



Classical Pearls Ört Formler

Manual För Användning
På Engelska



En Återvändo till den Klassiska Kinesiska Medicinen



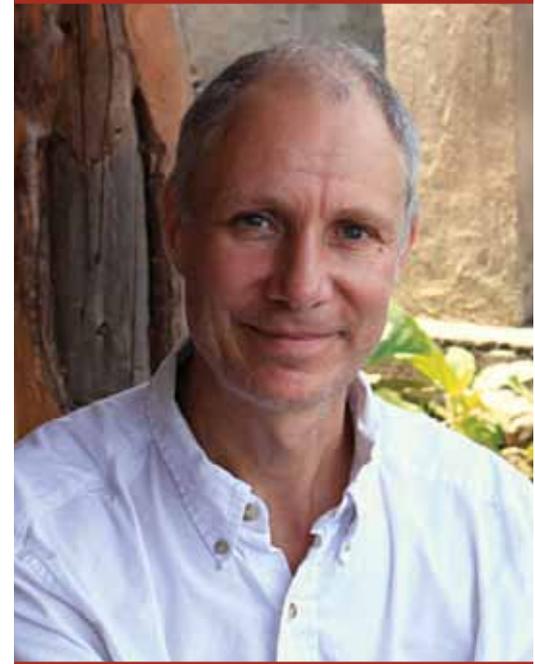
About Classical Pearls Herbal Formulas™

The Classical Pearls Herbal Formulas™ product line is an organic offspring of Dr. Heiner Fruehauf's prolific career in the research, teaching, and practice of Chinese medicine. Heiner is at the forefront of a global movement to return to the true roots of Chinese medicine.

Heiner Fruehauf, Ph.D., L.Ac. is the Founding Professor of the School of Classical Chinese Medicine at National College of Natural Medicine, and the clinical director of the Hai Shan Center for Natural Healthcare. He is an experienced herbal practitioner who has specialized in the treatment of chronic and difficult diseases for two decades. He is also an international author/lecturer who stands at the forefront of a global movement aimed at restoring the clinical efficacy of Chinese medicine by deepening the understanding of its theoretical foundation. Classical Pearls represents the culmination of his clinical and scholarly experience, as well as the passing of an herbal legacy through him and the many master practitioners he encountered during a life-time of research in China and Japan.

Herbal medicine was once the only modality to cure serious diseases. Today, the intricate alchemical principles and the experience based approach of traditional herbal science has become overshadowed by laboratory parameters—often to the detriment of clinical results. It is the mission of Classical Pearls to launch a return to the classical and clinic-based roots of Chinese herbal medicine:

- Emphasis on the alchemical integrity of classical formulas
- Focus on the synergistic "fusion" effect of herb combining
- Integrating the deepest classical level of understanding organ network physiology
- Attention to inherent yin-yang balance in formula design
- Flexible, experience based modification approach that addresses the clinical problems of our day
- Preservation of effective herbal approaches that are in danger of getting lost
- Highest standards of ingredient purity
- Promotion of traditional alchemical growing technique



*To relieve the suffering
of one's time, there is no
greater path than medicine.*

*Within it, nothing is
more effective than the
prescription of herbs.*

IMPERIAL PATENT FORMULARY
TO AID THE PEOPLE
(TAIPING HUIMIN HEJI JUFANG), 1107



Our Formulas

Dosage Guidelines

GENERAL DOSAGE GUIDELINES

The Classical Pearls series of products consists of 10:1 powder extracts made by decocting the crude herbs in each formula, then slow drying or, in formulas requiring greater degrees of density, spray-drying the liquid. Every capsule contains 0.5g of powder extract, which is the equivalent of 5g of decocted crude herbs, or 1g of 5:1 herbal granules. Taking the recommended daily amount of 3 capsules 2x/day is therefore similar to the process of decocting 30g of dried herbs and drinking the liquid in the course of one day. This amount is generally safe for long-term use, and does not require frequent formula adjustments.

If an effect similar to the short-term administration of a decocted daily pack of crude herbs is desired, higher dosages need to be prescribed. 6 capsules 3x/day, for instance, would supply the daily equivalent of a decoction made from 90g of dried crude herbs.

Acute Conditions

Acute conditions generally require higher dosages and more frequent administration of the remedy prescribed. Dosages should try to match the amounts used in the standard application of crude herb decoctions: 12-24 capsules per day (4-6 capsules 3-4 x/day), which are equivalent to 60-120g of decocted crude herbs per day.

In this process, different remedies can be combined to both buffer each other and achieve a more potent result. Perilla Pearls, for instance, are designed to address symptoms of sore throat and coughing. For a particular virulent case of sore throat (potentially including abscessed tonsils) it would be most beneficial to combine Perilla Pearls with Dragon Pearls, i.e. 3 Perilla Pearls plus 1 Dragon Pearl 3-5x/day. Or, for a bad case of the flu with pronounced symptoms of wind invasion, body pain, swollen glands, and diarrhea, 2 Perilla Pearls plus 3 Earth Pearls 3-4x/day would be recommended.



Classical Pearls Herbal Formulas™ are unique herbal formulations designed for the treatment of chronic diseases in modern-day practice. They represent the culmination of two decades of research by noted Chinese medicine scholar and herbalist, Heiner Fruehauf, Ph.D.

- Each formula batch is tested in independent U.S. laboratories for heavy metals, pathogenic bacteria, and pesticide/herbicide residues.
- All formulas are highly concentrated to a ratio of 10:1 or higher to minimize the number of capsules patients need to consume.
- All formulas are produced in GMP (Good Manufacturing Practices) facilities in the U.S. and China.

Caution: Use herbs conservatively during pregnancy or while nursing.

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Our Formulas

Dosage Guidelines

Chronic Conditions

The classical focus on the self-healing capabilities of the body makes the Classical Pearls line of products uniquely suited for the long-term treatment of difficult and recalcitrant diseases. The design of all remedies features a careful balance of herbal effects addressing excess and deficiency, warming and cooling, and moistening and drying. If chosen appropriately and prescribed in the recommended dosages, most remedies exhibit a remarkable degree of alchemical stability and can be taken over extended periods of time (6 weeks - 6 months). During or after this time, sister remedies that are similar in design can be used to alternate and prevent remedy fatigue.

If higher dosages are desired (8-15 capsules per day), it is recommended to combine different remedies. For pronounced body pain in a fibromyalgia patient, for instance, one could consider prescribing a combination of 3 Lightning Pearls and 3 Bamboo Pearls 2x/day. If the same patient also complains about insomnia, one could even consider a combination of 3 different remedies, by using 3 Lightning Pearls and 3 Bamboo Pearls in the morning, and 3 Lightning Pearls and 3 Peace Pearls in the late afternoon or evening. In this way, prescriptions at higher dosage rates also have the potential of fitting the patient's needs for periods of 6-12 weeks.

Treatment strategies that require the long-term administration of herbs, such as those addressing symptoms of Lyme Disease and other forms of "Gu" Syndrome, can be used longer by combining different remedies (and thereby not using more than 6 capsules of any single remedy per day). Remedy fatigue can be avoided by employing a regimen of 3-4 formulas with similar effects, and rotating at least one of them

every 6 weeks. In order to optimize this process of alternating remedies, it is best to look at the Classical Pearls remedies as formula families that can be used in modular fashion.

Children, Pregnant Women, and Breastfeeding Mothers

Lower dosages are generally recommended for children. Depending on age, body weight, and formula ingredients, the dosage range should be 1-3 capsules 1-2x/day for chronic pediatric cases, and 1-3 capsules 3-4x/day for acute cases. The same principle applies to pregnant or breastfeeding mothers. While it is true that what benefits the mother will benefit the child, it is generally best to exercise caution and prescribe child-like doses to a pregnant or breastfeeding woman. Exceptions are women whose symptoms worsen when the dosage is decreased—it is generally safe to assume that pregnant or breastfeeding women (and their children) who feel better on higher dosages will not be negatively effected by them.



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About Classical Pearls

Modular Formula Families

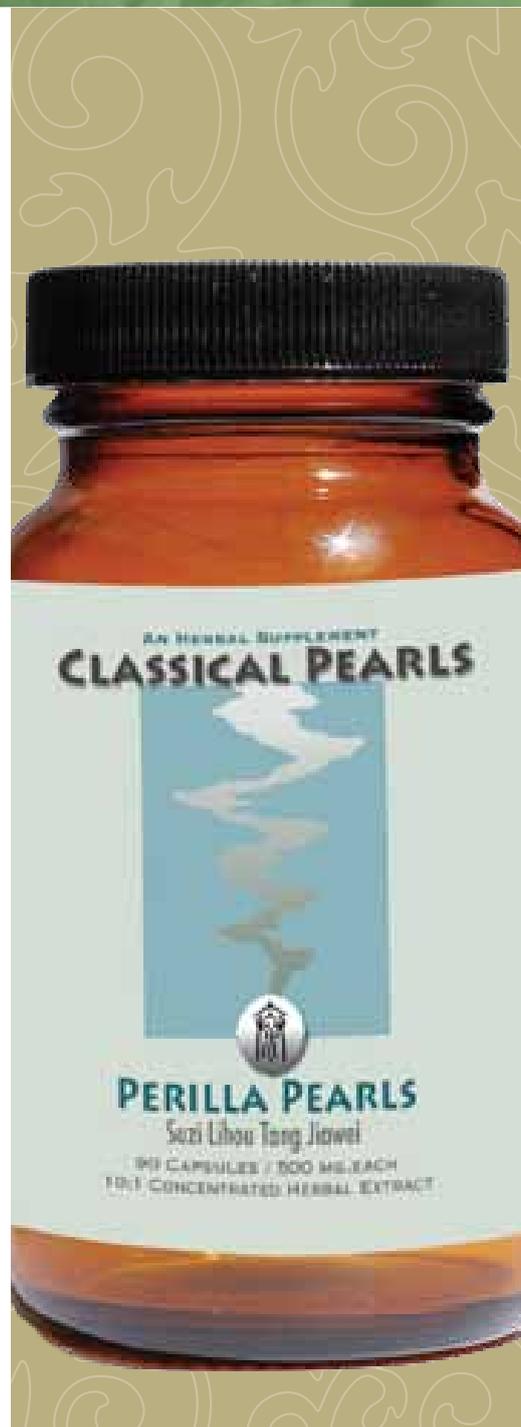
MODULAR FORMULA FAMILIES

The Classical Pearls products are designed as a modular approach to chronic health problems. Chronically ill patients typically need to take herbs for a long period of time. In this process, the universal laws of healing require that the same direction or therapeutic “ballpark” (fang) is being addressed, while remedy fatigue needs to be avoided by making minor changes to the herbal approach. This was also Samuel Hahnemann’s intention when he first outlined the laws of homeopathic therapy: he recommended using the same constitutional remedy, but at different potencies as time went by.

A general rule of long-term herbal therapy is that the higher the prescribed dose is, the sooner the remedy needs to be modified. For instance, if 3 capsules taken 2x/day can safely be imbibed for 3 months, the same remedy taken at a rate of 6 capsules 2x/day may need to be changed to a similar “sister remedy” after 4-6 weeks.

When choosing remedies that can be used to alternate a prescription for long-term patients, the following points should be taken into consideration:

- 1) Similar action: i.e., calming, or descending, or astringing, or GYN effect
- 2) Overall cooling versus overall warming effect
- 3) Overall excess removing versus overall tonic effect
- 4) Similarity of ingredients (cinnamon family, aconite family, etc)



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Our Formulas

Formula Families at a Glance

FORMULA FAMILIES AT A GLANCE

Overall Cooling

Dragon Pearls
Perilla Pearls
Lightning Pearls
Golden Pearls
(Ease Pearls)

Overall Warming

All other Classical Pearl remedies

Warming and Moving with Cinnamon

Cinnamon Pearls
Earth Pearls
Bamboo Pearls
Evergreen Pearls
Mama Pearls
(Golden Pearls)

Moving with Bupleurum

Ease Pearls

Warming and Consolidating (and Moistening) with Aconite

Vitality Pearls
Peace Pearls
Heart Pearls
Tiger Pearls
Moon Pearls
Guanyin Pearls

Warming, Detoxifying, Moving, and Consolidating with Cinnamon and Aconite

Sugar Pearls
Ocean Pearls

Warming and Consolidating with Food Grade Herbs

Amber Pearls
Earth Pearls
Cinnamon Pearls

Warming and Moistening with Rehmannia

Wind Pearls
Glacier Pearls
Water Pearls

Warming and Descending with Evodia

Ginkgo Pearls

Warming, Descending & Moistening with Pinellia

Counterflow Pearls

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WOOD

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FIRE

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EARTH

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Tiger Pearls	74
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METAL

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WATER

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CLASSICAL PEARLS SINGLE HERBS

SINGLE HERB POWDERED EXTRACTS

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Feizi	
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Wanggua Gen	
Jicai	
Kucai	

Formula Applications Index

In Order of Importance



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–A–

Acid reflux (GERD); Symptom complex of [Counterflow³⁰, Gingko⁴², Earth³⁴]
Acne pustules & other suppurative skin conditions [Golden⁴⁸, Perilla⁶⁸, Lightning⁵⁴, Earth³⁴, Wind⁸⁰]
Adrenal imbalances; menopausal [Peace⁶⁶, Love⁵⁶, Heart⁵², Guanyin⁵⁰]
Airline travel (prevention of colds, food poisoning and jet lag) [Earth³⁴, Lightning⁵⁴, Perilla⁶⁸]
Allergic asthma [Wind⁸⁰, Cinnamon²⁶, Earth³⁴, Golden⁴⁸]
Allergic rhinitis [Wind⁸⁰, Cinnamon²⁶, Golden⁴⁸]
Allergic skin and mucous membrane reactions [Wind⁸⁰, Golden⁴⁸]
Allergies (due to inflamed mucous membranes) in late-stage cold situations [Golden⁴⁸, Cinnamon²⁶, Wind⁸⁰]
Allergies affecting ears, eyes, and nose; spring-time [Ease³⁸, Wind⁸⁰, Cinnamon²⁶, Golden⁴⁸]
Allergies; food [Cinnamon²⁶, Earth³⁴]
Alzheimer's [Evergreen⁴⁰, Gingko⁴², Earth³⁴, Vitality⁷⁶, Love⁵⁶]
Amenorrhea [Moon⁶⁰, Evergreen⁴⁰, Earth³⁴]
Amoebic dysentery [Thunder⁷², Dragon³², Earth³⁴]
Anemia [Earth³⁴, Moon⁶⁰, Evergreen⁴⁰]
Anemia; pernicious [Vitality⁷⁶]
Anemia; aplastic [Tiger⁷⁴, Sugar⁷⁰]
Anxiety/Depression; cyclical [Peace⁶⁶, Ease³⁸, Vitality⁷⁶, Earth³⁴, Gingko⁴²]
Anxiety/Depression; pre-menopausal [Peace⁶⁶, Moon⁶⁰, Ease³⁸]
Anxiety/Depression; post-menopausal [Guanyin⁵⁰, Vitality⁷⁶, Peace⁶⁶]
Anxiety; due to chronic adrenal stress and/or central nervous system imbalance [Peace⁶⁶]
Appetite; poor [Amber²², Cinnamon²⁶, Earth³⁴]
Arteriosclerosis [Evergreen⁴⁰, Water⁷⁸, Heart⁵², Gingko⁴², Counterflow³⁰]
Arthritis; rheumatoid arthritis [Bamboo²⁴, Cinnamon²⁶]
Asthma; allergic [Wind⁸⁰, Cinnamon²⁶, Earth³⁴, Golden⁴⁸]
Asthma; bronchial [Water⁷⁸]
Atherosclerosis [Evergreen⁴⁰, Heart⁵², Gingko⁴², Earth³⁴]

–B–

Babesiosis, Bartonellosis [Lightning⁵⁴, Thunder⁷², Dragon³²]
Bacterial infections [Dragon³², Golden⁴⁸, Perilla⁶⁸, Lightning⁵⁴]
Bacterial infections; intestinal [Thunder⁷², Lightning⁵⁴, Dragon³², Earth³⁴, Cinnamon²⁶]
Benign prostate hyperplasia (BPH) [Water⁷⁸, Vitality⁷⁶, Ocean⁶²]

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Bladder infections; acute [Dragon³², Ocean⁶²]
Blood pressure; high [Counterflow³⁰, Evergreen⁴⁰, Heart⁵², Water⁷⁸]
Blood Sugar imbalances [Sugar⁷⁰, Vitality⁷⁶]
Bone fractures; acute stage (zero to six weeks) [Ox Bone⁶⁴]
Bone fracture; chronic stage (longer than six weeks) [Bamboo²⁴, Ox Bone⁶⁴]
Bone spurs [Bamboo²⁴, Ox Bone⁶⁴, Earth³⁴, Cinnamon²⁶]
Brain disorders; degenerative (MS, Parkinson's, etc.) [Evergreen⁴⁰, Gingko⁴²]
Breath; shortness of [Vitality⁷⁶, Heart⁵², Guanyin⁵⁰, Water⁷⁸]
Brittle nails; menopausal [Guanyin⁵⁰, Moon⁶⁰, Evergreen⁴⁰, Sugar⁷⁰]
Bronchitis; acute [Perilla⁶⁸, Golden⁴⁸, Dragon³²]
Bronchitis; chronic [Earth³⁴, Cinnamon²⁶, Golden⁴⁸, Perilla⁶⁸, Glacier⁴⁶]
Bulging discs [Bamboo²⁴, Ox Bone⁶⁴, Evergreen⁴⁰, Water⁷⁸]

–C–

Cancer; bladder [Ocean⁶²]
Cancer; brain [Gingko⁴², Evergreen⁴⁰, Mama⁵⁸]
Cancer; cervical [Ocean⁶², Moon⁶⁰, Mama⁵⁸]
Cancer; esophageal, throat, nasopharyngeal [Gingko⁴²]
Cancer; heart [Mama⁵⁸, Glacier⁴⁶]
Cancer; liver [Mama⁵⁸, Glacier⁴⁶, Ocean⁶², Sugar⁷⁰]
Cancer; lung [Glacier⁴⁶]
Cancer; kidney [Ocean⁶²]
Cancer; ovarian [Ocean⁶², Mama⁵⁸]
Cancer; prostate [Ocean⁶²]
Cancer; protection of tissues & mucous membranes during radiation and chemotherapy [Glacier⁴⁶, Water⁷⁸, Heart⁵²]
Cancer; support of conventional skin and colon therapy [Glacier⁴⁶]
Cancer; female (breast cancer, ovarian cancer) [Mama⁵⁸, Evergreen⁴⁰, Ocean⁶²]
Cancer; stomach [Gingko⁴², Counterflow³⁰, Amber²²]
Cancer; tumors in the upper part of the body, especially the lung, neck, and throat [Glacier⁴⁶]
Cancer; uterine [Ocean⁶², Moon⁶⁰, Mama⁵⁸]
Cataracts [Water⁷⁸, Sugar⁷⁰]
Cervical dysplasia [Moon⁶⁰, Ocean⁶², Mama⁵⁸]
Celiac disease [Cinnamon²⁶, Amber²², Earth³⁴]
Chemotherapy side-effects of [Ease³⁸, Glacier⁴⁶, Water⁷⁸, Heart⁵², Gingko⁴², Tiger⁷⁴]

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Cholesterol; elevated [Counterflow³⁰, Sugar⁷⁰, Heart⁵², Water⁷⁸]
Chronic fatigue syndrome [Lightning⁵⁴, Thunder⁷², Earth³⁴, Cinnamon²⁶, Vitality⁷⁶]
CMV [Lightning⁵⁴, Dragon³²]
Cold/Flu (especially in elderly patients) [Earth³⁴, Cinnamon²⁶, Golden⁴⁸, Perilla⁶⁸, Wind⁸⁰]
Cold; common [Perilla⁶⁸, Golden⁴⁸, Earth³⁴, Wind⁸⁰, Lightning⁵⁴, Ease³⁸]
Colitis; chronic [Amber²², Cinnamon²⁶, Wind⁸⁰, Earth³⁴, Thunder⁷², Ease³⁸, Tiger⁷⁴]
Constipation; chronic [Tiger⁷⁴]
Crohn's disease [Amber²², Cinnamon²⁶, Earth³⁴, Wind⁸⁰, Thunder⁷², Ease³⁸, Tiger⁷⁴]
Cushing's Syndrome [Gingko⁴², Evergreen⁴⁰]
Cystic fibrosis [Cinnamon²⁶]
Cysts; breast [Ease³⁸, Mama⁵⁸, Earth³⁴]
Cysts; kidney [Ocean⁶², Water⁷⁸, Cinnamon²⁶, Earth³⁴]
Cysts; ovarian [Ocean⁶², Moon⁶⁰]

–D–

Deep vein thrombosis [Evergreen⁴⁰, Heart⁵²]
Dengue Fever and other infections by tropical pathogens [Lightning⁵⁴, Thunder⁷², Dragon³²]
Depression/Anxiety; cyclical [Ease³⁸, Earth³⁴, Gingko⁴², Vitality⁷⁶, Peace⁶⁶]
Diabetes (type II), Pre-diabetes, and other "sugar diseases" [Sugar⁷⁰, Heart⁵², Water⁷⁸, Earth³⁴, Cinnamon²⁶]
Digestive weakness; chronic [Amber²², Earth³⁴, Vitality⁷⁶, Cinnamon²⁶]
Dry eyes; menopausal [Moon⁶⁰, Guanyin⁵⁰, Sugar⁷⁰, Water⁷⁸]
Dysmenorrhea [Moon⁶⁰, Earth³⁴]

–E–

Eating disorders [Gingko⁴², Counterflow³⁰, Earth³⁴, Cinnamon²⁶, Ease³⁸]
Ear Congestion [Cinnamon²⁶, Ease³⁸, Earth³⁴, Perilla⁶⁸]
Edema [Heart⁵², Earth³⁴, Water⁷⁸]
Emotional volatility; menopausal [Moon⁶⁰, Guanyin⁵⁰, Vitality⁷⁶, Earth³⁴, Ease³⁸]
Emphysema; prevention of further degeneration and symptom relief [Cinnamon²⁶, Earth³⁴, Glacier⁴⁶, Vitality⁷⁶]
Encephalitis [Lightning⁵⁴, Dragon³², Ease³⁸]
Endometriosis [Moon⁶⁰, Evergreen⁴⁰, Mama⁵⁸, Gingko⁴²]
Epididimitis [Ocean⁶², Golden⁴⁸, Earth³⁴, Mama⁵⁸]
Erectile dysfunction [Love⁵⁶, Heart⁵², Vitality⁷⁶, Water⁷⁸]

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–F–

Fibroid; uterine [Moon⁶⁰, Mama⁵⁸, Ocean⁶²]

Fibroids, breast; prevention of malignant development of [Mama⁵⁸, Ease³⁸, Moon⁶⁰, Earth³⁴]

Fibromyalgia [Lightning⁵⁴, Bamboo²⁴, Earth³⁴, Cinnamon²⁶, Thunder⁷²]

Food allergies/sensitivities [Cinnamon²⁶, Vitality⁷⁶, Earth³⁴, Wind⁸⁰, Amber²²]

Food poisoning [Earth³⁴, Thunder⁷², Cinnamon²⁶]

Frozen neck/shoulder [Bamboo²⁴, Cinnamon²⁶, Evergreen⁴⁰, Ox Bone⁶⁴]

Fungal infections (candida, aspergillus, mucor racemosus, etc.) [Thunder⁷², Earth³⁴, Vitality⁷⁶, Ease³⁸, Cinnamon²⁶]

–G–

Gas/Bloating [Ease³⁸, Earth³⁴, Vitality⁷⁶, Sugar⁷⁰, Cinnamon²⁶]

Gastritis; chronic [Gingko⁴², Counterflow³⁰, Earth³⁴, Amber²², Vitality⁷⁶]

Glaucoma [Water⁷⁸, Sugar⁷⁰]

Gonorrhea [Ocean⁶², Dragon³²]

Gu Syndrome (chronic parasitism); 1st and 2nd stage of treatment [Thunder⁷², Lightning⁵⁴, Dragon³², Earth³⁴, Bamboo²⁴, Ease³⁸]

Gu Syndrome (chronic parasitism); 2nd and 3rd stage of treatment [Vitality⁷⁶, Earth³⁴, Tiger⁷⁴, Sugar⁷⁰]

