



### Liver Regulator-M

**XTSJ-L**

**INDICATIONS:** Benign or malignant tumors in ovaries, uterus, prostate, neck, breast, or chest area; scrofula, goiter, lymph node enlargement, phlegm nodules or masses.

**PROPERTIES:** Cool.

**ACTIONS:** Regulates Liver and resolves mucus and phlegm stagnation and nodules, esp in Liver channel areas.

**INGREDIENTS:** Figwort Root, Sichuan Fritillary Bulb, Oyster Shell, Chinese Thoroughwax Root, Dong Quai Root, Sea-weed, Tumeric Root, Gleditsia Spine.

### Liver Regulator

**Y-XY**

**INDICATIONS:** Pain, swelling from Liver, Qi, or Blood stagnation; masses.

**PROPERTIES:** Neutral.

**ACTIONS:** Breaks up and Resolves Liver, Blood, and Qi stagnation and masses; harmonizes Liver and Spleen.

**INGREDIENTS:** Red Peony Root, Dong Quai Root, Chinese Thoroughwax Root, Atractylodes Rhizome, Poria, Chinese Licorice Root, Safflower, Peach Seed, Sparganium Rhizome, Zedoary Rhizome, Immature Tangerine Rind.

### Regulate Cycle

**TJ**

**INDICATIONS:** Irregular periods and other general menstrual problems.

**PROPERTIES:** Warm.

**ACTIONS:** Tonifies, nourishes, and activates circulation of Qi and Blood, tonifies and harmonizes Yin and Yang. regulates Chong and Ren meridians, regulates and normalizes menstrual cycle.

**INGREDIENTS:** White Peony Root, Cinnamon Twig, Prepared Licorice Root, Astragalus Root, Dong Quai Root, Prepared Aconitum Tuber, Nut Grass Rhizome, Costus Root, Red-Rooted Sage Root.

### Female Support

**YIMF**

**INDICATIONS:** General female disorders or disfunctions, circulation.

**PROPERTIES:** Warm.

**ACTIONS:** Activates Qi and Blood circulation, nourishes Blood, regulates and promotes Chong and Ren Channel circulation and functioning.

**INGREDIENTS:** Chinese Motherwort, Red-Rooted Sage Root, Nut Grass Rhizome, Atractylodes Rhizome.

## Traditional Chinese Medicine PERSPECTIVE ON ENDOMETRIOSIS

*Endometriosis is a term from Western medicine that refers to the abnormal growth of tissue (called "endometrium") outside of the uterus. This tissue can grow in the abdomen (on the ovaries, fallopian tubes, or ligaments that support the uterus), the area between the vagina and rectum, the outer surface of the uterus, or the lining of the pelvic cavity. It may also grow around the bladder, the bowels, the vagina, cervix, vulva, or in abdominal surgical scars. Sometimes the tissue even grows in the lung, arm, thigh, and other locations. It develops into growths or lesions that respond to menstrual cycles the same way tissue of the uterine lining does: each month the tissue builds up, breaks down, and sheds. While the flow of menstrual blood washes this tissue out of the uterus through the vagina, the blood and tissue shed from endometrial growths has no way of leaving the body. It causes internal bleeding, breakdown of the blood and tissue from the lesions, and inflammation. It can cause pain, infertility, scar tissue formation, adhesions, and bowel problems.*

In Traditional Chinese Medicine, the diagnosis and treatment of conditions related to endometriosis varies according to the symptoms of the individual patient. Typical symptoms are bloating and pain around the time of ovulation and menstrual periods, abdominal lumps including adhesions and scar tissue, irregular menstrual periods, and abnormal bleeding. The main condition that causes these symptoms and induces endometriosis is stagnation (or blockage), which may occur in various areas of the body that are connected to the Chong and Ren Channels, the Liver, and so on. These blockages obstruct the necessary free flow of Qi or Blood, or both. Often stagnation also occurs in combination with the effects of pathogens and pathogenic conditions such as Cold, Heat, Mucus, Deficiency, and so on. TCM treatment aims to clear pathogens and resolve stagnation to restore the proper flow of Qi and Blood, as well as to re-establish balance between Yin and Yang, and the functioning of the Chong and Ren Channels.



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# Endometriosis

TCM FORMULA SELECTION GUIDE

**SUJF Menses-Regulate**

**J Smooth Menses**

**SZY Lower Circulation Regulator**

**B-DS Promote Circulation**

**CHSG Liver Regulator**

**WJT Womb Support**

**GFW Cinnamon & Poria Blend**

**XTSJ-L Liver Regulator-M**

**Y-XY Liver Regulator**

**TJ Regulate Cycle**

**YIMF Female Support**

*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.



