



Ron Teegarden's
Dragon Herbs

The Ultimate Source of Tonic Herbs and Superfoods
Guidance, Services & Herbs
2018

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Editor in Chief: Ron Teegarden

Assistant Editors, Writers and Coordinators: Ricah Rejano, Susan Haffey, Lucy Li, Yanlin Teegarden

Graphics: Ron Teegarden, Lan Bermejo, Yanlin Teegarden

Photography: Ron Teegarden, Yanlin Teegarden, Michael Eivaz, Lan Bermejo

Virtually every member of the Dragon Herbs Senior Herbalist and Administrative staff contributed.

Chinese tonic herbs and superfoods are not intended to be used medicinally to treat disease.

If you are suffering from any illness or disease that may require medical attention, please consult your licensed medical doctor for medical advice. The tonics and superfoods are a unique group of herbs and superfoods, used in the Orient and around the world to promote health, not to counteract disease.

The descriptions in this book are based upon traditional knowledge and upon modern research done by researchers in respected laboratories in China, Japan, Korea, the United States, Europe, Australia and elsewhere. Descriptions are general and must not be used as a basis for any type of therapeutic application.

If you consume a tonic herbal or superfood preparation and believe that you are experiencing any negative effects from a formula, herb or superfood, stop taking it immediately. The first rule of Chinese herbalism is "Do No Harm," and this is to be taken literally. None of the formulations described in this book have any recognized side effects when taken properly and moderately. They are all considered to be "safe." All have been used thousands to millions of times. Most have been evaluated for safety by modern techniques. But if you feel that you are having an allergic reaction (which is very rare), stop the use of the herb(s) or superfood(s) immediately. If symptoms persist, consult your licensed practitioner of Chinese herbal medicine and physician or take appropriate emergency action. Enjoy the herbs, but do not be foolhardy in using them.

No medicinal or therapeutic claims are being made or meant to be implied in this book. The information provided herein is for general information and to provide insight into how tonic herbs and superfoods have been used historically and are still used by many for general health and wellness. Use your best judgement, seek out good advice and use the herbs moderately. In this way you will enjoy them immensely and may benefit in many ways.

*These statements have not been evaluated by the Food and Drug Administration. Dragon Herbs products are not intended to diagnose, treat, cure, or prevent any disease.



Story of the Dragon

In Asia the Dragon is a great, benevolent, divine creature. The Dragon is revered as the embodiment of strength and goodness. The Dragon symbolizes generosity, altruism, and charitableness. The Dragon is the protector of divine treasure.

Hidden in the caverns of inaccessible mountains, or coiled in the depths of the sea, the Dragon awaits the time when it slowly rouses itself into activity. The Dragon unfolds itself in the storm clouds. It rinses its mane in whirlpools. Its claws are unleashed and revealed in the fork of the lightning. Its scales glisten in the bark of rain-swept pine trees. The voice of the Dragon is heard in the storm and in scattering the withered leaves of the forest — it hastens a new spring.

Indeed, the Dragon is the symbol of renewal and regeneration. The Dragon is the spirit of change and wields the power of transformation. The Dragon is therefore the spirit of life itself.

We thus take the sacred Asian Dragon as our emblem. The superior herbs are indeed the great transformative source of power and bounty that we are all knowingly or unknowingly seeking.

The Dragon has the power to become visible or invisible. The Dragon shows itself to the worthy. You have the power to see the Dragon.

**Do you choose to see the Dragon?
Better, do you dare to BE the Dragon?**

Welcome from Ron

These are very interesting times, full of promise—but also full of danger and challenge. The next few decades will determine the evolution of life and the fate of humanity upon this planet. Most of you who have discovered this catalog are working in some ways to massage the course of this evolution toward a more manageable, natural, stable course. For sure, the planet and the creatures of Earth need your energy, your attention, your passion, your wisdom and your steadfastness, just to get through the mess humans have created for the Earth in the last couple hundred years. Far too many animals and plants are dying off. Whole ecosystems, some immense, are being irretrievably destroyed. When enough pieces are lost, environmental collapse may be irrevocable.

Individually, I want to live a long life, free from disease and suffering. I want to age slowly and gracefully. I want to be physically strong and clear minded. I want satisfaction and fulfillment. I want to live in a beautiful natural world. And I want these blessings for my children and future descendants as well. I am sure that you share these goals with me. I feel committed to preserving this Gaia (the “One Life” we know as the living Earth) that took tens of millions of years to manifest so fully, and even to improving the situation, the health of our land, water and air. I also feel compelled to reduce the suffering of the hundreds of millions of humans who live in poverty, turmoil, fear and ill-health as a result of the ignorance and greed of other humans. I feel that we must work and fight to protect the Earth from the devastation that results from greed and overgrowth. I feel we need to consider the creatures of the Earth as well, and aid in their wellbeing. Ultimately, we are all just part of Gaia.

Many years ago, by good fortune, I discovered the Oriental “Way of Glowing Health.” I became the student of a great Taoist master who taught me many things about life—fundamental things like appreciation, humility, sharing, giving, compassion, hard work for good cause, visualizing a peaceful and prosperous world, and living by the principles of balance (*Yin and Yang*) and reciprocation (*Karma*). He also taught me the art of *superior herbalism*, also known as *tonic herbalism*. This art changed, and perhaps saved, my life, and I have since found fulfillment in my life by passing the knowledge of this art onto as many people as I can.

You are undoubtedly interested in the issues of health care, and in particular, natural means of achieving glowing health. “Glowing health” is defined in the Orient as “health beyond danger.” Glowing health is thus predicated on developing powerful immunity, stress resistance, excellent adaptability and superb endurance. This is where the tonic herbs come in.

It is my sincere belief that the tonic herbs, and the principles of tonic herbalism, can improve the lives of virtually every person on the planet, were each person to become aware of them and use them appropriately. The tonic herbs are health promoting. They protect us. They help us maintain balance in a chaotic world. They help us feel and look younger. They give us energy while helping us to remain calm and supple. They encourage our creativity. They strengthen us and allow us to accomplish our goals. They promote our wisdom. They are especially important to all of us right now.

Jing Qi Shen Xuan Guan

The Taoists translate this phrase as “The Three Treasures are the Entrance to the State of Conscious Immortality.”

精
气
神
玄
关

We are now living in an era when the dream of achieving consistent and genuine glowing health is within sight. We're eating better, exercising more effectively, meditating with focus. But most people still do not know that the herbs—the plants and supplements of the Earth—are here for us to use to naturally and safely boost the power of our growth and transformation.

A Golden Era

For the first time in all of history, it is possible for anyone in the civilized world to obtain the most incredible health-promoting nutrients and supplements ever discovered. Herbal substances that have always been rare are now available to you for the asking—if you know what to look for and where to look.

And that's where we come in. We at Dragon Herbs have spent decades sourcing the finest, most effective herbal tonics and superfoods in the world. We have partnered with ancient suppliers and ultra-modern factories. We have identified the best means of collecting these herbs and superfoods, transporting them, processing them so that they are at peak potency and efficacy, and delivering them to you at high value and a reasonable price. We are very pleased to offer the greatest line of tonic herbs and superfoods in the world to anyone seeking to improve their life and to find true glowing health.



Ron Teeguarden
Founder Dragon Herbs



Dan-O Sun Sha
Master Herbalist

We hope that you will find in the following pages a resource that you may use to change your life for the better. We also hope that you use your enhanced power to support the balanced life of your fully extended body-mind, the Planet Earth.



Welcome from Yanlin

As I grow older, I have been reflecting upon life and longevity. I rarely get sick so the thought of an end is strange to me, to say the least. But everything has an end, and I am no exception. A planner at heart, I decided that it is best that I plan my life early on rather than leaving it entirely to fate. Fortunately, my work at Dragon Herbs gives me plenty of opportunities to study about this topic. If you will allow me, I would like to share my thoughts.

Besides the number of years, I hope to have quality of life during my journey of life. If I can wish for one thing, that would be to die from old age, not from diseases. I know nowadays that could be a true luxury, but I am going to try anyway.

According to the World Health Organization, a person's health and lifespan (longevity) are 60% dependent upon their lifestyle choices, 15% dependent upon their genes, 10% upon social factors, 8% upon health care conditions, and 7% upon climatic influences.

We only have one life in this lifetime. If our lifestyle choices determine 60% of our health and life span, those choices are decisive. How do we choose? I came up with four criteria to help me make my choices.

1. Time Tested

For gadgets, the latest versions are often the best. However, when it comes to health, having seen many health fads come and go, many theories/inventions overturned over time, I feel that older is better. 50 years is the minimum and 1000 years is ideal.

2. People Tested

This may sound self-serving, but I don't want to be a guinea pig or an experiment. Our lives are too precious for that. In my opinion, empirical data trumps laboratory data any time. The more people before us the better.

3. Nature Provided

Though we live in an era of modern marvels, many of the challenges we face today are created by mankind: global warming, pollution, epidemic modern day stressors, etc. According to the Taoist theory of "Man is an integral part of nature," any excessive departure from nature is dangerous. The human body is too intricate for humans to figure it all out. Staying closer to the nature that created us is the safer path to take at all times.

4. Professional Guidance

We should accept our own limitations. We don't know what we don't know. Our efforts should be focused on choosing the right professionals, then we let the professionals guide us on our path to health and longevity.

It is with these guidelines that I make my lifestyle choices, and it is with these guidelines that Dragon Herbs creates products, designs procedures and provides services.

The Chinese have a term called Life Cultivation (养生 Yang Sheng). Anything and everything related to promoting health and attaining longevity is covered under Life Cultivation. I think the term illustrates beautifully the correct attitude towards life. In a way, life is like a garden that takes human cultivation to flourish and blossom. It takes effort, determination and proper techniques to have a good life. We can't just live our lives; we need to cultivate our lives. Though our genetics do start our lives, our lifestyle choices play a much more decisive role in our health and longevity.

Dragon Herbs focuses on Chinese Herbalism, a system that has been practiced in China, Korea, Japan and other Asian countries for more than 3000 years and has benefited billions of people. Chinese Herbalism is extremely well documented throughout the past dynasties. It uses all natural materials. As a differentiating point, it emphasizes the interconnectedness of all organs within the body and the oneness between man and nature.

As Dragon Herbs expands into other Life Cultivation techniques such as food, teas, skincare and bodywork, it is our sincere hope that our product offerings and professional service give you the freedom to choose wisely with ease and confidence and help your lifestyle choices count more than 60%.

Health
Deserves
Cultivation



Yanlin Teegarden

Co-founder and CEO of Dragon Herbs

Dragon Herbs

Guidance, Services and Herbs 2017

Dragon Herbs, under the direction of Master Herbalist Ron Teegarden and his wife and partner Yanlin Teegarden, offers several hundred products. These products range from single tonic herbs and herbal extracts to sophisticated tonic formulations, nutraceuticals, teas and superfoods of all kinds from around the world.

These products are all designed to help attain, maintain and support glowing health based on the Three Treasures principle, the true foundation of Taoist herbalism. Some are classics developed hundreds of years ago and some have been newly created by Ron Teegarden and his team of herbal experts over the past few decades.

All are made with superior grade herbs, the key feature of **Dragon Herbs**. We use *Di Tao* herbs and work tirelessly to maintain quality and freshness. Our production control and quality control are cutting edge. We examine all materials at every stage of the supply chain to assure that the material is pristine and robust. We are scrupulous to avoid pollutants and radiation.

We appreciate that this is a catalog for connoisseurs — though we are confident that neophytes in the world of tonic herbalism and superfoods will find a wide range of amazing elixirs and superfoods. We know that many other companies offer herbal products that may appear on the surface to be slightly similar, but we also know that quality matters when it comes to tonic herbs and superfoods. That's where we shine. Herbs and other raw materials come in a very wide range of qualities and **Dragon Herbs** ONLY uses the best herbs in the world. This is how we built our reputation as the ultimate source of tonic herbs and superfoods with the most discerning herbal connoisseurs around the world.

We are confident that this is the finest and most complete line of tonic herbal products in the world. Feel free to call our toll free service center seven days a week if you have questions.

This Guidance, Services and Herbs handbook will provide information about tonic herbalism, the sourcing of herbal materials and the production of Dragon Herbs products. It also presents Dragon Herbs' staff and herbalists. Thirdly, we present an introduction to the Major Tonic Herbs.

Dragon Herbs Guidance, Services and Herbs 2017

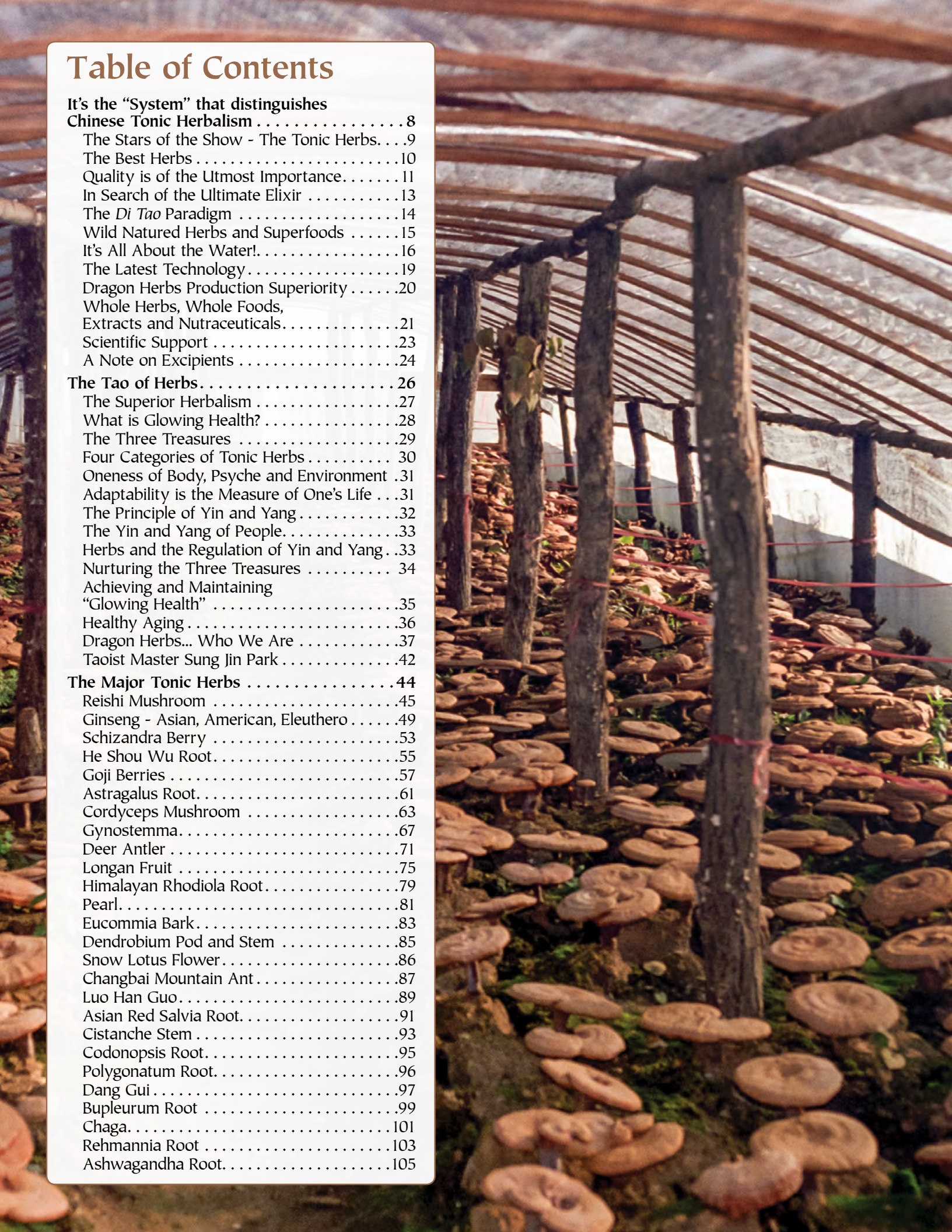
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What We Offer

Dragon Herbs offers the best of the great tonic herbal tradition to those who desire to make the most of their lives. By providing a full range of superior herbal formulations made from the best ingredients in the world, Ron Teeguarden, founder and president of Dragon Herbs, believes that Dragon Herbs can contribute in a profound and substantial way to the health of all those who are seeking a better way of living.

Superior quality tonic herbs are whole and rich. They possess extraordinary chemical profiles that provide a basis for their reputations as life-promoting substances. These herbs possess unique natural phytochemicals that cannot be synthesized and cannot be matched by pharmaceutical supplements.

Dragon Herbs offers the most complete and powerful line of tonic herbal products in the world. As a result of years of searching, Master Herbalist Ron Teeguarden and his team of experts have found the best sources of famous tonic herbs like Ginseng, Schizandra, Astragalus, Goji, He Shou Wu, Pearl, Tongkat Ali, Reishi, Chaga, Deer Antler, Cordyceps and many others. We have found extraordinary rare wild herbs like Purple Reishi, Cordyceps, Tibetan Rhodiola and Snow Lotus.

We are quite sure that our collection of herbs is second to none in the world. We are always looking for the most incredible ingredients that can contribute significantly to your glowing health. We settle for nothing less than the best, and by using Dragon Herbs you can do the same. With these raw materials, we produce over 200 extraordinary products that have been satisfying the most demanding herbal connoisseurs for three decades. Our herbal products are exceptionally clean and potent, and as a result, Dragon Herbs is recognized around the world by connoisseurs of great herbs as the ultimate source of tonic herbs and superfoods.

Thousands of years of experience has taught that regular consumption of the tonic herbs can and will provide a type of dietary support that is truly empowering. We are offering you the key to glowing health.

Beyond all else, we are dedicated to serving you in your quest for glowing health, longevity and wisdom.



How to Use this Catalog

Dragon Herbs is here to serve you by providing as much information as we are legally permitted to disseminate. We provide a wide range of extraordinary tonic herbs, herbal formulations, teas and superfoods. We offer robust online services and we operate a live call center with real, professional herbalists seven days a week. If you become so inclined, you may visit one of our emporiums.

Dragon Herbs Catalog 2017 is divided into two sections: **Part 1 - Guidance, Services & Herbs** and **Part 2 - Products & Services**.

We advise everyone to read **Part 1 - Guidance, Services & Herbs** first. It is not mandatory, but it will provide you with a very useful overview of tonic herbalism, the company, the mission and our services. By reading this section first, you will become a mini-expert in the field of tonic herbalism and you will have a foundation for becoming a tonic connoisseur. The section also provides an introduction to the 26 most important herbs used in tonic herbalism. **Part 1** forms a foundation for your understanding of the products in **Part 2**. There is a Glossary at the end of **Part 2**, which will serve you when you study the products in the **Catalog 2017 Part 2**.

Part 2 is Dragon Herbs' catalog of products. We manufacture several hundred remarkable products, which is a lot. So we have attempted to create understandable categories. You may start studying the catalog from anywhere, but we advise that you start from the beginning and work your way through. You may make notes and check off the items that intrigue you. Refer to the Glossary and other materials in **Part 1** whenever you need a reminder of definitions.

Your Own Tonic Program will guide you through the process of deciding what you might want to use to build an herbal program. You may enter notes in this section on herbs, formulations and products that intrigue you.

This catalog contains many references to people, places and herbs that are subject to different spellings. As a literary convention Dragon Herbs uses pinyin (modern western transliteration of Chinese) for Chinese names, but with a tiny caveat. Modern Pinyin (Chinese writing using our lettering system) often combines words that traditionally had separate written characters (e.g., pin yin, now commonly spelled pinyin; or dan shen, now often spelled danshen). We have chosen for this catalog to use separate words: so we will call the herb *Salvia miltorrhiza* (Chinese Red Sage) Dan Shen, not Danshen. If you cross reference our terms, you will want to use both search terms. Also, out of respect for the herbs and major superfoods, we generally capitalize the name (e.g., Schizandra, Goji, Reishi, and even Tea).

Full Service Herb Shops and Call Center

Herbal consultations are available in person and over the phone.

Confused about what supplements to take, and when and how to take them? The human body is a 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 wellbeing. Their guidance will help pave a smooth path towards attaining glowing health. Our herbalists will analyze many aspects of your health: your level of adaptability and 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. We call this a "program."

Dragon Herbs offers hundreds of herbal formulations, and we consider it our responsibility and privilege 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 or call-in basis.

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 glowing health.

Professional Herbalists

You can read about our herbalists in **Part 1** — they are truly dedicated individuals who have studied herbalism in-depth. Typical consultation time is 20 minutes, but it may vary depending on each individual. Longer more in-depth consultations with senior herbalists are available for a fee by appointment either in person at an emporium or on the phone. For complex cases, a fee may be charged for consultations provided by our senior herbalists at the rate of \$60 per hour. Please ask the staff for more details.

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 "Glowing Health Consultation."

Herbal consultations are available in person and over the phone, 7 days a week.

It's the "System" that Distinguishes Chinese Tonic Herbalism



Asian herbalism is a highly evolved system of health knowledge and practice. Tonic herbalism is a segment of traditional Asian herbalism. It is a system unto itself. Tonic herbalism was developed by great health masters over many centuries. It takes full advantage of the complete system of traditional and modern Asian herbalism, but features herbs that promote glowing health.

Tonic herbalism is a health promoting paradigm. It is based on the principle that it is possible in many cases to attain glowing health by improving one's lifestyle, which includes, fundamentally, eating properly, breathing consciously and deeply, meditating, exercising consciously and consuming tonic herbs.

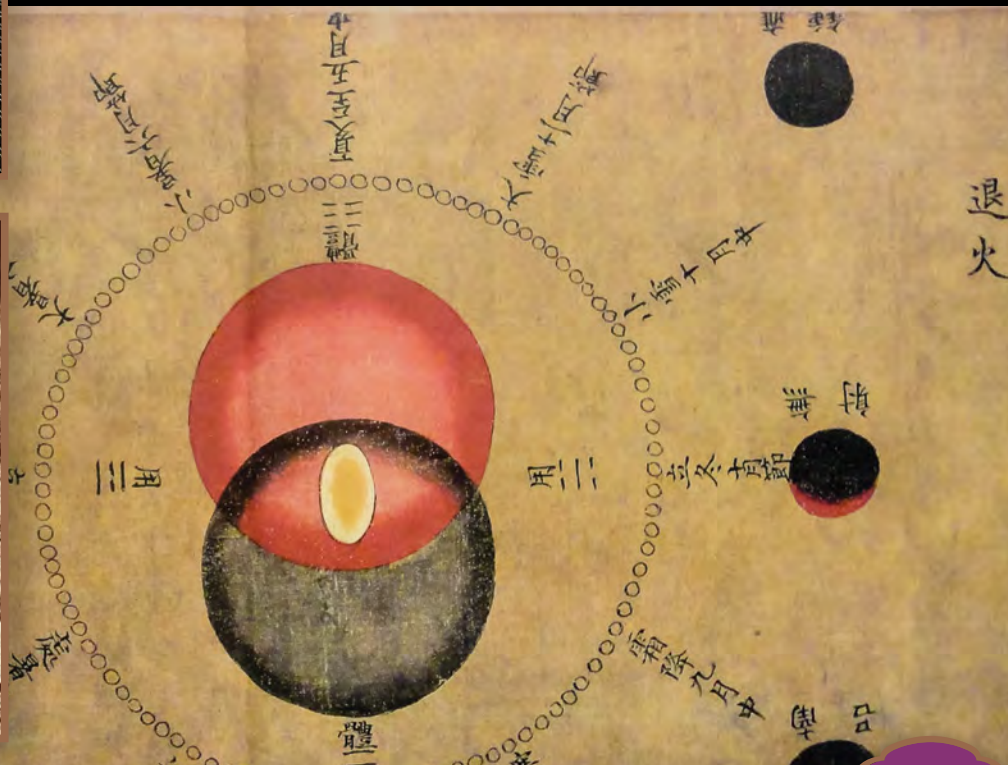
Tonic herbs are known literally as "the superior herbs" in Asia because they are used to promote longevity, glowing health and a healthy psychological condition without side effects. The term "Superior Herbs" was coined over two thousand years ago in China to represent the herbs that could be safely consumed daily or regularly, without side effects, to enhance glowing health and foster longevity. There are also "inferior herbs" that are used medicinally, but these do not play a role in Dragon Herbs' modality.

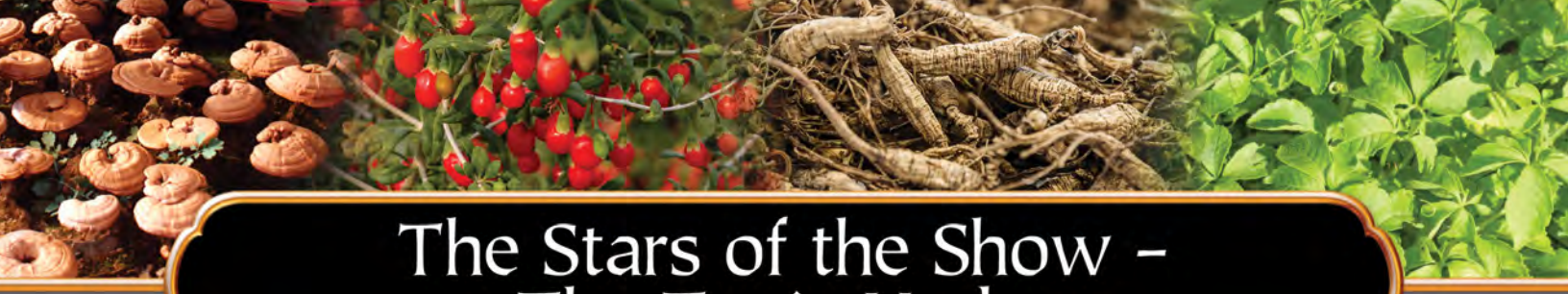
Dragon Herbs is a "tonic" company. The vast majority of our products are tonic formulations, meaning they are composed of tonic herbs that have been used for hundreds or thousands of years to promote glowing health and as healthy aging elixirs and dietary supplements. Dragon Herbs does not offer medical solutions — it offers a path to glowing health.



減火退符天地靜

屯蒙二卦稟





The Stars of the Show – The Tonic Herbs

Tonic herbs can change your life!

What is a “tonic herb?”

The term “herb” is used more broadly in Asia than it is in the West. In Asian tradition the term “herbs” refers to botanicals, just as it does in the West. But the term also includes natural minerals (from earth and sea), and it includes some animal products that have known functions, such as Deer Antler. 99% of Dragon Herbs ingredients are botanical. A few are natural minerals and a few are derived from animals. Those who do not wish to avail themselves of animal-sourced ingredients can easily skip them. 98% of our products are vegan. We even use vegan excipients like bamboo and tapioca to make our powders, and astoundingly easy-to-digest vegan (pullulan) capsules to deliver them. In a few instances we use maize, but we only use organically grown maize, which by definition is non-GMO (US regulations forbid the use of GMO ingredients in “organic” products). Of course, we shun all GMOs and adulterated or contaminated ingredients.