–H–

Hair loss; menopausal [Guanyin⁵⁰, Moon⁶⁰, Vitality⁷⁶, Water⁷⁸]

Hay fever [Wind⁸⁰, Cinnamon²⁶, Ease³⁸, Golden⁴⁸]

Headache/Migraine [Gingko⁴², Ease³⁸, Earth³⁴, Evergreen⁴⁰]

Hearing Loss [Water⁷⁸, Heart⁵², Cinnamon²⁶]

Heel pain [Bamboo²⁴, Earth³⁴, Ox Bone⁶⁴]

Hepatitis; acute (hepatitis A) [Ease³⁸, Dragon³²]

Hepatitis; chronic (hepatitis B/C) [Ease³⁸, Counterflow³⁰, Mama⁵⁸, Sugar⁷⁰, Cinnamon²⁶, Water⁷⁸]

Herniated discs [Bamboo²⁴, Ox Bone⁶⁴, Evergreen⁴⁰]

Herpes; simplex and zoster [Lightning⁵⁴, Perilla⁶⁸, Dragon³²]

Herpes; genital [Ocean⁶², Lightning⁵⁴, Dragon³², Sugar⁷⁰]

Hormone replacement; alternative options [Love⁵⁶, Guanyin⁵⁰, Vitality⁷⁶]

Hot flashes; menopausal [Guanyin⁵⁰, Moon⁶⁰, Vitality⁷⁶, Peace⁶⁶, Ease³⁸]

Human Papilloma Virus (HPV) [Ocean⁶², Dragon³², Sugar⁷⁰]

Hyperlipidemia [Counterflow³⁰, Water⁷⁸, Sugar⁷⁰, Heart⁵²]

Hypothyroidism [Vitality⁷⁶, Guanyin⁵⁰, Love⁵⁶]

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—I—

Impotence [Love⁵⁶, Water⁷⁸, Heart⁵², Vitality⁷⁶, Sugar⁷⁰]

Infertility (in males/females with signs of deficiency) [Water⁷⁸, Vitality⁷⁶, Moon⁶⁰, Love⁵⁶, Amber²²]

Infertility (in young males/females with sufficient hormone counts) [Ease³⁸, Earth³⁴, Cinnamon²⁶]

Injuries; external, including fractures [Ox Bone⁶⁴, Bamboo²⁴]

Insomnia [Peace⁶⁶, Vitality⁷⁶, Ease³⁸, Sugar⁷⁰, Amber²²]

Intercostal neuralgia [Ease³⁸]

Interstitial cystitis [Cinnamon²⁶, Ocean⁶², Sugar⁷⁰, Ginkgo⁴²]

Irritable bowel syndrome (IBS) [Thunder⁷², Amber²², Cinnamon²⁶, Earth³⁴, Ease³⁸, Tiger⁷⁴]

—K—

Kidney failure [Tiger⁷⁴, Heart⁵², Sugar⁷⁰, Ocean⁶², Ease³⁸, Earth³⁴]

Kidney infections; acute (pyelonephritis) [Dragon³², Ocean⁶²]

Kidney infections; chronic (glomerulonephritis) [Heart⁵², Cinnamon²⁶, Earth³⁴, Sugar⁷⁰]

—L—

Leaky gut syndrome [Cinnamon²⁶, Earth³⁴, Amber²², Vitality⁷⁶, Tiger⁷⁴]

Leukorrhea [Earth³⁴, Moon⁶⁰, Cinnamon²⁶, Amber²²]

Leukemia [Dragon³², Ease³⁸]

Libido, reduction in; female [Love⁵⁶, Guanyin⁵⁰, Moon⁶⁰, Vitality⁷⁶, Heart⁵², Sugar⁷⁰]

Libido, reduction in; male [Love⁵⁶, Vitality⁷⁶, Heart⁵², Sugar⁷⁰]

Listeriosis [Lightning⁵⁴, Thunder⁷², Dragon³²]

Liver cirrhosis [Ease³⁸, Earth³⁴, Mama⁵⁸, Evergreen⁴⁰, Ocean⁶², Counterflow³⁰, Cinnamon²⁶]

Loss of energy, menopausal [Moon⁶⁰, Guanyin⁵⁰, Vitality⁷⁶, Sugar⁷⁰, Water⁷⁸, Earth³⁴]

Lumbago [Bamboo²⁴, Ox Bone⁶⁴, Evergreen⁴⁰, Earth³⁴, Water⁷⁸]

Lyme disease (borreliosis) [Lightning⁵⁴, Thunder⁷², Dragon³², Ease³⁸, Bamboo²⁴, Earth³⁴, Cinnamon²⁶]

Lymphatic swelling [Perilla⁶⁸, Ease³⁸, Dragon³², Lightning⁵⁴, Thunder⁷², Cinnamon²⁶]

Lymphoma [Ease³⁸, Dragon³², Perilla⁶⁸, Glacier⁴⁶]

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In Order of Importance

[] = formulas appear in order of importance with page numbers referenced

–M–

Malaria [Ease³⁸, Lightning⁵⁴, Dragon³²]
Malaria; prevention during journeys to tropical areas [Lightning⁵⁴]
Meniere's syndrome [Cinnamon²⁶, Earth³⁴, Evergreen⁴⁰, Water⁷⁸, Heart⁵²]
Meningitis [Lightning⁵⁴, Dragon³², Ease³⁸]
Menopause, Hot Flashes [Ease³⁸, Guanyin⁵⁰, Moon⁶⁰]
Menopause; all symptoms of [Moon⁶⁰, Guanyin⁵⁰, Vitality⁷⁶, Love⁵⁶]
Menstruation; chronic spotting [Moon⁶⁰, Earth³⁴, Amber²²]
Menstruation; heavy bleeding [Moon⁶⁰, Earth³⁴, Amber²²]
Menstruation; irregular [Moon⁶⁰, Earth³⁴, Ease³⁸]
Menstruation; painful [Moon⁶⁰, Evergreen⁴⁰, Cinnamon²⁶, Heart⁵²]
Microcirculation issues [Heart⁵², Evergreen⁴⁰, Cinnamon²⁶]
Morning sickness [Earth³⁴, Cinnamon²⁶, Gingko⁴²]
MS [Evergreen⁴⁰, Lightning⁵⁴, Gingko⁴², Heart⁵²]
Myeloma; multiple [Ocean⁶², Tiger⁷⁴, Glacier⁴⁶, Dragon³²]
Myocarditis; viral [Perilla⁶⁸, Lightning⁵⁴, Dragon³², Golden⁴⁸, Heart⁵², Vitality⁷⁶, Water⁷⁸]

–N–

Nausea and dizziness in chemotherapy patients [Gingko⁴², Earth³⁴, Heart⁵²]
Nausea and/or dizziness in patients with brain tumors or brain chemistry imbalances [Gingko⁴²]
Nausea [Ease³⁸, Earth³⁴, Gingko⁴², Cinnamon²⁶]
Nephritis [Water⁷⁸]
Neuropathy; diabetic [Water⁷⁸, Sugar⁷⁰, Evergreen⁴⁰, Cinnamon²⁶, Earth³⁴]
Nocturia [Water⁷⁸, Ocean⁶², Amber²²]

–O–

Obesity [Earth³⁴, Sugar⁷⁰, Heart⁵², Vitality⁷⁶]
Obsessive compulsive disorders (OCD) [Gingko⁴², Earth³⁴, Ease³⁸, Lightning⁵⁴, Cinnamon²⁶]
Osteoporosis [Vitality⁷⁶, Ox Bone⁶⁴, Guanyin⁵⁰, Love⁵⁶]

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–P–

Palpitations; due to chronic adrenal stress and/or central nervous system imbalance [Peace⁶⁶, Vitality⁷⁶, Gingko⁴²]
Parkinson's [Evergreen⁴⁰, Gingko⁴², Heart⁵²]
Pediatric diseases [Amber²²]
Plumpit Syndrome [Ease³⁸, Earth³⁴, Cinnamon²⁶]
PMS breast distention [Ease³⁸, Earth³⁴]
Prednisone therapy; side effects [Water⁷⁸, Vitality⁷⁶]
Premature ejaculation (primarily in elderly men) [Love⁵⁶, Water⁷⁸, Heart⁵², Vitality⁷⁶, Amber²²]
Presbytmism [Water⁷⁸]
Protozoan infections (amoeba, giardia, blastocystis, toxoplasma) [Thunder⁷², Lightning⁵⁴, Dragon³², Earth³⁴]
Pulmonary heart disease [Earth³⁴, Heart⁵², Cinnamon²⁶, Vitality⁷⁶, Glacier⁴⁶]

–R–

Rabies [Lightning⁵⁴, Thunder⁷², Dragon³²]
Radiation [Cinnamon²⁶, Water⁷⁸]
Respiratory syndrome; chronic degenerative [Glacier⁴⁶, Cinnamon²⁶, Earth³⁴, Vitality⁷⁶, Amber²²]
Rhinitis, allergic [Wind⁸⁰, Cinnamon²⁶]
Rocky Mountain fever [Lightning⁵⁴, Thunder⁷², Ease³⁸, Dragon³²]
Running Piglet Syndrome [Ease³⁸, Cinnamon²⁶, Earth³⁴, Guanyin⁵⁰, Ocean⁶²]

–S–

Sarcoidosis [Cinnamon²⁶]
Sciatica [Bamboo²⁴, Evergreen⁴⁰, Water⁷⁸]
Scleroderma [Bamboo²⁴, Glacier⁴⁶, Wind⁸⁰, Evergreen⁴⁰, Cinnamon²⁶, Gingko⁴², Peace⁶⁶]
Scoliosis [Cinnamon²⁶, Earth³⁴]
Shingles [Lightning⁵⁴, Dragon³², Peace⁶⁶]
Shortness of breath [Heart⁵², Vitality⁷⁶, Counterflow³⁰, Earth³⁴, Water⁷⁸]
Shoulder-Arm Syndrome [Bamboo²⁴, Evergreen⁴⁰, Cinnamon²⁶, Earth³⁴]
Sinus infections [Golden⁴⁸, Dragon³², Wind⁸⁰]
Skin problems; chronic/recalcitrant [Lightning⁵⁴, Thunder⁷², Earth³⁴, Cinnamon²⁶, Counterflow³⁰, Dragon³²]
Skin; dry and wrinkling, menopausal [Guanyin⁵⁰, Moon⁶⁰, Vitality⁷⁶, Heart⁵², Water⁷⁸, Cinnamon²⁶]
Sleep, restless, menopausal [Guanyin⁵⁰, Peace⁶⁶, Vitality⁷⁶, Moon⁶⁰, Sugar⁷⁰]
Sore throat [Perilla⁶⁸, Dragon³², Golden⁴⁸]

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Spermatorrhea [Water⁷⁸, Amber²²]
Spirochetal infections [Lightning⁵⁴, Thunder⁷², Dragon³², Ease³⁸]
Staphylococci infections [Golden⁴⁸, Dragon³²]
Stomach and duodenal ulcers [Gingko⁴², Counterflow³⁰, Ease³⁸, Earth³⁴, Cinnamon²⁶]
Streptococci infections [Perilla⁶⁸, Dragon³², Golden⁴⁸]
Stroke prevention & post-stroke paralysis [Evergreen⁴⁰, Heart⁵²]
Sugar imbalances [Sugar⁷⁰, Heart⁵², Earth³⁴, Cinnamon²⁶, Vitality⁷⁶]
Syndrome X [Sugar⁷⁰, Heart⁵², Earth³⁴, Cinnamon²⁶, Vitality⁷⁶]

–T–

Tendon/ligament injuries [Ox Bone⁶⁴, Bamboo²⁴]
Thinning of vaginal tissues; menopausal [Guanyin⁵⁰, Love⁵⁶, Water⁷⁸]
Thyroid imbalances; menopausal [Vitality⁷⁶, Guanyin⁵⁰, Water⁷⁸, Love⁵⁶]
Thyroid; hyper-function [Ease³⁸]
Thyroid; hypo-function [Vitality⁷⁶, Guanyin⁵⁰, Earth³⁴, Love⁵⁶]
Tick bites; acute phase after the bite [Lightning⁵⁴, Dragon³²]
Tinnitus [Cinnamon²⁶, Water⁷⁸]
Tooth aches & tooth abscesses [Golden⁴⁸, Dragon³²]
Tremors; age-related [Evergreen⁴⁰, Gingko⁴², Water⁷⁸]

–U–

Ulcer; mouth (in spleen deficient patients) [Cinnamon²⁶, Vitality⁷⁶, Earth³⁴, Amber²²]
Ulcerative colitis [Amber²², Cinnamon²⁶, Earth³⁴, Wind⁸⁰, Water⁷⁸, Glacier⁴⁶]
Ulcerative colitis; accompanied by constipation [Tiger⁷⁴]
Ulcerative colitis; triggered by stress [Ease³⁸, Cinnamon²⁶]
Urinary tract infections [Ocean⁶², Dragon³², Water⁷⁸]

–V–

Varicoceles [Cinnamon²⁶, Ocean⁶², Evergreen⁴⁰, Water⁷⁸]
Varicose veins [Evergreen⁴⁰, Cinnamon²⁶, Heart⁵², Sugar⁷⁰]
Vascular degeneration; prevention of, and other age related problems [Heart⁵², Evergreen⁴⁰, Water⁷⁸, Sugar⁷⁰]
Virus; chronic [Lightning⁵⁴, Thunder⁷², Dragon³², Ocean⁶²]

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補胃方

Amber Pearls

Buwei Fang

About Amber Pearls

Amber Pearls is a Ming dynasty prescription designed to stabilize spleen function with bland food grade herbs. It is especially suitable for children with weak digestive function manifesting in poor appetite, picky eating habits, poor immune function and other signs of spleen qi deficiency. For adults, it should be added to Earth Pearls or Vitality Pearls for conditions where the spleen's ability to lift qi and contain fluids has become compromised, such as diarrhea or bleeding. In addition, this remedy can serve as a base remedy for the entire *taiyin* system, addressing chronic respiratory (Hand Taiyin Lung) weakness by gently tonifying the Foot Taiyin Spleen system and preventing the development of dampness and phlegm. Most importantly, Amber Pearls can be considered for brain chemistry problems and a wide variety of cognitive issues in children, because 1) earth can contain fire; 2) the spleen channel feeds into the heart; 3) several ingredients can stabilize and calm the heart directly.

Therapeutic Principles

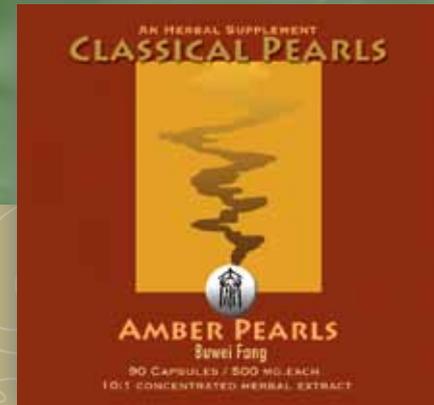
- Tonify spleen and lift up qi (primarily to boost function of *taiyin* partner network, lung)
- Dry damp and astringe diarrhea
- Open the stomach to increase appetite

Indications

- Symptoms of *taiyin* spleen qi deficiency: poor face color, poor appetite, picky eating habits, sugar cravings, poor digestion (especially tendency to diarrhea), weak extremities, difficulty gaining weight (or retention of water weight in cases of obesity)
- Symptoms of *taiyin* lung qi deficiency: decreased immunity, frequent cold/flu, chronic respiratory issues (chronic cough/phlegm, chronic bronchitis, asthma)
- Symptoms of spleen qi inability to keep body fluids/blood in the vessels in primarily qi deficient constitutions: phlegm/blood in stool, bed wetting or urinary incontinence, bleeding gums (including bleeding when brushing teeth), frequent bruising, abnormal increase or decrease of platelets due to auto-immune processes

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Typical Applications

- Pediatric diseases: failure to thrive, infantile malnutrition, poor appetite, chronic diarrhea; hypofunction of immune system, recurrent respiratory infections; recurrent asthma; iron deficiency anemia
- Chronic colitis, ulcerative colitis, Crohn's disease, IBS, superficial gastritis
- Reduce toxic side effects of chemotherapy on digestive tract and immune system

Dosage

Infants: dissolved content of 1-2 capsules 1-2x/day

Children and pregnant women: 2-3 capsules 1-3x/day

Adults: 3-6 capsules 2-3x/day

Typical (adult) combination usage: 3 Earth Pearls + 2 Amber Pearls 2x/day





Differentiation

For diarrhea and/or vomiting during acute flu	use	Earth Pearls
For lowered immunity and residual cough after antibiotic therapy,	use	Cinnamon Pearls
For chronic diarrhea due to parasitic infection	use	Thunder Pearls
For poor appetite in obese individuals	combine with	Earth Pearls
For IBS, Crohn's disease, or ulcerative colitis in yang deficient individuals	combine with	Cinnamon Pearls
For Crohn's disease or ulcerative colitis in yin deficient individuals	combine with	Water Pearls
For chronic digestive problems accompanied by pronounced cognitive issues or mental-emotional problems	combine with	Gingko Pearls
For clients with digestive and cognitive issues accompanied by addiction to psycho-active drugs such as marihuana, opiates, benzodiazepines or pain killers	combine with	Gingko Pearls
For IBS accompanied by side pain	combine with	Ease Pearls
For allergic asthma	combine with	Wind Pearls
For asthma patients using steroid inhalers	combine with	Water Pearls
For anxiety and/or insomnia	combine with	Peace Pearls

Ingredients

蓮子肉	LIANZIYOU	Lotus seed
白朮 (炒)	(CHAO) BAIZHU	Atractylodes, white
芡實	QIANSHI	Euryale
山藥	SHANYAO	Dioscorea
薏苡仁	YIYIREN	Coix
白扁豆	BAIBIANDOU	Dolichos
茯神	FUSHEN	Poria Fushen
陳皮	CHENPI	Citrus peel
(西) 砂仁	(Xi) SHAREN	Amomum, Burma
川椒 (炒)	(Chao) CHUANJIAO	Zanthoxylum, fried

Buwei Yaotai Xue Fang

Ming dynasty food grade herbal tonic, especially for children

Contains most of the ingredients for the Song Dynasty remedy **Shen Ling Bai Zhu San**

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伸筋桂枝芍藥知母湯

Bamboo Pearls

Shenjin Guizhi Shaoyao Zhimu Tang

About Bamboo Pearls

Bamboo Pearls' design is based on the 2nd century remedy Guizhi Shaoyao Zhimu Tang, which first appeared in Zhang Zhongjing's classic for miscellaneous diseases, *Jingui yaolüe* (Essentials from the Golden Cabinet). It is still one of the best remedies to treat inflammation, swelling, pain, numbness and degeneration in the joints, sinews, and connective tissues. From a traditional perspective, the combination of cinnamon, ginger, medium dose aconite and other warming herbs opens congested channels and collaterals, dries damp, and expels wind; peony, especially in combination with cinnamon and aconite, emolliates sensations of pain, cramping, tingling and numbness; in combination with anemarrhena, the cooling herb peony can also eliminate localized heat congestion. From a modern perspective, the unusual combination of warming and cooling herbs is particularly suitable for joint pain that involves autoimmune components, such as rheumatoid arthritis, or wandering body pain in Lyme disease. The added herbs expand the traditionally more narrow range of usage to all kinds of chronic post-injury or post-exercise bone and joint pain, as well as back pain from bulging discs or bone spurs.

Therapeutic Principles

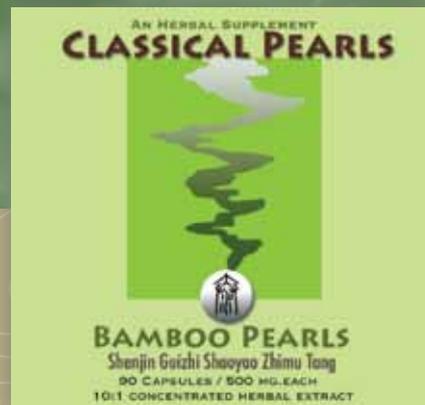
- Alleviate pain by dispelling wind damp, warming the channels, diffusing stagnation, and opening blocked collaterals
- calm the nervous system by nourishing yin and clearing localized auto-immune heat

Indications

- Chronic pain in joints and/or extremities
- Chronic pain associated with old fractures/injuries

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Typical Applications

- Arthritis, rheumatoid arthritis
- Scleroderma
- Pronounced body pain or arthritic changes accompanying Lyme disease
- Frozen neck/shoulder
- Bulging or herniated discs
- Bone spurs
- Sciatica; heel pain
- Chronic stage of bone fracture (2-month+) recovery, and tendon/ligament injuries

Dosage

Children and pregnant women:

2 capsules 1-2x/day

Adults: 3-4 capsules 2-3x/day

Typical (adult) combination usage

example: 3 Lightning Pearls plus 2 Bamboo Pearls 2x/day





伸筋桂枝芍藥知母湯
Bamboo Pearls
 Shenjin Guizhi Shaoyao Zhimu Tang

Differentiation

For acute injuries to the bone, tendons, and connective tissue	use	Ox Bone Pearls
For fractures that have not healed after 2 months	combine with	Ox Bone Pearls
For chronic joint and/or connective tissue pain in fibromyalgia or Lyme disease patients	combine with	Lightning Pearls
For circulatory conditions in extremities	alternate with	Cinnamon Pearls or Evergreen Pearls
For autoimmune disorders accompanied by pronounced symptoms of dryness	combine with	Water Pearls

Ingredients

桂枝	GUIZHI	Cinnamon twig	Guizhi Shaoyao Zhimu Tang eliminate wind damp, alleviate pain open blocked collaterals
白芍	BAISHAO	Peony, white	
知母	ZHIMU	Anemarrhena	
附子	FUZI	Aconite, processed	
生姜	SHENGJIANG	Ginger, fresh	
白朮	BAIZHU	Atractylodes, white	
防風	FANGFENG	Siler	
甘草	GANCAO	Licorice	
五加皮	WUJIAPI	Acanthopanax	
桑寄生	SANGJISHENG	Loranthus	
伸筋草	SHENJINCAO	Lycopodium	
地龍	DILONG	Earthworm	

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太白湯

Cinnamon Pearls

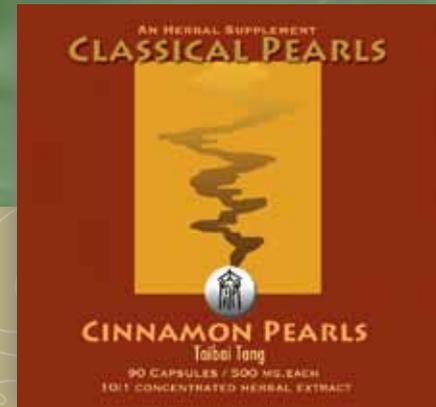
Taibai Tang

About Cinnamon Pearls

The design of Cinnamon Pearls is based on the classical remedies Guizhi Tang (Cinnamon Decoction) and Ling Gui Zhu Gan Tang (Poria, Cinnamon Twig, Atractylodis Macrocephalae and Licorice Decoction), the first of which is the “leader of all formulas” in Zhang Zhongjing’s 2nd century herb primer, *Shanghan lun* (Treatise on Disorders Caused by Cold). Together, they reflect the versatile “Guizhi Fa” (cinnamon method) approach of the Fire Spirit School of Chinese herbalism, and represent a base treatment for all types of chronic disorders involving congestion in the surface layers of the body, as well as decreased movement function in the spleen, lung, heart, liver, small intestine and bladder networks. Cinnamon Pearls can therefore be considered a standard way to improve immunity by benefitting microcirculation in vital tissues and preventing fluid congestion and phlegm build-up. At the same time, this remedy is designed to control autoimmune reactions. The added herbs specifically underscore the strong anti-allergenic affect of cinnamon, and furthermore seek to enhance cognitive function by improving gut chemistry. Snake gourd and shepherd’s purse have long been forgotten by Chinese herbalists, but were once common food items associated with the power of the 4th lunar month and balanced spleen function. They exhibit the unique benefit of cooling an acutely overheated spleen in autoimmune conditions while not damaging the patient’s overall yang deficient constitution. Cinnamon Pearls is thus a prime remedy for a broad variety of chronic disorders involving a combination of low immunity and allergies. It is especially suitable for the treatment of food allergies and related cognitive dysfunction.

