will power, and athletic power. The result of consuming Yang Jing herbs is renewed youthfulness. However, Yang energy tends to be warm and invigorating and therefore requires Yin to maintain coolness and balance. Yang herbs should be used only sparingly by a person suffering from Yin deficiency because the Yang herbs can further aggravate the situation by consuming the already deficient Yin Jing. If you wish to utilize Yang herbs, build up the Yin Jing first until all signs of Yin deficiency are eliminated. This may take some time, but regular consumption of powerful Yin Jing herbs will surely nurture the deep Yin. Eventually Yang herbs can be consumed – and that's when the real fun begins.

Some people may experience heat and dryness, and still be Yang deficient. It is possible to be both Yin and Yang deficient but to be more Yin deficient. This will result in what is known as "false fire," where the person will experience heat, such as menopausal hot flashes. This is the natural

response to insufficient Yin, but it becomes a problem if the state become chronic. These people will certainly need to consume Yin Jing herbs, but they may also need to consume a small amount of Yang Jing herbs if they also lack any power.



According to World Health Organization (WHO), a person's health and lifespan are dependent 60% upon lifestyle choices, only 15% upon genes. For those of us who did not hit the genetic jackpot, taking tonic herbs to supplement our treasures is a direct and immediate solution.

Qi

- Qi (Yang)**
 - Vitality
 - Protection
 - Adaptability
 - Circulation
- Blood (Yin)**
 - Blood Health
 - Circulation

Qi is the energy of life that we acquire through breathing and eating and manifests as our day to day vitality.

In the Three Treasures system, the Qi Treasure (a broad sense of Qi) includes both Qi (a narrow sense of Qi) and Blood. In our literature, the word "Qi" generally refers to the narrow sense of Qi.

Qi Treasure tonics are also divided into two categories: Qi tonics and Blood tonics. It is said that "men are governed by Qi and women are governed by blood". This means that men generally benefit by consuming more Qi tonics while women generally benefit by consuming more blood tonics. This does not mean that men do not need blood and women do not need Qi. It is simply a matter of natural balance. Everybody should consume some amount of Qi and blood tonics regularly according to need.

There are a number of aspects of Qi that are worth understanding.





Qi (Yang)

Vitality is a rating for the Qi (energy) provided by the product that enters the meridian network and their associated organs. This “meridian network” circulates throughout the body and may be manipulated through herbs, acupuncture/acupressure, diet, exercise, meditation, etc. The type of Qi is produced on a daily basis by the Lungs and Spleen through breathing and eating, so we must eat well and breathe deeply to produce this type of Qi. The Qi that circulates in the meridian system and that nourishes our Organs is made in our body by combining the air we breathe and the energy extracted from the food we eat. It is conventionally known as “Nutritive Qi,” though most people simply refer to it as “Qi.” Most Qi tonic herbs provide this type of Qi. Note: If we produce extra Qi, it may be concentrated and converted into Jing, and this new Jing will be stored in the Kidneys for future use.

Protection – There is a specific type of Qi known as “Protective Qi” (Wei Qi) that flows in the subcutaneous layer of the skin and provides energy to the skin to respond appropriately to changing environmental factors. Currently, this Defensive Qi is also well known to positively impact our inner immune responses, making us more responsive and adaptive to invaders. Thus, most Qi tonic herbs, which build both Nutritive Qi and Defensive Qi, build resistance and the capacity to respond to attack.

Adaptability – This is the most overlooked but most important aspect of glowing health. Adaptability is the measure of your life – and of all life on Earth. The capacity to adjust to changing atmospheric, emotional and social conditions determines our well-being and survivability. Those who have high levels of adaptability are always more successful than those who have poor adaptability. Tonic herbs, especially Qi tonic herbs, are often called *adaptogens*. They boost adaptability, encourage simultaneous strength, calm and flexibility under small and large stress conditions. For us humans, adaptogens help us handle stress efficiently and successfully without burning out. Adaptogens are the key to a happy, successful life.

This capacity to adapt accurately and quickly helps maintain *homeostasis* in thousands of organic functions. That is how the body and mind can remain comfortable under a multitude of circumstances.

Circulation – There are some special herbs that are specifically known for their capacity to regulate the Qi circulation through our organs. When used with other herbs in a formula, they help remove any blockage, diminish energy “spikes” and promote smooth flowing of Qi through the meridians (network of channels through which Qi and Blood travel). These can be life changers as they smooth out our life experiences. The most famous of these Qi-circulation promoting herbs is Bupleurum root. However, Bupleurum must be used with other herbs.

Blood (Yin)

Blood Building – The quality, quantity, purity, vitality, and general health of our blood is critical to our health. Yet most westerners do not think about the quality of

their blood. Many people actually produce too little blood, and they are considered to be “blood deficient” by Asian standards. Blood tonic herbs build healthy rich blood. Blood tonic herbs improve production of red blood cells. Both men and women can benefit from blood tonics, but women are frequently in need of blood tonics because of their hormonal and menstrual functions. If an herb builds red blood cells, it is known as a Blood tonic. If an herb builds white blood cells, it is a Qi tonic in the protective category.

Blood Vitalizing – Our blood circulation is a critical aspect of our health. Thousands of essential molecules are distributed throughout the body via our blood circulation. Our blood dispenses oxygen to all the cells of the body. Healthy blood circulation is required to remove the toxins created in the course of living. The typical human body has approximately 50,000 miles of capillaries. We can influence our circulation through exercise, diet, herbs and stress management. Sometimes, due to diet, stress or other factors, our blood becomes thickened and sticky, so blood flow becomes diminished. Nature provides many herbs and foods that help maintain healthy, free-flowing blood. Herbs that expressly motivate our circulation are known as blood vitalizing. These herbs can be consumed in moderation throughout one’s lifetime to maintain and improve blood flow. Many modern drugs are also *blood vitalizing*, and if you are using one or more of these, you must consult your physician before consuming blood vitalizing herbs.

