

Products in this Bundle	
Products	Directions
BPSure	The standard dosage for BPSure™ is <u>7 tablets or pills each time, taken 2 to 3 times daily with or before meals.</u> The dose may be doubled for a quicker and stronger response as needed.
YinVive Eyes	The standard dosage for Qi Ju Di Huang Pian (Wan) is <u>5 tablets each time, taken 2 to 3 times daily with or before meals.</u> The dose may be doubled for a quicker and stronger response as needed .
Liver WindClear	The standard dosage for Liver Windclear™ is <u>6 tablets or pills each time, taken 2 to 3 times daily with or before meals.</u> The dose may be doubled for a quicker and stronger response as needed.
Live FireClear	The standard dosage for Long Dan Xie Gan Pian (Wan) is <u>5 tablets or pills each time, taken 2 to 3 times daily with or before meals.</u> The dose may be doubled for a quicker and stronger response as needed.
NeuroSoothe	The standard dosage for NeuroSoothe™ is <u>5 tablets or pills each time, taken 2 to 3 times daily with or before meals.</u> The dose may be doubled for a quicker and stronger response as needed.

Learn More About Each Product



BP SURE: Blood pressure is a measure of the force of blood against the walls of the arteries as the heart pumps. It rises when the heart beats and falls when the heart relaxes between beats. Such a pumping cycle normally generates blood pressure at the reading of less than 120/80 mm Hg. However, if the reading goes higher and reaches 140/90 mmHg, it is considered high blood pressure. **Most of the time, high blood pressure is asymptomatic. Occasionally there may be headaches, changes in vision, nosebleed, lightheadedness, nausea or vomiting.** Elevated blood pressure is an important risk factor for stroke, heart attack, heart failure, etc. Blood pressure is influenced by many factors including electrolyte balance, hormones, medications, stress, diet, lifestyle and certain medical conditions.

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From the perspective of traditional Chinese medicine (TCM), rising blood pressure often falls into a pattern called "Ascendant Liver Yang" or ascendant hyperactivity of liver yang, which is often associated with headaches, lightheadedness, sensation of swelling in the eyes, irritability, and restlessness. The TCM pattern results from an imbalance of Yin and Yang in which Yin is weakened and cannot hold Yang in the Liver in balance and causes the Yang uprising. Therefore, a main principle in TCM to address ascendant Liver Yang is to calm the liver, subdue the errant Yang, and simultaneously enrich the Yin.

BPSure™ is Guang Ci Tang's signature formula that works to maintain a healthy blood pressure. This Chinese herbal supplement is recommended for blood pressure elevation due to Liver Yang rising, and in cases where Heat is evident (especially of the Liver) such as a red tongue and a rapid pulse.

Jiang Ya Pian is composed of 11 herbs which act together to calm the liver, subdue the Yang, enrich the Yin, and support healthy blood pressure as detailed below.

Huang Qin (Scutellaria) clears heat especially from the upper body and has been shown to support healthy blood pressure by causing dilation of the blood vessels.¹ **Zhi Zi** (Gardenia) clears heat and sedates fire and also supports healthy blood pressure. **Long Dan Cao** (Gentiana) clears heat and anchors Liver Yang. **Zhen Zhu Mu** (Pearl shell) calms the Liver and anchors the Yang. In addition, it settles the Shen (spirit) to help with sleep and irritability.

Xia Ku Cao (Prunella) clears Liver fire and causes dilation of vessels,² similar to Huang Qin. **Huai Mi** (Sophora) is used here in conjunction with Xia Ku Cao to sedate Liver fire, and it also supports healthy blood pressure.³

Mu Dan Pi (Mouton) clears heat due to Yin deficiency or heat in the blood level and also treats Liver Yang rising/Liver fire. Studies show that Mu Dan Pi supports healthy blood pressure.⁴ **Dan Shen** (Salvia root) is a key blood invigorating herb which regulates blood circulation, cools the blood and is prized for its ability to treat chest tightness.⁵ It is also shown to regulate blood pressure. Similarly, **Niu Xi** (Achyranthis root) nourishes the Liver and Kidneys, activates the blood and eliminates stasis but has the added effect of directing fire downwards and supporting healthy blood pressure.

Zhi Mu (Anemarrhena) clears heat and sedates fire but also nourishes Yin and protects fluids, and clears deficiency fire. **Sheng Di Huang** (Rehmannia root) nourishes Yin, Blood and Essence (Jing). Their inclusion in the formula is also very suitable for those who undergo menopause.