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Typical Applications

- Food allergies; irritable bowel syndrome; leaky gut syndrome
- Chronic bronchitis, emphysema, pulmonary heart disease, cystic fibrosis (and other conditions involving chronic phlegm production)
- Late stage of acute cold/flu (especially in elderly and yang deficient patients, or in patients who have taken multiple rounds of antibiotics)
- Chronic fatigue syndrome; fibromyalgia
- Chronic congestion and tension in shoulders, neck, and spine; scoliosis
- Tinnitus; ear congestion that gets worse with intake of allergenic foods; Meniere’s syndrome
- Auto-immune diseases affecting the digestive tract: Chronic colitis, celiac disease, ulcerative colitis, Crohn’s disease
- Auto-immune diseases affecting the respiratory and urinary systems: hay-fever, asthma, sarcoidosis, interstitial cystitis
- Chronic degenerative liver diseases: Hepatitis B, liver cirrhosis

Dosage

Infants: dissolved content of 1 capsule
1-2x/day

Children and pregnant women:
2-3 capsules 1-2x/day

Adults: 3-4 capsules 2-3x/day

Typical (adult) combination usage example: 3 Cinnamon Pearls plus 2 Amber Pearls 2x/day



太白湯 Cinnamon Pearls

Taibai Tang

Therapeutic Principles

- Benefit the *taiyin* (spleen/lung) and *taiyang* (small intestine/bladder) organ networks by gently stimulating post-natal and pre-natal qi transformation: invigorate the “transformation and transportation” function of the middle burner (spleen), heal mucous membranes and resolve lymphatic congestion (lung), increase skin-level surface circulation (bladder), and boost overall integrity of the intestinal wall (small intestine)
- Harmonize ying and wei in *taiyin* (“tuberculinic”) constitutional types (who tend to suffer from frequent respiratory infections and/or food allergies)
- Warm the center, move spleen qi and transform cold damp with cinnamon (embodying the “Guizhi Fa” treatment principle of the Fire Spirit School of Chinese herbalism, especially suitable for individuals with damp/phlegm constitutions who do not respond well to ginseng and other tonic/stagnating herbs)
- Dispel chronic wind and guard against wind invasion
- Restore the up/down dynamics of the middle burner, eliminate food stagnation, relieve digestive discomfort and abdominal gas/bloating
- Transform chronic or residual damp, phlegm, and/or stagnating water in overall yang deficient constitutions
- Cool and contain potential over-reactions by a deficient and over-challenged spleen, containing and preventing auto-immune processes

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Indications

- Symptoms of *taiyin* (spleen and lung) yang deficiency: fatigue, weak extremities, poor appetite, shortness of breath, low voice, pale face color, susceptibility to cold/flu
- Symptoms of qi counterflow: sensations of uprushing qi
- Symptoms indicating a disharmony of ying and wei in the *taiyang* layer: general sensitivity to cold and wind (especially in neck, shoulder, and upper back), decreased spinal integrity, increased permeability of body surface and intestinal boundaries (to pathogens and allergens), decreased immunity, overall tendency to respiratory and food allergies
- Symptoms of imbalanced digestion initiating brain chemistry imbalances and/or auto-immune processes: chronic digestive issues that are accompanied by fogginess, difficulty focusing, depression, restlessness, head/neck congestion; numbness in small intestine channel (i.e., arms falling asleep easily at night)
- Symptoms of cold phlegm and/or fluid retention: stuffy chest, poor digestion, chronic (productive) cough, bladder pressure/discomfort, edema, dizziness
- Symptoms of wind cold: late stage of acute cold/flu, especially in elderly and deficient patients; chronic aversion to drafts; allergic constitution
- Symptoms of spleen qi inability to keep the blood in the vessels in primarily yang deficient constitutions: phlegm with traces of blood, blood in urine (without obvious burning sensations), bleeding gums (including bleeding when brushing teeth), frequent bruising, abnormal increase or decrease of platelets due to auto-immune processes
- Symptoms of liver yang deficiency: low energy, poor microcirculation, degenerative changes in liver tissue
- Pale tongue with tooth marks and white coating; potential for damp tongue coating with bald patches (“mapped coating”)



Differentiation

For sinus or lung infection involving the production of yellow phlegm	use	Golden Pearls
For common cold with symptoms of sore throat	use	Perilla Pearls
For acute flu or food poisoning	use	Earth Pearls
For digestive issues with tendency to diarrhea	combine with	Amber Pearls
For eating disorders involving vomiting	combine with	Ginkgo Pearls and/or Earth Pearls
For low thyroid values and/or osteoporosis	combine with	Vitality Pearls
For menstrual cramps or uterine bleeding	use or combine with	Moon Pearls
For scoliosis	combine with	Ox Bone Pearls
For chronic joint pain in fibromyalgia patients	combine with	Bamboo Pearls and/or Lightning Pearls
For circulatory conditions in the extremities	combine with	Bamboo Pearls and/or Evergreen Pearls
For chronic degenerative lung conditions	combine with	Glacier Pearls
For chronic degenerative liver conditions	combine with	Sugar Pearls, Evergreen Pearls, or Mama Pearls
For airline travel	combine with	Lightning Pearls or Earth Pearls
For ulcerative colitis, Crohn's disease, and asthma	consider adding	additional herbs that gently clear <i>yangming</i> heat and tonify kidney yin

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太白湯 Cinnamon Pearls

Taibai Tang

Ingredients

(越南) 桂枝尖	GUIZHI	Cinnamon twig, Vietnam
白芍 (炒)	(Chao) BAISHAO	Peony, white; fried
炮姜	PAOJIANG	Ginger, roasted
大棗	DAZAO	Jujube
炙甘草	ZHI GANCAO	Licorice, baked
茯神	FUSHEN	Poria Fushen
白朮 (炒)	BAIZHU	Atractylodes, white; fried
王瓜	WANGGUA	Snake gourd
薺菜	JICAI	Shepherd's purse
天門冬	TIANMENDONG	Asparagus
五味子	WUWEIZI	Schisandra
石菖蒲	SHICHANGPU	Acorus

Guizhi Tang

Fuling Guizhi Baizhu Gancao Tang (Ling Gui Zhu Gan Tang)

prevent earth from affecting water, cool over-reaction of *taiyin* and *shaoyin* networks, control auto-immune processes, dry spleen/lung dampness, open heart orifice

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旋覆一貫煎

Counterflow Pearls

Xuanfu Yiguan Jian

About Counterflow Pearls

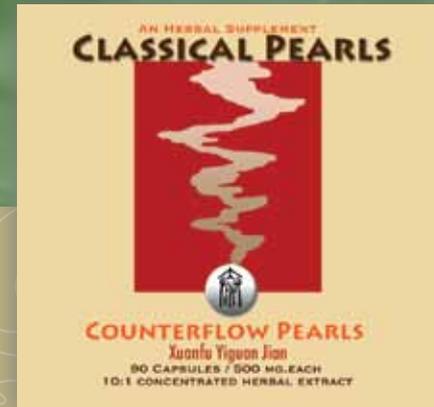
The design of Counterflow Pearls is based on the classical remedy Xuanfu Daizhe Tang (Inula and Hematite Decoction), which first appeared in Zhang Zhongjing's 2nd century herb primer, *Shanghan lun* (Treatise on Disorders Caused by Cold). Similar to its better known sister remedy, Banxia Xiexin Tang, it can restore counterflow of stomach qi that manifests as belching, hiccupping and acid reflux. Due to the particular affinity of inula flower to the heart—the ancient herb text *Tangye jing* classified inula as a substance representing “fire within fire”—it is best suited to address the unique relationship of heart and stomach, which in cases of chronic reversal of stomach qi can result in the more serious pathology of high blood pressure. The addition of the more recent remedies Yiguan Jian (Linking Decoction) and Danshen Yin (Salvia Drink) also makes it suitable for patients suffering from pain in the chest or solarplexus region. Together, the herbs in this formula represent one of the more moistening combinations in the Classical Pearl series, and can treat a wide variety of disorders that require the tonification of yin in the stomach, lung, heart and/or liver networks.

Therapeutic Principles

- Reverse counterflow of qi in stomach channel
- Nourish heart and liver yin, prevent upflaring of heart and liver yang
- Soften sclerotic tissues in stomach, liver, and heart

Indications

- Tendency to high blood pressure
- Acid reflux
- Elevated cholesterol levels
- Chronic belching and/or hiccups
- Digestive headaches (in yin deficient constitutional types)
- Chronic liver problems affecting digestive function
- Stomach pain/discomfort
- Vision problems
- Goiter



Typical Applications

- Symptom complex of acid reflux (GERD), high blood pressure, elevated cholesterol
- Chronic hepatitis, liver cirrhosis
- Ulceration and/or sclerosis of stomach lining
- Hyperthyroid issues

Dosage

Infants: dissolved content of 1 capsule 1-2x/day

Children and pregnant women: 2-3 capsules 1-2x/day

Adults: 3-4 capsules 2-3x/day

Typical (adult) combination usage example: 4 Counterflow Pearls in morning, 4 Sugar Pearls in evening (for high cholesterol)





旋覆一貫煎

Counterflow Pearls

Xuanfu Yiguan Jian

Differentiation

For reflux problems or stomach ulcers accompanied by pronounced abdominal pain or migraine headaches	use or combine with	Ginkgo Pearls
For heart disease and/or vascular problems in elderly patients	use or combine with	Heart Pearls
For high blood pressure and high cholesterol	combine or alternate with	Water Pearls or Sugar Pearls
For post-stroke recovery in elderly patients	primarily use	Evergreen Pearls or Heart Pearls

Ingredients

旋覆花	XUANFUHUA	Inula	Xuanfu Daizhe Tang
黛赭石	DAIZHESHI	Hematite	
半夏	BANXIA	Pinellia	
生姜	SHENGJIANG	Ginger, fresh	
大棗	DAZAO	Jujube	
北沙參	BEISHASHEN	Glehnia	
甘草	GANCAO	Licorice	
枸杞子	GOUQIZI	Lycium fruit	Yiguan Jian
麥門冬	MAIMENDONG	Ophiopogon	
川煉子	CHUANLIANZI	Melia	
丹參	DANSHEN	Salvia	Danshen Yin
砂仁	SHAREN	Amomum	
夏枯草	XIAKUCAO	Prunella	reverse counterflow of qi, neutralize reflux, balance blood pressure, calm spirit
何首烏	HESHOUWU	Polygonum	
珍珠粉	ZHENZHU FEN	Pearl powder	

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靈龍殺鬼丹

Dragon Pearls

Linglong Shagui Dan

About Dragon Pearls

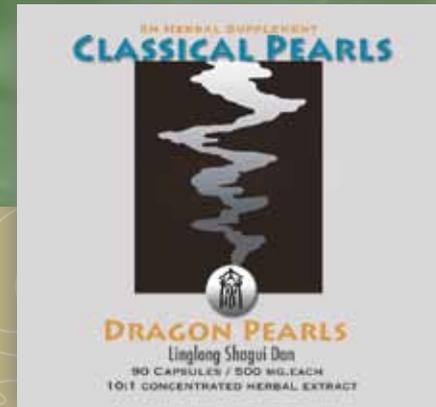
Dragon Pearls are designed to address a wide variety of acute inflammatory conditions—it is the closest Chinese herbal medicine can come in producing an “antibiotic” effect. Due to the adaptogenic quality of herbal materials, Dragon Pearls has broad spectrum potential to counteract bacteria, spirochetes, viruses, microplasma and fungal agents. It is common in modern TCM to use cold and bitter herbs to fight bacteria. While Dragon Pearls does indeed contain a strong selection of bitter substances, in the specific form of two 1,850 year old *Shanghan lun* (Treatise on Disorders Caused by Cold) remedies classified as clearing *yangming* heat (Xiexin Tang and Yinchenhao Tang), there are three additional features that make this remedy unique: 1) Its lead herbs are provided by the Qing dynasty remedy Dai Ge San (Indigo and Cyclina Powder), which contains cold and salty materials that make it particularly suitable for viruses, spirochetes, sexually transmitted disease agents and other pathogens of highly recalcitrant quality; 2) it employs the rare Daoist herb Guijianyu (Burning Bush; literally: The Arrow that Kills All Demons) for maximum and broad-spectrum anti-pathogenic effect; 3) it features the hot remedy Sini Tang (Frigid Extremities Decoction) to counterbalance the cold effect of the other herbs, prevent damage to the body’s vital forces, and put to use the strong anti-pathogenic effect of the Caowu subspecies of aconite. The dragon image is a reference to China’s ancient oracle bone script, where the term dragon stood for both “life-threatening invader” as well as “(restored) vitality.” Dragon Pearls are best used in combination with other formulas, and normally not suited for long-term consumption.

Therapeutic Principles

- Clear toxic heat in acute cases of aggressive inflammation
- Transform damp heat and toxic phlegm
- Reduce fevers and cyclical spikes in temperature
- Alleviate pain by dispelling wind damp and opening blocked collaterals

Indications

- Acute pain in joints and/or connective tissue
- Stinging pain in urethra and/or lower back
- Fever
- Puss, skin lesions
- Jaundice



Typical Applications

- Lyme disease (borreliosis) and other spirochetal infections
- Malaria, Dengue Fever and other infections by tropical pathogens
- Amoebic dysentery and other protozoan infections
- Infections by streptococci, staphylococci and other bacteria
- Acute kidney infection (pyelonephritis); acute bladder infection
- Hepatitis A

Dosage

Infants: dissolved content of 1/2 capsule 2x/day

Children and pregnant women: 1-2 capsules 2x/day

Adults: 1-2 capsules 3-4x/day

Typical (adult) combination usage example: 3 Perilla Pearls plus 1-2 Dragon Pearls 3-4x/day (for severe sore throat)





Differentiation

For acute stages of Lyme disease or other infections of the nervous system	combine with	Lightning Pearls
For acute stages of amoebic dysentery or other infections of the intestinal tract	combine with	Thunder Pearls and/or Earth Pearls
For acute infections of the skin	combine with	Lightning Pearls
For acute ear infections	combine with	Ease Pearls or Perilla Pearls
For acute stage of hepatitis (accompanied by jaundice)	combine with	Ease Pearls
For acute strep. or staph. infections affecting the sinuses or teeth	combine with	Golden Pearls
For intense sore throat (such as acute strep. infection)	combine with	Perilla Pearls
For acute stages of inflammatory types of joint/muscle pain	combine with	Bamboo Pearls
For recurrent urinary tract infections	combine with	Ocean Pearls

Ingredients

青黛	QINGDAI	Indigo	Dai Ge San clear heat and toxins in blood
海蛤粉	HAIGEFEN	Cyclina	
茵陳蒿	YINCHENHAO	Capillaris	Yinchenhao Tang clear damp heat
梔子	ZHIZI	Gardenia	
(熟)大黃	DAHUANG, cooked	Rhubarb	
黃芩	HUANGQIN	Scutellaria	Xiexin Tang clear yangming heat
黃連	HUANGLIAN	Coptis	
(炙)草烏	CAOWU	Aconitum kusnezoffii, prepared	Sini Tang soothe pain, open collaterals, balance cold effect of other herbs
生姜	SHENGJIANG	Ginger, fresh	
甘草	GANCAO	Licorice	
鬼箭羽	GUIJIANYU	Euonymus alatus	Daoist "anti-demon" herb (fights bacteria, viruses, spirochetes, parasites with its anti-Gu and blood moving effects)

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五積散

Earth Pearls

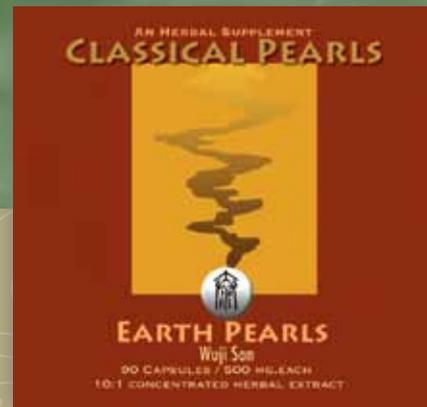
Wuji San

About Earth Pearls

The unique design of Earth Pearls reflects the 12th century formula Wuji San (Five Accumulation Powder) from the official Song dynasty pharmacopoeia, *Taiping Huimin hejiju fang*. It seeks to provide a comprehensive approach to all earth organ dysfunction, especially the typical situation of spleen qi deficiency intertwined with dampness, which results in the common symptoms of poor digestion, poor immunity, fungal and parasite problems, as well as potential blood deficiency issues. All Chinese herbal traditions tend to pivot around an earth centered approach to healing, attempting to restore the spleen's ability to ascend, move, and transform on one side, and to invigorate the stomach's ability to descend, contain, and excrete on the other. The lifting components of Earth Pearls (especially the minister ingredient, Platycodon) make it a prototypical *taiyin* remedy, strengthening the connection between the spleen and lung systems. Its drying components (primarily its imperial ingredient, Red Atractylodes) make it a prototypical remedy that transforms damp, prevents phlegm development, and expels wind. Due to its anti-wind properties, Wuji San was once regarded as the Song dynasty's main remedy for the flu. It can also be considered for chronic wind disturbances such as parasitic and fungal problems, or Lyme disease accompanied by chronic digestion issues. Its blood tonic ingredients, furthermore, can treat potential blood deficiency sequelae that tend to follow long-standing qi problems, such as menstrual issues in spleen deficient women.

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Typical Applications

- Obesity
- Food sensitivities; irritable bowel syndrome; eating disorders
- Ulcerative colitis, Crohn's disease
- Low thyroid values; anemia
- Dysmenorrhea, metrorrhagia, amenorrhea, leukorrhea
- Acute cold/flu (especially in elderly patients); food poisoning
- Chronic bronchitis, emphysema, pulmonary heart disease (and other conditions involving chronic phlegm production)
- Shoulder-Arm Syndrome; lumbago
- Chronic fatigue syndrome; fibromyalgia
- Meniere's syndrome
- Airline travel (prevention of colds, food poisoning and jet lag)

Dosage

Infants: dissolved content of ½-1 capsule 2x/day

Children and pregnant women: 2-3 capsules 2x/day

Adults: 3-5 capsules 2-4x/day

Typical (adult) combination usage example: 3 Earth Pearls plus 2 Amber Pearls 2-3x/day (for diarrhea)



Therapeutic Principles

- Warm the center, build spleen qi and transform cold damp with food-grade herbs (especially suitable for individuals with damp/phlegm constitutions who do not respond well to ginseng and other overly tonic herbs)
- Remove “Five Accumulations” (wuji) that easily build up in the earth layer of the body: qi, blood, damp, phlegm, and food
- Dispel wind and guard against wind invasion, especially in elderly patients or individuals with cold/deficient constitutions (during the Song and Ming dynasties, Wuji San used to be the primary remedy for influenza)
- Restore the up/down dynamics of the middle burner, eliminate food stagnation, relieve digestive discomfort and abdominal gas/bloating (ancient precursor of popular digestive patents such as Huoxiang Zhengqi San or Pill Curing)
- Dry chronic dampness and transform cold phlegm; expel excess water weight in overweight individuals
- Normalize hormonal system in qi-deficient women; regulate menses and prevent formation of uterine masses
- Expel all types of chronic wind damp afflicting the *taiyin* networks (spleen and lung), including bi syndrome in the arms, shoulders, and lower back

Indications

- All symptoms of qi deficiency: fatigue, weak extremities, tendency to diarrhea, poor appetite, shortness of breath, low voice, pale face color, susceptibility to cold/flu
- All symptoms of cold damp: abnormal weight gain (especially after childbirth); general sense of heaviness/sluggishness, brain fog; chronic discharge
- All symptoms of cold phlegm: stuffy chest, poor digestion, chronic cough, dizziness
- All symptoms of wind cold: acute cold/flu, especially in elderly and deficient patients; chronic aversion to drafts
- All symptoms of wind damp: pain, weakness and/or numbness in neck, shoulders, arms, legs, and lower back
- Pale tongue with tooth marks and white coating
- All sensations of trapped qi and other signs of chronic digestive weakness, such as bloating, gas, abdominal discomfort, nausea and vomiting, undigested food in stool; tendency to diarrhea, but also constipation in people with low thyroid levels; bladder pressure/discomfort; recurrent caries
- Menstrual pain, irregular menses, bleeding/spotting, amenorrhea, abdominal masses

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Differentiation

For low thyroid values and/or osteoporosis	combine with	Vitality Pearls
For common cold, symptoms of sore throat	use	Perilla Pearls
For sinus or lung infection involving the production of yellow phlegm	use	Golden Pearls
For menstrual cramps, uterine bleeding and/or benign uterine masses	use or combine with	Moon Pearls
For cervical cancer and ovarian cancer	use	Ocean Pearls
For eating disorders involving vomiting	use or combine with	Ginkgo Pearls
For chronic joint pain in fibromyalgia patients	combine with	Bamboo Pearls and/or Lightning Pearls
For chronic degenerative lung conditions	combine with	Glacier Pearls
For airline travel	combine with	Lightning Pearls and/or Cinnamon Pearls
For treatment and prevention of food poisoning and parasitic disease during travel	combine with	Thunder Pearls
For ulcerative colitis or Crohn's disease for signs of yin deficiency for obvious allergic reactions	primarily use	Cinnamon Pearls
	and combine with	Amber Pearls
	add	Water Pearls
	combine with	Wind Pearls
For poor appetite in obese individuals	combine with	Amber Pearls

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Ingredients

蒼朮	CANGZHU	Atractylodes, red
肉桂	ROUGUI	Cinnamon bark
茯苓	FULING	Poria
甘草	GANCAO	Licorice
半夏	BANXIA	Pinellia
陳皮	CHENPI	Citrus peel
厚朴	HOUPU	Magnolia bark
乾姜	GANJIANG	Ginger, dried
桔梗	JIEGENG	Platycodon
枳殼	ZHIKE	Aurantium zhike
白芍	BAISHAO	Peony, white
川芎	CHUANXIONG	Ligusticum
當歸	DANGGUI	Tang-kuei
防風	FANGFENG	Siler
白芷	BAIZHI	Angelica dahurica

Original Song dynasty remedy
Wuji San

containing:
Ling Gui Zhu Gan Tang, Jiegeng Banxia Tang, Erchen Tang, Pingwei San, Tongxie Yaofang;

as well as principal ingredients of:
Guizhi Tang, Banxia Houpo Tang, Houpo Shengjiang Gancao Banxia Renshen Tang, Danggui Shaoyao San, Banxia Baizhu Tianma Tang, Bazhen Tang

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複方逍遙散

Ease Pearls

Fufang Xiaoyao San

About Ease Pearls

The comprehensive design of Ease Pearls is an attempt to combine the qi moving, detoxifying and anti-depressant benefits of the two most famous and effective Bupleurum formulas in Chinese medicine. It unites the 3rd century remedy Xiao Chaihu Tang (Minor Bupleurum Decoction) and the 12th century remedy Xiaoyao San (Ease Powder), and is further enhanced by the drying and descending effect of Banxia Houpo Tang (Pinellia and Magnolia Bark Decoction) and the moistening effect of Shengmai San (Generate the Pulse Powder). Both base remedies address congestion of the *shaoyang* system (gallbladder and triple warmer), with a particular focus on treating and preventing all problems that can be classified as “wood over-controlling earth.” In general, Ease Pearls can be used as a crucial base or add-on remedy whenever the use of Bupleurum is required. It is particularly suitable for all pathologies that can be classified with the terms qi stagnation or *shaoyang* disorder—ranging from acute ear aches to chronic conditions such as menopausal depression, or hot and cold sensations in Lyme disease patients.

Therapeutic Principles

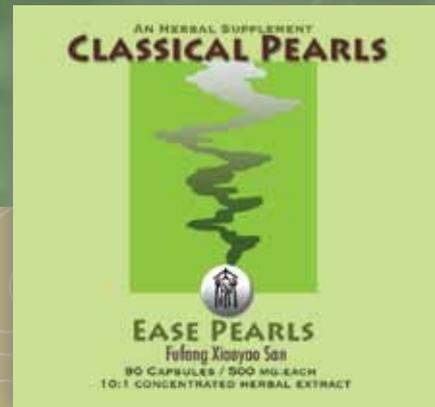
- Alleviate depression, mood swings and digestive discomfort by harmonizing *shaoyang* and removing stagnation of qi/dampness
- Reverse pathological qi flow
- Tonify qi, yin and blood.