Shen

- Shen Stability (Yin)
- Shen Openness (Yang)

Shen is your state of mind and your state of higher consciousness. Although

there is no precise translation for Shen, it is often translated as Spirit. It is also the clarity of your mind. Shen is the ruler of the emotions and when Shen is open, we discover great wisdom, happiness, satisfaction, compassion, and love. A person with strong Shen is one who is calm, at peace, strong minded, aware, clear, centered, deeply intelligent, and profoundly happy. Shen, though, can easily be repressed, and as a result, lower emotions like fear, anger, anxiety, jealousy, frustration and worry can become dominant.

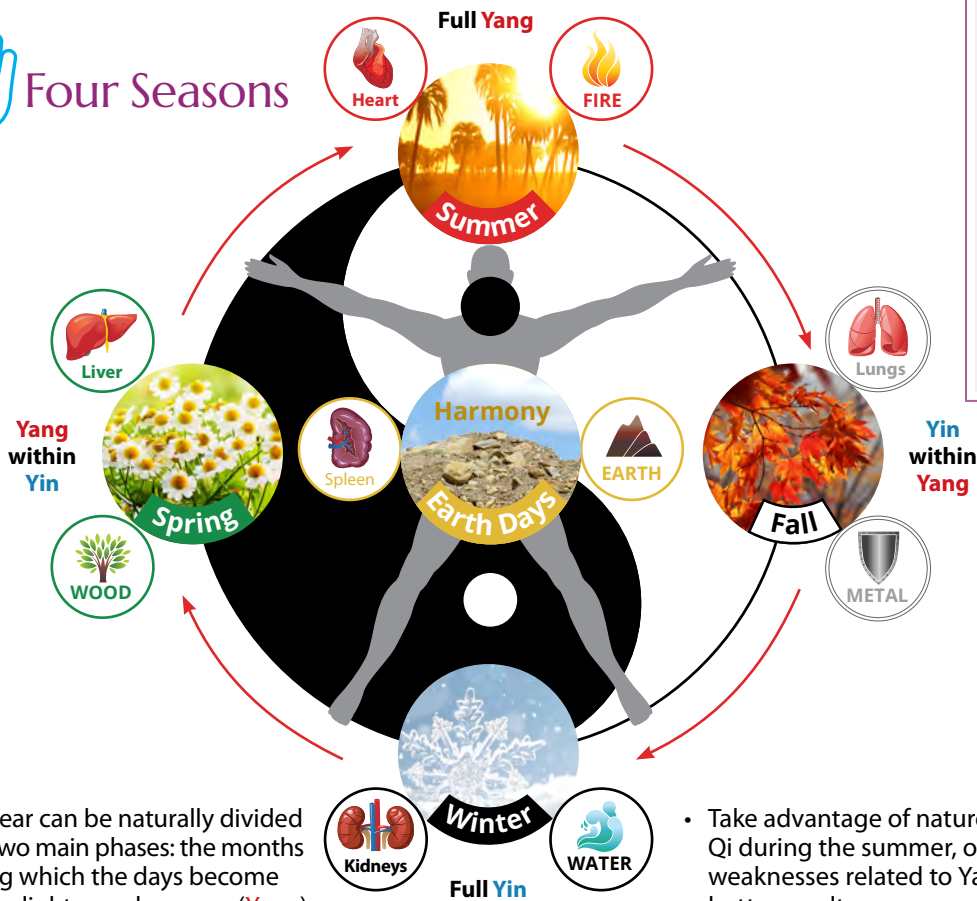
Shen Stabilizing (Yin) – The Shen stabilizing herbs have a noticeable calming effect. They are more yin. They are actually not stabilizing Shen – they are stabilizing the renegade emotions that cause Shen to recede. Shen stabilizing herbs are very popular because of their immediate calming effects. When combined with adaptogens and Blood tonics, they can re-balance one’s emotional state leading to a much happier state of mind.

Shen Opening (Yang) – A small number of herbs have the profound capacity to open up our Shen, to help it inflate to its glory. These are not “psychoactive drugs,” but they do have a time proven capacity to raise consciousness, broaden one’s perspective, release (evaporate) decadent or aberrant emotions. Many gurus and masters consider these to be the ultimate herbs in the world.





Four Seasons



“How is the weather?”

If your herbalists ask you this question, they are not trying to be social. Climatic and environmental factors are an important consideration in designing an effective **PERSONALIZED** herbal program based on your needs, location and time.



The year can be naturally divided into two main phases: the months during which the days become longer, lighter and warmer (**Yang**), and the months during which the days become shorter, darker and colder (**Yin**). These two periods can be further split. Thus, there are four cardinal phases to the yearly cycle – the seasons. **Fall** is the *beginning of Yin* (**Yin within Yang**) and **Winter** is Full blown Yin (**Full Yin**). And **Spring** is the *beginning of the Yang* (**Yang within Yin**) and **Summer** being full blown Yang (**Full Yang**).

We are a product of nature. The four seasons' yin-yang transformation has profound impact on our health. We should take measures proactively to adapt to the seasonal changes rather being impacted or overwhelmed by them. Our Yin-Yang should synchronize with nature's Yin-Yang. Here are some tips for the syncing with the four seasons.

Spring and the Liver

Yang within Yin

- Spring and Liver are both of the Wood Elements. Liver Qi is more abundant during the Spring so focus on tuning the Liver. Wood is the exuberant rising Fire.
- Rise early and go to sleep late, to match the rising Yang Qi.
- Liver, being of Wood element, likes to stretch and hates stagnation. Spring is a good time to find healthy outlets for releasing any pent-up emotions.
- Learn to control anger as that is the aberrant emotion associated with Liver. Cultivate your will to grow.

Summer and the Heart

Full Yang

- Rise early and go to sleep late, to match the abundant Yang Qi.

- Take advantage of nature's abundant Yang Qi during the summer, one can work on weaknesses related to Yang deficiency and see better results.

- Be careful not to get heat stroke. Swim when possible.
- Take cooling and Yin herbs to counter excess heat and take appropriate herbs to counteract dryness or dampness as needed. Do not over-indulge in ice or ice-cold drinks.