TCM FORMULAS FOR

# Endometriosis

## Menses-Regulate SUJF

**INDICATIONS:** Menstrual cramps, irregular periods, p.m.s, mood swings.

**PROPERTIES:** Warm, Aromatic.

**ACTIONS:** Relieves Qi and Blood stagnation, smoothes and regulates menstrual periods.

**INGREDIENTS:** Fig Fruit, Finger Citron Fruit, Tribulus Fruit, Chinese Thoroughwax Root, Jujube Seed, Rugose Rose Flower, Chinese Licorice Root.

## Smooth Menses J

**INDICATIONS:** Menstrual cramps, abdominal pain, lower back pain.

**PROPERTIES:** Warm.

**ACTIONS:** Resolves and eliminates Qi and Blood stagnation, regulates and smoothes menstrual flow.

**INGREDIENTS:** Peach Seed, Safflower, Nut Grass Rhizome, Cattail Pollen, Linderia Root.

## Lower Circulation Regulator SZY

**INDICATIONS:** Menstrual problems with cramps, lower back pain, or bloating; irregular period; heavy bleeding with dark color and blood clots; lower abdominal pain.

**PROPERTIES:** Warm.

**ACTIONS:** Activates blood circulation and dispels blood stagnation, warms the Channels and relieves pain, esp in lower abdomen.

**INGREDIENTS:** Dong Quai Root, Cattail Pollen, Red Peony Root, Sichuan Lovage Rhizome, Myrrh, Ginger Rhizome, Cinnamon Bark, Fennel Fruit.

## LIFE RISING® PRODUCT SELECTION GUIDE

Main Symptom(s)	Key Formulas
<b>ENDOMETRIOSIS</b>	<b>SUJF (+ J)</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 + MENSTRUAL BLOOD CLOTTING + SEVERE PAIN or LEG PAIN/NUMBNESS	<b>B-DS or SZY</b>
MAIN SYMPTOM(S) ABOVE + BREAST SORENESS w/wo LOWER ABDOMINAL BLOATING	<b>CHSG</b>
MAIN SYMPTOM(S) ABOVE + COLD FEELING DURING MENSTRUAL PERIODS or N ABDOMEN	<b>WJT</b>
MAIN SYMPTOM(S) ABOVE + LOWER ABDOMINAL CYSTS or TUMORS w ABNORMAL BLEEDING	<b>GFW</b>
MAIN SYMPTOM(S) ABOVE + LUMPS or TUMORS IN LOWER ABDOMEN	<b>XTSJ-L</b>
MAIN SYMPTOM(S) ABOVE + PAIN/SWELLING or LUMPS or TUMORS	<b>Y-XY</b>
MAIN SYMPTOM(S) ABOVE + IRREGULAR PERIOD + FATIGUE/WEAKNESS	<b>TJ or YMF</b>

## Promote Circulation B-DS

**INDICATIONS:** Chronic pains, numbness, and associated disfunctionalities.

**PROPERTIES:** Cool.

**ACTIONS:** Cools blood, promotes blood circulation to remove stubborn stagnation.

**INGREDIENTS:** Peach Seed, Chinese Rhubarb Rhizome, Eupolyphaga, Red Peony Root, Safflower, Achyranthes Root.

## Liver Regulator CHSG

**INDICATIONS:** Pain, bloating, congestion, esp in sides of chest and lower abdomen, esp during periods. Breast soreness.

**PROPERTIES:** Neutral.

**ACTIONS:** Removes Liver stagnation, disperses and regulates Liver Qi.

**INGREDIENTS:** Tangerine Rind, Chinese Thoroughwax Root, Sichuan Lovage Rhizome, Nut Grass Rhizome, Bitter Orange, White Peony Root, Chinese Licorice Root.

## Womb Support WJT

**INDICATIONS:** Irregular menstruation, spotting, scanty or heavy menstrual bleeding; pain throughout body, in lower abdomen, or limbs, esp during periods, infertility, tidal fever, heat in palms, dry lips or mouth.

**PROPERTIES:** Warm.

**ACTIONS:** Warms Channels and Collaterals, dispels Cold, nourishes and removes Blood stagnation.

**INGREDIENTS:** Evodia Fruit, Dong Quai Root, White Peony Root, Sichuan Lovage Root, Ginseng Root, Cinnamon Twig, Gelatin, Tree Peony Bark, Ginger Rhizome, Chinese Licorice Root, pinellia Rhizome, Dwarf Lilifurf Root.

## Cinnamon & Poria Blend GFW

**INDICATIONS:** Lumps/masses in lower abdomen, spotting, bleeding, discharge, difficult periods, labor; retention of placenta, tissue, or dead fetus, infertility.

**PROPERTIES:** Slightly Warm

**TRADITIONAL CHINESE MEDICINE FUNCTION(S)**  
Activates blood circulation, resolves blood stagnation, slowly and gently removes lumps and masses.

**INGREDIENTS:** Cinnamon Twig, poria, Tree Peony Bark, Peach Seed, White Peony Root.