Indications

- Congestion in LIV/GB channels; *shaoyang* Syndrome
- General sensation of physical and emotional stuckness; depression, mood swings
- Digestive discomfort (nausea; poor appetite; gas/bloating; diaphragm congestion; abdominal pain)
- Unclear head, clogged sensory orifices
- Tongue: with thin white (or slightly yellowish) coat, often no coating on sides
- Pulse: tendency for fine/wiry pulse on left side, soggy pulse on right side

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Typical Applications

- Cyclical depression/anxiety
- PMS; breast distention
- Menopause; hot flashes
- Plumpit Syndrome; Running Piglet Syndrome
- Nausea; low grade headache/migraine (especially if affecting temple or eye region)
- Eating disorders
- Intercostal neuralgia
- Chronic hepatitis (hepatitis B/C)
- (*Shaoyang*/spring-time) allergies affecting ears, eyes, and nose; lymphatic swelling
- Gas/bloating; IBS; mild cases of ulcerative colitis and Crohn's disease
- Infertility (in young males/females with sufficient hormone counts)

Dosage

Infants: ½ capsule 2x/day

Children and pregnant women:
2 capsules 2-3x/day

Adults: 3-4 capsules 2-3x/day

Typical (adult) combination usage example: 3 Ease Pearls plus 2 Lightning Pearls 2-3x/day (for acute ear ache, or temporal headache in Lyme disease patients)



複方逍遙散

Ease Pearls

Fufang Xiaoyao San

Differentiation

For menopausal symptoms in yang/blood deficient individuals	use	Guanyin Pearls
For allergies <i>taiyang</i> involvement	use	Wind Pearls
For stiff neck/shoulders <i>shaoyang</i> involvement	combine with	Cinnamon Pearls
For digestive symptoms due to parasites	combine with	Thunder Pearls
For chronic headaches and lymphatic swelling caused by inflammation of the nervous system (i.e. Lyme disease)	use or combine with	Lightning Pearls
For chronic migraine headaches	primarily use	Gingko Pearls
For chronic hepatitis in yang deficient individuals	use	Mama Pearls, Evergreen Pearls or Sugar Pearls
For IBS accompanied by loose stool or diarrhea	combine with	Amber Pearls
For acute <i>shaoyang</i> syndrome (ear infection mumps, mastitis, etc.)	combine with	Dragon Pearls
For leukemia	combine with	Dragon Pearls

Ingredients

柴胡	CHAIHU	Bupleurum
半夏	BANXIA	Pinellia
北沙參	BEISHASHEN	Glehnia
黃芩	HUANGQIN	Scutellaria
大棗	DAZAO	Jujube
生薑	SHENGJIANG	Ginger, fresh
白芍	BAISHAO	Peony, white
(全)當歸	(QUAN) DANGGUI	Tang-kuei
紫蘇葉	ZISUYE	Perilla leaf
白朮	BAIZHU	Atractylodes, white
伏神	FUSHEN	Fushen
厚朴	HOUPU	Magnolia bark
麥門冬	MAIMENDONG	Ophiopogon
甘草	GANCAO	Licorice

Xiaoyao San, Xiao Chaihu Tang,
Banxia Houpo Tang, Maimendong Tang,
Huangqin Tang

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當歸就腦湯

Evergreen Pearls

Danggui Jiunao Tang

About Evergreen Pearls

The design of Evergreen Pearls is based on the deep reaching constitutional remedy, Danggui Sini Tang (Tang-kuei Decoction for Frigid Extremities). Danggui Sini Tang is the representative *jueyin* (liver and pericardium) remedy in Zhang Zhongjing's 3rd century formula classic, *Shanghan lun* (Treatise on Disorders Caused by Cold). The added herbs give Evergreen Pearls a particular focus on circulatory disorders in the extremities and degenerative changes in the head, neck and brain regions. From a traditional Chinese medicine perspective, older patients tend to exhibit symptoms of deficiency below and excess above—vital energy is not efficiently rising upward and outward anymore, and excess pathogens such as wind and phlegm and blood stasis are not properly eliminated via downward momentum anymore. Evergreen Pearls aims at restoring this vital qi flow balance in the elderly, and can thus be considered as a primary remedy for degenerative brain diseases such as post-stroke recovery, Alzheimer's, Parkinson's, and MS.

Therapeutic Principles

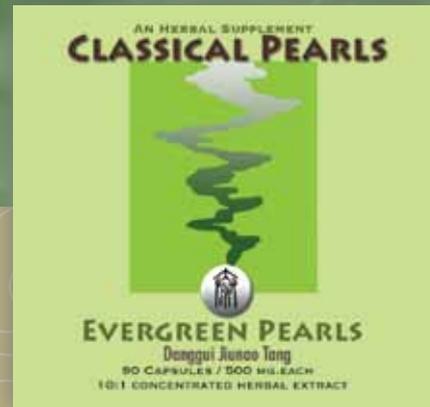
- Increase microcirculation in the brain by opening *jueyin* channels and related cerebral collaterals
- Increase microcirculation in vascular system and extremities by warming and moving blood
- Calm tremors, spasms, and involuntary movements by tonifying blood and extinguishing internal wind
- Control blood pressure by reducing upflaring liver yang and moistening kidney yin

Indications

- Loss of memory, loss of cognitive function
- Loss of motor movement control; tremors, spasms
- Pain in extremities, atrophy of extremities
- General indicators of *jueyin* syndrome: cold hands and feet, pale/purplish tongue, lopsided pulse pattern (or deep and weak, or deep and wiry pulse)

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Typical Applications

- Parkinson's, MS, Alzheimer's and other degenerative brain disorders
- Stroke prevention and post-stroke paralysis
- Atherosclerosis
- Deep vein thrombosis; varicose veins
- Age-related tremors
- Peripheral neuropathy; Reynaud's syndrome; sciatica; frost bite

Dosage

Adults: 2-4 capsules 2-3x/day

Typical combination usage example:
3 Evergreen Pearls plus 2 Ginkgo Pearls 2x/day (for pronounced headaches or tremors due to neurological causes)





Differentiation

For pronounced headaches, nausea, and dizziness	combine with	Ginkgo Pearls
For brain tumors	primarily use	Ginkgo Pearls
For heart disease, atherosclerosis, and chronic phase of post-stroke recovery	combine with	Heart Pearls
For diabetic neuropathy	combine with	Sugar Pearls and/or Tiger Pearls
For high blood pressure, acid reflux, and elevated cholesterol	combine with	Counterflow Pearls
For constipation	combine with	Tiger Pearls
For arthritis, rheumatoid arthritis, or frost bite	use or combine with	Bamboo Pearls
For varicoceles	use	Ocean Pearls
For chronic degenerative liver conditions	alternate with	Cinnamon Pearls and/or Sugar Pearls
For circulatory conditions in extremities	alternate with	Cinnamon Pearls

Ingredients

當歸(尾)	DANGGUI (WEI)	Tang-kuei tail
桂枝	GUIZHI	Cinnamon twig
白芍	BAISHAO	Peony, white
通草	TONGCAO	Tetrapanax
大棗	DAZAO	Jujube
甘草	GANCAO	Licorice

Danggui Sini Tang

黃耆	HUANGQI	Astragalus
地龍	DILONG	Earthworm

Buyang Huanwu Tang

石菖蒲	SHICHANGPU	Acorus
銀杏葉	YINXINGYE	Ginkgo leaf
雞血藤	JIXUETENG	Millettia
沒藥	MOYAO	Myrrh
鉤藤	GOUTENG	Gambir
麥門冬	MAIMENDONG	Ophiopogon
天門冬	TIANMENDONG	Asparagus

open heart orifice, cross blood-brain barrier, increase microcirculation in brain and extremities calm tremors, subdue upflaring yang, moisten yin, prevent auto-immune reactions

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吳茱萸加減湯

Ginkgo Pearls

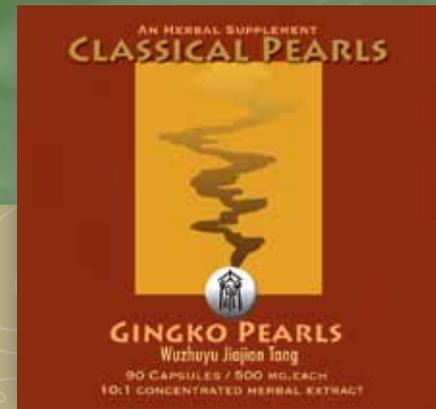
Wuzhuyu Jiajian Tang

About Ginkgo Pearls

The design of Ginkgo Pearls is based on the well-known but rarely used classical remedy, Wuzhuyu Tang (Evodia Decoction). Wuzhuyu Tang is a potent *jueyin* (liver and pericardium) warming remedy from Zhang Zhongjing's 3rd century formula primer, *Shanghan lun* (Treatise on Disorders Caused by Cold). It also enters the *yangming* (stomach and large intestine) channel systems. According to classical principles, it is the *jueyin* and *yangming* systems that govern microcirculation in the head area as well as brain chemistry. The function of *jueyin* is to lift up what needs to go up, while that of *yangming* is to descend what needs to go down. In the pathological pattern of Wuzhuyu Tang, both the liver and stomach are cold and "burned out," often due to extreme life-style choices such as the long-term use of drugs and pharmaceuticals, and cannot fulfill their respective functions. As a result, foamy substances rise up and clog the orifice to the heart, and poor circulation in the brain as well as dysfunctional brain chemistry patterns take hold. Typical symptoms are nausea, headaches, chronic neurological symptoms, and addictive behavioral patterns. Typical patients tend to look ashen and suffer in agony. Due to its brain focus, Ginkgo Pearls can be considered to be a companion remedy to Evergreen Pearls, but is generally used for a shorter time and for more acute/intense symptoms, such as spasms in Parkinson's patients or narcotics addiction/withdrawal. The added herbs make this a signature remedy for stomach related brain disorders, from brain chemistry problems caused by pericardium/stomach axis pathology, to complications of brain cancer.

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Typical Applications

- Nausea and dizziness in chemotherapy patients
- Nausea and/or dizziness in patients with brain tumors or brain chemistry imbalances; Cushing's Syndrome
- Morning sickness (severe cases only)
- Migraine headaches
- Stomach and duodenal ulcers; chronic gastritis
- Degenerative changes (including cancer) in stomach/brain axis, such as stomach cancer, esophageal cancer, tongue cancer, naso-pharyngeal cancer, brain cancer
- Degenerative brain disorders (MS, Parkinson's)
- Obsessive compulsive disorders, especially eating disorders
- Addiction (especially to narcotics, opiates, and pain killers)

Dosage

Children and pregnant women:

1 capsule 2x/day

Adults: 2-3 capsules 1-2x/day

Typical combination usage example:

3 Earth Pearls plus 2 Ginkgo Pearls 2x/day (for brain chemistry disorders, picky eating habits, and frequent stomach pains)



吳茱萸加減湯

Ginkgo Pearls

Wuzhuyu Jiajian Tang

Therapeutic Principles

- Harmonize *jueyin* channel networks and regulate brain chemistry via the connection of the digestion/brain axis
- Reverse counterflow of qi due to cold in liver and stomach channel networks; regenerate chronically compromised mucous membranes in stomach, esophagus, tongue/mouth, and naso-pharyngeal tract
- Traverse blood brain barrier, balance compromised brain chemistry and/or imbalances of cerebral glands, regenerate brain tissue
- Deliver anti-cancer and anti-pathogenic effect to the stomach/brain axis

Indications

- Nausea, vomiting; aversion to food
- Dizziness; brain fog, confusion
- Headaches, migraines
- Inexplicable sensations in brain/head region, often related to food intake
- Loss of smell or taste
- Stomach pain; acid reflux
- Obsessive compulsive behavior; “orthorexia” (obsession with correct eating)
- Sudden loss of appetite, anxiety, or palpitations after shock (especially heartbreak)
- Pale tongue body (may have no coating, or white coating, or yellowish coating)
- Overall weak pulse; “soggy pearl” sensation in SP/ST pulse position

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Differentiation

For reflux problems or stomach ulcers with signs of yin deficiency (generally accompanied by high blood pressure and elevated cholesterol levels)	use	Counterflow Pearls
For degenerative brain disorders (MS, Parkinson's)	alternate with	Evergreen Pearls
For brain cancer	alternate with	Mama Pearls
For morning sickness	use	Ginkgo Pearls (low dosages only)
	and combine with	Earth Pearls
For children	combine with	Earth Pearls or Amber Pearls
For chronic digestive problems accompanied by pronounced cognitive issues or mental-emotional problems	combine with	Amber Pearls
For clients with digestive and cognitive issues accompanied by addiction to psycho-active drugs such as marihuana, opiates, benzodiazepines or pain killers	combine with	Amber Pearls
For eating disorders involving vomiting	combine with	Cinnamon Pearls
For low sex drive	combine with	Love Pearls

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吳茱萸加減湯
Ginkgo Pearls
Wuzhuyu Jiajian Tang

Ingredients

吳茱萸	WUZHUYU	Evodia
生姜	SHENGJIANG	Ginger, fresh
大棗	DAZAO	Jujube
黨參	DANGSHEN	Codonopsis
丹參	DANSHEN	Salvia
砂仁	SHAREN	Amomum
百合	BAIHE	Lily
銀杏葉	YINXINGYE	Ginkgo leaf
石菖蒲	SHICHANGPU	Acorus
地龍	DILONG	Lumbricus
珍珠粉	ZHENZHU FEN	Pearl powder
貫重	GUANZHONG	Dryopteris
龍膽草	LONGDANCAO	Gentiana
大黃	DAHUANG	Rhubarb

Wuzhuyu Tang

Danshen Yin

calm spirit, open heart orifice, guide formula to stomach and brain

balance overall warming effect of herbs, drain toxic heat from the marrow and brain, anti-cancer

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陽和湯加味

Glacier Pearls

Yanghe Tang Jiawei

About Glacier Pearls

Glacier Pearls represents a constitutional support formula for smokers and persons with compromised lungs. Its design reflects a complex modification of the well-known remedy Yanghe Tang (Yang-Heartening Decoction), mentioned in the 18th century external medicine handbook *Waikē zhengzhi quansheng ji* for its capability of dissolving “yin tumors.” The added anti-toxin and anti-mass herbs make it particularly suitable for treating and preventing tumors and accumulations above the diaphragm, especially in the lungs and other areas with lymph and mucous membrane concentration.

Therapeutic Principles

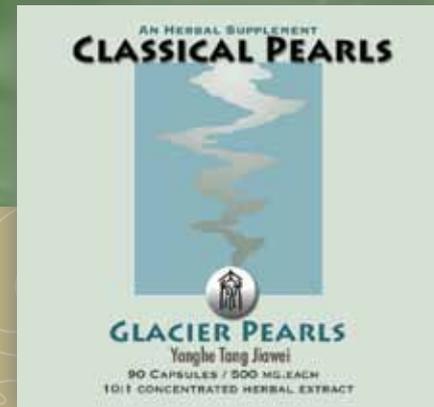
- For qi deficient constitutions producing chronic phlegm (in the form of sticky mucous or lump formation) leading to potentially malignant tumor development
- Primarily for smokers or former smokers

Indications

- Chronic cough, shortness of breath
- Degenerative respiratory disease with chronic phlegm
- Masses in the upper burner or skin layer

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Typical Applications

- Prevention of degenerative tissue changes in long-time smokers
- Support of conventional cancer therapy in patients with tumors in the upper part of the body, especially the lung, neck, and throat
- Support of conventional skin and colon cancer therapy
- Protection of tissues and mucous membranes during radiation and chemotherapy
- Prevention of further degeneration and symptom relief in patients with emphysema and chronic degenerative respiratory syndrome

Dosage

Children and pregnant women:

1 capsule 2x/day

Adults: 3-5 capsules 1-3x/day

Typical adult combination usage

example: 3 Glacier Pearls plus 1 Dragon Pearl 2x/day (for chronic toxic accumulations in the lung, such as abscesses or tumors)





陽和湯加味

Glacier Pearls

Yanghe Tang Jiawei

Differentiation

For constitutional support of those with breast cancer	use	Glacier Pearls
	and alternate with	Mama Pearls (Mama Pearls 3 weeks, Glacier Pearls 1 week)
For chronic degenerative lung conditions	consider	Cinnamon Pearls
For toxic accumulations (abscesses/tumors) in the lung	combine with	Dragon Pearls (small amount)

Ingredients

熟 地黃	SHU DIHUANG	Rehmannia, cooked	Yanghe Tang
白芥子	BAIJIEZI	Mustard seed	
桂枝	GUIZHI	Cinnamon twig	
阿膠	EJIAO	Gelatin	
炮姜	PAOJIANG	Ginger, roasted	
甘草	GANCAO	Licorice	
(浙)貝母	ZHE BEIMU	Fritillaria thunb.	dissolve masses
(全) 栝藌	QUAN GUALOU	Trichosanthes fruit	
山慈姑	SHANCIGU	Cremastra	clear toxic heat
白花蛇舌草	BAIHUASHESHECAO	Oldenlandia/Hedyotis	
地龍	DILONG	Earthworm	anti-cancer
露蜂房	LUFENGFANG	Hornet's nest	anti-abscess, anti-malignancy
地鱉蟲	DIBIECHONG	Eupolyphaga	

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蘆桂毆頑湯

Golden Pearls

Lu Gui Quwan Tang

About Golden Pearls

The design of Golden Pearls represents a combination of the classical 2nd century remedy Guizhi Jia Gegen Tang (Cinnamon Twig Decoction plus Kudzu), from Zhang Zhongjing's herbal primer *Shanghan lun* (Treatise on Disorders Caused by Cold), and the effective anti-abscess formula Weijing Tang (Reed Decoction) from Sun Simiao's 7th century encyclopedia, *Qianjin yaofang*. It is designed to treat acute situations of puss development in confined spaces (sinuses, teeth, etc.) in constitutionally yang deficient individuals. This kind of person tends to be yang deficient and suffer from frequent infections, yet does not respond well to "antibiotic" cooling treatments. Guizhi Jia Gegen Tang can address the underlying microcirculation issues in yang deficient constitutions, while Weijing Tang and other added herbs gently address the acute heat phlegm situation.

Therapeutic Principles

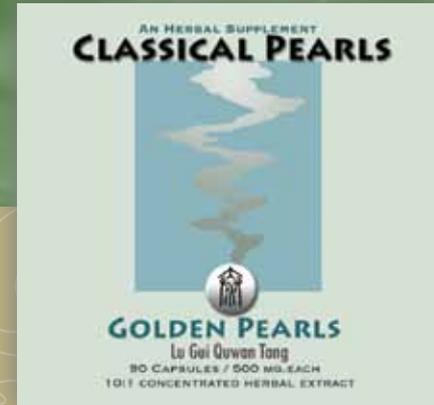
- Release *taiyang/yangming* and gently clear heat phlegm.
- For weak and generally allergic constitutional types with respiratory infections involving colored phlegm.

Indications

- Floating or tight pulse (weak volume)
- Frontal (sinus) headache, sore/sensitive neck
- Aversion to wind, tendency to feel cold
- Occluded phlegm in sinuses; yellow/green phlegm draining from nose and/or lungs
- Preventing worsening of infection (i.e., phlegm turning colored, cold going into chest) when suffering from cold with symptoms of runny nose/sneezing
- Any situation involving chronic puss in deficient individuals (teeth, skin)
- Fertility issues in women in their thirties and forties

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Typical Applications

- Sinus infections
- Bronchitis
- Allergies (due to inflamed mucous membranes) in late-stage cold situations
- Tooth aches, tooth abscesses
- Acne pustules and other suppurative skin conditions

Dosage

Children and pregnant women:
1 capsule 2x/day

Adults: 3-5 capsules 1-3x/day

Typical adult combination usage example: 3 Golden Pearls plus 1 Dragon Pearl 2x/day (for chronic toxic accumulations in the lung, such as abscesses or tumors)





Differentiation

For cold with sore throat and/or pronounced symptoms of coughing	use	Perilla Pearls
For seasonal allergies and symptoms of wheezing	use	Wind Pearls
For severe infections with pronounced heat signs	combine with	Dragon Pearls
For residual cough in yang deficient individuals, or for gum, teeth, and sinus issues without signs of heat phlegm	use	Cinnamon Pearls
For sensitive mucous membranes (potential allergy involvement) in late stage cold situations	use or combine with	Cinnamon Pearls

Ingredients

葛根	GEGEN	Pueraria	Guizhi Jia Gegen Tang, Huangdan Tang
桂枝	GUIZHI	Cinnamon twig	
赤芍	CHISHAO	Peony, red	
白芍	BAISHAO	Peony, white	
炮姜	PAOJIANG	Ginger, roasted	
甘草	GANCAO	Licorice	
五味子	WUWEIZI	Schizandra	
黃芩	HUANGQIN	Scutellaria	
蘆根	LUGEN	Phragmites	Weijing Tang
冬瓜子	DONGGUAZI	Benincasa	
薏苡仁	YIYIREN	Coix	
桃仁	TAOREN	Persica	
桔梗	JIEGENG	Platycodon	open stubborn congestion in nose and chest
絲瓜絡	SIGUALUO	Luffa fiber	

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觀音潛陽露

Guanyin Pearls

Guanyin Qianyang Lu

About Guanyin Pearls

The design of Guanyin Pearls reflects a unique approach to a wide array of menopausal and post-menopausal issues. It combines the conventional yin tonic approach to hot flashes with the yang tonic Qianyang Dan (Submerge the Yang Pellet), a 19th century modification of the classical Fuzi Lizhong Tang (Rectify the Middle Decoction with Aconite) by the scholar-physician Zheng Qin'an, revered founder of the Fire Spirit School. Zheng Qin'an and his remaining disciples interpret hot-flashes and other signs of upward mobility in the elderly as a leaking of the kidney battery, which requires a drawing back of the life force into the lower dantian. This downward anchoring effect is accomplished by combining aconite and amomum. In younger women, Guanyin Pearls can be used for fertility issues, but should be discontinued as soon as pregnancy has been achieved.

Therapeutic Principles

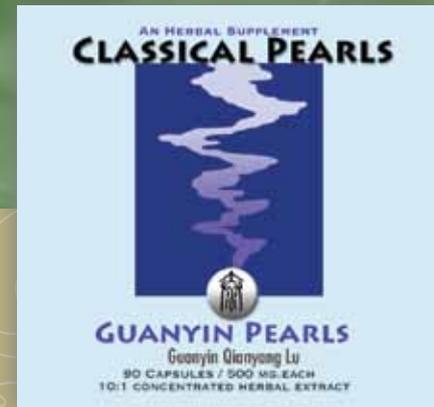
- Alleviate deficiency flare-up of yang energy in menopausal women by restoring the Kidney's ability to store and safeguard yang qi
- Harmonize upward and downward energy movements in all three burners;
- Replenish both yin and yang in the sources of pre-natal energy (Liver and Kidney);
- Nourish yin and yang in the sources of post-natal energy (Spleen and Lung).

Indications

- All symptoms of menopause and post-menopause

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Typical Applications

- Hot flashes
- Anxiety/depression, emotional volatility, restless sleep
- Loss of energy; thyroid and adrenal imbalances
- Decrease in libido; thinning of vaginal tissues
- Infertility
- Hair loss, brittle nails, dry eyes, dry and wrinkling skin

Dosage

Adults: 3-5 capsules 2x/day

Typical adult combination usage

example: 3 Guanyin Pearls plus 2 Ox Bone Pearls 2x/day (for osteoporosis in post-menopausal women)





Differentiation

For menopausal symptoms due to Liver qi stagnation and/or obvious <i>shaoyang</i> problems	use	Ease Pearls
For anxiety/insomnia that is not associated with menopause	use	Peace Pearls
For severe anxiety/insomnia	combine with	Peace Pearls
For uterine fibroids or other benign uterine masses	use	Moon Pearls
For constitutional support of those with breast cancer or uterine cancer	use	Mama Pearls
For increase in libido and/or atrophy of genital tissues	combine with	Love Pearls
For perimenopausal symptoms	use or combine with	Moon Pearls
For symptoms of pronounced dryness	combine with	Water Pearls

Ingredients

附子	FUZI	Aconite, processed
炮姜	PAOJIANG	Ginger, roasted
砂仁	SHAREN	Amomum
五加參	WUJIASHEN	Siberian ginseng
炙甘草	ZHI GANCAO	Licorice, baked
旱連草	HANLIANCAO	Eclipta
女貞子	NÜZHENZI	Ligustrum
淫羊藿	YINYANGHUO	Epimedium
仙茅	XIANMAO	Curculigo
菟絲子	TUSIZI	Cuscuta
知母	ZHIMU	Anemarrhena
百合	BAIHE	Lily

Qianyang Dan

Submerge Yang Pellet

19th century formula for all symptoms of flushing up due to inability to store yang

Erzhi Wan

Erxian Tang

Baihe Zhimu Tang

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生脈固心湯

Heart Pearls

Shengmai Guxin Tang

About Heart Pearls

The design of Heart Pearls reflects a constitutional approach to degenerative pathologies afflicting the deepest layer of the body, namely the *shaoyin* heart/kidney axis. It shores up the waning yang forces and resultant water accumulation issues with a combination of the classical remedies Zhenwu Tang (True Warrior Decoction) and Fuzi Lizhong Tang (Rectify the Middle Decoction with Aconite) from the 2nd century herbal primer, *Shanghan lun* (Treatise on Disorders Caused by Cold). The overall drying effect of this approach is balanced by moistening the yin of heart and lung. In addition, blood moving herbs address congestion and degeneration.