Fall and the Lungs

Yin within Yang

- Rise early and go to sleep early.
- Protect the Yin Qi, start storing it for next year. Do more deep breathing exercises.
- Fall tends to be dry. Take Yin herbs for the Lungs to keep them moisturized. The Lungs love moisture and hate dryness.
- A contemplative mood is appropriate in the Fall – protect against becoming gloomy.

Winter and the Kidneys

Full Yin

- Rise late and go to sleep early. Activities after sunrise ideally.
- The best time to tonify Kidneys is in the winter.
- Protect against coldness. Keep warm.
- Conserve Yang Qi. Sunbathe more.
- Less sexual activity preserves Yin Jing.
- Reduce intake of cold food so Spleen and Stomach Yang Qi is not harmed.

The Earth Element plays two key roles within the seasons: (1) during each season and (2) at the transition period from one season to another.





Five Elements Theory

五行

The Theory of the Five Elements is a Taoist theory. According to this theory, the world is made up of five fundamental elements: metal, wood, water, fire, and earth. The rise and fall of these Five Elements create cyclical changes in the world. These changes impact all existences on Earth, including mankind.

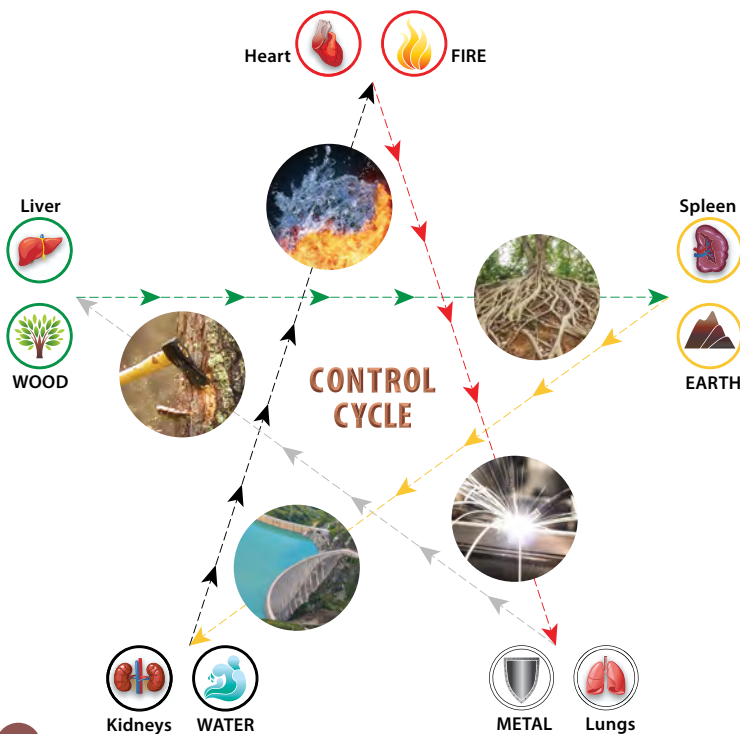
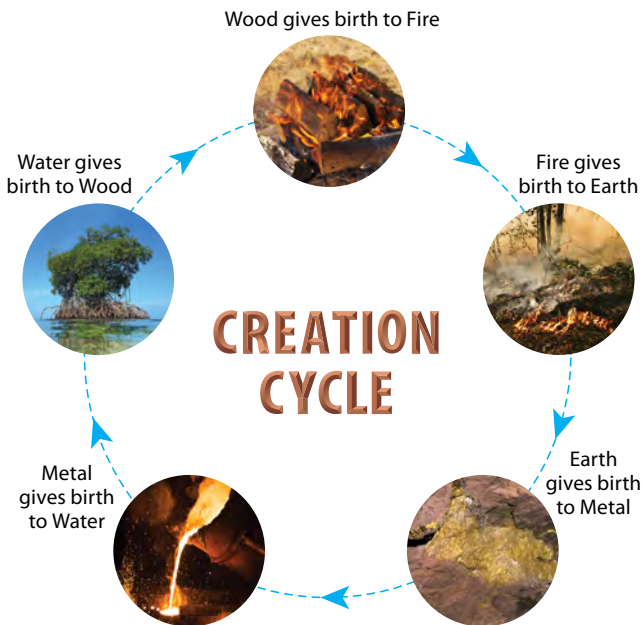
The theory's Creation Cycle and Control Cycle define the relationships among these Five Elements.

The **Creation Cycle** describes the sequential cycle of how the elements are created: **Wood** burning creates **Fire**. The ashes resulted from the fire create **Earth**. Earth's mines are rich in **Metal**. Metal at high temperature melts into liquid (**Water**.) Water nourishes the trees (**Wood**.) Then the cycle renews and starts all over again...

The **Control Cycle** describes the Five Elements' mutually controlling relationships. **Metal** can be used to cut down a tree (**Wood**.) The roots of trees (**Wood**) can prevent soil (**Earth**) erosion. **Earth** (levies, dams, sandbags, etc.) can prevent flooding (**Water**.) **Water** can put out **Fire**. **Fire** can melt **Metal**.

In Taoism, the human body is considered a microcosm: a mini universe within a large universe. Mankind is a part of nature. Through observation, correlations were drawn between the Five Elements and the Five Primary Organs based on the common characteristics they share. No one knows exactly how the linking of Elements and the Organs came about, but the Five Elements theory has stood the test of time. **The correlations have been validated through empirical human application over the course of thousands of years.**

The following table will help you remember the association between the Five Elements to the Organs.



Element	Yin Organ	Characteristics
Wood	Liver	Liver dislikes constraint and likes to stretch and expand, much like a tree (Wood .)
Fire	Heart	Heart moves Qi and Blood. Like Fire , it provides warmth to the entire body.
Earth	Spleen	Spleen manages absorbing nutrition and nourishing all the Organs, as Earth nurtures all living things.
Metal	Lungs	Lungs govern sound. Lungs can produce sonorous sounds like a piece of metal .
Water	Kidneys	Kidneys store Jing, our reserves of life force inherited from our parents. Life on Earth originates from Water .