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Ingredients:

Chinese salvia root	(Salvia miltiorrhiza)	(Dan Shen)
Tree peony bark	(Paeonia suffruticosa)	(Mu Dan Pi)
Barbed skullcap root	(Scutellaria baicalensis)	(Huang Qin)
Gardenia fruit	(Gardenia jasminoides)	(Zhi Zi)
Anemarrhena rhizome	(Anemarrhena asphodeloides)	(Zhi Mu)
Pearl shell		(Zhen Zhu Mu)
Scabrous gentian root	(Gentiana scabra)	(Long Dan Cao)
Rehmannia root	(Rehmannia glutinosa)	(Di Huang)
Achyranthes root	(Achyranthes bidentata)	(Niu Xi)
Heal-all fruit spike	(Prunella vulgaris)	(Xia Ku Cao)
Japanese sophora flower bud	(Sophora japonica)	(Huai Mi)

Directions:

The standard dosage for BPSure™ is **7 tablets or pills each time, taken 2 to 3 times daily with or before meals.** One bottle lasts users 10 to 14 days.

The dose may be doubled for a quicker and stronger response as needed (e. g., in an acute phase). Consult your practitioner for precise dosage recommendations based on body weight and other factors.

BPSure™ has a mild action and therefore it usually takes time before its effects become apparent. It may take one month or more before symptoms begin to improve. An initial course of treatment is suggested as 4 - 6 bottles taken at the full dose.

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Support Vision Health and Reduce Eye Discomfort†

Of the five senses, perhaps none is taken for granted as much as eyesight. We appreciate the taste of food every day; a symphony or other pleasing music; the caress of a loved one; a whiff of a bouquet of flowers. But at night, when watching TV, few people stare at their screens expressing gratitude for faultless vision. It's only when we witness a blind person wearing sunglasses and walking with a cane that for a brief moment we realize how lucky we are to be able to see. And perhaps the only other times we have an epiphany about the joy of vision is when our own eyesight starts to diminish. Or when our eyes experience sharp pain or phantom spots and visions.

When your eyes start going out of focus, expressing gratitude for normal vision won't resolve the problem. So what can be done about dry eyes, or problematic vision?

An alternative remedy is our Traditional Chinese Medicine (TCM) formula, YinVive Eyes.

YinVive Eyes may offer the supplemental support your eyes need for normal function and problem-free vision. This formula is applicable for the syndrome associated with blurred vision or dryness of the eyes or excessive moisture with wind and pain around the eye.

Time-Tested Remedy for Vision Health Nourishes Yin Energy

There's a famous TCM theory maxim that says, "The liver opens into the eyes." Thus, when there's a problem with the eyes, there's often a problem with the liver. This concept isn't unique to TCM, of course. After all, in western medicine, when someone presents with jaundice in the eyes, doctors may suspect bilirubin is not moving from the liver to the bile ducts. Here, the liver in western medicine is regarded as an organ, whereas in TCM, liver opening into the eyes refers to the liver meridian energy channels.

According to TCM theory, poor vision and eye pain may be caused by Yin deficiency, especially of the Liver and Kidneys. YinVive Eyes works by nourishing both Liver and Kidney Yin energy.

If Yin is deficient in the Liver, then Liver Blood, consequently, will be deficient. With sufficient Liver Yin, Liver blood nourishes and moistens the eyes. However, chronically red or dry eyes or blurred or spotty vision is an indication of Liver Blood deficiency or excess heat (Liver Fire).

How Does YinVive Eyes Work?

YinVive Eyes is based on the formula, [Liu Wei Di Huang Tang](#), which dates to the 18th century. Liu Wei Di Huang contains six herbs. These six herbs focus on increasing Kidney Yin. However, the additional two herbs in YinVive Eyes especially nourish Liver Yin. Consequently, the herbs collectively act more directly on the eyes than the original Liu Wei Di Huang formula.

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The chief herb in the formula is *Shu Di Huang* (Prepared Rehmannia), which tonifies Yin, Blood and Jing, and supplements bone marrow. *Shan Zhu Yu* (Cornus Fruit) and *Shan Yao* (Chinese Yam) are the two other primary tonifying herbs in the formula. The former tonifies the Spleen and Kidneys, nourishes the Stomach and Lungs, as well as generates fluids; the latter augments the Liver and Kidneys. Both *Shan Zhu Yu* and *Shan Yao* retains Jing, which is the life essence stored in the Kidneys.