Therapeutic Principles

- Enhance fluid metabolism and microcirculation by tonification of yang qi in Heart and Lung; moisten Heart, Lung, Liver, and Kidney yin
- Prevent cardiomyopathy, heart failure, kidney failure and other forms of core system degeneration by moving Heart and Liver blood and purging cellular toxicity

Indications

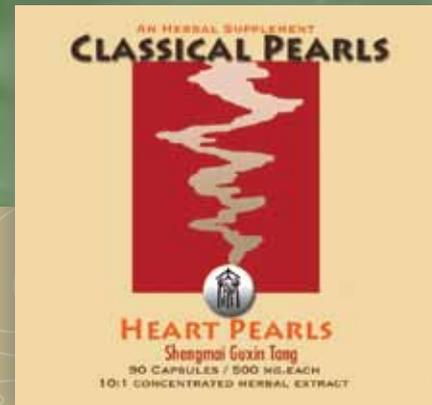
- Degeneration of heart and vascular system; chronic heart disease
- Degeneration of kidneys; chronic kidney disease

Precautions

Prescribe in small amounts only for patients who take blood thinning drugs

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Typical Applications

- Shortness of breath
- Edema (due to degeneration of heart and kidneys)
- High cholesterol levels
- Microcirculation issues
- Prevention of vascular degeneration and other age related problems
- Stroke prevention and post-stroke recovery in yang deficient individuals

Dosage

Adults: 3-5 capsules 2-3x/day

Typical adult combination usage example: 3-4 Heart Pearls plus 2 Water Pearls 2x/day (for degenerative kidney disease)





生脈固心湯

Heart Pearls

Shengmai Guxin Tang

Differentiation

For acute stage of inflammation of the heart or pericardial tissues	use	Lightning Pearls
For chronic stage of heart or pericardial tissue inflammation	combine with	Lightning Pearls
For menopausal problems	combine with	Guanyin Pearls
For decreased libido	combine with	Love Pearls
For pronounced palpitations	combine with	Peace Pearls
For pronounced symptoms of dryness	combine with	Water Pearls

Ingredients

附子	FUZI	Aconite, processed	Zhenwu Tang, Fuzi Lizhong Tang
赤芍	CHISHAO	Peony, red	
生姜	SHENGJIANG	Ginger, fresh	
(赤)茯苓	(CHI) FULING	Poria, red	
白朮	BAIZHU	Atractylodes, white	
三七	SANQI	Pseudoginseng	
炙甘草	ZHI GANCAO	Licorice, baked	
麥門冬	MAIMENDONG	Ophiopogon	Shengmai San
五味子	WUWEIZI	Schizandra	
丹參	DANSHEN	Salvia	reduce cholesterol, chest discomfort
(炙)何首烏	(ZHI) HESHOUWU	Heshouwu, baked	
桃仁	TAOREN	Persica	improve microcirculation, prevent cellular degeneration in vascular system, heart, liver, and kidneys
紅花	HONGHUA	Carthamus	
(酒)大黃	(JIU) DAHUANG	Rhubarb, alcohol processed	

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蘇荷湯加味 II

Lightning Pearls

Su He Tang Jia Jian 2

About Lightning Pearls

The design of Lightning Pearls reflects a unique approach to the difficult and recalcitrant problem of chronic inflammatory disease. It is based on the Qing dynasty remedy Jiajian Su He Tang (Perilla and Mint Decoction Modified), and represents a time-honored solution for the important clinical phenomenon of “Brain Gu Syndrome”: treatment resistant diseases caused by viral and spirochetal infections of the nervous system (such as chronic herpes, Lyme disease, babesiosis, bartonellosis, ehrlichiosis, and rickettsia). Lightning Pearls aims to not only counteract pathogens, but also to treat terrain issues associated with various deficiencies in the patient’s qi, yin, and blood. Lightning Pearls can be considered to be a more constitutional and long-term version of the Fever School’s flagship remedy Yin Qiao San (Honeysuckle and Forsythia Powder), and is thus also suitable to treat swollen glands in individuals afflicted by the common cold, or for preventing infection during air travel.

Therapeutic Principles

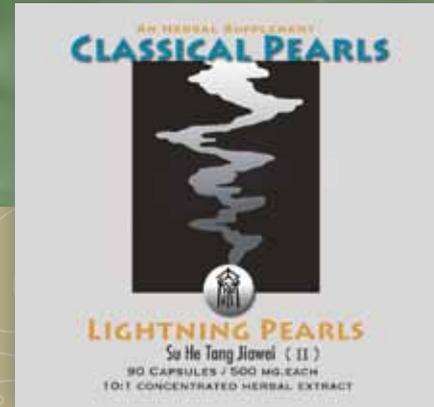
- Nourish terrain and soothe nervous system in patients with “Brain Gu Syndrome” using anti-microbial tonic herbs
- Kill viruses, spirochetes, protozoan parasites and other microbes invading the brain
- Reduce inflammation in the nervous system; increase micro-circulation in the brain
- Reduce pain

Indications

- Chronic debilitating joint and muscle pain (cyclical); permanent state of exhaustion
- Chronic flu-like symptoms; chronic headaches (cyclical), brain fog
- Restlessness, anxiety, insomnia; sensation of “possession” (“I want my life back”)
- Grimy and stubborn tongue coating; weak (yet occasionally aggravated or tight) pulse

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Typical Applications

- Lyme disease, babesiosis, Rocky Mountain fever; malaria, Dengue fever
- Chronic coxsackie virus, meningitis, encephalitis; rabies, listeriosis
- Herpes, shingles, CMV; chronic/recalcitrant skin problems that worsen with stress
- Fibromyalgia, chronic fatigue syndrome
- Chronic viral malaise after prolonged cold/bronchitis (incl. viral myocarditis)
- For prevention during journeys to tropical areas where malaria is prevalent, or after tick bites

Dosage

Infants: 1 capsule 2x/day

Children and pregnant women:
2-3 capsules 2-3x/day

Adults: 3-6 capsules 2-3x/day

Typical adult combination usage example: 3 Lightning Pearls plus 2 Bamboo Pearls 2-3x/day (for Lyme disease with pronounced body pain or rheumatoid complications)



Differentiation [Alternate with Thunder Pearls (Lightning Pearls 3 weeks, Thunder Pearls 1 week)^{††}]

For “Abdominal Gu Syndrome” (chronic intestinal parasites)	primarily use	Thunder Pearls (^{††} Thunder Pearls 3 weeks, Lightning Pearls 1 week)
For prevention during travel to malaria and parasite-prone areas	use	Lightning Pearls 1x/day, Thunder Pearls 1x/day
For patients with arthritic changes or pronounced symptoms of body pain	combine with	Bamboo Pearls or Cinnamon Pearls
For pronounced food sensitivities	combine with	Cinnamon Pearls
For yang deficient patients	combine with	Vitality Pearls
For yang deficient patients with anxiety/insomnia	combine with	Peace Pearls
For yang deficient patients with menstrual problems	combine with	Moon Pearls
For patients with obvious lymphatic congestions and/or <i>shaoyang</i> symptoms	combine with	Ease Pearls
For patients with chronic headaches	combine with	Gingko Pearls
For patients with degenerative changes in the brain	combine with	Evergreen Pearls
For cold/flu prevention during airplane travel	combine with	Earth Pearls
For Lyme disease patients experiencing symptom flare-ups when stopping antibiotic therapy	combine with	Dragon Pearls
For acute outbreak of herpes or shingles lesions	combine with	Dragon Pearls
For acute viral infections with swollen glands, cough, or sore throat	combine with	Perilla Pearls

Ingredients

白芷	BAIZHI	Angelica
金銀花	JINYINHUA	Lonicera
連翹	LIANQIAO	Forsythia
(全) 當歸	(QUAN) DANGGUI	Tang-kuei
川芎	CHUANXIONG	Ligusticum
五加皮	WUJIAPI	Acanthopanax
百合	BAIHE	Lily
青蒿	QINGHAO	Qinghao
鬱金	YUJIN	Curcuma
澤蘭	ZELAN	Lycopus
玄參	XUANSHEN	Scrophularia
土茯苓	TUFULING	Smilax
石菖蒲	SHICHANGPU	Acorus
續斷	XUDUAN	Dipsacus
銀杏葉	YINXINGYE	Gingko leaf

Jiajian Su He Tang

reduce inflammation in the brain and nervous system

羊腎扶陽丹

Love Pearls

Yangshen Fuyang Dan

About Love Pearls

Love Pearls is a unique alchemical formula based on Daoist folk remedies and Sun Simiao's *Thousand Ducat Formulas*. It is primarily indicated for decreased sexual function in middle-aged to elderly men and women. Love Pearls can also be used as a general food tonic for flagging endocrine function, i.e. symptoms of weak thyroid function and osteoporosis.

Therapeutic Principles

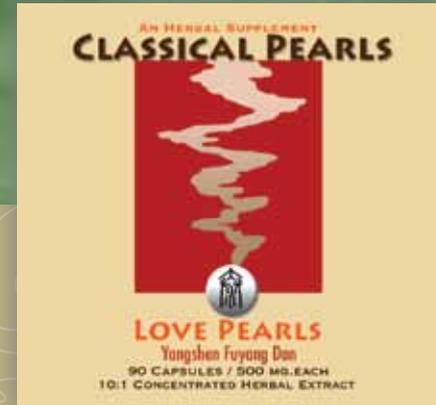
- Invigorate flagging yang
- Tonify essence of Kidney and Liver
- Strengthen hormonal vitality and calm nerves

Indications

- Decreasing sexual function in middle-aged or elderly men and women
- Decreased sexual drive in menopausal or elderly men and women
- Atrophy of sexual tissues
- Other symptoms of essence deficiency in old age

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Typical Applications

- Impotence, erectile dysfunction
- Premature ejaculation (primarily in elderly men)
- Reduced libido, libido impairment
- Osteoporosis
- Hypothyroidism
- Alternative option to conventional hormone replacement therapy

Dosage

Adults: 2-5 capsules 1-2x/day

Typical adult combination usage

example: 3-4 Guanyin Pearls plus 2 Love Pearls 2x/day (for post-menopausal issues: hot flashes, thinning of vaginal walls, decreased libido)





羊腎扶陽丹
Love Pearls
Yangshen Fuyang Dan

Differentiation

For peri-menopausal women	combine with	Moon Pearls
For post-menopausal women	combine with	Guanyin Pearls
For osteoporosis and hypothyroidism	combine with	Vitality Pearls
For patients with heart or blood vessel disorders	combine with	Heart Pearls
For patients with anxiety	combine with	Peace Pearls
For patients with infertility	combine with	Guanyin Pearls or Water Pearls
For dietary therapy aimed at gradually strengthening the spleen and kidneys	combine with	Amber Pearls

Ingredients

羊外腎	YANG WAISHEN	Goat testes
泥鰱	NIQIU	Dojo loach
五味子	WUWEIZI	Schizandra
兔絲子	TUSIZI	Cuscuta
淫羊藿	YINYANGHUO	Epimedium
磁石	CISHI	Magnetite

alchemical formula based on Daoist folk remedies
and Sun Simiao's *Thousand Ducat Formulas*

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當歸四逆湯加味

Mama Pearls

Danggui Sini Tang Jiawei

About Mama Pearls

Mama Pearls is a remedy that is primarily designed for breast health. It reflects the therapeutic insight that breast accumulations are most often a manifestation of pathological changes in the *jueyin* pericardium system, which requires the use of the representative *jueyin* remedy Danggui Sini Tang (Tang-kuei Decoction for Frigid Extremities). The base remedy is complemented by herbs that increase microcirculation, reduce masses, and have a direct anti-toxin and anti-cancer effect. Other areas of the body that are holographically related to the *jueyin* system and can potentially benefit from this formula are the brain, the uterus/ovaries, and the liver.

Therapeutic Principles

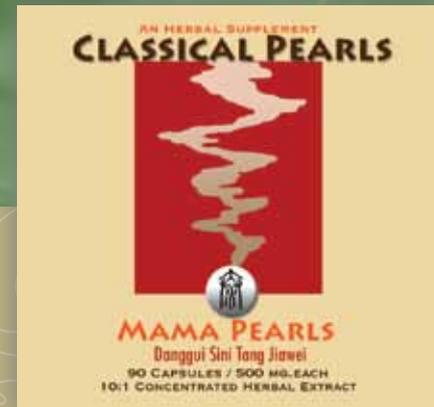
- Move, warm, and nourish *jueyin* pericardium/liver network
- Break down accumulations formed by blood stasis and toxic phlegm in hormonally compromised individuals

Indications

- Masses and accumulations, especially in middle-aged females
- Deep (occasionally weak/soggy) pulse; pale (occasionally dusky) tongue body
- Weak constitution; cold hands and feet; all manifestations of *jueyin* syndrome.
- Deep state of physical, mental, and emotional exhaustion
- History of menstrual problems; history of "heartbreak"

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Typical Applications

- Constitutional support for female cancers (breast cancer, ovarian cancer, uterine cancer, cervical cancer)
- For constitutional support of those with liver cancer, liver cirrhosis
- Prevention of malignant development of breast fibroids
- Ease side-effects of chemotherapy and/or radiation

Dosage

Pregnant and breast-feeding mothers: 2 capsules 2x/day

Adults: 3-5 capsules 1-2x/day

Typical adult combination usage example: 3-6 Mama Pearls 1x/day, plus 3-6 Glacier Pearls 1x/day (for breast cancer with complications of lung metastasis)





當歸四逆湯加味

Mama Pearls

Danggui Sini Tang Jiawei

Differentiation

For constitutional support of patients with breast cancer	alternate with	Glacier Pearls (Mama Pearls 3 weeks, Glacier Pearls 1 week)
For constitutional support of patients with cancers of the respiratory tract or lymphatic system	use	Glacier Pearls
For constitutional support of patients with ovarian or cervical cancer	primarily use	Ocean Pearls
For uterine fibroids and other benign abdominal masses in women	primarily use	Moon Pearls
For chronic degenerative liver conditions	combine or alternate with	Sugar Pearls, Evergreen Pearls, and/or Cinnamon Pearls

Ingredients

當歸(尾)	DANGGUI (WEI)	Tang-kuei tail	Danggui Sini Tang
桂枝	GUIZHI	Cinnamon twig	
赤芍	CHISHAO	Peony, red	
白芍	BAISHAO	Peony, white	
大棗	DAZAO	Jujube	
通草	TONGCAO	Tetrapanax	
甘草	GANCAO	Licorice	
桃仁	TAOREN	Persica	break up blood stasis
紅花	HONGHUA	Carthamus	clear toxic heat
虎杖	HUZHANG	Polygonum cusp.	anti-cancer
夏枯草	XIAKUCAO	Prunella	
(浙)貝母	(ZHE) BEIMU	Fritillaria thunb.	reduce masses and toxic phlegm
(全) 栝藋	(QUAN) GUALOU	Trichosanthes fruit	

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膠艾理中湯

Moon Pearls

Jiao Ai Lizhong Tang

About Moon Pearls

Moon Pearls is a remedy specifically designed for regulating female physiology in women of all ages, with a particular focus on normalizing menstrual flow. It combines the classical 2nd century remedies Fuzi Lizhong Tang (Rectify the Middle Decoction with Aconite) and Jiao Ai Tang (Ass-Hide Gelatin and Mugwort Decoction), reflecting the fact that most female disorders originate from pathological changes in the archetypal mother organs spleen and liver. Herbs that move blood and simultaneously control bleeding are added, making Moon Pearls a suitable remedy for uterine fibroids and ovarian cysts. On a more constitutional level, Moon Pearls can regulate the endocrine system in peri-menopausal situations.

Therapeutic Principles

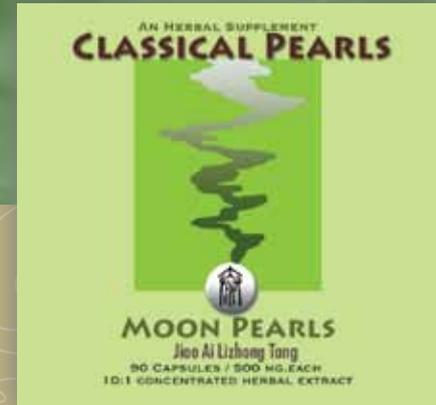
- Break down abdominal masses by resolving pelvic congestion
- Regulate menstrual timing and blood flow
- Move blood and transform cold damp; tonify SP/KD yang and LIV blood

Indications

- Menstrual problems in yang/blood deficient individuals
- Benign abdominal masses, especially in females
- Hot flashes and other symptoms of perimenopause
- Chronic auto-immune problems of all kinds, including digestive issues

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Typical Applications

- Irregular menstruation, painful menstruation; chronic spotting, heavy bleeding
- Uterine fibroids; ovarian cysts; cervical dysplasia; endometriosis
- Leukorrhea
- Amenorrhea
- Anemia
- Perimenopause

Dosage

Breast-feeding mothers:

2 capsules 1-2x/day

Adults: 3-4 capsules 2x/day

Typical adult combination usage example: 3 Moon Pearls plus 2-3 Thunder Pearls 2x/day (for menstrual/uterine issues accompanied by yeast or trichomonads)





膠艾理中湯

Moon Pearls

Jiao Ai Lizhong Tang

Differentiation

For menopausal women with obvious signs of liver qi stagnation	use	Ease Pearls
For post-menopausal women	use or combine with	Guanyin Pearls
For malignant tumors in the breasts, uterus, or ovaries	use	Mama Pearls or Ocean Pearls
For cervical dysplasia	combine with	Ocean Pearls
For damp cold leucorrhea	combine with	Earth Pearls, Vitality Pearls, or Thunder Pearls
For damp heat leucorrhea	combine with	Ease Pearls or Dragon Pearls
For low libido	combine with	Love Pearls
For pronounced uterine bleeding (due to spleen qi deficiency)	combine with	Amber Pearls
For obvious symptoms of yin deficiency	combine with	Water Pearls
For cyclical herpes outbreaks	combine with	Lightning Pearls or Dragon Pearls

Ingredients

附子	FUZI	Aconite, processed	Fuji Lizhong Tang
炮姜	PAOJIANG	Ginger, roasted	
白朮	BAIZHU	Atractylodes, white	
三七	SANQI	Pseudoginseng	
炙甘草	ZHI GANCAO	Licorice, baked	
艾葉	AIYE	Artemisia	Jiao Ai Tang
阿膠	EJIAO	Gelatin	
(全)當歸	(QUAN) DANGGUI	Tang-kuei	
白芍	BAISHAO	Peony, white	
川芎	CHUANXIONG	Ligusticum	transform abdominal stasis, control bleeding
茜草	QIANCAO	Rubia	
三棱	SANLENG	Sparganium	
莪朮	EZHU	Zedoaria	

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消塊歸宗丸

Ocean Pearls

Xiaokuai Guizong Wan

About Ocean Pearls

Ocean Pearls is a remedy for toxic conditions in the lower burner, such as venereal disease, abnormal cervical changes due to HPV, and prostate and ovarian cancers. Its complex design is based on the classical 2nd century remedies Guizhi Fuling Wan (Cinnamon Twig and Poria Pill) and Taohe Chengqi Tang (Peach Pit Decoction to Order the Qi), which purge stagnating blood, fluids, and toxins from the pelvic region. To make the formula more suitable for long-term use, and to employ the dantian anchoring effect of aconite, the *shaoyin* remedy Sini Tang (Frigid Extremities Decoction) is also included. Other herbs are added to prevent or dissolve masses and accumulations.

Therapeutic Principles

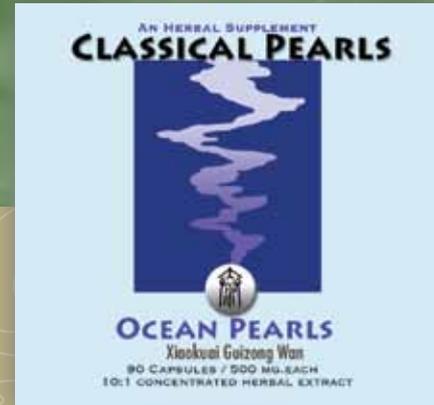
- Transform blood stasis in lower burner; soften and disperse masses and accumulations in pelvic region; resolve toxic lesions in urogenital tract
- Invigorate mingmen fire to boost vitality and immune status of the body's lower regions

Indications

- Masses and accumulations in abdomen and pelvic region
- Varicose veins
- Infections in genital regions

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Typical Applications

- Ovarian cysts, kidney cysts
- Prostate cancer, ovarian cancer, cervical cancer, liver cancer, kidney cancer, bladder cancer
- Varicoceles; epididimitis
- Human Papilloma Virus (HPV), gonorrhea, genital herpes

Dosage

Breast-feeding mothers:

2 capsules 1-2x/day

Adults: 3-5 capsules 2x/day

Typical adult combination usage

example: 3 Ocean Pearls plus 2 Dragon Pearls 2-3 x/day (for acute stage of chronic recurrent urinary tract infections)





消塊歸宗丸

Ocean Pearls

Xiaokuai Guizong Wan

Differentiation

For uterine myomas	use or combine with	Moon Pearls
For acute venereal infection	combine with	Dragon Pearls
For genital herpes	combine with	Lightning Pearls
For ovarian cancer	alternate with	Mama Pearls
For interstitial cystitis	alternate or combine with	Cinnamon Pearls
For chronic nephritis	combine with	Water Pearls or Heart Pearls
For recurrent urinary tract infections	combine with	Ocean Pearls
	alternate or combine with	Cinnamon Pearls

Ingredients

(越南)肉桂	(Vietnamese) ROUGUI	Cinnamon bark (Vietnam)	<p>Guizhi Fuling Wan, Taohe Chengqi Tang</p> <p>Sini Tang</p> <p>Danggui Beimu Kushen Wan</p> <p>soften pelvic masses, anti-virus, anti-cancer</p>
赤芍	CHISHAO	Peony, red	
(赤)茯苓	(CHI) FULING	Poria, red	
牡丹皮	MUDANPI	Moutan	
桃仁	TAOREN	Persica	
(酒)大黃	DAHUANG (JIU)	Rhubarb, alcohol processed	
附子	FUZI	Aconite, processed	
生姜	SHENGJIANG	Ginger, fresh	
甘草	GANCAO	Licorice	
當歸(尾)	DANGGUI (WEI)	Tang-kuei tail	
浙貝母	ZHE BEIMU	Fritillaria thunb.	
苦參	KUSHEN	Sophora root	
虎杖	HUZHANG	Polygonatum cusp.	
鱉甲	BIEJIA	Tortoise shell	

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骨折内服方

Ox Bone Pearls

Guzhe Neifu Fang

About Ox Bone Pearls

Ox Bone Pearls is a Daoist trauma remedy specifically designed for moving blood and reducing swelling and pain. The special characteristic of this complex formula, in comparison to other trauma remedies such as Yunnan Baiyao (White Medicine from Yunnan), is the prominent use of ox bone and crab shell. In combination with other herbs, these ingredients can dramatically stimulate the mineralization and uptake of bone. Therefore, Ox Bone Pearls can also be used for bone demineralization issues such as osteoporosis.