By inference, the Five Elements' **Creation Cycle** and **Control Cycle** have been used to symbolize, interpret, and predict the inter-relationships among the Five Primary Organs. For example, when Liver is imbalanced, Liver may impair Spleen and Stomach's digestive functions (Wood controls Earth.) Therefore, your herbalists may recommend a formula to circulate Liver Qi in addition to addressing Stomach discomfort. Another example is the use of tonics to nourish deficient Lungs. Because Lungs are of the Metal element, and Earth creates Metal, then Spleen tonics, which are of the Earth element, may be used to address Lung deficiency.

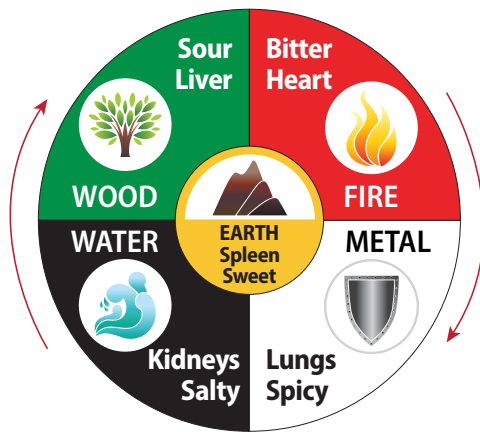
However, it is important to remember that the Five Elements Theory is a high-level summarization of the Organs' inner workings. Use it as a general guideline to help you understand that all Organs are interconnected. Always heed the advice of your herbalists and health practitioners.



The five elemental energies correspond to the various aspects of a human being as well as many other related correspondences, such as the five colors, five tastes, and five atmospheric energies of herbs and food. The following table and descriptions may provide some insight into the nature of each elemental energy and their influences on the Five Elements correspondences.

5 Tastes and 5 Colors

Each herb or food has a color and one or several of the five tastes. Each taste is associated with an elemental energy, so is each color. Therefore, in general, they can influence the corresponding Organs. For example, He Shou Wu, which is black, enters the Kidneys and is an iconic Kidney tonic. Sweet food enters the Spleen. The Spleen (Earth) controls the Kidneys (Water). Sugar weakens Kidney function over time.



WOOD is *new Yang*---the first stage of a new cycle. It is aggressive, vigorous energy that bursts forth from the depth of substance, expanding, invigorating all in its field of influence, bringing forth creation and life. *Wood* is the elemental energy of Spring. It is associated with the "Liver." The *Wood* element initiates activity. It is the creative urge and the procreative drive. It is the "will to

become", the urge to grow and develop, to create our own existence. It is that which provokes and drives us.

FIRE is the energy of growth to fullness, of full expansion. *Fire* is the elemental energy of Summer and is associated with the Heart. It is warm and full and has a fully developed *Yang* nature. When true *Fire* is unimpeded, life is joyous, exuberant and loving, supported by courage, strength and wisdom. Contentment, enduring vigor, a cooperative approach to life, clarity of understanding and a free-giving spirit are signs of one whose *Fire* Element is in proper harmony with the external-being.

EARTH is the energy of balance, of the Center, and is thus always present. It is the pivot, or balancing point, of *Yin* and *Yang*. *Earth* is said to dominate at the change of seasons, during Indian Summer, and during periods of climatic balance. It rules the Spleen energy system and directs the digestive system. It is experienced as a sensation of balance, centeredness, non-striving, non-judgmental contemplation, and sympathetic understanding. It is a mature energy, the energy of the ripening, well-adjusted soul. *Earth* provides the energy of thought and reflection.

METAL is the energy of Fall. It is thus the energy of retreat, withdrawal and letting go. It represents the transition of *Yang* energy to *Yin* energy. Metal controls the Lungs. It manifests as contemplative sifting and letting go of that which is encumbering and useless to our inner life. It is analogous to "harvesting." It is also the energy of release, freeing ourselves of our old selves, outer attachments and emotional entanglements.

WATER is the energy of Winter. Its power is very great, but highly concentrated. *Water* is associated with the "Kidneys." It is the energy of the "seed," the fundamental energy of life which concentrates and matures deep within. It is indeed the very essence, the final distillation of all accumulated energies and is thus of remarkable potential energy. It is our "will to sustain ourselves," it is our courage. It is also our emergency reserve, it is the power of our mind, and it is the root of our sexual vigor.



Five Elements Correspondences

	Wood	Fire	Earth	Metal	Water
Yin Yang	Early Yang	Full Yang	Center/Harmony	Early Yin	Full Yin
Seasons	Spring	Summer	Change of Seasons & Perfect Days Characteristic of Each Season	Autumn	Winter
Climatic Conditions	Wind	Heat	Dampness	Dryness	Cold
Colors	Green	Red	Yellow	White	Black
Developmental Stages	Birth	Growth	Harmonization	Harvest	Storage
Yin Organs	Liver	Heart	Spleen	Lungs	Kidneys
Yang Organs	Gall Bladder	Small Intestine	Stomach	Large Intestine	Bladder
Sense Organs	Eyes	Tongue	Mouth	Nose	Ears
Emotions	Anger	Joy	Overthinking	Sadness	Fear
Tissues	Connective Tissue	Vessels	Muscles	Skin	Bones
Tastes	Sour	Bitter	Sweet	Spicy	Salty
Sounds	Shouting	Laughing	Singing	Crying	Groaning
Atmospheric Energy	Warm	Hot	Neutral	Cool	Cold





Chinese Organ System

The big "O" Organ vs. the small "o" organ

The Organ system in Chinese healthcare is completely different from that of the west. Throughout our literature, you will mostly see capitalized Organs. Sometimes you will see lower case organs. This is not a mistake. It is in fact intentional. The difference between the big "O" Organ and the small "o" organ is actually very significant.





















The **small "o" organ** refers to the anatomical organs, as defined in western medical science.

The **big "O" Organ** refers to the Chinese Organ system, as is the convention in the field of complementary and integrative health (including herbal dietary supplements, acupuncture, acupressure, Chinese Tui Na massage, Asian martial arts, Tai Chi, etc.)