Gynostemma leaf



Schizandra fruit



Wild Asian Ginseng root



Eucommia bark



Cultivated Asian Red Ginseng



Return to Youth herb



Goji berry



The Best Herbs

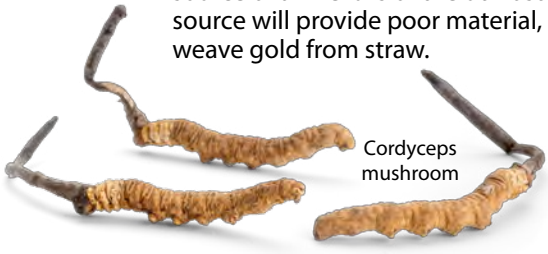


Reishi mushroom



Wild American Ginseng root

For all our work, we are but a channel for something far greater. The true stars of this art and science are the incredible tonic herbs themselves. Tonic herbs come from all over the world, including China, the Himalayas, Korea, Japan, Central Asia, Oceania, Southeast Asia, Siberia, the Middle East, Europe, Scandinavia, Africa, North America and South America. Tonic herbs come from an amazing range of environments: from the highest mountains in the world, to the harshest deserts; from beautiful mountain forests to tropical rainforests; from wetlands, lakes and seas, and even from the oceans. One factor must always be kept in mind — the source of an herb is of the utmost importance. A poor source will provide poor material, and you cannot weave gold from straw.



Cordyceps mushroom



Reishi tent, Changbai Mountain Manchuria



Quality is of the Utmost Importance

You want to get the most benefit from the herbs you take — this requires premium quality materials and expert production

Ron Teegarden's teacher, Taoist Master Sung Jin Park frequently emphasized that when it comes to tonic herbalism there are two simple rules which one must always follow: first, always concentrate on cultivating the Three Treasures; and second, always use the best herbs you can find. There is a very significant qualitative difference between different grades of almost all herbs on the market today, and especially the **tonic herbs**. The same herb can come from several different regions of the world, and these different varieties often have very different energetic and biological activities. Ginseng, for example, can legitimately cost anywhere from \$1 per ounce to hundreds or even thousands of dollars per ounce!

There are justifiable reasons for this range of cost. The purity, the chemistry, the phyto-nutritional balance, and the energetics of the root — all play a role in their effect on a human being. Just because a label says "ginseng" does not mean you are getting a high quality herbal substance. If you want results, always go for superior quality.

You cannot make a product better than allowed by the raw material it starts with. If you start off with low grade material, you will get a low grade end product. If you start off with very high grade material, you should end up with a superior health product — so long as the next steps are carefully executed.

This is true with every great tonic herb. Reishi, Ginseng, Astragalus, Dang Gui, Eleuthero, Schizandra berries,

Rhodiola, Cordyceps, Goji berries and Deer Antler are all examples of premium herbs that can be either extremely valuable if made from premium raw material and extracted properly, or of little use if cheap, low quality varieties are used, or if they are prepared incorrectly or carelessly.

State of the Art Herbal Manufacturing Means More Potency per Dose and Better, Quicker Results

Since herbs are in most cases difficult to consume raw, they are best *extracted* in one way or another. Raw herbs contain a large variety of complex chemicals, which can be carefully extracted without being destroyed, altered or lost in the process. These are known as the *active constituents* and include saponins, flavonoids, essential oils, polysaccharides, terpenes, alkaloids and many more.

In order to extract these active constituents most effectively to produce a superior herbal preparation, Dragon Herbs uses state of the art herbal manufacturing technologies to produce our concentrated herbal products, preserving the original tonic effect of the herbs. Because of the cyclical and sealed process, loss of aromatic oils is prevented. We also use *oil traps* to assure that essential aromatic oils are not lost. To further prevent the loss of the original qualities of the herbs during the drying process, the herbs are spray dried by a high speed granulating process. Low temperature depressurized vacuum drying is also used in some instances in order to preserve the herb's original flavor, aroma and qualities.



Dragon Herbs' whole herb concentrates are of the highest concentration in the world. These highly concentrated powders are easy to consume in small capsules, yet they are extremely potent and easily assimilable.

Ron Teegarden's Dragon Herbs guarantees the quality of every product we sell. We're not perfect, but we try to be. We are admittedly obsessed by the issue of quality. We have spent many years developing our sources and our production methods. And we never stop working to perfect our production, to take it to an even more profound level. We select our herbs in the most detailed way. Ron and Yanlin go to China several times a year to visit the wild areas, farms and factories that produce our products. Virtually all of our premium herbs are meticulously selected based on traditional source, appearance, taste, freshness and laboratory testing. If we can get a better grade of herb, we do! All of our herbs come from different sources, because we do not rely on brokers to find materials for us. In many cases, we buy directly from the herb collectors and farmers themselves.

Our herbs are laboratory-tested for quality at major scientific institutions such as the Shanghai Institute of Traditional Chinese Medicine, among others. Our herbs never contain pesticides, fungicides, chemical solvents or other such adulterants, and are very low in heavy metals. As far as heavy metals are concerned, we meet all FDA and WHO health safety levels and believe our products only contain naturally occurring amounts of these metals that are inherent in very minute amounts in the soil of the earth. Dragon Herbs is California Proposition 65 compliant. Our formulations are produced in GMP state-of-the-art factories that currently produce herbal tonics and medicines for hundreds of health centers in Asia. Many U.S. companies claim to have high quality materials, but



Above: Mr. Yan closely inspects Ginseng root

Below: Analyst does microbial test at a Dragon Herbs factory



most don't even know the difference between good and poor quality since they buy their materials from brokers. Standardization alone does not assure quality. Only experience and on-the-ground knowledge can assure true quality. Dragon Herbs has that experience and know-how.



Wild Chinese Ginseng root

You will feel the Dragon Herbs quality difference.



In Search of the Ultimate Elixir

Yanlin and Ron Teeguarden travel extensively throughout China several times each year searching for superior quality tonic and supportive herbs, and looking for new and rare herbs. Ron is on the constant watch for ultimate elixirs. They go to remote mountains of Asia. They go to farms, factories, scientific institutes and universities. They go wherever they can to make certain that they are sourcing and producing the most exquisite products possible.

Because of this effort, Dragon Herbs has developed the most complete and powerful line of tonic herbal

products in the world. They have found not only the best sources of famous Chinese herbs like Ginseng, Goji, Astragalus and He Shou Wu, but have also found extraordinary rare herbs like Duanwood Reishi, Tibetan Rhodiola, Heaven Mountain Snow Lotus, Reishi spores, and many others.

Dragon Herbs does not rely on brokers and middle men. In most instances, Dragon Herbs is involved in every step of the process, from seed to mouth.



Above: Ron and Yanlin in Changbai Mountain.
Right: Yanlin shows Changbai Mountain Duanwood Reishi

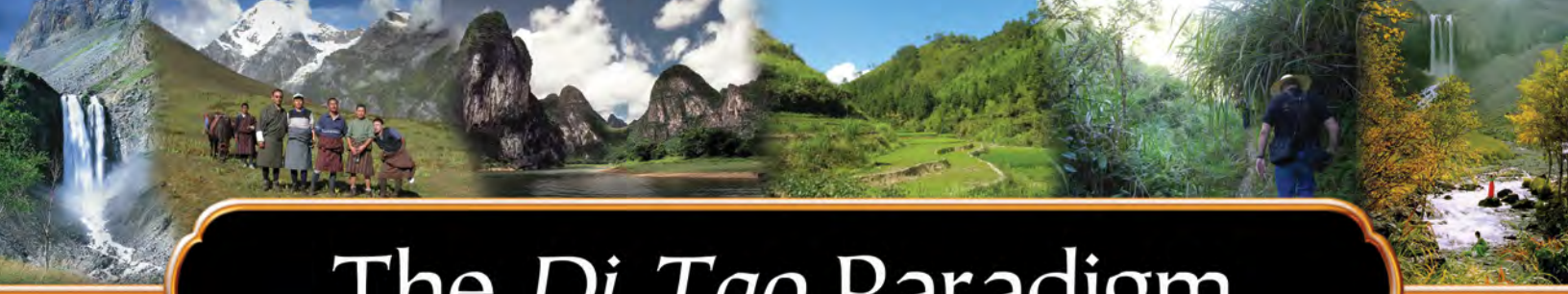


Ron holds giant wild Reishi-related tree mushroom



Di Tao Sourced, Made in the U.S.A.

Dragon Herbs is proud to be a purveyor of herbs, tonics, teas, essential oils, coffees, superfoods, oils and spices from almost every region of the world. We source materials from every continent and every sub-continent and even from international oceans. We do this because the nature of this art and business dictates that we do so. Each and every herb, superfood and tea developed for thousands of years in specific environments that we now call *Di Tao* – “authentic sources.” These authentic environments cannot be duplicated. A globalized view of herbalism, tea, essential oils and superfoods is the correct view. However, Dragon Herbs has always *produced* the great majority of our products here in America. The raw herbal materials may come from China, Indonesia, New Zealand, Tibet, Israel, Peru or Africa, but we do almost all the *finished production* here in the U.S.A. Why? Because the United States offers superior, clean, scientific, beautiful, economical production capabilities. Our capsules are made from powders produced in state-of-the-art factories near where the herbs were collected by experts who understand these herbs in great depth and with great experience. But we do our analytics, encapsulation, bottling, label production, brochure printing, and so on, almost entirely in California, U.S.A. - all under strict FDA scrutiny. The same goes for our tinctures, eeTee powders, superfoods, etc. Most products on the American market that state they are “Made in the U.S.A.” actually contain raw materials acquired from global sources. Even if your car is “Made in the U.S.A.,” the raw materials were obtained from around the world. The same is true for our wonderful herbs, teas and superfoods. We proudly, happily and, we believe, skillfully obtain the world’s finest ingredients - and then we assemble them *here*. This has been our practice for over 20 years and we will continue to follow this path. This assures that you are getting the best products in the world, and it supports dozens U.S. companies and hundreds or thousands of American workers. That is the true Yin and Yang of superior herbal manufacturing.



The *Di Tao* Paradigm

Dragon Herbs is truly different from every other company in the Western world in its emphasis on obtaining its herbs from the genuine original sources from which the herbs made their reputations over thousands of years. In Asia, there is a term for this — it is *Di Tao*. *Di Tao* literally means “Earth Tao,” but its real meaning is “the authentic true source.”

Herbs that come from one region will differ from those from another region. The water that nurtures them, the soil they grow in, the specific genetic variety of the herb, the weather, the insects and microorganisms that live symbiotically with the plant, how they are collected and prepared, and how they are finally processed — all play a role in their final efficacy, which is ultimately all that matters to you. The differences can be staggering. *Di*

Tao cannot be imitated or replicated. Plants can grow in sub-optimal locations (from an herbal point of view), but they cannot produce the effects of herbs that have been discovered to be the best, and proven to be the most efficacious over centuries of human experience. Herbs can be grown in non-*Di Tao* locations, but they will be weaker, less potent, less effective, and therefore cheaper (most other brands in America, no offense).

It is our job to find **the best** of each herb we use. We at Dragon Herbs have dedicated ourselves to that task and feel that we have achieved a certain level of expertise, a level that can assure you that every herb in your herbal program will be the highest quality obtainable, well beyond the normal standards of the nutraceutical industry in America.



Wild Natured Herbs and Superfoods

Almost invariably, wild herbs possess more power than cultivated herbs. Wild herbs must survive naturally even in extremely harsh climates. Cultivated herbs can sometimes be weak and fragile, and therefore lack inner power. That will be reflected in the price of an herb, in its flavor, and most importantly in its efficacy. Cheaper brands always use weaker cultivated herbs, often from non-Di Tao growing sites.

Dragon Herbs is interested in using herbs that are close to wild, or “wild-type.” It is not always possible to obtain or ethically use fully wild plants, but there is a wide gradient of growing styles, and Dragon Herbs ALWAYS uses herbs that are closest to wild. Most of our herbs are thus “wildcrafted,” meaning they are generally sown by humans in a natural environment, in their natural Di Tao region, and left to grow naturally. These wildcrafted herbs are truly powerful. They are LOADED with the Three Treasures. In some very notable instances, Dragon Herbs does use truly wild ingredients that have been sustainably harvested — these are of course “beyond organic.”

Most of these wild-type herbs are not “certified organic” — they are wildcrafted or wild. Dragon Herbs offers many organically grown herbs as well. For instance we are one of the few rare providers in the Western World of certified organic Red Ginseng, Astragalus Root, Gynostemma, and others that are also Di Tao (sourced from their true primeval growing sites). Just because they are “organic” doesn’t mean they are better than wildcrafted herbs, it just means they were cultivated under organic conditions. Organic herbs grown in non-Di Tao locations are not used by Dragon Herbs.

Yanlin eats wild Schizandra berries fresh off the vine in Changbai Mountain



Ron finds wild Ginseng



Wild Reishi mushroom



Wild Cordyceps mushroom



It's All About the Water!

We all know that the water we drink can have a profound influence on our health and wellbeing. As Ron Teeguarden has said: "I often say that *real* water is itself a tonic herb. For whatever reason, I have always been interested in water. In the 1960s and '70s I spent considerable time visiting hot springs around the southwestern US. In the 1980s I started going to Asia and had the opportunity to spend time at the miraculous hot springs of Atami, Japan and up in Hokkaido. Later I became interested in the hot springs and mineral water from the great Manchurian volcano known in China as Changbai Mountain. Later I came across the wonder water of Drum Mountain, which bears an ancient calligraphy stating "Drink this water and live forever." I became familiar with the concepts of structured water and clustering. As my herbalism developed, I knew that the water that plants grow on and with which they are prepared would have a huge impact on their health giving properties."

Remoteness, purity of the air, wind, microbes, soil minerals, energy fields, temperature, humidity, wild animals and many other factors play a role in determining the efficacy of an herb. This is the basis of the *Di Tao* principle. But no factor can play a larger role than that of the **water** that nourishes the plants as they grow. All plants are mostly water and they must consume and circulate fresh water constantly to thrive. As a basic principle, therefore, the **water source** of a plant must be considered very carefully when determining the quality of that herb. For this reason, I have spent my entire career seeking herbs that have profoundly positive water sources. This has been a primary



Shaolin monk serves Shaolin well water to Yanlin

focus on every herb-seeking adventure I have ever taken, and is even essential when determining where and how to produce herbal extracts.

Yes indeed, "it's all about the water!" This is one of my favorite phrases — I utter those words endlessly to every class and herbalist I instruct. Here are a few examples of how water plays a role in producing the greatest herbs in the world.

Changbai Mountain

Changbai Mountain is a volcano in Manchuria, now Jilin province of China. Both Chinese and Koreans have considered it a sacred mountain for millennia. One thousand years ago Changbai Mountain erupted. It was the second largest volcanic eruption known to scientists. It caused a global darkening that lasted several years and caused famine around the world. Today, largely due to the outsized fertility of the soil and partly due to the water now emerging from the caldera of the volcano, it is one of the richest biospheres in the world. Ginseng evolved there about 65 million years ago, true Schizandra only grows there, as do many other major tonic herbs. In the caldera (the crater at the top of the volcano) is a lake that goes deep into the earth (at least a mile, but probably dozens or hundreds of miles). The water that gushes over by the millions of gallons a day is ludicrously mineral rich. It fertilizes all sides of the volcano. This is the water that has spawned Changbai Mountain Ginseng, Ant, Atractylodes, Reishi, Ever Young Herb, and dozens of other world leading tonic herbs. Why are these herbs so great? Why are they generally less potent when they are grown away from Changbai Mountain? It's all about the water! Changbai Mountain is a unique situation in the world.



Wuyi Mountain

Wuyi Mountain is a Garden of Eden in Southern China. It is rugged and eternally moist. It is almost always foggy for at least part of the day. Due to the moisture, it is always wet and there are thousands of springs, streams, rivers, lakes and pools. The ground is never dry. It has not proven to be a great place for humans to live so far because of the moisture — and because of snakes that love this environment, many of which are among the most poisonous on earth. But it is a paradise for a large variety of herbs that flourish because of the ever fresh rainwater, mountain dew and mountain water that traverses the Himalayas and then this area. This is the richest area in the world for growing Tea, herbal mushrooms and especially Reishi mushrooms. It's all about the water!



Heaven Mountain

Heaven Mountain is the second tallest mountain range in the world, second only to the tallest peaks of the Himalayas. It is eternally covered in snow and is the home of hundreds of massive glaciers. It is extremely remote, bordering Western China, Inner Mongolia, Tajikistan and other Central Asian countries where few humans reside. The ancient glaciers are tens of thousands of years old. As a result, the water that flows off the mountain is pristine and hexagonally "structured." This is *perfect* water. When these glaciers melt some each spring, tens of thousands of streams flow down the sides of the mountain peaks distributing this glacial melt in all its hexagonal glory to the planes and foothills. This water irrigates the land in a way that humans could never match. As a result of this glacial melt and other factors (including the remoteness and intense sunlight), these Heaven Mountain foothills (which are themselves at quite high elevation) produce arguably the richest and tastiest fruit in the world. One of these fruits is the Goji Berry, the famous tonic herb and super fruit. Goji Berries from any place else cannot match the taste and potency of Heaven Mountain Goji. These foothills and the deserts that lay near it produce herbs like Snow Lotus (at the snowline) and Cistanche (in the adjacent deserts to the northwest). The potency of these superherbs cannot be imitated by herbs grown with even the most advanced or thoughtful horticultural practices. Why? It's all about the water!



The Himalayan Snow Zone

The Himalayas are the King of Mountains, the tallest and most human-resistant mountains on earth. This vast mountain range reaches five miles into the sky, and of course much of it is covered in snow throughout the year. Near the snowline, the snow can grow to dozens of feet deep in the winter, and then melt and refreeze every day of the summer. The water is pristine at the snow line, three miles above sea level. Just above and just below the snowline, the snow and ice may be thin enough for some vegetation to thrive. Scientists are amazed that these plants can survive in this unbelievably austere climate where the temperature can fluctuate by 60° Celsius during a single day. Many of these snowline plants have proven to have a powerful capacity to enhance human health when they are consumed. These include Cordyceps, Rhodiola, Snow Lotus, Sea Buckthorn, Wang Lag and many others. These wild herbs tend to be extremely potent — they are so hardy and resilient. There is no doubt that a predominant factor in their potency is the water they grow in.



Drum Mountain

Drum Mountain is a minor mountain in Southern China that is part of the Wuyi Mountain chain. Yet it gained great fame in China over the centuries for its water. It has springs that have beautifully balanced and rich mineral profiles. Health seekers and hermits have been making pilgrimages to Drum Mountain for nearly two thousand years to drink and bathe in the water in order to attain glowing health, longevity and even immortality. At one main spring, both a Buddhist temple and a Taoist shrine were built centuries ago. The springs of Drum Mountain supply the valleys below and nourish Reishi, Tea, Longan and Lychee trees, and many other herbs. The herbs and produce that grow in this area are cherished as especially health giving. Dragon Herbs longtime herbal extraction factory was built at the base of the mountain so that it could utilize this Drum Mountain spring water to produce our herbal extracts. Great water is a secret to great herbal production. It is clean and mineral rich, and its vibration is different than common water. You feel the difference when herbal extracts are produced with amazing water!



Great Immortal Peak

There is another peak in the Wuyi Mountain range, a couple hundred kilometers from the main tea growing area, known as Great Immortal Peak. This peak is not tall enough to remain covered in snow throughout the year, even during the winter months, but like the Wuyi Mountain tea growing area, it is very moist and has thousands of small streams and abundant underground aquifers. One feature that differs from the very temperate tea growing area is that this region can become very warm. In a ravine near the top of Great Immortal Peak is Dragon Herbs' Gynostemma plantation. There is no vehicular access to the growing fields. One must walk about a kilometer from the nearest village and road to get to the Gynostemma plots. Of course, the earth remains moist due to the rain and small streams. But in addition, the exact field where the Gynostemma grows is continuously nurtured by a pristine spring. It feeds mineral water to the entire field and keeps the ground eternally moist, even during the hottest summer weeks that may remain rain-free for days on end. What makes Dragon Herbs' Gynostemma (**Spring Dragon Longevity Tea**, etc.) different from other Gynostemma on the market? It's all about the water! Yes the purity of the environment is a major contributor, but the "lowland" commodity-grade Gynostemma that all other brands use is not nearly as pure, powerful or ethereal. It's all about the water! Much of the Gynostemma available on the U.S. market is grown on low altitude farms that also grow conventional crops, and the water is anything but pure.



The Brazilian Pantanal Plain and Guarani Aquifer

Dragon Herbs offers a wonderful superfood product called **Brazilian Magic**. It is made from over 50 fruits, vegetables and herbs. These ingredients are collected fresh, chopped and naturally fermented together in vats for six months. All of the vegetables, herbs and fruits that go into this superfood matrix are grown on a remote organic "farm" in Brazil. Much of the "magic" of this remarkable product is based in where the farm is located. The farm is on the south end of the Pantanal Plain in central Brazil. The 17,000 acre organic farm is located *hundreds of miles* away from any industry or toxic pollution. Complete seclusion from industrial life gives this farm the purest unpolluted soil and a quality of air unlike any place in the world. But after all, "it's all about the water!" **Brazilian Magic** is made with the world's purest mineral water. The water used to produce **Brazilian Magic** comes from an isolated region of the Guarani Aquifer, the largest body of fresh mineral water in the world. The Guarani Aquifer is over a mile deep and is approximately 30,000 years old. Because of its unique geology, the infiltration of new water into the aquifer is very slow and is highly filtered by the thousands of feet of solid rock above it. Taking hundreds of years, only the purest mineral water can move through the rock to recharge the aquifer below. This water has had no contact with human pollution. The Guarani Aquifer water is currently emerging through 5 wells located on the farm. A secure enclosure has been built to prevent contamination of the spring source. The farm's artesian spring pours out silicon-rich water. The silicon gives the water its sparkling blue color. In fact, the **Brazilian Magic** water is so soft that tests have shown that it will readily dissolve fats, even lard. The ability to dissolve fat is not a common ability in water. Water and fat mutually reject each other. Only water that is very soft can have the ability to dissolve fats. The unique ability to dissolve fats makes this water very effective in dissolving natural fatty acids, such as omega-3s. It also makes normally insoluble nutrients soluble. The rich assortment of healthy fatty acids and antioxidants in **Brazilian Magic** are instantly and completely bio-available to your body. There are other superfood products in the world, some of which are truly great. But none are as pure as **Brazilian Magic**. It's all about the water!



Herbal Rejects:

The principle that "it's all about the water" has also led me to reject hundreds of sources of herbal materials through the years.

Every great herb and superfood has a "water story." You can be assured that Dragon Herbs examines that story for every herb and superfood it employs.



The Latest Technology

We're committed to using the latest and best technology. Poor production methodology will result in a poor product. It may at first seem like an oxymoron to say that we use high technology to make natural products. But it is very important to know that LOW technology results in burned or destroyed finished extracts. Even processing raw foods (drying) incorrectly can destroy them. By our standard, the definition of high technology is "the latest, best technology available that maintains the natural constituents of a raw ingredient without destroying any of the active constituents." We spend considerable time at our factories and with our technicians perfecting the technology used to produce Dragon Herbs products. We are NOT just buying from brokers or hidden factories like most other US herb companies. We routinely fund research and development of new production techniques and technologies.

We have fully studied the field of nutraceutical and herbal technology. We have experts who specialize in raw herb analysis, drying processes (such as spray drying, freeze drying and vacuum drying), essential oil trapping, water and alcohol extraction, granulation technologies, and many other aspects of production. From beginning to end, we use the latest and best technology to manufacture our herbal products. This brings out all the richness inherent in the superior raw material we go to so much effort to procure. The result is a more potent, efficacious product that is optimally beneficial to you. The best technology assures the most natural product—poor technology tends to overcook the herbs or otherwise destroy vital constituents. Dragon Herbs uses state of the art technologies that protect constituents and promote efficacy of the final product.

Professor Wang Zhengtao, Editor of the *Chinese Pharmacopeia* and one of the foremost experts on herbal identification in the world, meets with Ron and Yanlin in Shanghai. Professor Wang's laboratory performs herb identification services for Dragon Herbs.





Dragon Herbs Production Superiority – Little Things Make a BIG Difference

• Advanced Digital Technology

Our factories utilize the most modern extraction and drying equipment in the world, including digitally controlled extraction, temperature and pressure regulators.

• Pullulan capsules

Not all veggie caps are of the same quality. Dragon Herbs uses pullulan PlantCaps®, the finest capsules ever invented. They are 100% vegan and are the most digestible of all capsules in the nutraceutical/ pharmaceutical industry (typical veggie caps are often hard-to-digest).

• Extraordinary excipients

All capsules require excipients to spray dry and encapsulate extracted powder. If a brand does not list an excipient on the label, they are misleading you. Typical excipients include magnesium stearate, silicon dioxide and wheat or corn-derived maltodextrin (often GMO). Dragon Herbs mostly uses bamboo powder, tapioca powder, brown rice powder, all-natural gum arabic and certified non-GMO French maltodextrin, as we believe these are the best excipients available.

• Oil Traps

All of our extraction tanks have “oil traps” that capture essential and aromatic oils so that they are not lost during production (many factories do not use oil traps). These critical oils end up in your capsule.

• Tincture methodology

We don’t just drip alcohol through the herbs for a couple of days. We do laboratory-style reflux-condensation extracting where the water and alcohol are circulated through the herbal material until all soluble components have been extracted.

• Recycling

Our factories are carbon-footprint conscious. For example our FITT factory has an almost 100% zero carbon footprint and recycles the herb “mark” to organic farms.

• Miron bottles where necessary

We use Miron violet bottles from Germany when herbs need special protection from sunlight. These violet bottles are highly protective.

Left: Digital controls at one of Dragon Herbs extraction factories. Middle: Yanlin and Yan Yin Pan inspect production records. Right: An ultra-modern extraction facility used by Dragon Herbs to make herbal extracts





Whole Herbs, Whole Foods, Extracts and Nutraceuticals

Why use concentrated extracts?

Herbs that are simply ground up, even if finely ground, still require a highly functional digestive track to digest and assimilate the active constituents from the powder. Powdered herbs are simply, in general, less potent and less efficient. For this reason, herbalists for centuries have “extracted” the essence of the herbs either by soaking or heating in water and/or alcohol. The constituents that are extracted are easy for the body to utilize. These extracts have been studied by herbalists and scholars for over two thousand years, and very heavily in the past forty years using modern research technologies. Simply, it’s the difference between eating a handful of coffee beans or extracting it and drinking a cup of coffee or espresso; or eating a handful of tea leaves versus drinking a cup of tea.

Extraction has become an extraordinary science and art over the past hundred years, and even more so in recent decades. Extraction technology can now be non-destructive of the constituents, simply freeing them up for direct assimilation. Ron Teeguarden has focused his attention on these technologies for over thirty five years, evolving as the science allowed. Current extraction technologies are amazing for their gentleness.

Ron Teeguarden and Dragon Herbs highly recommend using concentrated extracts in most instances.