The next three herbs in the formula prevent stagnant fluids from accumulating. *Ze Xie* (Water Plantain Rhizome) drains damp heat from the Kidneys and leeches fluids from the tissues. *Fu Ling* (Poria) leaches out dampness and strengthens the Spleen. *Mu Dan Pi* (Tree Peony Bark) clears heat and cools the blood and neutralizes heat from *Shan Zhu Yu*.

The two additional herbs for eye support are *Gou Qi Zi* (Goji berry, aka Lycium or Wolfberry) and *Ju Hua* (Chrysanthemum flower). *Gou Qi Zi* has become a popular anti-aging fruit owing to its high antioxidant properties. Its TCM actions are nourishing and tonifying the Liver and Kidneys, and benefitting Jing. *Ju Hua* disperses wind and clears heat and calms the Liver.

Does Research Support YinVive Eyes?

Qi Ju Di Huang Wan is one of the most common herbal formulas prescribed by TCM doctors in type 2 diabetic patients in Taiwan.¹ Type 2 diabetes can result in compromised vision due to compromised nerves and capillaries supplying the eyes. This formula has also been shown in a study to be a reliable alternative choice for dry eye care, owing to its ability to stabilize tear film and support the normal function of corneal epithelium.²

The formula for YinVive Eyes may have positive effects on normal tear production.³

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3. Chang CM et al., The Core Pattern Analysis on Chinese Herbal Medicine for Sjögren's syndrome: A Nationwide Population-Based Study. *Sci Rep*. 2015 Apr 29;5:9541. doi: 10.1038/srep09541.

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Ingredients:

Radix Rehmanniae Preparata	(Shu Di Huang)
Fructus Corni Officinalis	(Shan Zhu Yu)
Rhizoma Dioscoreae Oppositae	(Shan Yao)
Rhizoma Alismatis Orientalis	(Ze Xie)
Sclerotium Poriae Cocos	(Fu Ling)
Cortex Moutan Radicis	(Mu Dan Pi)
Fructus Lycii Chinensis	(Gou Qi Zi)
Flos Chrysanthemi Morifolii	(Ju Hua)

Directions:

The standard dosage for Qi Ju Di Huang Pian (Wan) is **5 tablets each time, taken 2 to 3 times daily with or before meals**. One bottle lasts users 11 to 17 days.

The dose may be doubled for a quicker and stronger response as needed (e. g., in an acute phase). Consult your practitioner for precise dosage recommendations based on body weight and other factors.

YinVive Eyes™ is a mild tonic and therefore it takes time before its effects become apparent. It may take one month or more before symptoms begin to improve. An initial course of treatment is suggested as 4 - 6 bottles taken at the full dose.



Supports Comfort In The Head and Healthy Blood Pressure†

Do you occasionally feel tension in the head? Of course you do, who doesn't? Maybe you also get dizzy from time to time and have trouble sleeping? And maybe you're concerned about your blood pressure?

These symptoms are just par for the course in our hectic-paced lives, right? Although they might be common, they are far from normal.

In fact, these signs are, according to traditional Chinese medicine (TCM) theory, indicative of "internal wind," or wind generated inside the body. Just as a strong atmospheric wind can shake and bend a tree, internal winds can jostle body parts, potentially causing tremors.

In TCM, the Liver has the Five Elements trait of wood (like a tree). Internal wind originates in the Liver and is often referred to as

"Internal Liver Wind."

When Liver Wind further develops, involuntary movement of fingers or toes and tremors may occur. In addition, other signs of Liver Wind may include occasional ringing in the ear, swollen eyes, red face and red tongue.

Liver Windclear™ (Tian Ma Gou Teng Pian) is a famous TCM formula, which may alleviate common symptoms associated with internal Liver Wind. Liver Windclear may also help with involuntary shaking and maintain a healthy blood pressure.

Contemporary Formula Calms Liver and Extinguishes Internal Wind

Compared to classic Chinese medicines, the formula for Liver Windclear was developed in a blink of an eye ago.

The Mandarin name for Liver Wind Clear refers to two herbs that are used in TCM to address involuntary muscle movements, all of which are indications of internal Wind caused by rising Liver Yang.