Though the Chinese health system uses the same names for their Organs, their Organ system has gone beyond the boundary of anatomy. It describes the body as an integrated, functional unit based on the production, circulation, and utilization of *Qi*, in all its manifestations. By our modern standards, the Organs are really major functional systems. There is more emphasis in the traditional Chinese health system on the functional relationships of the organs than there is in general in the Western model. As defined in the Chinese healthcare system, the Organs include the anatomical organs and the whole systems of related functions, structures, tissues, emotions, and responses to the environment.

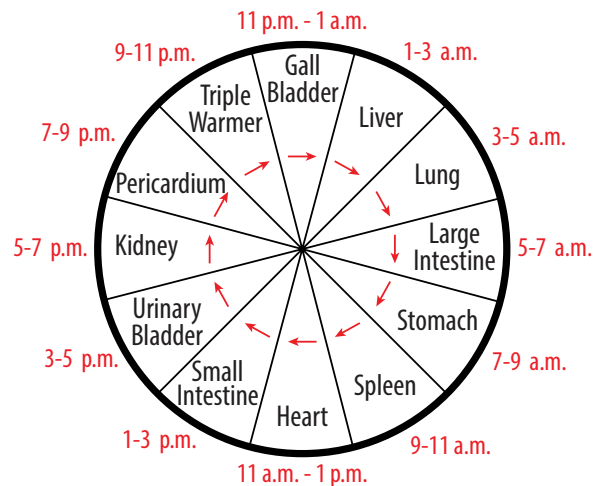
For example, the Liver's orifice are the eyes, the negative emotion associated with Liver is anger. Now we know why the eyes turn red when a person gets angry. Ears are part of the Kidneys which store our life reserve (*Jing*) that determines our lifespan. Hearing is often the first to deteriorate when we age. More often than not, the functions associated with an Organ may not seem related at first glance. The Lungs include the anatomical lungs and skin. In the West, few people see the close relationship between these two organs. However, modern physiologists recognize the close relationship between the lungs and the skin, both of which evolve from the same embryonic tissue and both of which have respiratory and eliminative functions. The Kidney system controls functions such as the reproductive system, mental clarity, hearing, hair and the skeletal system. Again, modern physiologists can explain relationships between these functions based on neurological and hormonal interactions.

There are said to be *six yin Organs* known variously as the *solid Organs*, the *viscera*. There are also *six yang Organs* known variously as the *hollow Organs*. Each of the *six yin Organs* is paired with a *yang Organ*. The *yang Organ* is said to protect the *yin Organ*, while the *yin Organ* is said to nourish the *yang Organ*. Each of the Five Elements manifests as one pair of Organ-meridian systems, except for the element Fire, which manifests as two pairs: Heart-Small Intestine and Pericardium-Triple Warmer. The Organs-meridians are paired as follows.

Element	Yin Organ	Yang Organ	Orifice
 Wood	 Liver	 Gallbladder	 Eye
 Fire	 Heart	 Small Intestine	 Tongue
 Earth	 Spleen	 Stomach	 Mouth
 Metal	 Lungs	 Large Intestine	 Nose
 Water	 Kidneys	 Bladder	 Ear

* The pair of Pericardium (Yin)-Triple Warmer (Yang) is not included in the illustrations in order to focus on the five Primary Yin Organs and their Yang partners.

The Yin Organ-Yang Organ pairing is accomplished by means of the meridians and internal channels. The meridians are linked according to what is known as the twenty-four-hour circulation. The meridians and the Organs are always filled with energy, but the energy moves like a wave through the meridians in a tidal rhythm so that throughout the twenty-four-hour day, each Organ-meridian dominates for a period of two hours (the high tide). The opposite two hours would be the low tide (AM-PM). The twelve meridians are but twelve divisions of one continuous flow of *Qi*, a flow that ascends and descends the body three times during each twenty-four-hour period. This energetic clock flows as follows:



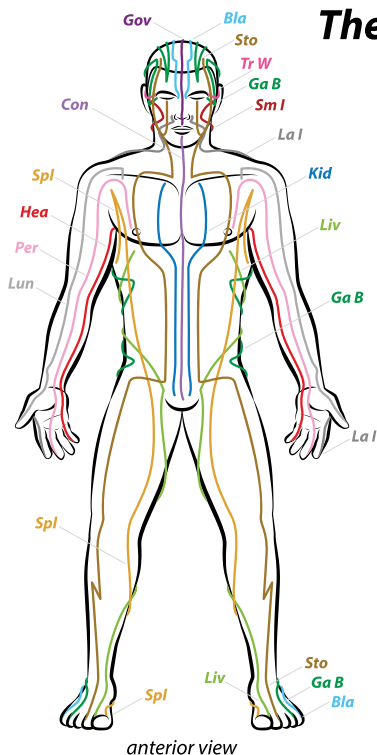
ENERGETIC CLOCK

Your circadian rhythms can have profound impact on your well-being. The biological clock based on your Organ energy flow throughout a day can be very revealing to a watchful observer, such as your herbalist. Be sure to tell your herbalist about any interesting shifts in your energy during the day. For example, do you get sleepy every afternoon around 5 o'clock, or do you wake up every night at 2 a.m.?





The Body Meridians

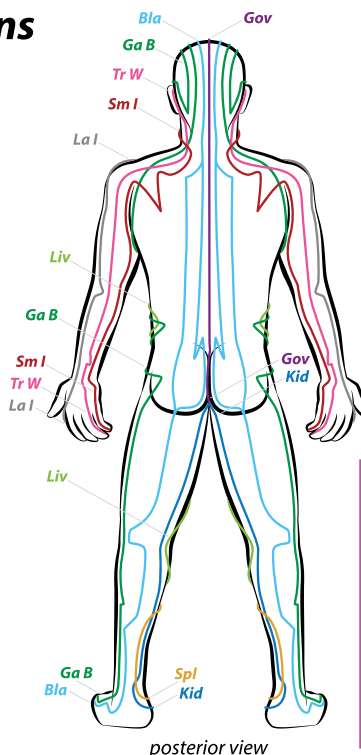


Two Centerline Meridians:

- Conception Vessel
- Governing Vessel

Twelve Principal Meridians:

- Stomach Meridian
- Spleen Meridian
- Small Intestine Meridian
- Heart Meridian
- Bladder Meridian
- Kidney Meridian
- Pericardium Meridian
- Triple Warmer Meridian
- Gall Bladder Meridian
- Liver Meridian
- Lung Meridian
- Large Intestine Meridian



Invisible But Detectable


Numerous experiments have proven that a radioactive isotope tracer inserted at an acupuncture point follows a course corresponding to the meridians described by TCM. Using 12 V direct current, the acupuncture points have been demonstrated to have low electric resistance values.