Powdered Extracts — Why a Little “Excipient” Is Necessary

To produce a powdered extract, a small amount of “excipient” is always necessary. The extract as a liquid does not require an excipient, just water and/or alcohol. But in the spray drying process, the technology used to



make powdered herbal extracts, somewhere between 1% and 10% of the final finished product must be excipient. The excipient, usually a starch, allows the powder crystals to form, just as clouds need some sort of material to form and result in rain. Without an excipient, the material would just remain a paste. Herbs that are naturally dry require only a very small amount of excipient, typically 1-4%. Herbs that are sticky (moist) and hydrophilic (moisture attracting) require more excipient, typically 5-10%.

Unfortunately, most manufacturers use far more excipient than necessary to produce a powder. In fact, it is standard in the nutraceutical industry to use 50% excipient and 50% herbal extract!

What is a “pure yield” extract?

When herbs are extracted by sophisticated technology, the initial pure extracted material is called the “pure yield.”

If a pure yield extract is then mixed with a significant amount of “excipient” (“cut”) to dilute it, it is then called a “standardized” extract.

The herbal industry routinely sells “standardized” ingredients and extracts. It is the norm. It is a lot easier for the industry to say that 5:1 is the “standard.” But nature doesn’t work that way.

Some herbs, or combination of herbs, yield a high amount of “pure yield” extract and some yield only a little extract. Here are some examples to illustrate the idea:

If 100 kg of Goji berries are extracted in a high technology extraction tank, typically the process will result in about 14 kilograms of pure yield Goji extract powder (with a small amount of excipient required to produce the powder). Doing the math, this means that this is roughly a 7:1 ratio of raw material to finished extract. The industry “standard” for most herbal extracts



including Goji extract is 5:1, so most manufacturers add more excipient to make the extract 5:1. In other words, though 7:1 is the typical “pure yield” ratio for Goji, 5:1 is the typical standardized product found in 99% of the products in the U.S. Not a huge difference, but notable.

But it gets worse. The pure yield extraction of Reishi mushroom is typically 10:1. In other words, 100 kilos of raw Reishi mushrooms yields about 10 kilos of extract powder (with a small amount of excipient required to produce the powder). But again, as usual, the “standardized” form of Reishi powder in the U.S. market is almost always a “5:1 extract.” To achieve this, the manufacturers can add as much excipient as pure yield herbal powder. That’s 50% excipient and 50% powder! In other words, the potency was cut in half ... not too good. It makes the product cheaper, but half as potent. Dragon Herbs uses only about 3% excipient to produce its organic Duanwood Reishi and wild Reishi extracts — that’s an industry low. If someone says their Reishi product is 100% herbal powder that means their product is not an extract. Reishi is not assimilable by humans if it is not an extract, so it is next to worthless.

A terrible example of this kind of industrial standardization occurs with Siberian Ginseng root, properly called *Eleuthero*. *Eleuthero* is very woody and yields very little extract even when put into a modern, high efficiency extraction apparatus. It typically takes around 40 kilos of genuine raw *Eleuthero* root pieces to produce just 1 kilo of extract. Thus the pure yield ratio is 40:1. Yet the vast majority of *Eleuthero* you will find on the market is sold as a “5:1 extract.” How is this possible? They simply cut the pure yield *Eleuthero* extract by 800%! The result is a tepid product, but most American buyers don’t know that they are consuming mostly excipient.

That’s why you can go into a natural foods store or drug store and buy cheap *Eleuthero* products...it’s highly cut. Dragon Herbs ONLY sells pure yield *Eleuthero* extract, meaning it contains nearly pure *Eleuthero* extract, which is termed “pure yield.” It will of course be more expensive, but a much better value. Think about it: it will take 8 capsules of a “cut” 5:1 *Eleuthero* powder to equal just 1 capsule of Dragon Herbs pure yield *Eleuthero* powder.

Ashitaba leaves, a formidable superfood from Okinawa Japan



An even worse example: It takes 125 kilos of Tongkat Ali root to make just 1 kilo of extract powder if it is pure yield. If you buy Tongkat Ali that is 5:1 or even 20:1, it has been severely cut. Dragon Herbs sells pure yield 125:1 Tongkat Ali extract, and nothing less.

The people who encapsulate herbal powders prefer “standardized” powders because the increased excipient makes the powder flow through their encapsulation machines at bullet speed. But Dragon Herbs has enforced its “pure yield” philosophy with our encapsulators for nearly two decades because it is much better for you, those who consume these herbs regularly and for your wellbeing. Herbies that consume Dragon Herbs powdered extracts consume **far less** excipient than those who use standardized extracts prevalent in other brands. They also get far more herbs. In all, Dragon Herbs’ “pure yield” philosophy assures much greater value for your dollar spent.

Dragon Herbs “Pure Yield” Philosophy™

Dragon Herbs always uses the least amount of excipient technologically required to produce an extract. Our excipient ratio is typically around 5% of the total extract. We can state with certitude that no manufacturer in the herbal industry uses less excipient than Dragon Herbs. If a company states that they are 100% herbs, then you know that they are using non-extracted ground herbs to produce their product, not extracts.

You can often tell the difference from brand to brand by the color of the powder. Excipients are usually white. If an extract is a light color, it is likely due to using a large amount of excipient. Dragon Herbs powders are dark, tasty and aromatic. This is due to the very low amount of excipients we use to produce our powders.



Scientific Support

Dragon Herbs is highly committed to utilizing scientific procedures and technology to produce our products. Herbs and superfoods are natural products, and from a scientific point of view they are very complex. Dragon Herbs uses both lobes of the brain to select and collect ingredients, and to produce our herbal and superfood products: we do the appropriate research from the historical and traditional perspectives, and we do thorough reviews of each herb from a scientific perspective. The science of the herbs is important and we take it seriously every day.

It is important that we have the latest information about every herb and superfood we offer. Research sometimes reveals new information such as dosage, improved production procedures, better methods of storage or delivery. We are not satisfied until we feel we are doing everything exactly right.

We believe in testing, testing and testing our ingredients. We do our testing at a series of highly respected, state-of-the-art laboratories, both in the country of origin and here in the U.S.A., assuring accuracy. We have no doubt as to the authenticity, cleanliness or potency of our ingredients and products. We test our finished products on a batch-to-batch basis.

We do thorough analytical work to verify the species and constituents of every herb. We strictly follow FDA-GMP regulations to confirm the accuracy of our ingredients and our doses, while still following traditional and advanced Asian protocols.

It is important to understand that herbalism is also an "art." Seasonal fluctuations and variance in the weather can cause slight differences in the chemistry, taste, aroma and feel of an herb or superfood. We do our best to maintain consistency, but in the herbal world, which is the real world, there may be slight variance from batch to batch. This fluctuation can be hidden by some companies by artificially manipulating one or two constituents in a finished herbal product, but Dragon Herbs does not approve of this kind of false standardization. The vast majority of our products are thus termed "pure yield." They are natural.

Of course, there are a few ingredients like *resveratrol* and *curcumin* that are "nutraceuticals," and these are produced under very strict scientific protocols to assure purity and accurate quantification.

Dragon Herbs invests a portion of its resources into supporting cutting edge scientific research. We have aided multiple projects, such as antioxidant research on major herbs, and on new extraction methods insuring notably increased levels of the active constituents and improved constituent profiles that improve product potency and efficacy.

Product developer and quality control manager Lucy Li weighs Ginseng roots





A Note on Excipients

Excipients are necessary components of all dried extract powders. A small amount of excipient is required during the spray drying stage to prevent the powder from forming clumps. During encapsulation, modern capsule filling machines require a certain amount of excipient to assure smooth flow of the machinery. Testing is done prior to drying and encapsulation to determine exactly how much excipient is required. Dragon Herbs never uses more excipient than is required.

Many (most) companies use excipients for another purpose—to stretch the product. As a standard, most large companies that produce herbal extract powders use 50% excipient. That is excessive. In general only 3% to 10% of the powder should be excipient. However, if a company says their spray dried powder is 100% herbs and does not mention any excipient, then they are not being forthright.

The real issue is “what is the excipient.” There are many excipients used in the dietary supplement industry. Conventionally, silicon dioxide and magnesium stearate are standards. The FDA and most experts believe they are safe for human consumption and effective at protecting the purity of the product during its entire shelf life. They also know that the co-packers love these excipients because they protect the machinery, preventing them from becoming sticky and dirty. Some

Dragon Herbs products contain these ingredients as they are required by GMP regulations in some cases.



The standard excipients in the dietary and herbal supplement industry include magnesium stearate and silicon dioxide. They are assumed to have no negative effects on the body. These have been used for many years and are approved by the FDA. You will see these two ingredients in most pills, powders and capsules. Dragon Herbs is now replacing them with natural materials that may actually be beneficial to your health besides being the best excipients.

We have gone to great expense and put hundreds of hours of time into learning the art of conscious excipient utilization. We know excipients are necessary, so we want to use excipients that are safe, not harmful to the environment and reasonable economically so we don't have to alter our pricing. That's easier said than done. We have literally had dozens of excipients tested and unfortunately most failed to protect the product from clumping, drying out or destroying our encapsulation machines. Fortunately, because it is not something we can dismiss, we have persisted and have developed fantastic, novel excipients for our products.



Bamboo Powder and Other Excipients

Dragon Herbs now uses bamboo powder as the required excipient in most of our encapsulated formulas. We are very satisfied with bamboo as an excipient.

Bamboo is one of the most primitive grasses and fastest growing plants on Earth. It is famous for being the major dietary component of the giant panda from China. Its shoots, stems, and leaves have been used in many cuisine delicacies throughout Asian countries for thousands of years.

Bamboo is a rich source of organic silica extract. Organic silica refers to the form of silica that is absorbed by plants from the soil naturally; as contrasted to inorganic silica, such as sand. Bamboos have long-lived, evergreen leaves that continue to accumulate silica throughout their life. Water-soluble silica has been suggested to exhibit potential therapeutic effects in the structural integrity of nails, hair, skin, bones, and joints, which is also beneficial for essential mineral absorption and cardiovascular health in human bodies.

In capsule manufacturing, silica is used as an anti-caking agent due to its capacity to absorb moisture. The addition of an anti-caking agent is necessary to make sure the powders being encapsulated are evenly distributed. Most manufacturers in the industry add synthetic silicon dioxide, the most conventional form of silica additive, to their dietary supplements.

Dragon Herbs has also used silicon dioxide in our manufacturing as an industrial standard. However, as we are always looking out for more natural solutions for our customers, we are progressively switching from silicon dioxide to bamboo powder, a more natural silica source. It is a win-win ingredient for both our production feasibility, and more importantly, a more natural ingredient for our customers' consumption.

Bamboo's long life and upright structure not only makes it one of the most valuable plants, but also a cultural

symbol in its growing regions. It is one of the "four gentlemen," together with plum blossom, orchid, and chrysanthemum, which also represent the four seasons. It is also a symbol of uprightness and resilience in traditional Chinese culture.

Our Gum Arabic is a natural hardened sap collected from acacia trees, processed and packaged in France. The product is used mostly as a food bulking agent and stabilizer for our eeTee powders. We are switching to Gum Arabic from Maltodextrin to assure our customers that it is non-GMO, although our current maltodextrin is also from certified non-GMO maize. Gum Arabic contains a number of neutral sugars, acids, calcium, and other electrolytes. Its main component is Arabin, the calcium salt of the polysaccharide Arabic acid. It is nontoxic when ingested; and the FDA considers it to be generally safe for human consumption.

We also may use non-GMO organic maize maltodextrin (produced in France) in a few of our products. This maize is believed to be free of the protein that may cause an allergic reaction. We have tested the maize, and certified laboratory tests conducted right here in the USA have shown that the products containing our maize maltodextrin are certifiably gluten free—something a few of our customers were concerned about.

We use brown rice in some products. We like brown rice powder because it is a whole food eaten in much larger quantities by a great number of health conscious people including Ron Teguarden and his family.

Lastly, we are now using tapioca in some of our products as a fantastic natural excipient. Our tapioca is never GMO, and we can use very high quality tapioca in small amounts to stabilize our extract powders. We plan to expand the use of tapioca in the near future.

If you have any questions, feel free to ask us by email, phone or online. We are confident we present the best excipient profile of any herb company.

Excipients used by Dragon herbs are made from natural materials like bamboo, brown rice and tapioca



The Tao of Herbs

Tao is the unfathomable path of wisdom and insight. It is often translated as “the Way.” The Tao of herbs is a path to a profound life, utilizing the tonic herbs as a fundamental tool. The tonic herbs help us to achieve balance in our lives and that alone is enough to fuel our growth as human beings. The tonic herbs have been used for thousands of years by the wise men and women of Asia to support growth and transformation.



Great Taoists through the centuries, including Sung Jin Park (upper left) and Li Ching Yun (bottom insert) have used tonic herbs to promote their longevity and spiritual attainment



The Superior Herbalism

Chinese tonic herbalism is the most sophisticated and effective herbal system in the world. It differs from Western herbal systems in that it emphasizes the **promotion of health** rather than the elimination of disease. Of the several thousand herbs used in the Chinese herbal system, there is an elite group of about a hundred herbs known as the “**Superior Herbs**.” These very special herbs have also become known as the “**tonic**” herbs of Chinese herbalism.

The tonic herbs have traditionally been used by the people of Asia to enhance vitality and lengthen life. The most extraordinary of the tonic herbs were used by the wisest and wealthiest people in China because they were believed to possess profound health and performance-enhancing benefits. These Superior Herbs are not considered to be “medicinal” in the usual sense of the word.

Only herbs that meet specific qualifications are considered “tonic” in nature. For an herb to be recognized as a tonic (a Superior Herb), it must have been found over many centuries to have profound general health-promoting actions that result in a long and healthy life.

Secondly, the tonics must have no negative side-effects when used reasonably, so they may be taken continuously over a long period of time if desired, yielding cumulative, long-term benefits. This emphasis on safety is in accordance with the first law of Chinese herbalism — “Do no harm.”

Thirdly, a tonic must be believed to affect **the psyche** so as to help improve one’s state of spiritual and emotional wellbeing and happiness.

Fourthly, most of the herbs in this category taste just fine. In fact, many of these tonic herbs are routinely used in healthy Chinese cooking. The tonic herbs are considered to be the fifth food group in the Chinese diet. They are “superfoods.” The fact that they are broadly used in Chinese cuisine is testimony to their safety.

It is important to note that Chinese tonic herbalism actually includes tonic herbs from all around the world. Tonic herbs also come from India, the Himalayas, Southeast Asia, Europe, the Americas, and in fact from everywhere. It is a world-wide herbalism that features tonic herbs. Dragon Herbs features herbs and superfoods from every region of the earth.



Left: a Taoist makes an elixir near his hermetic mountain residence. Right: Shen Nong, the creator of tonic herbalism, sits among herbs



In order to achieve superior health and wellbeing, one must work on all aspects of one's life. However, it has become clear over many centuries that the great tonic herbs can play a key role in achieving and maintaining glowing health, and can make a very major contribution toward our ultimate wellbeing, happiness and longevity.



Li Shizhen, who wrote the greatest encyclopedia of herbalism in history



Sung Jin Park, Ron's Taoist and primary herbal teacher, lifts a 250 pound barbell with his mouth.

What is Glowing Health?

The tonic herbs are not used to treat or to prevent specific diseases or disorders. The tonics are used to promote over-all wellbeing, to enhance the body's energy, and to regulate the bodily and psychic functioning so as to create what the Chinese call "glowing health." They support and enhance the structures and functions of the body naturally and gently. The emphasis is not on "healing" but on promoting one's health.

Glowing health is traditionally defined by the Taoist masters in China as "health beyond danger." Glowing health is dependent upon one's ability to **adapt** appropriately to all the stresses that one encounters in the course of one's life. The tonic herbs are said to provide **adaptive Qi** which helps us handle stress much more easily. It is possible to develop a very high degree of adaptability to the many changes that constantly take place in our lives. And by overcoming stressful circumstances successfully, we **grow** as human beings.



Left: Yanlin shows off some wild Ginseng extracting in vodka.
Above: Ron and Yanlin at Changbai Waterfall in 1996.

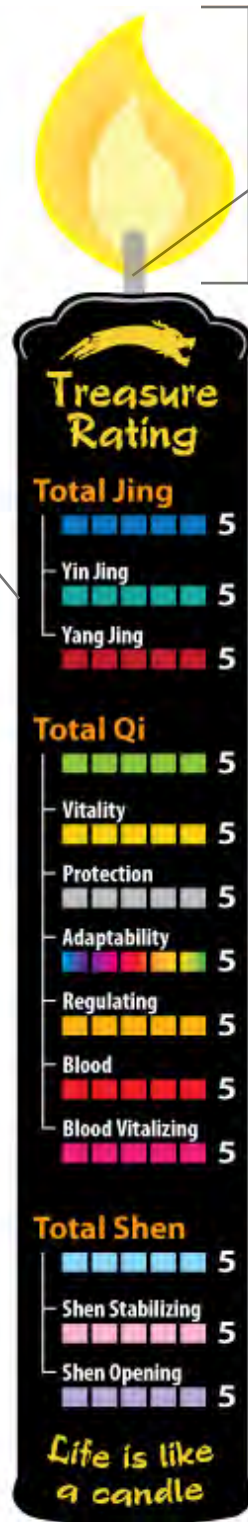
The Three Treasures

It is said by the Taoist sages who developed Chinese tonic herbalism that a human being is composed of three "Treasures." The "Three Treasures" are called *Jing*, *Qi* and *Shen*.

Jing is the first Treasure and is translated as "Essence." *Jing* is the primal energy of life and is closely associated with our genetic potential, and is associated with the aging process. According to traditional teaching, the quantity of *Jing* determines both our **life span** and the ultimate **vitality** of our life. *Jing* also is said to control a number of primary human functions: the reproductive organs and their various substances and functions; the power and clarity of the mind; and the integrity of one's physical structure. *Jing*, which is a blend of *Yin* and *Yang* energy, is said to be stored in the "Kidney." *Jing* is generally associated these days with the hormones of the reproductive and adrenal glands. Strong *Jing* energy in the Kidneys, so it is said in the Orient, will lead to a long and vigorous life, while a loss of *Jing* will result in physical and mental degeneration and a shortening of one's life.



Jing is burned up in the body by life itself, but most especially by chronic and acute stress and excessive behavior, including overwork, excessive emotionalism, substance abuse, chronic pain or illness, and sexual excess (in men, excessive release of semen is said to diminish *Jing*). Excessive menstrual patterns, pregnancy and childbirth can result in a dramatic drain on the *Jing* of a woman, which is even more pronounced in middle aged women. There are special tonics that fortify *Jing*, and these are found among the *Yin* and *Yang* tonics. *Jing* tonics are used to replace the spent energy and to build up large reserves for future use.



Qi is the second Treasure, and in the Three Treasures system includes both Energy and blood. This is the aspect of our life that involves action and thought. *Qi* tonics, composed of *Qi* and/or blood tonics, increase our ability to function fully and adaptively as human beings. *Qi* is said to be produced as a result of the functions of the Lungs and Spleen. Therefore, *Qi* tonics strengthen the digestive, assimilative and respiratory functions. In addition, they are generally believed to have potent immune modulating activity.



Qi tonics increase the amount and improve the quality of the energy and blood flowing through our system. This increase in energy and blood results in an overall increase in physical and mental vitality.

Shen is the third Treasure. *Shen* is our Spirit. This is ultimately the most important of the Three Treasures because it is the basis of our higher nature as human beings. Chinese masters say that *Shen* is the all-embracing love (peace, contentment, mindfulness) that resides in our Heart. *Shen* is expressed as love, compassion, kindness, generosity, acceptance, forgiveness and tolerance. It manifests as our wisdom and our ability to see all sides of all issues, our ability to rise above the world of right and wrong, good and bad, yours and mine, high and low, etc. *Shen* is our higher knowledge that everything is one, even though nature manifests dualistically and cyclically, often obscuring our vision and creating illusion. Certain true *Shen* tonic herbs encourage the opening up of *Shen*.



There are also "*Shen* stabilizers" which help stabilize our emotions so that *Shen* (our higher self) can rule our lives. The emotions are allowed to play themselves out, but not to dominate our lives and become obsessions or addictions. *Shen* tonics have been used by the great sages of the Orient to help in their quest for enlightenment and harmony with Nature and all of humankind.

Tonic herbs can be categorized as *Jing* (*Yin* and/or *Yang*), *Qi* (*Qi* and/or blood) and *Shen* (opening and/or stabilizing) by virtue of which Treasure(s) they tend to nourish and develop. The value of an herb is a reflection of the Treasures it contains.

Applying the principle of the Three Treasures is the highest form of herbalism. In the Orient it is called "the Superior Herbalism."

Four Categories of Tonic Herbs

There are four main categories within this superior class of tonic herbs: *Qi* (Energy) tonics, *Blood* tonics, *Yin* tonics and *Yang* tonics.

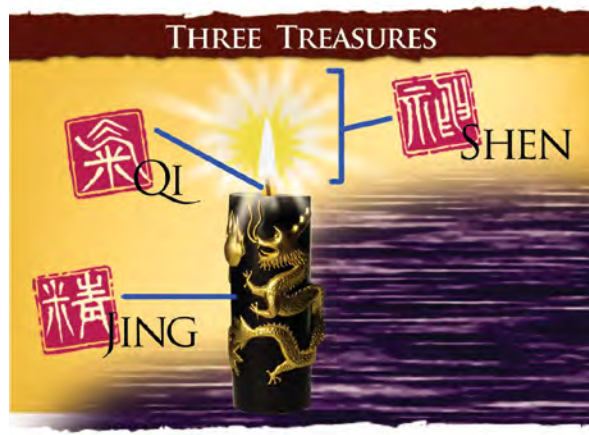
Energy tonics, also known as *Qi* tonics, increase physiological energy production. They are not stimulants. Instead, they help the body to function optimally, resulting in a natural increase in vitality. Energy tonics are generally believed to enhance the absorption of nutrients in the gastrointestinal system to yield energy and blood. They support healthy fundamental metabolic functions. Energy tonics that do this are said in China to influence the “Spleen.” Energy tonics also nurture the “Lungs” and enhance the extraction of energy from the air through the lungs into the body’s energy system. *Qi* is then said to circulate throughout the body via the “meridian” system and through the blood, providing the organs and tissues with the vitality required to live and function. All life is dependent upon *Qi*. Abundant, free flowing *Qi* is a foundation of glowing health, protection and longevity.

Blood tonics nourish the blood and help the body to utilize nutrients so as to function optimally. Blood tonics help build muscle and increase energy. Blood nourishes all the tissues of the body and provides the key means of distribution of nutrients, hormones and immune cells throughout the body. Blood tonics are generally believed to benefit the quality and beauty of the skin. Women, who are often deficient in blood, often benefit greatly by regularly consuming blood tonics. In China it is said that “men are governed by *Qi* and women are governed by blood.” Men, of course, benefit from blood tonics as well, and women from *Qi* tonics. Some herbs are also said to have “blood vitalizing” activity. These blood vitalizers improve blood circulation, a key factor in maintaining glowing health. As we age, our microcirculation can degrade. There are many herbs that support healthy microcirculation, as well as the larger organs and vessels associated with the cardiovascular system.

Yin tonics nourish the fluids of the body and provide the “deep substance” of life. *Yin* and *Yang* are the opposing forces within all systems. *Yin* is defined as the accumulation and storage of energy. *Yin* energy is generally condensed and stored in all of the tissues of the body, but most extensively in the major solid organs, and most particularly in the organs associated with the “Kidney.” The “Kidney,” as described in Chinese herbalism actually encompasses the structures and functions of the reproductive system, the adrenal glands (especially the hormone-producing cortex), the ears, the hair on the head, the skeleton, the bone marrow, the teeth, the brain and the spinal cord. The stored energy is known as *Yin* Essence — especially that stored in the Kidney. This energy is considered to be the body’s fundamental reserve.

Yin tonics nurture these organs and functions. They provide softness, coolness and flexibility to the body and are necessary to healthy functioning. The *Yin* tonics are usually associated with the preservation of life and many of them are considered in the Orient to be the most important “anti-aging and longevity herbs.”

Yang Tonics are the power herbs of Chinese herbalism and, like the *Yin* tonic herbs, are said to affect primarily the “Kidney” function. “*Yang*” is the utilization of the “*Yin*,” the stored energy. *Yang* tonics are generally said to have a “warm” or “hot” energy. *Yang* tonics are believed in China to build will power and courage. *Yang* energy is also associated with mental creativity and the ability to manifest one’s ideas. Certain *Yang* tonic herbs are very famous as sexual tonics — some are even reputed in the Orient to be “aphrodisiac,” since *Yang* energy is said to control sexual drive. *Yang* tonics build strength and are thus favorites of athletes. *Yang* herbs are used to stimulate metabolism and build muscle. *Yang* tonics support bone and are often used to support the skeleton, in particular the lower back, knees and other joints.



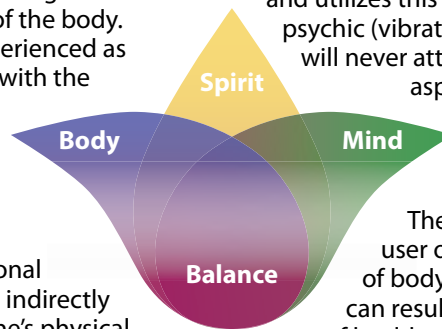
Our life is like a candle. Our physical body is like the wax and wick - this is equated to *Jing*. Our vitality is equated to the flame - this is equated to *Qi*. Our consciousness, mind and spirit are like the light being given off by the candle - this is equated to *Shen*

Oneness of Body, Psyche and Environment

In the Orient, all philosophy, art and science are traditionally based on the fundamental realization that all things, and all processes, are interconnected. Oriental wise women and men long ago recognized the interconnectedness of the various parts of the body. The human body, mind and spirit are experienced as one complete whole, within themselves, with the environment and with the universe.

The notion of the unity of the body and psyche is fundamental to the Oriental health arts. Changes in one's physical condition will result in changes in one's thinking and in one's intuitive and emotional processes. The mind likewise directly and indirectly influences gross and subtle changes in one's physical nature and in the actions we take. Virtually all aspects of health are rooted in the harmonious integration of the body and the psyche.

The Oriental health-maintenance and health-promotion arts, such as tonic herbalism, take full advantage of this oneness of body and psyche to help each person to



grow to as full a state of health, wellbeing, and spiritual awareness as the person is ready to achieve. The tonic herbs are used to bring about changes in one's physical condition; and simultaneously, they are routinely used to influence the conscious and subconscious mind, the emotions, and the human spirit.

No form of health care is complete unless it recognizes and utilizes this principle of the unity of physical and psychic (vibrational) energy. A Chinese tonic herbalist will never attempt to influence a change in just one aspect of a person's physical or psychic life.

In any case, such an attempt would be fruitless – our world is a web of interconnections.

The goal of tonic herbalism is to help the user of the tonic herbs to establish a harmony of body, mind, spirit and environment, which can result in a new level of wellbeing, a new level of health and happiness that forms the foundation for a creative, successful life, as well as for true spiritual discovery, growth, and possibly, eventual mastery and enlightenment.

