SHEN TONICS

BY RON TEEGUARDEN

CHINESE TONIC HERBS THAT SUPPLEMENT, INVIGORATE AND REGULATE SHEN

WILD GINSENG ROOT

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



WILD REISHI

Ganoderma lucidum, Ling Zhi

Outdocerna uccaum, Ling 2nt The King of Shen tonics nourishes the liver, heart and lungs, strengthens the mind, increases intelligence and memory, and promotes wisdom. The "mushroom of spiritual potency" is the major Shen tonic of Asian herballism and the most treasured Taoist herb.

POLYGONUM STEM

Polygonum multiflorum, Ye Jiao Teng

Nourishes the Qi of the heart, stabilizes emotions, strengthens the mind, nourishes the marrow, and



Pteria margaritifera or martensii. Zhen Zhu

A superb Shen stabilizer and emotional protector. Finely powdered Pearl calms the nerves, stabilizes emotions, relieves anxiety and anger, and promotes clear thinking and



CANTONESE ALBIZZIA FLOWER Magnolia coco, Guang Dong He Huan Hua Cantonese Albizzia Flower (not to be confused with the standard Albizzia Flower (not to be confused with the standard Albizzia Flower He Huan Hua or the Magnolia flower Xin Yi) is a superb Sher tonic. Lifts Shen and calms the emotions.

Albizzia Flower

Albizzia julibrissin, He Huan Pi Hua

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

POLYGALA ROOT

Polygala tenuifolia, Yuan Zhi

Calms the heart and mind, clears the orifices, resolves can't a treat and mind, deals the offices, resources, resources, placement, phlegm and powerfully strengthens Will Power. Thus it is known as the "Will Strengthener." Promotes the feeling and experience of Love.



SPIRIT PORIA

Poria cocos and Pinus longa, Fu Ling

Stabilizes Shen and calms the mind, strengthens the Spleen and transforms ness. A major "spirit-food" for Taoists. Spiritually protective



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

WILD RED ASPARAGUS ROOT

Asparagus cochinchinensis, Tian Men Dong

A superb Shen tonic, Nurtures and protects the heart. Promotes flying dreams and lifts the spirit. Nourishes *Yin* and clears heat. Moistens the lungs and tonifies Kidney *Yin*.



Tonifies the Kidneys and Heart, fortifies Yang, nourishes

Yin, brightens the mind, and lengthens life. Promotes

Cervus nippon, Cervus Nippon or Cervus elaphus Linnaeus, Lu Rong

courage and the joy of life.

Longan Fruit

Euphoria longan, Long Yan Rou

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



TIBETAN RHODIOLA ROOT

Rhodiola sacra, Hong Jing Tian

The sacred herb of the high Himalayas, Rhodiola sacra clears and sharpens the mind, lifts the spirit, invigorates the powers of creation, nourishes the heart and protects the

ZIZYPHUS SEEDS

Ziziphus spinosa, Suan Zao Ren

Nourishes heart blood, pacifies Shen, benefits Yin, and promotes deep restful sleep.



ALBIZZIA BARK

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Albizzia julibrissin, He Huan Pi Pacifies the spirit, calms the mind,



TEA LEAF

Camellia sinensis, Cha Ye

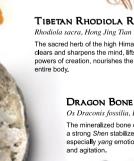
Tea is widely known as a powerful antioxidant, digestant and gentle stimulant. Yet, the magic of tea lies in its Shen enhancing power. Used by Zen masters, Taoists and cultured individuals for three millennia to open the heart, clear the mind, settle the soul and illuminate the spirit.



OYSTER SHELL

Ostrea gigas, O. rivularis, or O. talienwhanensis, Mu Li

Oyster Shell (naturally processed and powdered) is a major Shen stabilizer. It helps calm excessive emotions. Composed of sea minerals and amino acids, Oyster Shell stabilizes the nervous system, tonifies Yin and checks exuberant Yang.





Os Draconis fossilia, Long Gu

The mineralized bone of prehistoric mammals is a strong Shen stabilizer. Calms the emotions especially yang emotions like anger, irritability