The locations of manifestations provide important clues to the herbalists. For example, tension on the forehead calls for herbs that enter the Stomach Meridian. However tension in the back of your head may need herbs that enter the Gall Bladder Meridian instead.

The Yin Organs and Yang Organs differ from one another in several different ways. The *Yang* Organs are concerned with activity and movement, and with the transformation and regulation of food and other outward influences. The *Yin* Organs are more passive Organs concerned with the production and storage of *Yin* energy, which nourishes the body. The *Yin* Organs store *Jing*, and when functioning correctly, do not leak. The *Yang* Organs expel their products after they transform them and become most active (*yang*) when they are full. On the other hand, the *Yin* Organs become most quiet and passive (*yin*) when they are full.

The Yin Organs and Yang Organs are mutually benefiting, mutually constraining, and mutually dependent. When Qi, Blood and Body Fluid circulate smoothly and abundantly throughout the body, all the Organs form a harmonious unified whole, and homeostasis can be achieved.

Yin Organs' Primary Functions

-  **The Liver**
- Stores and purifies blood
- Smooths and regulates the flow of qi
- Manifests as creativity, ambition, motivation, and the "will to become"
- Can be damaged by anger
- Controls the peripheral nervous system and regulates the degree of muscular tension
- Opens into the eye and controls vision
- Nourishes the tendons and ligaments
- Feeds the nails
- Its energy concentrates in the genital organs
- Benefits from calmness and smooth transition
- Prefers to remain cool
- "The Seat of Happiness"

The Kidneys

- Store Jing
- Control reproduction and fertility
- Control the skeleton
- Support the marrow
- Nourish the teeth
- Control hearing
- Control excretion & urination
- Control the hair on the head
- Control our healing energy
- Give us will and courage
- Astringe qi and fluids
- Control the power of digestion
- "The Root of Life"

The Heart

- Shen, the guiding spirit, resides within the Heart
- Controls the cerebral cortex, consciousness, and the mind
- Controls the entire cardiovascular system
- Helps regulate blood pressure
- The tongue is the orifice of the Heart

The Spleen

- Controls gastrointestinal functions and generates qi, blood, and bodily fluids
- Controls fluid metabolism
- Maintains the organs in their proper positions
- Keeps the blood in the vessels
- Supports the immune system
- Governs the muscles and the flesh
- Is connected to the mouth and lips

The Lungs

- Control physical energy
- Through breathing, we can master the emotions
- Control the skin
- Produce the defensive energy, *wei qi*
- Affect the upper respiratory tract and voice
- "The Seat of Wisdom"





The meridians—a network of energy channels where Qi flows

The **meridians** are freeway-like networks of channels through which energy (Qi) and bio-data flow.

Meridians connect all the Organs together. The Organs constantly exchange all sorts of data among themselves through the meridians.

Meridians also connect the body's internal Organs to the external environment. The meridians vibrate in response to even the smallest external change, informing the Organs of the change. The meridians sense the gross and subtle changes in such environmental conditions as the temperature, air pressure, humidity, light and other subtleties.

Each meridian is said to control the area through which it flows. This can be of great interest to you and your herbalist. If you experience tension, pain or blemishes on the surface of the body, it can indicate something important about what is going on *inside* your body. Tell your herbalist about any such observations.

The Chinese Organ/meridian system is unique and different from the Western model in many ways.

Here are a few key differentiations:

1. Unique theories and results

The Chinese Organ system is built on the foundation of the Great Principle of Yin-Yang and the Five Elements Theory. This model often produces unique results not yet explainable by modern science. It may provide some critical missing pieces in understanding the grand puzzle that is the human body, a master creation of mother nature.



2. Direct communication among the Organs

In the Western model, organs communicate with the brain directly and they are not connected to each other directly. In the Chinese model, direct communication among the Organs has been recognized for thousands of years, as illustrated in the meridian chart and the Five Elements' Creation Cycle and Control Cycle. Only very recently has modern science begun to explore the direct linkage among organs. In the last decade, scientists acknowledge that the organs communicate with each other through chemical messengers.

3. Unique circulation paths

Experiments have shown that a radioactive isotope inserted at an acupuncture point follows a course corresponding to the meridians described by TCM. According to human anatomy, these pathways are neither part of the vascular system, nor the lymphatic ducts, and the velocity of the radioactive message suggests that they are not transferred along the nervous system. Thus, the meridian channels are likely unique pathways, separated from the microcirculation, vessels, lymphatic ducts and nervous system. Some researchers deduce that they may be microscopic interstitial fluid channels.

Unblock the blockage of the channels ("stagnation")



Stagnation in our meridians is akin to a traffic jam. It can disrupt our normal functions in a significant way. Just imagine the chaos if our first responders (policemen, fire fighters, paramedics) are stuck in a traffic jam.

Blockage in the meridians (energy channels) will result in blockage of energy flow and important data flow throughout the body and will impair the proper functioning of the Organs. Therefore, much emphasis is placed on keeping the Qi flowing in the meridians. Herbally, many formulations can regulate the Qi flow and improve its circulation, such as the Bupleurum-based formulas. Acupuncture, Acupressure, Asian massage, Qi Gong and Tai Chi are all ways of regulating Qi and removing any blockage.

The biggest difference between the big "O" and the small "o" is psychology

Perhaps the greatest distinction between the Big "O" Organs and small "o" organ is the way that the two systems handle psychology.

The Western system has attempted to separate the body and mind to as great a degree as possible. Of course, in the West, it is understood that certain physiological conditions can influence the mind, and vice versa. But to a very significant degree, mental and emotional disorders are not connected to specific organs or organic functions, and they are believed to be wholly centered in the brain.