Adaptability is the Measure of One's Life

We human beings are intimately interconnected with our environment. Any change in the environment influences us both physically and psychically. How we handle such changes, how we adapt to the changes in our environment and to the stresses of life, will be the determining factor in our health and wellbeing, and probably in our longevity. Conversely, as we change, the environment around us will be influenced and will reflect our changes. The greatness of Oriental natural philosophy lies, to a great degree, in its subtlety and breadth of vision with regard to the connection between the human being and their environment. The tonic herbalist recognizes such environmental influences as the change of seasons — wind, heat, cold, dryness, moisture, radiation, and so on — as fundamental causative factors in one's health as well as one's discomfort.

A person's ability to adapt to the ever-changing variables of life determines that person's health, wellbeing and happiness. Indeed, **adaptability** is a bottom-line issue for all life. Adaptability requires energy and innate sensitivity. The greater the stresses of life and the more dynamic the changes in one's life, the greater is the requirement for *adaptive energy*. The very purpose of using Chinese tonic herbs is to aid the body-mind in its adaptive needs. The greatness of the Chinese tonic herbs lies in their adaptogenic quality; that is, the ability to enhance the body-mind's capacity to adapt optimally, accurately and with endurance to changes in the environment, and thus to overcome the stresses of life.



By replenishing the energy of the cells, tissues and systems that regulate our adaptability, we find ourselves capable of experiencing life at its fullest. We find ourselves with increased physical, mental and emotional endurance. We find ourselves easily handling stresses that would exhaust others. We find ourselves to be resilient on every level. This adaptability allows us to lead a rich, broad, adventurous life.



The Principle of Yin and Yang



The "great principle" of *Yin* and *Yang* is a fundamental concept in Chinese philosophy and in the Oriental healthcare system. The great principle of *Yin* and *Yang* was developed more than three thousand years ago by great sages and scholars.

Yin and *Yang* are the two opposing components of one integrated whole. These two opposing forces are totally interdependent, interacting constantly so as to maintain the normality and integrity of the whole. Each in turn tends to dominate over the other, but no total dominance is permanent. No matter how dominating one side appears, eventually the other will take its turn as the dominant force. This interplay of opposing forces establishes the basis of all existence and all change.

The Law of *Yin* and *Yang* describes the innately dynamic, cyclical, bipolar, pulsing, rhythmic nature of everything in the universe. It is a very simple concept to grasp, although many people find it foreign and difficult at first. To some degree it may be understood intellectually, but fundamentally it must be grasped intuitively. The universe expands and contracts. Light and sound move in waves that are pulsing. The earth turns on its axis resulting in a multitude of rhythmic manifestations here on earth. Human sleeping/waking cycles, seasonal changes and the millions of microscopic cycles that support these daily and seasonal changes are the result of the larger (macroscopic) cycles in our solar system, galaxy and super-galactic systems.

Within our bodies our hearts beat, our lungs inhale and exhale, our glands secrete hormones, and our bowels and bladders excrete waste rhythmically. Our eyes each dominate for several minutes at a time, rhythmically. Indeed, virtually every human function follows rhythmic patterns. These rhythms are described and explained by the Law of *Yin* and *Yang*.

What are these forces called *Yin* and *Yang*? *Yin* is defined as that part of a cycle or process in which energy is

being accumulated, assimilated and stored for later use. *Yang* is defined as that part of a cycle or process 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, creativity and movement. But *Yin* should not be thought of as the absence of *Yang*. Nor should it be automatically associated with weakness. *Yin* is, in fact, the very substance of life, and it is absolutely essential to all functioning. *Yang* on the other hand is the functional, active aspect of any process and is also essential to life.

Yin and *Yang* are relative concepts, and they always exist together. They are different aspects of the same thing or process, two sides of the same coin.

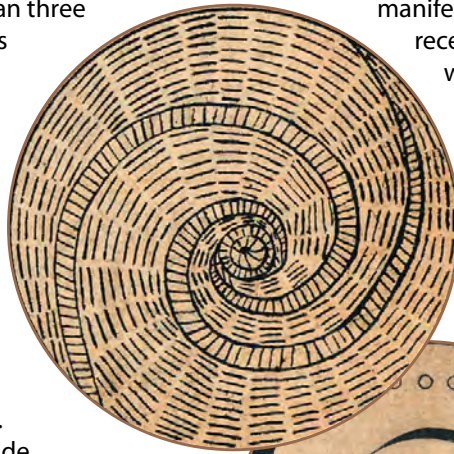
The relationship of *Yin* and *Yang* is never static. Though the two forces are actually acting in harmony with one another, they are also always competing with one another for dominance.

First one dominates, then the other in its appropriate time. Under normal circumstances, the interaction of the two forces will remain within well-defined limits. *Yin* provides sustenance for the *Yang* and the *Yang* protects the *Yin*.

Neither *Yin* nor *Yang* will normally go to such an extreme that its opposing force cannot recover. However, if for some reason *Yin* or *Yang* exceeds the limits normally inherent in the system, the self-regulatory mechanism breaks down and crisis ensues, perhaps leading to the breakdown of the system. In human physiology, such a breakdown is synonymous with illness or even death.

Health is dependent upon the maintenance of the correct balance of *Yin* and *Yang* forces in the body and psyche. Neither *Yin* nor *Yang* should increase or decrease beyond normal limits.

Through the regular consumption of Chinese tonic herbs, it is believed possible to help the body-mind maintain its self-regulatory capacity, assuring optimum functioning and "glowing health." This is the very basis of Chinese tonic herbalism.



The Yin and Yang of People

Our core natures and personalities reflect *Yin* and *Yang*. A person who is shy and inward would be said to have a *Yin* personality. An outgoing, assertive or aggressive individual would be said to be more *Yang*. Of course, our personalities change throughout the day and over time. We all go through *Yin* phases and *Yang* phases.

Our personal relationships also manifest the principle of *Yin* and *Yang*. Sometimes we dominate another individual and sometimes we are the dominated. Sometimes we are the giver, and sometimes we are the receiver. Giving and receiving in life are but a reflection of the universal Law of *Yin* and *Yang*.

Yin and *Yang* is a concept of relativity and each person must be looked at relatively. An aggressive person with a hot temper would be considered to be of a *Yang* nature, irrespective of gender. A cold, inward, passive person would be considered relatively *Yin*, irrespective of gender. A person who is dry (*Yang*) will need to increase their fluids and blood (*Yin*) and a person who has cold extremities will need to invigorate their circulation and metabolism by increasing *Yang*, in order to establish a healthy, balanced physiology.



Herbs and the Regulation of Yin and Yang

In Chinese tonic herbalism, we utilize the Law of *Yin* and *Yang* constantly. Tonic herbs are categorized according to *Yin* and *Yang*. It is the goal of tonic herbalism to provide *Yin* and *Yang* energy in an appropriate balance so that the individual eventually attains a proper dynamic balance and thus attains glowing health. Thus it is important to discern which balance of *Yin* and *Yang* herbs is appropriate. A person who shows signs of *Yin* deficiency will do well to take more *Yin* herbs while a person who shows signs of *Yang* deficiency should take more *Yang* herbs.

It is our belief that, since *Yin* and *Yang* are always both necessary, both *Yin* and *Yang* herbs should be consumed by everybody. Since *Yin* is by definition cooling, moistening and relaxing, *Yin* deficiency (a shortage of *Yin*) is often characterized by hot conditions, hot feelings, dryness and agitation. *Yang*, on the other hand, is warming, drying and invigorating. Therefore *Yang* deficiency is characterized by cold feelings and conditions, excessive moistness and a lack of vitality (fatigue).



Chinese tonic herbalism is an *adaptogenic* system. This relates to the concept that the body-mind is naturally and innately self-regulatory. Human neurological and endocrine functions have evolved over millions of years as the primary human regulatory systems designed by nature to maintain homeostasis (functional balance), even under an enormous variety of stressful conditions, thus allowing the whole system to survive and even thrive.

The Chinese tonic herbs, it appears, help these fundamental regulatory systems in maintaining optimal functioning and provide increased vitality in carrying out their roles efficiently and accurately. Furthermore, adaptogenic herbs and formulations appear to expand the range of adaptability, thus increasing the amount of stress an individual can sustain before breaking down.

This adaptogenic quality is the basis of the Taoist concept of "glowing health," which is generally defined as "health beyond danger." If one has increased adaptive capacity, it is possible to survive, or even thrive under stressful conditions that other, more common, less well-nourished individuals might not. When we have mastered the principle of *Yin* and *Yang*, we have mastered the art of living.

Nurturing the Three Treasures

Taking these primordial factors into account, a person can achieve glowing health by becoming in tune with Tao and the flow of nature. This is achieved through lifestyle choices. Achieving balance in one's life is a matter of balancing Yin and Yang. But nurturing the Three Treasures is ultimately the most important task in attaining glowing health.

Zhou Jing said:

Jing, Qi and Shen activate the human being. If they are not depleted they will work intrinsically to produce the substances needed to remain youthful. The ancients have stated, "Heaven has three treasures — the sun, moon and stars. Mankind has three treasures — Jing, Qi and Shen."



Ancestor Lu said:

The human body is only Jing, Qi and Shen. Jing, Qi and Shen are called the Three Treasures. What are these treasures?

Jing. In people it is primal energy. Jing is our essence, the root of life, the body, flesh and blood.

Qi. In people it is energy, physical movement, activity, speech, and perception. Qi is the use of the body and the gateway of life and death.

Shen. In people, it is the spirit, the light in the eyes, thought in the mind. It is the wisdom and intelligence, innate knowledge and capacity. It is the ruler of Jing and Qi, awareness and understanding. It is the basis of the physical shell, the foundation of the life span.

If you want to learn the Great Way, you must value the Three Treasures. Without the Three Treasures you cannot live long, and deep attainment cannot be reached in the limited time we have. So without knowing and valuing the Three Treasures you will not learn the Great Way.

The Three Treasures are difficult to obtain. Since they are not easily obtained, how can we not take care of them?

They are to be taken care of, and this is accomplished by purity and tranquility.

The Three Treasures are taken care of by taking care to not agitate the Jing, not letting it leak, so that it abides peacefully in its original home, true to reality as it is, circulating three hundred and sixty-one times in a day

and night, returning to its original home, true to its own nature, immutable, forming the stabilizing ingredient in the elixir of immortality.



Jing is controlled by Qi. Once Qi runs outside, Jing eventually leaks out. Therefore, to stabilize Jing one should guard the Qi.

Without Shen there is no Jing (substance), without Jing there is no Shen. Shen is active, Jing (substance) receptive; Jing acts through the Shen.

Emptiness and substantiality interact and balance each other, subtly combining into one whole. Those who understand and master this principle of Tao combine the qualities of firmness and flexibility. As emptiness and substantiality produce one another, they penetrate the mystery of life and death. By understanding this, creativity and receptivity are established in their proper places, and the great elixir of life is made.

Human life in the world is no more than that of a dayfly. This is true not only of ordinary people but also of the sages and buddhas of all times as well.

However, though a lifetime is limited, Shen is unlimited.

If we look on the universe from the point of view of our lifetime, our lifetimes are those of dayflies.

But if we look on the universe from the point of view of our Shen, the universe too is like a dayfly.

Achieving and Maintaining “Glowing Health”

Tonic herbs can change your life!

We all want to live our lives healthfully, happily, successfully, and fully. In the Orient, these attainments are cumulatively called “glowing health.” Glowing health IS attainable if we learn the secrets of living in accord with Nature’s laws and take advantage of Nature’s tools.

Among the great “tools” discovered by humankind to aid in the attainment of glowing health are the Chinese **tonic herbs**, also called, in the Orient, the “superior herbs.” The tonic herbs are the elite herbs of the Asian herbal system, the greatest herbal system known to mankind. Although there are thousands of herbs used by the people of Asia, only a handful are considered to be superior herbs, or tonics.

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, glowing health, physical vitality, slow aging, beauty, happiness, wisdom, adaptability, sexual vigor and response, mental acuity, clear intuition, love and compassion, and harmonious relations with Nature and with one’s fellow human beings.

The ultimate purpose of consuming Chinese tonic herbs, and of applying the principles of the Taoist art of glowing health, is to achieve these ideal goals of living. By reaching these goals, one can be said to have attained true “glowing health.” It has become clear over many centuries that the great Chinese tonic herbs can make a very major contribution toward one’s ultimate wellbeing.

One of the profound benefits of the Chinese tonic herbs abides in their ability to change “vicious cycles” into “benevolent cycles.” The tonic herbs 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.

Soon after one starts consuming tonic herbs, people start commenting on how bright your eyes are, how enthusiastic you are, how vibrant you are, how well you seem to handle problems, even how

insightful you are. These are the *real* benefits of taking the Chinese tonic herbs.

Thus the *vicious cycles* we were experiencing are transformed into *benevolent cycles*. The Chinese tonic herbs are truly *transformational*. They are “growth herbs” — growth in terms of our character, our wellbeing, our evolution. Success in whatever you do — that is the goal of taking the Chinese tonic herbs.

We invite you to step up to superior herbalism and enjoy the benefits of the great empowering tonic herbs.



Healthy Aging

Young people often have the sense that they will never get old, almost a sense of invincibility. But as years accrue, aging becomes noticeable and most likely will become annoying and ultimately troublesome. In the Orient, preserving one's youthfulness has become an art. Thousands of years of experience, study and experimentation has allowed for the discovery and development of many techniques for promoting "healthy aging." In the Far East, the art of healthy aging is called "life cultivation." We in the West have traditionally called it "taking care of yourself."

It is a profound human desire to "age well." That means, to age as "slowly" as possible — to stay strong, robust and healthy. For most of us, "healthy aging" would ideally mean that we don't get ill too often, that we avoid suffering, that we remain energetic and maintain a clear and sharp mind.

It has become abundantly clear that lifestyle plays a key role in healthy aging. In days gone by, "health authorities" claimed that the entire aging process was predetermined by our genes. But discoveries over the last two decades have proven that epigenetics plays a key role in how we age. Based upon our lifestyle, including how and what we eat and drink, what tonic herbs and superfoods we consume, how we handle stress, how we move and exercise, how we relax, how we think and emote, all play a role in how our genes express themselves. Healthy centenarians tend to have optimistic attitudes, tend to eat relatively sparingly and consciously, tend to exercise plenty and tend to cope with stress in an evolved manner.

Eating well is next to essential – that means eating fresh vegetables and fruits, whole grains, sea vegetables, mushrooms, sprouts, vegetable sources of protein, and so on. Avoiding red meat, processed foods, white sugar and artificial ingredients are becoming an accepted path to healthy aging. Many of the healthiest older people in the world consume some type(s) of superfood that they claim has contributed to their healthy aging. For sure, maintaining a calorie watch on one's diet can contribute to healthy aging.

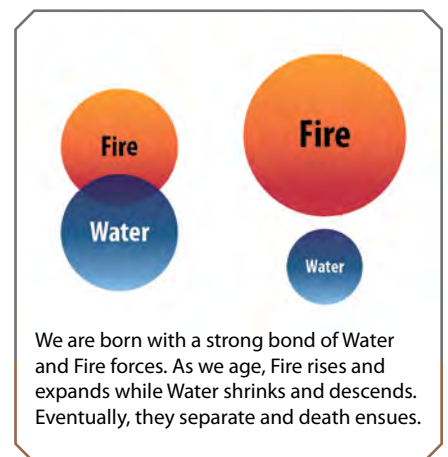



Exercising is surely a lifestyle activity that improves one's chances of healthy aging. There are definitely different styles and levels of exercise, though the jury is far from in on which methods are best. Naturally, yoga, tai chi and qi gong have a great legacy because they are very conscious and have been proven over thousands of years to support healthy aging. Nevertheless, most non-violent athletic activities will help us maintain a more youthful body and perhaps a more youthful mind. In addition to all this, how and what we breathe has a profound influence on healthy aging. Deep breathing is part of yoga and qi gong, and also part of dance, basketball and hiking. Breath control is a path to healthy aging unto itself.

Avoiding lifestyle activities that harm us, like excessive alcohol consumption, smoking, the use of pharmaceutical and addictive drugs beyond their necessary medical purposes, avoiding most "fast food" and highly processed foods, and avoiding activities that expose us to poison, radiation, wear-and-tear and extreme danger will contribute to healthier aging.

Other life cultivation techniques can contribute to healthy aging. Meditation, using healthy topical skin substances, and consuming tonic herbs have all gained reputations over the centuries for helping humans to achieve healthy aging.

If healthy aging is your goal, try to start while you are young. If you are not exactly "young" anymore, the time to start working on healthy aging is *now*.





Dragon Herbs... Who We Are

We at Dragon Herbs are determined to provide herbal products that are truly transformative. In order to accomplish this, we are focused on sourcing, producing and delivering the finest herbal products in the world. We are also focused on the **service** we provide, from the top of the company and throughout. Dragon Herbs has a remarkable staff that is dedicated to the wellbeing of each and every client and to educating the world about tonic herbs and superfoods.

The Founders

Ron and Yanlin Teeguarden, the founders and hands-on leaders of Dragon Herbs, have dedicated their adult lives to finding, producing and delivering the best herbs and superfoods in the world to their customers and clients. They have been working on major herbal projects together since 1993 and formally founded Dragon Herbs in 2000.

Ron has spent many years living and working in Asia, primarily in mainland China with his wife Yanlin. Ron Teeguarden has spent over forty years building the extraordinary and cutting edge Dragon Herbs product line. Ron has

studied herbalism in China, Japan and America. He had the supreme good fortune to be the senior student of Taoist Master Sung Jin Park, a great and renowned teacher. Based on the teachings of Master Park, Ron has continued to promote the "art of glowing health." Ron has long been considered a Master Herbalist in the United States, Europe and Asia. He is the author of three books on tonic herbalism: *Chinese*

Tonic Herbs (Japan Publication, 1986, out of print, soon to be republished), *The Ancient Wisdom of the Chinese Tonic Herbs* (Time Warner Publications, 2001), and *31 Tips for a Long and Healthy Life* (Dragon Herbs Publication, 2004, republished 2016). Ron was dubbed a

Master Herbalist in 1992 by Professor Xu Guojun (China Pharmaceutical University), recognized in China as the greatest Chinese herbologist of the 20th century, and again by Taoist Grand Master Sung Jin Park, "Keeper of Rites" for the oldest Taoist tradition in Korea. Ron Teeguarden has taught thousands of students the art of tonic herbalism. His blog ronsblogworld.com offers articles on the world of life cultivation and tonic herbalism.

Ron has worked with many thousands of clients over the past forty years. As a practitioner, he has seen

thousands of lives transform and bloom as a result of the incredible Chinese tonic herbs. Ron is in charge of information flow.

Yanlin Teeguarden, CEO of Dragon Herbs, has worked side-by-side with Ron to build the extensive network of our growers, producers, scientists and logistical personnel in China and around the world. It takes a great understanding of herbalism, great raw materials and great production technology to make superior

products that really help people. Yanlin manages all Dragon Herbs operations, including manufacturing and shipping, international trade, regulatory affairs, stores, web operations and call center. She also oversees our award-winning graphics department.



Our Herbalists

The Dragon Herbs staff of herbalists is composed of superb tonic herbalists and dedicated support personnel. Every employee goes through deep herbal training with Ron Teegarden and his senior herbalists. Dragon Herbs maintains a crew of over a dozen senior herbalists, all of whom are *licensed* to perform acupuncture and to provide herbal consultation.

Dragon Herbs herbalists are all extremely expert at tonic herbalism — they are second-to-none in the world. Every member of the staff is dedicated to providing knowledgeable, warm, personalized service whether it is at one of our Emporium or over the phone. The staff never tires of providing whatever service is necessary in order to fulfill the needs of the clients.



Rose Palma

Rose Palma, MSOM, LAc. Senior Herbalist at Dragon Herbs has studied in hospitals in Beijing and worked with renowned herbalists in China. She brings a non-judgmental, compassionate approach to healing, combined with a deep knowledge and rigorous study of both Western and Eastern medical traditions.

"If you put water into a cup, it becomes the cup.... You put it in a teapot, it becomes the teapot. Now, water can flow or it can crash. Be water, my friend." - Bruce Lee



Roland Steele

Roland Steele, LAc, is a licensed herbalist and acupuncturist in the state of California and holds a Master's Degree in Traditional Chinese Medicine from Emperor's College in Santa Monica, CA. He is dedicated to helping others achieve the state Taoists refer to as "health beyond danger."

"Health is the greatest possession. Contentment is the greatest treasure. Confidence is the greatest friend." - Lao Zi



Susan Haffey

Susan studied Jin Shin Do with Ron Teegarden at the Kushi Institute in the early 70's which, combined with a fascination for herbs, instilled a life-long interest and study in ancient practices of longevity and health, culminating in a doctorate in Oriental Medicine from Tai Chuan Foundation.

"Knowing is not enough; we must apply. Willing is not enough; we must do." - Bruce Lee



Borna Ilić

Borna Ilić, LAc, joined Ron Teegarden's team in 2001. Dragon Herbs has been the perfect converging spot for Borna's passions for Taoist wisdom and cutting edge biomedical understanding of healthy aging and longevity. Borna holds both Master's and Doctoral degrees in Traditional Chinese Medicine.

"Look at the simple, Embrace the natural" - Lao Zi



Joan-Angela Hess

Joan-Angela Hess, LAc, Senior Herbalist, holds a California Acupuncture license and MS in Oriental Medicine from Samra University, where she taught and supervised student interns after graduation, and maintained a private practice before joining Dragon Herbs in 2007. She's happy to be of service.

"Keep a quiet heart, sit like a tortoise, walk sprightly like a pigeon and sleep like a dog." - Li Ching-yun, on the secret of longevity



Eric Grant

Eric Grant has been with Dragon Herbs since 2007. He holds a Master's Degree in Traditional Chinese Medicine from Emperor's College of Traditional Chinese Medicine. A lifelong martial artist and father of three, Eric is particularly experienced in using Tonic Herbs to support athletes and families.

"The best time to plant a tree is twenty years ago. The second best time to plant a tree is today." - Chinese proverb



Gabriel Donovan

Gabriel entered the healthcare field over 15 years ago as an EMT. In 2002, he entered the Texas College of Traditional Chinese Medicine where he earned his Masters of Acupuncture and Oriental Medicine and Texas Acupuncture license. He is a dedicated martial artist, certified personal trainer, and Qigong instructor. He is Dragon Herbs "master of taste."

"Don't fight forces, use them." - Buckminster Fuller

Dragon Herbs Administrative Staff

Dragon Herbs is distinguished not only by the quality of the herbs, products, and herbal services that it offers, but by the quality of its administrative staff as well. All operations are managed by Jimmy Telles, a man akin to Avelokitesvara, with 100 hats, 100 arms and capable of juggling 100 iron balls simultaneously. Production is controlled from the U.S. by Yanlin Teeguarden and accomplished by Wendy Chen and Lucy Li. Roy Rocha manages company implementation, the emporiums and everything from chocolate-making to elixir bar and trade show implementation. Lucy Li, M.S., manages Good Manufacturing Practices (GMP), laboratory testing and regulatory affairs. Vic Vinson is director of the video department. Product Development is managed by Ron Teeguarden, Yanlin Teeguarden, Gabriel Donovan,

Jimmy Telles and Roy Rocha. The award winning Dragon Herbs art department is in the admirable hands of Lan Bermejo and Brandon Gonzales. Michael Eivaz manages Dragon Herbs' 75,000 original photographic images database. Susan Haffey, Ph.D., is Senior Herbal Assistant to Ron Teeguarden. Everyone is ably assisted by Tisha Tuong (Ron Teeguarden's executive assistant), Jeremy Park (Jimmy Telles' project assistant) and Kaia Song (Yanlin Teeguarden's project assistant).

Dragon Herbs maintains a 5,000 sq. foot warehouse in the Los Angeles suburbs, anchored by Jesus Martinez, Alex Rivera and Ismael Martinez, supported by a committed professional crew.

Jimmy Telles
Vice President

Immediately after USC, Jimmy joined the Dragon Herbs team. 17 years later, Jimmy has risen through the ranks as corporate VP. Jimmy has traveled extensively through China with Ron and Yanlin having visited the Shaolin Temple, the Institute of Medicinal Plant Development and of course the Great Wall of China. Jimmy's mission is to leverage technology, will power and muscle to spread Chinese Tonic Herbalism.

"Success is liking yourself, liking what you do and liking how you do it." - Maya Angelou



Yun-Qing Lin
Production Coordinator, China

Yin-Pan Yan
Pharmaceutical Engineer, China



Dragon Herbs maintains an office in Guangzhou, China, which we call the "China Hub." It is from this office that herbal procurement, quality control and U.S. GMP regulations are implemented and monitored, assuring Dragon Herbs clients and customers will get the highest quality products. We also maintain a branch office in Fuzhou China.

Dragon Herbs maintains a crew of managers, agents, herbal experts and technicians in different regions of China who continue sourcing, overseeing manufacturing, managing logistics and exporting to the U.S. throughout the year. The China staff is headed by Lin Yun Qing who was formerly the director of a major pharmaceutical institute. She heads herbal



Lucy Li
Production, Quality Control
Manager, Sourcing and Archival



Roy Rocha
Senior Project Manager/
Administration



Jeremy Park
Project Manager



Karan Dhillon
Project Manager



Lan Bermejo
Director Art Department



Julie Lukito
Multimedia and Web Designer



Elaine Cai
Supply Chain Coordinator



Wendy Chen
Controller and
Import Manager



procurement, China production, and export procedure out of China. She is a master at all of these with nearly forty years of experience.

Yan Yin-Pan, Yanlin's father, is a brilliant phyto-pharmaceutical engineer. In China, he is one of the most highly respected and well-connected scientists in the field of herbal industrial production. He has helped develop many of the Dragon Herbs' products and supervises much of the advanced technology associated with the production of Dragon Herbs' products. Mr. Yan has headed production logistics and sourcing for the past twenty two years.

Dragon Herbs' production facility in China is GMP certified and have passed inspections from the U.S. FDA. Dragon Herbs maintains a full-scale quality assurance, herbal-identity-verification and analysis protocol agreement with the Shanghai Institute of Traditional

Chinese Medicine Laboratory of Herbal Standardization, a top-tier and universally respected laboratory associated with the Chinese Academy of Medical Sciences and the Chinese Pharmacopeia Committee. Every Dragon Herbs ingredient obtained and processed in China is tested and verified by both our state-of-the-art factory laboratory and again by an independent third-party laboratory. As a result, you are assured that what Dragon Herbs "claims" in its labeling is in fact in that bottle.

Finally, due to the tightly regulated nature of dealing with the pharmaceutical, nutraceutical, food and herbal sectors of Asia, the United States and Europe, Dragon Herbs maintains committed relationships with several factories, major university laboratories and numerous farmers throughout Asia, all of whom perform essential tasks for Dragon Herbs on an ongoing basis.



Jesus Marquez
Warehouse Manager



Ismael Marquez
Warehouse Assistant



Alex Rivera
Inventory Assistant





Taoist Master Sung Jin Park

The Taoist Art of Glowing Health

by Taoist Master Sung Jin Park

The Taoist Art of Glowing Health is an Oriental method of achieving glowing health, prolonging life and attaining spiritual awareness through the use of unique yogic techniques, inner exercises, meditation, herbs and by living in accord with nature and the cosmos.

