

Traditional Chinese Medicine TERMS & DEFINITIONS

Extra Move

XM

INDICATIONS: Constipation, especially severe with dry stool.

SECONDARY INDICATIONS: Abdominal bloating with dry, hard stool and strong odor, acne.

PROPERTIES: Cold, Purging.

ACTIONS: Clears and purges Heat Stagnation in Yang Ming Channel and Lower Burner areas.

INGREDIENTS: Mirabilitum, Immature Bitter Orange, Chinese Rhubarb Rhizome, Magnolia Bark.

Traditional Chinese Medicine PERSPECTIVE ON ACID REFLUX

According to Traditional Chinese Medicine (TCM), acid reflux is a syndrome that is manifested in the stomach and esophagus, but which may have various causes.

From the perspective of TCM, the two major causes of acid reflux are:

1. *Unhealthy diet and eating habits, such as eating irregularly, overeating, eating too much heavy food, consuming ice-cold food or drinks, or eating too many raw foods.* To treat this kind of problem, it is mainly necessary to regulate and adjust Stomach and Spleen dysfunctions. The main formulas used for this include HWDZ, WJW, and BHW, either alone, in combination, or with other formulas added or occasionally substituted as needed.

2. *Emotional causes, such as long-term stress, emotional upset, anger, depression, etc..* In TCM, emotional disorders may cause Liver dysfunction, which, in turn, will interfere with Stomach and Spleen functions. Thus, while the symptoms are in the stomach and esophagus, the actual cause is Liver dysfunction. To treat these kinds of digestive problems, the main thing is to regulate and adjust Liver dysfunction, and to harmonize the Liver and Stomach balance. The main formulas used for this are GW, GH, Y-JXY, etc..

Note: *Words that are capitalized refer to terms used in TCM that may vary from commonly-used definitions or understanding.*

STOMACH

In Traditional Chinese Medicine (TCM) Theory, the Stomach, which includes the stomach as an organ plus its digestive functions, is one of the six *fu* organs (along with the Gallbladder, the Small Intestine, the Large Intestine, the Urinary Bladder, and the three areas within the body cavity collectively referred to in TCM as the *Sanjiao*—the "triple Burner." The six *fu* organs have various roles in the receiving and digestion of foods and liquids, the absorption of nutrient substances, and the transmitting and eliminating of waste. The *fu* organs may be characterized by their transforming and transporting activities, but they are not considered to be organs of storage.

The Stomach is situated in the middle of the abdomen, below the diaphragm. It receives food at its top through the esophagus, and opens at its bottom to the small intestine. Also referred to as "the sea of water and cereal" in TCM, the main function of the Stomach is to receive and digest food with the help of the Spleen.

Great importance is placed in TCM on diagnosing the strength or weakness of the Qi of the Stomach, since "Stomach Qi is the foundation of the human body: when there is Stomach Qi, there is life; when there is no Stomach Qi, death follows." In other words, if Stomach Qi is strong, the prognosis is favorable, regardless of the disease. Therefore, preserving Stomach Qi is an important treatment principle in TCM.

Since food is passed from the Stomach to the small intestine below it, the normal movement of Stomach Qi is downward. Should it fail to move downward, symptoms such as acid reflux, bloating, stomach pain, nausea, vomiting, and even hiccuping may arise.



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Acid Reflux

TCM FORMULA SELECTION GUIDE

GW	Liver & Stomach Regulator
HWDZ	Stomach Regulator
WJW	Acid Relief
BHW	Harmo-Digest
SHM-MF	Sleep Regulator
GH	Regulate Liver
Y-JXY	Liver Regulator-2
XM	Extra Move

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USE UNDER COMPETENT DIRECTION. SEEK PROMPT MEDICAL ATTENTION IF YOU EXPERIENCE ANY ALLERGIC OR OTHER ADVERSE REACTIONS.

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TCM FORMULAS FOR
Acid Reflux

Liver & Stomach Regulator **GW**

INDICATIONS: Acid reflux, stomach acid, heartburn, belching, regurgitation.

PROPERTIES: Cool.

ACTIONS: Balances Liver and Stomach functions, clears Liver Fire, smooths and redirects uprising Liver and Stomach Qi, clears mucus.

INGREDIENTS: Chinese Goldthread Rhizome, Evodia Fruit, Nut Grass Rhizome, Herbal Ferment.