The Chinese have always associated the emotions directly and intimately with the Organs. They do not perceive the emotions as being stuck in the brain as we do in the West. In general, the Chinese associate the emotions and related mental states to the Five Elements and to the corresponding Yin Organs of each Element. Every Organ embodies physical, functional and psychological attributes, thereby **combining physiology and psychology into one Organ system.** Traditional Chinese health principles emphasize the unity of the body and mind, commonly referred to as the "body-mind" today. For example, the Kidney can manifest a whole range of emotions - it is associated with will power, courage, acute or chronic fear and paranoia, depending on its vitality and Yin/Yang balance.



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It is important to recognize that the body affects the mind and vice versa. The body-mind connection goes both ways. According to Chinese life-theory, the emotions are generated by the Organs. The brain (mind, psyche) plays a role in the grand emotional play, but the emotions are defined in terms of the Organs that manifest them. The emotions are a natural response to life, and the emotions themselves can be driving forces of the body.

Shen, the Spirit and the most refined of the Three Treasures, **is the ruler of emotions**. Shen resides in the Heart. Shen is more than an emotion. It is the vitality, clarity, and stability of the human spirit. It is a state of higher consciousness. Shen controls the emotions. When Shen is bright and in command, we primarily experience “balanced emotions” or “appropriate emotions.” When Shen is weak, blocked or disturbed, it ceases to rule the lower emotions. Emotional upheaval and related physical imbalances ensue, and the Yin and Yang emotional states arise. Each of the five primary Yin Organs can therefore manifest a *range* of emotions. We call this the emotional spectrum. The table below provides some of the more common emotional possibilities related to the five primary Organs.

A chronically imbalanced emotional state leads to Jing leaking

When a chronically imbalanced emotional state controls the person instead of the “balanced emotions,” we leak Jing. The Organ meridians and the physical conditions are affected. Therefore, Chinese herbalism always takes both the emotions and physical status into account. It is perfectly normal to feel the Yin and Yang emotions from time-to-time in response to life but holding onto an emotion is the root of unhappiness and imbalance of the body-mind. Learning to let go of any emotional attachment is crucial

to our well-being. Taking Shen stabilizing or Shen opening tonic herbs can help stabilize the renegade emotions and help re-balance one’s emotional state.

Learn more about *Yin-Yang, Three Treasures* and *Shen* in later sections.

The Organs and Herbs

Tonic herbs are the primary herbs used in traditional Chinese healthcare to help maintain the health and functionality of the Organs, and to help them function harmoniously together.

The actions of Chinese tonic herbs are described in terms of which Organs they influence. They are described as “entering” a particular Organ channel, i.e. Heart Channel, Spleen or Lungs Channel. You may visit our website for much more insight into the functions of the Organs. Also, our Senior Herbalists are all trained and licensed in Traditional Chinese Herbalism and can help you harmonize and optimize your Organs.

You may visit our website for much more insight into the functions of the Organs. Also, our Senior Tonic Herbalists are all trained and licensed in Traditional Chinese Herbalism and can help you harmonize and optimize your Organs.



To learn more about Traditional Chinese Herbalism, visit our website’s Learn section at dragonherbs.com/learn.
















We also offer in person classes and webinars. Class schedule and details can be found at dragonherbs.com/classes.



The Emotional Spectrum

形神合一

Mind and Body Are One

Organ	Yin Emotion	Balanced Emotion	Yang Emotion
 Heart	 Sadness due to loss of joy or love, inability to feel or experience love	Shen rules, universal love, appropriate joy	 Hyper-excited, hysteria, out-of-control emotional love
 Spleen	 Chronic worrying, excessive reminiscing	Reflection and thought, centered and grounded	 Obsession, acute worrying, lack of appreciation, arrogance
 Lungs	 Chronic sorrow, gloom, chronic grief	Capable of releasing emotions, the ability to let go, appropriate grief	 Holding on, blocking emotions, inability to grieve
 Kidneys	 Paranoia, easily frightened, frequent fear	The “will to become,” self-confidence, appropriate fear in the face of extreme challenge	 Foolhardiness (foolishly adventurous and overly bold)
 Liver	 Lack of appropriate anger, inability to act, lack of will to grow	The “will to grow”, appropriate anger. Liver and Gall Bladder together control the ability to plan, decide, and execute.	 Uncontrolled or excessive anger





Herbal Program Customization Service



Scan to learn more and fill out the Consultation Questionnaire



A Dragon Herbs herbal consultation is an opportunity for you to ask questions and to hone an effective herbal program tailored to you under the guidance of our highly skilled senior herbalists. For your convenience, this service is available every day.

The herbalists will evaluate your Yin and Yang balance and energy status, the functional levels of your twelve organ systems, with focus on your metabolic, hepatic, immunological, cardiovascular, renal, structural, neurological and respiratory health. The herbalist will also evaluate your basic lifestyle activities. With this information, the herbalist can suggest a custom herbal program composed of several formulations or single herbs that are tailored to your specific constitution, health status, health needs and health goals. Herbal programs are comprehensive strategies that address the following primary objectives to help you achieve glowing health. Single herbs and herbal formulations address certain issues, a combination of such products will add up to a comprehensive "program" addressing multi-faceted issues and the body, mind and spirit as a whole. Learn more about tonic herbs, herbalists, formulations and programs on pages 3-9.

- 1 Tonify your **Three Treasures** Jing, Qi and Shen so they are abundant
- 2 Regulate and harmonize **Yin and Yang** to achieve balance
- 3 Support the **positive**
- 4 **Relieve blockage** in the energy channels, promoting smooth flowing of Qi and Blood
- 5 Harmonize and optimize all the **Organs** so they function as one

Recommended reading: Chapter *Introduction to Tonic Herbalism O-5* on pages 99-113.

Understanding the key concepts of Tonic Herbalism will streamline your communication with your herbalists and afford them a sharper focus on YOU. You and your herbalists can spend more time discussing your custom herbal strategy based on your unique needs and less time going over the basics of Tonic Herbalism.