This Art has been enjoyed by holy men and women in Korea and China for thousands of years, especially in the deep mountains where holy men and women dedicated their lives to the Taoist Way. This Art has been the vehicle of innumerable sages to union with the Supreme Ultimate, Tao.



Sung Jin Park while he was a hermit in Korean Mountains

Yet, the benefits are not reserved for recluses. People who live their lives among society can vastly benefit from practicing this Art. In fact, most of the same results can be achieved by city-and-town-dwellers as by mountain-dwellers., though the task is in some ways more difficult in the city. Nevertheless, health, indeed *glowing* health, can be achieved through the practices of the Taoist Art of Glowing Health. With constant practice, amazing results will quickly and surely come.

This Art emphasizes unity: unity of a human as a being, unity of a human with nature and the cosmos, and indeed the Oneness of All and Nothing.

The basic idea of the Art is simple and easy to grasp. We must learn how to accumulate, store and circulate within the body vast amounts of Life Energy, known in the Orient as Ki (or Qi or Chi). This in turn leads to abundant physical, mental, generative (sexual and

reproductive), and spiritual energy, which will result in a long, happy life.

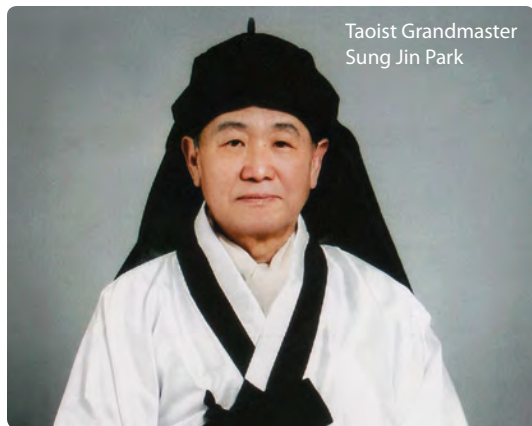
The Art is quite safe, with no side effects other than the beneficial ones such as better memory, greater physical awareness and emotional stability.

The Art of Life

There are three main treasures in the human body. These are known as Chung (Jing), Ki (Qi) and Shin (Shen). The major aim of this Art lies in training, cultivating and building up the Three Treasures, for the Three Treasures constitute our life. These Three Treasures are not well known in the Western world. Only Ki (Qi) has received some recognition so far. Ki is but one of the Three Treasures — the other two are equally wondrous.

The great life force, Ki, envelops the earth and flows in currents. Humans and all of life on earth thus rest in a great sea of universal energy. We humans are unified with the cosmos through our breathing and with the earth through our eating and drinking. Therefore, for a life in harmony with Heaven and Earth, a human must be able to make use of the energy given to us by breathing, eating and drinking. If one is unable to accumulate, retain and store energy, one becomes fatigued, loses their health, and gradually old age sets in. We can replenish and regulate the Ki by accumulating it, thus renewing our reserve, and then harmonizing energy patterns. This is the Taoist Art of Glowing Health.

Acupuncture, acupressure and Oriental yoga (Ki Kong) can clear the meridians of blockages, and can correct



Taoist Grandmaster Sung Jin Park

deviations of their paths. Furthermore, these arts can regulate the Ki so that the Ki currently present in the body can be distributed in a balanced and harmonious way. This is, of course, vastly helpful, and all Oriental holy men and women know and utilize principles and ways such as these, using such knowledge and techniques to aid their own and others' evolutions.

However, acupuncture, acupressure and yoga moves alone cannot produce Ki. By opening the channels and regulating the Ki flow, they make the Ki production process go much more smoothly, but it is up to the individual to decide whether they will create a body wondrously full of Ki or pitifully lacking in it. The amazing Art of Inner Cultivation, which includes focused deep breathing and the consumption of tonic herbs, can produce Ki. It can also recharge this vital life energy within the body. Through this Art, we can learn to produce, circulate and store Ki at will by means of herbs, breathing and concentration.

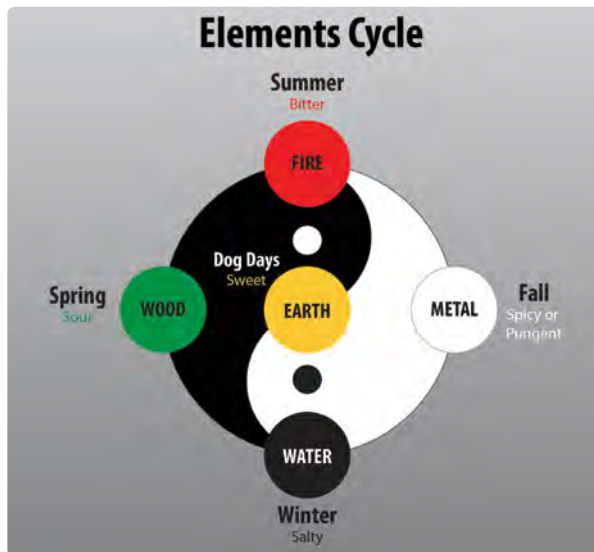
The Art of Herbs on Earth

According to ancient Oriental Taoist theory, there are five elements. These five elements are of the greatest universal importance, for it is due to the interrelationships between the five elements and the transmutation from one to the other that constitutes life's processes.

The five elements are Wood, Fire, Earth, Metal and Water. These terms represent the five types of energy which pervade the universe. All entities always contain all five elements, but always in different proportions, so that an infinite variety of possibilities exist as to these ratios.

Among the five elements, herbs belong in general to the Wood element which lives on Earth. All the trees, grasses and plants are nourished by the Earth. Each herb can take and absorb different energies from the Earth. Because of this, each herb has a different "taste." The herbs supply and feed animals and harmonize with other elements in the cosmos.

If we sow five kinds of seeds in the same plot of land, we can see the five plants arise with five different colors. Each of the five herbs has a different tendency and can



Tokkebi — Tokkebis like the one shown here belong to Korean myth. According to Korean mythology, the universe was given form by tokkebis, who possess might and magical strength. Countless tokkebi stories appear in Korean folklore, and we find tokkebis in painting, sculpture and handcrafts such as the ancient tokkebi tile shown here, on Display in the Korean National Museum in Seoul. But tokkebis do not only appear in folklore: their power can be gained through the Taoist practices that include Tonic Herbalism and Alitong exercises.

absorb a special energy from the Earth, through the wise and sensitive great root of their life.

The great root does not absorb unnecessary energy from the natural world, but takes only that energy which is necessary. For this reason some plants, especially trees and some herbs like Ginseng can live for eons. All herbs can unite and harmonize with the cosmos, and when a human or animal consumes them these herbs help the human unite and harmonize with the cosmos. The good energy from the herbs makes the organs of a human clear, cleans the blood and bodily tissues of debris, and purifies the energy meridians.

Herbs have been a basic part of the Oriental health way for several thousand years. Oriental herbalism is a very sophisticated health system and Taoist tonic herbalism is the highest form. It is necessary to understand the basic principle of Taoism, which is that all things and non-things are really one, and that separations are really just illusions. Therefore the Taoist approach to health is to view the body and mind as a whole, not as parts. The herbs used by Taoist holy men and women in the deep mountains of China, Korea and Japan are used to energize, harmonize and purify the *whole* body. These herbs promote great well-being.

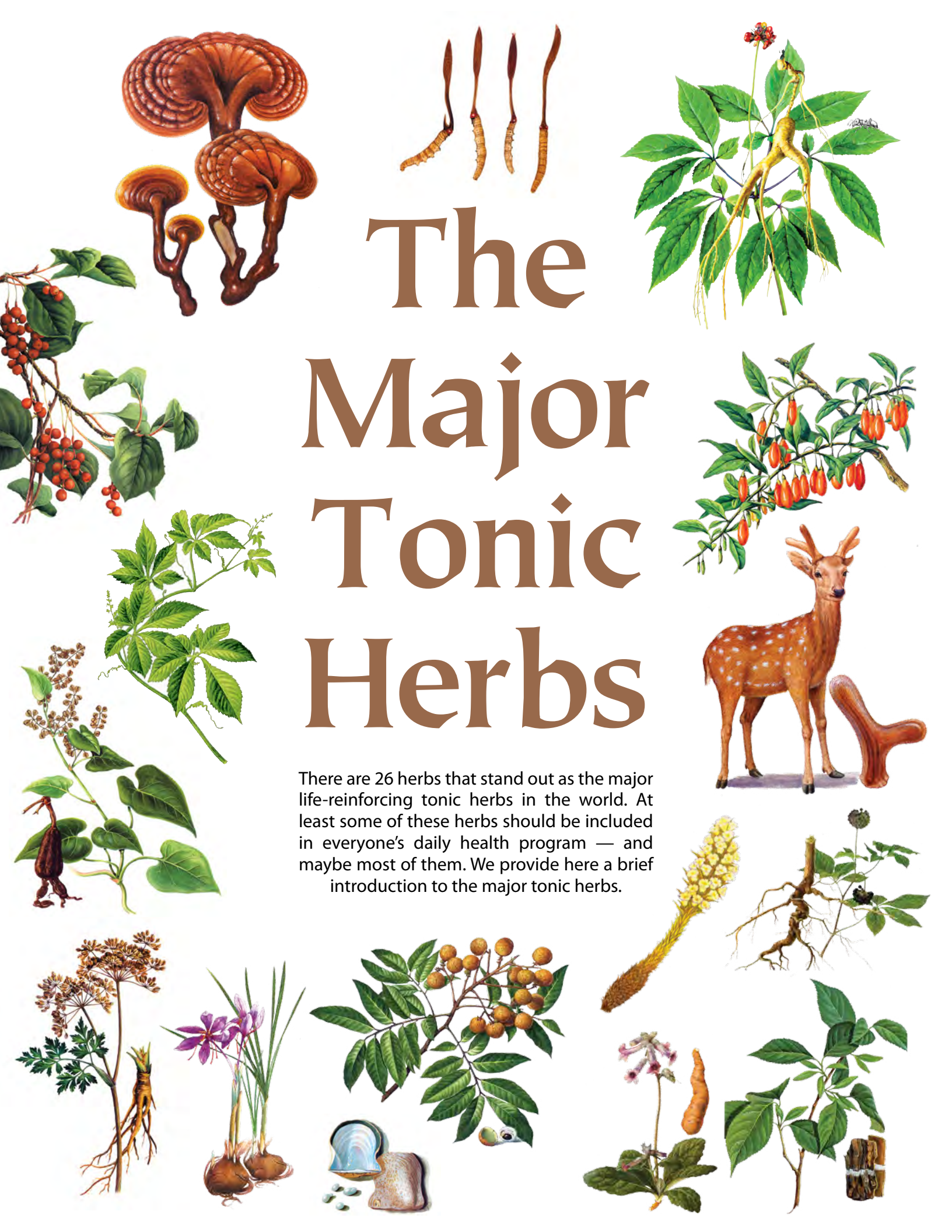
The approach taken by my disciple Dan-O Sun Sha Ron Teeguarden is of a traditional Taoist nature. In this guide book you will learn the secret herbs that great and venerable holy men and women have used to live lives of great longevity and happiness. It is my great wish that you too take advantage of these herbs and help spread glowing health, peace and wisdom to the world.

With Taoist Love,

성학조사 박성진. 性學祖師 朴成鎭



Kook Sun Do Taoist Grand Master, Sung Jin Park



The Major Tonic Herbs

There are 26 herbs that stand out as the major life-reinforcing tonic herbs in the world. At least some of these herbs should be included in everyone's daily health program — and maybe most of them. We provide here a brief introduction to the major tonic herbs.

Reishi Mushroom

Botanical Name: Ganoderma Fruiting Body

Latin: *Ganoderma lucidum*

PinYin: Ling Zhi

Reishi mushroom (Ling Zhi in Chinese, *Ganoderma lucidum* and other related species) has been revered since the dawn of Asian culture as a tonic herb that protects us physically and psychologically. In ancient times Reishi was referred to as the 'divine fungus' and it has been used throughout Asian history as the symbol of enlightenment and mastery. It is China's ultimate Shen tonic. It has been used by millions of spiritual adepts over their full lifetimes. Reishi has long been recognized as a "supreme protector," and is now acknowledged as a profound immune tonic, supporting the many functions of the amazingly intricate human immune system. Reishi supports the normal detoxification functions of the liver. Red Reishi, the variety most commonly studied, contains over 900 bioactive constituents. Reishi supports healthy aging.

灵芝



Top: Duanwood Reishi mushrooms. Duanwood Reishi is grown on forest logs without the use of any chemicals ever.

Left: Organic Duanwood Reishi tent, Wuyi Mountain. Note logs in soil upon which the Reishi is grown.

Right: Magu, the Goddess of Youth, holds a Reishi

Below: Yanlin shows dried Duanwood Reishi



Dragon Herbs is the number one purveyor of Asian Reishi products in America. Ron Teeguarden has been a purveyor of Reishi mushroom products since the 1970s. Over the last twenty five years he has spent hundreds of hours with Reishi collectors and growers in Asia. Ron and his Dragon Herbs team have identified the best-of-the-best Reishi from places like Changbai Mountain in Manchuria and Wuyi Mountain in South China.

There are several ways that Reishi is offered. We offer it in both capsule and tincture forms. We offer it in powder form, combined with a few other tonic herbs, for use in teas and elixirs.

Dragon Herbs does not ever sell raw ground-up powdered Reishi. Numerous studies have shown that humans cannot digest or assimilate ground Reishi powder. Reishi is known as a “woody mushroom” that cannot be digested by humans in its raw form. Reishi *must be extracted*. All Dragon Herbs Reishi products are concentrated extracts, whether they are liquid, powder, oil or FITT powder (Fingerprint Identical Transfer Technology™).

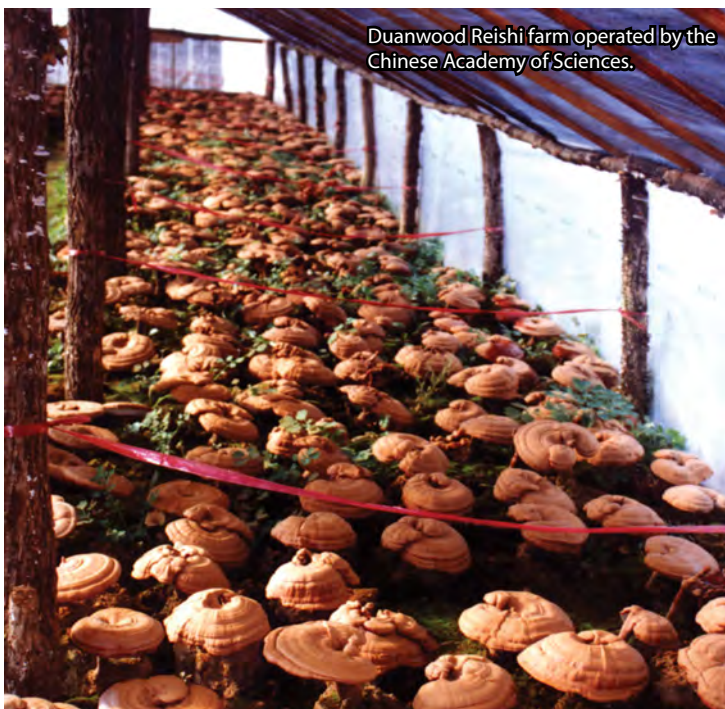
Ganoderma (“Reishi”) mushroom has over 100 different varieties, of which some are considered to be the true “mushroom of good fortune,” while others are not. Most brands of Reishi on the American market use inexpensive hothouse-grown mushrooms, grown on sawdust. In fact, most Reishi for sale is not even the mushroom — it is the *mycelium*, the fungal mass that can be mass-grown before the mushroom sprouts. This mycelium is not



Reishi mushrooms collected wild in the hills surrounding the Shaolin Temple in China’s heartland

as good as the true fruiting body (mushroom cap). To make matters worse, most often, this mycelium has not even been extracted at all but is simply ground into powder. Non-extracted Reishi mushroom is of little biological value to a human, since it cannot be assimilated in raw form, and is a waste of money. Dragon Herbs only uses true Reishi mushroom caps.

“Reishi Heaven.” This is a painting of Chinese paradise, where a stone pedestal at its center bears a pair of divine Reishi mushrooms.



Duanwood Reishi farm operated by the Chinese Academy of Sciences.

In making our cultivated Reishi products, we select only superb, naturally grown Duanwood™ Reishi as the starting point of the production process. Duanwood Reishi™ is grown in mountain plantations away from pollution, fed by mountain springs and streams. We painstakingly extract all of our herbs using ultra-modern extraction technology in order to protect them and concentrate their phytochemicals. It takes about 10 pounds of Reishi mushrooms to make just 1 pound of powdered Reishi extract. All the extraneous woody material is removed, and what you get is the biologically, nutraceutically active essence of the Reishi that contains all the active constituents that make Reishi a great tonic herb. Thus, when you take a concentrated form of Reishi (a natural 10:1 extract), you are taking the equivalent of 10 times the weight of non-concentrated raw material.

Also, Reishi must be extracted slowly and properly in water and alcohol in order to make the active substances bio-available. The non-extracted product is not at all bio-available — you cannot



absorb non-extracted Reishi into your bloodstream. Though extracted Reishi appears to be somewhat more expensive than non-extracted products, it is in fact a much better value for your money — and for your health. It could take up to 50 capsules of non-concentrated Reishi, if you can digest it at all, to match just 1 capsule of Duanwood™ Reishi powdered extract.

There are a number of varieties of Reishi. Wild Red Reishi is the most commonly used wild form, collected in high mountains throughout northern Asia. Reishi can be cultivated very naturally by growing it on logs cut from high mountain forests. This type of cultivation is very natural and produces very powerful, standardized Reishi. The original wood logs are known as “duan mu.” Dragon Herbs Reishi is organically grown and we call it “duan wood” Reishi. Duanwood™ is a trademark of Dragon Herbs.

The Reishi comes in several colors from different mountains. Red Reishi is most common. Purple Reishi is very rare, but is considered very desirable by connoisseurs because it has a gentle flavor with potent benefits.

Reishi reproduces by producing “spores.” The spores are completely non-digestible by humans in the raw form, but if they are “cracked” or “broken” the nutrients inside the microscopic spores become assimilable. Dragon Herbs only sells this “cracked” spore in the products with Reishi spores. Also, a very valuable oil can be extracted from the cracked spores. This Reishi Spore Oil is one of the healthiest natural materials on earth. Dragon Herbs **Reishi Spore Oil** is unadulterated (not combined with other oils to cut price).



The exquisite Wuyi Mountains in Southern China are a major source of tonic herbs.



Yanlin inspects Reishi mushroom that is producing an abundance of spores

Dragon Herbs offers an unmatched variety of Reishi products.

- Duanwood Reishi Capsules
- Duanwood Reishi Drops
- Wild Red Reishi Drops
- Wild Purple Reishi Drops
- 22 Reishis Drops
- Supreme Protector
- Reishi Spore Oil Softgel caps
- Protector 2000
- Liver Tonic
- Shaolin Inner Power eeTee
- All Dermal Serums & Face Cream of Magu's Treasure Skin Care Line
- Jing Serum Dermal Elixir
- Qi Serum Dermal Elixir
- Qi for Men Serum Dermal Elixir
- Shen Serum Dermal Elixir
- Reishi Spore Oil Intensive Moisturizing Cream Dermal Elixir

Many other Dragon Herbs herbal formulations contain Reishi as an ingredient

A basket of wild Reishi mushrooms collected in Changbai Mountain, Manchuria



Ginseng

Botanical Name: Ginseng Radix et Rhizoma

Latin: *Panax ginseng*

PinYin: Ren Shen

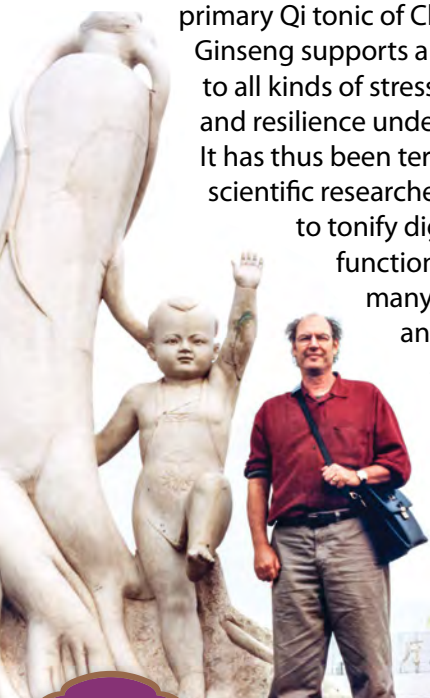
Many would consider wild Ginseng or cultivated old-mountain Ginseng to be the most important herb in their tonic toolkit. In the Orient, Ginseng root is called the "king of herbs." Ginseng is the ultimate Qi tonic herb. It supports our adaptability, our general vitality, our strength and sexual functions. It is a very powerful tonic for our immune system. Wild Ginseng is a Shen tonic of the same caliber as wild Reishi mushroom, and thus has been revered by wise women and men for thousands of years. Recommendation: Use mature Ginseng from Manchuria and pristine regions of North America. When you can obtain wild Ginseng, get it and take it. Ginseng is usually not grown organically, but Dragon Herbs uses wild, wildcrafted or certified organically grown Ginseng to make its products.

Asian Ginseng Root

Asian Ginseng is one of the most famous and valued herbs used by mankind. It is properly known as *Panax Ginseng*. *Panax Ginseng* is a Qi tonic that regulates the human energy system. It has been shown to be both stimulating and sedating to both the central nervous system and to the endocrine system. Overall, it is regulating to these systems. *Panax Ginseng* is the primary Qi tonic of Chinese tonic herbalism.

Ginseng supports a person's ability to adapt to all kinds of stress, and supports endurance and resilience under stressful conditions. It has thus been termed an "adaptogen" by scientific researchers. Ginseng is also used to tonify digestive and respiratory functions. Ginseng contains many active constituents, and the most important are the saponins called *ginsenosides*.

Ron at a large herb market near Beijing with the "Ginseng Baby" statue.



An extraordinary wild Chinese Ginseng root, used in a batch of Heaven Drops

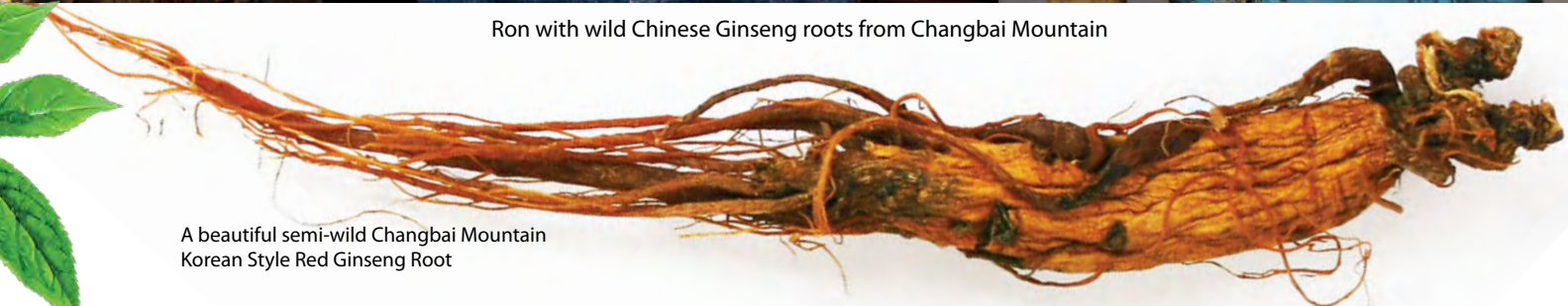
Ginsenosides play many roles in supporting the immune, endocrine, nervous, respiratory and hepatic systems.

Ginseng is very popular with athletes. Ginsenosides are the constituents that specifically improve adaptability and are believed to help build muscle and endurance. *Panax Ginseng* has a "warm" energy.

There are several varieties of Ginseng, each of which has distinct characteristics. Most high quality ginseng is good for men and women alike. Wild, semi-wild and wildcrafted Ginseng is generally superior to the commercially cultivated varieties. Nevertheless, cultivated Ginseng can be superb. The higher the quality, the more Shen (Spirit) a ginseng root is said to contain. Also, the higher the quality, the more



Ron with wild Chinese Ginseng roots from Changbai Mountain



A beautiful semi-wild Changbai Mountain Korean Style Red Ginseng Root

adaptogenic the product will be. Ask for advice as to which might be best for you.

The best cultivated Ginseng is grown on plantations on Changbai Mountain, in Manchuria, and in Korea, which share a border and common environmental forces. The best cultivated Panax Ginseng is known as "heaven grade." Most commercial Ginseng is grown with some chemicals. However, organically grown Panax Ginseng is now available from Dragon Herbs. Beware of cheap Ginseng products, because they are often made from immature roots that have imbalanced chemistry. These cheaper Ginseng products account for Ginseng's unfortunate reputation for increasing tension or for causing headaches, or even high blood pressure. Mature, high quality Ginseng will not produce these side effects. Dragon Herbs obtains ALL its Chinese Ginseng from pristine forest plantations on the western slope of Changbai Mountain. This has been the Di Tao authentic source of Ginseng for thousands of years. All Dragon Herbs cultivated Ginseng is grown at



Our organic Ginseng plantation, Changbai Mountain

high altitude and experiences mild summers yet harsh Manchurian winters. Our Ginseng is nourished with pure mountain materials and the water is derived from the caldera of Changbai Mountain Heaven Lake as it overflows and pours down the mountain. Dragon Herbs also uses only Ginseng that is mature. Ginseng must be six years old to attain a ginsenoside balance of Yin (calming) and Yang (invigorating) factors. Many Dragon Herbs products use Ginseng that is even more mature and some Dragon Herbs tinctures contain Ginseng roots that are around one hundred years old — a very good thing indeed.

American Ginseng Root

American Ginseng is a true member of the ginseng family that grows natively in North America. It contains ginsenosides similar to those found in Panax Ginseng (Asian Ginseng). However, American Ginseng contains some ginsenosides that are unique to its species. American Ginseng is considered to be a Yin tonic herb, especially nourishing to the lungs, skin and stomach. American Ginseng is a powerful adaptogenic herb. It thus provides energy, adaptability and heightened alertness. It is especially appreciated for its endurance increasing capacity.

American Ginseng is extremely popular in China. The wild variety is considered to be far superior to the cultivated. Though it is used in much the same way and with many of the same goals in mind, American Ginseng is different in its actions from the Asian varieties. American Ginseng is a Yin tonic and is cool in

nature. This is in contrast to Asian Ginseng, which is a Yang tonic that is generally warm in nature. American Ginseng is thus useful for people who are hot but wish to take Ginseng. In other words, people who tend to have lots of energy, high metabolisms, are aggressive, have high blood pressure, have ruddy complexions, etc. can take American Ginseng for its adaptogenic benefits without fear of overheating. American Ginseng is highly regarded for its ability to promote the secretion of body fluids. American Ginseng is often used in China to tonify the lungs of people who have dry coughs due to smog, smoking or from other causes.



