
Lung Support-Y

QCJF

INDICATIONS: Respiratory tract dryness, dry burning, or congestion, esp. with or after cold, flu, bronchitis, or pneumonia.

PROPERTIES: Cool, Moist.

ACTIONS: Clears Heat, Moistens Dryness; nourishes Lung, activates and opens Lung Qi; restores Lung function.

INGREDIENTS: White Mulberry Leaf, Gypsum, Dwarf-Lilyturf Root, Tangerine Rind, Loquat Leaf, Ginseng Root, Chinese Licorice 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.

FYI/ *Biao* and *Ben* in TCM

Biao and *Ben* are two concepts from Traditional Chinese Medicine Theory that are used to distinguish between the underlying cause of an illness, and its resulting manifestation. *Biao* and *Ben* are rooted in the Chinese philosophical principle of distinguishing branches from the root.

Biao, which means *the tip*, or *that which is incidental* in Chinese, refers to the manifestation(s) (symptoms, signs, and pattern) of an illness in contrast to its cause(s). *Biao* is also used to refer to a complication or relapse of an illness in comparison to its onset occurrence, and to a disease that is based in the exterior of the body in contrast to the interior.

Ben, which means *the root*, or *that which is fundamental in Chinese*, refers to the cause(s) of an illness in contrast to its manifestation(s). *Ben* is also used to refer to the relative strength of bodily resistance in comparison to that of the pathogenic factors, to the onset occurrence of an illness, and illness that is based in the interior of the body in contrast to the exterior.

"Asthma" is a simple and general term or title, but the symptoms and mechanisms behind it are complicated. In Traditional Chinese Medicine (TCM), the causes of Asthma include those that are External: mainly pathogenic Wind (the most common Exterior cause), Cold, Heat, or Dampness, etc., and Internal, mainly Qi congestion, mucus stagnation, excess Fire, Yin or Yang Deficiency, etc.

The underlying conditions of asthma may be Cold or Heat, Excess or Deficiency, or Exterior or Interior. Nearly all of the organs may be involved in asthma, especially the Lung, Spleen, Kidney, Liver, Stomach, and the "Tripple Burner."

In clinical practice, asthma is often complicated and has mixed symptoms, especially in individuals who have suffered from asthma for many years.

In our many years of observation and working with individuals who suffer from asthma, we have found that the major condition underlying asthma is a mixture of external Wind-Cold and Wind-Heat with internal Qi and mucus stagnation, and Lung and Spleen Deficiency.

This is a complicated pattern, but it has made it possible for us to develop a key formula for asthma. In addition, we have several other formulas that may be used in combination with XI to deal with other commonly-found symptoms or variations. With this set of a key formula and supporting formulas it is possible to manage the majority of asthma-type disorders.

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



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Asthma

TCM FORMULA SELECTION GUIDE

XI	Lung Support
GBS	Defense Support
XG	Maintain Deficiency
LXW-2	Modulated Cold Wheeze
PBY	Lung Regulator
SZT	Three Seeds
SHT	Chest Regulate
QCJF	Lung Support-Y
Y-JXY	Liver Regulator-2

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.

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

Asthma

Lung Support **XI**

INDICATIONS: Asthma, bronchitis.
PROPERTIES: Slightly Warm.
ACTIONS: Expels Wind-Cold, clears Heat, mucus, and phlegm; relieves spasms; regulates Lung Qi and breathing.
INGREDIENTS: Aster Root, Balloon-Flower Root, Pinellia Rhizome, Trichosanthes Fruit, Chinese Licorice Root, Coltsfoot Flower, Sichuan Fritillary Bulb.

Defense Support **GBS**

INDICATIONS: Prevention of colds and flu, frequent susceptibility to colds or flu, low resistance, fatigue, weakness, spontaneous sweating.
PROPERTIES: Warm.
ACTIONS: Tonifies Defense Qi and General Qi, harmonizes Ying and Wei (the Defense Qi of the skin), strengthens immune function.
INGREDIENTS: Astragalus Root, Fang-Feng Root, atractylodes, Rhizome, Cinnamon Twig, White Peony Root.

Maintain Deficiency **XG**

INDICATIONS: Remedy for persistent or frequent colds or flu, esp w fatigue.
PROPERTIES: Warm, Dispersing, and Tonifying.
ACTIONS: Tonifies Qi and Yin, expels Wind and Cold.
INGREDIENTS: Prepared Rehmania Root, Fang Feng Root, Perilla Leaf, Astragalus Root, Pubescent Angelica Root, Chinese Licorice Root.

LIFE RISING® PRODUCT SELECTION GUIDE

Main Symptom(s)	Key Formula
ASTHMA	XI
<i>Any Two or More Formulas May Be Taken Together as Needed.</i>	
MAIN SYMPTOM(S) ABOVE W FREQUENT OR PERSISTENT COLDS OR FLU	GBS
MAIN SYMPTOM(S) ABOVE W SYMPTOMS OF COLDS OR FLU	XG
MAIN SYMPTOM(S) ABOVE W SYMPTOMS THAT WORSTEN IN WINTER OR COLD WEATHER	LXW-2
MAIN SYMPTOM(S) ABOVE W SYMPTOMS THAT WORSTEN IN SUMMER OR WARM WEATHER	PBY
MAIN SYMPTOM(S) ABOVE W COPIOUS PHLEGM w/w/o CHEST CONGESTION	SZT
MAIN SYMPTOM(S) ABOVE W SEVERE CHEST CONGESTION + BLOATING	SHT
MAIN SYMPTOM(S) ABOVE W FREQUENT DRY COUGH	QCJF
MAIN SYMPTOM(S) ABOVE W DEPRESSION	Y-JXY

Modulated Cold Wheeze **LXW-2**

INDICATIONS: Cold-style asthma, bronchitis, chest congestion, wheezing, cough, or breathing difficulty that worsens in winter or cold weather. Mucus and phlegm are clear or white.
PROPERTIES: Warm and Hot.
ACTIONS: Expels Cold, removes mucus and Phlegm, smoothes and balances Lung Qi distribution and functioning.
INGREDIENTS: White Mustard Seed, Sichuan Pepper Rind, Pinellia Rhizome, Gleditsia Fruit, Apricot Seed, Chinese Licorice Root, Aster Root, Coltsfoot Flower.

Regulator Lung **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, Ginseng Root, White Mulberry Bark, Baikal Skullcap Bark, Chinese Goldthread Rhizome, Chinese Licorice Root.

Three Seeds **SZT**

INDICATIONS: Cough, esp wheezing with copious mucus, phlegm, and chest congestion; bronchitis; asthma.
PROPERTIES: Warm, Descending
ACTIONS: Regulates Qi circulation, directs uprising Qi downward, eliminates mucus and phlegm, facilitates normal breathing.
INGREDIENTS: White Mustard Seed, Radish Seed, Perilla Seed, Aster Root, Coltsfoot Flower, Pinellia Rhizome.

Chest Regulate **SHT**

INDICATIONS: Chest congestion and bloating
PROPERTIES: Warm.
ACTIONS: Removes Qi stagnation, especially in chest area.
INGREDIENTS: Tumeric Root, Costus Root, Tricosanthes Fruit, Red-Rooted Sage Root, Corydalis Rhizome.