In TCM theory, there are several causes of internal Liver wind. A major root cause is Yin deficiency of the Liver and Kidneys. As Yin energy fails to balance Yang energy, Liver Yang spirals out of control to uprise, generating heat. And this heat further contributes to Liver Wind. Meanwhile, heat depletes your Liver of calming Yin energy. And depleted Yin of the Liver starves muscles of nutrients, ultimately leading to involuntary muscle movements such as spasms.

Liver Wind most often affects the upper part of the body. This explains why discomfort in the head and lightheadedness are two common symptoms.

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How Does Liver Windclear Work?

Liver Windclear works because it acts on all the root causes mentioned above, thereby extinguishing internal Wind by sedating Yang, calming the Liver, clearing heat, invigorating the Blood, and nourishing both the Liver and Kidneys.

Tian Ma (Gastrodia Tuber) and Gou Teng (Uncaria Hook Vine) are the chief herbs in the formula; they both calm Liver and extinguish Wind. Shi Jue Ming (Abalone Shell) calms the Liver and restrains Yang.

Zhi Zi (Gardenia; Cape Jasmine Fruit) and Huang Qin (Scutellaria Root) clear heat from the Liver channel.

Du Zhong (Eucommia Bark) and Sang Ji Sheng (Mulberry Mistletoe Stem) tonify the Liver and Kidneys, as well as strengthen tendons and bones.

Chuan Niu Xi (Cyathula Root) invigorates blood and directs heat moving from the head downward. It also tonifies Liver and Kidneys.

Yi Mu Cao (Motherwort Herb) invigorates the blood and promotes urination.

Ye Jiao Teng (Polygonum Vine) and Fu Ling (Poria) both calm the Spirit and help promote sleep.

Does Research Support Liver Windclear?

The application of Tian Ma Gou Teng Yin has been the subject of many clinical studies. It is used most often to help maintain healthy blood pressure levels in China, as long as any elevated blood pressure is associated with the pattern defined in TCM as "Liver Wind".¹ In fact, Tian Ma Gou Teng Yin is among the the most commonly prescribed herbal formulas to support healthy blood pressure in Chinese societies, according to surveys.²⁻³

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Ingredients:

Rhizoma Gastrodiae Elatae	(Tian Ma)
Ramulus Uncariae Cum Uncis	(Gou Teng)
Concha Haliotidis	(Shi Jue Ming)
Fructus Gardeniae Jasminoidis	(Zhi Zi)
Radix Scutellariae Baicalensis	(Huang Qin)
Radix Cyathulae	(Chuan Niu Xi)
Cortex Eucommiae Ulmoidis	(Du Zhong)
Herba Leonuri	(Yi Mu Cao)
Herba Taxilli	(Sang Ji Sheng)
Caulis Polygoni Multiflori	(Ye Jiao Teng)
Sclerotium Poriae Cocos	(Fu Ling)

Directions:

The standard dosage for Liver Windclear™ ***is 6 tablets or pills each time, taken 2 to 3 times daily with or before meals.*** One bottle lasts users 11 to 17 days.

The dose may be doubled for a quicker and stronger response as needed (e. g., in an acute phase). Consult your practitioner for precise dosage recommendations based on body weight and other factors.



Helps 'cool your engine' and keep your emotions in check†

Do you easily get angry or irritable? If someone cuts you off in traffic, do you pound on your horn and shout at the other driver - even if the driver can't hear you? Perhaps you even get angry from time to time for seemingly no reason. You're not sure why you feel the weight of the world on your shoulders, but there's a palpable tension in the air. Though you might not be able to explain it, traditional Chinese medicine (TCM) may offer some theories to determine the root cause of how you're feeling....

From a TCM perspective, frequent fits of anger and irritability are caused by excessive fire in the Liver. In TCM theory, the Liver is the seat of all emotions. Resentment, jealousy and other emotional

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states that don't serve your best interests are rooted in the Liver. The Liver also plays a critical role in regulating the flow of Qi (the universal life force). If you have excess heat in the Liver, your Qi flow will suffer and stagnate, producing a cascade of negative emotions.