Wild American Ginseng roots. Note the very long head indicative of years of life. The upper root is approximately 65 years old

American Ginseng root

Below: Wild Ginseng roots that were kept alive for the winter are sprouting

Bottom: The Dragon Herbs staff at a "wild Ginseng party" where we make Heaven Drops by examining all the wild Ginseng roots and breaking their heads off. We are toasting the blessing of this extraordinary product with a 10 year old Ginseng jiu made with a 50 year old wild Ginseng root.



Eleuthero

Eleuthero (also referred to as “Siberian Ginseng”) is an important and popular tonic herb. It is a relative of true ginseng, though it shows no physical resemblance to Panax Ginseng. Wild *Eleutherococcus senticosus* grows widely in Siberia, Mongolia and Manchuria. It is famous as an adaptogenic herb, thus aiding animals and humans in the handling of stress. It has been used for centuries to increase physical and mental endurance, to build blood and to improve memory. It is now widely used around the world to regulate blood sugar levels, and is especially popular among athletes and those who work hard, like gym rats, gardeners and yogis. It is perhaps the most popular herb in the world among martial arts practitioners. Eleuthero is somewhat stimulating to one’s energy level within minutes of consumption — and increases vitality over time. Eleuthero root is very fibrous (woody). It takes between 25 to 45 pounds of woody root to make just 1 pound of Eleuthero extract powder. Most American herb companies use “Siberian Ginseng” that has been “cut” many-fold with various excipients (“cut”). Dragon Herbs uses only “pure yield” (full strength) extract.

Wild Eleuthero root, also known as Siberian Ginseng, is a wood plant related to Panax Ginseng.



Many Dragon Herbs herbal formulations contain Ginseng as a major ingredient. Here are some –

Asian Ginseng Root

- Heaven Drops Wild Ginseng – Private Reserve
- Earth Drops Wild Ginseng
- Changbai Mountain Ant Drops
- Super Yang Jing Drops
- 8 Immortals Drops
- Gecko Rockclimber Drops
- Ginseng Sublime Drops
- House Ginseng Drops
- Qi Drops
- Cistanche Long Stalk Drops – Private Reserve
- TaiJi Chinese Wild Ginseng Drops
- Organic Ginseng Gone Wild
- Super Pill #2
- Supreme Creation
- Dragon Jing
- Imperial Garden
- Tao in a Bottle
- Adaptogen Energizer

- Super Adaptogen
- Endocrine Health
- Perilla Clear
- Ginseng Supportive Combination
- The Great Regulator
- Organic Changbai Mountain Red Ginseng Extract
- Kinetic Ginseng
- Qi for Men Serum Dermal Elixir

American Ginseng Root

- Earth Drops Wild Ginseng
- Supreme Shen Drops
- American Ginseng Drops
- 8 Immortals
- Ginseng Sublime
- Dew Drops
- Golden Air
- Young Lungs

Eleuthero

- Spring Dragon Longevity Drops
- Gecko Rockclimber Drops
- Eleuthero Drops
- Diamond Mind Drops
- Qi Drops
- Shou Wu Formulation
- Ant Essence
- Diamond Mind
- Tao in a Bottle
- Will Strengthener
- Adaptogen Energizer
- Super Adaptogen
- Eleuthero Capsules
- Spring Dragon Longevity Tea
- Tibetan Magic in Retort Pouch



Many other Dragon Herbs herbal formulations contain Ginseng as an ingredient.

Schizandra Berry

五味子

Botanical Name: Schisandrae Chinensis Fructus

Latin: *Schisandra sinensis*

PinYin: Wu Wei Zi

Schizandra is one of the most popular herbs used in Asia, where it is consumed by millions of people. Schizandra berries are called the “quintessence of tonic herbs” by Taoist masters. It is the only herb known to be perfectly Yin-Yang balanced, to contain all three Treasures (Jing, Qi and Shen), to nurture all five Elements (Wood, Fire, Earth, Metal and Water) and to enter all twelve energy channels (meridians) of the human body. Beyond that, Schizandra also circulates in the “extraordinary channels” and facilitates the three main “dan tian” (energy centers of the body). Schizandra promotes the beauty and functionality of the skin, benefits the mind (especially memory), benefits sexual functions in

men and women, and detoxifies the liver without causing re-toxification when the toxins are eliminated from the body. It is a profound adaptogen and Shen tonic.

When you are using Schizandra, you want to be sure you are using the real herb. Many products sold in America are made with “Southern Schizandra” which comes from China, but is the wrong species of Schizandra and has very weak action. The Latin name of “Southern” Schizandra is *Schisandra sphenanthera* Rehd. et Wils. You can see it looks similar so is easy to substitute on the market,



Schizandra berries



Ron examines fresh Schizandra at a village market at the base of Changbai Mountain





Left: Ron in forest collecting Schizandra. Middle: Yanlin wears Schizandra diadem. Right: Yanlin feeds Schizandra berries to Ron

especially to American companies that are not experienced in Di Tao herb selection.

“Northern Schizandra” comes from Manchuria and is the only real Di Tao Schizandra. Unfortunately, many American companies don’t know the difference. Changbai Mountain is Di Tao for Schizandra. Wild Schizandra is the best. Dragon Herbs uses only wild Schizandra from Changbai Mountain in its products.

In Taoism, there is a period of practice known as the “foundation period.” This is the first 100 days of practice, which includes qi gong exercises, meditation, mind power exercises and the consumption of tonic herbs. During the 100 day foundation period, it is traditional to consume Schizandra every day. You cannot miss a day or you have to start over. The results should include greater clarity, a stronger body, overt changes to your skin and hair, brightening of the eyes, and the laying of the *permanent* foundation of the Three Treasures, Jing, Qi and Shen.

Certified organic Schizandra berries are cleaned of debris for Dragon Herbs production



Many Dragon Herbs herbal formulations contain Schizandra berry as a major ingredient. Here are some –

- Schizandra eeTee
- Schizandra Capsules
- Goji & Schizandra Drops
- Supreme Protector
- Spring Dragon Longevity Drops
- 8 Immortals
- Spring Dragon Longevity Tea
- Organic Changbai Mountain Schizandra Berries
- Rejuvenation Tea
- Diamond Mind Drops
- Magu’s Treasure
- Magu’s Secret
- Liver Tonic
- Tonic Alchemy
- Qi Serum Dermal Elixir
- Schizandra Dermal Elixir Body Lotion

Many other Dragon Herbs herbal formulations contain Schizandra as an ingredient.

He Shou Wu Root

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Botanical Name: *Polygoni Multiflori Radix Praeparata*

Latin: *Polygonum multiflorum*

PinYin: He Shou Wu

He Shou Wu is said to be the most powerful extractor of Qi from the earth of any plant. The Qi that is collected is stored in the He Shou Wu root. He Shou Wu must be cooked ("prepared") with black beans to release its power and to constrain its one and only generally unwanted potential action (laxative action). Prepared He Shou Wu will not be laxative for the vast majority of users. Prepared He Shou Wu is one of the most important herbs in the world. It quickly replenishes Jing for those who have abused themselves or have lost their Jing due to chronic and/or acute stress, overwork, pregnancy, combat, excessive sex, and so on. It can be miraculous, and it is quick. Dragon Herbs only uses properly "prepared" He Shou Wu from a great mountain source, which is wildcrafted and allowed to grow for up to ten years before collecting. He Shou Wu may be consumed every day with great benefit.



Above: An 8 year old He Shou Wu root and black Phaseolus beans used to prepare the root for human herbal consumption

Left: the base of a He Shou Wu vine that is more than 80 feet tall

Below: Daniel holds a large old "Hill Uncle" He Shou Wu





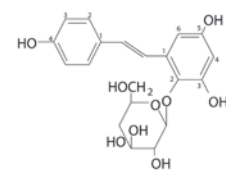
He Shou Wu root supports the human body's production of SOD (superoxide dismutase), one of the three fundamental and essential antioxidants produced in the body. He Shou Wu root also contains a polyphenol that is very similar to resveratrol, and its actions have been shown to be very similar as well. This polyphenol, known as THSG, is very powerful. THSG and resveratrol are among the few substances currently known to *upregulate* the *Klotho gene* in animals. The *Klotho gene*, when upregulated, increases the lifespan in test animals and is widely believed to be involved in their healthy aging and in protection against premature aging. The *Klotho gene* is primarily manifested in the kidney and brain. This effect of the *Klotho gene* has not been verified in humans as yet, but the *Klotho gene* is being heavily studied for its potential benefits to human longevity and healthy aging.



Left: A freshly harvested He Shou Wu root.



Right: He Shou Wu is prepared and then sliced for efficient extraction



2,3,5,4'- tetrahydroxystilbene-2-O-β-D-glucoside

Many Dragon Herbs herbal formulations contain He Shou Wu root as a major ingredient. Here are some –

- He Shou Wu eeTee in Jar
- He Shou Wu Capsules
- Shou Wu Formulation
- Hair & Nails Formula
- TomKat Capsules
- Super Yang Jing Drops
- 8 Immortals
- Gecko Rockclimber Drops
- Super Pill #2
- Eternal Jing
- Ant Essence
- Ant Power
- Strength Builder
- Super Adaptogen
- Tonic Alchemy
- Jing Serum Dermal Elixir



Many other Dragon Herbs herbal formulations contain He Shou Wu as an ingredient.

Goji Berries

Botanical Name: Lycii Fructus

Latin: *Lycium barbarum*

PinYin: Gou Qi Zi

枸杞子

Goji berries are famous as a superfood, sold in all Chinese herb shops and markets and widely sold in natural foods stores. It is a strengthening herb. Goji can be consumed daily as a Jing restorative or for Jing maintenance. Goji is a profound Jing tonic that quickly restores Jing in those who have spent too much. Goji is a superb blood tonic, which makes it very precious to women, who are often somewhat blood deficient due to menstrual functioning. Goji is also a great immune tonic.

Dragon Herbs is a specialist in Goji. Ron Teegarden has been selling Goji berries since 1974. Dragon Herbs has been growing Goji at the base of Heaven Mountain in Central Asia for nearly twenty years, and we grow nearly forty tons of luscious berries every year for sale in the United States and Europe. The **Heaven Mountain™ Goji Berries** are grown on glacial melt and require no further irrigation. The natural structured water is the best possible source of water for the Goji to grow on. The land is perfectly suited to Goji (virgin desert, naturally salty and alkaline).



Goji Berries – sun dried Heaven Mountain Goji are still juicy and are very sweet

Below: Yurts are a favorite style of home for Heaven Mountain residents



Heaven Mountain towers above the foothills that are saturated in glacial melt. This is the land where Goji grows.





Ron inspects Heaven Mountain Goji plantation and experts clean Goji berries of debris and sun dry them.

Dragon Herbs Goji berries from Heaven Mountain are the juiciest, sweetest Goji berries available, and of course they are completely natural. They are also considered by Chinese experts to be the most potently tonic of all Goji berries. Note that many Goji are sprayed or dyed to make them look better. Most are overly dried Goji to promote enhanced shelf life. **Heaven Mountain™ Goji Berries** are juicy and natural in every way — no sugar, no color.

Eat a handful of naturally-grown **Heaven Mountain™ Goji Berries** every day. Extracts are also excellent since they are made with our high quality Goji berries. Dragon Herbs makes many products that include Goji.

It has been used by several of China’s most famous herbalists as their main herb for the purpose of achieving longevity and even “immortality.”



Goji salad





Left: Ron walks along stream flowing off Heaven Mountain peaks down toward Goji fields

Upper right: Ms. Lin inspects Goji plants

Bottom right: Goji plantation manager and Ron enjoy Goji straight from the bush



Many Dragon Herbs herbal formulations contain Goji berry as a major ingredient. Here are some –

- Heaven Mountain™ Goji Berries
- Goji-To-Go
- Goji LBP-40 Capsules
- Goji & Schizandra Drops
- Return to Youth Formula
- Goji Elixir Pouch
- Goji Powder (Powdered Extract)
- Eagle Vision
- Beauty Bonbons
- Yin Replenisher Drops
- Supreme Creation
- Eternal Jing
- Love Goddess Elixir
- Super Pill #1
- Magu's Treasure
- Magu's Secret
- Women's Jing
- Super Adaptogen
- Endocrine Health
- Liver Tonic
- Tonic Alchemy
- Healer's Tea in Retort Pouch
- Jing Serum Dermal Elixir

Many other Dragon Herbs herbal formulations contain Goji berry as an ingredient.

Astragalus Root

Botanical Name: Astragali Radix

Latin: *Astragalus membranaceus*

PinYin: Huang Qi

Astragalus root is one of the super stars of tonic herbalism. It grows in northern China and Mongolia. Astragalus is tied with Ginseng as China's premier Qi tonic. It produces "upright Qi" that provides the energy we require to resist gravity. This aids in our vitality and provides the energy needed to maintain our glorious upright posture. Astragalus root is among the most potent natural substances in the world for supporting the human immune system and its functions. It is also an excellent blood nourishing herb. Recommendation: Astragalus, like all the tonic herbs, comes in a wide range of qualities. Cheap Astragalus can be negative.

Dragon Herbs obtains its Astragalus from a pristine valley in northeastern China where it has been grown for over a thousand years. It is organically grown on hillsides far from any pollution. We were tipped off by Professor Wang, editor of the English edition of the Chinese Pharmacopeia, about this particular source. According to the Chinese Academy of Sciences, the best Astragalus root in China comes from this valley.

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Superior quality sliced Astragalus root





Left: Astragalus roots bound for market. Middle: Ron, Mr. Yan and scientists at laboratory in 1994 when and where Astragaloside IV, a super-nutraceutical, was discovered. Right: Dr. Yan and Yanlin in laboratory making Astragaloside IV in 1995



Left: Certified organic Astragalus being processed for Dragon Herbs production. Right: Astragalus roots being dried in clean, enclosed area

Many Dragon Herbs herbal formulations contain Astragalus root as a major ingredient. Here are some –

- Astragalus eeTee
- Gecko Rockclimber Drops
- Astragalus Capsules
- Qi Drops
- Super Pill #2
- Ten Complete Supertonic
- Super Jing
- Strength Builder
- Ant Power
- Golden Air
- Adaptogen Energizer
- Super Adaptogen
- Codonopsis & Astragalus
- Ginseng Supportive Combination
- Energy Qi Tea
- Tonic Alchemy
- Qi for Men Serum Dermal Elixir

Many other Dragon Herbs herbal formulations contain Astragalus root as an ingredient.



Professor Chen, the inventor of Astragaloside IV and winner of Pharmacologist of the Year award of China for 1994 for the discovery.



Cordyceps Mushroom

Botanical Name: Cordyceps

Latin: *Cordyceps sinensis*

PinYin: Dong Chong Xia Cao

Cordyceps is one of the superstars of the tonic herbal system. It grows naturally near the summer snowline in the Himalayas, especially in Tibet and Bhutan. The best wild Cordyceps arguably comes from Bhutan, from elevations above 1,700 feet (over 3 miles above sea level). It is an extremely effective and powerful life-enhancing agent, ranking right up there with Ginseng, Reishi and Deer Antler. Because wild Cordyceps is rare, difficult to collect, potent and highly treasured, it is very expensive. This precious herb is considered to be a Yang Jing tonic of the highest stature.

It is a fungus that consumes the body of a particular kind of caterpillar. It has enormous renown as a super-tonic, and is said to build sexual and physical power, mental energy, the immune system, and is universally believed in the Orient to support a long life. Cordyceps is used to strengthen the body and mind at a fundamental level. It is said in a Tibetan herbal classic that Cordyceps is "able to increase the primary motive force for life activities." It also replenishes Yin Jing, restoring the deep energy expended as a result of excessive exertion, adapting to stress or from aging. Cordyceps is thus one of the primary herbal substances used in tonic herbalism as a healthy-aging agent and for the purposes of rejuvenation. Because it contains both Yin and Yang it can be used by anyone safely and over a long period of time.

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Pile of dried wild Tibetan Cordyceps



Ron holds a handful of freshly collected wild Bhutanese Cordyceps



Cordyceps is very widely used for the purposes of strengthening the primal Kidney functions, which include sexual functions, brain power, structural integrity and self-healing ability. It is a very powerful Yang tonic. As a sexual tonic, Cordyceps is considered to be one of the best. Consistent use of Cordyceps also helps to strengthen the skeletal structure, and is believed to specifically benefit the lower back region, the knees and ankles.

Cordyceps is also a major Lung tonic. It can be used to strengthen respiratory power in those who require extra energy in order to perform physical work (e.g. labor, sports, exercise, yoga and martial arts), or it can be used by those who feel they suffer from deficiency of Lung power. Cordyceps greatly improves respiratory performance, endurance and muscle building capability. Cordyceps has no steroidal constituents.

Wild Cordyceps is very expensive. However, Cordyceps can now be "cultured" (cultivated). The species used for this cultured variety is *Cordyceps militaris*, a close relative of *Cordyceps sinensis* (wild type). Cultured *Cordyceps militaris* can be grown on a fairly large variety of media, but the preferred media are silkworms, wheat, white and brown rice. Brown rice is the most cutting edge growing media and is still rare. Cultured Cordyceps is much less expensive than the wild type, but has a similar content of the main active constituent, *cordycepin*.

Dragon Herbs offers both wild and cultured Cordyceps as materials for its products. Most of our wild Cordyceps comes from the Kingdom of Bhutan (some may come from Tibet), and our cultured Cordyceps is grown on brown rice. Our powdered extract is standardized for cordycepin.

Cordyceps collectors crawl along the ground collecting the most valuable mushroom in the world. The photo was taken in June, at the Himalayan snow line, where the ground has frozen up overnight





Some scenes from Bhutan related to the Cordyceps harvest.

Upper left: Mountain girl collects Cordyceps for Dragon Herbs and proudly shows her treasure.

Upper right: the trail up the mountain toward the snow line — these are just the foothills, days away from the snowy peaks.

Middle right: Ron and Sonam Dorjee, a master herbalist in Bhutan and Ron's guide.

Bottom right: crew of Cordyceps collectors pose for a photo on the trail up the mountain.





Upper left: Collectors crawl along the ground, inch by inch, looking for the tiny mushrooms

Upper right: At the end of the day, collectors clean the mushrooms and lay them out to dry.

Bottom left: Sonam Dorjee (middle) and his companions head toward the Cordyceps.



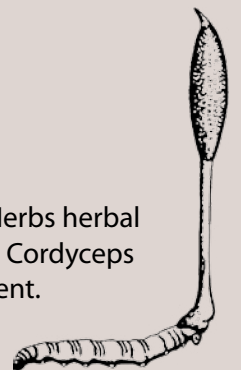
A number of Dragon Herbs herbal formulations contain Cordyceps as a major ingredient. Here are some –

- Bhutanese Wild Cordyceps Drops
- Cordyceps Capsules
- Cultured Cordyceps
- Supreme Protector
- Four Kings
- Super Yang Jing Drops
- 8 Immortals
- Super Jing
- Imperial Garden
- Profound Essence
- Perilla Clear
- Tonic Alchemy



Bottom: Cultured Cordyceps, grown on brown rice in hygienic Himalayan workshops, is very potent and less expensive than the wild mushrooms

Many other Dragon Herbs herbal formulations contain Cordyceps as an ingredient.



Gynostemma

Botanical Name: *Gynostemmatis Pentaphylli Herba*
Latin: *Gynostemma pentaphyllum*
PinYin: Jiao Gu Lan

Gynostemma is a major adaptogenic herb. Gynostemma is generally reinforcing to overall health, and it has a strong anti-fatigue effect. It is one of the greatest tonic herbs on earth...maybe the greatest. And it is inexpensive. In China, Gynostemma is widely believed to support respiratory efficiency, to support digestion, to support the functions of the mind, and to support sexual functions. It is also believed to help calm the nerves.

The ultimate greatness of Gynostemma lies in its broad spectrum adaptogenic quality. It has double-direction activity in many areas of human physiology. It has the ability to bring balance to the body, even under a wide range of stressful circumstances. Constant consumption of Gynostemma tends to have a highly protective quality because it strengthens the adaptive capacity of the person at every level of their life. Gynostemma is a major adaptogenic herb, in the same league as Ginseng, Reishi, Schizandra, Rhodiola, Mountain Ant, Cordyceps, Eleuthero, and Astragalus — the most highly regarded adaptogens in the world.

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Gynostemma, growing on Dragon Herbs plantation on Great Immortal Peak (photo Ron Teeguarden)



The chemical constituents responsible for the adaptogenic characteristic of Gynostemma are saponins called gypenosides. Gynostemma contains 144 known gypenosides. This is the broadest range of such compounds in one plant in nature. Ginseng, for example, has about forty saponins (ginsenosides), and Astragalus has about thirty-six saponins (astragalosides). Gypenosides are very similar or nearly identical to those of Ginseng and to the eleutherosides of Eleuthero, and some gypenosides are precisely the same chemical structure as the saponins found in Ginseng. The similarities are so close and so extensive that Gynostemma is often called "Southern Ginseng" in China. To the local people of Southern China who grow and consume it, it is simply called "Magical Grass."

Studies indicate that Gynostemma has a double-direction, regulating and adaptogenic influence on the central nervous system. It is calming when one is overexcited and stimulating when one is under-excited. Gypenosides in Gynostemma moderate nuclear factor kappa-B, a ubiquitous chemical compound increasingly produced in the body as one ages, generally recognized as a very beneficial action. Gynostemma is popularly believed in Asia to be an herb that supports healthy aging.

Gynostemma leaf is the main ingredient in **Spring Dragon Longevity Tea**, Dragon Herbs' beloved house herbal tea and number one selling product.

Dragon Herbs Gynostemma is grown in this beautiful, remote, pristine ravine at the very top of Great Immortal Peak in Southern China.



Dried Gynostemma leaves



Left: Setting up a scarecrow to chase wild pigs, leopards and monkeys from our Gynostemma fields.

Bottom left: This is the path to and from Dragon Herbs Gynostemma field. No vehicles are allowed within 2 km of the growing area to preserve freshness of the land, which has never experienced a chemical.

Bottom right: the entire field is naturally irrigated by a fresh-water spring.





Upper left: Gynostemma being naturally air dried on bamboo racks.

Below: the actual spring that spreads fresh mountain water into Dragon Herbs Gynostemma fields 365 days a year.

Bottom right: Gynostemma leaves, up close and personal. One of our customers will have drunk a tea made from these leaves last year.

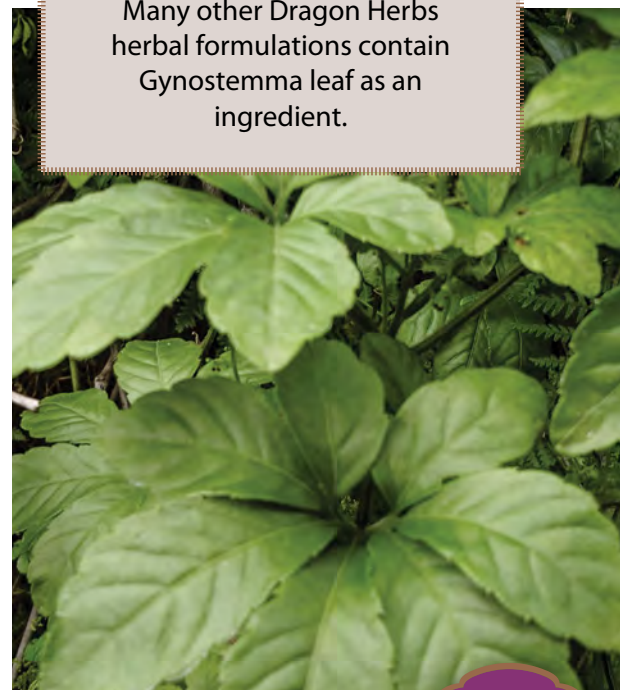


Many Dragon Herbs herbal formulations contain Gynostemma leaf as an important ingredient.

Here are some –

- Spring Dragon Longevity Tea
- Gynostemma Capsules
- Spring Dragon Longevity Drops
- Tao in a Bottle
- Super Pill No.1
- Super Pill No.2
- Young at Heart
- Qi Drops
- Liver Tonic
- Adaptogen Energizer
- Super Adaptogen
- Magu's Beauty Elixir
- Tonic Alchemy
- Qi Serum Dermal Elixir
- Gynostemma Dermal Elixir Body Lotion

Many other Dragon Herbs herbal formulations contain Gynostemma leaf as an ingredient.



Deer Antler

Botanical Name: *Cervi Cornu Pantotrichum*

Latin: *Cervus Nippon*

PinYin: Lu Rong

Deer Antler is widely believed in the Orient, and by many around the world, to strengthen all aspects of a person's life, and is considered to be an ultimate Jing tonic. It is a warm Yang tonic, although it is also known to provide Yin Jing. Deer Antler is also a major Blood tonic.

Extracts of Deer Antler have been found to strengthen the central nervous system and the heart. Deer Antler is believed to strengthen the mind and to enliven the Shen. It is widely used to improve mental power.

Deer Antler is the most precious and the most potent of the substances that fortify the Yang energy of the Kidney, Yang Jing. It is widely used in Asia to support adrenal, reproductive and brain functions. It is universally believed in the Orient to build and support sexual strength and to support virility and fertility. Like all Yang herbs, Deer Antler is used to support the energy and resilience of the back, ankles and knees. Deer Antler is considered to be the most powerful such agent and is usually the main herb in any formula in which it is included.

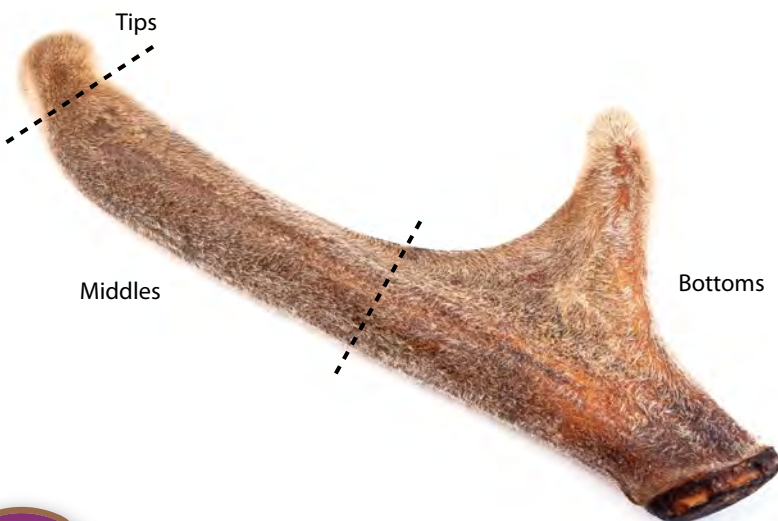
Deer Antler is used to build blood and improve circulation. The alcohol extract of Deer Antler has been found to benefit the cardiovascular system. Deer Antler is tonic to the marrow, which produces blood, including our white and red blood cells. Marrow tends to degenerate as we age.

鹿茸



Deer Antler is mainly used as a rejuvenating agent. Short term use is believed to quickly build strength and power, while consistent long-term use is believed to rebuild deep life force, preserve youthfulness and to support the potential for a long life.

Deer are not generally killed for their antler. The soft antler of the deer is painlessly removed from the deer when it has grown just two or three spikes and is still covered by velvet. The deer grow new antlers that same season and this second growth is not harvested.



