



Fang Feng Formula

FFTS

INDICATIONS: High fever and chills, red and achy eyes, dry mouth with bitter taste, chest congestion with difficulty breathing, coughing, constipation, dark or burning urine, skin rashes or infections, boils, carbuncles, hemorrhoids, intestinal bleeding.

SECONDARY INDICATIONS: Helps with weight loss.

PROPERTIES: Cold, Slightly Warm.

ACTIONS: Clears Wind and Heat in superficial areas, clears and purges excess Heat from interior of body.

INGREDIENTS: Fang-Feng Root, Sichuan Lovage Rhizome, Dong-Quai Root, White Peony Root, Chinese Rhubarb Rhizome, Mint, Forsythia Fruit, Mirabilium, Gypsum, Baikal Skullcap Root, Balloon-Flower Root, Talcum, Chinese Licorice Root, Schizonepeta, Atractylodes Rhizome, Gardenia Fruit, Ginger Rhizome.

Aclean Cream

50L-ACLEAN

FOR TOPICAL APPLICATION ONLY

INDICATIONS: Acne.

PROPERTIES: Cold.

ACTIONS: Dispels Damp-Heat toxins, improves facial skin functions and cleanliness.

INGREDIENTS: Borneolum Syntheticum Paraffin, Glycerol Stearate Acid, Petrolatum, Aloe Vera, Honeysuckle, Polysorbate 80, Sorbitan Oleate, Pearl Laurocapram Azone, Ethylparaben.

Skin Beauty Bar

6CK-15

INDICATIONS: Various skin disorders, general skin health.

PROPERTIES: Cool.

ACTIONS: Clears Wind, Heat, and Dampness; harmonizes and improves Qi and Jin Ye (body fluids) circulation, especially in superficial areas.

INGREDIENTS: Wheat Flour, Job's Tears Seed, Phaseolus Seed, White Mulberry Leaf, Cane Sugar, Soybean Oil, Salt, Soybean Powder, Stevia Leaf.

Beauty Enhance Tea

1CT-Y04

INDICATIONS: Purifies skin and improves its texture and appearance. Slows down aging of skin.

PROPERTIES: Warm.

ACTIONS: Evenly tonifies and balances Yin and Yang; harmonizes balance and functions of internal organs; detoxifies.

INGREDIENTS: Flat-stem Milkvech Seed, Grass-leaved Calamus Rhizome, Siberian Solomon's Seal Rhizome, Ligusticum Fruit, Pu Erh Tea.

**Traditional Chinese Medicine
PERSPECTIVE ON
ACNE**

According to Traditional Chinese Medicine (TCM), acne develops due to the invasion and spreading of external Heat or Wind into the body, or because of the rising up of excess and toxic Heat from inside of the body into the upper, surface areas (mainly the face, neck, chest, and upper back).

Internal, toxic Heat can arise from the Stomach, Lung, Liver, or Heart. The causes of such toxic Heat are typically factors such as long-term unhealthy dietary habits and unhealthy foods or drinks. Digestive problems, allergies, and emotional disorders may also be causes.

Principles of treatment used in TCM are to clear the external pathogenic Wind or Heat, or to eliminate the excess and toxic Heat that may originate inside the body. In addition, treatment aims at restoring and maintaining healthy conditions inside the body and balancing the entire system.

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



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Acne

TCM FORMULA SELECTION GUIDE

ACLEAN Skin Regulator-AC

GH Regulate Liver

F1 Circulation Regulator

XK Pancreas Support

PBY Lung Regulator

PURE Pure Tea

XM Extra Move

FFTS Fang Feng Formula

50L-ACLEAN Aclean Cream

6CK-15 Skin Beauty Bar

1CT-Y04 Beauty Enhance Tea

For thousands of years, herbal formulas have been relied on in China for health and well-being.

Now you, too, can enjoy the benefits of authentic Chinese herbal formulas, thanks to the LIFE RISING® line of Traditional Chinese Medicine Herbal supplements.

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

The statements presented in this brochure have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.