Stomach Regulator **HWDZ**

INDICATIONS: Indigestion, stomach bloating, belching, regurgitation, bad breath, stomach acid or pain, acid reflux, constipation.

PROPERTIES: Cool and Warm: Mixed Harmonizing.

ACTIONS: Harmonizes Stomach; removes food, mucus, and Qi Stagnation; smooths and regulates Stomach Qi.

INGREDIENTS: Evodia Fruit, Chinese Goldthread Rhizome, Lophatherum Leaf, Sichuan Pepper Rind, Chinese Licorice Root, White Pepper Seed, Chinese Rhubarb Rhizome.

Acid Relief **WJW**

INDICATIONS: Poor digestion, poor appetite, heartburn, stomach acid.

PROPERTIES: Slightly Warm.

ACTIONS: Tonifies Spleen, resolves food stagnation, promotes digestion.

INGREDIENTS: Cuttlebone, Poria, Atractylodes Rhizome.

LIFE RISING® PRODUCT SELECTION GUIDE

Main Symptom(s)	Key Formula
ACID REFLUX w/wo STOMACH ACID, HEARTBURN, BELCHING, or REGURGITATION	GW
<i>Any Two or More Formulas May Be Taken Together as Needed.</i>	
MAIN SYMPTOM(S) ABOVE + INDIGESTION w/wo BLOATING w/wo BAD BREATH w/wo CONSTIPATION w/wo STOMACH PAIN	HWDZ
MAIN SYMPTOM(S) ABOVE + POOR DIGESTION w/wo POOR APPETITE	WJW
MAIN SYMPTOM(S) ABOVE + BELCHING w/wo REGURGITATION w/wo POOR DIGESTION w/wo BAD BREATH	BHW
MAIN SYMPTOM(S) ABOVE + INSOMNIA w/wo DIFFICULTY FALLING ASLEEP	SHM-MF
MAIN SYMPTOM(S) ABOVE + ANGER w/wo ANXIETY w/wo IRRITABILITY, esp w/wo DIFFICULTY FALLING ASLEEP / RESTLESSNESS	GH
MAIN SYMPTOM(S) ABOVE + DEPRESSION/ANXIETY	Y-JXY
MAIN SYMPTOM(S) ABOVE + CONSTIPATION esp. SEVERE w/wo DRY STOOL	XM

Harmo-Digest **BHW**

INDICATIONS: Belching, regurgitation, poor digestion, bad breath.

PROPERTIES: Warm and Cool.

ACTIONS: Removes Qi and food Stagnation, eliminates Dampness, clears Stomach Heat, Harmonizes Stomach functions, helps digestion.

INGREDIENTS: Chinese Hawthorn Fruit, Herbal Ferment, Pinellia Rhizome, Poria, Tangerine Rind, Forsythia Fruit, Radish Seed.

Sleep Regulator **SHM-MF**

INDICATIONS: Insomnia marked by restlessness, irritability, and difficulty falling asleep.

SECONDARY INDICATIONS: Anxiety, anger, dizziness, and headache.

PROPERTIES: Cold.

ACTIONS: Suppresses overactive Yang to eliminate Liver Fire, disperses Liver Qi stagnation, removes phlegm and mucus.

INGREDIENTS: Chinese Thoroughwax Root, Immature Tangerine Rind, Bamboo Shavings, Mother-of-Pearl, Scabrous Gentian Root, Fo-Ti Stem, Heal-All Spike.

Regulate Liver **GH**

INDICATIONS: Anxiety, irritability, anger, headache, hypertension, difficulty falling asleep.

PROPERTIES: Very Cold.

ACTIONS: Clears Heat from Liver and Gallbladder channels and areas, also clears Heat generally.

INGREDIENTS: Gardenia Fruit, Scabrous Gentian Root, Chinese Goldthread Rhizome, Baikal Skullcap Root, Chinese Thoroughwax Root, Dong-Quai Root.

Liver Regulator-2 **Y-JXY**

INDICATIONS: Depression, anxiety, irritability, insomnia, side headache, fatigue.

PROPERTIES: Cool.

ACTIONS: Resolves Liver and Blood Stagnation, regulates and harmonizes Liver and Spleen functions.

INGREDIENTS: Chinese Thoroughwax Root, Dong-Quai Root, Red Peony Root, Atractylodes Rhizome, Poria, Tree Peony Bark, Gardenia Fruit, Safflower, Peach Seed.