Therapeutic Principles

- Whenever blood moving therapies are required
- Move blood, reduce swelling and pain, resolve trauma from external injuries
- Accelerate bone healing by increasing mineral uptake and formation of bone web

Indications

- Trauma due to external injuries
- Osteoporosis

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Typical Applications

- External injuries involving bone fractures
- Other types of external injuries
- Prevention and treatment of osteoporosis
- Meniscus and other cartilage damage
- Acute ligament pain

Dosage

Infants: ½-1 capsule 2x/day

Pregnant women and children:
2 capsules 2x/day

Adults: 3-6 capsules 2-3x/day

Typical adult combination usage example: 3 Ox Bone Pearls plus 3 Bamboo Pearls 2x/day (for post-fracture pain and arthritic changes, generally manifesting 6+ weeks after a fracture)





Differentiation

For acute fractures/injuries	use	Ox Bone Pearls for 3-6 weeks
	then switch to	Bamboo Pearls (to prevent arthritic changes)
For fractures older than 6 weeks	use	Ox Bone Pearls for 1-2 weeks
	then switch to	Bamboo Pearls
For chronic pain in old injury sites	use	Bamboo Pearls
For scoliosis	combine with	Cinnamon Pearls
For chronic lumbago	combine with	Water Pearls

Ingredients

當歸(尾)	DANGGUI (WEI)	Tang-kuei tails	move blood, reduce swelling and pain, resolve trauma
川芎	CHUANXIONG	Ligusticum	
沒藥	MOYAO	Myrrh	
紅花	HONGHUA	Carthamus	
桂枝	GUIZHI	Cinnamon twig	
三七	SANQI	Pseudoginseng	
地龍	DILONG	Lumbricus	
(廣)木香	(GUANG) MUXIANG	Vladimiria	
甘草	GANCAO	Licorice	
龍骨(炒)	LONGGU (CHAO)	Dragon bone, fried	increase mineral uptake
淫羊藿(羊油炙)	YINYANGHUO	Epimedium	
枸杞子	GOUQIZI	Lycium fruit, unsulfured	
骨碎補	GUSUIBU	Drynaria	
牛股骨	NIU GUGU	Ox bone	
螃蟹殼	PANGXIE	River crab shell	

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酸棗潛陽丹

Peace Pearls

Suanzao Qianyang Dan

About Peace Pearls

The design of Peace Pearls reflects a unique approach to the common problems of anxiety and insomnia. It combines the conventional yin tonic approach to insomnia—in this case Zhang Zhongjing's classical 2nd century remedy Suanzaoren Tang (Sour Jujube Decoction)—with the yang tonic Qianyang Dan (Submerge the Yang Pellet), a 19th century modification of the classical Fuzi Lizhong Tang (Rectify the Middle Decoction with Aconite) by the scholar-physician Zheng Qin'an, revered founder of the Fire Spirit School. Zheng Qin'an and his remaining disciples interpret insomnia and other signs of upward mobility as a leaking of the kidney battery, which requires a drawing back of the life force into the lower dantian. This downward anchoring effect is accomplished by combining aconite and amomum.

Therapeutic Principles

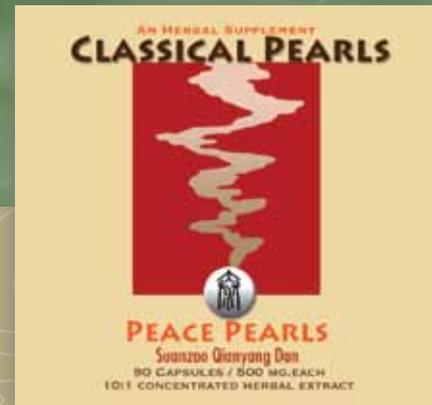
- Soothe the Heart by reversing upward qi flow, and fortifying the Kidney's ability to store yang and ground the *shaoyin* network
- Calm shen by nourishing Heart blood and removing phlegm from the Heart orifice
- Eliminate restlessness by clearing localized heat from the Heart.

Indications

- Anxiety
- Insomnia
- Palpitations
- Pulse: weak (possibly floating and slippery in KID yin position on left hand pulse)

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Typical Applications

- Anxiety, insomnia, and palpitations due to chronic adrenal stress and/or autonomic nervous system imbalance

Dosage

Pregnant women: 1-2 capsules 1-2x/day

Adults: 3-6 capsules 2x/day

Typical adult combination usage example: 3 Lightning Pearls plus 2 Peace Pearls 2x/day (for anxiety/insomnia symptoms in Lyme disease patients)





酸棗潛陽丹

Peace Pearls

Suanzao Qianyang Dan

Differentiation

For depression/anxiety accompanied by obvious <i>shaoyang</i> or liver qi stagnation symptoms	use	Ease Pearls
For anxiety/insomnia during menopause	combine with	Guanyin Pearls
For anxiety/insomnia caused by nervous system inflammation (i.e. Lyme disease)	combine with	Lightning Pearls
For anxiety/insomnia caused by intestinal parasites	combine with	Thunder Pearls
For anxiety and/or insomnia accompanied by weak digestion (especially loose stool or diarrhea)	combine with	Amber Pearls
For anxiety/insomnia due to KID yin depletion	use	Water Pearls

Ingredients

附子	FUZI	Aconite, processed
炮姜	PAOJIANG	Ginger, roasted
砂仁	SHAREN	Amomum
北沙參	BEISHASHEN	Glehnia
炙甘草	ZHI GANCAO	Licorice, baked
酸棗仁	SUANZAOREN	Zizyphus
知母	ZHIMU	Anemarrhena
川芎	CHUANXIONG	Ligusticum
茯神	FUSHEN	Poria Fushen
當歸	DANGGUI	Tang-kuei
苦參	KUSHEN	Sophoroa root
夜交藤	YEJIAOTENG	Polygonum vine

Qianyang Dan

Submerge Yang Pellet

19th century formula for all symptoms of flushing up due to inability to store yang

Suanzaoren Tang

Anmian Tang

exp. 20th century remedy for insomnia

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蘇子利喉湯

Perilla Pearls

Suzi Lihou Tang

About Perilla Pearls

Perilla Pearls is designed to treat symptoms of sore throat and cough that often accompany the common cold. It is based on Suzi Lihou Tang (Perilla Disinhibit the Throat Decoction), an 18th century remedy with the therapeutic advantage that it is suitable for both the wind heat and wind cold varieties of the cold/flu. It is enhanced by the classical 2nd century heat phlegm formula, Xiao Xianxiong Tang (Minor Sinking into the Chest Decoction), which ensures that even later stages of the common cold (such as bronchitis) can be treated successfully.

Therapeutic Principles

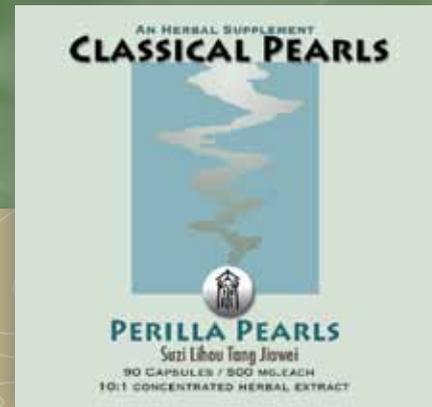
- Release the surface safely and effectively in acute upper respiratory infections with combined symptoms of wind cold and wind heat invasion
- Transform heat phlegm, descend uprising qi, soothe swelling

Indications

- Cough, sore throat, swollen glands
- General feeling of malaise
- Heavy sensation in chest (feeling that phlegm is stuck behind sternum)

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Typical Applications

- Common cold
- Sore throat
- Bronchitis

Dosage

Infants: 1 capsule 2x/day

Pregnant women and children:
2 capsules 2-3x/day

Adults: 3-4 capsules 3-4x/day

Typical adult combination usage example: 3 Perilla Pearls plus 1 Dragon Pearl 3-4x/day (for severe throat or bronchial inflammation)





蘇子利喉湯

Perilla Pearls

Suzi Lihou Tang

Differentiation

For sinus infections and copious amounts of colored phlegm in yang deficient individuals	use	Golden Pearls
For seasonal allergies and symptoms of wheezing	use	Wind Pearls
For severely acute sore throat (including strep. throat)	combine with	Dragon Pearls
For hoarseness due to smoking, or chronic cough due to degenerative changes in the lungs	use	Glacier Pearls
For residual cough after multiple rounds of antibiotics	use	Cinnamon Pearls

Ingredients

紫蘇子	ZISUZI	Perilla seed
前胡	QIANHU	Peucedanum
杏仁	XINGREN	Apricot seed
桔梗	JIEGENG	Platycodon
(浙)貝母	(ZHE) BEIMU	Fritillaria thunb.
玄參	XUANSHEN	Scrophularia
薄荷	BOHE	Mentha
連翹	LIANQIAO	Forsythia
(生)甘草	GANCAO (SHENG)	Licorice
瓜蒌(實)	GUALOU SHI	Trichosanthes fruit
(法)半夏	BANXIA (FA)	Pinellia
黃芩	HUANGQIN	Scute

Suzi Lihou Tang

Xiao Xianxiong Tang

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決明苧麻湯

Sugar Pearls

Jueming Hema Tang

About Sugar Pearls

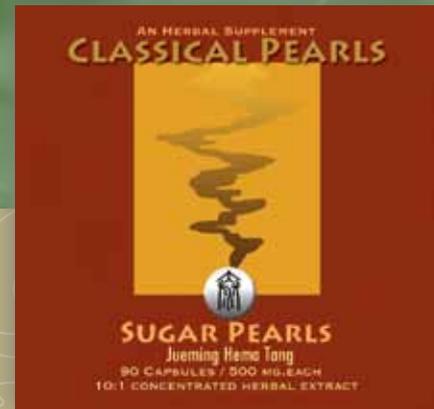
Sugar Pearls is designed to treat entrenched metabolic issues such as diabetes, but also milder conditions of sugar dysregulation. It is also suitable to treat chronic conditions of the liver and eyes. From a clinical perspective, diabetes and pre-diabetic conditions are complex and involve pathological changes in many different organ systems. Spleen yang collapse is addressed by the classical remedy Fuzi Lizhong Wan (Rectify the Middle Pill with Aconite), while stomach and lung yin depletion are moistened with the well-known 13th century formula Shengmai San (Generate the Pulse Powder). In addition, stagnant heat in the liver and small intestine axis is purged with a variety of herbs that have long been employed by Chinese folk herbalists for the treatment of diabetes. Laportea, a Chinese nettle species, represents a rare Daoist folk remedy that can treat various forms of dysglycemia. Finally, blood moving herbs enhance microcirculation and prevent tissue degeneration.

Therapeutic Principles

- Stabilize blood sugar levels, reduce cellular toxicity, improve microcirculation, and prevent tissue degeneration by tonifying yang qi of spleen/stomach
- Nourishing yin of lung/stomach/heart
- Clearing liver heat and moving blood

Indications

- Symptoms of blood sugar imbalance: spaciness, fatigue, mood changes, PMS, sugar craving, headaches, difficulty focusing the eyes, tremors, temperamental outbursts, depression, excessive sweating, hot flashes, palpitations, cold extremities, abdominal pain, panic attacks
- Weight gain, especially around the midsection
- Elevated blood pressure
- Elevated cholesterol and triglycerides
- Increased deposits of plaque in the arterial walls; neuropathy
- Immune suppression
- Insulin resistance



Typical Applications

- Pre-diabetes, diabetes (type II), and other "sugar diseases"
- Syndrome "X"
- Chronic liver issues (including hepatitis B and C)
- Chronic degenerative eye diseases
- Malignancies below the diaphragm (liver cancer, uterine cancer, prostate cancer)
- Chronic nervous system inflammation (Lyme disease, bartonellosis, babesiosis, etc)

Dosage

Pregnant and breast-feeding women: 2 capsules 2x/day

Adults: 3-5 capsules 2x/day

Typical adult combination usage example: 4 Sugar Pearls plus 2 Amber Pearls 2x/day (for chronic liver conditions accompanied by diarrhea symptoms)





Differentiation

For constipation	combine with	Tiger Pearls
For hypoglycemia	combine with	Vitality Pearls
For acid reflux and high blood pressure	combine with	Counterflow Pearls
For high blood pressure and low sex drive	combine with	Water Pearls
For chronic eye diseases	consider combining with	Counterflow Pearls
For neuropathy and memory issues	combine with	Evergreen Pearls
For chronic degenerative liver conditions	combine or alternate with	Cinnamon Pearls, Evergreen Pearls, and/or Mama Pearls
For prostate or ovarian cancer	primarily use	Ocean Pearls
For Lyme disease and co-infections of the nervous system	combine with	Lightning Pearls and/or Dragon Pearls

Ingredients

附子	FUZI	Aconite, processed	Fuzi Lizhong Tang
西洋參	XIYANGSHEN	American ginseng	
炮姜	PAOJIANG	Ginger, prepared	
白朮	BAIZHU	Atractylodes, white	
甘草	GANCAO	Licorice	
麥門冬	MAIMENDONG	Ophiopogon	Shengmai San
五味子	WUWEIZI	Schizandra	
(越)南肉桂	(Vietnamese) ROUGUI	Cinnamon bark (Vietnam)	Taohe Chengqi Tang
桃仁	TAOREN	Persica	
虎杖	HUZHANG	Polygonatum cusp.	
決明子	JUEMINGZI	Cassia seed	clear diabetic toxicity, promote microcirculation, prevent tissue degeneration
梔子	ZHIZI	Gardenia	
丹參	DANSHEN	Salvia	
靈芝	LINGZHI	Ganoderma	stabilize blood sugar level
紅線麻	HONGXIANMA	Laportea cusp.	

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蘇荷湯加味 I

Thunder Pearls

Su He Tang Jia Jian 1

About Thunder Pearls

The design of Thunder Pearls reflects a unique approach to the difficult and recalcitrant problem of chronic parasitic infection in the digestive tract. It is based on the Qing dynasty remedy Jiajian Su He Tang (Perilla and Mint Decoction Modified), and represents a time-honored solution for the important clinical phenomenon of "Digestive Gu Syndrome": treatment resistant diseases caused by protozoan and other infections in the intestines and other body tissues (such as giardia, entamoeba, blastocystis hominis, microplasma, yeast, etc). Thunder Pearls aims to not only counteract the pathogens, but also to treat terrain issues associated with various deficiencies in the patient's qi, yin, and blood. Due to its complex design, it can be used for a wide variety of disorders that involve chronic inflammation.

Therapeutic Principles

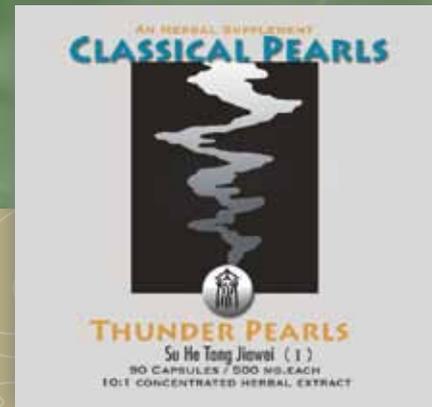
- Nourish terrain and soothe digestive system in patients with "Abdominal Gu Syndrome" using anti-microbial tonic herbs
- Kill parasites, bacteria, and fungi
- Harmonize stagnation and inflammation in the digestive tract
- Reduce abdominal pain and discomfort
- Regulate bowel movement

Indications

- Chronic abdominal discomfort after travel to Asia, Africa, or South America
- Chronic gas/bloating; alternating diarrhea/constipation; strangely formed bowel movement
- Chronic feeling of exhaustion and lack of reserves
- Frontal headaches (typically food related), blurry vision, food allergies, brain fog
- Restlessness, anxiety/depression; insomnia; vivid dreaming, nightmares
- Sensation of "possession" ("I want my life back")
- Grimy tongue coating; weak (yet occasionally wiry/tight on right hand) pulse

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Typical Applications

- Protozoan infections (amoeba, giardia, blastocystis, toxoplasma)
- Fungal infections (candida, aspergillus, mucor racemosus)
- Bacterial infections (enterococcus, e-coli, salmonella, klebsiella)
- Fibromyalgia, chronic fatigue syndrome; IBS, chronic colitis

Dosage

Infants: 1 capsule 2x/day

Children and pregnant women:
2 capsules 2-3x/day

Adults: 3-6 capsules 2-3x/day

Typical adult combination usage example: 3 Thunder Pearls plus 2 Earth Pearls 2-3x/day (for chronic yeast conditions in the digestive tract)





Differentiation [Alternate with Lightning Pearls (Thunder Pearls 3 weeks, Lightning Pearls 1 week^{††})]

For "Brain Gu Syndrome" (chronic nervous system inflammation)	primarily use	Lightning Pearls (††Lightning Pearls 3 weeks, Thunder Pearls 1 week)
For prevention during travel to areas with high parasitism	use	Thunder Pearls 2x/day
For travel to malaria infested areas	use	Lightning Pearls 1x/day, Thunder Pearls 1x/day
For yang deficient patients	combine with	Vitality Pearls
For yang deficient patients with anxiety/insomnia	combine with	Peace Pearls
For yang deficient patients with menstrual problems	combine with	Moon Pearls
For acute (damp heat) diarrhea	combine with	Dragon Pearls
For acute (cold damp) diarrhea	combine with	Earth Pearls
For chronic diarrhea	combine with	Amber Pearls
For food allergies and/or leaky gut syndrome	combine with	Cinnamon Pearls
For chronic constipation	combine with	Tiger Pearls

Ingredients

金銀花(微炒)	JINYINHUA (CHAO)	Lonicera (roasted)	Jiajian Su He Tang	
紫蘇葉	ZISUYE	Perilla leaf		
白芷	BAIZHI	Angelica		
(全)當歸	(QUAN) DANGGUI	Tang-kuei		
川芎	CHUANXIONG	Ligusticum		
黃耆	HUANGQI	Astragalus		
(生)甘草	GANCAO (SHENG)	Licorice		
百合	BAIHE	Lily		
黃精	HUANGJING	Polygonatum root		
三棱	SANLENG	Sparganium		
莪朮	EZHU	Zedoaria		
丁香	DINGXIANG	Clove		
白頭翁	GUANZHONG	Dryopteris root		reduce inflammation in digestive system
苦參	KUSHEN	Sophora root		
蛇床子	SHECHUANGZI	Cnidium fruit		
白扁豆	BAIBIANDOU	Dolichos		

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桃核溫脾湯

Tiger Pearls

Taohe Wenpi Tang

About Tiger Pearls

Tiger Pearls are designed to offer a constitutional approach to chronic constipation in middle-aged and elderly patients. Generally, TCM doctrine regards constipation issues as a combination of *yangming* heat and metal dryness, requiring purgative action with cooling and moistening ingredients, i.e. Maziren Wan (Hemp Seed Pill). However, most patients suffering from chronic constipation tend to be elderly, thyroid deficient, and exhibit poor bowel motility. Tiger Pearls employ Sun Simiao's 7th century remedy Wenpi Tang (Warm the Spleen Decoction) to "restart" the system, by embedding the purgative power of rhubarb in an environment of herbs that gently warm the spleen and the kidneys. The 2nd century remedy Taohe Chengqi Tang (Peach Pit Decoction to Order the Qi) increases blood circulation in the intestinal walls, ensures elimination of cellular waste, and prevents degenerative processes. Due to the powerfully detoxifying combination of aconite and rhubarb, Tiger Pearls can also be used for colon cancer, as well as for kidney failure and high creatinine levels.

Therapeutic Principles

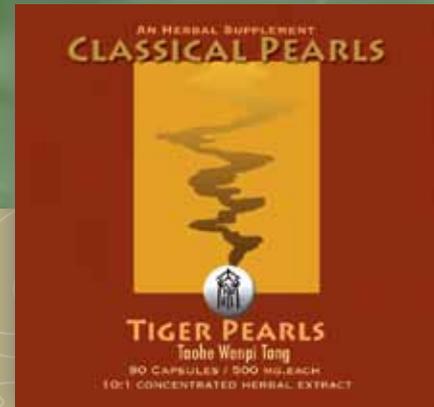
- Resolve habitual constipation and deep-seated cellular toxicity in overall deficient individuals by clearing *yangming* networks (stomach/large intestine) and boosting spleen/kidney functions
- Normalize bowel movements by balancing thyroid levels
- Curb auto-immune reactions by reducing toxic load

Indications

- Constipation; or alternating diarrhea and constipation
- Cold and congested feeling in lower abdomen
- Undigested food in stool

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Typical Applications

- Chronic constipation
- Primary remedy for degenerative diseases where purging of toxicity from the cellular matrix is required: kidney failure, diabetes, cancer (especially colon cancer and deficiency based bone marrow cancers like multiple myeloma), etc.
- Irritable bowel syndrome, leaky gut syndrome; ulcerative colitis, Crohn's disease
- Anemia, pernicious anemia, aplastic anemia

Dosage

Children and breast-feeding women:

1 capsule 2x/day

Adults: 3-4 capsules 2x/day

Typical adult combination usage

example: 3 Tiger Pearls plus 2 Water Pearls 2x/day (for chronic constipation with pronounced symptoms of dryness)





Differentiation

For constipation caused by parasitic disease	combine with	Thunder Pearls
For diabetes	use or combine with	Sugar Pearls
For glomerulonephritis and kidney failure	combine with	Water Pearls or Ocean Pearls
For bladder cancer	use or combine with	Ocean Pearls
For lung cancer, throat/tongue cancer, esophageal cancer, and colon cancer	combine with	Glacier Pearls
For low thyroid values and/or osteoporosis	combine with	Vitality Pearls or Guanyin Pearls
For pernicious anemia	combine with	Vitality Pearls
For aplastic anemia	combine with	Love Pearls
For leukemia	use	Dragon Pearls and Ease Pearls
For pronounced symptoms of dryness	combine with	Water Pearls

Ingredients

附子	FUZI	Aconite, processed	Wenpi Tang
刺五加	CIWUJIA	Siberian ginseng	
乾姜	GANJIANG	Ginger, dried	
大黃	DAHUANG	Rhubarb	
桂枝	GUIZHI	Cinnamon twig	Taohe Chengqi Tang
赤芍	CHISHAO	Peony, red	
芒硝	MANGXIAO	Mirabilitum	
桃仁	TAOREN	Persica	
(炙)甘草	(ZHI) GANCAO	Licorice, baked	
何首烏	HESHOUWU	Heshouwu	moisten LI, KID, LIV; balance drying herbs

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建陽丹

Vitality Pearls

Jiayang Dan

About Vitality Pearls

The design of Vitality Pearls reveals a most general tonic for the spleen, lung and kidney systems. The classical formula Fuzi Lizhong Wan (Rectify the Middle Pill with Aconite) is perhaps the most typical remedy to restore the yang forces in chronically debilitated patients. As a built-in safety mechanism, Vitality Pearls buffers the exclusive warming properties of Lizhong Wan by including a minimal amount of the bitter/cold herb coptis, while balancing its drying properties with ingredients that moisten the yin of lung and stomach. Epimedium and psoralea are added to further strengthen the yang tonic effect, and further serve as guiding herbs to the bone layer. Vitality Pearls, therefore, is not only a most suitable way to achieve the final “recharging” goal in the treatment of chronic debilitating diseases, but represents a constitutional remedy for the common patient type presenting with chronically weak digestion, food allergies, thyroid issues and osteoporosis. In addition, Vitality Pearls represents the most straightforward way to prescribe the restorative herb aconite within the Classical Pearl series, and may even be used from the very beginning in the treatment of yang deficient “Gu syndrome” (Lyme disease, etc.) patients.

