

## Traditional Chinese Medicine TERMS & DEFINITIONS

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### Stomach Regulator HWDZ

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**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; smoothes and regulates Stomach Qi.

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

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### Pure Tea PURE

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**INDICATIONS:** Feel hot easily, skin rash, overweight, constipation.

**PROPERTIES:** Cold.

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

**INGREDIENTS:** Rhubarb Root and Rhizome

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## Traditional Chinese Medicine PERSPECTIVE ON CONSTIPATION

*As a symptom, constipation is simple. According to TCM, however, its causes can be very complicated and may involve Yin and Yang, Qi, Blood, or Jin-Ye (body fluids), as well as Cold, Heat, Dampness, or Dryness that affect the Stomach, Intestines, Spleen, Liver, Lung, or Kidney.*

It is impossible to list all of the causes and conditions that may be involved in constipation here in this limited space. In practice, however, the majority of causes of constipation are related to excess Heat, Food and Qi Stagnation, Dampness and Heat, or Yin and Jin-Ye (body fluid) deficiency, or Spleen and Kidney Yang deficiency.

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

### LARGE INTESTINE

In Traditional Chinese Medicine (TCM), the internal organs of the body are classified into two categories.

The first category is that of the *Zang* organs, including the Heart, Liver, Spleen, Lungs, and Kidneys. The second category is called the *Fu* organs, and it includes the Gall Bladder, Stomach, Small Intestine, Large Intestine, and Urinary Bladder.

The *Zang* organs are regarded as solid organs that are involved in the production, storage, and regulated outflow of essence, Qi, blood, and bodily fluids. The *Fu* organs are regarded as hollow organs that transform and transport food and beverage substances. They are fed and filled, but never filled up, stagnant, solid, or blocked.

The function of the Large Intestine according to TCM Theory is to transport and further transform the residue from digested food and beverage into stools that can be eliminated. The functioning and performance of the Large Intestine is closely related to the stable functioning of Yin, Yang, Qi, *Jin-Ye* (body fluids), and other organs, especially the Stomach, Spleen, Lung, and Kidneys.

On the other hand, any imbalances or disruptions in the functions of these can result in disorders in the functioning of the Large Intestine, with possible symptoms that may include diarrhea, constipation, abdominal bloating and pain, hemorrhoids, and so on.



2131 South Archer Avenue, Suite A, Chicago, Illinois 60616  
Phone: (312) 842-2775

Website: <http://www.liferising.com>

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# Constipation

TCM FORMULA SELECTION GUIDE

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<b>GTL</b>	<b>Bowel Support</b>
<b>XM</b>	<b>Extra Move</b>
<b>L</b>	<b>Aloe Vera</b>
<b>MBW-2</b>	<b>Areca Seed Formula</b>
<b>FFTS</b>	<b>Fang Feng Formula</b>
<b>SLBZ</b>	<b>Spleen Support-Q.Y</b>
<b>GW</b>	<b>Liver &amp; Stomach Regulator</b>
<b>HWDZ</b>	<b>Stomach Regulator</b>
<b>PURE</b>	<b>Pure Tea</b>

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



**LIFE RISING HERBAL FORMULAS**  
Traditional Chinese Medicine Dietary Supplements

TCM FORMULAS FOR  
**Constipation**

**Bowel Support** **GTL**

**INDICATIONS:** Chronic constipation.

**PROPERTIES:** Cool.

**ACTIONS:** Mildly clears Heat, tonifies Yin and body fluids, regulates Qi and Blood circulation, moistens large intestine.

**INGREDIENTS:** Tricosanthes Root, Dong Quai Root, Tricosanthes Fruit, Aloe Vera, Fang Feng Root, Sicklepot Seed, Large-Leaf Gentian Root.

**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

**Areca Seed Formula** **MBW-2**

**INDICATIONS:** Constipation with abdominal distension.

**SECONDARY INDICATIONS:** Indigestion with stomach bloating, pain, gas.

**PROPERTIES:** Cold, Descending.

**ACTIONS:** Removes Qi and food Stagnation; clears and purges Stagnated and Accumulated Excess Heat, gas, undigested food.

**INGREDIENTS:** Areca Seed, Tangerine Rind, Zedoary Rhizome, Chinese Rhubarb Rhizome, Nut Grass Rhizome, Bitter Orange, Sparganium Rhizome, Mirabilitum.

**LIFE RISING® PRODUCT SELECTION GUIDE**

Main Symptom(s)	Key Formula
<b>CONSTIPATION</b> w/wo ABDOMINAL DISTENSION w/wo DRY STOOL	<b>GTL</b>
<i>Any Two or More Formulas May Be Taken Together as Needed.</i>	<i>Use Key Formula Together With</i>
MAIN SYMPTOM(S) ABOVE + DRY STOOL <span style="float: right;"><i>Use with or instead of Key Formula:</i></span>	<b>XM</b>
MAIN SYMPTOM(S) ABOVE + THIRST	<b>L</b>
MAIN SYMPTOM(S) ABOVE + ABDOMINAL DISTENSION <span style="float: right;"><i>Use with or instead of Key Formula:</i></span>	<b>MBW-2</b>
MAIN SYMPTOM(S) ABOVE + OVERWEIGHT w/wo FEEL HOT EASILY	<b>FFTS</b>
MAIN SYMPTOM(S) ABOVE + POOR DIGESTION + FATIGUE w/wo POOR APPETITE	<b>SLBZ</b>
MAIN SYMPTOM(S) ABOVE + STOMACH ACID w/wo HEARTBURN w/wo REGURGITATION w/wo BELCHING w/wo ACID REFLUX	<b>GW</b>
MAIN SYMPTOM(S) ABOVE + INDIGESTION w/wo BLOATING w/wo REGURGITATION w/wo BELCHING w/wo BAD BREATH w/wo STOMACH ACID OR PAIN w/wo ACID REFLUX	<b>HWDZ</b>
MAIN SYMPTOM(S) ABOVE + FEEL HOT EASILY w/wo OVERWEIGHT w/wo SKIN RASH	<b>Pure Tea</b>

**Aloe Vera** **L**

**INDICATIONS:** Chronic constipation with thirst.

**PROPERTIES:** Cold.

**ACTIONS:** Clears Heat, promotes bowel movement and production of body fluids, moistens Lung, Large Intestine.

**INGREDIENTS:** Aloe Vera.

**Spleen Support-Q.Y** **SLBZ**

**INDICATIONS:** Poor digestion, fatigue, poor appetite.

**SECONDARY INDICATIONS:** Frequent vomiting or diarrhea.

**PROPERTIES:** Warm, Tonifying.

**ACTIONS:** Tonifies Spleen Yin and Qi, removes Dampness, harmonizes and strengthens Stomach and Spleen functioning.

**INGREDIENTS:** Dolichos Seed, Ginseng Root, Atractylodes Rhizome, Poria, Prepared Licorice Root, Chinese Yam Rhizome, Lotus Seed, Balloon Flower Root, Job's Tears Seed, Amomum Fruit, Jujube Fruit.

**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, Mirabilitum, Gypsum, Baikal Skullcap Root, Balloon Flower Root, Talcum, Chinese Licorice Root, Schizonepta, Atractylodes Rhizome, Gardenia Fruit, Ginger Rhizome.

**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.