

Products in this Bundle (Helps with Stress, Anxiety, Irritability and Sleep)	
Products	Directions
Spirit Soothe	The standard dosage for SpiritSoothe™ is <u>5 tablets each time, taken 2 to 3 times daily with or before meals.</u> One bottle lasts users 14 to 21 days. 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.
Corydalis Relaxe	The standard dosage for Corydalis Relaxe™ 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.
Sleepeace	The standard dosage for Sleepeace™ 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



Wen Dan Tang is specially formulated for disharmony between gallbladder and stomach and the resulting phlegm heat. In traditional Chinese medicine (TCM), the harmony between the gallbladder and stomach ensures the Qi energy flows smoothly and their proper function. If disharmony between the gallbladder and stomach occurs, Qi is blocked in flow and may be transformed into "phlegm" (Please notice the concept of "phlegm" in TCM is not identical to but broader than phlegm used in our common term) and generates heat.

As Gallbladder is the source of courage in TCM, the phlegm heat may cause fright and fear, restlessness, dreaminess and uneasiness. The flow of the rebellious Qi in stomach may cause nausea and vomiting.

Wen Dan Pian clears phlegm and heat, regulates Qi, harmonizes the gallbladder and the stomach, and calms the Spirit.† The Chinese medicine is most suitable for

use when the phlegm-heat manifests as both in the form of mental stress mentioned above and digestive discomforts like nausea.

Does research support SpiritSoothe? Wen Dan Tang was found to support normal sleep patterns in a sleep-deprived rat model.^{1 †}

REFERENCES

1. Wang LY et al., Effects of Wen Dan Tang on insomnia-related anxiety and levels of the brain-gut peptide Ghrelin. Neural Regen Res. 2014 Jan 15; 9(2): 205-212.

Ingredients:

Pinellia rhizome cured	(Pinellia ternata)	(Zhi Ban Xia)
Henon bamboo inner stem	(Phyllostachys nigra)	(Zhu Ru)
Bitter orange immature fruit	(Citrus aurantium)	(Zhi Shi)
Tangerine dried rind	(Citrus reticulata)	(Chen Pi)
Chinese licorice root	(Glycyrrhiza uralensis)	(Gan Cao)
Poria sclerotium	(Poria cocos)	(Fu Ling)
Ginger rhizome fresh	(Zingiber officinale)	(Sheng Jiang)
Jujube fruit	(Ziziphus jujuba)	(Da Zao)

Directions:

The standard dosage for SpiritSoothe™ is **5 tablets each time, taken 2 to 3 times daily with or before meals.** One bottle lasts users 14 to 21 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.

To learn more, contact Njeri Kai Jarvis MS/RD/LDN

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SpiritSoothe™ 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.



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.

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.

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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

1. Zhe Jiang Zhong Yi Za Zhi (Zhejiang Journal of Chinese Medicine), 1982; 6:273

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)

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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.



Corydalis Relaxe: Life is full of pain - however you define it. It is the most common reason for doctor visits. Chronic neuropathic pain alone affects over 50 million people in the USA. Pain is managed in most cases by the nonsteroidal anti-inflammatory drugs (NSAIDs) such as aspirin and ibuprofen when low or moderate pain exists. In cases of severe pain, opioid drugs such as morphine may be used after prescription. While opioid drugs are potent painkillers, they develop drug tolerance and physical dependence among other side effects. These conventional analgesics are less effective for neuropathic pain. From the perspective of traditional Chinese medicine (TCM), pain is caused by obstruction of Qi flow or blood circulation in the affected area. Qi is a vital energy circulating in the channels around our body. Many Chinese herbs are well known in TCM to move Qi energy and invigorate the Blood and may potentially relieve pain. Yan Hu Suo (Corydalis Rhizome) is one of such Chinese herbs. Yan Hu Suo Zhi Tong Pian (Corydalis Relaxe™) is a Guang Ci Tang® signature formula that includes Corydalis as the main ingredient and several other Chinese herbs that reinforce the action of Corydalis.

Yan Hu Suo in TCM acts to invigorate the Blood, smooth the Qi flow, and alleviate discomfort. Chinese herbalists have found that Yan Hu Suo is applicable in a wide range of conditions and is potent compared to other Chinese herbs. Yan Hu Suo also has a good safety profile in its action. It does not induce tolerance and physical dependence, another big advantage compared to the analgesics on the market.

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In addition to Yan Hu Suo, Corydalis Relaxe™ includes 3 other Chinese herbs, Bai Zhi (Dahurian Angelica Root), Xiang Fu (Cyperus Rhizome), and Chuan Xiong (Sichuan Lovage Rhizome) to further enhance the action of Yan Hu Suo. Here, **Bai Zhi** disperses Wind and alleviates discomfort in the head region. **Xiang Fu** promotes Qi movement, relieves Qi stagnation, regulates menstruation, and alleviates discomfort. **Chuan Xiong** is another famous Chinese herb that invigorates the Blood, smoothes Qi flow, and relieves discomfort. It also expels Wind.