Therapeutic Principles

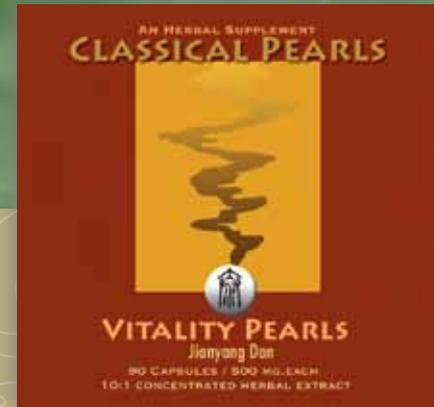
- Tonify yang qi in post-natal (*taiyin*) and pre-natal (*shaoyin*) organ systems
- Strengthen bones and prevent osteoporosis
- Balance endocrine system (esp. thyroid) and stabilize blood sugar
- Eliminate residual parasites, stabilize vitality of terrain (needed at tail end of treatment plan for most patients recovering from chronic illness)

Indications

- Fatigue (often accompanied by inner restlessness)
- General state of yang deficiency after/during recovery from chronic disease
- Prior history of parasite/yeast infections
- Gas/bloating

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Typical Applications

- Second and third stage of Gu Syndrome (chronic parasitism) treatment
- Osteoporosis
- Chronic digestive weakness; food allergies; mouth ulcers
- Blood sugar imbalances
- Hypothyroidism

Dosage

Children and breast-feeding women:

1-2 capsules 2x/day

Adults: 3-4 capsules 2x/day

Typical adult combination usage example: 3 Vitality Pearls plus 2 Amber Pearls 2x/day (for chronic diarrhea)





Differentiation

For earlier stages of Abdominal Gu (digestive parasitism) treatment	combine with	Thunder Pearls
For earlier stages of Brain Gu (nervous system inflammation) treatment	combine with	Lightning Pearls
For endocrine imbalances due to menopause	use or combine with	Guanyin Pearls
For chronic weakness in bones, tendons, and connective tissue due to history of injuries	combine with	Ox Bone Pearls
For thick tongue coating or other signs of pronounced dampness	combine with	Earth Pearls
For chronic diarrhea or palpitations	combine with	Amber Pearls
For anxiety/insomnia	combine or alternate with	Peace Pearls
For food allergies	combine with	Cinnamon Pearls

Ingredients

附子	FUZI	Aconite, processed	Fuzi Lizhong Tang
乾姜	GANJIANG	Ginger, dried	
白朮	BAIZHU	Atractylodes, white	
五加參	WUJIASHEN	Siberian ginseng	
甘草	GANCAO	Licorice	
百合	BAIHE	Lily	anti-parasite/yeast; calm nervous system
黃精	HUANGJING	Polygonatum root	
淫羊藿	YINYANGHUO	Epimedium	strengthen bones
補骨脂	BUGUZH	Psoralea	
黃連	HUANGLIAN	Coptis	balance formula temperature; clear localized ST heat

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延齡固本丹

Water Pearls

Yanling Guben Dan

About Water Pearls

Water Pearls complements Classical Pearl's trademark aconite approach to chronic spleen/kidney weakness with a rehmannia based remedy. Its design is based on the 17th century Daoist remedy Yanling Guben Dan (Extend Life and Fortify the Source Pellet), a food grade tonic that represents an extension of the classical 2nd century formula Shenqi Wan (Kidney Qi Pill). It is overall more moistening than the constitutional kidney tonics that feature aconite as their chief ingredient. Water Pearls are suitable for chronic kidney deficiency issues and overall anti-aging effect, especially symptoms associated with prostate hypertrophy.

Therapeutic Principles

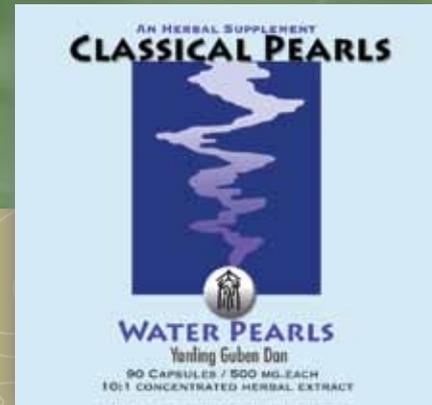
- Tonify qi of kidney, liver, and lung
- Tonify and astringe prenatal essence
- Warm the kidney and disinhibit stagnating water
- Invigorate sluggish qi and blood circulation in pelvic region

Indications

- Signs of deficiency of kidney essence: lumbar pain, weak knees and legs, pain in the soles of the feet or heels, shortness of breath, premature graying of hair and/or hair loss, ringing in the ears, dark and shrunken gums and/or teeth loss
- Signs of water stagnation due to cold (inhibited/dribbling urination, nocturia, edema, phlegm, weakness/discomfort below the umbilicus, cold feeling in the lower part of the body)

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Typical Applications

- Benign prostate hyperplasia (BPH)
- Impotence, infertility, spermatorrhea, premature ejaculation
- Chronic nephritis, nephritic syndrome, nephrogenic edema, chronic urinary tract infections, nocturia
- Tinnitus, gradual hearing loss
- Cataracts, glaucoma, presbyopia
- High blood pressure, hyperlipidemia, arteriosclerosis
- Diabetes
- Autoimmune diseases: bronchial asthma, ulcerative colitis
- Neurogenic pain: diabetic neuropathy, sciatica, lumbago
- Side effects of prednisone therapy

Dosage

Children and breast-feeding women:
1-2 capsules 1-2x/day

Adults: 3-5 capsules 2x/day

Typical adult combination usage example: 3-4 Water Pearls plus 2 Amber Pearls 2x/day (for urinary incontinence in the elderly)



延齡固本丹

Water Pearls

Yanling Guben Dan

Differentiation

For diarrhea and/or bloating	use <i>taiyin</i> remedies such as	Amber Pearls, Earth Pearls, and Vitality Pearls
For prostate cancer	use	Ocean Pearls
For high blood pressure, acid reflux, and high cholesterol	use or combine with	Counterflow Pearls
For ulcerative colitis	combine with	Amber Pearls
For obvious yang deficiency and/or <i>shaoyin</i> syndrome	use	Heart Pearls, Vitality Pearls, or Guanyin Pearls (women)
For asthma patients using steroid inhalers	also consider	Cinnamon Pearls and Wind Pearls
For dribbling urination or bed wetting	combine with	Amber Pearls
For interstitial cystitis and nephritic syndrome	also consider	Cinnamon Pearls and Ocean Pearls

Ingredients

生地黃	(SHENG) DIHUANG	Rehmannia, raw
熟地黃	(SHU) DIHUANG	Rehmannia, cooked
山藥	SHANYAO	Dioscorea
山茱萸	SHANZHUYU	Cornus
茯神	FUSHEN	Poria Fushen
澤瀉	ZEXIE	Alisma
(制)附子	FUZI	Aconite, processed, Jiangyou
(越南)肉桂	(Vietnamese) ROUGUI	Cinnamon bark, Vietnam
(淮)牛膝	(HUAI) NIUXI	Achyranthes
車前子	CHEQIANZI	Plantago seed
麥門冬	MAIMENDONG	Ophiopogon
五味子	WUWEIZI	Schisandra
枸杞子	GOUQIZI	Lycium fruit, Ningxia
菟絲子	TUSIZI	Cuscuta
覆盆子	FUPENZI	Rubus
桑螵蛸	SANGPIAOXIAO	Mantis ootheca
桑寄生	SANGJISHENG	Loranthus
三棱	SANLENG	Sparganium
莪朮	EZHU	Scirpus

Yanling Guben Dan

(Ming dynasty food grade prenatal tonic)

Shenqi Wan

Jisheng Shenqi Wan

Mai Wei Dihuang Wan

Wuzi Yanzong Wan

astringe prenatal essence, consolidate lower back, enhance pelvic circulation

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解敏湯

Wind Pearls

Jiemin Tang

About Wind Pearls

Wind Pearls is intended for the treatment of respiratory allergies, such as allergic rhinitis and allergic asthma. Its complex design is based on the popular remedy for nasal afflictions, Cangerzi San (Xanthium Powder). Cangerzi San has a strong wind expelling and orifice opening effect. The 16th century asthma formula Sanzi Yangqin Tang (Three-Seed Decoction to Nourish One's Parents) descends and transforms phlegm, and a host of moistening ingredients soothe chronically inflamed mucous membranes by consolidating the yin of lung and kidney. Dandelion resolves stagnant heat and hidden toxicity, and lumbricus opens congested collaterals. Together, this combination represents a comprehensive approach to autoimmune conditions afflicting the mucous membranes of the respiratory tract.

Therapeutic Principles

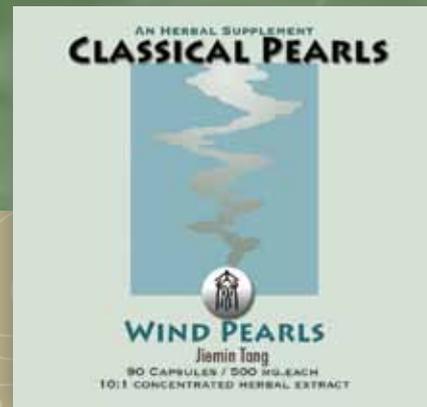
- Disperse wind, transform phlegm, open the nose and chest
- Harmonize auto-immune over-reactions by consolidating the Spleen, Lung and Kidneys

Indications

- Stuffed nose, runny nose, sneezing
- Watery and itchy eyes
- Red and itchy skin
- Wheezing/coughing; sensation of raw/inflamed mucous membranes
- Floating, possibly rapid pulse (maybe slippery/soggy in LU or KD positions)
- Tongue may display mapped coating

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Typical Applications

- Allergic rhinitis
- Allergic asthma
- Allergic skin and mucous membrane reactions

Dosage

Infants: 1/2 - 1 capsule 1-2x/day

Children and pregnant women: 1-2 capsules 2x/day

Adults: 2-4 capsules 2-3x/day

Typical adult combination usage example: 2 Wind Pearls plus 2 Perilla Pearls 2-3x/day (for allergic mucous membrane irritation after prolonged lung inflammation and coughing)





Differentiation

For sinus infections, production of colored phlegm, and seasonal allergies with pronounced surface symptoms and/or food allergies	use	Golden Pearls
For cold with intertwined wind-cold and wind-heat aspects, sore throat, and/or pronounced symptoms of coughing	use	Perilla Pearls
For allergic asthma	use or combine with	Water Pearls and/or Cinnamon Pearls
For ulcerative colitis or Crohn's disease	use or combine with	Water Pearls and/or Cinnamon Pearls

Ingredients

<p> 辛夷花 XINYIHUA Magnolia flower 蒼耳子 CANGERZI Xanthium 白芷 BAIZHI Angelica 薄荷 BOHE Mentha </p>	<p>Cangerzi San</p>
<p> 紫蘇子 ZISUZI Perilla seed 白芥子 BAIJIEZI Mustard seed (炒)萊菔子 LAIFUZI (CHAO) Raphanus, fried </p>	<p>Sanzi Yangqin Tang</p>
<p> 麥門冬 MAIMENDONG Ophiopogon 五味子 WUWEIZI Schizandra 天門冬 TIANMENDONG Asparagus 生地黃 (SHENG) DIHUANG Rehmannia, fresh </p>	<p>nourish yin of lung & kidney</p>
<p> (浙)貝母 (ZHE) BEIMU Fritillaria thunb. 蒲公英 PUGONGYING Dandelion </p>	<p>transform heat phlegm</p>
<p> 地龍 DILONG Lumbricus </p>	<p>open collateral congestion</p>

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Classical Pearls Herbal Formulas

Single Herb Powder Extracts

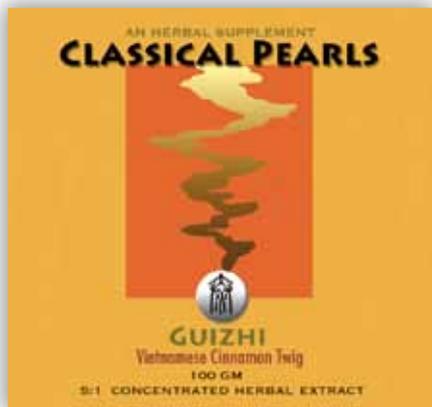
(Concentrated 5:1)

Much research has gone into the sourcing of the appropriate locale (di), growing and harvesting (dao), and processing (paozhi) of the single herbs used in the Classical Pearls line of products. We are now able to make some of the benefits of this research available to those of you who also prescribe single herb extracts.



Herbs That Support the Yang

fuyang



Herbs That Support the Yang

All Classical Pearl formulas are based on the perspective that constitutional healing happens by way of restoring the body's ability to heal and renew itself. This task is accomplished by the body's yang qi. Holistic scholar-physicians have

long advised that no long-term treatment should be administered that harms this life-restoring force within us. The Fire Spirit School of Chinese medicine asserts that the following plant materials are most important for supporting the yang. At the same time, master herbalists in this tradition emphasize that these medicinal plants must be grown in specific "terroir" environments and processed in accordance with traditional "paozhi" techniques. Otherwise, many of these materials cannot be considered safe for long-term use or cannot unfold their maximum healing potential. We started this line with the production of Jiangyou aconite (Fuzi), and are now expanding it by offering an additional 16 types of previously unavailable yang tonic extracts (including Guizhi tips from Vietnam, Vietnamese Rougui, and sun-dried Ganjiang). Since yang tonics of this quality are presently not available in the West, Classical Pearls makes the following materials available as single herb powder extracts in standard 5:1 concentration:

Fuzi (white)

Aconitum carmichaelii (lateral root offshoots), cured (traditionally prepared; from Jiangyou in Sichuan)

Powdered extract of genuine Jiangyou aconite (traditional growing area for all genuine and safe aconite produced in Asia). Grown in accordance with traditional farming/harvesting methods; detoxified without the use of chemicals, and processed in accordance with traditional manufacturing techniques (hand-peeled, multiple rounds of soaking in brine, washing in freshwater, and steaming). Favored by the Fire Spirit School of Chinese herbalism. Coating material (for increased shelf-life): Shanyao (*Dioscorea*) powder.





Herbs That Support the Yang

fuyang

Fuzi (black)

Aconitum carmichaelii (lateral root offshoots), cured (traditionally prepared; from Jiangyou in Sichuan)

Powdered extract of genuine Jiangyou aconite. Crude materials used are the same as 5:1, but outer peel of the Fuzi root was not removed during processing (producing a more potent aconite that is best suited for expelling of excess wind/damp pathogens).

(Zhi) Chuanwu (Wutou)

Aconitum carmichaelii (mother root), cured (traditionally prepared; from Jiangyou in Sichuan)

Powdered extract of the wild harvested mother root of genuine Jiangyou aconite (traditional growing area for all genuine and safe aconite produced in Asia). Detoxified without the use of chemicals, and processed in accordance with traditional manufacturing techniques (hand-peeled, multiple rounds of soaking in brine, washing in freshwater, and steaming). Favored by the Fire Spirit School of Chinese herbalism. Coating material: Shanyao (Dioscorea) powder.

(Zhi) Caowu

Aconitum kusnezoffii, cured (traditionally prepared; from Jiangyou in Sichuan)

Powdered extract of the caowu species of genuine Jiangyou aconite (traditional growing area for all genuine and safe aconite produced in Asia). Detoxified without the use of chemicals, and processed in accordance with traditional manufacturing techniques. Favored by the Fire Spirit School of Chinese herbalism. Coating material: Shanyao (Dioscorea) powder.

Guizhi

Cinnamomum loureiroi twig (tips only, from Vietnam)

Powdered extract made from the tips of Vietnamese cinnamon twigs (*Cinnamomum loureiroi*). Vietnamese cinnamon is known as the most potent cinnamon in

the world. Chinese Guizhi, in comparison, is harvested from the weaker *Cinnamomum cassia* species, and modern traders generally use the thicker part of its branches and soak them in water, producing a bulkier material that exhibits weaker medicinal effect. Favored by the Fire Spirit School of Chinese herbalism. Coating material: Cinnamon powder.

Rougui

Cinnamomum loureiroi bark (from Vietnam)

Powdered extract of genuine top grade Vietnamese cinnamon bark. Crude material oozes red oil when scraped, a mark of potency. Favored by the Fire Spirit School of Chinese herbalism. Coating material: Vietnamese cinnamon bark powder.

(Xi) Sharen

Amomum villosum (from Burma)

Powdered extract of genuine Burmese amomum. Favored by the Fire Spirit School of Chinese herbalism for its potency and effect of drawing energy downward. Coating material: amomum powder.

(Fa) Banxia

Pinellia ternata, cured (traditionally prepared; from Sichuan)

Powdered extract of genuine *Pinellia ternata* from Sichuan. Most Banxia on the Chinese market consist of the cheaper yet medicinally inappropriate replacement varieties *Typhonium flagelliforme* (Shui Banxia) and *Arisaema yunnanense* (Shanzhu Banxia). Crude material exhibits numbing taste, which is characteristic for genuine Banxia of the highest quality. Favored by the Fire Spirit School of Chinese herbalism. Processed in the traditional qing banxia style, which is most potent in its anti-phlegm effect. Coating material: Ginger powder.

Herbs That Support the Yang

fuyang



(Sheng) Banxia

Pinellia ternata, uncured
(from Sichuan)

Unique offering of powdered extract made from unprepared Pinellia from Sichuan. Favored by the Fire Spirit School of Chinese herbalism (master physician Drs. Li Ke and Liu Lihong point out that the Banxia prescribed in the *Shanghan lun* (Treatise on Disorders Caused by Cold) was always raw Banxia, and use raw Banxia exclusively in their clinical practice). Coating material: Ginger powder.

Caution: should be used in combination with ample amounts of fresh ginger.

Wuzhuyu

Evodia ruticarpa
(from Sichuan)

Powdered extract of potent Sichuan evodia. Guaranteed to be aged over 2 years (traditional instructions for this herb specify that its medicinal potency and safety increase with age). Favored by the Fire Spirit School of Chinese herbalism. Coating material: Ginger powder.

Yinyanghuo

Epimedium brevicornum
(traditionally prepared with lamb fat; from Shaanxi)

Powdered extract of Epimedium leaves from Shaanxi. Traditionally processed by removing the spiky edges of the leaves and subsequently frying them in lamb fat. Favored by the Fire Spirit School of Chinese herbalism. Coating material: Yinyanghuo powder.

Baizhu

Atractylodes macrocephala
(traditionally prepared; from Zhejiang)

Powdered extract of white atractylodes root from Zhejiang. Processed according to traditional principles by drying crude materials in a 3-step process on

wooden planks over fire, producing potent and fragrant herb pieces. Favored by the Fire Spirit School of Chinese herbalism. Coating material: White atractylodes powder.

Cangzhu

Atractylodes lancea
(from Shaanxi)

Powdered extract of fragrant/potent red atractylodes from Shaanxi. Favored by the Fire Spirit School of Chinese herbalism. Coating material: Red atractylodes powder.

Zhi Gancao

Glycyrrhiza glabra, baked
(traditionally prepared with barley malt; from Gansu)

Powdered extract of licorice root from Gansu. Processed with Yitang (barley malt) rather than with honey (which is often produced with fake sugar water or corn syrup in China). Favored by the Fire Spirit School of Chinese herbalism. Coating material: Licorice powder.

Danggui

Angelica sinensis
(from Gansu)

Powdered extract of top grade Angelica sinensis root from Gansu. Favored by the Fire Spirit School of Chinese herbalism. Coating material: Shanyao powder.

Ganjiang

Zingiberis officianale, dried

Powdered extract of potent Sichuan ginger root. Dried in the sun (rather than using conventional modern processing technique that involves application of sulphurous chemicals), producing a very soft and velvety crude material (in comparison to the hard and brittle yield of the sulphur-drying method). Favored by the Fire Spirit School of Chinese herbalism. Coating material: Ganjiang powder.

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Herbs That Eliminate Gu Toxins

qugu

Herbs That Eliminate Gu Toxins

Many chronic diseases in the West tend to be treatment resistant and do not respond favorably to standard Chinese herbal approaches. These diseases often involve chronic inflammatory conditions of the nervous system (such as Lyme disease, babesiosis, bartonellosis, rickettsia, leptospirosis, West Nile virus, herpes) and/or the digestive system (protozoan parasites, worms, yeast, microplasma). Traditionally, these type of debilitating disorders were often diagnosed and treated as “Gu Syndrome” (possession syndrome)—a term for super-infections in immune compromised individuals that has become forgotten in modern times. The anti-Gu approach has great potential for the treatment of chronic diseases in modern times, yet many of the traditional “anti-demon” herbs have become forgotten or are no longer easily available. Classical Pearls therefore makes the following materials available as single herb powder extracts in standard 5:1 concentration:

Guijianyu

Euonymus alatus

Powdered extract of Burning Bush leaves (*Euonymus alatus*)—a safe and effective anti-parasite, anti-inflammatory and anti-cancer herb that features prominently in Daoist Gu prescriptions (literally, “The Arrow That Slays the Demons”), but that has become forgotten over time. Coating material: Guijianyu powder.

Qingdai

Indigofera tinctoria

Powdered extract of Indigo—a most effective anti-inflammatory and anti-cancer herb produced by the hilltribes of the Miao and other minorities in Yunnan, Guizhou, and Guangxi. Due to supply problems and a

general state of under-information about the potent anti-biotic properties of this herb, indigo has recently disappeared from the Western granule market. Coating material: Haigefen (cyclina) powder.

Feishi

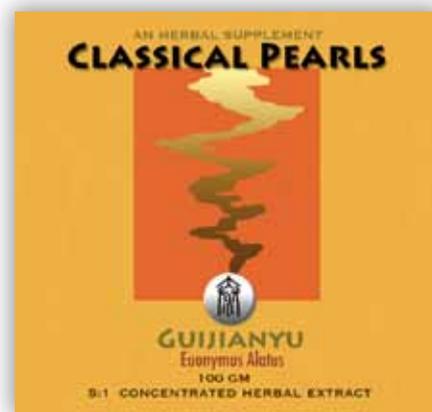
Torreya grandis seed

Powdered extract of *Torreya* seeds—a safe and effective anti-parasite herb that features prominently in Daoist Gu prescriptions, but that has become forgotten over time. Coating material: Feishi powder.

Miwu

Ligusticum wallichii leaves

Powdered extract of *Ligusticum* leaves—a safe and effective anti-inflammatory herb that features prominently in Daoist Gu prescriptions, but that has become forgotten over time. Especially suitable for chronic headaches due to inflammations of the central nervous system (Lyme disease, etc). Coating material: Miwu powder.



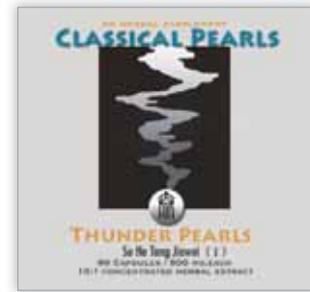
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Thunder Pearls

An Effective Chinese Herbal Treatment for Chronic Parasitism

Lecture Transcript



In ancient China, thunder and lightning were considered to be the most yang phenomenon in nature. I remember a night in Sichuan province when powerful lightning bolts were dancing around the temple at which we were staying for three hours. I always thought that a lightning strike was as big as my arm, but when you are up close it really appears as big as a room. If you are a hundred feet away from that, you will literally crawl underneath your bed because you're so scared. You feel the earth shake, and you feel the electricity in the air.

Parasites are always at the core of the traditional diagnosis of *Gu* Syndrome, which literally means “parasite super-infection syndrome” and, in a more extended sense, “possession syndrome”—a situation where multiple parasitic strains have become so entrenched and pervasive in the system that they have taken over your body. More importantly, they most likely have also taken over your mind and your spirit, because many parasites are capable of manipulating your hormonal and endocrine systems. When those systems have been hijacked, and the parasites are now manipulating you to crave certain foods, and even trigger certain emotions so they can feed off the associated endocrine excretions, they own you. All of a sudden your emotions become extremely volatile—you fly off the handle, or become gloomily depressed, as if possessed by an alien spirit. It is a testament to the observational powers of the ancient Chinese that they knew that these kinds of “demons” had a physiological aspect to them. Without microscopes they knew that parasites were involved in the mental state often referred to as “possession,” because the ancient pictogram for *gu* is three worms squirming in a vessel. The vessel, in this case, is your body. When your body becomes a vessel for parasites that hollow your body from the inside out while they manage to stay hidden from detection, gradually weakening your body and spirit but keeping them alive enough so they can survive within this vessel, then you have *Gu* Syndrome.

