

Traditional Chinese Medicine TERMS & DEFINITIONS

Gallbladder Regulator WDT

INDICATIONS: Dizziness, especially when head is turned, insomnia or difficulty falling asleep, bitter or no taste.

ACTIONS: Warm and Slightly Cool.

INDICATIONS: Clears mucus, phlegm, and Heat that rise up with rebellious, ascending Qi, regulates Gallbladder and Stomach Qi and functioning.

INGREDIENTS: Pinellia Rhizome, Tangerine Rind, Poria, Immature Bitter Orange, Prepared Licorice Root, Ginger Rhizome, Bamboo Shavings, Jujube Fruit.

Side Head Relief TT

INDICATIONS: Headache at side of head, migraine, headache behind eyes, tension headache.

PROPERTIES: Slightly Cool.

ACTIONS: Pacifies and regulates Liver Qi, resolves Blood stagnation, clears Wind, relieves spasms.

INGREDIENTS: Sichuan Lovage Rhizome, Dong-Quai Root Tail, Gambir Vine, Gastrodia Rhizome, Chinese Thoroughwax Root, Earthworm.

Traditional Chinese Medicine PERSPECTIVE ON ANXIETY/IRRITABILITY

According to TCM, anxiety and irritability are signs and manifestations of a disturbance of Shen or the disharmony of Heart Yang and Yin. Underlying conditions mainly include overactive Yang with excessive Heat and Fire, and deficient Yin and Blood.

The first condition is caused by things like emotional upset, stress, anger, unhealthy diet, poor digestion, use of drugs, etc.. Causes of the second condition are things like too much worry and thinking, lack of sleep and rest, poor nutrition, use of drugs, etc..

Principles of treatment mainly include clearing excess Heat or Fire, nourishing or tonifying Yin and Blood, harmonizing Heart Yin and Yang, and calming the Shen.

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

SHEN

In TCM, Shen controls mental activities and functions such as consciousness, emotion, spirit, will, thought, memory, etc.. Shen originates in the prenatal and genetical Qi and essences, and is hosted in the Heart. Shen must be continuously supported and nourished by postnatal Qi, as well as by Blood, Jin-Ye (body fluids), and Essence. Shen belongs to the category of Yang, while all of the nutritional substances belong to that of Yin. Yin and Yang must always stay balanced and keep in harmony, otherwise Shen will suffer. The main causes of Shen problems are overactive Yang, deficient Yin, or both.

LIVER

The Liver stores Blood, governs "free-coursing" of Qi, and controls the tendons or sinews. Free-coursing refers to the movement of Qi and, therefore, also of Blood, which is closely related to Qi. The movement of Qi is involved in mental and emotional functioning, and in the secretion and discharge of bile. When the body is in action, more Blood is released from the Liver to flow through the body. When the body is at rest, Blood is stored in the Liver.

Liver Qi actually accomplishes the regulatory functions performed by the Liver, and is also responsible for the proper ascending, regulating, dispersing, and harmony of all of the Qi of the body, including the Qi involved in emotional responses. Sudden, extreme, or prolonged emotional stress affects the free flow of Liver Qi, causing Liver Qi stagnation, blockage, or excessive uprising. Hyperactive Liver Qi leads to irritability, anger, insomnia or disturbing dreams, headache, eye disorders, dizziness, tinnitus, or deafness.

The Liver's state of well-being can be detected from moods and emotions, as well as the moisture and luster of the nails, the smooth, strong movement of the limbs, and from the state of vision by the eyes, which also depend on the Liver for proper nourishment. Dull nails, tremors in the limbs, numbness, pain or difficulty in flexing or extending the limbs, dryness of the eyes, blurred vision, or night-blindness, anxiety, anger, or depression—all may indicate Liver problems.



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Anxiety/Irritability TCM FORMULA SELECTION GUIDE

GH	Regulate Liver
Y-JXY	Liver Regulator-2
GMD	Licorice, Wheat & Date
GPT	Spleen Support-GPT
SHM-MF	Spleen Regulator
G-LF	Circulation Maintenance
GW	Liver & Stomach Regulator
WDT	Gallbladder Regulator
TT	Side Head Relief

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

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Traditional Chinese Medicine Dietary Supplements

TCM FORMULAS FOR

Anxiety/Irritability

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.

Licorice, Wheat & Date

GMD

INDICATIONS: Sadness or crying spells.

SECONDARY INDICATIONS: Depression, impatience, insomnia, frequent yawning, abnormal talking or other activity.

PROPERTIES: Neutral.

ACTIONS: Nourishes Heart and Spleen Yin, calms and smoothes emotions and spirit, eases tension, harmonizes Middle Burner.

INGREDIENTS: Chinese Licorice Root, Wheat, Jujube Fruit.

LIFE RISING® PRODUCT SELECTION GUIDE

Main Symptom(s)	Key Formula
ANXIETY/IRRITABILITY w/wo ANGER, INSOMNIA, HYPERTENSION, DIZZINESS, or HEADACHE	GH
<i>Any Two or More Formulas May Be Taken Together as Needed.</i>	
MAIN SYMPTOM(S) ABOVE + DEPRESSION	Y-JXY
MAIN SYMPTOM(S) ABOVE + SADNESS/CRYING	GMD
MAIN SYMPTOM(S) ABOVE + SADNESS CRYING + FATIGUE	GPT
MAIN SYMPTOM(S) ABOVE + INSOMNIA + DIFFICULTY FALLING ASLEEP	<i>Use with or instead of Key Formula:</i> SHM-MF
MAIN SYMPTOM(S) ABOVE + HYPERTENSION w/wo ANGER	<i>Use with or instead of Key Formula:</i> G-LF
MAIN SYMPTOM(S) ABOVE + STOMACH ACID w/wo HEARTBURN w/wo REGURGITATION w/wo BELCHING w/wo ACID REFLUX	GW
MAIN SYMPTOM(S) ABOVE + DIZZINESS WHEN HEAD IS TURNED	WDT
MAIN SYMPTOM(S) ABOVE + SIDE HEADACHE w/wo MIGRAINE	TT

Spleen Support-GPT

GPT

INDICATIONS: Depression, sadness, crying, especially with fatigue.

SECONDARY INDICATIONS: Insomnia, especially waking up too early, palpitation.

PROPERTIES: Warm, Tonifying.

ACTIONS: Replenishes Spleen and Heart, Tonifies Qi & Blood.

INGREDIENTS: Atractylodes Rhizome, Poria, Astragalus Root, Longan Aril, Jujube Seed, Ginseng Root, Costus Root, Chinese Licorice Root, Dong-Quai Root, Polygala Root, Ginger Rhizome, Jujube Fruit.

Spleen 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.

Circulation Maintenance

G-LF

INDICATIONS: Hypertension, anxiety, and anger.

SECONDARY INDICATIONS: Spacy feeling, light-headedness, flushed face, red eyes, hot flushing, frequent sweating, headache, or high cholesterol.

PROPERTIES: Cold.

ACTIONS: Clears Liver Fire, cools Blood, redirects uprising Qi and Fire.

INGREDIENTS: Scabrous Gentian Root, Gardenia Fruit, Baikal Skullcap Root, Chinese Thoroughwax Root, Heal-All Spike, Sicklepod Seed, Lycium Bark.

Liver & Stomach Regulator

GW

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

PROPERTIES: Cool.

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

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