If you eat greasy or fried foods frequently, this may also be a root cause of excess Liver fire. Excess fire in the Liver can manifest as a variety of unpleasant symptoms including: headache; red eyes; bitter taste in the mouth; irritability and short temper; hypochondriac pain; reddish tongue with yellowish greasy fur; wiry, rapid, and forceful pulse;

Classic formula for clearing Fire from the Liver and Gallbladder†

The good news is there's a simple solution for clearing excess heat from the Liver. It's our all-natural TCM liver formula called Liver FireClear™, aka Long Dan Xie Gan Tang. This is a classic herbal remedy that can, in western parlance, "cool your engine."

Using a western analogy, think of the Liver as the engine in your car. If the oil in your car is clean and at optimal level, your engine will run smooth. But if you pour the wrong type of fuel in your engine, the gas (the "qi" that makes the car drive) will burn up too quickly and the engine oil (the "blood" that lubricates the engine) will overheat.

Liver FireClear™, when taken over time (allow a few weeks to notice positive outcomes), may help to cool your engine.

And if you're concerned about the possibility of liver damage from aristolochic acid, which is a byproduct of the herb, Guan Mu Tong, in the original Long Dan Xie Gan Tang recipe, there's no need to worry. Our formulation does not include this herb.

Classic formula for draining Damp Heat from the Liver channel†

Another TCM pattern Liver FireClear™ takes care of is the damp-heat from the Liver channel in the lower burner, or the lower part of the body. This damp-heat pattern is typically shown as genital swelling, itching and/or discharge with odor; turbid urination with pain or heat sensation; reddish tongue with yellowish greasy fur; wiry, rapid, and forceful pulse;

How does Liver FireClear™ Work?

The Chinese namesake of this formula is [Long Dan Cao](#) (Chinese Gentian Root, Gentiana). This herb is bitter and cold. It both clears ascending Liver fire and drains damp-heat from the Liver and Gallbladder channels.

[Huang Qin](#) (Baical Skullcap Root, Scutellaria) and [Zhi Zi](#) (Cape Jasmine Fruit, Gardenia) are also bitter and cold. They drain fire and clear heat and dampness, thus act synergistically with Long Dan Cao.

Ze Xie (Water Plantain Root), **Tong Cao** (Rice Paper Pith), and **Che Qian Zi** (Plantago Seeds) clear heat, leach out dampness, and move damp-heat downward elimination from the body through urination.

Sheng Di Huang (Rehmannia) clears heat, cools the blood, nourishes Yin, and generates fluids. **Dang Gui** (Chinese Angelica Root) nourishes Blood. Together they protect Yin and Blood from being damaged by the draining herbs above.

Chai Hu (Thorowax Root, Bupleurum) disperses Liver Qi and clears heat. The Chinese herb guides the other herbs to act in the Liver channel. And finally, **Gan Cao** (Licorice Root) harmonizes the action of all other herbs in the formula.

Does Research Support Liver FireClear™?

In a review of herbal Chinese medicine for liver health that involved over 90,000 subjects, Long Dan Xie Gan Tang was the most commonly prescribed remedy, according to the researchers.¹ Another study suggested that Long Dan Xie Gan Tang offers significant benefits on promoting a normal liver function.²

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2. Qi FH et al., Traditional Chinese medicine and related active compounds: a review of their role on hepatitis B virus infection. Drug Discov Ther. 2013 Dec;7(6):212-24.

Ingredients:

Scabrous gentian root	(Gentiana scabra)	(Long Dan Cao)
Bupleurum root	(Bupleurum chinense)	(Chai Hu)
Asian water plantain rhizome	(Alisma orientale)	(Ze Xie)
Rehmannia root	(Rehmannia glutinosa)	(Di Huang)

Barbed skullcap root	(Scutellaria baicalensis)	(Huang Qin)
Gardenia fruit	(Gardenia jasminoides)	(Zhi Zi)
Rice paper plant pith	(Tetrapanax papyrifer)	(Tong Cao)
Asian plantain seed	(Plantago asiatica)	(Che Qian Zi)
Dong quai root	(Angelica sinensis)	(Dang Gui)
Chinese licorice root	(Glycyrrhiza uralensis)	(Gan Cao)

Directions:

The standard dosage for Long Dan Xie Gan Pian (Wan) is 5 tablets or pills each time, taken 2 to 3 times daily with or before meals. One bottle lasts users 2 to 3 weeks.

The dose may be doubled for a quicker and stronger response as needed (e. g., in an acute phase). Consult your practitioner for precise dosage recommendations based on body weight and other factors.