Dragon Herbs deer, just prior to antler collection. The deer are very well cared for and are allowed to roam wild during the day





Yanlin on a visit to our deer farm in Changbai Mountain some years ago. Ron was there too



These are the deer antler tip slices. Dragon Herbs only uses the tips — the last inch of the antler — which is the living, nutraceutically active zone of the antler. Note the penny which shows how small the tips are. Also note the waxy golden color. These tips are highly active.

The tip of the antler is the most potent part because it contains the most active substances. The “tip” is the last inch of the antler, which is the active growing part of the Deer Antler.

Most producers of deer antler products in America don’t even know the difference between antler “tips,” “middles” or “bottoms.” Tips are believed to contain about nine times the active constituents as the rest of the antler in total. Plus, only the “tips” contain stem cells. Most (perhaps all) other manufacturers that we know of DO NOT use tips to make their products. They often use the term “antler velvet,” though this is confusing to the buyer — the “velvet” is always removed from the antler because the velvet itself has no herbal, nutritional or nutraceutical value. The “velvet” is the fuzz that covers the antler when it is ready to use as a tonic herb, and thus the antler is called “velvet antler.” But it’s what’s inside the antler that counts. The tips contain a “wax,” that is loaded with

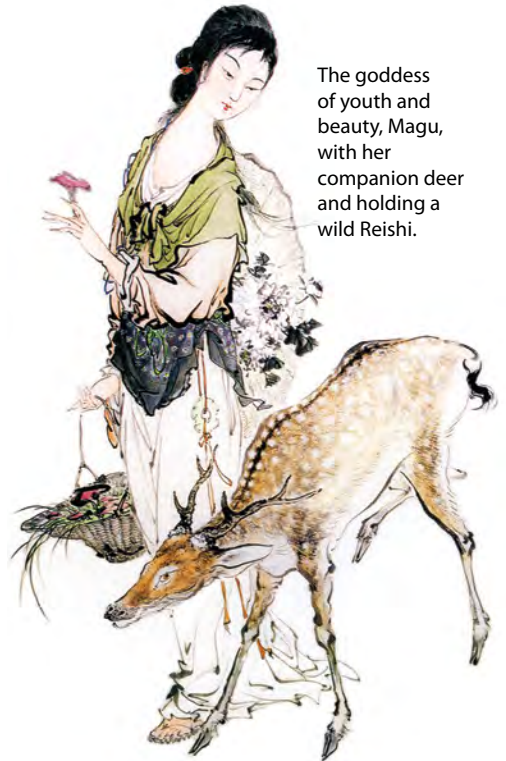
Yanlin recently visits the deer and feeds one mulberry leaves (their favorite food).



bioactive substances. The more wax the better. Only the very tip of the antler is made from this wax.

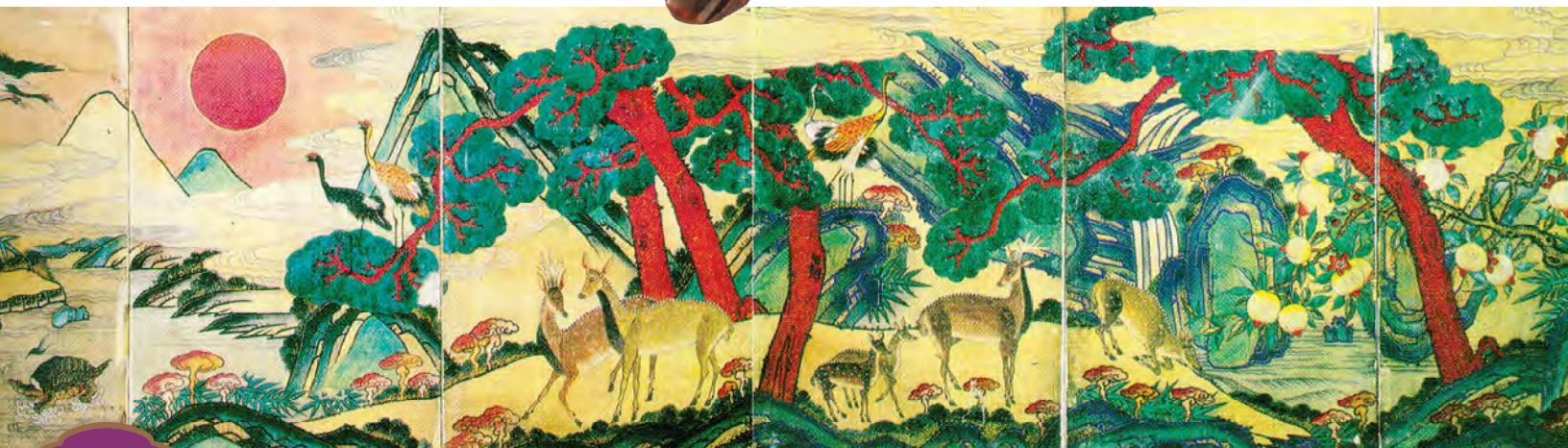
Our strongest advice: use only extracts of deer antler made from the “tips” — the last inch of the antler. Dragon Herbs ONLY uses “tips” to produce all its antler-containing products. Never in our history have we used “middles” or “bottoms.” That is unparalleled in our industry. We concentrate our Deer Antler as far as concentration can go without the product turning into a hard waxy paste.

Real Deer Antler connoisseurs around the world appreciate Dragon Herbs’ Deer Antler products. Become a connoisseur. Educate your friends.



The goddess of youth and beauty, Magu, with her companion deer and holding a wild Reishi.

Left: A wooden statue of a Taoist riding a deer and holding the peach of longevity. Below: a Korean “longevity painting,” showing the deer (a symbol of longevity) grazing on wild Reishi (another symbol of longevity).





Shou Lao, the god of longevity, with his companion deer friend.



Close up view of a Korean "longevity scroll" showing deer eating Reishi



Another glimpse of Magu with her deer, Reishi and basket of freshly picked herbs

Several Dragon Herbs formulations contain Deer antler as a major ingredient. Here are some –

- Changbai Deer Antler Drops – tips only (last 1 cm of the antler)
- Extreme Tips Deer Antler Drops - Private Reserve – tips of tips only (last 2 mm. of the antler)
- Supreme Creation
- Magu's Treasure
- Dragon Jing
- Love Goddess Elixir
- Super Yang Jing Drops
- Gecko Rockclimber Drops
- Qi for Men Serum Dermal Elixirt

Many other Dragon Herbs herbal formulations contain Deer Antler as an ingredient.



Longan Fruit

Botanical Name: Longan Arillus

Latin: *Euphoria Longan*

PinYin: Long Yan Rou

Longan (*Euphoria longan*) is a wonderful and delicious tonic fruit used by the Chinese as a blood tonic, to build energy (Qi), calm the mind, strengthen the Spleen, tonify the Qi of the heart, and to add luster and beauty to the skin. Its Chinese name is Long Yan Rou, which means Dragon Eye Meat. Of course, being a fruit, it is not really "meat." Longan ("dragon eyes") is so named because when the fruit is fresh, the flesh of the peeled fruit is a translucent white color. The dark brown seed shows through the translucent flesh and looks like the pupil of an eye. As a result, the fruit looks like the bulging eyes of the dragons often depicted in Chinese art. The seed, which is small, round and hard has been removed, of course, from the Longan sold for snacking and general eating. The dried fruit becomes a lovely golden color and has a unique flavor unlike any other dried fruit.

It is believed among the Chinese people that Longan is not only great for the skin, but is also a fantastic sex tonic, especially for women. For that reason, Longan is considered a special tonic for women who



Above: Dried Longan fruit are uniquely sweet and delicious. They make a fantastic snack and can be used in numerous ways.

Below: Longan is called "Dragon Eye" in Chinese, and a look inside a fresh Longan explains the name.



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Ripe Longan fruit grow in bunches on Dragon Herbs Longan plantation near the Oolong River in Southern China.



A Longan tree.



Upper: Dragon Herbs Longan plantation in Southern China. The photo was taken from the Taoist Shrine at the center of the plantation.

Middle left: At the center of Dragon Herbs Longan plantation is a Taoist shrine where locals congregate to pray for blessings, a bountiful harvest and peace.

Right: Yanlin at an incense burner at the entrance to the Taoist Shrine.

wish to be both beautiful and sexual — it has a 2000 year reputation as a special love tonic. It is said that the most beautiful women in China eat Longan. It is believed to have a calming effect and to add radiance to the eyes.

Longan is not really just a “woman’s herb” though. Longan is equally beneficial to men. It has no direct hormonal action. It may be consumed by men as they please as an excellent blood, Qi and Shen tonic. Longan is totally unisex and may be enjoyed by people of all ages and in any kind of health condition.

Longan is one of the premier blood tonics of Chinese tonic herbalism. This fruit has a high content of iron, about 20 times that of grapes and

15 times that of spinach. Those with iron excess should be aware of this.

Longan promotes tranquility and can promote deep, refreshing sleep. Traditionally, it is used to increase physical stamina and promote peripheral circulation, warming up cold hands and feet.

This is an herb that must be selected very carefully. The *aril*, which is the sweet fleshy fruit “meat,” is extremely delicious. The dried fruit, obtainable at herb shops, is priced based on its flavor and sweetness. Therefore, some producers soak the Longan in sugar water to enhance its sweetness. Dragon Herbs uses only the highest quality Longan, and our Longan is unsweetened – it is sweet enough without the sugar and is much better for you.



Dragon Herbs Longan plantation bearing a bounty of juicy sweet fruit

A number of Dragon Herbs herbal formulations contain Longan fruit as a major ingredient. Here are some –

- Longan Fruit
- Longan eeTee in Jar
- Hermit’s Mix
- Codonopsis & Longan
- Supreme Shen Drops
- Magu’s Treasure
- Magu’s Secret
- Love Goddess Elixir
- Blood Tonic Tea

Many other Dragon Herbs herbal formulations contain Longan fruit as an ingredient.



Himalayan Rhodiola Root

Botanical Name: *Rhodiola Crenulatae*

Latin: *Rhodiola Sacra*

PinYin: Hong Jing Tian

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Himalayan Rhodiola (*Rhodiola sacra*) root is an extraordinary and rare herb that grows in one of the harshest environments in the world. In Asia, it is called "Plateau Ginseng," and the Tibetans consider Rhodiola root to be a sacred herb. It has played a role in the development of Tibetan culture. It has been used by the Tibetan and other Himalayan people as a powerful *adaptogenic* tonic herb since the beginning of Tibetan civilization. Rhodiola has also been prized by the Chinese and was very positively reviewed in the first Chinese herbal classic over two thousand years ago. It was described as a life-prolonging, wisdom enhancing "superior herb."

This incredible herb is used by the Himalayan Buddhist monks to enhance their spiritual power, their power of concentration and their physical endurance. Evidence has shown that Tibetan Rhodiola is in some ways more powerful than Ginseng. It is a superb herb for people who work very hard, either physically or mentally. Tibetan Rhodiola has been shown to improve endurance and mental capacity, including memory enhancement. It has been shown to be a superb tonic and energizer

Tibetan Rhodiola grows in the snow, above the Himalayan snowline



for those into physical fitness, and a superior tonic for those stuck behind a desk or at a computer terminal for long periods of time.

Consumption of a small amount of Tibetan Rhodiola root extract significantly improves a person's capacity to absorb and utilize oxygen. Tibetan Rhodiola is especially beneficial to those who live under stressful conditions. It has been shown that Tibetan Rhodiola reduces the body's stress reactions, helping relieve mental and physical stress reactions. Tibetan Rhodiola is widely used to support an optimistic, cheerful mood. People stay focused and experience less fatigue even under significant stress. It is the ideal herbal supplement for the modern world. Tibetan Rhodiola has been found to be beneficial to the cardiovascular system. It is also a powerful immune modulator, helping to build the immune system into a well-tuned fighting machine.

Russian *Rhodiola rosea* is much more common in commerce, as it grows at a much lower altitude and can be cultivated on farms. Russian *Rhodiola rosea* is an excellent adaptogen, but does not reach the elite status of Himalayan snowline *Rhodiola sacra* or *Rhodiola crenulata*.

The rarity of Tibetan Rhodiola has prevented it from becoming a well-known commodity outside of Asia. Himalayan Rhodiola has not yet been cultivated, as it requires the extreme environment of the Himalayan snow line to thrive. Dragon Herbs features Himalayan Rhodiola in a number of its products. The ultimate action of the Rhodiola depends upon the herbs it is combined with, but it always has major impact upon one's wellbeing.



Sliced Tibetan Rhodiola, one of the premier tonic herbs in the world and one of the three treasures of Tibetan herbalism. When sliced, it has a wonderful aroma.

Several Dragon Herbs formulations contain Rhodiola root as a major ingredient.

Here are some –

- Diamond Mind Drops
- 8 Immortals
- Supreme Shen Drops
- Qi Drops
- Super Pill #1
- Super Pill #2
- Young at Heart
- Golden Air
- Tonic Alchemy

Many other Dragon Herbs herbal formulations contain Rhodiola root as an ingredient.



Below: Wild Rhodiola full bloom at the Tibetan snow line.

Pearl

Botanical Name: Margarita

Latin: *Margarita*

PinYin: Zhen Zhu

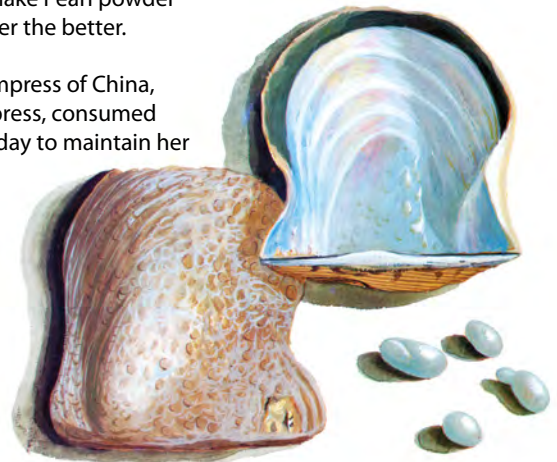
Pearls can be crushed into a very fine powder and consumed as a tonic supplement. Pearl powder is rich in many minerals, but most importantly it contains a form of calcium that is 100% utilizable by the human body, the same form that the body uses to make our bones and teeth. The shiny coating of Pearl is a hard, yet simultaneously a very flexible matrix, made from a protein called *conchiolin*. This matrix, when liberated by fine water-grinding ("levigation") and consumed as a dietary supplement, migrates to our skin and improves the functioning and quality of our collagen and makes the skin much lovelier — finer, smoother, better hydrated, stronger and more flexible. Recommendation: use levigated Pearl powder only — it is virtually 100% absorbable and very clean. It can also be used topically to feed the skin.

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The pearls used to make Pearl powder are small – the smaller the better.

Left: the dowager empress of China, China's last true empress, consumed pearl powder every day to maintain her youth and beauty. She was famous for her perfect skin.





Several Dragon Herbs herbal formulations and superfood mixes contain Pearl powder as a major ingredient. Here are some –

- Pearl Powder Capsules
- Pearl Powder (bulk in pouch)
- Snow Lotus Beauty eEtee in Jar
- Pearl Shen Capsules
- Pearl Shen Elixir
- Magu's Treasure Capsules
- Magu's Beauty Elixir in Retort Pouch
- Shen Serum Dermal Elixir
- Beauty Bonbons (chocolate)

Many other Dragon Herbs herbal formulations contain Pearl powder as an ingredient.

Yanlin watches the grandson of the last imperial herbalist (who made the Pearl powder for the Dowager Empress) preparing Pearl powder the traditional imperial way. He is grinding a handful of pearls for 100 hours in pure water to refine it. Below: the Pearl goddess, a mythological giver of beauty.



Eucommia Bark

Botanical Name: *Eucommiae Cortex*

Latin: *Eucommia ulmoides*

PinYin: Du Zhong

Eucommia bark is the most important vegan Yang tonic herb — it is second as a Yang tonic herb only to Deer Antler. Good quality Eucommia bark provides abundant Jing. It improves the strength of our skeleton and connective tissues. It has long been the most important herb used by martial artists to “strengthen the bones and sinews.” It is a powerful immune tonic. Eucommia bark supports the heart. Recommendation: If you are physically active, consume this herb regularly, or even daily. The bark is much more powerful than the leaves. Most Eucommia products sold in America are now made from the leaves to save money. Eucommia bark is more expensive because it is obviously more difficult to come by in a sustainable manner, but it is worth it. Eucommia bark is usually consumed as an extract, and can be consumed as a tea.

Eucommia bark, sliced to expose the white latex which helps support connective tissue.



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Large piece of Eucommia bark, also sliced and stretched to show white latex.

Many Dragon Herbs herbal formulations contain Eucommia bark as a major ingredient. Here are some –

- Eucommia Drops
- Eternal Jing
- Super Yang Jing Drops
- Supreme Creation
- Gecko Rockclimber Drops
- Super Jing
- Dragon Jing
- Strong Bones
- Imperial Garden
- Strength Builder
- Ant Power
- Profound Essence
- Buddha's Yang
- Super Adaptogen
- Endocrine Health
- Frame Builder
- Return to Youth Formula

Many other Dragon Herbs herbal formulations contain Eucommia bark as an ingredient.



A basket of freshly cut Eucommia bark. Only a small piece is taken from a tree each year so as not to harm the tree, which can grow for tens of decades.

Ron in 1994 visits a relatively young Eucommia tree at the Institute of Materia Plant Development outside of Beijing (Chinese Academy of Sciences). Twenty years later, Ron is giving a tour/class in front of the same Eucommia tree.



Dendrobium Pod and Stem

Botanical Name: Dendrobii Caulis

Latin: *Dendrobium officinale*

PinYin: Shi Hu

Dendrobium is an orchid. The best part of the Dendrobium to use as a tonic is the flower pod. It is a world class Jing tonic herb. In fact, in Taoism, it is taught that Dendrobium pod is the fastest Jing restorative of any herb. It is a superb moistening agent to the tissues of the body. It replenishes fluids throughout the body and hydrates the skin, making the skin beautiful. Dendrobium pod is a famous anti-aging herb. Taken regularly, the skin becomes radiant, the kidneys become strong, and Jing becomes abundant. Recommendation: Most dendrobium products are made from leaves and stem, which can be very useful for metabolic functions, but the flower pods are more rare and much more effective as a Jing tonic.

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Dendrobium stems and pods, dried to a golden color.



Living Dendrobium plant in bloom.

Many Dragon Herbs formulations contain Dendrobium pods and stems as a major ingredient. Here are some –

- Yin Replenisher Drops
- Eternal Jing
- Jing
- Super Jing
- Profound Essence
- Primal Yin Replenisher Capsules
- Eagle Vision
- Magu's Beauty Elixir
- Healer's Tea in Retort Pouch
- Rejuvenation Tea

Many other Dragon Herbs herbal formulations contain Dendrobium pods and stems as an ingredient.



Snow Lotus Flower

Botanical Name: Saussureae Medusa Herba

Latin: *Saussurea medusa*

PinYin: Shui Mu Xue Lian

This herb is extremely precious — it is for certain one of the rarest herbs on earth. It comes from one of the most remote environments in the world — above the snowlines of the Tibetan Himalayas and of Heaven Mountain in Central Asia. In Tibet, it is considered to be one of the “three treasures of Tibetan herbalism” (Snow Lotus, Cordyceps and Rhodiola). Snow Lotus regulates the functions of different organs. It supports the immune system, improves adaptability, and helps eliminate body toxins. Snow Lotus strengthens the body. According to Traditional Chinese health theory, Snow Lotus calms and helps to eliminate “wind,” regulate Liver function, and sedate rising Liver Yang (“false fire”). It replenishes the Yin, strengthens the true Yang, tonifies the blood, strengthens the sinews, relieves swelling and pain, improves blood circulation, removes blood stagnation, is said to remove “sludge” from the blood vessels, and it promotes healthy aging and longevity. It clears away heat, toxic material and dampness.

On a very functional level, Snow Lotus has been highly prized for many centuries by the beautiful ladies of various imperial courts as a profound “beauty tonic.” This would largely be due to the way that it detoxifies the body, and particularly the skin. This was the favored herb of Asian empresses throughout the last thousand years.

Snow Lotus is a rare herb to find in America. It is available from Dragon Herbs as a high quality instant granule.

Several Dragon Herbs herbal formulations contain Snow Lotus as a major ingredient.

Here are some –

- Snow Lotus Beauty eeTee
- Magu’s Beauty Elixir
- 8 Immortals
- Shen Serum Dermal Elixir

Other Dragon Herbs herbal formulations contain Snow Lotus as an ingredient.

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White Snow Lotus growing at the snow line in Tibet



Dried Snow Lotus flower is one of the three treasures of Tibet along with Cordyceps and Rhodiola

Ron holds a freshly dried Tibetan White Snow Lotus



Changbai Mountain Ant

Botanical Name: Polyrhachis

Latin: *Polyrachis vicina*

PinYin: Ma Yi

There are thousands of species of ants. Polyrhachis ant is a kind of high-mountain ant that is native to northeastern China. Polyrhachis mountain ant tonics are widely consumed in Asia to promote strength and sexual vigor. Research has proven that ants are highly nutritious and have powerful tonic effects. Two Changbai Mountain Black Ant species (*Polyrhachis vicina* or *P. lamellidens*) are used interchangeably in Chinese tonic herbalism, and both are referred to as “Mountain Ant,” or just “Ant.” Ant is considered a premium adaptogenic substance of the same rank as Ginseng, Reishi and Cordyceps—superstars of Chinese tonic herbalism. In fact, there is a saying in China that “Ginseng is the king of herbs, but Ant is the herb of kings.”

Ant is widely used to boost the immune system and to maintain already strong immune functions. Ant was used by many emperors as a tonic that supports

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sexual interest and function. Ant has a reputation in Asia for increasing libido and virility. Both men and women claim that after using Ant for even a short time that their interest in sex increases significantly and that their sexual performance improves in numerous ways. Ant is now widely used in the Far East because it supports the detoxifying functions of the liver without any known side effects. Ant is also a powerful source of natural zinc.

Ants are extremely strong



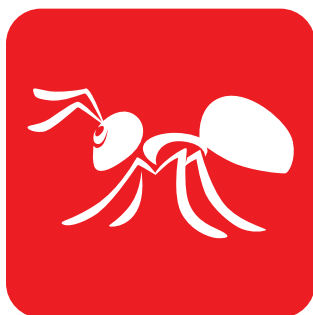
Polyrhachis Ant, which is the only variety of Ant used as a tonic herb, has been established to have double-direction benefits on the immune system. Ant also strengthens the nervous system, digestive functions, detoxification functions and muscular system. Because of its long and short-term energy boosting effects, Ant tonics are ideal for athletes, especially when combined with Ginseng, Cordyceps and other similar tonics. Ant strengthens the entire Kidney system, including the sexual functions, skeletal structures and renal system.

Polyrhachis Ant regulates Yin and Yang throughout the body and supports the regulatory functions of the immune system. The thymus gland is an important organ of the immune system and stimulates

the production and replication of lymphocytes. Recent research demonstrates that Polyrhachis Ant can support the functions of the thymus gland. Polyrhachis Ant is a source of zinc; it has the highest known content among all living organisms.

As a renowned Jing Yin tonic, Polyrhachis Ant strengthens the entire Kidney and adrenal system, supporting the musculoskeletal system, while also supporting sexual function. In Asia, Mountain Ant is considered an aphrodisiac (thus the saying "Ginseng is the king of herbs, but Mountain Ant is the herb of kings"). Ant supports the nervous system, supports digestive functions and supports the natural moment-to-moment detoxifying functions throughout the body.

**Ginseng is the king of herbs,
but Ant is the herb of kings.**



Several Dragon Herbs herbal formulations contain Mountain Ant as a major ingredient. Here are some –

- Changbai Mountain Ant Drops
- Super Ant Capsules
- Ant Essence
- Ant Power
- TomKat
- Adaptogen Energizer
- Liver Tonic

Many other Dragon Herbs herbal formulations contain Mountain Ant as an ingredient.

Luo Han Guo

Botanical Name: *Siraitiae Fructus*

Latin: *Siraitia grosvenorii*

PinYin: Luo Han Guo

Luo Han Guo is the dried fruit of *Siraitia grosvenorii*, formerly called *Momordica grosvenorii*. The fruit is an excellent Lung tonic. It also has a delicious sweet flavor. The sweetness is due to a glucoside known as *mogroside*. Mogroside is up to 300 times sweeter than refined sugar and has just 5 percent of the calories of sugar. As a result, this saponin fraction is extracted and sold as "sweetfruit." It is also called "monk fruit." Sweetfruit fruit pieces or extract may be added to any tea to add a wonderfully sweet, slightly fruity flavor. But it is much more than just a sweet herb. It is a superior class Qi tonic. It is a very powerful immune system tonic and worth consuming for that reason alone. It may be used by the whole family as it has no known side effects. Indispensable!



Luo Han Guo grows around Guilin. This is Guilin.



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Luo Han Guo fruit growing on the tree



Luo Han Guo fruit has a brittle shell and the fruit makes an extraordinary tea. It is very sweet.

Many Dragon Herbs herbal formulations contain Luo Han Guo fruit as an ingredient. Here are some –

- Spring Dragon Longevity Drops
- Sweetfruit Drops
- Supreme Shen Drops
- Spring Dragon Longevity Tea
- Tibetan Magic in Retort Pouch
- Magu's Beauty Elixir
- Healer's Tea Elixir
- Zen Shen Elixir
- Fritillary Lung Elixir
- Pearl Shen Elixir
- Many of our "Desktop Botanical Herbal Teas"



Many other Dragon Herbs herbal formulations contain Luo Han Guo fruit as an ingredient.

Asian Red Salvia Root

Botanical Name: Radix et Rhizoma Salviae Miltiorrhizae

Latin: *Salvia miltiorrhiza*

PinYin: Dan Shen

The root of the Asian herb *Salvia miltiorrhizae* (sometimes called "Red Salvia") is a "blood vitalizing" herb now used widely in Asia to improve and support blood circulation. Asian Red Salvia is mildly bitter and slightly cold. It was described in the first herbal pharmacopeia written by Shen Nong over 2,000 years ago.

Recent research in China, Japan and the United States indicates that *Salvia miltiorrhizae* is a heart healthy herb. Red Salvia supports the *microcirculation*, the vast system of tiny blood vessels through which blood circulates throughout the body reaching our cells. Red Salvia supports the microcirculation of the heart and brain. So in modern Asia, Red Salvia has become a very popular herb for supporting overall wellbeing and vascular health of the heart and brain in particular. It is used as a daily tonic herb by healthy people. It is now widely accepted by scientists that study aging and longevity that healthy microcirculation supports healthy aging.

Recent research now indicates that, in addition to its cardiovascular benefits, the extract of Red Salvia root has important immune supporting actions. The *Salvia* polysaccharides appear to be the active immune-boosting component of Red Salvia. A whole range of novel *diterpene quinones* known as the *tanshinones* has been discovered in Red Salvia, and these tanshinones support the functioning of the immune system. There are about forty tanshinones in the root of Asian Red Salvia. Tanshinone I, tanshinone II, cryptotanshinone, and tanshinone VI are now considered primary. Red Salvia has strong antioxidant activity.