Corydalis Relaxe™ is our choice of all natural dietary supplements for general pain management, whether it is chronic pain or neuropathic pain. It is especially recommended for pain caused by Qi obstruction or Blood stasis.†

Does research support Corydalis Relaxe?

Scientists have worked hard to reveal how Yan Hu Suo works in modern biomedical terms. A latest research that is published in 2014 and widely reported by media including Dr Oz show nicely illustrates such an effort. In the study¹, scientists from China and America are able to identify DHCB (dehydrocorybulbine), a Corydalis component, as an analgesic. Furthermore, it does not cause antinociceptive tolerance. DHCB's antinociceptive effect appears mediated by dopamine D2 receptors but not opioid receptors. It should be noted that besides DHCB, other Corydalis components like I-THP (L-tetrahydropalmatine) are also shown to act the same way. These results are in consistence with what we have known in TCM about Corydalis for centuries.

REFERENCES

1. Zhang Y et al., A novel analgesic isolated from a traditional chinese medicine. Curr Biol. 2014 Jan 20;24(2):117-23.

Ingredients:

Rhizoma Corydalis yanhusuo	(Yan Hu Suo)
Radix Angelicae Dahuricae	(Bai Zhi)
Rhizoma Cyperi Rotundi	(Xiang Fu)
Rhizoma Ligustici Chuanxiong	(Chuan Xiong)

Directions:

The standard dosage for Corydalis Relaxe™ is **5 tablets each time, taken 2 to 3 times daily with or before meals**. One bottle lasts users 13 to 20 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.

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According to Traditional Chinese Medicine (TCM), the blood must nourish the Heart in order for the Shen (spirit) to remain calm. When there is insufficient blood (most often of the Heart and/or Liver), the Spirit may become distressed or restless, resulting in difficulty sleeping or emotional instability.

Te Xiao Zao Ren An Mian Wan nourishes blood to calm the mind, and relaxes the body. Te Xiao Zao Ren An Mian Wan is also helpful for promoting a more positive mood and outlook.†

Te Xiao Zao Ren An Mian Pian contains medicinal herbs that calm the Shen (spirit) and nourish Yin and blood. Many of these herbs have marked sedative effects, but are not tranquilizing. This is a very calming formula used most frequently for supporting a restful sleep.

Gou Teng (Uncaria hook) extinguishes Liver wind, relieves spasms, has a suppressive effect on the central nervous system and calms the spirit. **Yuan Zhi** (Polygala root) calms the Heart and spirit but also strengthens Heart Qi, disperses stagnation from the Heart and clears the orifices. **Hu Po Fen** (Amber) calms the spirit.

Suan Zao Ren (Sour Jujube seed) is one of the most commonly used herbs for promoting a good sleep. Suan Zao Ren nourishes the Heart and calms the spirit and also stops sweating when combined with **Wu Wei Zi** (Schisandra seed). Wu Wei Zi calms the heart and spirit and resolves anxiousness and dream-disturbed sleeplessness (which are signs of Yin and blood failing to nourish the heart). **Bai Zi Ren** (Platycladus seed) nourishes heart and calms the spirit to promote a good sleep in cases of Heart blood deficiency. **Shou Wu Teng** (Polygonum vine), also known as Ye Jiao Teng, nourishes the Heart and calms the spirit due to general blood deficiency while also clearing the meridian pathways. Shou Wu Teng is often used together with Suan Zao Ren and Bai Zi Ren.

Dan Shen (Salvia root) regulates blood circulation, calms the spirit and dispels heat from the Heart. Studies have shown Dan Shen to have a marked sedative effect.¹

Zhi Mu (Anemarrhena) clears heat, nourishes Liver and Kidney Yin and moistens dryness.

REFERENCES

1. Yao Xue Xue Bao (Journal of Herbology), 1979; 14(5):288

Ingredients:

Jujube seed	(Ziziphus jujuba)	(Suan Zao Ren)
Polygala root	(Polygala tenuifolia)	(Yuan Zhi)
Fo-Ti vine	(Polygonum multiflorum)	(Shou Wu Teng)
Chinese salvia root	(Salvia miltiorrhiza)	(Dan Shen)
Schisandra fruit	(Schisandra chinensis)	(Wu Wei Zi)
Anemarrhena rhizome	(Anemarrhena asphodeloides)	(Zhi Mu)
Oriental arborvitae seed	(Platycladus orientalis)	(Bai Zi Ren)
Amber		(Hu Po Fen)
Uncaria rhynchophylla vine	(Uncaria rhynchophylla)	(Gou Teng)

Directions:

The standard dosage for Sleeppeace™ 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.



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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.

Sleepeace™ is a tonic 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.