Herbal Program 1

- Sense of "exhaustion," never feels rested
- Under extreme emotional stress as a care giver for several years
- Tries to eat healthy food, but often binges on sweet foods
- She felt scattered and easily lost her focus, affecting her work and many other areas of her life

Senior herbalist recommended a program:

Care givers are often very stressed and exhausted. The client needs to restore Jing, boost their Qi, enhance

their adaptability, boost their Shen. Client also should restore balance in their lives by eliminating bad habits such as sugar binging.

- **Eternal Jing** capsules as a Jing supplement for 100 days.
- **Healer's Tea eeTee**, highly recommended for care givers to replenish and support Jing that is being depleted by the stress of constant giving. The old Chinese saying goes: It is ok to be fatigued, but never exhausted.
- **Tao in a Bottle**, a formula that contains stress-busting herbs and the green tea amino acid L-Theanine. This formula serves both as an adaptogenic Qi tonic and as a Shen tonic.
- **Goji berries** and **Longan fruit** are tonic herbs & superfruits that one can snack on to satisfy sugar cravings and simultaneously build Jing and maintain healthy blood. Goji is often called "Happy Fruit" for its mood lifting effect. Longan also promotes deep refreshing sleep that help her feel better rested after a good night of sleep.
- **Spring Dragon Longevity Tea** every day. Made from renowned bi-directional stress resisting adaptogens.
- **Optional: Adaptogen Energizer** to strengthen her energy functions.

Herbal Program 2

- "Feeling old." The client is in his 60s
- Gradual but noticeable decline in short term memory, ability to focus for any length of time, often sleepy. Medical doctor found nothing specifically abnormal.
- Eyesight and hearing declining. Visits his doctors bi-yearly and nothing beyond glasses.
- Overall, feels very dry
- Wants the best we can offer
- Works as an executive in an office

Senior herbalist recommended a program:

- **Diamond Mind Capsules** or **Drops** as a brain and neurological tonic.
- **Profound Essence** to build Jing, the foundational energy of the body.
- **Primal Yin Replenisher** to improve fluid balance of the body.
- **Eagle Vision** to nurture and protect eyes and to preserve vision. Based on Goji and heat clearing herbs.
- **Tonic Alchemy** every morning, with a banana or blueberries to start the day, for broad nutrition.
- **Spring Dragon Longevity Tea** 2X per day
- **Optional**
 - **Cordyceps Drops** (Lung and balanced *Jing* tonic),
 - **American Ginseng Drops** (promotes secretion of body fluids, a cool and moistening Qi Tonic) and
 - **Lion's Mane Drops** (supports brain plasticity and brain health) to add to Spring Dragon Longevity Tea as an afternoon *elixir* or at anytime.

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HEALTH TOPICS AND SOLUTIONS A-Z

Herbalist Curated Search Results



Our team of herbalists has worked with hundreds of thousands of clients over the past few decades. Based on their collective experience, we have put together an A-Z directory of common health topics.

It is important to keep in mind that the recommended products under each listing are meant to provide a starting point only. Always heed your herbalists' advice as they are often tailored to your unique conditions and needs.

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z *

Type in you search words here

- | | | | | |
|---|---|---|--|---|
| 3 3 (Three) Treasures | College Student
Colon Health | Gut Microbiome (Probiotics) | Mental Energy
Mental Concentration
Mental Exhaustion
Mental Focus
Metabolic Support
Microbiome
Microcirculation
Middle Age
Mind Support
Minerals and Electrolytes
Mood Stabilizer
Mouth (Oral) Health | Sexuality
Shen Stabilizing
Shen Tonic
Sinus
Skin
Sleep
Spiritual Growth
Spleen Support
Stomach
Strength Building
Stress Management
Stress Protection
Superfood Diet |
| A Adaptability
Adrenal Support
Aging, Healthy
Allergies
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Heat and Dampness
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Brain Health
Breathing Support | D Dental Support
Depression
Detoxification
Digestive Health
DNA
Dryness | I Immune System
Insomnia
Intestinal Health
Irritability | O Oral Health
Oxygen | U Urinary Tract |
| C Calming
Cardiovascular Support
Caregivers
Cellular Health
Chinese Philosophy
Circadian Support
Cleanse and Detox
Cold and Dampness
Colds Relief, Common | E Elderly
Emotional Balance
Endocrine System Health
Endurance Support
Energy
Energy Tonics
Environmental Stress
Epigenetic Support
Exhaustion
Eye & Vision Health | J Jet Lag
Jing
Joint Health | P Pain Relief
Pancreatic Health
PMS
Postpartum
Probiotics
Prostate Health | V Vascular Health
Voice |
| C Cardiovascular Support
Caregivers
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Cleanse and Detox
Cold and Dampness
Colds Relief, Common | F Fatigue
Fear
Female Sexuality
Female Support
Fitness and Athletics
Flexibility | K Kidney Health
Knees | Q Qi
Qi Stagnation
Qigong | W Weight Management
Will Power
Wisdom
Women
Women's Sex Life |
| C Calming
Cardiovascular Support
Caregivers
Cellular Health
Chinese Philosophy
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Cleanse and Detox
Cold and Dampness
Colds Relief, Common | G Gall Bladder Health
Gastrointestinal Health
Glowing Health
Goal Setting
Grief
Growth and Development | L Letting Go
Libido Female
Libido Male
Liver Health
Longevity
Love
Lung Health | R Raw Foods
Rejuvenation
Relaxation
Respiratory Fitness | Y Yang Support
Yin Support
Yoga
Young Adult Support |
| C Calming
Cardiovascular Support
Caregivers
Cellular Health
Chinese Philosophy
Circadian Support
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Colds Relief, Common | M Male Fertility
Marrow
Martial Arts
Meditation
Memory Support
Men's Sex Life
Menopause
Menstrual Support
Mental Alertness | S Seasonal Support
Seniors | | |

And Many More....

* This A-Z directory is for illustration only. It is neither an exhaustive nor a current listing of all the health topics our herbalists work with. This list is being updated frequently. Please check our website for the latest content. Actual web page(s) may look different.

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