When I started practicing Chinese medicine more than twenty years ago, chronic candida infections were the big thing in alternative medicine. In my practice, however, I saw a lot of patients who had chronic digestive problems that seemed much more aggressive and tenacious than candida. Those were people coming back from their Peace Corps assignments in Latin America with giardia or entamoeba and a history of repeated Flagyl (metranidazole) treatments. Fifteen years after their initial bouts with dysentery they still suffered from chronic bloating, making them feel weaker and weaker and more miserable as they got older. This type of patient would not respond to the treatment approaches I had learned during my Chinese medicine training. So, I literally took a two-week hiatus from my clinical practice to read about classical treatment approaches to parasites that, in my reckoning, must have played a significant role in the health care of pre-modern China. Why would this person with bloating and the long and wiry pulse on the right hand side not get the usual improvements with Banxia Xiexin Tang? Why would the anxiety patient not calm down and sleep better with Suanzaoren Tang? It was because all of them suffered from chronic parasitic inflammation of the intestines and/or nervous system that the ancient Chinese called *Gu* Syndrome—a term that, despite the extremely common occurrence of this disease even, has been stricken from the record of modern TCM, tainted by its association with the “feudalist and superstitious” practices of the past. So important was the concept of *Gu* Syndrome in pre-modern China that it became a standard component in the standard life-end book that synthesized a classical scholar-physician’s clinical career. During the formative years of modern TCM (1956-1988), Communist doctrine expunged any reference to this concept from the historic record because it apparently contradicted core concepts of Marxist materialism. Clearly, the suppression of *Gu* Syndrome is one of the best examples where in TCM’s modern zeal for standardization and the redrawing of clear ideological edges the baby was discarded along with the bathwater. In addition to “magical methods” of incantations and *fu* talismans drawn or worn on the body, traditional *Gu* therapy involves a complex set of herbal knowledge that utilizes and combines herbs in a completely different way than laid out in the standard *bagang* type of herbal differentiation.

For instance, a Daoist physician of the Qing dynasty who wrote an entire book about *Gu* Syndrome once said: “If you have diarrhea that doesn’t respond to Liujunzi Tang, it is *Gu*; if you suffer from fatigue and low blood pressure that doesn’t respond to Buzhong Yiqi Tang, it is *Gu*; if you feel malaise, like you’re trapped in a chronic state of the flu that doesn’t respond to the regular approach of driving out the wind, then you have *Gu*.” I have found that for most

modern patients this dose of pertinent clinical advice applies more often than not, especially when mental and emotional faculties are declining in worrisome fashion. When modern herbalists look at a traditional “*Gu* Formula,” therefore, they generally don’t see much that can be categorized and filed away by their internal pattern recognition system. None of the regular herbal building blocks seem to be reflected here—a testament not to the absurdity of a dead-end branch of Chinese herbalism, but to the extremely broad spectrum of effective clinical approaches that lie preserved, albeit temporarily forgotten, within the classical record.

The 2nd century formula primer *Shanghan zhabing lun* is generally recognized as the classic foundation for the tens of thousands of herbal formulas created during the following 1800 years. While only few in number, most of the *Shanghan lun* formulas are forgotten today. 350 years later, the Daoist practitioner Sun Simiao synthesized the clinical herbal knowledge of his time in a voluminous encyclopedia of treatment methods, now known as the *Thousand Ducat Formulas*. Sun Simiao was a humble collector. His book includes so many formulas that he could not have possibly prescribed them all himself. Most of these formulas are not included in modern textbooks of Chinese herbal science, not even in the form of the therapeutic principles contained in them. Therefore, they remain completely unknown, and Sun’s *Thousand Ducat Formulas* remains one of the biggest treasure troves of ancient clinical knowledge. The Song dynasty formula textbook *Taiping huimin heji ju fang* is an even better example of this trend. This 11th century work sprang from the government impulse to regulate the explosion of patent remedies that a rapidly growing merchant class was bringing to market at the time. The scholars of the Imperial Academy finally included about 720 remedies deemed effective by most contemporary physicians. Famous formulas like Pingwei San and Xiaoyao San were first published in this book, but most of the other 700 formulas no herbal scholar today would recognize or understand at all. Most modern practitioners would be scared to use them, even if they were understood better. Many contain materials like Xionghuang (realgar), a chemical precursor of arsenic, or other kinds of mineral ingredients that contain mercury. When we look closely, most of these formulas were designed for people infected by malaria or some other type of serious ailment. Schistosomiasis, for instance: a parasitic disease that causes one’s belly to swell up grotesquely, and requiring immediate emergency-room style intervention to survive.

It is one of the main purposes of the Classical Pearls endeavor to rediscover and make available clinical treasures that lay buried in the past. Both Thunder and Lightning Pearls, the first two products of the Classical Pearls series, are based on

a formula from a Qing dynasty book that focuses exclusively on *Gu* syndrome—that formula is called Jiajian Su He Tang (Modified Perilla and Mint Decoction). When I locked myself away in my study 15 years ago, it was my intention to identify something from this trove of bizarre formulas that was outside the limited categories of TCM herbalism; a formula that had something radically new to offer for the type of chronically inflamed patient I was seeing more and more of, but that at the same time was absolutely safe to use—no mercury or arsenic. After reading hundreds of pages, Jiajian Su He Tang rose to the top.

Jiajian Su He Tang and its mother formula, Su He Tang, contain the following herb groups:

1) “Shashe Fabiao” (killing the snake with diaphoretic materials), featuring Jinyinhua, Lianqiao, Bohe, Zisu, Baizhi, Chaihu, and Gaoben. In a typical *Gu* formula, you usually use three herbs from this category, not more, not less. Thunder Pearls contains 30 grams of fried Jinyinhua as the lead herb, next to the fragrant Baizhi and Zisuye. I chose Jinyinhua (rather than Bohe), because it is a powerful single herb remedy for not only acute amoebic dysentery, but also chronic diarrhea disorders such as ulcerative colitis and Crohn’s disease (which, according to my clinical experience, are often triggered by parasites in the gut). Baizhi and Zisuye feature prominently in the original Jiajian Su He Tang, and have the alchemical stability that makes them suitable for long-term treatment. Both of these materials exhibit a broad anti-parasitic effect, including conditions that involve fungus/yeast.

2) Fragrant, anti-parasitic ingredients that tonify the blood: notably Danggui and Chuanxiong, possibly also Shaoyao and Danshen. Since most *Gu* patients appear hollowed out and deficient on some level, you should never just employ excess removing—“kill, kill, kill”—methods, such as hammering the patient with clove and black walnut. These methods, inspired by the anti-biotic approach of Western medicine, may bring about an initial improvement, but eventually cause stomach discomfort and eventually make the patient feel worse. A *Gu* diagnosis automatically means that the patient needs to be treated for a minimum of six months, often 1.5-3 years, so it is pertinent that you use an herbal approach that is suitable for long-term use: anti-parasitic (bad for the pathogen) and tonic (good for your body) at the same time. Thunder Pearls contains Danggui and Chuanxiong.

3) Anti-parasitic herbs that tonify *qi*: unprocessed Gancao, Huangqi, and Wujiapi all belong to this category. Thunder Pearls contain (sheng) Gancao and Huangqi. Note that the

main *qi* tonic, ginseng, should never be used for a parasitic patient, since it will tonify the pathogen even more than the patient. It is actually a diagnostic indicator for *Gu* syndrome if the patient responds poorly to ginseng.

4) Anti-parasitic herbs that tonify yin: Many *Gu* patients are yin deficient, manifesting in a brittle nervous system. Patients with “Digestive *Gu*” (chronic parasitic inflammation of the gut, leading to IBS, diverticulitis, or other diseases involving bloating, constipation and/or diarrhea). If a patient tends toward diarrhea, one must be careful not to inundate them with herbs that are sticky and hard to digest. Baihe and Huangjing are prime herbs in this category, also Beishashen. For constipation, unprocessed Heshouwu is suitable. Huangjing, especially, is an underused Daoist folk herb that my teacher’s teacher, a Daoist Abbott, would eat for breakfast, by digging up some Huangjing in the vicinity of the monastery and eating it fresh. Directly out of the ground it is crunchy like a pear, but looks more like rehmannia (Dihuang) once steamed and dried. According to several classical texts, the ancient shaman physician Hua Tuo favored this root as a fasting remedy, stabilizing the adept’s blood sugar and increasing mental clarity, while clearing parasites at the same time. Externally, it works well as a remedy for fungus such as athlete’s foot.

5) Modern parasitology has recently come up with the concept of “biofilm.” It is most interesting to see that the ancient designers of parasite remedies did account for this phenomenon way back in the past. Traditional treatments for “Digestive *Gu*” often feature a category of aromatic herbs that are not only anti-parasitic, but also move *qi* and blood. From a modern perspective, these materials have the capacity of breaking through the camouflage mechanisms and protective biofilm layers that many parasites have around them, so that the anti-parasitic substances can be effective. *Sanleng*, *Ezhu* and *Yujin*, all relatives of turmeric, are primary herbs in this category. You don’t need to use much of these ingredients, just 3-6 g of each within a traditional remedy (while many of the others are used in amounts of 9-15g). Thunder Pearls contains all three of them.

6) The final category is directly anti-parasitic. Dingxiang, Kushen and Shechuangzi, for instance are particularly suitable for parasites in the digestive tract, and the herbs Baitouweng and Baibiandou are very specific for diarrhea symptoms. If you have constipation, you can still use these last two herbs, they will not make you constipated. However, I have recently replaced the Baitouweng in the original Thunder Pearls recipe with Guanzhong, which is also a good herb for anti-protozoan treatment like giardia, entamoeba, or blastocystis hominis (especially prevalent in

travelers to India, Nepal, and South America), and worms, but also has a broader anti-pathogenic effect on chronic viruses (such as herpes) and spirochetes (such as borelia/Lyme), and tends to be more suitable for long-term use. Other herbs in this category are Qinghao and the forgotten Guizhenyu—*Euonymus alatus*, literally the “Arrow that Kills All Demons” (recently imported in granular extract form by Classical Pearls). Binglang, Feishi, and Shijunzi are anthelmintics that could be included in this category, specific for *Gu* syndrome involving worms.

By definition, *Gu* patients are long-term patients and have to be on this type of herb combination for at least six months. Since you need to change some of the herbs along the way in order to stay ahead of the parasites’ vigorous attempts to adapt, I developed two versions of the same formula, called Thunder and Lightning Pearls. For “Digestive *Gu*” inflammation, I recommend to use three weeks of Thunder Pearls and one week of Lightning Pearls to keep the parasites on the run. For the more neurologically inflamed type that I call “Brain *Gu*” (Lyme Disease, or chronic versions of rabies or scarlet fever or Dengue fever or malaria or chronic encephalitis—conditions we don’t hear much about in regular medical training), it would be the opposite: 3 weeks of Lightning Pearls and 1 week of Thunder Pearls. According to my personal clinical experience, a lot of patients who seek help for chronic body pain, mental foggy, anxiety and insomnia actually suffer from “Brain *Gu*” syndrome.

In ancient times, *Gu* remedies were typically used in large amounts, up to 300g of crude herbs in decoction form per day. This type of dosage is necessary for aggressive types of parasites that kill you in a short amount of time, such as schistosomiasis. For your average *Gu* patient with blastocystis hominis or IBS or chronic bloating or the Peace corps returnee, or to prevent parasitic infection while traveling in Nepal, lower doses will suffice. One capsule of the Pearls is always equivalent to 1 gram of granulated extract or 5g of crude herb material. I rarely prescribe more than 12g per day of anti-*Gu* herbs in granular form, or 4 capsules of Thunder Pearls 2-3x/day.

If you use more than that, the person will tire earlier of the remedy. It all depends what else you prescribe. If the person already ingests three garlic cloves a day, you could consider that to be the afternoon dose, and you can then just take six

Thunder Pearls in the morning. For some *Gu* patients who manifest with extreme intestinal inflammation and are thus very sensitive, reactions to food and herbs are to be expected, and you will have to start dosing very gradually: 1 capsule 2x/day for three days. If that is okay, you go up to 2 capsules 3x/day. If that still works after 3-7 days, then you increase to 3x3 for a week, eventually ending up with a standard dose of 5 capsules 2x/day. For cases of acute amoebic dysentery, I would recommend 6 capsules 2x/day. If that’s not strong enough, some of the strongly anti-pathogenic Dragon Pearls should be taken alongside. In my opinion, acute parasitic infections can be resolved with Chinese herbs without having to resort to strong antibiotics. Dragon Pearls essentially represents an herbal antibiotic without the “anti-life” effect. We sometimes forget that herbs can heal serious infections—you just have to take the right ones, and enough of them.

Recent studies have shown that antibiotics have the potential to force parasites to escape the gut and hide out in tissues that they normally don’t go to. In contrast, you can look at the *Gu* approach as a kind of fumigation of the body’s tissues, while building up the body’s immune system at the same time—like smudging, causing the parasites to say: “This place is not for us anymore, let’s get out of here.”

Note that *Gu* syndrome has traditionally been described to be “like oil seeping into flour.” To separate oil from flour takes a long time. Most people thus need to be treated for 6 months to 3 years. In my experience, even a young person saying “six months ago I caught a bug in El Salvador; I took Flagyl and felt better for a while, but now I am bloated again and suffer from alternating diarrhea and constipation” still needs to be on an anti-*Gu* treatment protocol for at least 6 months. If someone has had this type of condition for twenty years, then you need to stay on it for 3 years. With the more chronic cases, where treatment exceeds the 6 month mark, it is important to simultaneously address the body’s immune deficiencies and auto-immune tendencies. This situation requires aconite—a vital ingredient contained in many of the other Pearl formulas. We will talk about them later—especially the Vitality Pearls are important to accompany *Gu* treatment past the 6 months mark. For particularly cold and deficient patients, Vitality Pearls may need to be prescribed along Thunder/Lightning Pearls right from the get-go.

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The Black Label of Classical Pearls

Thunder Pearls, Lightning Pearls, and Dragon Pearls



I am happy to report consistent feedback from practitioners around the world reflecting that the very first remedies of the Classical Pearl series are making a real clinical impact. Thunder Pearls and Lightning Pearls, the Classical Pearls formulas with the enigmatic black label are meeting the goal that was set for them when they were first created: to fill a conceptual and clinical void for the treatment of chronic inflammatory diseases that induce great physical and emotional suffering, yet which often remain undiagnosed, hidden in the dark and out of therapeutic reach for most Western medicine and TCM practitioners. Along with the other modular building blocks in the Classical Pearls series, they provide a natural alternative for the treatment of chronic viral, spirochetal, and parasitic diseases and their potential auto-immune complications. The idea behind the black label was exactly this—to make available innovative yet time-honored clinical solutions that are marked with a sixth color, inviting application when the principles of standard five-phase element herbalism appear too limited.

Other than my own personal clinical experience in the field of chronic and recalcitrant diseases, it was the herbal approaches surrounding the ancient Chinese concept of *Gu* Syndrome (*guzheng*) that inspired the creation of the black label remedies Thunder Pearls, Lightning Pearls, and eventually Dragon Pearls. For practitioners interested in the historical design background of these formulas, I am offering the following synthesis and translation of two 18th century *Gu* remedies as they appear in the original Qing dynasty text.

Source

New Remedies to Treat Gu Syndrome (Zhigu xinfang)

Formula Categories

Gu Syndrome (*guzheng*)

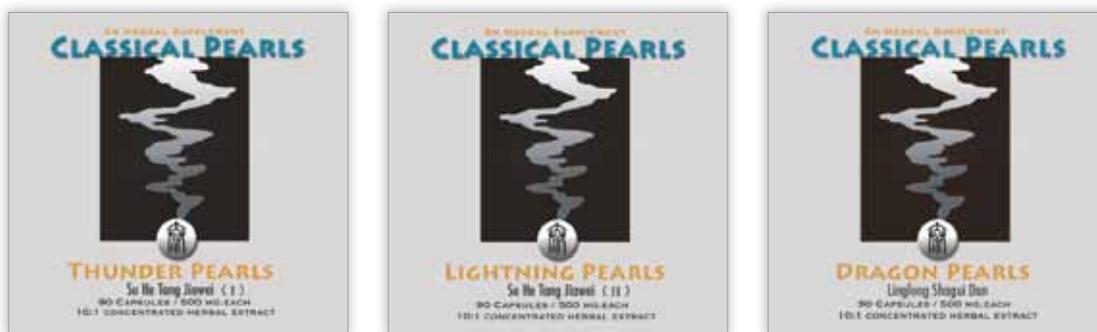
Therapeutic Principles

Drive out chronic parasitic (gu) poisons with aromatic materials, disperse chronic wind and damp, tonify deficiencies of blood, qi and yin, remove biofilm

Typical Symptoms

Strong constitution; chronic and debilitating digestive distress (gas, bloating, ascites, testicular swelling and pain, alternating diarrhea and constipation, irregularly shaped bowel

Gu (“Parasitic Possession”) syndrome in 1823. While chapters on Gu syndrome appear in most internal medicine primers in ancient China, many of the remedies cited contain highly toxic herbs, or materials that have become unavailable. This relatively recent remedy provides a time-honored and safe approach to many chronic inflammatory diseases and “mystery diseases” of modern times. It should be noted that the herbs listed amount to a total of approximately 350g of crude herbs in decoction form per day—an unusually high amount



movements, food allergies, etc); chronic aversion to wind, constant fluish sensation, wandering joint and/or muscle pain; chronic neurological symptoms (headaches, neck pain, sensation that something is stuck or embedded in the brain, muscle twitching, eyelid twitching, ticks, greatly enhanced sensitivity to noise and/or smell, altered taste, etc); gradually increasing mental-emotional symptoms (sudden mood swings, sensation of “feeling possessed,” anxiety, insomnia, depression, obsessive compulsive tendencies, etc).

Western Indications

First phase of treatment for all types of chronic and debilitating intestinal parasitism, including protozoan infections (amoeba, giardia, blastocystis, etc), worm infestations (tapeworm, roundworm, hookworm, whipworm), and other degenerative infections (schistosomiasis, filariasis, sheep and liver flukes, trichinosis, systemic candidiasis, brucellosis, etc); all types of chronic and debilitating nervous system inflammations (Lyme disease [borrelia burgdorferi] and other borrelia infections, tick fever [babesiosis, ehrlichiosis], Rocky Mountain spotted fever [rickettsia], bartonellosis, tick-borne encephalitis [FSME] and other forms of chronic encephalitis and meningitis, malaria, anaplasmosis, leptospirosis, West Nile virus, Dengue fever, herpes, CMV, leprosy, leptospirosis); fibromyalgia, chronic fatigue syndrome; HIV/AIDS.

Su He Tang (Perilla and Mint Decoction)

This obscure and unusual yet extremely useful remedy was first published in Lu Shunde’s Qing dynasty publication on

for a Chinese herb formula. 9-12 capsules per day of Thunder Pearls or Lightning Pearls, or more realistically a combination of these remedies with other Classical Pearl products, deliver the equivalent of about 50g of crude herbs per day. While Dr. Lu found extremely high dosages necessary to rescue people from life-threatening diseases such as schistosomiasis or leprosy 200 years ago, lower herb amounts are in most cases sufficient for the needs of modern patients, especially when weak and sensitive constitutions are involved.

Tongue

Red, with rooted yellow coating

Pulse

Full, potentially rapid

Original Modifications

- “for upflare of internal fire after 1-2 doses, manifesting in symptoms of constipation and burning and ulcerations in the mouth and tongue, remove Danggui, Baizhi, Chuanxiong, Zisu, Bohe, add 15g each of Huangbai, Huangqin, Fuling, Xuanshen, Tianmendong, Zexie, and Shigao
- for effulgent fire symptoms manifesting in dark urination, add 15g each of Xuanshen, Zhizi, Fuling
- for heat cough or cough with blood in the sputum, always signs of excess heat, temporarily remove Zisu and Bohe, further take out Danggui, Chuanxiong, Baizhi, and add 30g each of Sanqi, Baihe, Maimendong

- for symptoms of cold damage (shanghan) with cold cough, use 1-2 doses of a prescription of Paojiang, Chenpi, Xiyangshen, Dingxiang, Danggui, Chuanxiong, Xingren, (Zhi) Huangqi, Heshouwu, (Zhi) Gancao and, if there are signs of internal cold, Rougui and other herbs to treat the acute symptom picture, then return to Zisu Tang and its modifications after the cough has improved to treat the root of the problem;
- for diarrhea in weak constitutional types, remove Bei Shashen, Lianqiao, Huaihua, Chaihu, Huangqi, Qinghao, Sheng Dihuang, Zisu, Bohe, Juemingzi, add 9g each of Baihe, Fuzi, Baibiandou, Shanyao, Sharen, Baizhu, Ganjiang, and 3g each of Xiyangshen, Dingxiang, Muxiang
- for cases where Suhe Tang has been imbibed over a long period of time and where the original fire symptoms have now receded, but where the primary symptom is now lower back ache, remove Bei Shashen, Lianqiao, Huangqi, Huaihua, Chaihu, Qinghao, Sheng Dihuang, Juemingzi, (raw) Baishao, Zisu, Bohe, add 15 g of Chenpi, or add 15g of Shu Dihuang, 6g of Rougui, 15g of Paojiang, 9g of Dingxiang, 9g of Zhi Gancao, 6g of Duzhong, 9g of (fried) Baizhu, 9g of (wine fried) Baishao, 3g of Fuling
- for patients with cold and deficient spleen and kidney systems who now have become reinfected with *Gu*, or who have taken Suhe Tang for a long time and the *Gu* poisons have for the most part resolved, and what remains to be addressed is cold and deficiency of all organ networks, Su He Tang should not be prescribed anymore; instead, herbs that warm, tonify and benefit qi movement should be used (see Jiajian Su He Tang)”

Original Instructions

“This remedy treats all types of *Gu* syndrome—Snake *Gu* [*shegu*: chronic protozoan infections and other debilitating diseases of the digestive system], Emaciation *Gu* [*gangu*: leprosy and other degenerative diseases of the nervous system], as well as all other manifestations of *Gu* accompanied by extreme swelling and bloating, and mental/emotional instability of all kinds (*diankuang*), or convulsions (*jian*). The remedy can also be used in situations where the patient presents with a common cold accompanied by symptoms of coughing and uprising qi, or a tight and tender abdominal wall. The

remedy, furthermore, is suitable for all situations where the patient exhibits signs of hidden excess heat, dark urination, or reacts unfavorably after taking tonic herbs. If this kind of case is treated with this method, it will be effective every single time. After 3-4 doses have been consumed in decoction form and symptoms are now gradually improving, add 60g of Shaojiu (rice wine) and boil together with the herbs for a long time for optimal results. If 6g of Tianzhou Sanqi (pseudoginseng from Tianzhou in Guangxi) are added to each dose, the result will be even better. It is important to note that one should start taking this remedy at a lower dosage first, and then gradually increase up to the prescribed amount. Otherwise the internal poison will flare up, and the patient will become unsettled, potentially causing major episodes of vomiting and/or diarrhea—the more intense the flare-up, the more afraid the patient will be to take the remedy again. After 5-6 doses of the prescription, it will be safe to go up to the full dose.”

30	Zisuye	perilla leaf
30	Bohe	field mint
30	Baizhi	angelica dahurica
24	Lianqiao	forsythia
18	Chaihu	bupleurum
30	Danggui	angelica sinensis
15	Chuanxiong	cnidium root
15	Baishao	(white) peony
21	Huangqi	astragalus
30	Heshouwu	fleeceflower root
24	Bei Shashen	glehnia
24	(Sheng) Dihuang	(raw) rehmannia
30	Qinghao	artemisia annua
15	Juemingzi	cassia seed
30	Huaihua	sophora flower

The FDA requires the following statement:

These products have not been evaluated by the Food and Drug Administration. Please note that our products are formulated according to classical Chinese alchemical principles. References to modern disease names in this presentation are intended to convey a general idea of how these classical principles might be applied in a modern clinical context. This should not be understood as a claim on our part that the Classical Pearls products treat, cure, or prevent these conditions.

Jiajian Su He Tang
(Modified Perilla and Mint Decoction)

In general, Jiajian Su He Tang is more suitable for deficient constitutions suffering from long-standing viral, spirochetel, or protozoan infections. It is, therefore, the main source informing the design of Thunder and Lightning Pearls. See also remarks to sister remedy, Su He Tang.

Tongue

Pale, with rooted white coating

Pulse

Feeble or deep

15	Zisuye	perilla leaf
15	Bohe	field mint
15	Baizhi	angelica dahurica
21	Danggui	angelica sinensis
15	Chuanxiong	cnidium root

15	Huangqi	astragalus
15	(Sheng) Gancào	(unprocessed) licorice
15	Wujiapi	acanthopanax
15	Heshouwù	fleeceflower root
15	Baihe	lily bulb
3	Dingxiang	clove
6	Chenpi	aged tangerine peel
6	Zelan	lycopus
3	Yujin	turmeric
3	Muxiang	saussurea
6	Sanleng	sparganium
6	Ezhu	curcuma rhizome

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