Note: Any herb of the *Salvia* genus may be called "sage." Most of us are familiar with the common garden herb obtained from *Salvia officinalis*. This type of garden sage does not possess the same components as Asian Red Salvia. Asian Red Salvia herb is not closely related to the psychoactive type of *Salvia* (*Salvia divinorum*), and Asian Red Salvia does not alter or affect normal

mental activity. White Sage (*Salvia apiana*) is another variety of sage that is used to make smudge sticks. Each of these forms of "Salvia" or "Sage" has very distinct properties. For a healthy circulatory system and immune support, consume Asian Red Salvia extract regularly.

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Salvia root is brick red in color



A basket of Asian Red Salvia roots

Several Dragon Herbs herbal formulations contain Asian Red Salvia root as an ingredient.

Here are some –

- Salvia Capsules
- Codonopsis & Zizyphus
- Young at Heart
- Pearl Shen Capsules
- Cardiovascular Protector
- Pearl Shen Elixir
- Hair & Nails
- Gecko Rockclimber

Many other Dragon Herbs herbal formulations contain Asian Red Salvia root as an ingredient.



Cistanche Stem

Botanical Name: Cistanches Herba

Latin: *Cistanche deserticola*

PinYin: Rou Cong Rong

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Cistanche stem (and sometimes the root) is used to strengthen the Yang energy and is famous in Asia as a sexual tonic that has long been used by Chinese royalty. It is not hormonal. It has been used since ancient times by Qi Gong practitioners. Cistanche builds deep strength and is quite vitalizing when used continuously for a period of time. It also promotes healthy colon function. Cistanche is mainly collected in Mongolia and in the high deserts at the base of Heaven Mountain in Central Asia. This was the daily and primary tonic herb of Genghis Khan, the man who conquered most of the known world and is known to have millions of progeny. Cistanche stem comes in a wide range of qualities. Ron Teeguarden personally oversees the purchasing of the Cistanche from Central Asia. Most Cistanche is just the "stem," but the very best Cistanche from a Jing tonic point of view includes the root. The root has the same properties as the stem, but stronger.



Cistanche emerges through the desert surface. Right: Ron holds a pair of extraordinary wild Cistanche stems with roots, destined for Cistanche Long Stalk Drops, a private reserve item.



Ron holds a pair of very chunky Cistanche stems with roots.



Ron holds Tibetan Return to Youth Herb, the Tibetan relative of Mongolian Cistanche.



A number of Dragon Herbs herbal formulations contain Cistanche stem as a major ingredient. Here are some –

- Desert Cistanche Drops
- Cistanche Long Stalk Drops – Private Reserve
- Tibetan Ever Young Drops
- Super Yang Jing Drops
- Supreme Creation
- Dragon Jing
- Imperial Garden
- Buddha’s Yang
- Tibetan Magic Elixir

Many other Dragon Herbs herbal formulations contain Cistanche stem as an ingredient.



Related Herbs

All three of these relatives of Cistanche are highly prized in the Orient for their Yang potency.



A bundle of Changbaishan “Forever Young Grass”- *Boschniakia rossica*



“Ever Young Herb” from Tibet



“Return to Youth Herb” from the Song Mountains

Codonopsis Root

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Botanical Name: *Codonopsis Radix*

Latin: *Codonopsis pilosula*

PinYin: Dang Shen

Codonopsis is one of the most famous and widely used Chinese tonic herbs. It is very mild and without any side effects, yet it is a superb and potent Qi tonic. It invigorates the Spleen and Lung functions so that Qi is replenished, and it promotes the production of body fluids. Codonopsis is also an excellent blood tonic and a major immune system tonic. Codonopsis is extremely effective at boosting vitality and relieving a sense of general fatigue. Many women use it to build blood.

Codonopsis is an excellent herb for children. Codonopsis is very mild yet it has powerful strengthening effects, especially on the digestive, respiratory and immune systems. It has been used since antiquity to build strong muscles in children.

It is rich in polysaccharides that are beneficial to everyone. These immune boosting polysaccharides have been shown to be useful in supporting the immune systems of older people as well.



Codonopsis is believed to have an action similar to that of Ginseng, but gentler. It is often used in place of Ginseng in traditional formulas that actually call for Ginseng to be used as a main Qi tonic, especially when the purpose of the formula is to invigorate the Spleen and Lung functions. This is totally acceptable in the Chinese herbal system. In modern Chinese tonic herbalism, it is acceptable to use both Ginseng and Codonopsis in the same formulation since they have totally different phytochemical profiles.



Wild Codonopsis is rarely found but highly prized.



Several Dragon Herbs herbal formulations contain Codonopsis root as a major ingredient. Here are some –

- Codonopsis & Astragalus Combination
- Codonopsis & Longan Combination
- Codonopsis & Zizyphus Combination
- Qi Drops
- Ten Complete Supertonic
- Magu's Secret
- Super Jing
- Golden Air
- OptDigest
- The Great Stabilizer
- Magu's Beauty Tea

Many other Dragon Herbs herbal formulations contain Codonopsis root as an ingredient.



Polygonatum Root

Botanical Name: Siberian Solomon's Seal

Latin: *Polygonatum sibiricum*

PinYin: Huang Jing

Huang Jing, also known as Siberian Solomon's Seal, is the dried rhizome of *Polygonatum sibiricum*. The *Chinese Pharmacopeia* describes it as an herb that tonifies Qi, nourishes Yin, fortifies the Spleen, moistens the Lungs and tonifies the Kidney. Its main active compound consists of three different *solomonseal polysaccharides*, and 3 types of *oligosaccharides*. It also contains saponins similar to those of Ginseng and Astragalus. Those with big, fleshy, yellow and transparent cross sections are considered as supreme.

In the Taoist tradition, Huang Jing is one of the most important of all tonic herbs. It is said to "make the body light, to benefit the Qi, and to clear the eyes. Its taste is sweet, and it has no poison." Taoists believe that ingesting Huang Jing is a way to consume cosmic Qi of a strong Yang nature, which adepts expect to confer primordial Yang characteristics into their bodies. It can tonify all Three Treasures at a profound level.

Here is how the Taoists believe it works: "To become perfected, Huang Jing amasses Jing and fills up its roots and accumulates it in all of its separate parts. Through nourishment from the clouds and rain, it harmonizes with its environment, takes on its shape, and becomes an herbal thing. It grows on the energy meridians and terraces of hillsides and stands rooted around stable rocks. It gathers Yang from the earth and the sun. As dawn emerges, it faces the sun, and then its petals all follow the sun's path. It will not associate with the common grasses, and the myriad things will not bother it. It becomes the center of its environment. This is the Central Place where accumulated Yang originates, where its Shen



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transforms. Snakes can eat it to transform and become Dragons. Birds can eat it to transform and become male and female Phoenixes. A person can eat this to become an Immortal."

In another section of the Taoist Canon it says: "If you ingest Huang Jing you will certainly store up the years, accumulate the months, and easily acquire Shen. Those who consume Huang Jing for some time become free from the restraints of one's environment, expand the clarity of their mind and vision, and attain balance of the five visceral organs. The roots cause Jing to store and flow, and lead to the harmonizing and replenishing of one's Shen, transforming people's Shen into *Ling* (the enlightened state of Shen)."

Indeed the Taoist Canon presents Huang Jing as remarkably efficacious herb for perfecting one's Shen. The ancient Taoists believed that "the herb will perfect *De* (known in Buddhism as Karma). If you are able to ingest this Huang Jing, you will live as long as Heaven and Earth. In a few years your strength will double. Your body will be vigorous and healthy and you may become a *Shen Immortal*. How great!"*

Huang Jing, *Polygonatum Sibiricum*, is used in modern Chinese herbalism as a Brain tonic and to tonify the Lungs, Spleen and Kidneys.

Several Dragon Herbs herbal formulations contain Polygonatum as a major ingredient. Here are some –

- Diamond Mind Drops
- Diamond Mind Elixir
- Diamond Mind Capsules

Dang Gui

Botanical Name: *Angelicae Sinensis Radix*

Latin: *Angelica sinensis*

PinYin: Dang Gui

Dang Gui is one of the most commonly used herbs in the Chinese herbal system. It is primarily known as a “women’s herb,” though many men consume it as well. Most famously and importantly, it is known as a superior blood tonic, and that is one reason women use so much of it. It is also used conjunctively as a “blood vitalizer,” meaning that it supports healthy blood circulation, especially in the abdomen and pelvic basin. Men and women benefit from superior circulation. Dang Gui is very widely used to help establish, support and maintain healthy menstrual balance in women. It also has analgesic and mild sedative (calming, relaxing) actions.



As always, quality matters a great deal when selecting Dang Gui. This herb comes in a very wide range of qualities from Asia. It is one of the herbs that people choose very carefully and for which they develop a “connoisseur” state of mind. Ron Teeguarden has been sourcing Dang Gui for over three decades. Dragon Herbs Dang Gui is grown in a specific region of northwestern China, from a valley known for centuries as a premier Di Tao (authentic and superior grade) source. Our Dang Gui is always made from fresh roots with rich, sweet aromatic volatile oils and a perfect balance of constituents. Dang Gui has a very characteristic fragrance that is very evident in Dragon Herbs Dang Gui extract due to the presence of *n-butylidene phthalide* and *ligustilide* in the volatile oil.

当归



Magu is depicted collecting wild Dang Gui as a woman's tonic.



Dang Gui can be obtained whole, as seen above, and is always sliced (below) for extraction.





Freshly harvested Dang Gui is slightly reddish.



Dang Gui plant

A number of Dragon Herbs herbal formulations contain Dang Gui root as a major ingredient. Here are some –

- Four Things (Dang Gui Four Combination)
- Magu's Treasure
- Magu's Secret
- Ten Complete Supertonic (Ginseng & Dang Gui Combination)
- Women's Jing
- Love Goddess Elixir
- Shou Wu Formulation
- Women's Balance (Bupleurum & Dang Gui Combination)
- Natural Woman (Bupleurum & Peony Combination)
- Ant Essence
- Strength Builder
- Profound Essence
- Endocrine Health
- Hair & Nails Formula
- Cardiovascular Protector
- Codonopsis & Astragalus Combination
- Codonopsis & Longan Combination
- Ginseng Supportive Combination
- Dang Gui & Gelatin Combination
- Blood Tonic Tea
- Beauteeeee Tea Combo



Many other Dragon Herbs herbal formulations contain Dang Gui root as an ingredient.

Bupleurum Root

Botanical Name: Bupleuri Radix
Latin Name: *Bupleurum chinense*
PinYin: Chai Hu

Bupleurum is a very important herb widely used in Chinese herbalism. Bupleurum is not officially a "tonic" herb. It belongs to a class of herbs known as regulatory herbs. Regulatory herbs help establish balance in the body, but do not directly tonify Jing, Qi or Shen. Bupleurum is the king of regulatory herbs. It is never consumed solo because it can release toxin from the liver, but not itself eliminate it from the body. Bupleurum is always assisted by either Scutellaria root or White Peony root. Then, additional herbs are added to the formula to direct its ultimate function.

Bupleurum root has been used since ancient times to support liver functions and as a spleen and stomach tonic. There are more Bupleurum-based formulations in Chinese herbalism than any other herb. Many people use a Bupleurum-based formula for the first year or two of their herbal practice, then they eliminate these Bupleurum-based formulations from their tonic regimen. Bupleurum is said to be a harmonizing herb that regulates metabolic, hepatic and digestive functions. Like most herbs, there are many grades of Bupleurum root, and the higher grade is more expensive, but well worth it for the extraordinary benefits that can be derived

from consuming an appropriate Bupleurum-based formulation. It usually takes a professional herbalist to determine which Bupleurum-based formulation is best for each person. Bupleurum-based formulations may be used along with other formulations, especially tonic formulations that support the Three Treasures.



Bupleurum is a wispy plant with a powerful root

柴胡

Bupleurum roots are dried and sliced for extraction.





Bupleurum is one of the most widely used plants in Chinese herbalism, always used in formulations with Peony root or Scutellaria. It is a Qi- regulating herb.

A number of Dragon Herbs herbal formulations contain Bupleurum root as a major ingredient. Here are some –

- The Great Stabilizer (Bupleurum & Dragon Bone modified with Uncaria hooks)
- Cellular Detox Support (Bupleurum & Rehmannia)
- Easy Qi (Bupleurum & Cinnamon)
- Natural Woman (Bupleurum & Peony)
- Pearl Shen
- Women's Balance (Bupleurum & Dang Gui)
- Cyperus Formulation (Bupleurum & Cyperus)
- The Great Regulator (Minor Bupleurum Combination modified with Baicalin)
- Strong Bones

Many other Dragon Herbs herbal formulations contain Bupleurum root as an ingredient.



Chaga

Botanical Name: *Inonotus obliquus*
Latin: *Inonotus obliquus*
PinYin: Bai Hua Rong

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桦
茸

Asian herbalists believe that Chaga preserves youthfulness, promotes health, and encourages longevity. Because of its potent protective qualities and high degree of safety, it is relegated as a “superior herb.” It is categorized as a Qi tonic, like Reishi mushroom. It is also considered to be a superb Kidney tonic. Russian and Scandinavian scientists have done the most scientific research on this powerful herb in recent years. Chaga is a very powerful antioxidant. Studies indicate it is a much more potent free radical scavenger than many other popular dietary antioxidants, including blueberries and açai. Chaga may be used as a Shen tonic as well, and as an immune modulating (strengthening, balancing, supportive and regulating) tonic of the highest order.



Dragon Herbs Chaga is collect from pristine wild forests in Siberia.





Siberian Chaga contains a range of important active constituents including polysaccharides, phenolic compounds, *lanostane triterpenoids* and melanin, a pigment that is present and needed throughout the human body, with a wide range of health benefits. Research on Siberian Chaga has demonstrated potent immune supporting actions.

Upon ingestion, a range of secondary metabolites are produced, many of which are highly active as potent immune modulators. Chaga is a rich source of 1-3 β -glucans, polysaccharides that are quintessential nutrients for the immune system.

These polysaccharides have strong immune balancing properties, enhancing the body's ability to produce

natural killer (NK) cells. At the

cellular level, Chaga has been shown to support the response to oxidative molecules that may impact human DNA if not quenched.

Dragon Herbs uses Siberian Chaga. In Siberia, after ten to fifteen years of parasitism on birch tree trunks, the black shapeless *Inonotus obliquus* fungus acquires the status of "Chaga." And at the age of twenty years, Chaga is considered to be fully mature as a tonic herb. Chaga's safety has been well established, and it may be used as a daily tonic herb. Dragon Herbs **Wild Siberian Chaga** is extracted (concentrated) by a special controlled-temperature,

full spectrum extraction technology. Both water and alcohol are used in the extraction and as a result, all bioactive components of the Chaga are present in Dragon Herbs **Wild Siberian Chaga** powdered extract. Siberian Chaga is non-toxic.

Researchers have recently reported in an international research journal (2011) at least one mechanism by which Chaga modulates immune responses is through secretion of Th1/Th2 cytokines (bioactive chemicals) in immune cells, and that Chaga regulates antigen-specific antibody production. This modulatory effect is responsible for Chaga's "double-direction" adaptogenic effect on the immune response. This activity is very similar to the same activities long noted in Reishi mushroom (*Ganoderma*). Because of its double direction adaptogenic activity, Chaga is suitable to all healthy normal individuals seeking a world class tonic to support a wide range of life functions.

A number of Dragon Herbs formulations contain Chaga mushroom as a major ingredient. Here are some –

- Wild Siberian Chaga
- Shaolin Inner Power eeTee
- 22 Reishis
- Tonic Alchemy

Many other Dragon Herbs herbal formulations contain Chaga mushroom as an ingredient.

The mushroom has two main layers, both of which provide tonic benefits



Rehmannia Root

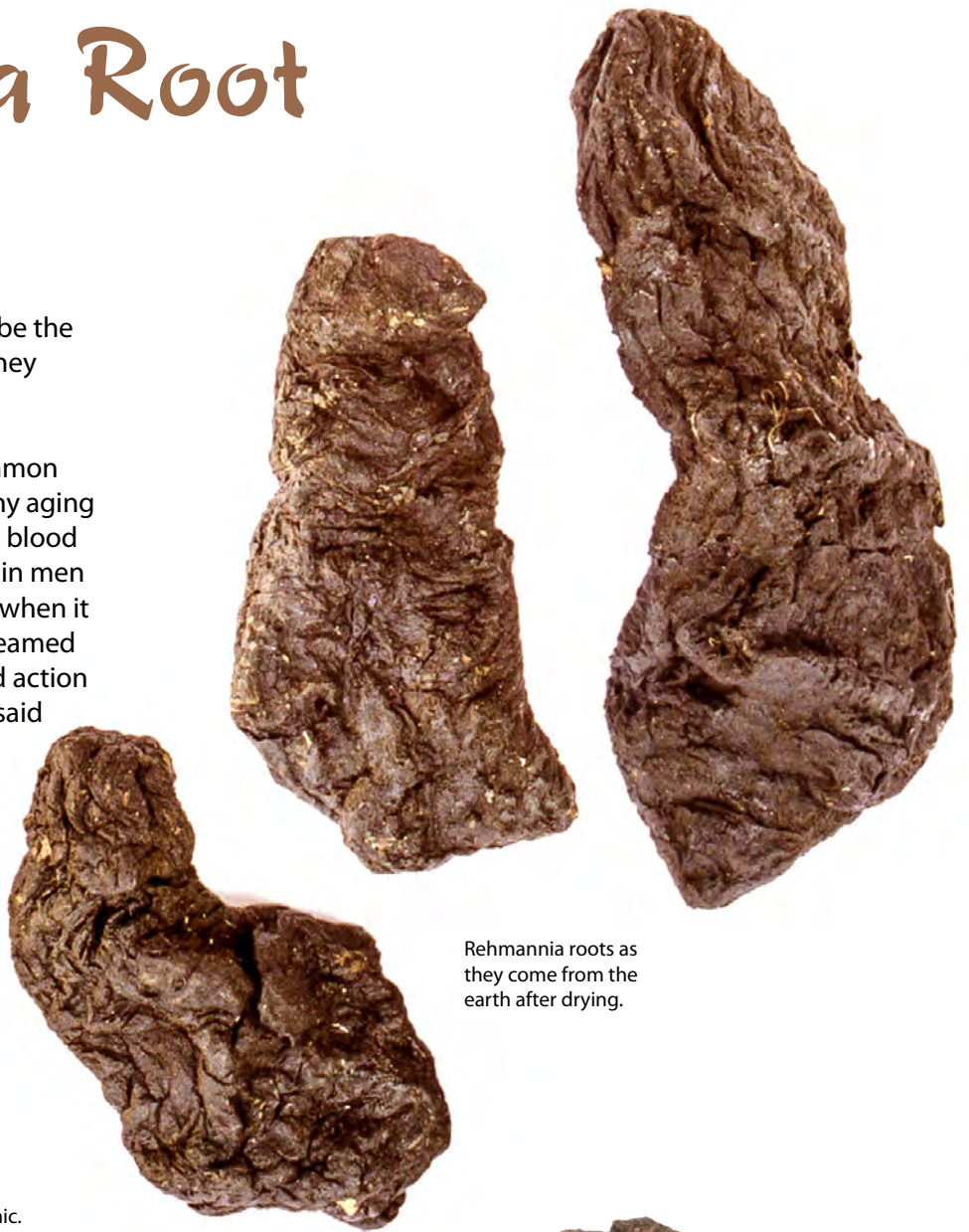
Botanical Name: *Rehmanniae Radix*

Latin: *Rehmannia glutinosa*

PinYin: Di Huang

Steamed ("Prepared") Rehmannia is said to be the "Kidney's own food." It is renowned as a Kidney tonic herb and is found in many traditional and modern formulations for longevity and rejuvenation. Traditionally it was a very common lead herb in formulations to promote healthy aging and to preserve one's youth. It is a premium blood tonic and is said to benefit sexual functions in men and women. Rehmannia is not a tonic herb when it is consumed raw (un-cooked). It must be steamed in wine vapor to modulate its chemistry and action into that of a "tonic." The steamed variety is said to be warm in nature. Raw (not-steamed) Rehmannia is also used in Chinese herbalism, but it is not a *tonic* herb — it is used remedially in formulations used to detoxify the body and to promote the functions of the lymph glands. Both raw and prepared Rehmannia are elite herbal substances, but must be carefully chosen.

Rehmannia root must be steamed with wine to become tonic. After steaming, it has a glossy tone.



Rehmannia roots as they come from the earth after drying.



Before steaming it has a dull tone and is not a tonic herb.



A Rehmannia plant (growing wild in Dragon Herbs Botanical Garden)



Many Dragon Herbs formulations contain Rehmannia root as a major ingredient. Here are some –

Prepared Rehmannia

- Rehmannia Six
- Shou Wu Formulation
- Supreme Creation
- Women's Jing
- Gecko Rockclimber
- Ant Essence
- Endocrine Health
- Four Things
- Ten Compete Supertonic
- Ginseng Supportive Combination
- Return to Youth

Raw

- Yin Replenisher Drops
- Profound Essence
- Cellular Detox Support
- VirugoMax
- Gentiana Combination
- VirugoMax eeTee in Jar

Prepared & Raw

- Jing
- Super Jing
- Primal Yin Replenisher
- Hair & Nails



Many other Dragon Herbs herbal formulations contain Rehmannia root as an ingredient.

Ashwagandha Root

Ayurvedic Name: Ashwagandha

Latin: *Withania somnifera*

PinYin: Shui Qie

Ashwagandha (*Withania somnifera*) root is sometimes referred to as "Indian Ginseng." In India's Ayurvedic system, Ashwagandha is classified as a *rasayana* herb. The name Ashwagandha means "the scripture for longevity" in Sanskrit. It has been used since the dawn of Indian civilization and is currently one of the most popular herbs in the world.

Ashwagandha is an herb that is rejuvenating to the whole body, that promotes physical and mental health, and is traditionally believed to increase

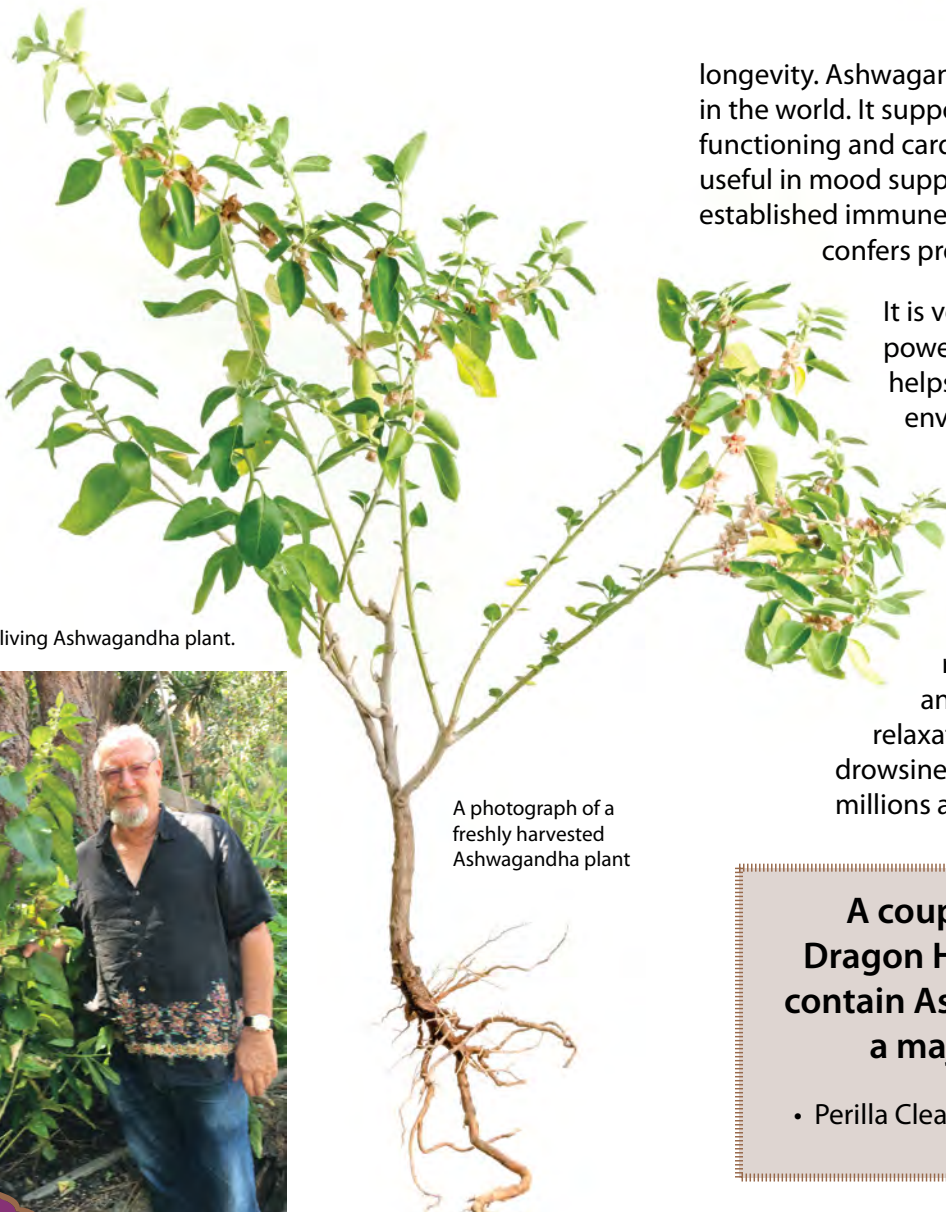
睡
茄



Dried Ashwagandha roots

longevity. Ashwagandha root rivals any tonic herb in the world. It supports healthy neurological functioning and cardiovascular health. It is very useful in mood support. Ashwagandha has well established immune potentiating activity and thus confers protection.

It is very highly regarded as a powerful *adaptogenic* herb, so it helps humans adapt to adverse environmental factors, and helps the body and mind handle increased stress loads, both acute and chronic, more efficiently. Ashwagandha has been demonstrated to improve learning, memory and reaction time. It is a powerful antioxidant herb. It promotes relaxation but does not cause drowsiness. Ashwagandha is used by millions as a brain tonic.



A photograph of a freshly harvested Ashwagandha plant

Ron with a living Ashwagandha plant.



A couple of important Dragon Herbs formulations contain Ashwagandha root as a major ingredient.

- Perilla Clear
- Tonic Alchemy

Meditation

Laozi, Translated by Sung Jin Park

The Way is sacred; you cannot own it.
He or she who would own it would destroy it.
He or she who would hold it would lose it.



You will find, therefore, that
Sometimes things are in front
And sometimes they are behind.



Sometimes there will be strength
And sometimes there will be weakness.



Thus, the sage avoids extremes,
Indulgence and complacency.

The background of the top two-thirds of the page is a repeating pattern of stylized, golden dragons and mushrooms on a dark red background. The dragons are depicted in various poses, some facing left and some facing right, with their bodies curved and tails trailing. The mushrooms are also stylized, with some showing gills and others showing a more rounded, bell-like shape. The overall aesthetic is traditional and vibrant.

Health Deserves Cultivation™



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(888) 55 - TONIC (86642)