NeuroSoothe is Chai Hu Long Gu Lu Mu Li literally means "Bupleurum plus Dragon Bone & Oyster Shell" in Chinese. It falls under the category of formulas that calm the spirit. Chai Hu Jia Long Gu Lu Li Tang originally appeared in the great classic of Chinese Medicine, the Shang Han Lun, over 1800 years ago. It was indicated for the treatment of conditions caused by the improper use of purgatives which cause an external (cold) pathogen to penetrate the interior of the body where it transforms to heat. This results in signs and symptoms associated with the "three Yang stages" of disease such as fullness of the chest, irritability, palpitations, urinary difficulty, hard stool, delirious speech and difficulty rotating the trunk.

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Today, the applications of this formula have expanded to include many situations due to fear or phlegm disturbing the Liver/Gallbladder system. The hallmark signs of this pattern are sensation of fullness in the chest, irritability, heart pounding and signs of spirit disturbance. According to Chinese Medicine, the spirit (Shen) resides in the Heart. When the Heart is disturbed (as by fear or heat) it cannot reside peacefully and may 'float upwards' leading to the above signs. Typically, this pattern presents with a rapid, wiry pulse and the tongue is red with a greasy coat.

Chai Hu Long Gu Mu Li Pian is a variation of *Xiao Chai Hu Tang* which deals with the lesser-Yang stage (Shao Yang) of disease. Chai Hu Long Gu Mu Li Pian goes further to address all three Yang stages, including the greater-Yang (Tai Yang) and Yang-brightness (Yang Ming). The formula is composed of eleven medicinal herbs which address each of the three Yang stages and their respective meridians.

Gui Zhi (Cinnamon) is a chief herb in the formula used to resolve the Tai Yang, which is the most exterior of the three stages. *Gui Zhi* promotes the flow of Yang Qi (energy) which helps relieve the sensation of heaviness in the chest and body. The chief herbs *Chai Hu* (Bupleurum) and *Huang Qin* (Scutellaria) work on the Shao Yang stage to cool and regulate the Gallbladder and Liver, promote the proper movement of Qi, release pathogenic influences and resolve phlegm. The final chief herb in the formula, *Da Huang* (Rhubarb root) addresses symptoms of Yang Ming stage disorder by purging heat, clearing dampness, relieving constipation and arresting delirious speech.

The assistant group of herbs includes *Long Gu* (Dragon bone) and *Mu Li* (Oyster shell) which are heavy mineral substances which anchor and subdue Liver Yang and the floating spirit. Combined with *Ren Shen* (Ginseng) and *Fu Ling* (Poria), the assistant group protects the Spleen Qi, promotes urination and calms the spirit. *Zhi Ban Xia* (Prepared Pinellia) also has a descending action and works with *Fu Ling*, *Chai Hu* and *Huang Qin* to resolve phlegm in the Shao Yang stage.

Finally, *Sheng Jiang* (Ginger) and *Da Zao* (Jujube) harmonize the formula and help to further direct the actions towards balancing the interior and exterior aspects of the body.

Chai Hu Long Gu Mu Li Pian is a complex formula containing an elegant combination of herbs that are both warm and cold, ascending and descending. Great care should be exercised in pattern diagnosis and differentiation when prescribing this formula.

REFERENCES

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Ingredients:

Bupleurum root	(Bupleurum chinense)	(Chai Hu)
Fossilized mammal bones		(Long Gu)
Oyster shell		(Mu Li)
Asian ginseng root	(Panax ginseng)	(Ren Shen)
Poria sclerotium	(Poria cocos)	(Fu Ling)
Barbed skullcap root	(Scutellaria baicalensis)	(Huang Qin)
Cassia twig	(Cinnamomum cassia)	(Gui Zhi)
Pinellia rhizome cured	(Pinellia ternata)	(Zhi Ban Xia)
Jujube fruit	(Ziziphus jujuba)	(Da Zao)
Chinese rhubarb root and rhizome	(Rheum officinale)	(Da Huang)
Ginger rhizome fresh	(Zingiber officinale)	(Sheng Jiang)

Directions:

The standard dosage for NeuroSoothe™ ***is 5 tablets or pills each time, taken 2 to 3 times daily with or before meals.*** One bottle lasts users 2 to 3 weeks.

The dose may be doubled for a quicker and stronger response as needed (e. g., in an acute phase). Consult your practitioner for precise dosage recommendations based on body weight and other factors.