TCM FORMULAS FOR

Acne

Skin Regulator-AC **ACLEAN**

INDICATIONS: Acne, rashes, hives, abscesses, skin redness, itchiness.

PROPERTIES: Cold.

ACTIONS: Clears Heat, detoxifies, promotes circulation, unblocks Stagnation, cools the Blood, nourishes body fluids

INGREDIENTS: Tree Peony bark, Chinese Rhubarb Rhizome, Dong-Quai Root, Rehmannia Root, Safflower, White Mulberry Bark, Hedyotis Whole Plant.

Regulate Liver **GH**

INDICATIONS: Anxiety, irritability, or anger.

SECONDARY INDICATIONS: 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.

Circulation Regulator **F1**

INDICATIONS: Acne, skin rashes, pimples, eruptions, etc..

SECONDARY INDICATIONS: Mouth sores, stomach congestion, constipation.

PROPERTIES: Cool.

ACTIONS: Clears Wind-Heat and Stagnation, regulates and balances Qi circulation, raises up the Clear Qi, purges and sends down the Turbid Qi.

INGREDIENTS: Curcuma Rhizome, Achyranthos Root, Chinese Rhubarb Rhizome.

LIFE RISING® PRODUCT SELECTION GUIDE

Main Symptom(s)	Key Formula
ACNE w/wo RASHES, HIVES, ABSCESSSES, SKIN IRRITATION, or ITCHINESS	ACLEAN
<i>Any Two or More Formulas May Be Taken Together as Needed.</i>	
MAIN SYMPTOM(S) ABOVE + ANXIRTY, IRRITABILITY, or ANGER	GH
MAIN SYMPTOM(S) ABOVE + SKIN ERUPTIONS	F1
MAIN SYMPTOM(S) ABOVE + UNQUENCHABLE THIRST	XK
MAIN SYMPTOM(S) ABOVE + ROSACEA	PBY
MAIN SYMPTOM(S) ABOVE + HOT FEELING or OTHER HEAT-BASED SYMPTOMS, or OVER-WEIGHT	FFTS
MAIN SYMPTOM(S) ABOVE + SEVERE CONSTIPATION w DRY, HARD STOOLS	XM
MAIN SYMPTOM(S) ABOVE + INDIGESTION w/wo BLOATING w/wo BELCHING w/wo CONSTIPATION	Pure Tea
MAIN SYMPTOM(S) ABOVE (FOR TOPICAL APPLICATION ONLY)	ACLEAN Cream
(SKIN MAINTENANCE)	Skin Beauty Bar
(SKIN MAINTENANCE)	Beauty Enhance Tea

Pancreas Support **XK**

INDICATIONS: Thirst (unquenchable).

SECONDARY INDICATIONS: Diabetes, high blood sugar.

PROPERTIES: Cold.

ACTIONS: Cools Dampness and Heat, nourishes Yin and Qi, produces Jing-Ye (bodily fluids), tonifies Spleen.

INGREDIENTS: Trichosanthes Root, Rehmannia Root, Gypsum, Dwarf Lilyturf Root, Chinese Yam Rhizome, Figwort Root.

Lung Regulator **PBY**

INDICATIONS: Cough, esp w high temperature and thick, yellow phlegm; rosacea, acne.

PROPERTIES: Cold.

ACTIONS: Disperses and clears Wind and excess Heat from Lung channels and areas; regulates and distributes Lung Qi.

INGREDIENTS: Loquat Leaf, Asian Ginseng Root, White Mulberry Bark, Baikal Skullcap Root, Chinese Goldthread Rhizome, Chinese Licorice Root.

Pure Tea **PURE**

INDICATIONS: Feel hot easily, skin rash, overweight.

SECONDARY INDICATIONS: Stomach bloating, bad breath, mouth sores.

PROPERTIES: Cold.

ACTIONS: Clears Heat, especially in Blood areas, cleanses Heat toxins that have accumulated, and resolves Blood Stagnation.

INGREDIENTS: Rhubarb Root and Rhizome, Spatholobus Vine

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: Mirabilium, Immature Bitter Orange, Chinese Rhubarb Rhizome, Magnolia Bark.